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SEPTEMBER 2023 NEWSLETTER

President's Message

We've been teased by some warm spring days of late which means that a return to the Marion Outdoor Pool Centre on 3 October is not far off! Hopefully ocean temperatures are also on the rise so we once again enjoy a swim at the beach without our wetsuits. In preparation for the open water swim season **Sandy Bennett** has prepared a brief report entitled "Introduction to Open Water Swimming" which can be found on our website <http://marionmasters.org/club-records>

The club is very pleased to welcome back **Jennie Mulligan** (nee **Sturm**) and **Simon Mulligan** as members of the club. Jen and Simon have recently returned to Adelaide after a number of years living and working on the Gold Coast and in Melbourne. They are both world class triathletes and have qualified for and competed at the World

member profile questions.

Members

Sixteen month memberships (to 31 December 2024) for new members opened on 1 September and cost \$160.

Let your swimming friends know and help us continue to build our membership (currently 105 members).

Members Survey

Thank you to everyone who participated in our member survey. We had just over half of our members respond which is a good result.

Thanks to **Tony Fowler** for preparing the survey and collating all the results. The full results can be found here: [Survey Results](#)

The responses were largely positive. Members enjoy our training sessions not only to improve their fitness and stroke technique but also from a social perspective. They are happy with the high quality of the coaching and the focus on technique as well as the variety in the programs.

Some people thought that there was too great an emphasis on form strokes but the majority indicated a preference for a mixture of freestyle and form.

There was a range of opinions with respect to the preferred session times although there wasn't much agreement in the suggestions put forward.

Some members were concerned with crowding that sometimes occurs in the lanes, which can reduce the effectiveness of the training sessions.

committee about the operation of the club and for the coaches in developing their training programs.

Club Training

A reminder that the Branch is holding a free **Stretching Workshop** at Scotch College on 30 September (1:00-3:00pm). A few spots are still available for those willing to miss the first half of the Footy Grand Final. Contact the Branch Administrator, Warwick Povey, mssasecretary@adam.com.au to book.

If you have any issues or suggestions related to coaching and our training programs please forward them to our **Coaching Coordinator**, **Mark Trenwith** at Mark.Trenwith@outlook.com or 0408 262 540.



Competitions

Interclub #3 was held at SAALC on 20 August with 15 Marlins competing. We placed 2nd again behind Atlantis and have maintained 2nd place overall in the Series. Another great team effort!

State records were set by **Stephen Carthew** (100 & 400 Back) and the 4x50 Mixed Free Relay team of **Barb Pearce, Stephen Carthew, Di Ross & Ron Hardie**.

Congratulations also to **Maggie Evans, Sarah Osman-Walton, Dean Guse, Ben Warr, Robert Maddern and David Incher** for setting age group PBs at the meet.

The next meet is **Interclub #4**, a LC meet on **10 September at SAALC**. Fifteen Marlins will be competing, with most kitted out in their new club hoodies! The next meet, **the Short Course State Cup**, follows two weeks later on 24 September. Entries on Swim Central close on 8 September. [Events \(swimming.org.au\)](https://swimming.org.au)

The **Australian Masters Games** SC swim meet will be held at **SAALC on 7 and 8 October**. [Registrations close on 20 September](#).

Enter first on the Masters Games website ([Australian Masters Games \(fusesport.com\)](https://australianmastersgames.fusesport.com/registration/1868/)), <https://australianmastersgames.fusesport.com/registration/1868/>? cost \$155, and then on Swim Central to select your events, cost \$80.

Congratulations to **Maryanne Heffernan** and **Ian Young** on their success at the recent World Aquatics (FINA) Masters Swimming Championships in Fukuoka, Japan. Maryanne won two silver medals from her five events while Ian won 1 silver and 3 bronze from his 6 events. The next World Championships are in Doha, Qatar from 23 February to 3 March.

Registrations for pool events are online using the **Swim Central**: [Login – Swim ID \(swimming.org.au\)](https://swimming.org.au). If you are having any problems with your entries please contact

Deb Wareing – 0432 711 359, deb.wareing@gmail.com

Club Records

Our Club Recorder, **Maryanne Heffernan**, has been updating our club records on a regular basis. The latest update, to Interclub#3 is now up on the Competition page on our website [Competition | Marion Marlins Masters Swimming Club \(marionmasters.org\)](http://marionmasters.org). Congratulations to those who have set new records. Please advise Maryanne at physind@internode.on.net of any errors or omissions.

Social

Marlins and partners enjoyed a fun evening at the **Taste of Himalaya Restaurant** on 26 August. There was plenty of time to enjoy each-others company while waiting on the food service! Thanks to **Meredith** and **Vicki** for organising the event and to **Stephen Carthew** for popping by and presenting roses to the ladies.

The next event on the social calendar will be the **Back to Marion Brekkie**, be held on **Saturday, 21 October** at MOP following training. Further details to follow.





Club Merchandise

Great to see everyone wearing their new club hoodies! Most have now picked up their hoodie at either SAALC or Westminster pools. If you haven't and can't get to the pool please contact **Ben Warr** to arrange pickup or delivery.

We still have quite a few club T-shirts of various sizes available so if you would like one (or another one) have a word with Ben. Payment (\$10) by cash or by deposit to the club bank account. Please email or call **Ben Warr** if you have any questions Marionopenwaterswim@gmail.com or 0420 961 702

Women's Club Bathers

The final design for the club bathers has been decided so if you are interested in purchasing some club bathers please contact either: Deb Wareing (deb.wareing@gmail.com) or Kate Brereton (kate.brereton22@gmail.com) for additional information.

Bathers would be similar to the Jolyn ones - see link below:

[Group Swimwear Orders || JOLYN AUSTRALIA SWIMWEAR & ACTIVEWEAR – JOLYN Australia \(jolynclothing.com\)](#)

"Getting to know our Members" - Jen & Simon Mulligan

Jen and Simon Mulligan competing at the World Triathlon Championships in Kona, Hawaii in 2016.



Jen Mulligan

1.How did you get into swimming?

I was taught to not drown as a child with 2 weeks a year vac swim but I always wanted to be a swimmer and watched Hayley Lewis in the Comm Games and wished it could be me. Unfortunately I wasn't in a club as a kid so started up with the Masters when I came back from uni in NSW in 2002. I started at the back of the pack in lane 3 and it just about killed me (Thanks Robyn for your patience as I learnt!) but I have loved it ever since.

2.What's your favourite swimming stroke and why?

Freestyle - I'm a triathlete, no need for faffing around on my back or kicking like a

3.What's your favourite swimming drill and training set?

The drill you hate the most is probably the one you should do the most, so it's a love-hate with drills. Training set - obviously longer OWS season freestyle sets are more my thing.

4.What do you see is the major challenge for masters' swimmers?

Consistency, as life gets in the way, and that feeling that people think they should "slow down" or do less as they age, which is total bollocks!!!

5.What's your favourite swimming event (pool and open water)?

The start of an Ironman Triathlon (3.8km, usually with a wetsuit, before a nice long bike ride).

6.Describe your top-ranked swimming race of your career so far.

Ummm, I don't have a pure swim race I can remember any ranking for, I have come first out of the water in my age group in an Ironman and half ironman races a couple of times which is pretty cool.

7.Who is/are your sporting hero or heroes?

Ian Thorpe (absolute legend swimmer and all 'round great human), Lucy Charles-Barkley (hands down the best female swimmer in long course triathlon but her stroke is not text-book pretty), and nowadays, the entire Matilda's soccer team (and I don't even watch soccer usually!).

8.What's your number one tip you'd pass onto your swimmers?

Breathe OUT when your face is underwater, don't hold your breath. For all of swimming in general, it's more about what you do under the water than over the top, and recognise that open water technique can be quite different to pure pool swimming.

9.What's your (swimming related) weakness?

Currently, just being plain unfit. Not doing it as a child has meant swimming is not

Simon Mulligan

1.How did you get into swimming?

Forced as a child.. hated it then, now not so bad (Jen says it helps to like it more when he's front pack out of everyone in a triathlon).

2.What's your favourite swimming stroke and why?

Freestyle, because it is the easiest.

3.What's your favourite swimming drill and training set?

Drill - unco (one arm swim with other arm by side), fave set is 10 x 400m on 6min.

4.What do you see is the major challenge for masters' swimmers?

Simon has trouble answering this one with a serious face.. many things have been suggested that are not publishable!!!!

5.What's your favourite swimming event (pool and open water)?

Open water swims

6.Describe your top-ranked swimming race of your career so far.

He says 18th place at school swimming carnival. (There were only 8 lanes so go figure). Jen would say it's the time he swam 50min in an ironman.

7.Who is/are your sporting hero or heroes?

Courtney DeWaulter (ultra runner), Rob DeCastella, Ian Thorpe

8.What's your number one tip you'd pass onto your swimmers?

Swim more

9.What's your (swimming related) weakness?

Where do I start...

POOL COMPETITIONS – MARK YOUR DIARIES!



2023 State Cup and Interclub Meets (all at SAALC)

Interclub # 4 – Long Course

Short Course State Cup – Short Course

Long Course Long Distance – Long Course

[10 September 2023](#)

[24 September 2023](#)

[5 November 2023](#)

2023-2024 National & International Pool Meets

Australian Masters Games - Short Course

FINA World Masters Championships

Australian Masters National Championships

Alice Springs Masters Games

Pan Pacific Masters Games

[Adelaide 8-9 October 2023](#)

[Doha, Qatar, 23 Feb- 3 March 2024](#)

[Darwin 3-7 May 2024](#)

[Alice Springs, 12-19 October 2024](#)

[Gold Coast, 1-10 November 2024](#)



WINTER TRAINING SCHEDULE

Westminster Pool – 1.5 hr sessions

Tuesday & Thursday – 6.30pm

Saturday – 8.30am

SAALC – 1 hour sessions

Monday & Thursday – 9.00am

Payment – half swim ticket or \$5.00 to club plus SAALC entry (Member, 20 pass ticket or single entry)

Committee

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President	Ian Young
Vice-President	Marc Loader
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar	Vicki Day
Coaching Coordinator	Mark Trenwith
Safety Officer	Tony Fowler
Club Co-Captain	Gavin Rowell
Club Co-Captain	Deb Wareing
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins
Webmaster (Acting)	Gavin Rowell
Recorder	Maryanne Heffernan
Newsletter	Vicki Day



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