

MARION MARLINS MASTERS SWIMMING CLUB

OCTOBER 2025 NEWSLETTER

PRESIDENT'S MESSAGE

2025-6 Open Water Series Cancellation

By now, many of you would have heard the news that the 2025-6 Open Water Swim Series has been cancelled. Sadly, I can confirm that this is true.

The Masters Swimming South Australia (MSSA) Board has decided to cancel the series based on all the information that is currently available. The biggest concern is the safety of masters swimming members due to the current Algal Bloom in the waters along metropolitan beaches.

Further, the decision recognises that MSSA and its member clubs would face a probable reduction in participation numbers in events and high risk that events would be cancelled. Considerable resources are required to coordinate the OWS series, and the financial and operational risks associated with hosting the full series under such uncertain conditions are, unfortunately, too great.

This is news that we open-water tragics knew was probably coming but hoped we wouldn't hear.

Since the issue has made the news, the SA Government has met with MSSA and Surf Lifesaving South Australia to try to find a resolution.

MSSA and many of the member clubs, Marion Marlins included, are working together to create an open water mini-series to be held at alternative venues – lakes, rivers, and non-metro beaches across regional South Australia. This may mean some extra travelling to escape the local Algal Bloom-affected waters of metropolitan Adelaide. It may be just the excuse we need to get away for a weekend or two.

Stay tuned. There will be more to follow on this in the coming days.

In the meantime, fingers crossed that our local metro beaches return to normal soon.

OzFish

If, like me, you have been paying close attention to the health of the ocean and the effects of the Algal Bloom, then you may be just as frustrated as I am about what you can do to help.

I believe there are three requirements for the ocean to return to its normal, healthy self: research, restoration, and protection. I am no scientist, and these are just my own views. While I can't be involved in research and protection (apart from lobbying my local MP), I feel that restoration is something I can be involved in.

I think all of us would like to be part of the solution and play a small part in restoring the health of the ocean on our doorstep.

Through one of my swimming friends, I have become aware of OzFish. They are a fantastic not-for-profit group that has chapters all over Australia, including an Adelaide chapter.

They specialise in restoration projects. At present they have been busy making artificial reefs in readiness to place them in the Gulf of St Vincent when the time is right. These reefs have all been made with volunteer help and are designed to bring back natural oysters to the gulf.

To raise funds for this organisation you can become a member for just \$25.00 per year. See the link here.

<https://ozfish.org.au/membership/>

I have joined, and now receive information on the many different projects that are occurring and on how I can help.

Being part of the solution helps me to be more positive about the prospects for restoring the ocean to its natural self and for once more enjoying all the benefits we receive from swimming in the sea.

If you would like to know more about OzFish click on the link below.

<https://ozfish.org.au/about/>

Social events

The Welcome Back to MOP Brekkie will be held on Saturday 1 November (moved from 18 October). It's free to members, but MOP needs to have our orders beforehand. There will be sign-up sheets at the next two Saturday training sessions, or you can order by using the comments box attached to the announcement on Facebook.

And a reminder that **Pub Night** returns this month: Thursday 30 October at the Morphett Arms Hotel. Put the date in your diary and I look forward to seeing you there.

Yours in swimming,

Marc Loader
President

MEMBERSHIP

As of 14 October we had 118 members, with 27 new members joining the club so far in 2025. Welcome to the following new members who have joined recently: Paul Middleton, Verity Wishart, Tina and David Cruickshank-Boyd and Kent Taylor (rejoining after a few years absence).

If you have any membership questions, please contact **Garth Hayter** (garth.hayter@gmail.com or 0415905629)

CLUB TRAINING

All sessions at MOP:

Monday 9-10 am

Tuesday 6-7.30 pm

Thursday 9-10 am and 6-7.30 pm

Saturday 8.30-10 am

Note: in December please check the updated Calendar for variations to the start time for morning training sessions. For two weeks we will be starting the morning sessions earlier to avoid competing with parties of school children for the changing facilities.

IOUs: No more IOUs or cash will be accepted at training. Either borrow a ticket or do an online bank transfer at the pool.

CALENDARS

October Club Calendar"						
Spring is finally here Full time outdoor swimming at last			WED 01	THU 02	FRI 03	SAT 04
			Meeting	9:00 AM 6:00 PM		8:30 AM
SUN 05	MON 06	TUE 07	WED 08	THU 09	FRI 10	SAT 11
Start of Daylight Saving	No Training Public Hol	6:00 PM		9:00 AM 6:00 PM		8:30 AM
SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Pool Comp @ SAALC SC State Cup	9:00 AM	6:00 PM		9:00 AM 6:00 PM		8:30 AM
SUN 19	MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
	9:00 AM	6:00 PM		9:00 AM 6:00 PM	Entry Closing For Long Dist. LC @SAALC	8:30 AM
SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI 31	
	9:00 AM	6:00 PM		9:00 AM 6:00 PM Pub Night		

November Club Calendar						
						SAT 01
						8:30 AM
						Back to MoP Breakfast
SUN 02	MON 03	TUE 04	WED 05	THU 06	FRI 07	SAT 08
	9:00 AM	6:00 PM	Meeting	9:00 AM 6:00 PM		8:30 AM
SUN 09	MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
Pool Comp @ SAALC LC Long Dist.	9:00 AM	6:00 PM		9:00 AM 6:00 PM	Public Hol	8:30 AM Public Hol
SUN 16	MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
	9:00 AM	6:00 PM		9:00 AM 6:00 PM		8:30 AM
SUN 23	MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
	9:00 AM	6:00 PM		9:00 AM 6:00 PM Pub Night		8:30 AM
SUN 30						

COACHES' CORNER

As a swimmer, how can you enjoy a swim session? There are many things you can do.

Come to the pool with an open mind. Be willing to try new ideas, new techniques and strokes, and maybe new distances and speeds (slow or fast). Try to leave all of the day's, or yesterday's, issues, problems, and events behind as you enter the pool. Use the session as a release.

Take a positive attitude into the pool: 'I am going to try something new'. Learn a new stroke or focus a new technique, or a few if you wish. Listen to your coach when they explain the set, and have a go! Training is the 'safe' place where you can try things, and if they don't work

the first time try again! No one is going to criticise you! Have an open mind, be willing to learn more about swimming better, not necessarily faster. Above all, embrace the session and have fun!

Be willing to communicate with the coach about how you're feeling, are you getting the set right, or anything you don't understand. Remember the coach is there to help you.

Leave every session mentally happier than when you started. Enjoy your swimming!

Stewart Galliford
Head Coach

If you have any questions or suggestions relating to our coaching or training programs, please forward them to our Coaching Coordinator, **Mark Trenwith**: Mark.Trenwith@outlook.com or 0408 262 540.

COMPETITION RESULTS

Interclub 4 (Long Course): 24 August

Marion finished 3rd. 16 swimmers attended, with three relay teams, and one first-time swimmer (**Rachel Nitschke**). In the Intercub series overall the club came second, and seven Marlins won their age-group: **Deb Wareing, Judy Vowles, Barb Pearce, Ben Warr, Ace Lewis, George Crowder, David Incher**. The meet began with the 'Daffodil Day Dip', raising funds for cancer research. Another highlight was Ben bringing with him the first of the special caps distributed by Masters Swimming Australia to celebrate its 50th anniversary. Photos below.



Daffodil Day Dip



Timekeeping: David Incher and a nice young man from UniSA who was helping us out



Deb Wareing excited to be modelling one of the MSA 50th Anniversary caps

State Cup 2 (Short Course): 12 October

A total of 19 Marlins competed on the day, an excellent turnout, and we came 3rd overall. **Mattea Palombo** won her age group in his first swimming competition. Well done to all swimmers. Some of the team are in the photo below. The figure in the white top way at the back is **Jo Bros** (sp?), who some will recall used to be a Marlin. Jo was visiting from Cairns, where she lives now.



Club Records, Branch Trophies & World Top 10 Results



Have you checked out the Competition page on our website recently? It includes updated files (current and historic) with our Club Records, World Top 10 results and Branch Trophies and Awards. Congratulations to **Sarah Osman-Walter, Judith Vowles, Barb Pearce, John Brouwers, Ben Warr** and **Ace Lewis**, who have set club records so far this year, and to **Barb Pearce, Deb Wareing** and **Ian Young**, who achieved one or more World Top 10 rankings in 2024.

In the Branch competition file both individual and team awards are listed. This includes the towel awards for all our keen open-water swimmers! A highlight this year has been our win, for the first time, in the Interclub Relay Meet, due to the participation of so many of our members. Well done, Marlins! The Club Records are updated regularly by our Recorder, **Maryanne Heffernan**, while Ian maintains the other two files. Please contact them if you notice any errors or omissions.

UPCOMING MEETS

2025 Australian Masters Games, 18-25 October, Canberra

MSSA Long Distance (Long Course), SAALC, 9 November. Entries close 24 October

2026 MSA National Championships, 28 April- 2 May, Brisbane (SC meet)

To contact **the Club Captains**, please email **Gavin Rowell** gavin.rowell@adelaide.edu.au or **Sarah Osman** sarahosman_55@hotmail.com

SOCIAL

Marlins Annual Club Dinner, Brighton SLSC, 13 September: some photos below





UPCOMING SOCIAL EVENTS

Welcome Back to MOP Breakfast (1 November)

This has been moved from 18 October. Free to members. MOP needs to have our orders beforehand, so please sign up for coffee and rolls at Saturday training sessions (18 and 25 October) or by comment on the Facebook announcement.



**MARION MARLINS
MASTERS SWIM CLUB**

FREE!



Back to Marion Outdoor Pool Brekkie
Free bacon & egg roll (or just egg roll) and coffee
Saturday 1 November from 10:00 for 10.15
 Would love to see you there.

To aid with catering please RSVP Sarah at langsford6@bigpond.com, sign sheet at the pool or PM on FB by Monday 27 Oct



Pub Nights, Morphett Arms (30 October and 27 November)

If you have any questions about our social events or a suggestion for an event, please contact our Social Coordinator, **Sarah Langsford** langsford6@bigpond.com

CLUB MERCHANDISE

New Club T-Shirts Available Online



M @ SPORTS CENTRE
 MARION MARLIN MASTERS SWIMMING CLUB
APPAREL AVAILABLE
SHOP ONLINE NOW!

Pre-Order Close Dates:
 Thursday, 16th of October 11:59pm (ACST)
 Friday, 31st of October 11:59pm (ACST)

New Marlins club T-shirts are now available for purchase online from Sports Centre. They are made in Adelaide and rated at Sun Protection Factor 50. There are men's and women's versions and a long-sleeved option. See the pictures below.

The shirts will be available at any time online, but for the first five weeks or so they can be bought at a subsidised price with the club paying \$10 towards each shirt. The price listed on the website for the first 5 weeks is the subsidised price.

You can pay for delivery if you wish or you can pick your T-shirt up from Sports Centre, 745 Port Road (Adelaide). Alternatively, Lindsay Martin or Charlie Roberts will be picking up the T-shirts to be distributed at training. This will save you a delivery fee or your own trip.

The shirts will be produced in batches. When you open the Sports Centre website, it will give you two dates. If you order by the first date you'll receive your shirts earlier. Another batch will be produced in about three weeks, then any further orders after that. Lindsay and Charlie will collect the shirts in batches so you get them as quickly as possible.

The website can be accessed through the following link: <https://shorturl.at/5lExO>

Thanks,
Lindsay Martin
Club Merchandise Officer

MEMBER PROFILE: Dave Vincent



1. Tell us a bit about your background

I left School at 16 to start an apprenticeship as a chef. After working as a professional chef for 16 years in the hospitality industry, I went back to High School (Hobart Senior College) to complete years 11 and 12. In 2001 I started studying at Flinders University and obtained my Honours degree in Chemistry in 2005. While studying at Flinders, I managed to gain employment as Equipment Manager and then Work Health and Safety Manager in the School of Chemical and Physical Sciences. In 2018-19, I managed to avoid the great Flinders University staff purge and was instead promoted to Manager of Laboratory Services for the College of Science and Engineering. This year I retired from Flinders University and now work casually at SAALC as a lifeguard in my spare time.

2. How did you get into swimming?

I first learnt to swim in deep water when I was thrown into the Murray from the Taillem Bend jetty by some older boys at the age of around 10. Prior to this, my “swimming” experience was confined to shallow water either at the beach or the river.

Water survival was a compulsory course when I was in year 9 at Wanganui Park High School in Shepparton, Victoria. My most vivid memory of the course was standing fully clothed with a group of boys on the edge of the outdoor pool in the middle of winter. Fog shrouded the valley and the temperature hovered around 5 degrees C. The instructor eagerly urged us to jump into the frigid water but no boy moved. One at a time, we were ceremoniously shoved into the pool and forced to tread water whilst shivering for what seemed an eternity (but was probably around 5 minutes). Happily, all boys survived and, after a hot shower, we were all deemed to have passed the fully clothed treading water section of the course.

While this course did teach us some useful things, like how to tread water fully clothed in the middle of winter, retrieve a coin from deep water, swim 25 metres using breast stroke and rescue someone who was drowning, it was not really focused on teaching us how to “swim”. After High School, I didn’t really continue swimming as an activity, as I preferred a lot of other sports.

A couple of years ago I started to re-consider the merits of swimming as something I could do into my dotage. After much prompting from a mate of mine (Clive Robinson) who had recently taken up swimming, I began learning to swim on my own. Initially, I couldn’t swim more than 25 metres freestyle at a time without needing to rest.

After swimming on my own for a few months, another mate (Mike Perkins) suggested that joining the Marlins might improve things. After three come and try sessions, I joined the club so I could get some coaching and (hopefully) see some improvement in my swimming.

Initially, I was pretty terrible compared to the others and it was obvious that my self-taught freestyle needed a lot of work. But after three months of training and tuition with Aimee Carter at Scotch College, I noticed that my technique had improved and I was able to swim a couple of kilometres in a one-hour session. I had also improved my lap times as I was 18 seconds faster over a 50-metre sprint than when I first started swimming on my own. Thanks Aimee!!

My focus currently is to improve my speed, stamina and technique so I can keep up the other members in lane 2!!

3. What is your favourite stroke, drill and training set?

My favourite stroke is freestyle. I don’t really have a favourite drill or training set as yet, but I do enjoy the friendly atmosphere and camaraderie at the Marlins Masters training sessions.

4. Who is your swimming or sporting hero?

I don’t really have a swimming sporting hero but I do love competitive cycling, so if I had to choose a “sporting hero”, my current choice would be the Belgian cyclist and National champion Wout van Aert. Wout, who rides internationally for Visma-Lease a Bike, is a true gentleman and selflessly team-focused.

5. What is your swimming weakness?

Currently my swimming weakness is a lack of ability to continually swim freestyle for more than about 200 metres without needing to take a breather. I'm sure this is just a pacing issue that will resolve as I keep swimming and get fitter.

6. What are your other interests?

I have many interests, including cycling, gardening, camping/caravanning, guitar, strength training (weights), renovating and restoring houses and cars. I love learning new skills and will give anything a go if it interests me.

7. What is your No 1 tip to pass on to other Master swimmers?

Don't stop!!

COMMITTEE

President	Marc Loader
Vice-President	Dean Guse
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar/Membership	Garth Hayter
Coaching Coordinator	Mark Trenwith
Club Captains	Gavin Rowell and Sarah Osman
Safety Officer	Tony Fowler
OWS Coordinator	Ben Warr
Social Coordinator	Sarah Langsford
General committee members	Ian Young
	Maggie Evans
	Lindsay Martin
	Charlie Roberts

Non-Committee Officers:

Member Protection Officer	Mike Perkins
Club Recorder	Maryanne Heffernan

Editor's note: We try to be as accurate as we can but sometimes get things wrong. If we make a mistake, please let us know and we'll see if we can correct it:

secretary@marionmasters.org