

August 2024

Personal contributions to the newsletter are most welcome. This month, we have reports on the International Ice Swimming Pool Championships in New Zealand and swimming the ocean pools around Wollongong. If you would like to contribute an item, however small, please send it addressed to the Newsletter Editor to adelaidemastersswimming@gmail.com.

President's Report

I am hoping that we have now passed the depths of winter. Sometime in the next couple of months it will be light in the evening, and we will be back at Burnside smashing out long lengths under blue skies. There is of course a lot that can happen between now and then.

Firstly, have you put in your entry for the Short Course State Cup on 8th September? We dominated the Long Course State Cup, and it seems only fair that we should demonstrate to the rest of the South Australia swimming community how good we are. Entries close on 23rd August!

Secondly, the Murray Masters Mildura Carnival is on the 26 and 27th October. This is an ideal time to go on a little swimming weekend adventure. This is a wonderful event and well worth supporting, even if it requires a whole weekend and arranging some accommodation, which could be on a houseboat. I would encourage all of you to think about representing Adelaide Masters and joining in the fun. I know first hand how much fun the after-swimming events are.

Thirdly, MSSA have added a long distance pool event on 10th November. Mark it in your diaries, it is an ideal event to lead into the open water swimming season.

And finally, looking to 2025, the Masters Swimming Australia Championships will be held in Melbourne from 8th – 12 April.

I'm off to test the temperature of the sea. See you all in the water.

Cheers, Pete

Appointment of Member Protection Information Officer

Jeffrey Sheridan has now completed Member Protection Information Officer training. Member complaints (marked 'confidential') can be directed to him via the club email in the first instance.

Coach's Corner

Paris Olympic Games 2024 – here we go! I cannot wait to see that swimming perfection, that high standard of maximising stroke propulsion and utilization of streamline. I cannot wait to see the joy and relief on swimmers faces after satisfying results. They have been training so hard for such a long time, and now they give 100% - they give everything. You can nearly feel their pain. But what were the Olympics of the past like?

While humans have likely been swimming ever since they dipped their toes in the water, it's believed that swimming as a practice dates back as early as 2500 BC. The Ancient Egyptians were said to swim in the Nile for pleasure, while the Greeks and Romans used it as a means of training prospective soldiers to sabotage the enemy's ships.

Swimming as a sport has been part of the Olympic schedule since the very first modern Olympic Games in 1896. It's one of only four disciplines to have been retained, appearing in every Summer Olympic Games since, the others being athletics, artistic gymnastics and fencing.

Until the 1908 London Games, Olympic swimming events took place in open water. Women's events were introduced at the 1912 Games in Stockholm, although women initially competed in only two events, the 100m freestyle and 4x100m freestyle relay.

The butterfly stroke events were not held until 1956. Previously rules permitted the butterfly stroke in breaststroke races. John Davies, an Australian swimmer, won the 200 yards breaststroke swimming butterfly. Butterfly was recognised as a separate stroke the following year. Davies later became an American citizen and a District Court Judge in California.

The 800m event was added to the women's programme in 1968; whilst longer, this event was not as far as the men's 1,500m event. This discrepancy was addressed in 2020, when the 1,500 metres was included in the women's programme for the first time and the 800 metres freestyle was added to the men's programme. Both men and women were granted the 200 metres freestyle race in 1968, giving swimmers an intermediate distance race between 100 metres and 400 metres.

How fast did they swim in those days?

The first world record in the 100 metres freestyle in long course (50 metres) swimming was recognised by the International Swimming Federation (FINA) in 1905. It was achieved by Hungarian swimmer Zoltan Halmay in Vienna, Austria. He did it in 1:05.8. Up until today that record has been broken 49 times. The male record now belongs to Chinese swimmer Pan Zhanle – 46.80. Just imagine – 120 years and only 19 seconds! And remember that diving blocks were introduced at the 1936 Summer Olympics, the flip turn was developed by the 1950s and swimming goggles were first allowed in 1976. Originally, female and male swimmers wore body suits, and they were not made with today's technology. It would be interesting to see how fast Pan Zhanle could swim without diving blocks, swimming goggles, cap, flip turn and wearing the dragging cotton body suit. Female swimmers have come further – the first record belongs to German Martha Gerstund. She swam it in 1:35.0 on 18 October 1908. That record has been broken 65 times. Today the fastest time belongs to Swedish swimmer Sarah Sjöström. She swam it in the World Championships in Budapest, Hungary on 23 July 2017 and her time was 51.71.

Keep swimming and remember, we are not training for the Olympics!

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Captains' Report – Interclub 3 Sunday 14 July

Adelaide Masters were down on competitors for this Interclub – we had a number of swimmers who had entered but were unable to swim on the day and hence we were very grateful for the contributions made by Steph, Emily Goldie, Sharon Beaver, Julie Bowman, Judith Gallasch, Lee, James Yip, Charles Gravier and Pete Holley. We came 8th with 252 points and are still sitting 5th for the combined points for this Winter Interclub series.

If you asked most people how they would like to spend their 60th Birthday, it probably wouldn't be trekking all the way to SAALC to swim an Interclub. So hats off to our committed and diligent club captain, Steph - she spent at least the first half of her special day doing what she does best –

swimming, breaking records and maintaining her perfect record of 6 firsts over the interclub series, still topping her age group with 60 points. She did celebrate with a family lunch after the meet.

Congratulations to both Steph and Emily on setting State records. Steph in the 400IM, Emily in the 50 breast, lowering her own record set at the last interclub. We also acknowledge Sharon and James Yip who took on the challenge of swimming the 400IM and winning their respective age groups. We have a number of swimmers who are maintaining places in the individual points tally for their age group. Emily, Steph, Sharon and Lee in first place, Julie and Charles in 2nd place and Judith in 3rd.

Julie Bowman had some sage advice for other swimmers – don't swim all your events back to back – she swam 200 free, 100 back and then 50 breast one after the other, winning all 3, but she said, definitely not good for the heart rate or recovery between events.

Thanks as always to our officials who help the meet run smoothly – Pam and Pete for marshalling, and our very reliable and long-suffering timekeepers - Pete Bowman, Russell Anderson and Lee's son Patrick (coming all the way from Tasmania!).

Next Interclub is Sunday August 4th, and then we are encouraging as many people as possible to enter the Short Course State Cup on Sept 8th aiming to emulate our great win at the Long Course State Cup in April.

Lee O'Connell and Steph Palmer White, Club Captains



Em, Steph, Charles, Sharon and Judith



Our faithful timekeepers



Charles and Sharon, keeping warm

Member Reports

A Frozen Kilometre and other Chilly Swims

I have had a fascination with cold water swimming for a long time. It started over ten years ago when I took part in the UK cold water championships in London, and I have occasionally dipped my toe into the cold water ever since. Being in Australia has limited my options of getting in really cold water as did the pandemic, so I was happy to accept an invitation from Ice Swimming New Zealand to be part of their biennial ice swimming pool competition.

The event is held every other year at an outdoor pool in Alexandra in the south of the South Island. When the fog lifts, the pool has a tremendous view of the surrounding snow-capped mountains. The water is kept at a constant 2.1 degrees by the air temperature being well below zero most of the time, ideal for ice swimming where the water has to be under 5 degrees. I know from experience that every degree between that magic figure and solid ice makes the swimming so much harder.

My racing started with a 50-metre butterfly, or ice fly as it is referred to by the aficionados. I slipped into the cold water and had the feeling of knives against the skin. Everyone reacts differently to this; some slide in stoically. I am not one of those. My technique to accept the water is to issue a tirade of profanities that would make a docker blush. It works for me but maybe not the spectators. We were instructed before getting in the pool that on the command of "on your marks" we were to put our hand on the side of the pool indicating we were ready. The start came quickly after. The first length was fine, the water felt cold but there was not much difference until the turn. That was where the cold water started sapping energy. Each stroke became harder than the last. I was sure that someone was extending the pool as I swam. The last two strokes seemed to take longer than the rest of the race combined. It was a relief to touch the side and be released from the icy water.



My next race was the five hundred free. This was a qualifier to swim the one kilometre the next day so there was some pressure to finish. Normally I would have no doubts in my ability to swim a 500 free but cold water changes that. It numbs the senses and does strange things to your breathing. We had all been told in the pre-race briefing to "swim your own race" but that is hard to do when there are people either side that are marginally faster than you. I started too fast and paid the price. The cold water sucked the energy from my muscles and made swimming much harder than it should have been. This affected my breathing. I resorted to breathing every two strokes, something I rarely do. It felt awkward and ungainly and led to me swallowing some water. Ice water in the mouth is not a good thing, it wants to fool your body into thinking that its air. I finished coughing and spluttering.

Doing an ice swim is one thing but recovering is something else. There are a few moments before the dreaded after drop kicks in. During this time, you need to get into warm clothing as soon as possible and, definitely before the shakes start. The shakes make everything much harder. Once changed we are escorted to the medical room where qualified people make sure that you are functioning as a human before releasing you into the wild. I had to stay until my violent shaking had subsided and the coughing from taking on water had gone. They were somewhat concerned about the coughing and suggested that they check my chest before my next event.

The next day was my attempt at the ice kilometre. Initially it was scheduled for the middle of the day but due to scheduling reasons, it got pushed back to the end of the day. Although this gave me a lot more time to be nervous it did mean that I would be swimming in sunshine. Having the sun on your back is always a boost. The water was as cold as ever, but this time I was prepared. I knew that I had to go at a steady pace if I was going to get through it. The first half breezed by. I felt fine. It was cold but everything seemed to be working as it should. In fact, when I looked at the lap count, I was surprised that I had gone so far. I was in my happy world of self-talk. I kept asking myself how I was feeling and whether everything was working. It was around seven hundred meters that things started to go awry. I felt a tap on my hand as I made the turn. It only registered when I was half way up the pool that it was an official asking if I was OK. They had noticed that my stroke was getting a little inconsistent. The next time at that end I heard the question and answered with a thumbs up. I felt cold but in control. It went wrong on the next lap. I could not put a finger on what was happening, but everything involved in forward movement become infinitesimally harder. I knew it was not to be. I got to the end of the lap, stood up and said at the top of my voice "NO!"

This time the recovery took a long time. I was bundled into a wheelchair and taken straight to the medical room. They removed my trunks, put me on a bed, and covered me in blankets and hot water bottles. My shaking was so violent that the blankets and hot water bottles were thrown off several times. Over the course of a very painful hour and a half my body temperature returned to something approaching normal and I was allowed to leave, with strict instructions not to take a hot shower.

I may not have completed the ice kilometre but that did not matter. The whole event was attended by a fantastic set of supportive people who all know what it takes to swim in these conditions. While I was there, I saw world records being set and extreme ice swims being completed. I could not have asked for a better event to scratch my ice swimming itch.

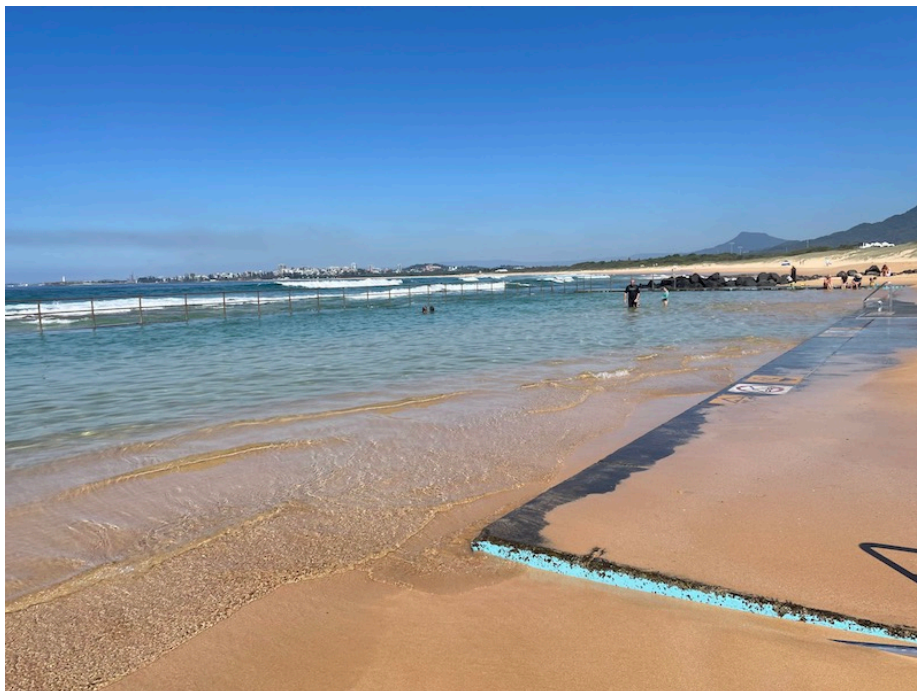
Pete Holley

Swimming the Illawarra

I visit the Illawarra region regularly to spend time with my younger son and his family. On each visit I swim with my son and sometimes my grandson in the region's ocean pools.

In addition to three splendid Olympic size seawater baths – the Continental Pool in Wollongong, the Port Kembla Olympic Pool and the Thirroul Ocean Pool – there are around 20 rock pools of varying age, size and condition, from Coalcliff at the northern end to Kiama in the south. Each of these pools has unique natural beauty, fascinating heritage, rich community and in some cases a good local coffee spot. The City of Wollongong and other local authorities maintain the pools, which are all free to swim in and enjoy. There are also remnants - 'ghost pools' - in places where the landscape has changed so they are no longer accessible or where new pools have replaced them over time. These are fascinating to find and explore.

Towradgi Rock Pool is one of the newer pools, built in the early 1960s 'to perpetuate the memories of the school children of this area who served in the armed forces during the World Wars'. The pool looks out to the Wollongong city skyline and the Five Islands off Port Kembla. There are changing rooms and a green space with a large playground nearby, so it is usually popular. Over summer the pool had almost disappeared beneath sand which was later pumped out. The sand was already returning when I swam, however the ocean side of the pool was deep enough for a good swim. At high tide, waves crash over the pool giving the feel of wild but safe swim. The water was 19 degrees, warmer than the cool late afternoon air of early May.



Towradgi Rock Pool

Two kilometres north of Towradgi, Bellambi Rock Pool offers a different but equally rewarding experience. The pool is located on the northern side of Sandspit Point facing towards the northern beaches which run up the coast to Coalcliff where the Illawarra Escarpment and forest

come down to the ocean. The coast of Royal National Park can be seen in the far distance. The pool is 50 metres and there is a good size junior pool. Pitted walls from an earlier structure run along its northern and eastern sides. The ocean covers the pool at high tide, so there are numerous fish, one of at least 40 centimetres. Kelp has begun to colonise a patch on the southeastern corner. Bellambi is a diverse community with an egalitarian atmosphere. Looking straight over the pool there is public housing estate maintained with pride by the tenants. Surfers of all ages ride the waves off Bellambi Beach where migrant families relax on the grass and queue at a coffee van while children do wheel stands, play soccer and draw chalk games on the footpaths. A ten minute bike ride from where I am staying, this is magical place to swim.



There are numerous web pages, many with beautiful photos, devoted to these pools and others on the New South Wales coast. For more information on the Illawarra pools, see:

<https://regionillawarra.com.au/11-picture-perfect-illawarra-rock-pools-to-explore-any-time-of-the-year/10987/>

<https://weareexplorers.co/swim-illawarra-ocean-pools-summer/>

Michael Harry

MSSA news

6 Months Registration

The 6 month membership is now live on the MSSA website and costs \$95.00.



Closure of North Adelaide Aquatic Centre

The Adelaide Aquatic Centre is closed from 1 August for demolition of the existing pool. The rebuild is expected to be completed in the summer of 2025-26. Information and updates on the project are available at https://www.dit.sa.gov.au/infrastructure/adelaide_aquatic_centre .

During the rebuild, Unley Pool will remain open throughout the year. Information about opening hours is available at <https://www.unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Swimming-Centre/Opening-Hours>

Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at adelaidemastersswimming@gmail.com requesting a Merchandise form. The form provides information about available items including images and prices. Goods must be ordered on the Merchandise form and paid for by EFT to the club bank account (which is on the form) before they will be ordered through our supplier.

Dates for your diary

Further information on the following events, including registration details when posted and the calendars for the MSSA 2024 Pool Series and other events is available on the [Masters Swimming SA website](#).

August

4th Interclub 4 – Short Course SA Aquatic Centre

September

8th Short Course State Cup SA Aquatic Centre

October

26th – 27th Murray Masters Mildura Carnival Mildura Waves Pool, Mildura

November

10th Long Distance Event SA Aquatic Centre



For up to the minute news and last-minute changes.