

January 2025

Contributions to the newsletter from members are most welcome. If you would like to contribute an item, however small or unusual, you can send it the Newsletter Editor via the Club email adelaidemastersswimming@gmail.com. It is your newsletter!

Announcements and Reminders

Membership renewal – important!

If you were a Club member in 2023 and intend to continue as a member, you **must renew your membership** via Swim Central on the [Masters Swimming SA Website](#) if you have not already done so. You will not be able to train with the Club and you will not be eligible for Club points in the Open Water Series or for the towel for completing all open water swims unless you are a registered member!

The training fees cards for summer are **\$65 non-concession** and **\$55 for concession card holders** (HCC, Pension Card, Student Card).

Volunteers for Jetty to Jetty Long Swim

A message from Julie Bowman:

*Hi everyone, I am on the organising committee for the **26 January 2025 Jetty to Jetty Long Swim** (Grange to Henley). Adelaide Masters has been tasked with being responsible for **pack up** after all competitors have finished swimming. The more volunteers we have the quicker and easier this task will be. Please email me: juliebowman5156@gmail.com if you are able to help out.*

An outline of what "Pack up" involves (at this stage):

- *disposal of empty water bottles, cans of drink and banana peels*
- *placing of unused water bottles, cans of drink, bananas into boxes and placing in Masters Swimming SA trailer or returning to Lee O'Connell*
- *dismantling of finishing arch, and placing in Masters Swimming SA trailer*
- *dismantling of tent/marquees on beach, and placing in Masters Swimming SA trailer*
- *return of clip boards/markers/sunscreen/caps for recycling from finishing area/finishing trestle tables to Masters Swimming SA tub and placing in Masters Swimming SA trailer*
- *pack up of trestle tables and placing in Masters Swimming SA trailer*
- *general tidy up*
- *pack up of trophies not collected into boxes from presentation area*
- *dismantling of tent/marquees in presentation area * if needed*

There may be more tasks identified as we get closer to race day.

Please email juliebowman5156@gmail.com if you are able to help out. Huge thanks in anticipation.

Julie Bowman

President's Report

Happy New Year! I hope you all have had a lovely Christmas and a restful break. As mentioned at the beginning of the newsletter, *please* renew your membership of our wonderful Club as soon as possible! You need to do this to be able to attend training and to swim as a Club member in the Open Water program and the Summer Pool series. If you are intending to register for the Jetty to Jetty swim on Australia Day - and we hope all of our members who enjoy the open water swims are - do consider helping out with the pack up by contacting Julie Bowman (as above) who has kindly taken on the role of our representative on the organising Committee.

Have you made your New Year's resolutions? You know, those things that normally get forgotten by Easter as we slump back into our old ways. I know that this year is going to be a year of substantial changes for me. How about you? If you are thinking of something swimming related, how about trying the Australian Masters challenge of 50 * 50 * 50 that will be running in 2025 to celebrate 50 years of Masters Swimming in Australia? It involves swimming at least 2500m per week for 50 weeks (for the gold status, a few less for silver and bronze). This is a yearlong commitment with a small prize at the end that you can complete just by going to training once a week. All you need to do is sign up for the million meters app and record your meters. Details can be found on the National MSA website [here](#).

Finally, if you are looking for a big event to train for, why not consider the Masters National Championships in Melbourne on 8 – 12 April? You can test your competitive side against the rest of Australian Masters. I am told that outside of the racing everything is warm and friendly, so it would be an ideal way to meet some of the wider swimming community.

Whatever your goal is in the new year, good luck, and if it is swimming related, the Club is here to support you.

See you in the water

Pete

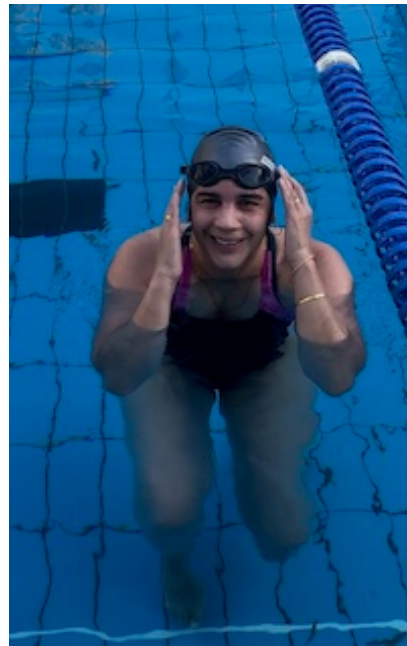
Coach's Corner

Happy New Year swimmers! May all your dreams come true, may all your new year resolutions prove to be achievable and may I see you all in Burnside pool sooner rather than later! It really is lovely there, it is simply the best pool in Adelaide. The water temperature is just right, it's not overcrowded and it is surrounded by beautiful Hazelwood Park. It feels like the air is cleaner and the sun shines less in your eyes when you are swimming – perhaps not exactly true but we can imagine! Our club has three dedicated three lanes in the pool. The regular swimmers of each land send you their greetings below.

Ilze



Lane 6 - Ross, Judith and Elliott hope your showers are warm and your goggles fog-free!



Lane 7 - Paloma, Alastair, Lydia and Kathy wish you a happy New Year!



Lane 8 - Angus, Matt, Christopher and Remin want you to know they feel great in lane eight!

Event Reports

Eric Magill Swim – Sunday 15 December

The Eric Magill Memorial Swim was held on Sunday 15 December at Grange, swimmers gathering after for breakfast at Coastal Delicatessen where the draw for the trophy was held. The lucky winner for 2024 was Kay Winton of Henley and Grange Masters!



Post swim conviviality, Coastal Delicatessen



Kent and Kay

Pool Summer Series 1 – Sunday 8 December, Woodside Pool

Adelaide finished 4th out of 10 competing clubs at the first meeting of the Pool Summer Series held at Woodside Pool with 196 points, behind Phoenix (397), Noarlunga (361) and Tea Tree Gully (226). Congratulations to our faithful band of swimmers, and especially to the following:

Sharon Beaver	1 st Overall 55 – 59 years Female
Steph Palmer White	1 st Overall 60 – 64 years Female
Judith Gallasch	4 th Overall 60 – 64 years Female
Amanda Ruler	1 st Overall 70 – 74 years Female

We look forward to Swim 2 at Strathalbyn on 23rd February and Swim 3 at Woodside on 17 March. These are relaxed pool events in beautiful country towns. Please join us if you are free!

Proclamation Classic – Saturday 28 December

The 2024 Proclamation Classic will be remembered as the swim that almost happened. Our team turned up at 7.00am to set up on the beach. Swimmers arrived and registered, and all was in place. Around 9.30am, however, the weather changed from sunny and breezy to overcast, then dark grey. At 9.45am, just as Pete Holley (with Russell Anderson holding an umbrella) and the Glenelg SLSC team leader started the briefing, it hit. The wind picked up to 30 – 40 kph, the temperature plummeted by 5C and white caps appeared in crests and dots. Huddled under the beach shelter, the swimmers couldn't hear a thing, however the message was clear. With churning seas, horizontal rain and a torrent of murky storm water running down the beach, nature had prevailed. Sadly, it was the second Proclamation Classic cancellation in recent years. The front soon passed, the wind dropped and the sun came out, however the water was unswimmable.

A huge thank you to Jeff Sheridan who once again organised the event with superb attention to detail, and to those who helped with the set up, registration and pack up and to our members who turned up to swim. Thanks also to the lifesavers who gave us every chance of starting. At least we all got wet, and a few keen swimmers even ventured out for a solo dip. We will back next year!



Ready and waiting...



Oh dear...



CAN YOU HEAR ME...??



'Come in, she said, I'll give ya shelter from the storm...'

After packing up, the Committee convened in the Glenelg SLSC Clubhouse to commiserate over coffee. Another group of swimmers assembled in the front bar of the Grand. Stephen Carthew from Marion Masters has provided his perspective on the morning. Thanks you Stephen!

A Proclaimed Grand Classic Non-Swim Event

The 2024 Proclamation Classic Swim organised by Adelaide Masters was indeed an open water event. When the stiff cool onshore breeze became a torrential horizontal tempest, it forced many competitors into the undercover vestibule of the Stamford Grand's public bar. As the hose-down was only minutes before opening time, a staff member recognised the plight of the bedraggled mob of aging swimmers huddled against the door and let us in. Goggles and pink caps in hand, wrapped up in towels and an assortment of beach wear, we made the Front bar our home.

Inside the Grand, there was speculation as to when the storm would abate and the race begin. Willy Weather and the Bureau of Meteorology were consulted. On our screens it looked promising, however the storm outsmarted smart-phone driven optimism to hang over us just long enough for the Glenelg Surf Club crew to decide that the event should be cancelled due to the rough water and the large black plume of storm water running out to sea. It was a sound decision. No one seemed to mind relinquishing their ankle straps – we simply carried on with the more important business of socialising. The Open Water coterie of swimmers are a lovely bunch of people who compete with rather than against each other. The intraclub and interclub friendships are all bonus reasons to pay to swim in these events – even when they don't happen. The 2024 Proclamation Swim Classic is thus proclaimed a Grand Classic Non-Swim Event!

Member contribution

While we are enjoying our (mostly) beautiful summer weather, hardy swimmers in the Northern Hemisphere are finding ways to celebrate Christmas in colder water.



Northern Ireland



Lithuania

(With thanks to the photographers and the publishers!)

Michael Harry

Dates for your diary

Further information on the following events, including registration details (when posted) and the calendars for the MSSA 2024-25 Summer Pool Series and the Open Water Series and other swims is available on the [Masters Swimming SA website](#).

January

5 th	Pub to Pub Open Water Swim	Seacliff Hotel
12 th	MSSA OWS Championship	Somerton SLSC
26 th	Jetty to Jetty Open Water Swim	Grange Jetty

February

2 nd	Brighton Jetty Classic (non - Masters event)	Brighton
8 th – 9 th	Mighty Swim (non - Masters event)	Unley Pool
9 th	Pink and Blue Swim (non - Masters event)	West Beach SLSC
16 th	Henley Beach Open Water Swim	Henley Jetty
23 rd	Summer Pool Series Swim 2 (Long Course)	Strathalbyn Pool

March

1 st	Port Elliot Swim	Port Elliot SLSC
10 th	Port Noarlunga Reef Swim	Port Noarlunga Jetty
17 th	Summer Pool Series Swim 3 (Short Course)	Woodside Pool

April

8 th – 12 th	MSA National Championships	Melbourne Sports & Aquatic Centre
------------------------------------	----------------------------	-----------------------------------



Find us on
Facebook

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