

March 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!

President's Report

February is always a busy month in the swimming calendar. We have had open water events: the Brighton Jetty Classic, the Pink and Blue swim, the Henley Swim and we have had pool events: the MS Mighty Swim and the summer series meet at Strathalbyn. Adelaide Masters have made their mark on all these events. I would especially like to thank everyone who participated in the MS Mighty Swim, an event that our own Lee O'Connell is deeply involved in, who raised an impressive amount of money to help into research into Multiple Sclerosis. Everyone who attended had a lovely time and some even got to swim for other teams. The generosity did not stop that weekend with other members raising money to aid with breast and prostate cancer research at the pink and blue swim. There is nothing like swimming for a good cause.

It's now mad March, and with it comes the last two open water swims of the year, the Port Elliot and Noarlunga swims. They are well worth the journey if you can fit them in between the Fringe and the Festival. If the pool is more your thing, we have a new summer series event at Murray Bridge. It has taken a lot of time and hard work to set this event up. I hope that as many of you as possible can make the trip out there to represent Adelaide's finest masters swimming club.

March also brings the club AGM. It may seem like a little bit of tiresome administration, but it is extremely important that the club is guided into the future by a band of dedicated individuals with a shared goal of making Adelaide Masters the best swimming club in the state. If you have ever stood on the side lines and thought that the club could be doing something better, this is time to stand up and do something about it. It is very easy to criticise, but more satisfying to contribute.

Finally, this will be my last President's report as I will be standing down from the committee for personal reasons. It has been an interesting three years, with several challenges, some of which still need to be resolved. I wish the next President and the Committee luck in their important work. I hope they can guide Adelaide Masters through the next few years to our 50th Anniversary with flair and aplomb.

See you in the water.

Pete

Coach's Corner

Competition - a situation in which someone is trying to win something or be more successful than someone else.

When we win, we feel elated, and motivated to earn that reward, that feeling of joy again. So, we compete again, with more focus to win the next rounds. When we lose, we feel disappointed, upset, angry and embarrassed. It's like a punishment. And to avoid that bad feeling, we become even more competitive to ensure we win the next time. Both wins and losses drive us to become better. In other words – healthy competition is good for us. It doesn't matter if that competition is at properly

organized swim meets or at training. It doesn't matter if you compete only with yourself, your training buddy or with the swimmers from different clubs. What matters is that you enjoy all of them.

As we can see, these Adelaide Masters swimmers are clearly enjoying the buzz of competition at Stathalbyn. May we all win!



Brian Morris, Emily Tsoutouras and Judith Gallasch



Emily at her first meet, doing her first event – 50m Free



Judith has just done a PB for 50m Free

Ilze

Event Reports

Henley Beach Open Water Swim – Sunday 16 February

After two windy days, conditions were ideal on Sunday morning for the Henley Beach swim. The weather was cool with a light breeze and the water temperature a comfortable 22C. Run on a rectangular course north of the jetty finishing on the south side, this swim is always well organised and friendly. Adelaide had seven swimmers – Scott Goldie, Em Goldie, Julie Bowman, Andrew Loose, Brian Morris, Remin Nath and Michael Harry. Though presently indisposed, Kent Nelson turned up to offer encouragement. Scott won the men's 1K in 16.42, Em won the women's 1K in 17.17 and Julie came in second in the women's 2K. Andrew, Brian, Remin and Michael all did well in their events.



Scott, our 1K winner with Kent



Julie, Michael and Em

Port Elliot Open Water Swim – Saturday 1 March

Fifteen Adelaide Masters swimmers who came down on Saturday afternoon for this colourful event in beautiful Horseshoe Bay were rewarded with fine conditions and the different experience of an afternoon swim on the south coast. While the water was a little choppy and swimming into the sun on the final leg was challenging, it was an enjoyable swim. All of our swimmers performed well. Scott Goldie won the Men's 1K by almost a minute in the smart time of 14.14, Michael Harry also finishing. Steph Palmer-White won the Women's 1K in 15.30, Em Goldie came in 2nd and Pam Gunn also finished. Emily Tsoutouras, Judith Gallasch and Pam Holley swam the Women's 2K, and Andrew Loose, Ashley Everton, Pete Holley, Shayan Gunawardena, Geoff McConachy, Remin Nath and Roman Zaika all finished the Men's 2K. It was very good to see Betty Reinboth and Greg Cooper on the beach, Greg also swimming the 1K.



Emily and Judith



Greg and Betty

Member Contribution

Winter Swimming in Shetland

Michael Harry

In the previous newsletter, I included photos about winter swimming in Lithuania and Northern Ireland. Recently I came across the photo below on a Facebook thread. The Shetland Islands are the most remote populated location in the British Isles, approximately 170k north of the Scottish mainland. Surrounded by the North Atlantic and the North Sea, the islands are treeless and experience harsh weather most of the year. Shetlanders are friendly people, with a strong attachment to Viking rituals which include the annual Fire Festival traditionally held on the last Tuesday of January. Thousands of visitors watch the torchlit procession through the capital Lerwick which finishes with the burning of a replica Viking long boat on the beach. Shetland sheep come in many coloured varieties. They far outnumber the local inhabitants and have right of way on the roads. The beaches are stunning, with brilliant white sand and aquamarine water that is cold in summer and freezing in winter.

In Shetland folklore, creatures known as selkies are said to come from the sea and take human form by shedding their seal skins, hiding them until they return, sometimes with a human mate they have lured from the land.



'Wild swimmers at St Ninian's today captured beautifully by John Coutts...'

Dates for your diary

Further information on the following events, including registration details (when posted) and the calendars for the 2025 MSSA Interclub and State Cup series is available on the [Masters Swimming SA website](#).

March

1 st	Port Elliot Swim	Port Elliot SLSC, Horseshoe Bay
10 th	Port Noarlunga Reef Swim	Port Noarlunga Jetty
23 rd	Summer Pool Series Swim 3	Murray Bridge Swimming Centre
26 th	Club Annual General Meeting	Burnside Pool
28 th	End of month drinks after training	Feathers Hotel, Burnside

April

8 th – 12 th	MSA National Championships	Melbourne Sports & Aquatic Centre
27 th	State Cup 1 (long course)	Adelaide Aquatic Centre

May

3 rd	MSSA Annual Dinner and Presentations	(details to follow)
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May

18th

Interclub 1 (relays) short course

Adelaide Aquatic Centre



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