

November 2024

Contributions to the newsletter from members are most welcome. If you would like to contribute an item, please send it addressed to the Newsletter Editor to adelaidemastersswimming@gmail.com.

President's Report

At the moment we are a little like "The pub with no beer" in that we are "The swimming club with no pool". I am hoping that by the time of the next newsletter we will have news of when Burnside is reopening so that we can return to our home. In the meantime, I hope you are enjoying the informal sessions at the equally wonderful Norwood Pool or have taken advantage of your Masters memberships and have joined in with other clubs' sessions for a little bit of variety.

November is the prelude to the open water season, and I am sure that some of you have already checked the open water calendar that has been published by MSSA and is attached with the newsletter. For me, the key event is the Jetty to Jetty on Australia Day. If you only do one open water swim this season, this should be the one. It has history and silverware with our club's name on it, a name that should continue to feature. You can make this happen by taking part! And if you want to do an event before then, why not enter Adelaide's own Proclamation Classic on 28 December?

This month I was in NSW as a guest at Alyce's wedding, I know that she made a big impact on the club and with the open water swimmers with her bubbly attitude to life. Now that she has moved to the far reaches of the east coast she will be a great loss to the club. Our loss is someone else's gain, and on behalf of the club I wish Alyce and Angus all the best in whatever the future holds for them.

See you in the water.

Pete

Coach's Corner

Hello, dear swimmers! It is a bit challenging right now with our training arrangements. I hope you are all well and managing to get some swimming done. There are handful of those who attend Norwood pool sessions and I think we have worked out the best scenario. Our session starts at 18.15 but not everybody can make it on time, therefore warm up time varies for each individual. However, the main set we start all at the same time – around 18.35. I am trying to design our main sets so it fits swimmers' different speeds without creating chaos in the lane. Ha, ha -sometimes it works! Thank you everybody for yor patience.

Needless to say, I think we all are looking forward to being back in Burnside pool, where we have allocated lanes, the pool is definitely 50 m long (dear old Norwood Pool is 55 yards!) and the lane ropes don't break the fingers. Let's hope we get there in few weeks time!

Ilze

P.S. Meanwhile, I like swimming with you, being part of squad.

Film Screening – Adelaide Film Festival

A number of us will be attending a screening of *The Pool*, a new release movie about the Bondi Icebergs Ocean Pool, at the Semaphore Odeon Star at **2.45pm on Sunday 3 November**. Further information including a link to a trailer is available [here](#). Tickets need to be booked on the Festival website. We plan to meet around 2.15pm at the cinema.

Member Report

Swimming the Illawarra No 2

This is the second article on the rock pools of Wollongong and the Illawarra. The first article was published in the August 2024 newsletter.

I have just returned from three weeks staying with family in Wollongong, my second visit this year. On each trip to the Illawarra, I make a pilgrimage to one or more of the beautiful rock pools that are a feature of the Illawarra coast.

On this visit, I was able to swim in two pools I have not been to before, at Woonona and Bulli, beaches on the north side of the Wollongong coast. The northern suburbs of Wollongong comprise a number of communities that were originally separate villages and are now suburbs, albeit separated by the watercourses and remnant belts of scrub which characterise the area. These suburbs each have their own distinct identity and history that makes for fascinating exploration. Above the Woonona Rock Pool a series of panels are displayed with information and photographs of pioneering days in Woonona and Bulli before the advent of heavy industry that Wollongong is known for.



The Woonona Rock Pool is attractive and inviting, featuring an old pavilion with changing rooms, starting blocks and sturdy rails on four sides. Nearby are the remains of the original pool, a much larger structure built in 1898. Elevated a metre or so off the beach, the pool is comfortable to swim in at any time, in contrast to some of the other pools where swimming on a high tide can be interesting and occasionally hazardous.

The morning of my swim was perfect. A gentle easterly made the pool almost glassy and the water temperature was a cool but pleasant 18 degrees.



Woonona Rock Pool

Two kilometres north, Bulli Rock Pool is quite different. 48m x 25m, the pool faces east out into the ocean. It is set lower, so regular plumes of white water wash over the eastern end even when the tide is going out. The present pool was built in the 1930s, with remnants of the original pool visible nearby as the waves recede.

My swim was an invigorating work out, a fresh north-easterly wind creating considerable movement in the water and a sensation of swimming against the tide going up and cruising back with the wind and the waves. The water temperature felt distinctly cooler than Woonona. There were several hardy locals doing laps and smaller swimmers splashing around in the childrens' pool. I was ready for coffee by the time I finished.



Bulli Rock Pool



The original Bulli pool

The final swim of my stay in Wollongong was at Bellambi Rock Pool, a favourite place where I have swum before. Pushed by a strong south easterly, surf was breaking over the pool, entirely submerging it at times. Navigating a flooded ocean pool requires care to avoid colliding with the

ends or the sides, or worse, being washed out as happened to me when swimming some years ago at Wylies Baths at Coogee. At Bellambi, I managed this by staying close to the beach side of the pool and taking regular sightings. While changing after my swim, I took the photo below. The woman on the right, who bathes in the pool every morning, was unperturbed as waves broke over her. The child on the left was a surprise!



Bellambi Rock Pool

Michael Harry

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](#).

November

10 th	Short Course Long Distance Meet	SA Aquatic Centre
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December

15 th	Seacliff Open Water Swim	Seacliff Hotel
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28 th	Proclamation Classic	Open Water Swim	Glenelg Jetty
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April 2025

8 th – 12 th	MSA National Championships	Melbourne Sports and Aquatic Centre
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MSSA 2024 -25 Open Water Series

The calendar for the **2024 – 25 MSSA Open Water Series** has been released and is attached as a separate document with the newsletter email. It should be published on MSSA website shortly.



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