MARION MARLINS MASTERS SWIMMING CLUB

DECEMBER 2025 NEWSLETTER

PRESIDENT'S MESSAGE

Hello Marlins! We're heading into the silly season, but the fun in the water certainly hasn't slowed down! There's plenty happening in and around the club, so here's your splash-sized update from the president's chair (or pool lane… depending on the day).

1. Geo Bay Swim – The Pres & VP take on Geographe Bay (WA)

In case you missed it, **Marc Loader** and **Dean Guse**, your fearless President and Vice President, recently tackled the Geo Bay Swim as a duo—and what a day out it was! In near-perfect conditions and crystal-clear water, we clocked a total time of **6 hours and 24 minutes**.

Out of 49 duos… we finished **26th**. Not last, not first, but perfectly placed for **strategic improvement**. We're already eyeing off **25th place next year**—aim high, train hard, and pack extra snacks!

Huge thanks to our support crew, Cath, Annie, Sam, and our paddler Wade, who cheered us on. Your support kept our arms moving when our brains had definitely checked out.

Congratulations to two Marlins, **Gero Von Vogt** and **Mark Morelli,** who completed the 20km swim solo. They put in outstanding times and finished 14th and 17th respectively. A 20km swim is a tough gig in any conditions, and both Gero and Mark excelled on the day.

If you would like to know more, click on the link below. This is a great event, and I thoroughly recommend a trip to WA for any Open Water enthusiasts.
https://www.geobayswim.com.au/event-guide

2. Christmas Party – 18 December (see the flyer in the Social section below)

It's time to hang up the goggles and celebrate another awesome year of Marlins mayhem!

🎄 **Date:** 18 December, 7:00 pm, after training (when everyone smells of chlorine and good decisions)
🎄 **Location:** Marion Outdoor Pool
🎄 **BYO chair and glass** (seriously—unless you want to sit on a kickboard all evening)

Expect lots of laughs, and plenty of stories. Family welcome, holiday cheer encouraged!

3. Open Water Season Update

Last time around, we let you know the open water season was cancelled—but don't pack away the swimsuits just yet! **Behind the scenes, there's still plenty of action happening**, and we're working hard on the possibility of a **mini-series of events** to keep everyone's ocean spirit alive.

Stay tuned—once the details are sorted, you'll be the first to know [apart, presumably, from the people who've sorted the details – Ed.]. And yes, it *will* involve swimming, sunshine, and probably someone forgetting sunscreen.

That's it for now, Marlins! Keep swimming strong, keep showing up, and keep making this club such a fantastic (and slightly chaotic) place to be.

See you in the lanes,

Marc Loader
President

MEMBERSHIP

As of 2 December we have 122 members, which is a great way to round off a busy 2025.

We welcome the new members, **David and Irene Cruickshanks, Vanessa Maund, Toby Demmler, Jayne Gaukroger,** and **Shane Gale**, and welcome back **Kent Taylor** and **Margot Tisher.**

If you have any membership questions, please contact **Garth Hayter** (garth.hayter@gmail.com or 0415 905 629)

CLUB TRAINING

Training times. Throughout December and January we'll be training at Marion Outdoor Pool (MOP) at our usual times – Monday 9-10 am, Tuesday 6-7.30 pm, Thursday 9-10 am and 6-7.30 pm, Saturday 8.30-10 am – **except for the following variations:**

Picnic Weeks and Vac Swim. During these weeks our morning training will be scheduled earlier, 8 – 9 am, to avoid the changing room issues we've experienced in the last couple of seasons. This earlier schedule will apply to the following dates:

Dec 1, 4, 8, 11 (Picnic Weeks): Change rooms available 9 - 9.20 am

Dec 15, 18; Jan 12, 15, 19, 22 (Vac Swim): Change rooms available with no time restrictions

Christmas-New Year. There will be no club training on Christmas Day, Thurs 25 December (therefore there'll be no Pub Night either). But otherwise we will continue training as usual throughout the Christmas-New Year period. Coaching as follows: Sat 27: Aimee; Mon 29: Sandy; Tues 30: Mark T.

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

Average attendance numbers. Members may like to know the average attendance numbers (over the year to date) for our various training sessions: Mon am: 24; Tues pm: 15; Thurs am: 21; Thurs pm: 12; Sat pm: 18. This shows there are relatively low numbers on Tues and Thurs pm. Those who'd like a bit more lane space might consider training at those times.

CALENDARS

December 2025 Club Calendar

	Mon 01	Tue 02	Wed 03	Thu 04	Fri 05	Sat 06
	8:00 am		Meeting	8:00 am		8:30 am
		6:00 pm		6:00 pm		
	Picnic W1	Picnic W1	Picnic W1	Picnic W1	Picnic W1	
Sun 07	Mon 08	Tue 09	Wed 10	Thu 11	Fri 12	Sat 13
	8:00 am			8:00 am		8:30 am
		6:00 pm		6:00 pm		
	Picnic W2	Picnic W2	Picnic W2	Picnic W2	Picnic W2	
Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
Pool Comp	8:00 am			8:00 am		8:30 am
@Woodside		6:00 pm		6:00 pm		
SC Summer1	Vac Sw W1	Vac Sw W1	Vac Sw W1	Xmas BBQ	Vac Sw W1	
Sun 21	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27
	9:00 am			No Training		8:30 am
		6:00 pm		No Training		
				Public Hol	Public Hol	
Sun 28	Mon 29	Tue 30	Wed 31	12 Month Club Memberships are now due		
	9:00 am					
		6:00 pm				
			Public Hol			

January 2026 Club Calendar

				Thu 01	Fri 02	Sat 03
12 Month Club Memberships are now due				No Training		8:30 am
				NYD		OWS
				Public Hol		Carri to Club
Sun 04	Mon 05	Tue 06	Wed 07	Thu 08	Fri 09	Sat 10
	9:00 am			9:00 am		8:30 am
		6:00 pm		6:00 pm		
Sun 11	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16	Sat 17
	8:00 am			8:00 am		8:30 am
		6:00 pm		6:00 pm		
	Vac Sw W2	Vac Sw W2	Vac Sw W2	Vac Sw W2	Vac Sw W2	
Sun 18	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24
	8:00 am			8:00 am		8:30 am
		6:00 pm		6:00 pm		
	Vac Sw W3	Vac Sw W3	Vac Sw W3	Vac Sw W3	Vac Sw W3	
Sun 25	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30	Sat 31
	No Training			9:00 am	Pool Closed	8:30 am
	Aust Day	6:00 pm		6:00 pm	9:30 to 2:00	
	Public Hol			Pub Night		

COACHES' CORNER

We are very lucky as a club to have quality coaches who are willing and able to set aside their time to provide direction and guidance to our club members. Over the next few issues, the newsletter will tell you a bit more about our coaches. We'll begin with:

Stewart Galliford (currently coaching Tuesday and Thursday nights)

Aged somewhere between 50 and 70 (depending on how he feels in the morning!), Stewart was relatively late into swimming. He learned to swim when he was 28, eventually competing in two World Masters Games. Strangely, butterfly is his favourite stroke, and he has even completed an 800 m fly at one meet where he also finished an 800m medley and broke a state record as part of a 4 x 100 relay team.

Stewart started coaching in 2020 when he was recovering from a major health scare and his competition days were over. Noarlunga Masters suggested he put his knowledge and skills into coaching, as he had previously done some informal coaching when needed. He enjoys seeing people improve their skills and knowledge, thus improving their own swimming ability.

Stewart enjoys the many challenges associated with coaching masters swimmers, such as introducing them to different ideas and strokes. He also realises that many things can get in the way of training, such as family, work and health issues. Physical changes with age unfortunately effect us all and training must be tailored accordingly.

Another challenge is the difference between individual swimmers' goals, as masters swimmers include a spectrum of social swimmers, highly competitive pool swimmers, and long-distance open water swimmers. Stewart recognises that catering for all three types of swimmers can be a huge challenge for any 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

State Cup (Sun 12 Oct): 20 Marion swimmers (+5 relay teams) entered, which is a great result. Marion finished 3rd overall.

Australian Masters Games (18-25 Oct, Canberra): **Barb Pearce** competed in eight events. Fantastic effort Barb!

Long Distance (Long course, 9 Nov). 6 Marlins entered. SA Record for **Ace Lewis** in the 1500m Breaststroke – yes, he really did swim a breaststroke 1500!

UPCOMING MEETS

3 January: Carri to Club, Normanville (entries on website of Normanville Surf Life Saving Club)

2025-6 Summer Pool Series:
14 December: Woodside. Two Marlins have entered.
22 February: venue TBA by Masters Swimming SA. Look out for their decision.
15 March: Strathalbyn. Take note!

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 EVENTS

Welcome Back to MOP Brekkie, Saturday 1 November

Our welcome back to MOP Brekkie was a great success with many members enjoying an egg and bacon roll with a beverage on a sunny morning after swimming. It was great to see so many attend and for old and new members to socialize, creating friendships and fun for life.

Unfortunately, we were having such a good time we forgot to take photos of the event. But see below for an action photo of **Pub Night on Thursday 27 November.** This was taken by the President with the Secretary's primitive camera, which explains why the lighting makes it seem as though we were in a sauna.

UPCOMING SOCIAL EVENTS

Pub Nights: take place every last Thursday of the month (except December) at the Morphett Arms Hotel from 7.30pm. The next one is 29 January 2026. All Welcome.

XMAS PARTY

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

The new Marlins club T-shirts are still 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 are available any time online, and **the club subsidy ($10 towards each shirt) is being extended to the end of the year.** The prices currently listed on the Sports Centre website include the club subsidy. In the new year the prices will increase by $10.

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

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

MEMBER PROFILE: Meg Blogg Marquardt

1. Tell us a bit about your background.
I came to Adelaide from Switzerland, where we'd lived for twenty years. We moved back during COVID in August 2020 — we literally caught the last plane out and then spent two glorious weeks at the Pullman! I grew up in Melbourne; my husband is Bavarian; our kids were born in Switzerland. After leaving those bucolic chocolate-box landscapes, we wanted somewhere not too big or frantic. Adelaide has been perfect.

2. How did you get into swimming?
Started at the Malvern Baths like every other neighbourhood kid, and spent holidays in the surf and strong currents at Merimbula. I got into squad swimming when I lived in London and trained with Imperial College while studying cardiothoracics at the nearby Brompton Hospital (post-nursing school). When I moved back to Melbourne in the 90s, a school friend dragged me to PowerPoints Masters Victoria and I was hooked. Coach Anita rebuilt my stroke from scratch — I went backwards for six months before anything clicked.

3. What's your favourite stroke and why?
Butterfly. I love the rhythm, the power, and the fact that you have to be fit to swim it — and you only get fit by swimming it.

4. What's your favourite drill and training set?
Drill: Fist-drill freestyle (and anything involving fins). I love how fast I feel once my hands are open again. Training set: Anything unexpected. I like being tricked into working hard

before I realise what's happening. The coaches are brilliant, and the swimmers are hilarious — it's like group therapy, but chlorinated.

5. What's your favourite swimming event (pool or open water)?
Open water. I don't care where — ocean, lake, river — as long as it's not five degrees.
I trained in Swiss lakes in full neoprene armour: wetsuit, gloves, booties, and three caps (two silicone and one neoprene). Not streamlined!

6. Describe the top-ranked swimming race of your career so far.
Lake Alta, Whistler (2017) — breathtakingly beautiful and part of another journey as my first Ironman. 3.8 km of pristine fresh water. I was super fit and remember focusing on keeping my stroke long and strong. Magical.

7. Who are your sporting heroes?
John Newcombe — who doesn't love Newk? He presented our Bond Uni MBA awards and spoke bravely about his depression and the days he struggled just to get out of bed. That stayed with me. Pat Cash — met him at Geneva airport; he was an absolute sweetheart and seemed genuinely thrilled someone still recognised him. Federer — well, he's Federer. A man who lives his values on and off the court, totally earning his place in history. Evonne Goolagong — I once presented her trophy at the Toyota Women's Classic. Grace personified. My real heroes are everyday people who keep showing up to their chosen sport through life's ups and downs — no special treatment, no funding, just a desire to be a different version of themselves.

8. What's your swimming-related weakness?
A touch of laziness … and breaststroke, which is quite unnecessary.

9. What are your interests outside of swimming?
Running — roads, trails, anything that gets me out the door and exploring. With the kids basically launched, I'm rediscovering what's on offer.

10. What's the number one tip you'd pass on to other masters swimmers?
Yes you can. And if you think you can't, show up anyway.

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