

[View this email in your browser](#)



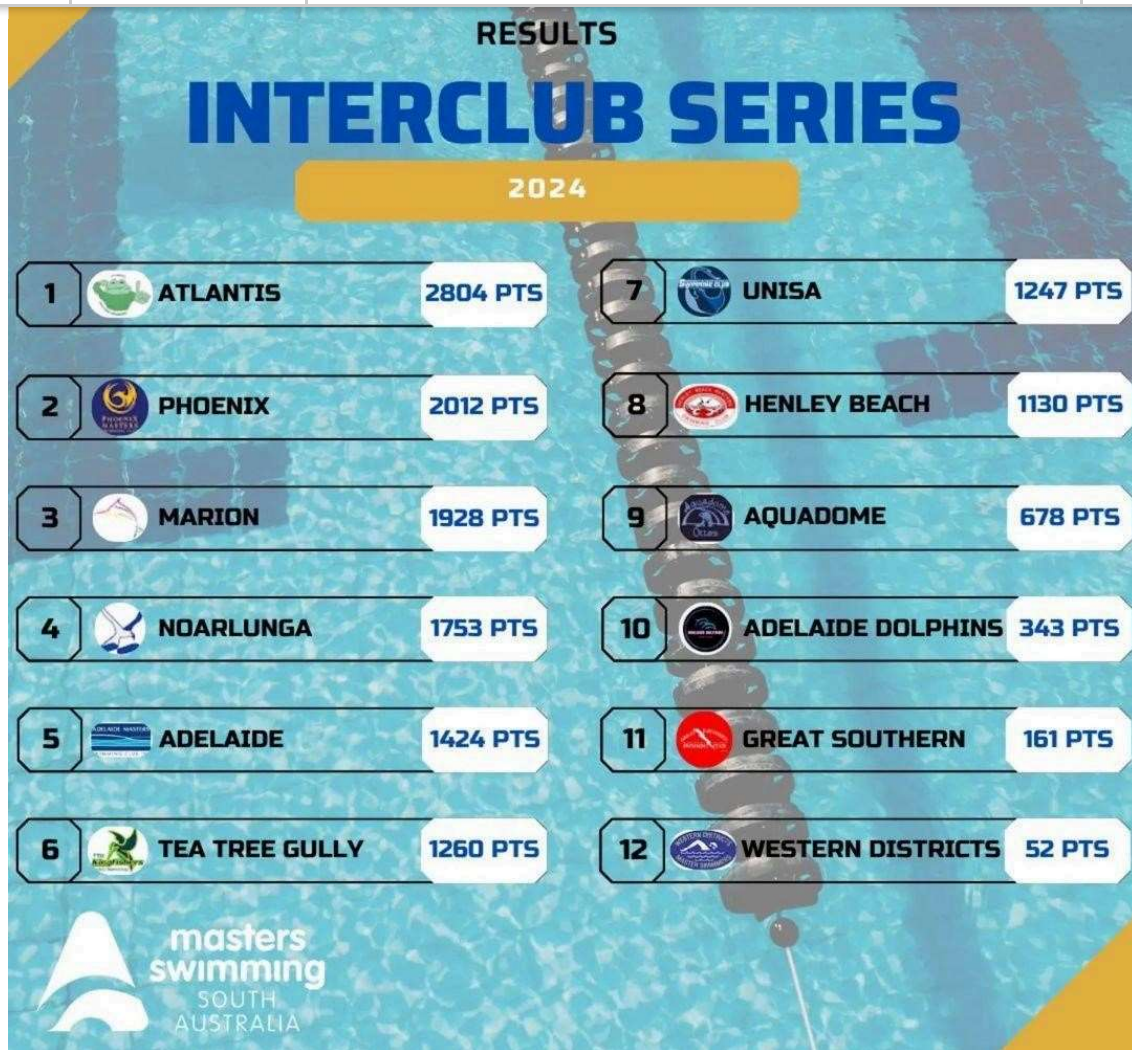
SEPTEMBER 2024 NEWSLETTER

PRESIDENT'S MESSAGE

First, let me express my gratitude. I want to say a **huge thank you to Dean Guse and Meredith Ryan for organising the Annual Club Dinner** recently at the Morphett Arms. Dean organised the venue and Meredith the night that we all, I'm sure you would agree, enjoyed. It was a fantastic night, and it was great to see so many members socialise and get to know each other.

Speaking of fantastic nights, please note that the **End of Month Pub Night** will be held at the Edinburgh Hotel in Mitcham on Thursday, 26 September, immediately after training (7.30 pm onwards). Come and join us to celebrate the end of the indoor season and a successful first year at the Scotch College pool.

Also, a big shout out to **our Club Captains, Aimee and Gavin**. The results are in and we finished a very respectable 3rd place in the 2024 Interclub Series, a mere 84 points behind second-placed Phoenix. See Aimee's write-up of these and other results later in this newsletter.



So, to Aimee and Gavin, many thanks for all the hard work looking after the team. It is greatly appreciated. And to all those who competed over the series, well done and great to see. Let's see if we can go one better in 2025. I reckon we can.

With Summer approaching, it can only mean one thing: Open Water Swimming. Let's face it, is there any other kind? Masters Swimming SA has informed us that the 2024-25 Open Water Season will be out in September. So, keep an eye out for that and we will update you as information comes to hand.

I must admit that being at Unley pool over the last few Saturdays has been great. Being back in a 50m pool with the sun on our backs is a great feeling. Many thanks to Sandy who came up with the idea to go to Unley, and I for one think it was a great one. Thanks again.

This also serves as a reminder that Marion Marlins will be back at **Marion Outdoor Pool the week commencing Monday 30th September.** We will send out more information as we approach the date, and we thank Marion Outdoor Pool for opening just a little bit earlier this year.

event, Rottneest. This season Marion Marlins will be well represented in Perth. The club will have two soloists, Dean Guse (our Vice President) and Gero Von Vogt. Paul Victory and Rob Buchanan are pairing up to a Double and yours truly is joining forces with Charlie Roberts, Lindsay Martin, and Kristie Dorgan (Henley Masters) for a Team.

But for the Open Water purists we all know who the true heroes are, the Soloists. So as Dean and Gero embark on a savage training regime over the next six months, I want to wish them both all the very best. I know they will both work hard and will be well prepared when they hit Cottesloe Beach on Feb 22nd, 2025. As I write this, Dean and Gero, there are 179 days 15 hours 53 minutes and 25 seconds to go. So, get cracking.



Yours in Swimming

Marc Loader
President

MEMBERSHIP

We currently have **121** members as of 22 September.
The club is pleased to welcome new member Marnie Weatherald.
If you have any membership questions, please contact Vicki Day
(vickiday626@gmail.com or 0417 518 266)

CLUB TRAINING

Winter schedule: Saturday, 28 Sept. 10.30 am - 12 noon will be the last session at Unley for the winter season.

Summer schedule: commences at MOP, Monday, 30 September.

Thursday – MOP 9.00 -10.00 am

Thursday – MOP 6.00 -7.30 pm

Saturday – MOP 8.30 - 10.00 am

Note that MOP entry prices are increasing this season, but your Committee is trying to keep costs down by holding training ticket prices at their current rates:

1 hour: \$6 (book of tickets \$60), or \$8 cash

1.5 hours: \$8 (book of tickets \$80), or \$10 cash.

MOP entry prices (single entry, multi-visit passes, and memberships) will be:

MARION OUTDOOR POOL - 2024 ENTRY FEE			
OPTIONS:		https://mop.marion.sa.gov.au/	
10 Entry Pass			
Adult	\$79.00		
Concession	\$55.00		
City of Marion Resident	\$68.00		
City of Marion Resident Concession	\$47.50		
30 Entry Pass			
Adult	\$210.00		
Concession	\$147.00		
City of Marion Resident	\$178.00		
City of Marion Resident Concession	\$125.00		
12 Month Season Membership			
Adult	\$498.00		
Concession	\$409.00		
City of Marion Resident	\$349.00		
City of Marion Resident Concession	\$286.00		
Club single-entry option: \$6.50			

If you have any issues 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

Interclub 2 – Sunday 16 June

Congratulations to all the new swimmers who competed in their first competition for Marion: Michaela Battley, John Brouwers, Sarah Jungfer, and Blake Hribar. We hope you enjoyed yourselves and look forward to seeing you at the next competition.

Thank you to Ali Hribar and Sarah Langsford for coming down to the pool and taking on the role of timekeepers. It is one of the most crucial roles in the competition and we wouldn't be able to compete without the volunteers. We swimmers say a huge thank you to those going out of their way to come to the pool, even though they are not competing and spending four hours timekeeping for us.

stopwatch on the 'flash' coming from the starter's block rather than when you hear the 'go'. This is crucial, especially when the swimmers are starting at the other end of the pool, as sound takes longer to travel.

Thank you to Claudia Chavez for being our unofficial photographer for the event. Claudia got some fantastic photos of the team (see the selfie below) and her assistants took some amazing videos of her competing.



Marion Marlins came joint 3rd with Phoenix Masters and only three points behind second place. Fantastic swimming by all who attended.

Interclub 3 – Sunday 14 July

This long course meet allowed swimmers to select from the following: 400m butterfly, backstroke, breaststroke, or individual medley (there was no 400m freestyle option).

Congratulations to Ali Hribar for her first interclub swim with the club. She did a fantastic job and got some great times registered onto Swim Central in the 50m breaststroke, 50m freestyle and 100m freestyle. Congratulations to Sarah Langsford who overcame her nerves and did some fantastic swims in the 50m fly, 50m freestyle and 100m freestyle.

Thank you also to Karl Hribar and Darren Langsford who kindly volunteered to do the timekeeping for us in this interclub.

Timekeeping fun fact: you will get wet when timekeeping, so make sure you either bring a spare change of clothes or wear something waterproof like flips-flops and shorts.

Thank you again to Claudia for getting the team together for a photo. It is great to see everyone's smiling faces as they take on the 50m swims.



Marion Marlins came 2nd in this meet with an awesome 516 points. That was a difference of 173 points to third so everyone should be super-proud of themselves. Congratulations to Stephen Carthew who achieved two state records. These were in the 100m butterfly and 400m individual medley.

Interclub 4 – Sunday 4 August

15 brave swimmers competed in this meet, drawing on a whole winter of rigorous training. The short course format allowed swimmers to choose their preferred stroke over a 25m distance as well as a 100m individual medley.



Several people achieved multiple personal-best times for the year during the meet, including John Brouwers, Claudia Chavez, Alison Hribar, Blake Hribar, Maggie Evans, David Incher, Sarah Langsford, Ace Lewis, Sarah Osman-Walton, Barbara Pearce, Gavin Rowell, Deborah Wareing and Ben Warr.

It was also great to see lots of swimmers competing in the 100m individual medley and registering new times – Blake Hribar, Maggie Evans, Sarah Langsford and Ace Lewis.

Timekeeping fun fact: when doing distances over 400m, the time officials will blow a whistle at the start of the last two lengths for the swimmers. That way the swimmers know the fun will soon be over.



Above in the picture we have Maggie competing in the top of the shot and Sarah L in the lane at the bottom competing in the 100m individual medley.

Thank you to Sandy for all the photos!

Marion Marlins came 4th in this meet with a solid 430 points.

Interclub Grand Total

The final results for this year's Interclub series had Atlantis in first place with 2804 points, Phoenix Masters second with 2012 points, and **Marion Masters third** with 1928 points. Huge congratulations to everyone who competed throughout the series. This is an excellent result for the club, and everyone should be immensely proud of how they swam.

Congratulations to the following swimmers in their individual rankings:

Female

- Aimee Carter – 1st 30-34 age group
- Sarah Osman-Walton – 2nd 40-44 age group
- Claudia Chavez – 3rd 50-54 age group
- Maggie Evans – 4th 55-59 age group
- Sarah Langsford – 7th 55-59 age group
- Alison Hribar – 8th 55-59 age group
- Deborah Wareing – 1st 65-69 age group
- Maryanne Heffernan – 8th 65-69 age group
- Judy Vowles – 2nd 75-79 age group
- Barbara Pearce – 1st 85-89 age group

Male

- Blake Hribar – 2nd 18-24 age group
- John Brouwers – 5th 18-24 age group
- Ben Warr – 2nd 35-39 age group
- Ace Lewis – 2nd 40-44 age group
- Dean Guse – 6th 55-59 age group
- Gavin Rowell – 8th 55-59 age group
- Andrew Smith – 4th 60-64 age group
- Ian Young – 4th 70-74 age group
- David Incher – 2nd 75-79 age group

If you would like to compete next year, please contact your club captains Gavin Rowell or Aimee Carter to discuss how we can support you getting involved.

Short Course State Cup – Sunday 8 September

Here we had 14 swimmers. All chose the three-event maximum, and the club entered three relay teams.

A big welcome and congratulations to Ahlanna Hayes, who entered her first competition with Marion Marlins at the weekend.

A huge shout out and congratulations to Ace Lewis who got a state record in his age group for the 25m breaststroke in a time of 14.75 seconds. A fantastic swim by him.

The men's 4x25m freestyle relay also got a state record in the 160-199 age group. The team of John Brouwers, Ace Lewis, Gavin Rowell and Ben Warr smashed the record in a new time of 49.59 seconds. Let's go, Marion!

Timekeeping fun fact: make sure that when you are timekeeping, you do not step on the top of the timing pad. Keep your feet behind the top of the pad and lean over to ensure you see when the swimmer has touched the timing pad (whether with their feet for a tumble turn or hands on the finish).



As usual, Marion had to have two timekeepers for each heat in the event. Thank you to all swimmers who came down to help support. The competition couldn't take place without you! If you would like to have some help learning how to timekeep, please come and speak to one of your club captains.

Marion came 4th overall with a total of 484 points. Congratulations to all swimmers.

UPCOMING MEETS

There are only two SAALC meets left in 2024, so if you are keen to compete, please contact your coach or club captains.

October 26 and 27 - Mildura Murray Masters Carnival

There are several members heading over the Mildura to do this meet. It will be a good interstate meet for all, so we hope to coordinate a squad dinner in the evening. **Entries close 18 October.**

November 10 - MSSA SC Long Distance Meet

course sessions at Marion Outdoor pool in preparation. **Entries close 25 October.**

2024-25 Summer Pool Series

The first meet is expected to be in December at Woodside although the Summer Series calendar hasn't been finalised

To contact the Club Captains, please email: gavin.rowell@adelaide.edu.au or acarter241@hotmail.com

SOCIAL

The **End of Month Pub Night** will be held at the Edinburgh Hotel in Mitcham on Thursday, 26 September immediately after training (7.30 pm onwards). Come and join us to help celebrate the end of the indoor season and a successful first year at the Scotch College pool.

The **Welcome Back to the Marion Outdoor Pool Club Brekkie** will take place on Saturday, 19 October, 10.15 am. Further details soon.

If you have a suggestion for an event, please speak to our Social Coordinator, **Meredith Ryan**: meredithryan@live.com.au or 0400 612 341.

MEMBER PROFILE: Sharyn Roach Anleu



1. How did you get into swimming?

I have always been a leisure/social swimmer, and my school had a swimming pool so our PE lessons were in the pool, during the summer, where I did my

make the distance] for the Brighton Jetty Classic and realizing that instead of watching my daughter swim laps, I could join her (of course in a different lane). That was about 15 years ago. I was introduced to Marion Marlins by a keen member of the Brighton SLC and haven't looked back.

2. What's your favourite swimming stroke and why?

Perhaps freestyle, because that is the one that is emphasized in training sessions, and as I know my times, I have personal goals/challenges. There are so many things to work on and think about at the same time -- head down, pull through, use my core, kick harder, check hand entry, and have fun.

3. What's your favourite swimming drill and training set?

Finger drag and catch-up.

4. What do you see as the major challenge for masters swimmers?

Depends on where they are in the life cycle. For some fitting swimming into already busy schedules is really challenging, and frustrating when swimming cannot take priority. The challenge for everyone, is not to stop.

5. What's your favourite swimming event (pool and open water)?

The Brighton Jetty Classic, followed by the Jetty to Jetty.

6. Describe the top-ranked swimming race of your career so far.

Third place in my age group for the 400m Brighton Jetty Classic (four times!). I have several pieces of the old Brighton Jetty (aka trophies) crafted by one of our Marlins swimmers.

7. Who is/are your sporting hero or heroes?

Evonne Goolagong and Shane Gould.

8. What's the number one tip you'd pass on to other swimmers?

Just remember: every day is a swimming day. This is an especially helpful frame of mind (at least in my view) for those who enjoy ocean swimming.

9. What's your (swimming related) weakness?

I would love to be faster.

Subscribe	Past Issues		Translate ▼
	President		More Leaders
	Vice-President		Dean Guse
	Treasurer		Ace Lewis
	Secretary		George Crowder
	Registrar		Vicki Day
	Coaching Coordinator		Mark Trenwith
	Club Captains		Gavin Rowell and Aimee Carter
	Safety Officer		Tony Fowler
	OWS Coordinator		Ben Warr
	Social Coordinator		Meredith Ryan
	General		Garth Hayter
	General (Past President)		Ian Young
Non-Committee Officers			
	Member Protection Officer		Michael Perkins
	Recorder		Maryanne Heffernan



Copyright © 2024 Marion Marlins, All rights reserved.

Want to change how you receive these emails?
 You can [update your preferences](#) or [unsubscribe from this list](#).

