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## UPDATED NOVEMBER 2024 NEWSLETTER

**We have updated the November 2024 newsletter and we wish to apologise to Andrew Smith whose name was omitted from the Newsletter summary of the Mildura Murray Masters event. Please see the updated Competition Results section.**

### **PRESIDENT'S MESSAGE**

#### **2024-25 Open Water Calendar**

As promised in our last newsletter, Masters Swimming SA has published the 2024/25 Open Water Calendar.

# OWS EVENTS FOR 2024-25

<b>SUNDAY</b> <b>15</b> <b>DECEMBER</b>	<b>SEACLIFF</b> Seacliff Hotel 0.8km 1.6km	<b>SUNDAY</b> <b>26</b> <b>JANUARY</b>	<b>JETTY TO JETTY</b> Grange/Henley 2.2km
<b>SATURDAY</b> <b>28</b> <b>DECEMBER</b>	<b>PROCLAMATION</b> Glenelg Jetty 1.0km 2.0km	<b>SUNDAY</b> <b>16</b> <b>FEBRUARY</b>	<b>HENLEY BEACH</b> Henley Beach 1.0km 2.0km
<b>SUNDAY</b> <b>5</b> <b>JANUARY</b>	<b>PUB TO PUB</b> Seacliff Hotel to Brighton Hotel 1.6km	<b>SATURDAY</b> <b>1</b> <b>MARCH</b>	<b>PORT ELLIOT SWIM</b> Port Elliot SLSC 0.9km 1.8km
<b>SUNDAY</b> <b>12</b> <b>JANUARY</b>	<b>STATE OWS CHAMPS</b> Somerton 1.0km 3.0km	<b>MONDAY</b> <b>10</b> <b>MARCH</b>	<b>NOARLUNGA REEF</b> Port Noarlunga Jetty 1.5km 2.5km 5.0km
<b>NON-MASTERS SWIMMING SA OR SWIMMING SA EVENT</b>			
<b>SUNDAY</b> <b>1</b> <b>DECEMBER</b>	<b>SA STATE OW CHAMPS</b> West Lakes Rowing Centre 1.25km 2.5km 5.0km 7.5km 10km	<b>SUNDAY</b> <b>2</b> <b>FEBRUARY</b>	<b>BRIGHTON JETTY CLASSIC</b> Brighton Jetty 0.1km 0.4km 1.5km
	<b>SATURDAY</b> <b>9</b> <b>FEBRUARY</b>		<b>WEST BEACH</b> West Beach 0.2km 0.4km 0.7km 1.0km

The Marion Marlins-run State OWS Champs are to be held on 12 January 2025. Ben Warr has been working hard behind the scenes to prepare for what it is the Club's biggest event of the year.

If you would like to help on the day, please feel free to email Ben at [marionopenwaterswim@gmail.com](mailto:marionopenwaterswim@gmail.com) to register your interest. Your assistance will be greatly appreciated.

For those intending to enter the event keep an eye out for when registrations open. We will be sure to let you know as the date draws closer.

It is a great day with lots of prizes and awards given out on the day and of course we all get to enjoy the hospitality of Somerton Surf Life Saving Club

### **Open Water Swim Clinics - Somerton Beach**

Sandy has kindly offered to run 2 open water swim clinics in December:

Sunday 8 December and Sunday 20 December at 10AM.

Come along and practice your open water swimming so that you can enter our

### **Pub Night**

A reminder that Pub night is now at the Morphet Arms after training on the last Thursday of every month. **The next Pub Night is 28 November.** Put that date in your diary and we look forward to seeing you there.

### **Xmas Party**

While we are talking social events, please add this to your calendar. Thursday 19 December is the annual Marion Marlins Xmas Party at 7.00 pm. Keep an eye out for more information as it comes to hand on Facebook and via email. Stay tuned and this is an event not to be missed.

Yours in Swimming  
Marc Loader  
President

### **MEMBERSHIP**

We have 124 members as of 21 November 2024.

The club is pleased to welcome new member Bernadette Buchanan and returning member Natalie Rickers.

16 month memberships are available via [Swim Central](#).

If you have any membership questions, please contact **Vicki Day**  
([vickiday626@gmail.com](mailto:vickiday626@gmail.com) or 0417 518 266)

### **CLUB TRAINING**

#### **Summer schedule:**

Monday – MOP 9.00 -10.00 am - \$6.00 ticket.

Tuesday – MOP 6.00 -7.30 pm - \$6.00 ticket (1 hr), \$8.00 ticket (1.5 hr).

Thursday – MOP 9.00 -10.00 am - \$6.00 ticket

Thursday – MOP 6.00 -7.30 pm - \$6.00 ticket (1 hr), \$8.00 ticket (1.5 hr).

Saturday – MOP 8.30 - 10.00 am - \$6.00 ticket (1 hr), \$8.00 ticket (1.5hr).

NB: Cash payments for 1 hour session are \$8.00 and for the 1.5 hour session are \$10.00

### **Open Water Swimming Clinic - Location Somerton Beach**

Dates:

Sunday 8 December at 10AM





### **New recruits "Come and Try" at MOP**

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](mailto:Mark.Trenwith@outlook.com) or 0408 262 540.

### **COMPETITION RESULTS**

Congratulations to everyone who competed this year and also to everyone who participated in timekeeping and everyone who turned up to training. It has been an amazing year for the Marion Marlins, and everyone should be proud of what they have achieved. Everyone continues to perform exceptionally well. [A bit generous in my case – The Editor.] Even with the changes to the coaching roster, training locations and swimming times, everyone has adapted brilliantly.

In the famous words of Michael Phelps, 'I can only control my own performance. If I do my best, then I feel good at the end of the day.' That is exactly what we have done as a team throughout 2024.

Since the last newsletter, there have been three pool events.

### **Mildura Masters (26-27 October)**

Saturday and the early morning of Sunday to allow for the 4-and-a-half-hour drive back to Adelaide.

Swimmers could choose from 25m, 50m, 100m or 200m of all four strokes as well as either 100m or 200m individual medley. There was also a 400m freestyle. Relay teams could also be submitted for men, women and mixed teams. As with most Masters meets, swimmers could only choose three events, so had to pick wisely.

Congratulations to Stephen Carthew, Maggie Evans, Sarah Osman-Walton, Sarah Langsford, Andrew Smith and Gavin Rowell who all had a great competition and a great weekend by the sounds of it. A fun aspect of the meet was that relay teams could be made up of swimmers from different clubs, which led to some interesting combinations! All of our swimmers competed well and all managed to score medals and/or bottles of wine for the relay performances. Pizza and drinks were shared by all at the conclusion of the second day's events on the Sunday. Some photos (via Sarah Langford's Facebook post) are included here.







The 13th Pan-Pacific Masters Games took place on the stunning Gold Coast, Queensland, Australia! The swimming action took place from 6–9 November 2024, with athletes competing with the

best in this prestigious event. The Games had approx 15,000 athletes from around 12 countries with about 600 swimmers entered.

There were three swimmers from Marion Marlins – Ace Lewis, Ben Warr, and Barb Pearce – and they came away with a collection of medals.

Barb competed in a total of 9 individual races and 1 relay. She won medals in the following: Golds – 1500m freestyle, 200 backstroke, 200m freestyle and Silver – 50m freestyle, 100m backstroke, 400 freestyle, 100m freestyle, 50m backstroke, 400m backstroke.

Ace was in a total of 10 individual races and the 1km open water swim. He won medals in the following: Gold – 400m breaststroke; Silver – 100m breaststroke, 400m individual medley, 800m breaststroke; Bronze – 50m breaststroke and 400m freestyle.



the 1km.

Ace's main goal was the 800 breaststroke State Record, which he beat by 11 seconds (13 seconds faster than 2 years ago)! What an incredible swim!

Ben entered a total of six individual races, 1 relay and the 1km open water swim. He won a gold in the 800m freestyle and a gold for his age group in



Ace said his highlight 'was the boys going to the closing ceremony Saturday night, where acts like Sneaky Sound System provided a great party atmosphere for thousands in attendance. We may or may not have ended up in the VIP area and had a less than ideal preparation for the OWS early next morning...'. Sounds like an incredible evening and a bit jealous I missed out!

Congratulations to everyone these are fantastic achievements representing South Australia and the Marion Marlins in an international event.



### Short Course Long Distance Meet (10 November)

The short course long distance meet is a 25m event where the shortest distance for competitors to compete in is 400m. Swimmers can pick from 400m or 800m events and can do these as either breaststroke, backstroke, freestyle or butterfly (yes, 800m butterfly!). There is also a 1500m freestyle. Each competitor can choose two events.

Marion Marlins had four swimmers compete in this competition and we came 7<sup>th</sup> overall in the team scores. Congratulations to all the swimmers who competed: Deb Wareing, Andrew Smtih, Gavin Rowell, and Stephen Carthew.

A special shout out to Stephen Carthew who got two SA state records in the 75-79 age group in the 1500m freestyle (in 26m 02.39seconds) and the 800m freestyle (in 13m 42.60 seconds).

Congratulations to all the swimmers who competed!

*Timekeeping fun fact: Competitors, don't worry, the timekeepers don't expect you to keep track of all the lengths in an 800m (32 lengths) or 1500m (60 lengths) swim. There are lap counters next to the diving blocks, so as a swimmer completes a 50m (or 2 lengths) the length count goes down. Before the race starts, make sure the lap counter is placed on the side you breathe out*

Again, thank you to everyone who has worked so hard this year. I hope you have a Merry Christmas and a Happy New Year. Keep training, keep competing and keep smiling.

### **UPCOMING MEETS**

**OWS:** see the President's Message above.

**Pool:** the Summer Series starts at Woodside, Sunday 8 December (entries close midnight 29 November):

<https://mastersswimmingsa.org.au/event/2024-25-summer-series-woodside/>

To contact the Club Captains, please email **Gavin Rowell or Aimee Carter:**  
[gavin.rowell@adelaide.edu.au](mailto:gavin.rowell@adelaide.edu.au) or [acarter241@hotmail.com](mailto:acarter241@hotmail.com)

### **CLUB RECORDS**

Since 1981 the Club has maintained and updated records set by its members for each age group in both long and short course pools. Current and historic records can be found on the Competition page on our website: [Competition | Marion Marlins Masters Swimming Club](#)

Congratulations to the following Marlins who have set records in the last couple of years:

**Women:** Kate Johnson, Sarah Osman Walton, Meredith Ryan, Maryanne Heffernan, Deb Wareing, Robyn Brown, Judy Vowles, Barb Pearce

**Men:** John Brouwers, Ben Warr, Ace Lewis, Gavin Rowell, Ian Young, Stephen Carthew, Ron Hardie

The records are updated regularly by **Maryanne Heffernan**, our Club Recorder. For any error or omission please contact Maryanne on [physind@outlook.com](mailto:physind@outlook.com)

### **SOCIAL**

**Pub Night 26 September: Edinburgh Hotel**





## Welcome back to MOP brekkie (Saturday, 26 October)



### MEMBER PROFILE: Jan Langan



#### 1. How did you get into swimming?

I lived near Williamstown Beach in Victoria as a child, so every summer holiday was spent at the beach, although I never really learned to swim. At the age of 40 I decided to take up swimming as an exercise to keep fit, so I had a few swimming lessons. I also started to swim regularly with two friends and

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

Apart from freestyle, I think it would have to be backstroke. I think it is relaxing.

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

I think if I start a session with technique drills it's a relaxing time to think about every aspect of the stroke and to continue that through the session. I prefer to swim sets of 100m or more rather than shorter distances.

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

To commit to going to training sessions all the time, especially through winter.

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

The relay events are great fun, especially if you are swimming with your friends. In open water I prefer to swim jetty to jetty rather than round a set course.

**6. Describe your top-ranked swimming race so far.**

I was swimming every morning in an outdoor pool in Melbourne, and during the 2012 Olympics they had a challenge competition to swim as many kms in the two weeks of the Olympics as possible. I swam 95 kms in the two weeks to win the event.

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

Kieran Perkins and Patrick Cripps (Carlton captain).

**8. What's the number one tip you'd pass onto other swimmers?**

Turn up, relax, have fun, but listen to the coach.

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

That's a no-brainer. Who would ever enjoy doing breaststroke? Doesn't work for me.



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