

MARION MARLINS MASTERS THE EARLY YEARS 1980 -2005



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Marion Marlins Masters – The Early Years 1980 - 2005

In SA, the original group for Masters Swimming was the Old Time Swimmers League which commenced during 1973, largely through the initiative of Doug Openshaw. The first meet in March 1973 attracted over 100 competitors. The last meet was held in August 1976 at Doug Openshaw's Pool, Morphett Road, Seacombe Gardens. This was the movement that led to the foundation of the AUSSI (Australian Union of Senior Swimmers Incorporated) Branch in SA. The South Australian Branch of AUSSI was formed in 1978.

1980

Membership Numbers: 5



Chris Potter - 1986
Founding Member and First Life Member of the Marion AUSSI Swimming Club

General:

Marion AUSSI Swimming Club was formed on 4th July 1980 by Chris Potter with an initial group of four swimmers: Chris Potter, Wendy Potter, Josie Roberts and Jean Crowther.

Inaugural meeting of Marion AUSSI Club held in November 1980 and Club Officials were elected.

President:	Eric Maland
Vice President:	Josie Roberts
Secretary:	Chris Potter
Treasurer:	Jean Crowther
Club Captain:	Frank Corcoran

Inaugural members:

Chris Potter was a keen tennis player suffering shoulder strain when his wife Wendy (who wanted to regain fitness through her childhood sport), introduced him to adult swimming in 1977. Chris formed Marion AUSSI Swimming Club in 1980. Chris saw AUSSI as a place for adults to maintain fitness and enjoy each other's company.

Josie Roberts was one of the 4 original members of the club Vice-President in 1980, 1981. Josie was an Interclub Gold medallist in 1987 Marathon runner, triathlete, long distance swimmer, 1986 National Triathlon Champion Female 50+, 1987 State Triathlon Champion Female 50+

Articles of Incorporation:

ASSOCIATIONS INCORPORATION ACT, 1985. NOTICE OF INTENTION TO INCORPORATE AN ASSOCIATION. NOTICE IS HEREBY GIVEN that it is my intention, on the expiration of one calendar month after the date of the publication of this notice, to make application to the Registrar of Companies for the incorporation of Marion AUSSI Club, Marion Swimming Centre, Oaklands Road, Park Holme 5043, in the State of South Australia.

Any person may at any time within one month after the publication of this notice, by notice in writing to the Registrar, object to the incorporation of the association.

The name and address of the person giving this notice is Christopher Geoffrey Potter, 56 The Grove, Lower Mitcham 5062.

Dated this fourteenth day of November, 1980.

Signed, C. G. Potter, a person authorised by the Committee of Management to incorporate the Association."

COLLEGE Park Soccer Club

*Articles of
Incorporation*

The legalities!

Consumer and Business Services

SOUTH AUSTRALIA
Associations Incorporation Act 1985
Section 20(1)

Incorporation Number: A7226

Certificate of Incorporation

This is to certify that

MARION MARLINS MASTERS SWIMMING CLUB INCORPORATED

is, on and from the nineteenth day of January 1981 incorporated under the Associations Incorporation Act 1985.

Given under the seal of the Corporate Affairs Commission at Adelaide on this twenty-eighth day of October 2020


Commissioner of Corporate Affairs




Government of South Australia
Attorney General's Department

Certificate

1981

Membership Numbers: 35

Coaches:

Paul Finn

Competitions:

Pan Pacific Games Sydney September 1981

Club Members who participated:

Ron Hardie

Bronte Edwards

Mike Gray

Ted Webb

AUSSI SWIMMING
A.U.S.S.I. SUPER STARS
BY BRENDA BOCHMANN

AUSSI super swimmers Ron Hardie, Bronte Edwards, Ted Webb and Mike Gray from the "Marion" Club put in their most lethal performance for the season, when they broke the current Australian 4 x 50 metre freestyle relay record at the recent Pan Pacific International Masters swim meet in Sydney.

The same team won a bronze medal in the medley relay and together with Keith Appleton, they also swam well in individual events taking between them three gold, two silver and a bronze medal.

"Adelaide Masters" who had seven swimmers participating, netted 28 medals.

Women swimmers, Josie Sansom, Sue Needham and Kathy Heenan shared seven gold, seven silver and two bronze between them.

Most outstanding was Josie Sansom, who broke the Masters World record over the 50 metre breaststroke distance.

Dieter Loelinger, Graham Needham, Colin Mellor and Steve Walker claimed collectively four gold and six silver medals.

Loelinger, who competed for the first time as a Master swimmer excelled himself in his age group taking four gold and two silver medals. Included were two Australian records for the 200 metre Medley and the 100 metres backstroke.

"Central District Seals" were represented by Stan Walker and Margaret McKinnon who also brought back gold, silver and bronze medals.

The inaugural Pan Pacific International Masters Swimming meet was held in the Watergate Aquatic Centre on September 3, 4, 5 and 6. It was attended by 400 swimmers from West Germany, America, Canada, New Zealand, England and Australia.

It is planned to hold the games every two years in one of the countries that border the Pacific Ocean.



L.R. Ted Webb, Bronte Edwards, Ron Hardie.

The first Interclub swim meet was held on the 15th October 1981 at Doug Openshaw's Pool.

General:

The Inaugural Marion AUSSI AGM held In March 1981 with twelve financial members present.

1982**Membership Numbers: 47****Training Venues:**

- Marion Outdoor Pool: 30 swimmers attended Tuesday and Thursday evenings in Summer
- Doug Openshaw's Pool: 5-10 swimmers on Saturdays
- Winter training was conducted at Doug Openshaw's pool.

Coaches:

Paul Finn

General:

In 1982 there were 47 financial members of the club and the membership fee was \$15 (\$7.50 National, \$1 to SA Swimming Association, \$1.50 to AUSSI SA)

Each swimmer had their own reasons for being involved in AUSSI and it was important to stress the main objective of "Fitness and Fun".

1983**Membership Numbers: 75****Training Venues:**

4 Lanes booked at Marion Outdoor Pool for Summer Season 1983-84
Tuesdays and Thursdays 6pm to 7pm

Week night sessions averaged 50 swimmers
Saturday sessions averaged 30 swimmers

Coaches:

Paul Finn

Arthur Ballantyne (coach of Glenn Beringen Olympic Silver Medallist and Australian Swimming Coach) coached for the remainder of the winter season 1983

Sybil Killmier: Summer Coach

Rod Ross: Summer Coach

Competitions:**Interclub 1983**

25m and 50m events offered

Once you had swum 100m, you could no longer enter a 25m event

State Cup August 6th 1983

State and National Records set by Ken Sarson, Heidi Tucker, Ted Geary and Meredith Jarvis

Social:

Social high point of the year was the State Dinner at which 35 members ate, drank and caroused!

General:

Jenny Hayman introduced a comprehensive bi-monthly newsletter, which she produced in 1983 and 1984.

In 1983, the number of swimmers was increasing and it was decided that a Greeter was required. When the swimmers arrived at the pool for training they were met by Greeter, Ted Geary.

Ted Geary began swimming at age 44. He joined Adelaide Masters in 1982 and then moved residence in 1983 and became a member of Marion AUSSI Club. Ted was a prolific distance swimmer. He completed 112 Long Swims by mid1983. Finished 3rd in the Glenelg Commemoration Day Swim in 1983. Completed 25 official Henley to Grange Long Swims.

Ted introduced his brother-in-law, Bill Stevens to the club who was a very strong swimmer and later became Club President. Ted collected the money and recorded those who were swimming at that session. On Saturdays, there was a rotating roster of Swimmer Greeters who got into the pool late for their training session after completing their greeting duties. The treasurer would then tally the money and take it to the bank three times per week.

1983 Swimmer Greeters:

Chris Potter
Chris Branson
Meredith Jarvis
Di Ross
Phil Williams
Darryl Hawkes
Frank Corcoran

New Age Groups for Relays Competition introduced:

Prior to this clubs had to find relay teams of swimmers in the same age group, ie 30 to 40 years, 40 to 50 years. It was proving quite difficult to fill relay teams, so this new system was introduced enabling swimmers of various ages to compete in the same team as long as the ages of the four swimmers added up to the total ie 30year old, 60 year old, 70 year old, 80 year old swimmer would swim in 240 and over, or four young swimmers in their 20s could compete in 120 and under. This enabled most swimmers in the club to participate in relays.

Darryl Hawkes carpentered the Club Notice Board

1984**Membership Numbers: 90****Training Venues:**

Winter training at Doug Openshaw's Indoor Pool

Summer morning training at Marion Outdoor Pool

Coaches: Sybil Killmier, Rod Ross**Competitions:**

Brighton to Glenelg Long Swim
Semaphore to Largs Long Swim
Commemoration Day Long Swim
Blue Lake Classic
West Lakes Long Swim
Swim Through Renmark
Henley to Grange
Swim around Delfin Island 5.8km

APRIL 1984 Nationals in Melbourne

Maryanne Heffernan

Bill Jamieson

Darryl Hawkes

Rex Aughey

Jon Davies

Bill Barratt

Meredith Jarvis

October 1984 Interclub Marion Club finished 2nd overall at conclusion of series

Social:

1984 Social Event fancy dress "P" Party at Darryl Hawke's home



1. Joan Hawkes, Darryl Hawkes, Di Ross, Rod Ross, George Norberts, Monica Osborne
2. Cathy Agostini, Steve Watson, Carmel Lanyon

November 1984 Wedding of Maryanne Heffernan and Steve Watson

General:

The Marion AUSSI club was officially affiliated with the amateur Marion Swimming Club which was full of young swimmers mostly aged under 20 years training at the same venue at different times but using the same facilities and adopting Marion colours (Marion Swimming Club current members include Olympic gold medallists Kyle Chalmers, Madi Wilson, Meg Harris, Matt Temple) Marion AUSSI members would time keep for some Marion Swimming Club Sunday morning time trials and share club breakfast afterwards

1984 after Nationals club name changed to Marion Marlins

March 1984 new club bathers designed by Maryanne Heffernan

In 1984, a rotating roster of swimmers fulfilled the role of Greeter.

- Chris Potter
- Chris Branson
- Meredith Jarvis
- Di Ross
- Phil Williams
- Darryl Hawkes
- Frank Corcoran



ARE YOU FIT ENOUGH? ROD ROSS SHOWS THE SORT OF PREPARATION WHICH HIS SQUAD WILL NEED TO COMPETE IN THE TRIATHLON

'Superactive' athletes needed for triathlon

A SEACOMBE Heights man has gathered together some SA's top athletes to form Australia's first triathlon squad.

Accredited swimming coach Rod Ross who formed the squad said a triathlete must be skilled in three sports - swimming, cycling and running. The course, which is more an endurance test, can be between 40 and 100 kilometres long so the triathlete must be fit and have the stamina to complete the course.

"Triathlon is the increasingly popular sport for the superactive," said Rod.

"In America there are two professional squads - one based in Florida and the other in California. These squads chased prize money of up to \$300,000 last year.

"And now it is really taking off in Australia, particularly SA."

Rod Ross holds the national Masters record in the 400m, 800m and 1500m freestyle, is a Marion Aussies coach and club coach for the Marion Swimming Club.

"I have been involved in swimming all of my life so I accepted the challenge to improve the triathletes swim performance," he said.

During winter, training is held early in the mornings at Openshaw Pool, Seacombe Gardens.

In the warmer weather those who have participated in the winter program will be doing open water swimming.

Meanwhile filming personal performances and goal setting techniques are just examples of the help Rod Ross is giving to the new sport in SA.

Marion community projects get \$6800

MARION Council will support 16 local community projects worth \$6800. The Wednesday Club received \$500 to instal electricity to heat and cool the craft room while the Volunteer Association of the Child, Adolescent and Family Health Service will start a toy library and buy more library books.

Marion Apex Club will replace a fence and lay concrete for a storage shed at Suneden School, and Sheidow and Trout Park Playgroup will buy educational play equipment.

Marion Aussie Adult Swim Club will use its grant to hire Openshaw's pool to teach adults to swim. Mature Unemployed Community Help will establish a food co-operative at Marion DCW.

Karrara Residents Association will instal community notice boards and the Marion Uniting Church grant will help restore Marion Methodist Church.

Red House Group will supply craft and cooking materials and recreation activities for parents' group.

1984

Marion shows its strength

MARION Swimming Club showed its strength at the three-day Winter State Championships last weekend.

Palmer with six gold, Samuel Peacock with four gold and Damian Burrage with three gold, two silver and one bronze.

	Gold	Silver	Bronze	Points
Marion Elizabeth/Schrader	39	17	8	254
Norwood	13	17	14	130
Burnside Southside	11	20	18	133
Prospect Crystal Pool	3	8	17	56
Clovercrest	8	7	4	65
Reynella	5	5	5	45
Unley	1	3	5	19
Lefevre/Portside	-	1	1	4
			2	2

Club swimmers won a total of 39 gold, 17 silver and eight bronze medals for 254 points, a lead of 124 points over second placed Elizabeth/Schrader.

Marion's Martin Roberts topped the men's individual medal count with seven golds and Jennie Whitford was the best female with seven golds and one silver.

Others from the local club to do well were Jenny Messenger with five gold and one bronze, Georgina

Ross team members make a splash

TWENTY-FIVE swimmers from Rod Ross' newly-formed FAST squad recently made a successful assault on the 1983 Australian one-hour swim records.

All 25 swimmers made the top 20 listing first time out - a feat which has never been accomplished before.

A highlight was the performance of the women's squad which outperformed the men by swimming 5000 metres more.

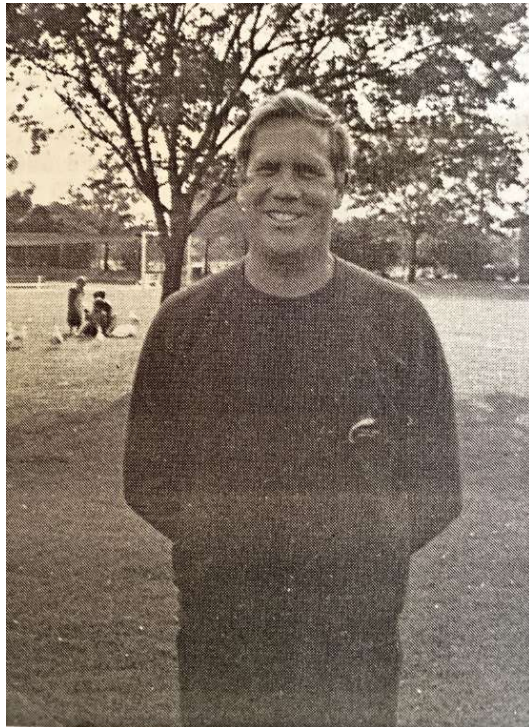
Women - 20-24 yrs: Meredith Jarvis 3025 metres (1st), Heidi Tucker 2075m (14th), Christine Roberts 2150m (18th), 25-29 yrs: Cheryl Clarke 2500m (11th), 30-34 yrs: Robyn Brown 3475m (3rd), Maria Hayden 3250m (2nd), Shirley Chamberlain 2900m (11th), 35-39 yrs: Jan Wilson 3100m (7th), Penny Martin 2800m (10th), Rosemary Fox 2550 (14th), 60-64 yrs: Monica Osborne 2225 (5th).

Men - 20-24 yrs: Dave Williams 3500m (2nd), Sean Skitterell 3100m (2nd), Peter Hill 2700m (6th), 25-29 yrs: Lory Egan 3250m (8th), Greg Blinn 3100m (11th), Joe Boshara 2800m (11th), 30-34 yrs: Graham McLean 3100m (5th), George Norburn 3125m (9th), Steve Hunt 3100m (10th), 35-39 yrs: John Lallison 2625m (17th), 40-44 yrs: Fred Lamprecht 3025m (12th), Allan Fox 2350m (19th), 45-49 yrs: Bill Grant 2600m (12th), Brian Leeson 2350m (13th).

Club coach Rod Ross swimmers in one hour swim 1984



Diane Ross, Rod Ross at Doug Openshaw's Pool 1984



Darryl Hawkes 1984

1985

Membership Numbers: 150

Training Venues:

Summer training: Marion Outdoor Pool

Winter Training: Doug Openshaw Pool

Coaches: Craig Jones, Sybil Killmier

Competitions:

Marion Club received Runner Up Trophy for Interclubs 1985

National Championships March 1985 in Canberra competitors were:

Bill Barratt
Jon Davies
Carolyn Fleming
Colin Hunt
Bill Jamieson
Phil Williams

Social:

BBQ hosted by Colin Hunt and Carolyn Fleming at Longwood in May

General:

Introduction of bigger newsletter Marion Marliner which included photos

Club Marlin logo designed by Bob Sobels, husband of member Anne Krischock in 1985

1985 First Club Uniform introduced - Marion Marlin T Shirts

In 1985, a rotating roster of swimmers fulfilled the role of Greeter.

- Chris Potter
- Chris Branson
- Meredith Jarvis
- Di Ross
- Phil Williams
- Darryl Hawkes
- Frank Corcoran

Darryl Hawkes started using his home computer (Commodore 64) to record club details:

- Current membership details for Greeters
- Members Swim times
- Printing of address labels for Newsletters
- Production of Club Stationery Letterhead

Triathlon started in SA in 1985. Coach Rod Ross introduced swimming training to local triathletes and invited them to swim with Marion AUSSI club. These swimmers eventually went on to form Marion Meteors Triathlon Club in 1988 with Leon Holme as President.

Marion AUSSI members Monica Osborne, Helen Agostini, Alison Jarvis all life members of the Marion Meteors Triathlon Club.

1985

Advertiser SPORT

With push, puff and paddle Monica is granny on the go

By PETER HAYNES

Eight children, 18 grandchildren and 62 summers are good qualifications for your typical Australian grandmother. But when that grandmother competes in triathlons and swims in distance ocean events — on the same day — then she is anything but typical.

Monica Osborne, of Hove, has entered the Sri Chinmoy triathlon on Sunday, January 27, a 400-metre swim, nine-kilometre cycle ride and a 4.5-kilometre run, and will back that up by competing in the Henley-to-Grange swim in the afternoon.

It will be her first triathlon, although she is a regular competitor in senior distance swimming races.

She said yesterday she had entered the triathlon and Henley-to-Grange swim without realising they were on the same day.

"The Henley swim is my favorite. I didn't want to miss that. Someone said the triathlon was only in the morning and the Henley swim was in the afternoon, so why not do both?" she said.

"I can handle the swim all right, the cycle, well ... I ride my bike around the place — I haven't ridden nine kilometres since I was 14, but I'm just hoping.

"I had a look at the course and it's pretty straightforward. All I have to do is keep peddling.

"I'm in no hurry; I'm going to come last, anyway.

Mrs Osborne said her bicycle was not one of the modern geared machines: "It's got two handle bars and two pedals — a real old ladies' bike. It's nearly as old as I am, but it's a good one."

She said she started jogging only this year because she could not drive a car and it was the only way to get home from early-morning swimming training.

"The first time I ran past two houses, the next time I think I did five and I sort of picked it up from there," she said.

"It's close to four kilometres from train-

ing to my house. That's the furthest I've done, but I do that with my pack and swimming gear on my back, so I think I should manage 4½ kilometres without that."

At the age of 26, Mrs Osborne was told by doctors to take things easy after a bout of rheumatic fever but, instead of relaxing, she gradually stepped things up.

She took up bushwalking and learned to swim at 52.

"It was just something I wanted to do. By that time the family was getting off my hands a bit and I started doing a few things I wanted to do," she said.

"I envied everyone who could swim and when my grandchildren started being able to do a couple of lengths of the pool at five years of age I decided it was time I did something about it."

And if training for distance swims and triathlons is not enough, Mrs Osborne also distributes pamphlets two to three times a week for "pocket money."

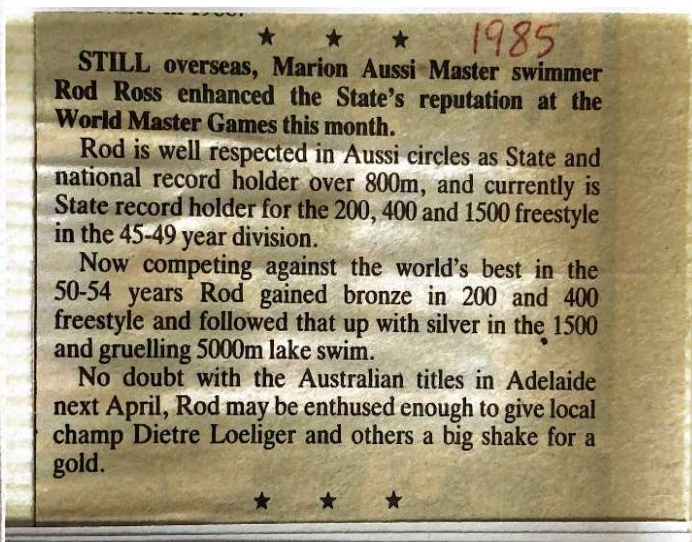
The Sri Chinmoy triathlon will start at Largs Bay at 7 a.m. and the Henley-to-Grange Swim starts in the afternoon.



*Mrs Monica Osborne, 62, steps up her training by running up and down the steps in the Brighton Oval grandstand.
Inset: Mrs Osborne shows no shortage of breath after her workout.*

What can you say about our "GRANNY" Osbornes? ... Stukhorn, scottish ancestry, a love of LIFE = a Triathlon Performance (see below)

11



1. Meredith Jarvis set a new AUSSI swim 200m breaststroke record
2. Marion AUSSI Coach Rod Ross

1986

Membership Numbers: 161

Coaches: Sybil Killmier, Craig Jones and Alison Martin

Competitions:

1986 Interclubs had a total of 4 individual events including 200m own choice and a Mens and Womens Relay

July 12th - 16th 1986 FINA-MSI World Swim Meet Japan Yoyogi Swimming Centre

Jon Davies
Anne Krischock
Carolyn Fleming
Rod Ross
Sybil Killmier

October 1986 Alice Springs First Central Australian Masters Games

Marguerite Wardle
Marcia Ragless



1986 Masters Games Adelaide Aquatic Centre

Back row: Richard Pike, Chris Potter, Bill Barrett, Val Dobie, Libby Taylor
Front row: Heidi Tucker, Meredith Jarvis, Marcia Ragless

Social:

2nd December

Social chicken pizza and salad night

30 Marion swimmers attended a banquet at Leijing Chinese Restaurant on Morphet Road in September

BBQ at coach Sybil Killmier's house April 1986



Monica Osborne, Liz Bland, Alison Jarvis



Phil Jacques, Teresa Jacques, Liz Bland, Debbie Carroll at Sybil Killmier's gathering 1986

General:

It was noted that club loses about 60% of membership when changing over from Summer outdoor training to Winter indoor training

1986 Chris Potter awarded first Life Membership of Marion AUSSI

In 1986, club volunteer, Keith Harris, was appointed Club Greeter and he got to know all the swimmers. Keith was a friendly man, welcoming all swimmers to the training session. As Keith did not train with the club, this enabled all the swimmers to swim for the full sessions and not get in the pool late.

1985 Aussie silver medalist Marcia Ragless of Blackwood is off to a great start in this year's swimming season. She was fourth in the inaugural Swim Thru Christies (2.5 km) and was second in the women's 2 km event at the recent Australian Long Distance Swimming Championships starting off scratch. Her aim is to compete in the first World Masters Swimming Championships in Tokyo.

IN THE SWIM WITH RICHARD SURFIELD FEB 1986

The SA team will be selected on performances in the championships for the national titles in Brisbane at the end of the month.

THE Master blasters rewrote the record book in the first Aussie interclub of 1986 at the Magill pool

Marion's Craig Jones continued his top form with a SA and national record for the 200m freestyle in a time of 2:06.22.

Teammate John Davies set new marks for the 200m breaststroke at State and national levels, and a 50m breaststroke State record.

Craig competes in the 20-24 age group and John is in the 55-59 group.

The Adelaide Masters team is still trying to live down the hiding it received from Western Districts last year and as if to show its strength, took out top points overall and a new national 120+ men's medley record.

Final points: Adelaide Masters 548, Western District 239, Marion 231, Tea Tree Gully 220, Atlantis 147, Reynella RAMS 99, Largs 37, and Power Points (Vic.) 5.

"Master Blasters" in action APRIL 1986

IN THE SWIM WITH RICHARD SURFIELD

A RECORD of 650 Master swimmers will converge on the Adelaide Aquatic Centre this week for the National Masters swimming championships.

Master swimming has enjoyed a remarkable growth since its inception in 1978 in Australia, and it attracts swimmers of all ages and abilities.

Among those competing in Adelaide will be some former Olympic and Commonwealth Games representatives including Dawn Fraser who has had several successes in her return to the pool.

Others in the star studded line-up are former Olympians Dick Campion of Victoria and and Mark Morgan of NSW. Former New Zealander Graham Wright, who now swims for Adelaide Masters, also will compete.

The host State looks set to score a number of victories with many top class swimmers representing the nine local clubs.

The Western Districts club is favored to win the prestigious Speedo Relay and club selectors have a short list of six sprinters to choose from.

They include last year's winning combination of Robert Mackay, Phil Wilkinson, Gary Goodwin and Nick Smith as well as '85 silver medalist David James and speedster Tony Ryan.

World record holders Barbara Wilson (50-54) and Melba Wright (70-74) should impress, while South Coast star Sue Andrew will carry the hopes of success for Reynella.

Much improved Chris Branson of Marion is looking for a time under five minutes in the men's 400m freestyle and recent times indicate he may well break the magic minute barrier in the 100m freestyle.

Teammate Carolyn Fleming's phenomenal success under the expert guidance of coach Rod Ross has seen her set new national records in the 800 and 1500m freestyle. Her performance should lift the home State's tally.

Spectators will be in for a treat over the four days of competition which starts today (Wednesday). For those who haven't seen the "Master Blasters" in action it's well worth the trip to North Adelaide.

Competition will continue each day until Saturday.

THE SA Diving Association will offer the public an opportunity this weekend to try one of the our most exciting sports — diving.

If you have ever dreamed of soaring into the air, twisting and turning, and then gliding safely into the water, then this is your chance and it's all for free.

The association, in conjunction with the Department of Recreation and Sport, will conduct a two day diving clinic at the Adelaide Aquatic Centre.

The clinic will be supervised by SADA technical officer Ivy-Rose Dateres and will have seven sessions over the two days.

Overnight accommodation will be provided at the Glenelg YMCA where the third, fourth and fifth practical sessions will be held.

Pool sessions will cover beginners, who are new to the sport, and offer established divers a chance to learn higher skills.

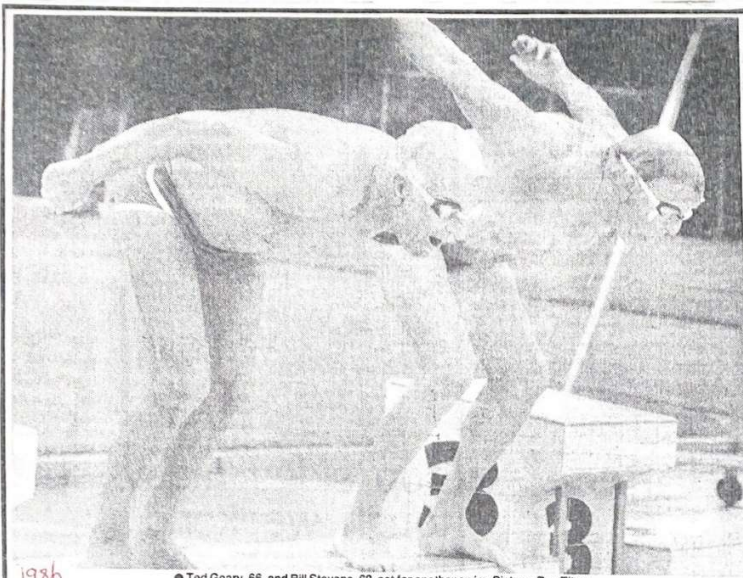
For those interested in the technical skills, introductory lectures will cover judging and recording.

The SADA hopes to attract a wider interest and involvement in the sport which has already produced some top competitors in SA including Commonwealth Games representative Carol Boots.

All sessions will be conducted by nationally qualified officials.

The course will start at 9 a.m. on Saturday and for more information contact 271 1639, 262 2304 or 296 7820.

Craig Jones was a Marion AUSSI coach and swimmer 1986



1986

● Ted Geary, 66, and Bill Stevens, 63, set for another swim. Picture: Ray Titus

Never too old to take plunge

If you think you're too old or unfit to play sport or exercise — try swimming.

That's the advice of veteran long-distance swimming brothers-in-law Ted Geary and Bill Stevens.

Ted, 66, took up swimming 23 years ago — just prior to the first of three back operations for deteriorated discs.

Now he traverses Adelaide's pools with Bill, 63, five times a week and swears by it as good therapy.

"You can be in a lot of pain, and then you get into the water and you can't feel it at all," Geary said.

"I took up swimming because

By Lisa McIntosh

there was nothing else I could do."

It is the health, fun and fitness aspect of swimming that the SA Swimming Association wants to push in this, National Swimming Week.

Geary backs up the Association's word that swimming is "good for all of you" — including the heart, lungs, all muscles and joints, and says everyone should swim.

He is a multi-long distance record holder in the 60-64 and 65-69 year age groups, and swims events between one and

10 km, including the 5.9 km swim around Delfin Island.

Stevens began swimming in the summer of 1937-38, but gave it up 20 years later, only to team up in the water again with Geary a couple of years ago.

Geary and Stevens swim for the Marlon "Aussis" — part of the Australian Union of Senior Swimmers International.

They have just returned from the Centran Masters Games in Alice Springs where Geary won eight of nine events with one third place, and Stevens did "something similar".

The games included senior swimmers from Australia and NZ.

Aussis is a national organisation for regular swimmers over the age of 20 "to people well into their nineties".

Swimmers are put in five-year age groups so that they race against those of similar age and standard.

But most of the 700 members of SA's 11 Aussis clubs do not swim competitively, but for the union's motto of "fun and fitness".

But even for those like Geary and Stevens who do compete, the outcome of the race is not the most important thing.

"You don't get a kick in the teeth if you come last or anything," Stevens said.

Ted Geary and Bill Stevens

1986

THE Adelaide Masters had a convincing win in the national masters swimming championships at the Adelaide Aquatic Centre earlier this month.

A record field of 650 of Australia's leading Aussis swimmers took part in the four day national titles which were keenly contested.

There was intense rivalry between Western Districts which won last year's State title and the revitalised Adelaide Masters.

After that loss, club president Graham Ormsby said the Adelaide Masters would set the record straight in the national titles.

Ellie Fleig (40-44), Josie Sansom (55-59) and Gordon King (45-49) won gold, and Sue Needham (35-39), Linda Lehmann (25-29) and Paula Keough (20-24) took silver.

Lehmann continued her domination of breaststroke competition with a new national time in the 200m event. Former international competitor Gordon King blitzed a class field in the 200m butterfly.

The relays were one sided with Adelaide Masters taking the club trophies in 120+, 160+, 200+ and 240+. Western Districts won the youthful 80+ division.

By RICHARD SURFIELD

The final points might indicate a pretty wide gap between the clubs but there were some fine performances from the other SA teams.

Tea Tree Gully's Mark Smedley (25-29) and Joanne Sutcliffe (45-49) won gold. Joanne Sutcliffe, Sue Keays and sisters Paula and Kathy Crisell brought top honors to the club in the women's division of the prestigious Speedo Relay in a thrilling finish.

All final leg swimmers hit the wall with the barest margin between the eight teams.

Western Districts won the men's division of the Speedo Relay with a power house performance by Robert Mackay, Gary Goodwin, Tony Ryan and David James.

James won gold in the 20-24 division and Ryan set a new national record for the 200m backstroke.

Marion Auzzi can certainly be pleased with its sixth place overall and with the continued way in which the club's swimmers have improved.

John "Doc" Davies lowered the national 100m breaststroke time to 1:29.55. A much improved Chris Branson was unlucky to break five minutes in the 400m freestyle when he missed by a narrow margin clocking 5:00.19.

But Marion's best performer was Bill Jamieson for his fine swim in the 400m freestyle. He took about eight seconds off his previous personal best.

Reynella Rams team-mates Sue Andrew and Jill Stapledon used the nationals to gauge how they will go in the tough international competition in Japan later this year.

Both continue to improve and have been putting in five mornings a week with the amateur squad under coach Geoff Ledger.

They did not win medals but their hard work was well rewarded with personal bests and club records.

Andrew's best swims came in the 50m, 100m and 200m backstroke events when she was placed second, second and third.

Her 200m backstroke time in the 25-29 division will, if she can repeat it, become a new national record for 30-34 division when she turns 30 in a couple of weeks.

Top marks must go to SA Aussis for a good job in organising the championships and perhaps we may see the World Masters here in the near future.

Final points: Adelaide Masters 2319, Power Point (Vic.) 1509 and Western Districts 1396.

TENNIS BOWLING

National Masters Competition – Marion AUSSI placed 6th

1987

Membership Numbers: 141

Coaches: Sybil Killmier, Keith Weidner

Competitions:

Long Distance Time Trials

State Records

Helen Agostini 800m 1500m

Alison Jarvis 800m

Marcia Ragless 800m

Meredith Jarvis 400m 800m

Di Ross 800m 1500m

1987 Marion Marlins maintained second overall place at conclusion of Interclub Series

Social:

6th December Christmas BBQ and Tennis Party at the home of Jon Davies

1987 Marion AUSSI Quiz Night

Somerton Park Community Centre, Tarlton St



Coach Sybil Killmier, Ron Hardie, Anne Krischock, Peter Cragen, Deb Carroll



Christmas Dinner
25/6/87
Warradale Hotel



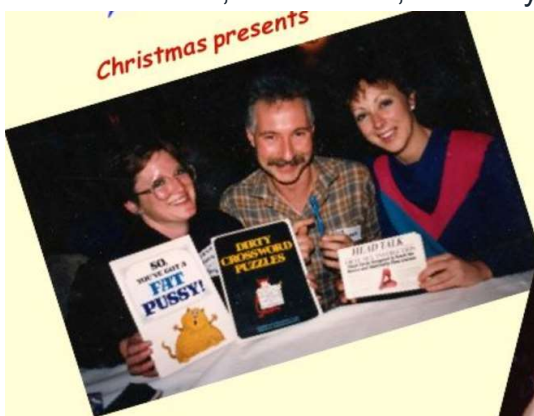
Teresa Jacques, Anne Krischock, Chris Potter



Christmas Dinner 25/6/87
Warradale Hotel



Anne Krischock, Ron Hardie, Kent Taylor



Christmas Dinner
25/6/87
Warradale Hotel



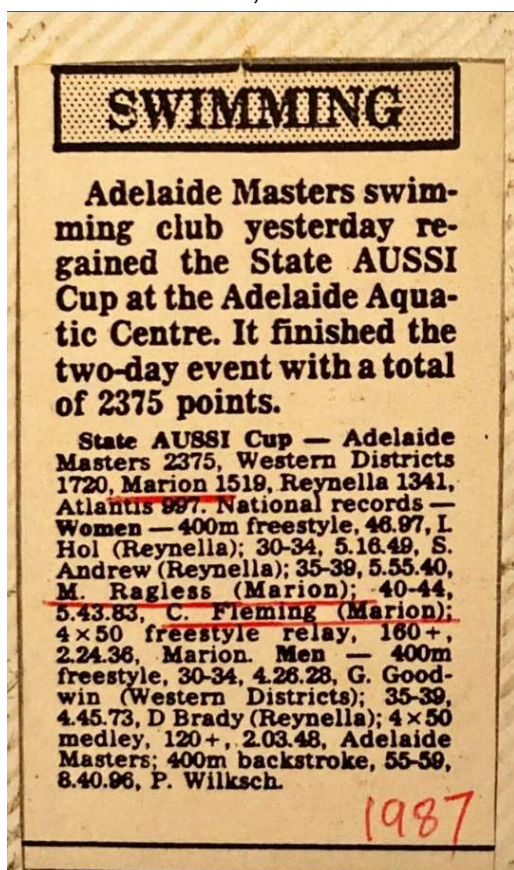
Deb Carroll, Phil Jacques, Liz Bland

General:

Club bathers, caps and rugby tops now available

1987 Greeters:

- Keith Harris
- Ossie Osborne, husband of swimmer Monica Osborne
- Howard Jarvis, husband of swimmer Alison Jarvis



5/12/87

Monica has it all together

Monica Osborne is SA's oldest competing triathlete.

TRIATHLONS: with WARREN PARTLAND



A DEVOTED ATHLETE... Monica Osborne is 65-years-old and a veteran of seven triathlons.

Picture: TONY LEWIS

A member of the Marion/Mitcham Triathlon Club, Monica is 65 years old and a veteran of seven triathlons.

"Triathlons are great fun and keep me mobile," Monica said yesterday.

"I like sharing the experience with other people. The next event at Glenelg will be especially good as my grandson is also competing."

Monica decided to become involved in triathlons to combine the three sporting disciplines she was already enjoying.

"I was swimming three times a week and to get to the pool I either ran or cycled," she said. "So when I heard of the short triathlons I decided it would be fun to put it all together."

Now a devoted triathlete Monica trains every day, although her program can be described as unique.

Her weekly diary is — Monday: a two-kilometre swim followed by a 3½-kilometre run home, a two-kilometre walk and three hours of cycling in a hilly area, a three-kilometre brisk walk to get home from craft. Wednesday: a two-kilometre swim followed by a 3½-kilometre run home. Thursday: a 10-kilometre run, a six-kilometre cycle to work and then home, three hours of round dancing. Friday: a two-kilometre swim followed by run home, a five-kilometre walk uphill doing letter boxing. Saturday: a

two-kilometre swim in the sea followed by run. Sunday: cycle from Brighton to Outer Harbor and return with a thermos for a cuppa on the way.

"I don't call it training, rather a way of life," Monica said.

While Monica enjoys the sport, she is disappointed at the lack of encouragement offered to the ordinary performers.

"The first three veteran women should at least be recognised as is the case with other categories," she said.

"Perhaps a prize for the first person over 50 years old may encourage more mature people to take it up and have something to compete for."

This season Monica is hopeful of contesting the much longer triathlons.

"I may have to take a torch to finish," she said.

"As long as my legs will carry me, I want to keep doing triathlons. I am looking at least another 10 years, but who knows, I may extend that when the time comes."

Meanwhile, organisers are expecting about 300 entries for the King and Queen of the River Triathlon at Murray Bridge on Sunday.

The event will comprise a 1½-kilometre swim, 40-kilometre cycle and 10-kilometre run.

1988

Membership Numbers: 98

Coaches: Keith Weidner appointed as morning training coach and Sybil Killmier

Competitions:

World Masters Brisbane October 9th-16th 1988

Alison and Howard Jarvis

Helen Agostini

Helena Malgorzewicz

Monica Osborne

Josie Roberts

Sybil Killmier

Jon and Ann Davies

The Ragless family (Marcia, Leigh, Brenton, Andrew, Natalie)

Anne Krischock

Don Redpath

Rod Ross

Central Australian Masters Games

October 20th to 23rd 1988

Ted Geary

Bill Stevens

Annual Sate Swimming Cup Championship



SWIMMING

Geary sets three State records

KINGSWOOD swimmer Ted Geary is the toast of the town after setting three State records in the Bicentennial State Cup AUSSI championships at the Adelaide Aquatic Centre.

He set new SA records in the 100 and 200 m backstroke and 400 m freestyle events.

Geary, 66, a member of Marion AUSSI, competed in the 65-70-year-old category.

He is training for the World Masters swimming championships in Brisbane from October 9 to 16 in conjunction with Expo 88 and the Honda Central Australian Games at Alice Springs from October 20-23.

The competitions are open to any club member interested in competitive swimming.

"You can have a go at it and experience the excitement the Olympic swimmers go through," Geary said.

AUSSI is an Australia-wide association of adult swimming clubs, whose members are aged from 20 to over 90 and swim regularly to keep fit and have fun.

AUSSI is also a member of the world-wide Masters Swimming International organisation and has more than 5000 swimmers.

Anyone interested in joining

Marion AUSSI should contact John Van Dulken on 298 2047.

SAILING

THE Keel Boat Regatta in November will be sponsored again by Lysaght Building Industries.

The company, part of BHP Coated Products Division which supported the race for six years, has decided to continue sponsorship on a State basis despite announcing the end of corporate involvement last year.

Lysaght State manager Geoff Piper said he was pleased that a revised sponsorship had been negotiated with the organising committee — enabling the State office to continue sponsorship of the Lysaght Keel Boat Regatta.

"The Keel Boat Regatta is a major event on SA's yachting calendar and plays an important role in preparing many yachts for the Sydney to Hobart race," he said.

More than 100 yachts compete annually in the 24 nautical mile race from North Haven to Glenelg and return and the mass start off Largs Bay jetty provides a colorful sight for spectators.

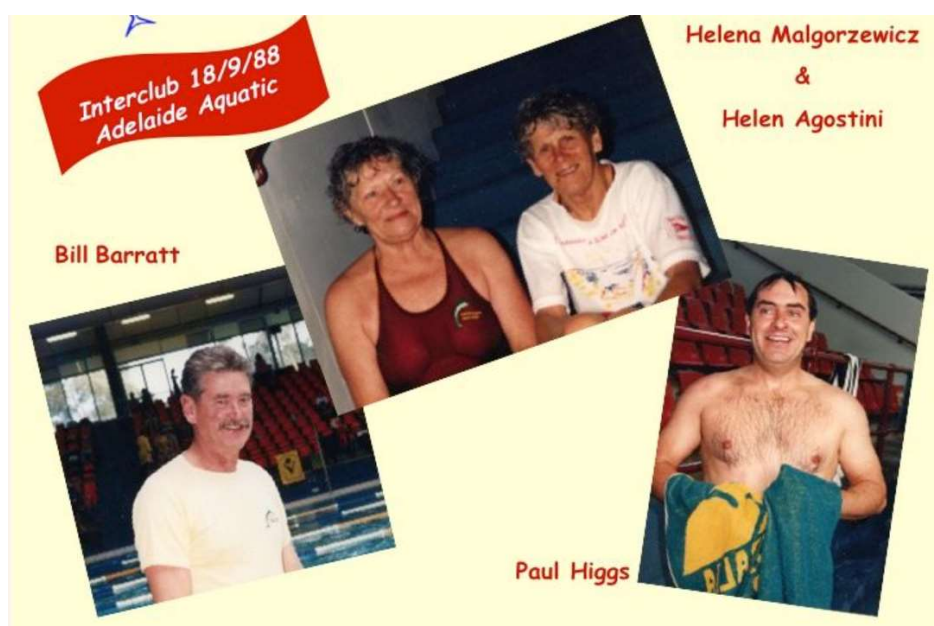
Sailed under the auspices of the SA Yacht Racing Association's keel boat committee, the regatta will be held on Sunday, November 27.

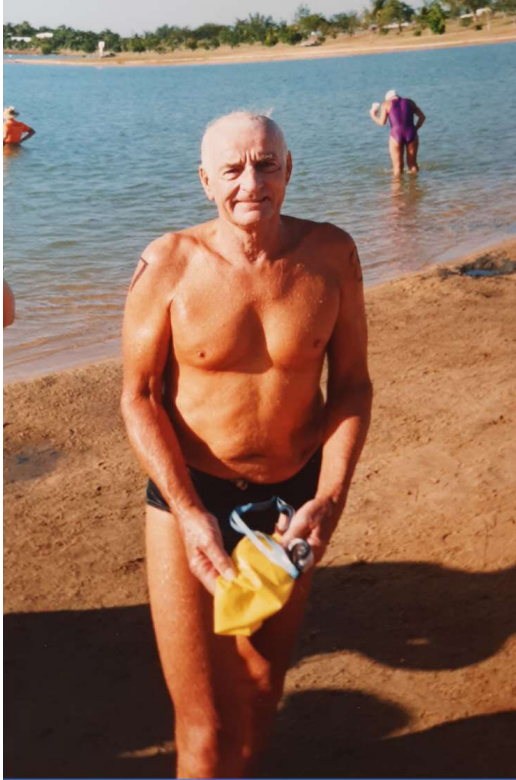
Courier Messenger, 8th June, 1988

1988 Club 3rd place overall at conclusion of Interclub Series



Interclub September 1988 North Adelaide: Jon Davies, Juan Castro, Camille Eames





West Lakes Long Swim 1988 Ted Geary



West Lakes Triathlon 1987

Alison Jarvis, Monica Osborne, Josie Roberts, Chris Potter



1988



Christmas Party
At Marion Pool
20/12/88

Social:

Schnitzel Nights in May

Pizza Night in June

Participated in the Glenelg Christmas Pageant to represent the club along with Marion Swimming Club members

Half-yearly dinner a popular event

Christmas Party after training 1988



Richard Pike, Monica Osbourne, Marlene Kempster, Ossie Osborne, Helen Agostini, Alison Jarvis



General:

Jenny Hayman RIP

No more will we enjoy Jenny's love of life, friendly manner, chattering at training and her special pink swimming cap.

Inaugural Brighton Long Swim Planning Committee

- Meredith Jarvis
- Chris Potter

Marion conducted Commemoration Day Long Swim. First long swim from Brighton to Glenelg 1988. Individual or team swim

Dual membership offered to Marion Meteors Triathlon Club members training and competing with Marion Marlins

1988 Greeters

Monday and Wednesday Mornings: Ossie Osborne, husband of swimmer Monica Osborne, mother of 8, learned to swim in her mid fifties at Doug Openshaw's Pool.

Tuesday, Thursday evenings and Saturday mornings: Howard Jarvis, husband of swimmer Alison Jarvis.

These two Greeters worked together until 1992, with Howard Jarvis working as Greeter until late 1998. Long term Greeter Howard Jarvis also held the voluntary position as the

reliable Club Treasurer for ten years from 1988 to late 1998, a few months before he passed away in December 1998.

Monica Osborne, Alison Jarvis and Helen Agostini became Life Members of the Marion Meteors Triathlon Club.



1988 training session

Back row: Bill Barrett, Libby Taylor, Val Dobie, Grant Davies

Middle row: Chris Potter, Marcia Ragless

Front row: Richard Pike, George Norberts, Heidi Tucker

1989

Membership Numbers: 102

Coaches: Sybil Killmier

Competitions:

Hosted Meadows Long Swim on 26/2/89 as a memorial to Jenny Hayman (a very popular club member who passed away from cancer)



Meadows Long Swim
26/2/89

Chris Potter, Marcia Ragless, Peter Cragen, Sybil Killmier at Meadows Long Swim in honour of Jenny Hayman



After long swim 1989: Ted Geary, Di Ross, Chris Potter

Second Place overall at conclusion of Interclub Series

Second Australian Masters Games October 1989 Adelaide Aquatic Centre

General:

Marion Committee ran the State Interclub Presentation Night Nov 18th 1989 Hackney Hotel

SA Interclub Presentation Dinner - "Hats" Theme



Ken Sarson, Howard Jarvis, Alison Jarvis, Helen Agostini



Camille Eames, Meredith Jarvis, Marcia Ragless, Shirley Chamberlain, Jeff Bond

Several swimmers completed the Advanced Resuscitation Course in collaboration with Seacliff Surf Life Saving Club



1990

Membership Numbers: 75

Coaches: Sybil Killmier, Jim Fuller, Keith Weidner

Competitions:

Marion AUSSI hosted Brighton Aquathon February 18th 1990

4k swim

2k swim
2k swim + 5k run

2nd overall club in Interclub competition
Interclub Presentation Night Warehouse 1923 at Port Adelaide “Roaring Twenties”
theme

Rod Ross represented Marion, swimming at the World Masters Games in Rio de
Janiero in 1990.

Central Australian Masters Games 1990

Ted Geary
Monica Osborne
Mary Folland
Marcia Ragless
Josie Roberts
Helena Malgorzewicz
Helen Agostini
Bill Stevens
Alison and Howard Jarvis



Alison Jarvis, Monica Osborne, Helen Agostini



Alison Jarvis, Monica Osborne, Helen Agostini



Josie Roberts, Monica Osborne, Helen Agostini, Alison Jarvis

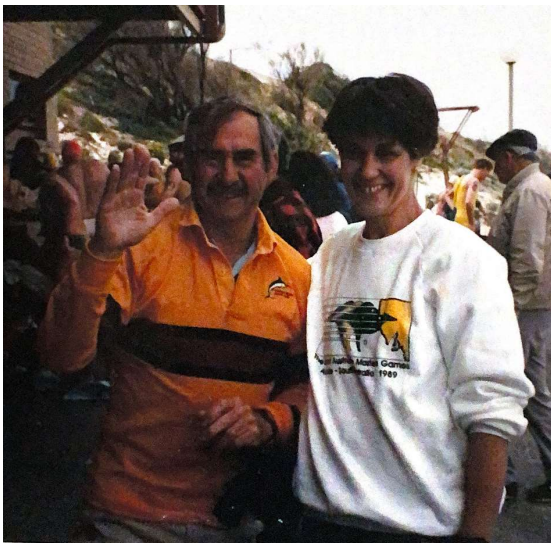


Darwin Nationals 1990s: Bill Stevens, Vanessa Dorn, Ted Geary

State Cup 1990



Founding President Chris Potter competing in Brighton Aquathon hosted by Marion AUSSI February 1990



Jon Davies, Marcia Ragless at Port Noarlunga Long Swim 1990

Social:



Liz Bland at Christmas in July 1990

Glenelg Christmas Pageant 1990

Ready to participate in Glenelg Christmas Pageant representing Marion Marlins



Meredith Taylor and Anne Krischock



Howard Jarvis, Marlene Kempster, Chris Potter, Marguerite Wardle

Marion AUSSI 25th Silver Anniversary

1990 INTERCLUB PRESENTATION
DINNER - DANCE
AT
WAREHOUSE 1923
"ROARING TWENTIES"
SATURDAY 22. AUGUST 7-9PM
\$28.00

*1990 Interclub
Presentation Dinner Dance*

The complex block contains a flyer for a 1990 event, two photographs of people at the event, and a title. The flyer is for a 'DINNER - DANCE' at 'WAREHOUSE 1923' on August 22nd, with a ticket price of \$28.00. One photo shows a group of women in formal dresses and feathered headpieces. The other photo shows a man in a suit and a woman in a white feathered dress.



Marion AUSSI 25th Silver Anniversary



1990 Interclub Presentation Dinner Dance

Interclub Presentation

Roaring Twenties Dinner Dance August 1990



Teresa Jacques, Camille Eames, Fern Bastin, Marguerite Wardle, Deb Carroll, Tom Bland, Liz Bland

Christmas Party Marion Outdoor Pool 1990



Brenton Ragless, Anne Krischock, Coach Sybil Killmier, Andrew Ragless



Chris Potter, Anne Krischock, Marcia Ragless, Ron Henry

1991

Membership Numbers: 88

Coaches:

Jim Fuller, Keith Weidner, Robyn Brown and Charlie Knight
Robyn Brown appointed coach

Competitions:

Ted Geary completed his 25th official Henley to Grange Long Swim and was awarded with a plaque

1991 State Cup

1991

MASTERS SWIMMING

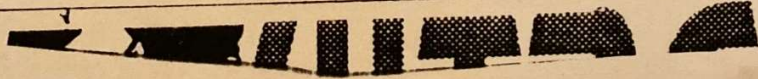
RECORD breakers in the Aussi Masters State Cup swimming championships last month.

World: 25-29 age group women — Stephanie Palmer-White, Adelaide Masters, 200m butterfly, 2:20.50.

Australian: 25-29 age group women — Stephanie Palmer-White, Adelaide Masters, 200m freestyle, 2:14.78; 100m butterfly, 1:06.90; 400m individual medley, 5:17.26. **55-59 age group men** — Dieter Loeliger, Adelaide Masters, 400m individual medley, 6:28.43.

State: 20-24 age group women — Andrea Houlden, Western Districts, 50m freestyle, 29.12; 100m freestyle, 1:06.21. **30-34 age group** — Marianne Kleisch, Western Districts, 100m freestyle, 1:06.64; 400m freestyle, 4:55.09; 50m butterfly, 33.36. Meredith Taylor, Marion, 100m butterfly, 1:21.56; 200m breaststroke, 3:14.87. **35-39 age group** — Sue Andrew, Reynella, 50m backstroke, 37.92; 100m backstroke, 1:21.65; 200m backstroke, 2:53.02; 200m individual medley, 3:04.09; 400m individual medley, 6:38.19. **40-44 Age Group** — Marcia Ragless, Marion, 200m freestyle, 2:39.14. **45-49 Age Group** — Cecily South, Adelaide Masters, 200m backstroke, 3:12.81. **65-69 Age Group** — Elizabeth Berce, Adelaide Masters, 50m backstroke, 57.42; 100m backstroke, 2:12.31; 200m backstroke, 4:46.28. June Waite, Atlantis, 200m freestyle, 4:31.50.

Men, 30-34 age group — Kent Taylor, Marion, 200m backstroke, 2:41.09; 400m individual medley, 5:35.07. **35-49 age group** — Jeff de Koning, Atlantis, 100m breaststroke, 1:25.19. **40-44 age group** — Don Brady, Reynella, 200m freestyle, 2:22.69; 400m freestyle, 5:04.11; 100m butterfly, 1:15.74; 400m individual medley, 6:11.41. Fred Guilhaus, Adelaide Masters, 50m breaststroke, 37.52. **55-59 age group** — Roy Drew, Reynella, 50m freestyle, 29.96; 100m freestyle, 1:06.86. **60-64 age group** — John Coles, Tea Tree Gully, 50m freestyle, 32.37; 100m freestyle, 1:15.69. **65-69 age group** — Ted Geary, Marion, 100m backstroke, 1:47.87; 200m backstroke, 3:46.70. Bill Stevens, Marion, 100m butterfly, 1:45.25. **75-79 age group** — Joe Savage, Adelaide Masters, 100m freestyle, 2:23.69; 200m freestyle, 5:25.76.



Guardian Messenger, Wednesday, October 2, 1991 — 19

Social:

August 1991 Car Rally

Marion hosted the social gathering after State Cup September 1991

Christmas Party at Marion Pool

January 1991 Wedding of club swimmers Meredith Jarvis and Kent Taylor

The Lakes Resort, West Lakes 6th January 1991



Awaiting Meredith and Kent Taylor's Wedding Reception, Debbie Carroll, Jeff Bond, Liz Bland, Tom Bland



Shirley Chamberlain, Fern Bastin, John Smith, Ron Henry

General:

October 1991 Helen Agostini (mother of Maryanne Heffernan) World Champion Triathlete 65-69 years

Sybil Killmier retired from long term coaching and was awarded honorary Life Membership in 1991

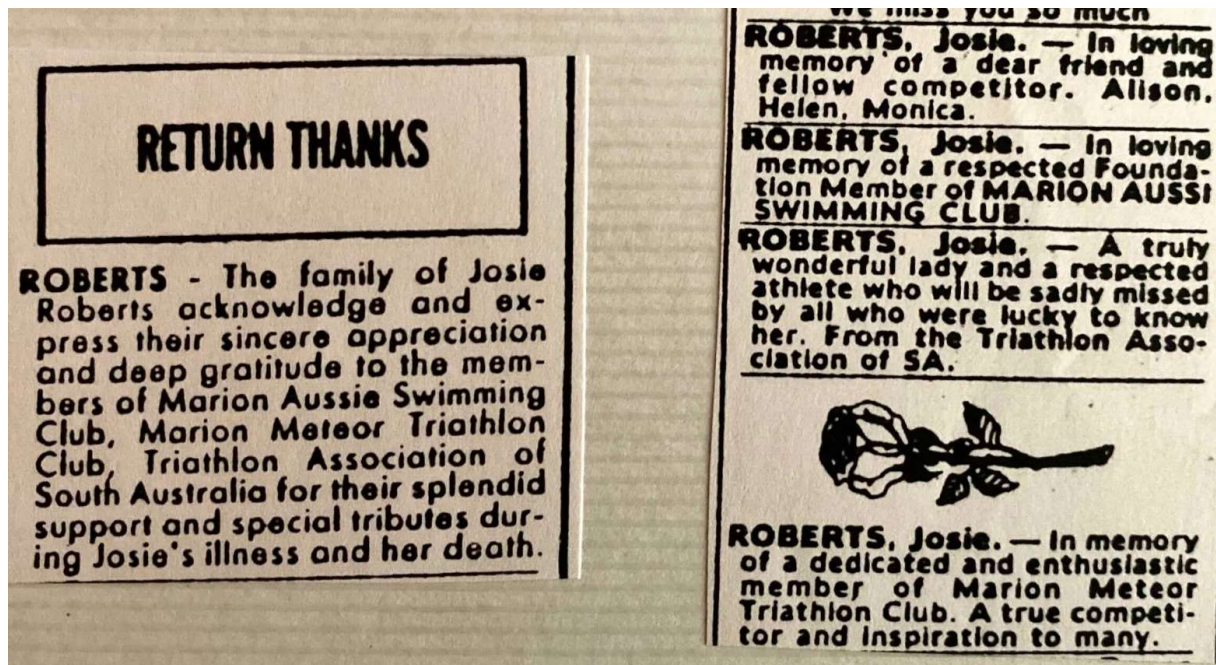
Howard Jarvis is thanked at AGM for the great job and many hours he puts in as Treasurer and general roustabout

AGM Park Holme Tennis Club Rooms 1991



Darryl Hawkes, Mary Folland, Liz Bland, Kent Taylor, Howard Jarvis, Peter Cragen
Barbara Sanderson, Deb Carroll, John Hood, Robyn Quinn, Anne Buchanan
inset Marlene Kempster

Josie Roberts Foundation Member of Marion AUSSI club



1992

Membership Numbers: 80

Coaches: Charlie Knight, Keith Weidner

Competitions:

Hosted our own Long Swim at Brighton in February 1992 supported by Brighton SLSC

September 1992 Triathlon World Championships Canada

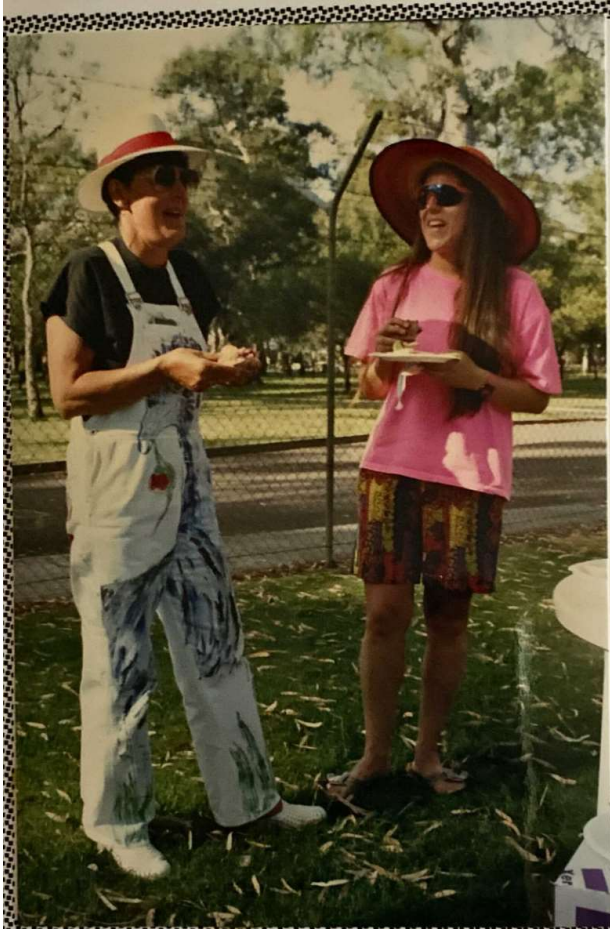
Helen Agostini

Alison and Howard Jarvis

State Cup September 1992

1992 Burnside Pool Long Distance Time Trial Swim Meet

Burnside Pool BBQ after swimming in Long Distance Time Trials 1992



Diane Ross, Meredith Taylor



Timekeepers Meredith Taylor, Kent Taylor

Social:

January 1992 Marcia and Leigh Ragless hosted a birthday party for Liz Bland at their home

Liz and Tom Bland hosted BBQ after Henley to Grange Long Swim

Hosted social function following 1st Interclub for 1992

August 1992 Car Rally

Winter Whoopee Asian Buffet Night

Car Rally in August

Night of the Stars Presentation Dinner at Esplanade Hotel Brighton

President's picnic October Burnside Pool

Tom and Liz Bland hosted barbeques at their home on the Esplanade at Henley Beach after Long Swims; particularly the annual Henley to Grange Long Swim.

Mid Winter Function at Deb Carroll's house



Vanessa Dorn, Jeff Bond, Leigh Ragless, Bill Stevens, Howard Jarvis, Deb Carroll, Alison Jarvis, Marguerite Wardle, Helen Agostini, Peter Cragen, Robyn Quinn, Liz Bland, Tom Bland, Anne Krischock, Vik Sprogis

General:

New club tracksuits designed and orders taken
April 1992 Club provided timekeepers and helpers for Special Olympics

Liz Bland joined Marion Aussies in the early 1990s and was a regular at training. She was also very active socially and members enjoyed several parties at her place. When she met and married Tom she brought him along to the club. Tom went on to be President of our club for several years. Liz was an amazing hostess; always friendly, bright, bubbly and welcoming. Tom and Liz opened their home on many occasions for club social functions including the mid year dinner and Christmas in July.

Ragless family all swimming with Marion. (Brenton Ragless, Channel 9 Newsreader, life member of Marion Swimming Club and an Ambassador for SAALC)

Harbor on January 18, it will be Harbor. cent."

A family in the swim

By ROB KLJMA

BEFORE dawn, in households throughout Australia, the parents of young swimming hopefuls force themselves out of bed to get their children to the pool for a gruelling couple of hours of training.

Most parents have worked out a routine of rushing home to continue their interrupted slumber; many even grab an uncomfortable extra hour or so sleep waiting in the car outside the pool.

But when Marcia Ragless, 41, of Eden Hills, takes her three children to the Marion Swimming Club's training squad at 5am, she joins them for a tough two-hour session.

In the nine years since she began swimming, it has become a total family activity and brought her Australian masters' records.

Recently, Marcia began sharing her enthusiasm for the sport by coaching in a swim-for-fitness program at the Marion Swimming Centre.


Using the level one coaching qualifications she gained earlier this year, she is sharing the tuition responsibilities with another qualified coach, Charles Knight.

The program, which runs every week night, is aimed at recreational swimmers who want to improve but don't know how to go about it, and without the ties of joining a club.

They're people Marcia can relate to through her introduction to the Aussie organisation, which has eight clubs in South Australia for older social and competitive swimmers.

When her eldest son, Brenton, now 15, was six, she commented to his instructor at a vacation swimming class how good it would be to take part in swimming and was told about Aussie.

She joined and, over the next



Marcia Ragless... lapping up swimming records.

few years, found herself taking her children to their lessons, then squad training, while doing her own training at different times.

"I was watching other children in the senior squad and timing them and aware I could keep up with them," Marcia said.

"One day the coach said, 'You should be in here', and I said, 'Can I?'"

"I swam in the senior squad until the boys caught up and we were swimming together."

Now Marcia trains with Brenton, Andrew, 13, and Natalie, 10, with the Marion Club as well as training with other swimmers nearer her own age with Aussie.

Her husband, Leigh, 43, caught the swimming bug when a change in work commitments gave him the chance to take up swimming early last year.

"In January I could just swim a length or two of the pool," he said. "Now I can do 2km in a session. It's given me an activity that I

can keep on enjoying for the rest of my life."

But he has no intention of taking the competitive road that has led Marcia to the top of masters swimming in Australia.

"I started masters swimming not long after I joined Aussie, just to see what kind of times I could register," she said. "Over about three years, I gradually worked my way to the top. It absolutely amazes me."

She has won gold medals and holds State and national records, including the Australian record in her age group for 200m freestyle of 2 min. 32 sec. and 400m freestyle of 5:19.

Another achievement was top 10 placings in five of the six events she entered in the second World Masters Games in Brisbane in 1988.

"But I would hate anyone to think I'm putting my own swimming ahead of the family," Marcia said. "I just feel so blessed that we are in the situation where we can share."

Marcia did her level one coaching course to get a better understanding of her own training program. While doing the practical part of the course with Marion Swimming Club coach Lynda Lehmann, the parents of some of the club members said that when Marcia got her own squad they would join. That began in July and eventually led to the Marion Swimming Centre's swim-for-fitness program.

The program is from 7pm to 8pm Monday to Friday, with Marcia coaching on Tuesday and Thursday and Charles Knight on Monday, Wednesday and Friday. The charge is \$2 on top of pool entry fee of \$2.30.

For further information about Marion Swimming Centre's swim-for-fitness program, contact Marion Swimming Centre, Hendrie St, Park Hoime, phone 276 4939.

Jan 1992

e-women's

From three-legged race to triathlon



● Supergran Monica Osborne trains on cappucino for triathlons.

At 70, Monica Osborne is trying everything.

Until she was 50, Osborne had competed in only one sporting event – a three-legged race in year seven.

Now with eight children and 21 grandchildren, this supergran competes in regular triathlons and athletic events.

She is a member of the Marion Meteors club in Adelaide and has been competing in triathlons for 10 years.

Along with three other women, Osborne trains everyday. She says they don't take it too seriously.

"We always end our training sessions with a cappucino and a piece of raisin toast," she said. "I don't think there is a coffee shop in the Brighton area of Adelaide which doesn't know us."

This Alice Springs Masters Games was the first time Osborne had competed in the track events.

Being the only one in her age group, Osborne took out gold in the 100m, 200m, 400m, 800m, 1500m, 10km and the cross country event.

Another gold was collected when she won the 70-74 age group in the Masters Games triathlon held on Saturday.

Centralian Advocate, Oct 1992.

SWIMMING

Marion veterans chase honors in Long Swim at Henley

THE annual Henley to Grange Open Water Long Swim will be held on Australia Day next Sunday, January 26.

The 2000m swim runs from the Henley to Grange jetties and is being swum for the 76th time. There is a record 264 nominations for this year's event which starts at noon from Henley jetty.

Oldest male swimmer this year is 70-year-old Ted Geary of Marion Aussi, who is swimming in his 26th long swim, while oldest female is 69-year-old Monica Osborne of Marion Aussi.

Youngest competitors are nine-year-olds Sam Murphy of the Clovercrest club and Tracey McEvoy from the Henley and Grange club. Grange's Peter Elvard, who won the event as a 14-year-old in 1952, will also be swimming.

Record time for the swim is 18 minutes 30 seconds by Mark Shepherd in 1988.

Sponsored by Zedar Australia, a leading swimwear manufacturer, the event is one of the most prestigious on the SA swimming calendar and a big crowd is expected to cheer on the swimmers.

For more information contact Peter Bayne at work on 230 8162 or after hours on 356 9466.



Brighton's Monica Osborne . . . oldest female swimmer at this year's Henley to Grange Open Water Long Swim next Sunday, January 26.

257

1993

Membership Numbers: 95

Coaches: Robyn Brown, Marcia Ragless, Scott Hardie (son of Ron Hardie)

Training Venues:

Winter Training

Adelaide Aquatic Centre Tuesdays 7-30pm to 9pm, Saturdays 11am to 12 noon

Noarlunga Aquatic Centre Tuesdays and Thursdays 6pm to 7pm

Competitions:

Hosted January 1993 Brighton Long Swim and Aquathon, supported by Brighton SLSC
Hosted BBQ afterwards

Brighton Long Swim and Aquathon January 1993



Vanessa Dorn, Meredith Taylor, Kent Taylor

Marion club was awarded the runners up position in both the Interclub series and the State Cup.



Interclub Adelaide Aquatic Centre 1993
Alison Jarvis, Helen Taylor, Dean Taylor

Interclub 1993



Peter Cragen, Marguerite Wardle

Interclub 1993



Helena Malgorzewicz, Helen Agostini

Social:

Mid winter dinner held at Ginling Restaurant in July

Bus trip and picnic to Southern Vales Wineries in October



Linda Massola, Marguerite Wardle



Vanessa Dorn

General:

At the AGM special recognition awards were presented to Ossie Osborne, morning greeter and Howard Jarvis, Treasurer, greeter and general liaison officer. "Ossie and Howard's commitment to their duties as greeters is very much appreciated. They do not swim, however they still come out to their respective training sessions to collect monies etc. for our club. The amount of work that Howard puts into our club is enormous, and would easily keep two people run off their feet and their brains in a dither. He has rare talents and is a special member of our family."

1993 AGM



Marcia Ragless presenting award to Maryanne Heffernen, Deb Carroll President, Vanessa Dorn Secretary



Bill Stevens, Deb Carroll



Mary Jane Folland, Marcia Ragless



Bill Stevens, Marcia Ragless, Darryl Hawkes

Club Tracksuits became available which improved club identity and were worn proudly at State Cup and National Championships

1994

Membership Numbers: 98

Coaches: Marcia Ragless

Training Venues:

Winter training venues Thebarton, Noarlunga

Competitions:

1994 March National Championships, Adelaide Aquatic Centre

Karen Seebohm (Mother of 4 time Olympian swimmer Emily Seebohm) organised matching bathers for swimmers competing at National Championships

Marcia Ragless represented the club overseas in July 1994 at the Montreal Canada World Masters Swimming Championships. Marcia's three children followed her into swimming including eldest son Brenton Ragless, now a Life Member of Marion Swimming Club and ambassador of SAALC. (Brenton is the Channel 9 Newsreader)

1994 Nationals Group photo



Front Row: Minna Hotstone, Diane Ross, Robyn Quinn, Barbara Sanderson
Middle Row: Karen Seebohm, Heather Carbone, John Hood, Vanessa Dorn, Marcia Ragless, Mary Folland, Beth Aston, Anne Buchanan
Back Row: Marlene Kempster, Brian Garvey, Ted Geary, Bill Stevens, Meredith Taylor, Richard Pike

1994 Masters Games Brisbane

Minna Hotstone
Robyn Quinn
Mary Folland
Monica Osborne

Henley To Grange Long Swim 26-1-94



Leigh Acfield, Lorenz Klass, Brain Garvey, Vanessa Dorn, David Shaw

Henley to Grange Long Swim 1994



Front Row: Debbie Carroll, Robyn Quinn, John Hood, Kent Taylor, Mary Folland
Back Row: Tom Bland, Peter Cragen, David Shaw, Leigh Acfield, Meredith Taylor,
Marguerite Wardle, Steve Harkness, Jim Fuller, Leigh Ragless



Liz Bland, Barbara Carne after Henley to Grange Long Swim 1994

BBQ after Henley to Grange Long Swim at Tom and Liz Bland's home, Esplanade Henley Beach 1994



Meredith Taylor, Marcia Ragless, Leigh Ragless

After Henley to Grange Long Swim 1994



Leigh Ragless, Bill Stevens, Meredith Taylor, Tom Bland, Howard Jarvis
Peter Cragen, Kent Taylor, Helen Agostini, Monica Osborne, Deb Carroll

After Henley to Grange Long Swim 1994



Back row: Tom Bland, Peter Cragen, David Shaw, Leigh Acfield, Meredith Taylor, Marguerite Wardle, Steve Harkness, Minna Hotstone, Jim Fuller, Leigh Ragless
Front row: Deb Carroll, Robyn Quinn, John Hood, Kent Taylor, Mary Folland

Social:

Liz and Tom Bland hosted a bon voyage evening for Marcia and Leigh Ragless heading off to World Masters Swimming Championships in Canada

July 1994 Christmas in July at Warradale Hotel

Christmas party after training at Marion Pool

1995

Membership Numbers: 84

Coaches: Janet Malone, Vicki Hodgson, Linda Lehman, Julie Farrelly

Competitions:

3rd overall club in State Cup

Long Swim Henley to Grange 1995



Monica Osborne, Deb Carroll, Robyn Quinn, Jay Clark

Long Swim Henley to Grange 1995



Howard Jarvis, Peter Cragen, Leigh Acfield, Meredith Taylor, Kent Taylor

Social:

March 1995 Picnic and Tennis Day at Belair National Park

Farewell party for Brian Garvey and Linda Massola, relocating to Victoria

Dinner at Glenelg

Pancake Brunch and Christmas Party at Marion Pool

Barbara Sanderson and Julian Carne's Engagement

General:

Darryl Hawkes awarded Life Membership

Helen Agostini awarded World Triathlete Champion for her age group

1996

Membership Numbers: 83

Coaches: Janet Malone, Vicki Hodgson, Linda Lehman, Julie Farrelly

Training Venues:

1996 Winter Training at Noarlunga Aquatic Centre

Tuesday and Thursday nights 7pm to 8pm

Saturday afternoons 4.30pm to 6pm

1996 Summer Training at Marion Pool

Monday morning 7am to 8am

Tuesday night 6pm to 7pm

Thursday night 6pm to 7.30pm

Saturday morning 9.30am to 11am

Competitions:

Hosted 1996 Brighton Long Swim

5-9 April 1996 AUSSI Nationals in Canberra

Diane Ross

Heather Carbone

John Hood

Robyn Quinn

Marguerite Wardle

Alice Springs Masters Games 1996

Patron Doug Openshaw Aged 69 years swam in two record breaking 280 + Relay

Teams with Ted Geary, Bill Stevens, Gordon Metcalf

Aerobic Swim Time Trial August 1996 at Adelaide Aquatic Centre



Interclub 1996 – Barbara Carne

Social:

July 1996 Video Swim Pizza Night at Noarlunga Aquatic Centre

General:

South Australian AUSSI now has 642 members

October 1996 Masters Swim Level 1 coaching course conducted by coach Janet Malone

Chris Potter and Darryl Hawkes recognised at AUSSI 21st Anniversary Service Awards

10/11/96 10-1-96

**Just tri'ers . . . but
Helen and Monica
keep others honest**

By DOUG ROBERTSON

Septuagenarians Monica Osborne and Helen Agostini are Australia's answer to Wonder Woman, Tank Girl and the Iron Lady all rolled into their lithe frames.

Monica, 73, and Helen, 70, thought to be the nation's oldest triathletes, say they've been in about 100 triathlons and again tested their steely but diminutive frames on December 18 in the SA sprint distance triathlon championships at West Beach.

Elite athletes, including Andrew Robertson and Robyn Roocke, battled through the grueling test of stamina but the grand ladies of SA triathlons were content just to "do it".

As an individual contestant Helen - who won her age group in the world triathlon championships in Mexico last month - covered the 750m swim, 20km bike ride and 5km run in 1hr:39:05 to win the 70-74 years age group while Monica completed only the run leg in a three-women team, with friends Sue Harris and Robyn Brown - both about half her age.

Modest Monica says she doesn't bother about her race times because she "struggles through the lot" and doesn't ever expect to beat many with her less than blistering "snail's pace".

'Recent' converts

"I'm famous because of my age, not my speed. If you can't out-run them - just out-live them," she said.

Although relatively "recent" converts to sport - both first took up swimming in their 50s - SA's durable duo swear by the benefits of regular training to keep feeling young and supple.

"I had eight children and when they were off my hands I learnt to swim at 53, then a girl nagged me into doing my first tri when I was 60," said Monica, who recently quit individual events because of a chronic shoulder injury.

"If I didn't do tri's I would be a stone overweight and about 50 per cent stiffer and probably have arthritis. Anyone can do it - the secret is they have to want to do it."

A multiple World Masters gold medalist, Monica declined a shoulder replacement operation because doctors couldn't guarantee she would be able to swim again.

"They can't understand how I'm still doing what I do but it's just because I've kept exercising for the past 12 years," Monica, of Brighton, said.

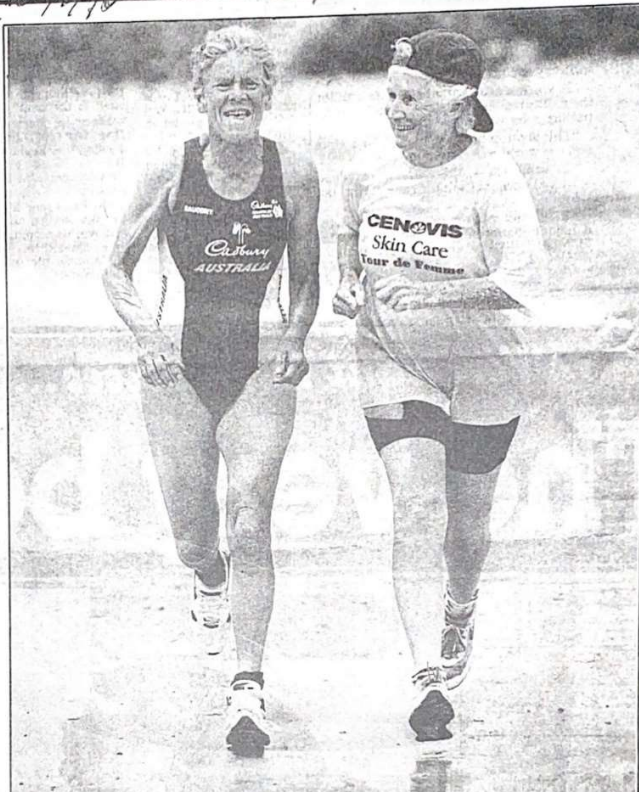
"We do it for fun and satisfaction and with a degree of seriousness. You wouldn't do all that training and not take it seriously. And anyway we love it."

The pair train for two or more hours, six days a week and constantly embarrass athletes less than half their age.

"I get a bit of a look sometimes - usually from men," said Helen, a retired social worker at SA Spastic Centre who started triathlons in 1987.

"If there are new people in an event I feel good because they probably haven't done much training and I can pass a few on the run.

"I've even passed them on the bike lately."



Helen Agostini, 70, left, and Monica Osborne, 73, training at Glenelg. Picture: MARK BRAKE

1997

Membership Numbers: 80

Training Venues:

Winter Training at Noarlunga Aquatic Centre 1997

Tuesday night 6pm to 7pm

Thursday night 6pm to 7pm

Saturday afternoon 4.30pm to 6pm

Competitions:

Hosted 1997 Brighton Long Swim with lunch afterwards at Brighton SLSC

Brighton Long Swim Start 1990s





Brighton Long Swim finish 1990s



After Brighton Long Swim - Maryanne Heffernan age group winner. Club President Geoff Woods on microphone



After Brighton Long Swim – Ted Geary: Age group winner

1998

Membership Numbers: 76

1999

Membership Numbers: 67

General:

Membership continued in a downward trend, however more members were participating in Interclubs and Long Swims.

Participating members increased while overall membership base declined.

Wine selling fundraiser very successful with the club selling in excess of 150 dozen.

The club purchased a new banner to be displayed at competitions.

2000

Membership Numbers: 80

Club Coach: Robyn Brown

Social:

Ruth Henty hosted a BBQ in April after last outdoor training session for the season.
Orchid Inn club dinner night in June.

2001

Membership Numbers: 85

Club Coach: Robyn Brown

2002

Membership Numbers: 79

Club Coach: Robyn Brown

Social:

End of Summer Dinner at Brighton Hotel on 6th April.

General:

The club applied for and received an Active Club Program Grant of \$3,500 from the State Government.

Lane Leaders were appointed for each lane to pass on information and ensure swimmers adhere to lane etiquette.

2003

Membership Numbers: 82

Club Coach: Robyn Brown

Training Venues:

Summer Training Marion Outdoor Pool
Tuesday 6pm-7pm

Thursday 6pm-7.30pm
Saturday 9.30am-11am

Competitions:

2nd March 2003 hosted Long Swim

Interclub Competition Adelaide Aquatic Centre



Jane Sutton, Neal Bertram



Jane Sutton and Tony

General:

Regular Sunday morning swims at Seacliff Beach commenced.

2004

Membership Numbers: 109

Club Coach: Robyn Brown

Competitions:

National Championships Adelaide 2004



Front Row: Robyn Brown,
1st row: Maria Leonard, Marie Dingwall, Helen Walsh, Meryl Churchill;
2nd row: Lesley Cooper, Ruth Henty, Kate Clark, Marguerite Wardle, Di Ross, Meredith Taylor, David Lindeberg;
3rd row: Anthony, Neal Bertram, Jane Sutton, John Love, Linda Brett;
top row: Dick Freeland, Jim Fuller, Nate Treanor, Peter Ballantyne



1st row: Di Ross, Robyn Brown, Helen Walsh, Jen Sturm, Serena Murphy;
2nd row: Michael O'Flaherty, Ruth Henty, Peter Cragen, Peter Ballantyne;
3rd row: Julian Carne, Andrea Kurauskas, Jane Sutton, Linda Brett;
4th row: Anneliese O'Flaherty, Dick Freeland, Claire Nadya, Lesley Cooper, Mark Pilkington



Lesley Cooper, Linda Brett, Di Ross, Marguerite Wardle



Helen Walsh, Meredith Taylor



Meryl Churchill, Meredith Taylor, Marie Dingwall, Helen Walsh

Alice Springs Masters Games



Jane Sutton, Ruth Henty, Neal Bertram Helen Walsh, John Love, Lesley Cooper



Jane Sutton



Ruth Henty



Helen Walsh, Lesley Cooper, Linda Brett, Jane Sutton



John Love, Neal Bertram



Linda Brett, Helen Walsh, Lesley Cooper, Jane Sutton, Ruth Henty

Social: Orchid Inn Social Dinner



Kate Clark, Robyn Brown and husband



Vicki Hodgson, Jane Sutton, Claire Nayda, Darryl Hawkes, Neal Bertram

General:

Proposed new constitution for the club was presented at the AGM in March 2004. The meeting voted unanimously to accept the constitution.

2005

Membership Numbers: 125

Club Coaches: Robyn Brown

Competitions:
Lorne Pier to Pub



Jane Sutton, Kate Clark



Ruth Henty, Marie Dingwall



Serena Murphy, Kate Clark, Jane Sutton, Neal Bertram



Neil Bertram, Jane Sutton



Neil Bertram, Jane Sutton

George Copley Challenge – Port Augusta



Helen Walsh, Robyn Brown, Jane Sutton, Claire Nayda, Peter Ballantyne,

Social:**August 2005**

25th Anniversary Function at Adelaide Sailing Club organised by Jane Sutton

General:

The very important Save our Outdoor Pool Campaign

Marion Council advised that the Marion Outdoor Pool would be closed within the next few years and the council was not willing to commit to granting lane space to club swimmers in the new SAALC.

At the 2005 AGM, the motion was supported that the Club should be more active in opposing the closure of the Marion Outdoor Pool.

Marion Outdoor Pool Users Group spokeswoman Robyn Brown

The campaign included, Petitions (with over 11,000 signatures), Letters, Protests and Newspaper articles Imploring Council to keep the Outdoor Pool open.

Club Secretary 2005 Neal Bertram wrote a letter on behalf of club members to the council listing the club's main concerns for local pool users:

- Adelaide has a shortage of swimming space, especially outdoor pools
- For health reasons, both physical and mental, we want to swim outdoors
- We like easy access to the current pool
- The current pool provides a peaceful, relaxing and healthy environment in which our members can exercise
- As local swimmers we fear we will be pushed out of a State Complex and would like the Council to communicate and offer a commitment to us to match our current pool access.

Former club president, Bill Stevens, passed away and many members attended his funeral.

Coach Robyn Brown attended an advanced training course.



Darryl Hawkes with coach Robyn Brown 2005.
In 2005 Darryl was awarded National and State Masters Swimming Life Membership.

Social:

25th Anniversary Dinner



Claire and Michael Nayda



Robyn Brown and husband



Marlene Kempster



Darryl Hawkes, Monica Osborne, Helen Agostini

LIFE MEMBERS

Robyn Brown
Daryl Hawkes
Maryanne Heffernan
Ruth Henty
Di Ross
Jane Sutton
Sybil Killmier (deceased)
Chris Potter
Neal Bertram
Ian Young
Heather Carbone

Profile Diane Ross

I started to swim at the school pool with the teacher holding a pole with a rope then a canvas strap around my middle, the water in those days were dark green, plus you could not see the bottom, I was about 10 years old, went on to swim in school meets, then joined a swim club.

I was one of the 10 odd people who started Master swimmers, Di Simmons was also a part of that group, not many of us left now. Josie Sanson was coach at Norwood Pool. Then Masters grew and Chris Potter and a few others decided to have our own club this side of town, so Marion club was born. So I have seen so many coaches come and go over the years, and they have all given me pleasure over so many years, thank you coaches, but my at my age sneak out before the hour is up. Keep swimming you meet so many nice people.

Profile Darryl Hawkes

My parents taught me to swim in the ocean at Brighton.
My children swam for Prospect Crystal Pool amateur club.
I made up the numbers in the inter club relays, This was my only competitive swim until I joined Marion AUSSI club in 1984.
So I have been a member for 38 years.

My regular exercise was running around Victoria Park race course at lunch times. I tore my achilles tendon not having warmed up properly. So I started to swim at Doug Openshaws pool on Morphett road, Chris Potter saw me one day and suggested that I swim with Marion Masters. So I did.

When my children competed at swimming I was bored sitting in the stand so I time kept and became a qualified timekeeper. I then progressed to being qualified marshal, check starter, starter, judge, recorder, AOE operator, turn judge, judge of stroke and finally a referee. Masters swimming qualified me as a masters referee and so whenever I competed I also refereed.

I cannot remember when I was the club representative at the branch meetings for a year or so.

My children convinced me to purchase a computer about 40 years ago. The first computer was a Commodore 45 the next was an Amiga. And then an IBM, I learnt to write computer programs which I used to record the club records.

I was the club recorder from 1986 to 1994 then 1996 until I handed the task to Heather Carbone in 2018. 31 years. I also was the Membership Recorder and Registrar. For a few years I was Club Captain responsible for relay teams. I used computer software to select the best combination.

My proudest achievement was a gold in the 100 butterfly at the nationals in Melbourne.

The social activities have changed over the years. After the interclubs in the eighties and nineties we always had an organised barbecue or dinner afterwards. In 1990 I was nominated by the club for the award of Seniors Volunteer South Australia. I was awarded runner up Seniors Volunteer SA for 1990.

I received club life membership in 1995, I was the Branch and National recorder for many years and received life membership for both Branch and National activities (in 2005).

I look forward to swimming in the future especially social activities.



ACKNOWLEDGEMENTS

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A special thankyou to Meredith Taylor who collated all the information that was sent to her.