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April 2025 Newsletter

PRESIDENT'S MESSAGE

AGM

The AGM was held on 15 March at 10.15 am at MOP. It was great to see many of the members (about 30) come along and support the club.

Five new committee members were elected at the AGM: **Sarah Osman-Walton** (co-captain), **Sarah Langsford** (social co-ordinator), **Maggie Evans, Lindsay Martin, and Charlie Roberts** (general committee). I welcome them to the committee. For the first time in many years the committee has no vacancies.

Many thanks to the five new committee members as well as to those continuing on the committee. Thank you for your commitment, and I look forward to the year ahead. The full list of committee members can be seen at the end of this newsletter.

Life Members

As President, I had the honour of presenting two long-standing members, **Barbara Pearce and Ron Hardie**, as nominees for Life Membership of the Marion Marlins Masters Swimming Club at the recent AGM. It gives me great

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with distinction and honour at local, national and international events in the pool and open water. Congratulations to Ron and Barbara and thank you for your commitment to the club.

See below for a report from this year's **Rottnest swim**, a wrap-up of the **OWS season**, and an advertisement for the **end-of-season Pub Night (with free pizzas!) on 24 April**.

Yours in Swimming

Marc Loader

President

marc.loader@outlook.com

MEMBERSHIP

As of 15 April, we have 106 active members. Five swimmers have participated in our 'come and try' sessions since March, with one completing three sessions. We are pleased to welcome three new members: **Mei Wong, Dakota Jonker, and Martin Wright**.

If you have any membership questions, please contact **Garth Hayter** (garth.hayter@gmail.com or 0415905629)

CLUB TRAINING

It's farewell to MOP for another season. Our last session will be Saturday morning, 26 April.



Winter Training Schedule (Various Locations):

Downloadable Club Calendar for April to August 2025 : [Click This Link](#)

The 2025 Winter season will commence later this month on Monday 28 April 2025. The day, time, duration and location of our 5 training sessions are as follows.

- Monday 9.00am 1 hour @ SAALC
- Tuesday 6.00pm 1.5 hour @ Scotch College
- Thursday 9.00am 1 hour @ SAALC
- Thursday 6.00pm 1.5 hour @ Scotch College
- Saturday 8.30am/11.30am & 10.30am 1.5 hour @ SAALC/Unley Pool*

* Unfortunately, Saturday mornings are complicated by the fact that North Adelaide Aquatic is being redeveloped and pools at SAALC are being relined. This means that lane hire has become difficult for the 2025 Winter season. We do hope that it returns to normal for the 2026 Winter season and we can offer a more consistent Saturday morning session in 2026.

But for now, our Saturday morning sessions will be at SAALC on some Saturdays and Unley Pool on others.

When the Saturday session is at SAALC the start time will be 8.30am. When the Saturday session is at Unley the start time will be 11.30am for the 2 Saturdays in May 2025 and then at 10.30am for the remainder of the 2025 Winter season.

The 'Downloadable Club Calendar', [linked here](#) or above, shows each training session's location and start time. So, you will know well in advance what Saturdays will be at SAALC and what Saturdays will be at Unley.

The first Saturday we are Unley is not until the 17th of May.

If possible and as a suggestion, print the calendar each month and put on the

for the 1.5 hour sessions.

As usual Marlins can elect to train for 1 hour using a \$6.00 ticket at each of the 1.5 hour sessions.

Below are the links to each of the pools we will be using over the Winter season. Each pool has General Admission, Multi Visit passes as well as Concessional prices. I encourage everyone to look at each of the pools you intend to train at and choose the admission that suits you the best.

- Purruna (Scotch College) - <https://www.purruna.ymca.org.au/visit/admission>
- Unley Pool - <https://www.unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Swimming-Centre/Pricing-Costs>
- SAALC - <https://saaquatic.ymca.org.au/visit/prices>

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.



Is it a New Zealand fur seal? No, it's Max Yates training in the Antarctic!

COMPETITION RESULTS

Disclaimer: We try to be as accurate as we can, but sometimes get things wrong. If we make a mistake, please let us know and we'll correct it:

secretary@marionmasters.org

Rottneest Island Channel Swim (22 Feb)



Well folks, Rottneest has come and gone as you can see by the smiles and medals above it was a very successful day. Our very own Vice President, **Dean Guse** who battled sea sickness for the last 8 km's, completed his first solo at his maiden attempt. Marion Marlin, **Gero Von Vogt** also completed the gruelling 19.7km open water swim on his first attempt. Henley Masters' Tess Lang completed the journey after a very disappointing 2024 when the entire field had to withdraw after the race had been cancelled. Well done, Dean, Gero

Finally, yours truly along with Marion Marlins, **Lindsay Martin and Charlie Roberts** and Henley Masters Kristie Dorgan teamed up to cross the Rottneest Channel in a very respectable time.

It was a great day, and I just loved sharing the smiles and stories with all the swimmers, skippers and support crew on Rottneest Island after the race. It is a great event in a great location and to share this with a whole bunch of great people is just fantastic.

Open Water Season

It was great to see so many Marlins enjoy and compete in the 2025-26 OWS series. Well done to everyone who competed throughout the summer and below are pics from the last events of the season.



Port Elliott



Port Noarlunga

Pool events

Murray Bridge (23 March). Four Marlins competed: **Stephen Carthew, Ace Lewis, Barb Pearce, and Ian Young.** All picked up first place in all their swims. Well done!

MSA National Champs (8-12 April): results in next newsletter.

UPCOMING MEETS

State Cup 1 (Long Course), 17 April: entries have closed – 11 April.

Interclub 1 (Relay Meet), 18 May: entries to the Club Captains by Monday 28 April – see the email addresses for Gavin and Sarah O. below. Note that all Marlins entries will be paid for by the Club.

Interclub 2 (Long Course), 1 June: entries (through Masters Swimming SA website) close 23 May.

To contact **the Club Captains**, please email **Gavin Rowell** gavin.rowell@adelaide.edu.au or **Sarah Osman** sarahosman_55@hotmail.com

SOCIAL

Pub Night (24 April)

A reminder that Pub night takes place after training on the last Thursday of

Club is providing pizzas for all who attend. Put the date in your diary and we look forward to seeing you there. <https://morphettarms.com.au/>

Branch Presentation Dinner (3 May)

The 2025 MSSA Presentation Dinner will be held at the Adelaide Sailing Club, 3 May, 6-11 pm. See the MSSA website for tickets.

If you have a suggestion for an event, please speak to our Social Coordinator, **Sarah Langsford** langsford6@bigpond.com

MEMBER PROFILE: Lisa Miller



1. How did you get into swimming?

In October 2023 I switched from long distance running to swimming after an ongoing Achilles tendon injury. The physio recommended I take up either cycling or swimming. I was living in Mildura at the time, so I joined the Mildura Mallee Masters. We were lucky to have a great group and a beautiful 50-metre outdoor pool. I also joined a river swimming group – we swam from the Mildura Rowing Club to the Chaffey Bridge and back. The conditions were not easy with river cruising boats, and sometimes a strong river current.

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

Freestyle is the only stroke I can half-do properly. I'm still learning how to gain

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along the way. But I still can't do butterfly, my breaststroke is terrible, and I'm always crashing into the lane rope in backstroke!

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

Favourite drill - kick with flippers, on your back, it's very relaxing looking at the sky.

Favourite training set is freestyle speed intervals

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

Keeping the club alive with a mixture of competition and social events. But I think the Marlins do this well.

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

Carrickalinga 2 km swim. This was my first ever competition, and it was very relaxed and enjoyable in crystal-clear water with a lovely walk along the beach to the start line. So much fun to celebrate the achievement at the finish line.

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

I think I won my age group for the 2025 Henley Beach Masters OWS 2k. I think there were only two of us competing in my age-group.

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

Ash Barty, Steve Moneghetti and Eliud Kipochoge

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

Always running late for training and rushing off after one hour of training.

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

Even when you're tired and you think you don't need to go to training, you will feel re-energized after the session and less tired than if you hadn't gone. It's the best thing to do for your overall well-being.

COMMITTEE

President

Marc Loader

Vice-President

Dean Guse

Treasurer

Ace Lewis

Secretary

George Crowder

Registrar/Membership

Garth Hayter

Coaching Coordinator

Mark Trenwith

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OWS Coordinator
Social Coordinator
General committee members
Charlie Roberts

Ben Warr
Sarah Langsford
Ian Young, Maggie Evans, Lindsay Martin,

Non-Committee Officers:

Member Protection Officer
Club Recorder

Mike Perkins
Maryanne Heffernan



On Sunday the 27th of April it's farewell to MOP for another season

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