



**Mildura Masters Games**

I would like to thank everyone involved in the organisation and running of the Mildura Masters Games. It was very pleasing to see so many SA Masters swimmers and officials in attendance. Congratulations to all those who achieved medals and Games records during the 4 days of the event.

I would also like to thank Phil Beames for conducting a Technical Officials course at Mildura. Although numbers were disappointing it is a starting point for increasing the number of qualified officials in our sport.



Phil and Leanne Beames were thrilled to be recognised for their considerable efforts to ensure the efficient running and success of the swim events since the inception of the Mildura Masters Games.

**Branch Registrar**

Jeremy Clarke, our longstanding Branch Registrar, relinquished this

**From the Branch Secretary**

John Gamlen



position last month. Jeremy had been our Registrar since 2002 and, despite health issues over the last four years, was an excellent contributor in the operation of the Branch. He was awarded the Branch Award of Merit in 2006. We sincerely thank Jeremy once again for his excellent work and wish him well as he strives to overcome his current illness. We are hoping to find a replacement shortly from our pool of very capable club registrars.

South Australia was by far the highest achiever in using the online registration and this in no small way was a result of Jeremy's leadership. We currently have 600 members which is just a handful less than 2008 and we are one of the few States maintaining our swimming member registration each year.

**Clubs Online Registration - Open Water Swims**

I have been assisting clubs who conduct Open Water Swims to set up Online Registration for all events over the coming summer. Clubs

will be requiring all entries to be done online - with manual entries only accepted on the day of each swim (as late entries). This will require some people to make special arrangements perhaps with friends or their Masters club to use the Online entry system. The advantages of the system are such that we will all benefit greatly, especially those conducting the events. Once the event is "live" members will be advised and entries can be processed. The Online system requires Online payments - which is one of the key benefits. We anticipate that the facility will be on the Branch website as well as on club websites.

**Open Water Calendar**

Leanne Markey (Open Water Swim Director) has finalised the dates for 2009/10 and they will be on the Branch website very soon. The dates are quite similar to last season which worked very well. The calendar will be printed soon and distributed to members.

**Presentation Night 2009**

I hope members have this event on their calendars - November 14 at the Royal Adelaide Golf Club. Marj Muller is distributing tickets now and the last day for payment will be November 1 (Short Course Long Distance Meet) as we must confirm numbers. The Branch Awards will be presented along with medals for all Age Group winners from the Interclub Series. If you have any enquiries please contact Marj (8353 3568).

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## MASTERS SWIMMING South Australia

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**President:**  
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**Vice-President:**  
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**Secretary:**  
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**Treasurer:**  
Jonathan Hooper

**Director Fitness and Coaching:**  
Kathy Heenan

**Director Open Water Swimming:**  
Leanne Markey

**Director Swim Meetings:**  
Brian Skeates

**Technical Director:**  
Phil Beames

**Registrar:**  
TBA

**Swim Meet Recorder:**  
Leanne Beames

**Aerobic Swim Recorder:**  
Jelle Lahnstein

**National Delegate:**  
Mike Walker

**Public Relations:**  
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## Pacific Swims will offer sponsored prizes in 2010



The excellent response from South Australia to the Pacific Swims events following their sponsorship of the 2008/09 SA Open Water Series has encouraged *Paul McCoy* to announce Pacific Swims will offer its support with similar sponsored packages in 2009/10.

Paul will be in Australia from mid January and will attend various open water meetings in New South Wales and Victoria and is hopeful that he may be able to change his itinerary to include South Australia for the Australia Day Jetty to Jetty swim.

Christine Walsh (Noarlunga Masters) has played a big part in selling the Vanuatu and Fiji events to South Australian swimmers and this has not gone unnoticed by Paul McCoy. SA Branch

President, Mike Walker has also come into the picture in support of this attractive addition to the Open Water Swim Calendar.



Paul McCoy

**Vanuatu Prize Values: (June 2010)**  
2x1 Ex-Tax Air Ticket on Air Vanuatu  
4 nights accommodation in Vila  
3 nights in Santo  
Domestic transfers  
Free Race Entry  
**Value - AUD 3,000 each**

**Fiji Prize Value: (October 2010)**  
1 Ex-Tax Return Air Ticket Sydney-Nadi  
4 nights accommodation  
Transfers  
Free Race Entry  
**Value - AUD 2,000**

Further details and confirmation of dates will be advised.

For more information re Pacific Swims, visit:

**www.pacificswims.com**

■ *Mike Walker is collecting swim goggles to send to Paul McCoy for the locals to participate in the Santo channel swim next year. All donations will be gratefully received by Mike Walker.*

*From the Branch Secretary  
- continued from page 1*

Although the price has increased, the venue and meal represent excellent value and we look forward to your support for this important night.

We are currently calling for nominations for our annual Awards of Merit and these will be announced at the Presentation Night Dinner.

### ■ Coaching Adult Swimmers Course

The Branch Fitness and Coaching Director, Kathy Heenan, conducted this course on September 14 with eight people in attendance. The course was very well presented by Kathy and new coaches are keen to complete the other requirements to achieve a Level 1M coaching accreditation. Due to further interest, Kathy is planning another course - if you are interested in attending, let Kathy (8346 5176) or myself know (8263 9958).



MASTERS  
SWIMMING  
South Australia

### Mid Morning Training

Monday - Wednesday - Friday  
10 am - 11 am

Adelaide Aquatic Centre

Supervised by qualified Level 1  
Masters Coach

ELLY FLEIG - Tel: 8362 4746



## Kawalski claims 3 World Records

### SA swimmers tell their own success stories

Former Olympian, Daniel Kawalski stepped out of the limelight in 2002 only to make a return to competitive swimming this year - albeit in Masters swimming with Victorian club, Powerpoints.

Daniel had a successful meet at the National Championships held in Brisbane earlier this year which readied him nicely for Sydney. He rewrote the record books with his FINA World Masters performances in the 200m, 400m and 800m freestyle events.

South Australia was well represented in numbers at Sydney Olympic Park Aquatic Centre for the 2009 World Masters Games and brought back a swag of medals. Not all swimmers were fortunate enough to stand on the winners podium but can take solace in that they gave it their best - for that they must be congratulated.

*For full details of Results go to:  
[www.2009worldmasters.com](http://www.2009worldmasters.com)*

#### Kathy Heenan (55/59) - 3G, 1S, 1B

200m Individual Medley 3:13.10  
200m Backstroke 3:12.77  
50m Freestyle 32.81  
50m Butterfly 36.35 (Silver)  
100m Back/s 1:29.65 (Bronze)

#### Joanne Sutcliffe (45/49) - 4G, 1B

400m Individual Medley 6:02.36  
200m Backstroke 2:46.55  
100m Backstroke 1:16.39  
50m Backstroke 35.06  
400m Freestyle 4:45.93 (Bronze)

#### Margo Bates (95/99) - 5 Gold

200m Freestyle 10:34.39  
100m Freestyle 4:10.88  
100m Backstroke 5:38.58  
50m Freestyle 1:30.52  
50m Backstroke 2:29.82

#### Mark Smedley (45/49) - 2G, 1B

200m Ind Medley 2:23.23 (Gold)  
400m Ind Medley 5:13.84 (Gold)  
100m Breast/s 1:13.12 (Bronze)

#### Tubby Ramsay (75/79) 1G, 2S, 2B

200m Butterfly 5:16.59 (Gold)  
200m Ind Medley 4:18.29 (Silver)  
400m Ind Medley 9:46.06 (Silver)  
800m Freestyle 15:17.31 (Bronze)  
100m Butterfly 2:24.09

#### Grant Simpson (50/54) - 1G, 1S, 2B

100m Butterfly 1:06.98 (Gold)  
200m Butterfly 2:35.48 (Silver)  
200m Freestyle 2:13.60 (Bronze)  
100m Freestyle 56.18 (Bronze)

#### Sharon Beaver (40/44) - 1G, 2S, 2B

200m Backstroke 2:43.58 (Gold)  
400m Ind Medley 5:45.44 (Silver)  
400 Freestyle 5:03.90 (Silver)  
100m Back/s 1:17.12 (Bronze)  
200m Butterfly 2:52.49 (Bronze)

#### Leanne O'Connell (50/54) - 1S, 2B

200m Butterfly 3:08.85 (Silver)  
800m Freestyle 11:31.99 (Bronze)  
100m Butterfly 1:22.56 (Bronze)

#### Stephen Osborne (40/44) 2S, 2B

100m Butterfly 1:01.54 (Silver)  
50m Butterfly 27.52 (Silver)  
200m Freestyle 2:08.34 (Bronze)  
100m Freestyle 56.18 (Bronze)

#### Deborah Winslett (35/39) 2S

200m Butterfly 2:56.75 (Silver)  
400m Ind Medley 6:03.38 (Silver)

#### Ian Young (55/59) 1 S, 1B

200m Butterfly 2:48.11 (Silver)  
100m Butterfly 1:08.75 (Bronze)

#### Laurance Brett (65/69) 3B

200m Back/s 3:29.80 (Bronze)  
400m Ind Medley 7:44.01 (Bronze)  
100m Butterfly 1:45.09 (Bronze)

#### John Double (75/79) 1B

200m Ind Medley 6:44.59 (Bronze)

#### Julie Astley (40/44) 2B

800m Freestyle 10:52.31 (Bronze)  
100m Breast/s 1:29.06 (Bronze)

#### Ken Winter (75/79) 2S

800m Freestyle 13:26.87 (Silver)  
400m Freestyle 6:35.33 (Silver)

#### John Baranoff (30/34) 1B

100m Back/s 1:05.76 (Bronze)

#### Kellie McKay (30/34) 1B

100m Back/s 1:26.36 (Bronze)

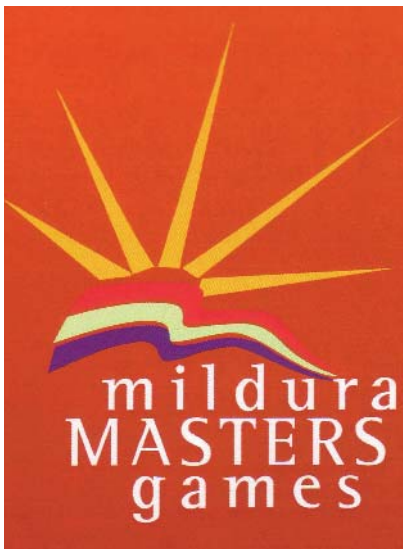


#### 2008 FINA Top Ten Achievers

Stephanie Palmer-White, Carolyn Fleming, Leonie O'Connell,  
Mark Smedley, Grant Simpson and Sharon Beaver



John Mangrum (of Raleigh, North Carolina) leads the way in the local Special Olympics Torch Run. John was with the City of Raleigh Police team.



## The 2009 Games promised so much . . . and gave sooo much more!

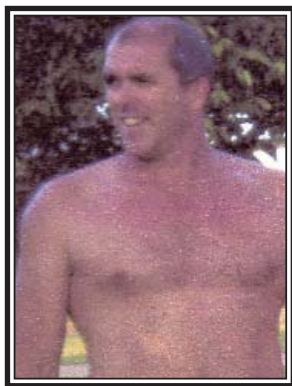
There were a number of National Records re-written as well as a multitude of Games Records. The magnificent efforts of new local swimmer, Craig Copley, (7 swims for 7 Games records) earned him the title of "Swimmer of the Meet".

An inovative finale to the meet was the Challenge Relay swim featuring four of the fastest female swimmers against four of the fastest males. The girls were given a 10 second start in the 4x50m event, which seemed quite a gap

With best ever entries of 170 all was on track for a successful 2009 Mildura Masters Games.

This was an event which offered a 5-course silver service of excitement and entertainment.

However, there was a sombre moment as competitors, officials and friends dedicated a minute's silence in memory of a keen supporter of these Games, John Stacpoole. This outstanding and popular athlete sadly passed away recently.



JOHN STACPOOLE  
5.11.1956 - 3.7.2009



**Above:** Stacky's mates - Colin Freer, Ron Massaar, Tubby Ramsay, Paul Pettiford and Glen Walker. **Below:** Teams which competed for the inagural **John Stacpoole Memorial Challenge Trophy** - Craig Copley, Helen Kelly, Paul Pettiford, Sharon Beaver, Glen Walker, Amy Brown, Ron Massaar and Melissa Beames.



sponsored by



Government of South Australia  
Office for Recreation and Sport

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[www.sarrc.asn.au](http://www.sarrc.asn.au)

for the guys to peg back, but were touched out by the narrowest of margins in real heart-stopping finish which had spectators totally caught up in this enthralling event which will become a regular feature at future Mildura Masters. It will be named the "John Stacpoole Memorial Challenge Trophy".

Mildura Masters were delighted with the response which placed the 2009 Games as the most successful they have conducted.



# Escape from Alcatraz

– Ian Young

WHILE VISITING family in Canada in early July, Ian Young of the Marion club had the opportunity to make a stopover in San Francisco to compete in the famous Alcatraz Challenge.

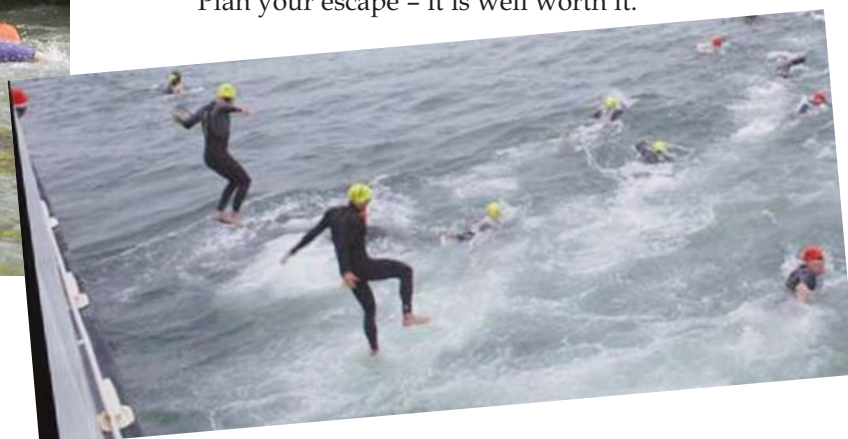
The Alcatraz Challenge ([www.alcatrazchallenge.us](http://www.alcatrazchallenge.us)) is one of the iconic open water swim events and last year was voted the #2 Open Water Swim in the US in a poll conducted by [www.10Kswimmer.com](http://www.10Kswimmer.com). It was first held as a triathlon event in 1981 and has evolved since to comprise an open water swim and aquathlon.

The setting in San Francisco Bay is spectacular with the city and Golden Gate Bridge providing a scenic backdrop. Unlike the benign conditions we normally compete in here in Adelaide, Alcatraz provides a real open water challenge – cold water (15 degrees C), strong currents, rough seas, fog and occasionally the odd shark! The swim from Alcatraz to the finish at the Golden Gate National Recreation area is only 1.5 miles (2.4 km) in a straight line, but allowing for the current most swimmers will cover approximately 3 km.

Race day begins early with registrations commencing at 6.00 am. Competitors are taken first by cable car and then by large ferry to the starting area adjacent to the 'Rock'. The start is unique with competitors jumping in turn from two doors on either side of the ferry in the space of some 7 - 8 minutes. Your race begins when your timing device is activated on exiting the ferry. Because of the staggered start, final finishing positions are not known until after the completion of the swim. To counteract the strong current swimmers are instructed to aim for the tallest tower in the city, but on this day the heavy fog meant that city landmarks could not be sighted. (Strong current means that if you jumped off the ferry and did nothing but float, you would be swept up to 5 km west to the Golden Gate Bridge within an hour!) In these situations you hope that your fellow competitors know where they're heading.

A total of 618 swimmers competed this year in either the Swim (Wetsuit/Non Wetsuit) or Aquathlon (Individual Relay) categories with the majority (~ 85%) wearing wetsuits. For the record – Ian finished 8th overall (of 191) in the Wetsuit Swim category and 3rd (of 69) in his age group (Males Over 40 - he gave away a few years here!). Local experience certainly counts in this swim, so Ian's hoping he has the chance to give it another go.

For those looking to tick Alcatraz off their list of open water swims but can't time their visit for the Challenge, there are a number of similar swims held during the summer months including the Alcatraz "Centurions" (completed by Adelaide Masters swimmers John Baranoff, Henry Gooden and Thomas Scott in 2005-06), the Alcatraz Invitational and the Alcatraz Shark Fest. There are also escorted swims for small groups (eg Alcatraz Crossings) which offer a less competitive but equally rewarding experience. Plan your escape – it is well worth it.





Leanne Markey,  
Director OWS

## My Top 10 Hints ~

The South Australian Open Water Season is about to start, so here are my Top 10 Hints and Tips to help you get through the season.

### 1. Swimming Cap

There are actually two important points to remember with a swimming cap. *One* - the cap should be a bright colour. The brighter the better as this will help the surf life-savers spot you as you head out over the waves to Port Vincent. Save your blue coloured caps for swimming pools where it doesn't matter if you blend in. The *second point is* if you feel the cold then wear a thick cap. This really does work. In fact the swimming rules will allow you to wear two caps if needed.

### 2. Swimming Goggles

Make sure the goggles you buy are comfortable. If you're going to be in the water for an hour or two, then don't go to the super slim racing goggles. These are made for short sprints and after a while they will rub across the nose or engrain bright red circles around your eyes. The goggles I buy have a wide soft fit around the eyes and are very comfortable no matter how long I'm in the water.

You should have two pairs of goggles. One pair with good sun filtering and another pair for darker days. The second pair can also be your backup pair just in case something happens to the first pair.

Lastly, the trick to stop the goggles from fogging up is to clean the lenses with baby shampoo. The no more tears stuff! I always clean my

goggles at home on the day of the race and rinse out with cold water before packing in my bag.

### 3. Skin Rub

To stop bathers from rubbing use Vaseline - and lots of it! This will stop the salt from rubbing away the skin and leaving those ugly red welts.

### 4. Swimming in a Straight Line

Unless you know the swimmer in front of you really well, don't rely on them to swim in a straight line. The best thing to do is to use land marks. Before the swim starts have a look and find a land mark that lines up with a buoy. It might be the shade tent on the jetty or the white lighthouse on the hill or the big pine trees that mark the turn buoy. These land marks are so much easier to site when you're in the water and will help you to swim straight and find the buoys.

### 5. Sunburn Cream

Don't forget the sunburn cream! I always apply the 4 hour water resistant cream at home before the race as the bottle says it must be applied at least 20 minutes before sun exposure. Having fair skin, I find this works really well.

### 6. Your First Race

If you are trying an ocean swim race for the first time because you realise you are missing out on a lot of fun, don't be afraid to ask someone to swim with you. This is a great confidence booster and before you know it you will be surging ahead chasing down the front swimmers.

At the start of the race, hang at the back and let the experienced swimmers go first until you know where you fit in with the other swimmers.

### 7. Water is Choppy

If the water is a bit choppy, I have always found pushing down with my chest helps to go through the waves a lot easier. If it is a water start and the waves look big, the best way to get out is to dive under the waves. Don't go over the top as you will be pushed back to shore and will never get to the start.

### 8. Before the Race

I read somewhere that you should have an energy drink - such as one of the sports drinks or even chocolate milk - before the race because this will help with hydration. I don't know how correct this is but I love chocolate milk, so any excuse will do. However, I do know if it is a hot day, make sure you drink plenty of fluids.

### 9. After the Race

I also read somewhere that after a race one of the best things to do to help recovery is to eat watermelon!

### 10. Addicted to Ocean Swims

Check out [www.oceanswims.com](http://www.oceanswims.com) and [www.10kswimmer.com](http://www.10kswimmer.com) which is also part of [www.thewaterisopen.com](http://www.thewaterisopen.com)

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*Most of the above ideas have come from fellow swimmers who were pleased to pass on their experience and encouragement - so, many thanks to everyone for sharing their knowledge.*

Leanne Markey  
OWS Director

# Open Water Program

## 2009 - 2010

Refer to Branch Website for complete information:  
[www.aussisa.org.au](http://www.aussisa.org.au)

### NOVEMBER

Saturday 14	State Open Water Championships	Brighton Beach	Sat 5km Sun 10km
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### DECEMBER

Sunday 13	Seacliff Swim	Seacliff Hotel	1.6km
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Sunday 20	Noarlunga Reef Swim	Pt Noarlunga Jetty	1.5km 2.5km
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Monday 28	Glenelg Open Water Swim	Glenelg Jetty	2km 5km
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### JANUARY

Saturday 9	Henley & Grange Open Water Swim	West Lakes	1km, 3km 5km, 10km
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Sunday 10	Pub to Pub	Seacliff Hotel to Brighton	1.6km H'cap for Adults
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Sunday 17	Marion Long Swim and Aquathon	Somerton SLSC	400m dash for cash, 1km, 2km, 4km aquathon
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Tuesday 26	Australia Day Jetty to Jetty	Grange Jetty to Henley Bch Jetty	2km
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### FEBRUARY

Sunday 7	Brighton Jetty Classic	Brighton Jetty	400m, 1.5km
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Saturday 14 Sunday 15	MS Mega Swim	Unley Pool	24 hour Relay
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Saturday 27	Charles Sturt Challenge	Henley Surf Life Saving Club	400m, 750m, 1.5km
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### MARCH

Sunday 7	George Copley Challenge	Pt Augusta Sailing Club	1km, 2km, 5km
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Saturday 13	Pt Elliott Swim	Pt Elliott SLSC	1.5km
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Sunday 21	Captain's Cup	4km - Somerton to Seacliff 2km - Brighton to Seacliff	
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Saturday 27	Breakwater to Breakwater	North Haven Surf Lifesaving Club	1.2km
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Saturday 12 June	Circumnavigate Irriki Island	Pt Vila Vanuatu	3.2km
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Tuesday 15 June	Espiritu Santo Swim	Luganville to Aore Island	2.6km across the Second Channel
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Date TBA (?8 Oct?)	Plantation and Lomani Beach Swim	Plantation Island Fiji	Sat 1.5 and 3km Sun 10k & Relays
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As a result of general interest a further course on

## Coaching Adult Swimmers

will be held on

**7 November, 2009**

at the Adelaide Aquatic Centre  
Board Room – 9 am to 4 pm

For further information contact

**Kathy Heenan**

*Director of Fitness and Coaching*

or

John Gamlen, *Secretary*



### Coach Says...

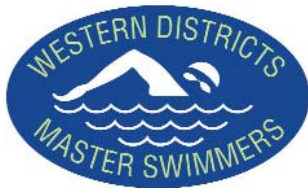


Anne-Marie Polomka

...I must practice my stroke



[www.pacificswims.com](http://www.pacificswims.com)



## Western Districts – Looking to the Future

Western Districts had their AGM in August. We had 17 members turn up and there was a long discussion on the direction the club should take. From a very large membership, we have dwindled to 24 paid up members this year so 17 is a good turn out for an AGM.

There were four Life Members present at the meeting and they were able to help us with a good perspective on the club's past history and way forward. To merge with another club was discussed but not really considered as an option . . . because of Western Districts tradition of more than 25 years, the members thought it better to remain as we are.

The quality of the water and facilities at our home base at the Seaton pool came up for long discussion. It was felt that this was a hindrance to the growth of the club and could have been some of the reason our numbers have dwindled. We then went on to talk about other pools and the possibility of moving – these included Largs, Thebarton and the new pool at Immanuel . . . or even Unley. Going to another pool would change another culture of the club as we have never had to hire lane space in the club's history. The other aspect is the coaching which has always been provided by the pool owner – the move would mean engaging a coach.

I can hear all the other clubs yelling "welcome to the real world"! . . . but, as I said, it is about culture change! So now it is on with the business of finding pool space. Probably only one day a week to start with, then we will see what happens. Some of our members will still swim at Seaton as the time slots there have always been

## My Thoughts on the Swimsuit Controversy

by Trevor Sheehan

*I will start with two questions – Is wearing a full body swim suit cheating? The second question is: Is it cheating to take a performance enhancing substance?*

I think I would get a yes from most Masters swimmers to the last question. Over the last few years the controversy about swim suits has gone through all levels of swimming, but Masters Level is what interests us in AUSSI. There is a reason I brought up the subject of performance enhancing substances . . . Drug testing at Masters level does not happen, not even at World level. So when you are so worried about the person in your age group getting an advantage because they are wearing a full body suit, maybe you should be thinking they may have other, so called, cheating aids going for them.

The difference is that you cannot see if they are a drug cheat by looking at them – but you can see if they are wearing a fast skin.

I personally have no problems with anyone suiting up to compete against me. Even before I had a suit I didn't have a problem without – this also included a wet suit in the ocean swims. Personally, I swim terrible in a wet suit, so if the

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public sessions and hopefully this will continue.

The remainder of the meeting was taken up with the election of officers. The management team is:

**President:** Phil Gray

**Vice-Pres:** Shaun O'Dea

**Secretary:** Garry Le Rossignol

**Treasurer:** Chris Velliaris

**Registrar:** Darryl Cooper

**Social**

**Convenor:** Greg Mutton

**Club Capt.:** Trevor Sheehan

**Nominations**

**Officer:** Ray Ham

**Public**

**Relations:** Stewart Taylor  
and Christine Page



opposition wants to wear one, that's ok by me. I did not buy my suit to get an advantage over those in my age group – when I bought it I did not know just what it would give me. There is no doubt it makes me faster in some conditions. The last World Champs in Perth I had a great meet – but at the last AUSSI Champs in Brisbane I had a bad meet. I wore the same suit in both meetings.

I love the fact that I can swim faster now than I could at 51, but let's be realistic, you can only attribute a small proportion of this to the suit. I am still as fit but have improved greatly as a swimmer. The advantage I see with the suit is it fits close to the body; I feel secure in it with little back, hip or knee problems which, at 61, are unavoidable. . . After the 5k in Port Augusta I could climb up a slippery rock stairway without fear of my knees collapsing.

Why do we want to stop Masters swimmers feeling good about themselves? I thought AUSSI Masters Swimming was all about *Fun and Fitness*. I look at how I have improved against myself and am very happy with it. There are those in my age group who I would not beat even with three suits on – the reason being they are better swimmers than me and always will be. I will never get a State record, let alone Australian or World record. I am just happy being me and swimming better.

If the fact that older people like to look and feel better in the water, why should we take this away from them. We should be promoting AUSSI swimming not damning people and calling them cheats. I am not a hairy person so it is not a problem, but I can see that some men will have a problem. To have a suit on gives them the same advantage as me, no drag through hair. To the people so intent on winning – the answer is simple, get a fast suit yourself.

# South Australia Open Water Swims – and the fabulous Fiji Holiday Draw



Winner of Fiji prize Sue Graebner (left) with Pam Gunn

The Open Water Swims in 08/09 proved to be very successful with an increased number of swimmers out there in the deep blue with a “Go Get It” attitude.

This season was enhanced by the huge sponsorship package from Pacific Swims, offering Vanuatu and Fiji as the “big catch” for the season.

Swimmers with eyes set on the Fiji Holiday with 4 nights accommodation on Plantation Island, with an offer to enter a 1.5k, 3k or 10k swim and enjoy the challenge, great company and paradise, away from the maddening crowds and stress of our world. The swimmers had to complete the Jetty to Jetty swim on Australia Day and then choose three of the following swims: Marion, Charles Sturt, George Copley, Port Elliot and finally Captain’s Cup.

Four swims were all that was needed to be in the random draw – who would be the lucky winner for the first year this prize was on offer? At the completion of the Captain’s Cup in the beautiful new clubrooms of Glenelg SLSC which overlooks Glenelg beach, the OWS referee, Darryl Hawkes, announced the lucky winner.

Sue Graebner, Adelaide Masters, was thrilled to bits and shocked to say the least as she was out front of fellow swimmers holding the basket from which the lucky ticket was drawn. The look on her face was priceless when her name was called!!!

Sue has been an OW swimmer for the past 6 years, entering all of the swims each year. But, this year Sue wondered if she would do it all again. However the lure of the Vanuatu and Fiji Holidays gave the extra incentive that she needed to “give it a go” this year as well. For Sue it ended up being one of the best decisions she had made.

Sue had other plans in the pipeline as well. She, and good friend and swimming rival, Pam Gunn, had decided to fly to Sydney on the Australia Day weekend to compete

in the Big Swim on the Sunday. But both of them were compelled to fly back to SA as soon as the Big Swim finished so they could be back in Adelaide so as not to miss the first swim – “The Jetty to Jetty” – so they could be eligible for the Fiji draw.


At some stage these ladies had struck a deal. They both knew the odds were shorter than X Lotto and they knew that there was more chance with a lucky draw than if it relied on actually winning the race. So the deal was, that if one of them was to win they would share with

the other and both go – so, in effect, there was double the chances. (Sounds like a lot of strategising went on here, and it paid off.)

There on the day of the draw, these two ladies were thrilled to bits. Both had plotted the course and now it was reality. They were

– *Continued back page*

**State Branch Presentation Dinner 2009**



*Royal Adelaide Golf Club*

TAPLEY’S HILL ROAD, SEATON

*Saturday  
14th November 2009*

**PRE-DINNER DRINKS  
6.30 FOR 7.00PM START**

**COST \$60 PER HEAD\*** (NON REFUNDABLE)

**INCLUDES PRE-DINNER DRINKS and CANAPES  
PLUS A 2 COURSE DINNER.**  
includes a choice of main + cheese platter, tea & coffee

OTHER DRINKS MAY BE PURCHASED FROM THE BAR

DRESS CODE : JACKET & TIE MUST BE WORN IN DINING ROOM.

BOOKINGS VIA YOUR CLUB SECRETARY,  
OR DIRECT TO MARJ MULLER,  
BRANCH PHONE: 8353 3568  
OR EMAIL [marjory@virginbroadband.com.au](mailto:marjory@virginbroadband.com.au)

ROUND TABLES OF 10 WILL BE AVAILABLE

*- Fiji Holiday draw continued*

off to Fiji, and their return trip from Sydney was not in vain on that Australia Day weekend.

I asked Sue . . . was there anything remarkable about the swims she entered to win the Fiji Holiday? Sue commented on the Jetty to Jetty as being the biggest and best known of all our swims, and this is where she swims regularly. So it is always nice to swim it as part of a big comp.

Marion is in lovely clean water, and the Somerton SLSC is a great spot with the coffee shop for before and the sausage sizzle for after. Not to forget the brilliant sunny day! Plus Marion's experimental timing system was impressive and the hope it will be used more widely this coming season.

The George Copley Challenge was quite different, being in Port Augusta - generous hospitality. It's quite special swimming at the very top of the Spencer Gulf where you can see both sides of the Gulf . . . and the 5k swim, starting at the bottom of the Red Cliffs and swimming down among the mangroves to the finish point. This race also gets top points for having both water starts and finish. Not to mention the wonderful lunch spread at the Bowling Club and the presentations by the one and only, irreplaceable Joy Balluch, the Town Mayor.

Charles Sturt offers a difference - a late afternoon swim where there is often the afternoon sea breeze (*Gale*) to contend with . . . it starts with a pleasant walk down the beach, and the shorter 750m swim is a great

encouragement for new swimmers.

Port Elliot is simply beautiful . . . there is no more pleasant spot than Horseshoe Bay, or more congenial organisers than Jenny and her team. The meal at the Port Elliot SLSC and coffee at the Flying Fish, make the trip very worthwhile.

The season finishes with the Captain's Cup . . . along an iconic stretch of coast from Brighton to Glenelg, enjoying the last of our long summer days. Presentations were at the beautiful Glenelg SLSC.

**Christine Walsh**  
*Noarlunga OWS Co-ordinator*

*Thanks to Pacific Swims - both the Vanuatu and Fiji Swims are on our OWS Calendar for the 2009/10 season*



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**9-16 October  
2010**



**AUSSI  
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**LAUNCESTON - TASMANIA**

**7 - 10 APRIL, 2010**



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2010**

**PORT PIRIE**

**PORT PIRIE  
PURA LIGHT START  
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