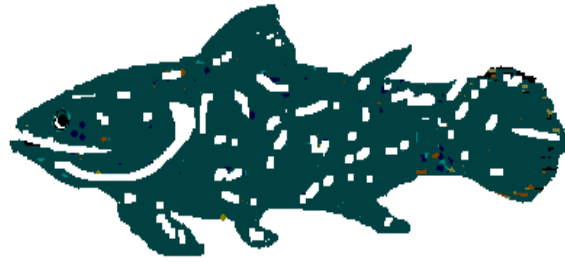
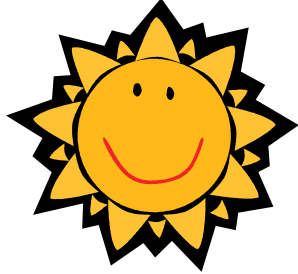


Coelacanth News



Ancient but not Extinct

SEPTEMBER NEWS 2014

Summer is here at last! We have 83 paid up members by the end of August. Wow!! Fantastic guys. There are still quite a few members that still have to renew their membership before the penalty of R100 slots in at the end of September. Even although SSA has put up their fees to R250 per member for the season 2014/2015, we have kept our fees low at R400. There have been a lot of queries re the club from interested parties, so I am sure our membership is going to soar this season. Thank you to those who are spreading the news about our fabulous club, and recruiting like crazy!

WELCOME TO OUR NEW MEMBERS

Lizette Muller, Ben-Spies Raubenheimer, Rosemarie White, Xan Swart, Anelia van der Merwe, Chris Langenhoven, Jaap Nel, Neressa Houtman, Jacques Nel, Carl van Dyk, Retha Janse van Vuuren, Adriaan Snyman, Roger Young, Ben Swart and Pietman Lategan.

If I have left anyone out, I apologise. We wish you all many happy, fun filled years with the club. Lots of amazing friendships develop during the years.

PAST EVENTS

Frostbite Galas were well attended at Wahoo Pool in the Winter months.

Also the Gauteng Short Course Gala was held at Wahoo Pool in August.

Lots of Short Course records were broken, SA Records and Tshwane Records by our members, Annemarie, Kim, Terry, Megan and Gary Albertyn breaking SA Records.

Rietvlei Braai in July was enjoyed by all. Pics to follow.

Masters World Championships held in Montreal in August. Congratulations to our 3 swimmers, Gary Albertyn, Annemarie Dressler and Marieke Bouwer. Pics to follow.

Tshwane Winter Challenge was a huge success despite the complications we had with Hillcrest Pool. Pics and info to follow.

UPCOMING EVENTS

Coelacanth's 1500 Swim: This event is so well supported by all our members and members from Gauteng in previous years. Please could you all help with time-keeping from early 8h00, or before and after your swim. Bring along the family. Medals for all, plus refreshments. Our members are always so willing to help. We really appreciate all that you do. Date is 4th October, 2014 at Hillcrest pool, 8h00 to 12h00.

This is our advert (done by Owen) which we have stuck up at Hillcrest Pool, to encourage all sorts and all ages to come along and join us in our 1500 swim.

Coelacanth 1500 swim




SATURDAY 4th OCTOBER
HILLCREST POOL Pretoria
8.00 to 12.00
Entry fee: R80 per person

- Pay on arrival
- Medals for all
- Refreshments will be served.
- Arrive anytime between above times.
- Swim when you arrive
- Lanes will be allocated.
- Time keepers allocated to each swimmer

Open to all.
Masters, Tri-Athletes, Schools, families

Sun City Swim takes place on the 18th October 2014. Last year we had at least 40 helpers marking bodies and having such fun. We were supplied with stunning red golf Shirts and were given juice and muffins. We were remunerated with R3,800 for the club kitty which we used for kit etc. We all took turns, resting, swimming and marking. We all sit together just below the pool on the lawn where all the marking takes place. Please we need as many members as possible to come forward and give in their names to Ann or Joyce as helpers.

Sams Short Course Championships will be held on 25th October, 2014 at the Wahoo Pool, Sunninghill. (St. Peters college). Register from 12h00 till 12h45, gala starts at 13h00. Please remember that it is PRE-ENTRIES only when the entry form gets published. Also one has to be a paid up member in order to participate in this gala.

Open Water Swims

26th October, 2014 – Heia Safari/ Time Freight Open Water 800/1500.

22nd November, 2014 – Capital K – 5k/10k – 23rd Nov, Capital K 1000/3k Midmar

30th November, 2014 - Sasol Swim Challenge 1500/3k Vaal Dam

6th December, 2014 – Time Freight Series 3k/7.5k/10k Heia Safari Ranch.

7th December, 2014 - Time Freight Series 1000/3k “ “

21 December, 2014 - KZN Open Water Champs. 1000/5k Albert Falls

29th December, 2014 – Sabrina Love Ocean challenge 5k Plettenberg Bay.

30th December, 2014 – Sabrina Love 900m Kurland Plettenberg Bay.

Inter-Regional Gala : 15th November, 2014, at Hillcrest Pool, Pretoria, 1h30pm This gala is between Gauteng and Tshwane Masters. One swims for points for the region and the club. Afterwards we have a wonderful braai on the lawn, jummy salads supplied by our wonderful members.

BRAAI NIGHT 16th September, at D.S.G Hatfield, 5h00 onwards. Bring meat, salads, drinks etc. Come and hear all the news and meet the new members.



Rietvlei Game Reserve:

We all got together once again, at Rietvlei Game Reserve, families and friends for our Winter Bring and Braai in July. Enjoying the warm winters' day was, Craig, Monica and son, Denise and Tash Stanton.

World Champs in Montreal:



Coelacanths Masters had 4 members entering, Marieke Bouwer, who had a great 400 swim, Annemarie Dressler, who brought back 5 top ten Medals and 2 bronze medals. She broke 3 SA Records as well while competing. Gary Albertyn brought back 6 top ten medals, 3 Bronze medals and broke 6 SA Records. Unfortunately Selwyn who did enter could not Go to Montreal because of family commitments. Well done all of you, we are very proud of you.

Annemarie and Gary

Winter Challenge Swim:

A successful day was had by all on the 30th August, at Hillcrest Pool. Unfortunately we hit a cold spell but we were lucky, the sun was shining! Hillcrest Pool's heater was out of order and the temp of the water was a freezing 17 degrees. That did not stop our brave Coelacanths swimmers from coming to support the charity. There were at least 6 who broke the ice and 5 new members joined up with the club. There were great prizes for all who came and swam and also for those who had previously done their challenge at the VA in August. They came along on the day, handed in their monies and forms, and collected a prize. With all those who did their Challenge and with the donations received we managed to collect R4,120.00 for Irene Homes. Amanda Alberts went around her office getting donations and arrived at the pool with R1,000.00. She deservedly won the Cadac Braai!!

Hennie Theron and his daughter



Liz, Craig, Rita, Cheryl, Isabel and Ann



Some of the new members that joined the club on the day. Benspies Raubenheimer who won the beautiful blanket that Liz made herself, Ben Swart taking out a lucky no. from Liz and Piet Lategan relaxing in the sun. Adriaan Snyman also joined up! Welcome guys!



Ross Jennings

Adriaan Snyman and Benspies

Clever Derek in his wetsuit!



Gauteng Short Course Champs:

Kim Foster and Terry Downes at Wahoo Pool on 30th August. Kim Foster broke the SA Record in her 100 and 50 Fly. Terry Downes broke the SA Record for the 100 back and the 1500 Free, Gary and Megan Albertyn, both broke SA Records for the 400 Free and loads of Tshwane Short Course Records were broken on the day. Fantastic swims guys!!

For those who have been ill, we wish you a quick recovery! Keep swimming!!!