



Newsletter Season 2012/2013 No 1

6 May 2012

Greetings to all Highway Masters Swimming Club Members. The new 2012/2013 season (1st May 2012 – 30th April 2013) is upon us.

It was great to have newcomers **Debbie Nortjie, Dawn Blakeway, Maretha Heymans** and **Dawn Rode** attending their first Nationals. We missed our regulars **Juanine Schaanick, Mandy Koegelenberg, Willij Kokott, Richard Davies** and **Louise Pallet**.

It was great to see **Sue Robinson** and **Bronwyn Griffiths** at our last Pool gala. They are regular Open Water swimmers.

We hope that **Schalk van Heerden** recovers from his shoulder injury and is able to swim in the new season.

We hope that **Susan Warden** will join us again beside a dam or at the Pool. We hope to see **Shirley Carey** with us in the new season.

KZN Masters Swimming Awards

The awards took place at the AGM which were held on 21st April at the Marine Surf Life- Saving Club. Congratulations to **Bev Shuttleworth** and **Ann Gray** who both received awards.

Bev received the Ed Becket Memorial Tray for the most outstanding KZN Master Swimmer at Nationals. She won 6 Gold medals, she broke 5 SA age group records and obtained SA Masters qualifying time colours in one event. Ann received the award presented by Graham and Tanya du Toit for the KZN Masters Swimming Enthusiast of the year. Rene Selati did the presentation.



Bev Shuttleworth and Rene Selati



Ann Gray and Rene Selati

World Masters Swimming

Two of our swimmers, **Bev Shuttleworth and Barbara Bowley (Lavett)** will be jetting off in June to Riccione, Italy to take part in the World Masters swimming Championships. **Barbara** will be swimming in the 400m, 800m and the 3km Open Water events and **Bev** will be swimming 50m Backstroke, 50m, 100m Breaststroke, 200m and 400m Freestyle events. We wish them everything of the best for their training and swimming.

Successful Mother and Son

Dante and Debbie Nortjie



Dante won 4 Gold 6 Silver and 3 bronze at SA Level 2 Championships (11 & under).

Debbie won 4 Gold 4 Silver and a Bronze (including relays) SA Masters Swimming Championships in Cape Town (40 -44 years). Congratulations to you both.

Keep Going and Fit During Winter

It was great to see a good turnout of Highway Masters swimmers at the last Dolphin Mile on 29th April. Conditions could not have been better. Those that took part were **Barbara Bowley, Peta Harrison, Sue Robinson, Dawn Rode and Ann Gray**

Remaining Events in the Dolphin Mile Surf Swim Series.

Sunday 13th May

Sunday 27th May

Sunday 3rd June

Sunday 15th July (OR 29th July, depending on sardine activity)

Sunday 12th August

Sunday 9th September

Route: Start from **uShaka Pier** or from beach near the **Marine Surf Lifesaving Club** and usually finishing close to the Marine Surf Lifesaving Club clubhouse. The exact positioning of course markers and the start and finish will vary according to conditions on the day of each event.

Distance: 1 mile (1600m)

Times: Registration 6h30. Briefing 7h20. Start 7h30

Entry cost: R60 per event

As a **safety requirement**, the bright yellow Dolphin Mile Surf Swim Series **swim caps MUST be worn** by swimmers. The swim caps can be purchased at registration at a nominal cost. (R30.00)

The swim is normally over by 9h00, followed by a short prize giving where SPOT PRIZES ONLY will be awarded. This early finish allows all involved the opportunity to enjoy the rest of their Sunday.

A limited number of Dolphin Mile Surf Swim Series T-shirts will be on sale at the 6h30 registration (start 7h30) for the events of the Dolphin Mile Surf Swim Series at Marine Surf Lifesaving Club (R60)

See website www.dolphinmile.co.za for more details.

Subs for Highway

It is that time of the year when subs are due for the 2012/2013 season. The Highway subs are **R450.00**. The breakdown being SA Masters Swimming (SAMS) R90.00, Swim South Africa (SSA) R153.00, KZN Masters Swimming R150.00 and Highway Masters Swimming R57.00 for Relay entries at Nationals, kit subsidy and bank fees.

Highway Masters Swimming Club

FNB Branch: Westville: 223526

Account: 62057218359

Reference: Your Name

Please email proof of payment to Heather Goldstein goldsteinh@mweb.co.za

Polar Bear Swim Challenge

The Polar Bear Swim Challenge takes place at 12 noon on Saturday 23rd June at Dragon Peaks dam in the Central Drakensberg. Swim 100m or 30m and support a worthy cause, the local Estcourt SPCA. Only R50.00. Amazing lucky draw prizes.

Polar Bear Swim Challenge



Dragon Peaks Dam, the venue for the Polar Bear Swim with Champagne Castle and Cathkin Peak in the background.

Sun City 3km and 1500m Open Water Swim

The popular Sun City swim will be taking place on **Saturday 20th October** at the dam in front of the Cabanas at Sun City. It will be my 9th swim this year. Yes it is a long way to travel; that is why I am telling you about it now so you can start planning and saving.

The 3km swim is a SSA sanctioned swim and can be used for SAMS Open Water colours qualifying time swim. The 1500m is an easier option. If you enter an event it gives you FREE access to Valley of the Waves afterwards.

When I go with Winterton Primary School, I stay at the Sundown Ranch Chalets – **basic economical chalets** 8.5 km from Sun City. 6 sleeper – R720/chalet, 4 sleeper – R600.00/chalet, 2 sleeper R450.00/chalet) (Bookings for Sundown Ranch Chalets open 1st July) www.sundownranchhotel.co.za Phone 014 5731100

For more details about the swim go to www.suncityswim.co.za

Cheers for now

Ann Gray

Highway Masters Swimming Club PRO

Highway Masters Swimming Committee 2012/2013

Heather Goldstein (0842064484) Ann Gray (082 8280401)

Peta Harrison (Treasurer 0833251482)) Dawn Rode (sec 083 7933094)

Bev Shuttleworth (relays and kit 083 2345200)

Debbie Nortjie (Relays and Kit, Wise advisor and Nationals dress –up fundi! 082 5551915)