



KZN MASTERS SWIMMING KALEIDOSCOPE OF SAMS NATIONALS 2012 – Cape Town

Greetings to you all

27th March 2012

Another Nationals has come and gone. Whether it was your first or 28th Nationals everyone will have some special memories whether it be personal bests or first medal.

All results are on the SAMS website www.samastersswimming.com

The KZN region was the region that the most timekeepers other than Western Province, the host region. Our timekeepers were Yvonne Arbuthnot, Liz Cordell, Ann Gray and Les Tooms. They were mentors to the University of Western Cape Sports science students.

10 and 20 year AWARDS



Graham Robinson



Heather Campbell

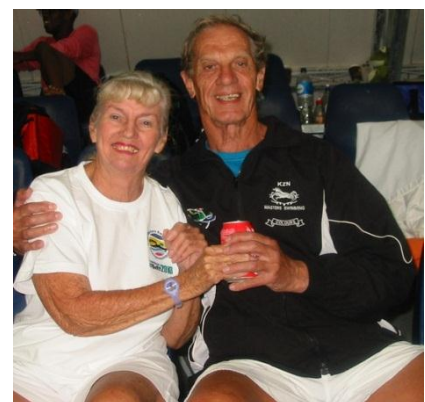
AROUND THE POOL



Bev Shuttleworth



Dawn Blakeway and Bernie Carmody after the 100 Fly



Wendy and Jim Saunders celebrating Jim's 75th birthday



Awesome Foursome



Peter Larcombe

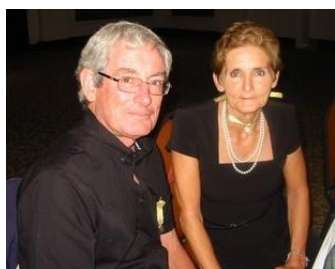


Gill Tregenna

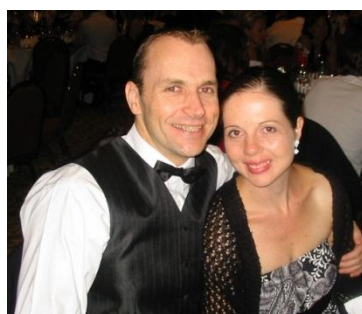
KZN Masters Swimming Association Chairman

AWARDS EVENING at the Grand West Casino

- Congratulations to East Coast Masters Swimming Club on winning the SAMS Short course Championships held in October at various venues throughout the Country.
- Congratulations to East Coast once again on winning the Handicap trophy – Club with highest Aggregate in relation to the number of Swimmers.
- Congratulations to all those who obtained SAMS colours qualifying times – Morag Bromfield, Heather Campbell, Brian Stewart (All East Coast), Jenny Ireland and Bev Shuttleworth (Highway) and Buthy Arbuthnot (Seals)



What a memorable evening!





OPEN WATER SWIM AT BLUE ROCK DAM.



Adrian Schoeman (3rd), Kieran Lawrenson (1st), TerryThompson (2nd), Jill Hanass - Hancock(1st) and Bev Shuttleworth (1st) in their respective age groups. Jill did the 3km swim.

Important Dates to diarise now.

14th April: **Saturday. Golden Mile Swim** at Albert Falls Dam. On Website next week.

15th April: **Last Gala of season** at Northlands Primary School. 9.30am for 10am

15th April: **Dolphin Mile Surf Swim** Registration. 6.30am Start 7.30am. R60.00

21st April: **KZN Masters AGM** at Marine Surf Life Saving Club

Always remember "Fun, Fitness and Fellowship"

Cheers for now

The Cycling Turtle (who could neither Cycle nor swim this March!)

KZN MASTERS SWIMMING ASSOCIATION COMMITTEE 2011/2012

President: Peter Larcombe 084 4100113 Vice - President: Merle Angelos 082 5331199
Treasurer: Sven Dahlmann 084 6801112. Registration/Gala Secretary: Les Tooms 0314673223
Gala Co-ordinator Heather Campbell 082 3207083. Communications: Ann Gray 082 8280401
Records Clerk: Colleen Bailey 084 4444842 Equipment/Points: Les Hadenham 082 5749872
East Coast Rep: Rosemary Clark 0837509888 Highway Rep: Heather Goldstein 0842064484
Seals Rep: Bernadette Carmody 0834450578