



## KZN Masters Swimming Newsletter 2 2012- 2013

6<sup>th</sup> August 2012

### WORLD MASTERS SWIMMING CHAMPIONSHIPS in Riccione, Italy.

Congratulations to all our KZN Master Swimmers who had great times both in and out of the water.



The Venue



Farewell at Hotel



Bev and the Mascot

### Records broken and medals won at World Masters Championships in Riccione

**Bev Shuttleworth - 65 – 69**

50 Breast – 45.14	KZN and S.A. rec. (5 <sup>th</sup> )
100 Breast – 1:40.00	KZN and S.A. rec. (7 <sup>th</sup> )
200 Free – 3:06.64	KZN and S.A. rec. (4 <sup>th</sup> )
400 Free – 6:31.13	KZN and S.A. rec. (5 <sup>th</sup> )
50 Back (8 <sup>th</sup> )	

**Gill Tregenna - 70 – 74**

50 Fly	KZN rec (7 <sup>th</sup> )
200 I.M. – 4:15.00	KZN and S.A. rec. (9 <sup>th</sup> )
400 Free – 7:30.19	KZN and S.A. rec

**Morag Bromfield – 60 – 64**

50 Back – 38.14	KZN and S.A. rec. (3 <sup>rd</sup> )
100 Back – 1:24.40	KZN rec. (3 <sup>rd</sup> )
200 Back – 3:07.71	KZN and S.A. rec. (2 <sup>nd</sup> )
50 Free (6 <sup>th</sup> )	
50 Fly (6 <sup>th</sup> )	



Peter, Wendy and Morag



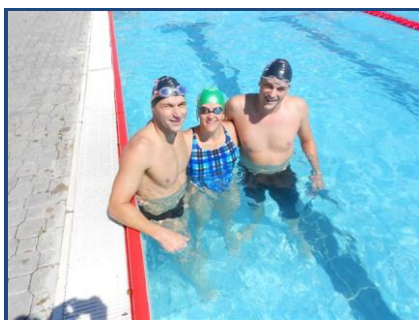
Bev receiving her 4<sup>th</sup> place medal



Tanya, Graham and Barbara

**Barbara Lavett – 40 – 44**      400 Free      (9<sup>th</sup>)  
    3 Km              (10<sup>th</sup>)

**Heather Campbell – 55-59**      50 Free              (1<sup>st</sup>)  
    100 Free – 1:07.36      KZN and S.A. rec. (1<sup>st</sup>)  
    200 Free – 2:31.20      KZN rec.              (3<sup>rd</sup>)  
    100 Back – 1:18.55      KZN and S.A. rec. (1<sup>st</sup>)  
    50 Fly – 32.46              KZN and S.A. rec. (1<sup>st</sup>)  
    3km                      (3<sup>rd</sup>)



**Heather Campbell and Hank**

**Kieran, Wendy and Sven**

**The Farewell Cake**

**Wendy Cook – 40-44**              50 Breast – 37.78      KZN rec.  
    100 Breast – 1:24.54      KZN rec.  
    200 Breast – 3:09.09      KZN rec.

**Sven Dahlmann – 30-34**      50 Back – 30.09 KZN rec.  
    100 Back – 1:05.48      KZN rec.  
    200 Back – 2:24.20      KZN and S.A. rec.

**Kieran Lawrensen – 35-39**      200 Breast      (10<sup>th</sup>)

**Graham du Toit – 50-55**      200 Back – 2:36.59      KZN rec.              (8<sup>th</sup>)  
    400 I.M.              (9<sup>th</sup>)  
    200 I.M. – 2:32.56      KZN rec.              (7<sup>th</sup>)

**SNIPPETS**

- Condolences to **Cliffie Lyne** on the passing away of his mother.
- Welcome back to **Adrian Schoeman**. He has been to Russia and beyond.
- **Michelle Bloxham and Graham Robinson** saw the finish of the Tour de France in Paris.
- The next **Dolphin Mile Swim Series** swim is on 12<sup>th</sup> August. [www.dolphinmile.co.za](http://www.dolphinmile.co.za)
- Entries are now open for the **Sun City Swim** taking place on Saturday 20<sup>th</sup> October. There is a 3000m swim as well as a 1500m swim. Magnificent cash prizes in the 1500m swim in the following age group categories 31- 40, 41 – 50, 51 – 60 and **61+**. (1<sup>st</sup> R700, 2<sup>nd</sup> R500 and 3<sup>rd</sup> R400 in each age category) [www.suncityswim.co.za](http://www.suncityswim.co.za)
- **Peta Harrison** , in conjunction with KZN Women’s Health Physiotherapy Group has organised a **Women’s Wellness** (Menopausal Topics) morning on **Saturday 18<sup>th</sup> August** from 8.30 to 12.30 at the Durban Country Club. Tickets R150.00. Tickets and bookings. Peta 031 2671506 or 083 3405262

**FACEBOOK**

1. Please “like” the **Speedo SA Facebook** page which contains **great articles on swimming**, including tips, results and interesting features. Please interact with this page and post your swim news there

too. It's growing fast into a central swim news hub and we'd love master swimmers to be on the page. Find it here: <https://www.facebook.com/#!/speedosa>

2. Please subscribe to the monthly Speedo Newsletter, Newsplash on the home page of [www.speedo.co.za](http://www.speedo.co.za) or mail [info@leapcommunications.co.za](mailto:info@leapcommunications.co.za) and request to subscribe. This newsletter is also packed with interesting swim news and results.

### **SAMS registrations 2012/2013season**

*Thank you to all of you who registered before the 30<sup>th</sup> June for the "Early Bird" registration. All swimmers must register before the end of August, when the SAMS penalty of R100 for late renewals kicks in. Registrations must be **with Mairi (SAMS Registration Secretary) by 31 August. Registrations received after 31 August will incur the R100 penalty from SAMS.***

*Please send your registration completed "form 3" (attached) together with your fees to your specific club secretary by **26th August** who will then pass on to the Les Tooms, KZN Masters secretary who will then send a batch of KZN Masters Swimmers registration through to Mairi Brimble. SAMS Secretary.*

### **WINTER FITNESS CHALLENGE**

#### **Get Fit, Support Reach for Recovery and Breast Cancer.**

The annual KZN Masters Winter Fitness Relay Challenge will take place on **Sunday 26<sup>th</sup> August at 9.30am for 10.00am** at Northlands Primary School, Gleneagles Drive, Durban North. The cost is R100 per team of 4 swimmers (19 years and Older). If you are able to donate something for lucky draw prizes please bring it along.

**PLEASE ALSO BRING ALONG ANY NEW/USED SWIMMING GEAR TO DONATE TO THE LESS FORTUNATE.**

**More details are attached in a separate email, which will follow.**

# Happy Birthday

#### **August**

5 Trevor Millar  
13 Wolfgang Fechter  
14 Bruce de Gier  
14 Lisa Ebing  
19 Rene Bauman  
21 Poppet Nel  
21 Tiaan Nel  
24 Tyrell van Reenen  
28 Karen Bargate

#### **September**

2 Tony Baker  
5 Jacques Coetzee  
10 Cindy Botha  
13 Wendy Saunders  
14 Roland Heuff  
17 Loraine Hicks  
23 Jenny Ireland  
27 Kieren Lawrenson  
28 Peter Larcombe

#### **October**

1 Alan Bartholomew  
3 Brad Toerien  
6 Jimmy Hughes  
9 Dawn Blakeway  
10 Terry Thompson  
11 Willij Kokott  
11 Graham du Toit  
17 Mike Cameron  
31 Bev Shuttleworth

**Always remember our Motto  
"FUN, FITNESS and FELLOWSHIP"  
The Cycling Turtle**

#### **KZN MASTERS SWIMMING ASSOCIATION COMMITTEE 2012/2013**

**President: Rosemary Clark**

**Treasurer: Sven Dahlmann 084 6801112. Secretary: Dawn Rode 083 7933094**

**Registration/Gala Secretary: Les Tooms 0314673223 Public Relations/Gala Events Graham du Toit 08 25664234**

**Records Clerk: Colleen Bailey 084 4444842 Equipment/Points: Les Hadenham 082 5749872**

**Communications/Open Water: Ann Gray 082 8280401**

**East Coast Rep: Rosemary Clark 083 7509888 Highway Rep: Heather Goldstein 084 2064484**

**Seals Rep: Bernadette Camody 083 4450578**