



KZN MASTERS' SWIMMING NEWSLETTER No 1

2013/2014

Greetings to all KZN Masters Swimmers members

The new swimming season began on the 1st May. Some of you having been keeping fit with the Dolphin Mile series and four swimmers went on the SwimTrek Swim Tour in the south Turkey off the town of Kas on the Mediterranean Coast.

KZN MASTER SWIMMING AWARDS

This was held in conjunction with the AGM on 5th May

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|---|----------------------|
| 1 Most Improved Male at KZN Champs -
SA Wholesale Jewellers | Gerrie Nel – 100 Fly |
| 2 Most Improved Female at KZN Champs
SA Wholesale Jewellers | Dawn Rode – 200 Free |
| 3 Best 50m Male Freestyle
Natal Masters Trophy | Dave Letschert |
| 4 Best 50m female at Nationals
Natal Masters Trophy | Shirley Carey |
| 5 Best 50m Breaststroke at Nationals
Gavin Lammers | Theo van Der Merwe |

The trophies were presented by Rosemary Clark, KZN Masters Swimming President 2012/2013



Dawn Rode



Shirley Carey



Theo van der Merwe



Graham du Toit

- | | |
|---|-----------------|
| 6 Most Outstanding Swimmer at Nationals
Ed Becket Memorial Tray | Graham du Toit |
| 7 Victor Ludorum
Montclair Jewellers | Adrian Schoeman |
| 8 Victrix Ludorum
Montclair Jewellers | Lorraine Hicks |
| 9 Closest Runner Up to Victor/Victrix Ludorum | Dawn Rode |



Adrian Schoeman



Lorraine Hicks



Vaughn Seid

10 KZN Enthusiast of the Year

Graham and Tanya du Toit

Vaughn Seid

11 Elaine Buck Memorial Trophy

Dedication to KZN Masters Swimming

Colleen Bailey

12 Lady of the Year

Di Foster Trophy

Rosemary Clark

13 Man of the Year

Charles Buck Memorial

Les Hadenham



Colleen Bailey



Merle Angelos Presenting
Rosemary Clark with her trophy



Les Hadenham

14 KZN Colours

Di Hughes
Theo van der Merwe
Brian Tatterson
Liz Cordell

15 Les Tooms Memorial Award

Dedication to serving KZN Masters Swimming in non – swimming duties

KZN MASTERS SWIMMING HONOURS



Swimmers who qualified for **KZN Masters Swimming HONOURS times in the Pool** at Nationals or during the year were:

Left to Right: Shirley Carey, Jenny Ireland, Bev Shuttleworth, Theo van der Merwe, Morag Bromfield Peter Larcombe Wendy Cook and Jim Saunders. *Absent from photo – Annette Thatcher, Heather Campbell, Julian Taylor, Jimmy Hughes, Graham du Toit and Jill Hanass – Hancock.*

VICTOR AND VICTRIX LUDORUM POINTS

The KZN Masters Swimming Victor and Victrix Ludorum points are calculated from all the KZN Masters Swimming galas including KZN Championships. (*SAMS Champs are not included*) The points are as follows for the various Masters Age categories. 1st Place -6 points, 2nd place - 4 points and 3rd place – 2 points, 4th and onwards - 1 point. Last season 2012/2013 season the top 5 swimmers were:

Ladies

Lorraine Hicks	- 288
Dawn Rode	- 284
Di Hughes	- 202
Bev Shuttleworth	- 162
Debbie Nortjie	- 120

Men

Adrian Schoeman	- 424
Les Hadenham	- 259
Vaughn Seid	- 222
John Harley	- 219
Sven Dahlman	- 195

SAMS Nationals 2016

The SAMS Nationals will take place in Durban in 2016. Even though this is only in 3 years' time, preparations have to begin. If anyone is willing to assist in anyway e.g. co-ordinating Happy Hour, the Dinner and Awards evening, Kit, know of suitable sponsors, please contact Rosemary Clark by e mail winrose@telkomsa.net . We are looking for younger swimmers to "Come on board now"

POLAR BEAR SWIM CHALLENGE

*For those of you who like to take up a challenge, the annual Drakensberg Polar Bear swim Challenge will be taking place at the Dragon Peaks Dam at 12 noon on **Saturday 22nd June**. Registration is from 11am. It is not about the 100m distance that you have to swim, but about the temperature of the water. Proceeds go to the local Estcourt SPCA. Cost R50.00 includes Soup and a roll and a certificate as well as a chance to win one of the many lucky draw prizes. For details contact Ann 082 8280401. Accommodation Dragon Peaks Resort 036 4681031, Cathkin Park Reservations 082 7801356 or Central Drakensberg Reservations 036 4881207*

DOLPHIN MILE SWIM SERIES

Once again the Dolphin Mile Swim series has been proving popular amongst the open water swimming fraternity. Forthcoming dates are 23 June, 14th July, (depending on Sardines), 4 August and 8th September. For more details go to www.dolphinmile.co.za or pre-entries www.midmarmile.co.za. Registration is from 6.30am. Start 7.30 am.

ANNUAL MASTERS CHARITY CHALLENGE

The Annual Masters swimming charity challenge will take place on Sunday 25th at Northlands Primary School. Our Main Charity will be the EXTRA MILE. We hope to buy a wheel chair for a disabled person. More details to follow.

SWIMTREK IN TURKEY

Four KZN Masters Swimmers, **Heather Goldstein, Ann Gray, Bev Shuttleworth** and **Terry Thomson** and two friends Maureen and Kelly Speirs travelled to Turkey and took part in the Swim trek Swimming Tour. They were based in Kas on the Mediterranean coast in the South of Turkey and went out on a Gulet (Yacht) swimming an average of over 5 km per day for 5 days with time for relaxation and leisure in between. One of the highlights was swimming across from the Greek Island of Meis back to Turkey. They can all recommend Swimtrek swimming t ours. For details www.swimtrek.com

A



B



C



Photo A. Left to Right: Bev Shuttleworth, Terry Thompson, Ann Gray, Maureen Speirs. Kelly Speirs and Heather Goldstein

Photo B: The view from our hotel veranda. We could jump into the water or go down the hotel ladder into the Mediterranean Sea.

Photo C: Celebrating our 5km crossing from the Greek Island of Meis to the Turkish mainland.

SUBS for 2013/2014 Swimming Season

Remember to pay your subs to your respective **CLUB account..** Your Club secretary will then forward to KZN Masters Swimming Secretary for the payment portion to SAMS, SSA and KZN Masters Swimming. **Early bird payments** have to reach SAMS before 30th June, therefore payments to your Club's account should be before 24th June. One can still pay subs till 31st August 2013. Thereafter SAMS applies a penalty of R100.00 for late registration.

Have a great Swimming season and hope that you achieve your personal goals. Remember to forward any items of news, interest, achievement to anngray@telkomsa.net

Cheers for Now
The Cycling Turtle

KZN Masters Swimming Committee 2013/2014

President: Merle Angelos 0825331199 **Vice-President:** Vaughn Seid 072 0492607

Treasurer: Winston Clark 072 1131653. **Secretary:** Rosemary Clark 083 7509888

Gala Secretary: Merle Angelos/Rosemary Clark **Public Relations Officer/Gala Events** Graham du Toit 08 25664234

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

Open Water/Newsletter: Ann Gray 082 8280401

East Coast Rep: Vaughn Seid 072 0492607 **Highway Rep:** Heather Goldstein 084 2064484

Seals Rep: to be confirmed