



KZN MASTERS SWIMMING NEWSLETTER 2013/2014 No 2

16 July 2013

Greetings to all KZN Master Swimmers and friends

Feedback from the KZN Committee.

It has been a busy two months for our secretary who has worked very hard getting all the **Early Bird registrations** through before cut- off date. The winner of the SAMS Early Bird Draw was Andre Steynburg from Wahoo but more than 300 swimmers registered with SAMS before the end of June. Well done to all the KZN members who have already registered. Comparing with our last year's KZN membership, half our members are already registered! If not registered please remember to register before the next cut - off date (31st August 2013) so that you are not liable for any penalties (an extra R100).

Penalties do not apply to "new members" who are joining for the first time. Let's try and bring in as many new members as we can.

There is an exciting season ahead to look forward to, starting with our **Winter Charity Relay Challenge** at the end of August. Bring friends or family to complete your team. **You do not have to be a registered masters' swimmer to swim this event.**

Teams of 4 will also be put together at the pool if you have no organised team. It is not a competition but an "ice breaker" for the start of the 2013/14 season, swum in a "heated pool". Hope to see many of you there and please stay for the braai afterwards where we can catch up and enjoy the "fun and fellowship" side of Masters.

At Committee level , we have been discussing sponsorship as well as bringing in some new kit items along with our **KZN Colours** cloth embroidered badge.

We understand that there are members who are involved in this line of business and we would like to give you the opportunity to promote your company and send us brochures of examples of what your company produces. One member has already complied with this request but we will only make a decision once we have viewed other samples. Prices need to be included.

We are also looking for some forms of **sponsorship for Masters**, at any level, where you may be able to assist right now. We are gearing ourselves up for **2016** when we will be hosting **Nationals in Durban**. The kit orders for Nationals are usually good, and as the region hosting this event, we would be in a position to place orders from your company over that period.

I also appeal to all of you to give serious thought to the upcoming 2016 Nationals as we will need a lot of assistance. An organising committee will be formed early in 2014, as we need two years to get this off the ground.

SAMS will require feedback at the Presidents meetings in both 2014 and 2015.

We will require sponsorship for this event so please start thinking about this as companies are unable to do last minute sponsorship.

We need all members to approach people who may be able to assist.

For those who are training, we hope your training goes well over the next month. We look forward to seeing you all at the Winter Challenge!

Quotes for KZN Masters Swim Badges as well as new Kit.

Please submit your quotes to Merle Angelos mangelos@mweb.co.za

Happy 90th birthday Renato Selati.

Rene with his daughters



Rene showing the youngsters how to dance



Profile for Renato Guiseppe Salati - RENE

Rene was born in Naples in Italy on 8 July 1923 although his father only registered him on 12th. He grew up in Kilburn, London and attended Christchurch School. He immigrated to South Africa in 1936, where he completed his schooling at Mansfield Road School.

Rene has always enjoyed swimming, and before the war used to regularly swim 2km across the beautiful northern Italian lake, Lake Maggiore.

When he retired, he continued swimming to keep fit and it was during one of these sessions, that he was spotted by Mike Cameron, who encouraged him to join Masters swimming.

Since then Rene has swum in numerous KZN Championships and also represented his club, East Coast Masters, with distinction, at many National Championships. In 1998 he received his KZN Colours award and has won different KZN trophies over the years. He has also completed many Midmar Miles as well as Capital K and the Golden Mile swims.

He managed to fit in his swimming training between his other interests like golf, tennis and ski boat fishing.

His swimming story at Rustenburg Champs tells how the altitude affected him. When he approached the Medics in Rustenburg with some concern, he underwent a brief medical examination. He was given the assurance that he was fine to swim, but was left with this encouraging remark, "Don't worry! After all, you don't want to die with your boots on!"

Rene has been a dedicated member, encouraging non - members to attend galas and get involved. He tried very hard with the lady swimmers in the gym and was always inviting them to join Masters. He has been such a good example to us all and we sincerely hope that he will come to visit us at a gala in the future.

xxxxxx

(The following was sent to Rene and read out at their family lunch celebration.)

Dear Rene,

KZN Masters swimmers will be thinking about you as you celebrate your 90th birthday. What a fantastic feat for such a wonderful friend.

We have missed your smile and great sense of humour around the pool, as well as your enthusiasm and encouragement of fellow swimmers. You always gave of your best, loved breaking records or winning the Victor Ludorum trophy at the end of a season!

But above all, your wonderful disposition and dedication to your swimming has been an inspiration to the very young and the not so very young members of KZN Masters. We value the love and friendship you have bestowed on us all. We know the ladies always have had a special place in your heart!

Today you are wished a most special and blessed birthday. May it be filled with love, happiness, harmony and good health and a future that will be filled with all your heart desires.

With much love and good wishes from all your friends at KZN Master's Swimming.

XX

(The kisses are from all the KZN Masters Swimming Ladies!)

DRAKENSBERG POLAR BEAR SWIM CHALLENGE



*The Drakensberg Polar Bear Swim Challenge is organised by **Ann Gray**, a member of Highway Masters Swimming club in KZN on behalf of the Estcourt and District SPCA and the Khetani Dog Feeding Project in Winterton. The Challenge usually takes place on the Saturday closest to the shortest day. (Winter Solstice)*

This year the swim took place at 12 noon on Saturday 22nd June at the Dragon Peaks Dam in the Central Drakensberg. Sixty- five swimmers both young and old, of all shapes and sizes braved the icy 8 C water to swim from the "mainland" to the Boma Island in the middle of the dam. Swimmers had a choice of two distances 100m or 30m for the younger swimmers. No wet suits are allowed.

The oldest swimmer was Adrian Schoeman (72) from East Coast and the youngest swimmer was Hannah Milne (5), from Durban.

*For safety, the swimmers set off one by one in 5 sec intervals. Many generous spectators brought packets of dog and cat food in order to watch the swimmers. Local resorts, B and B, restaurants donate wonderful prizes for the swimmers' lucky draw prizes. **Guy Harker** a Wahoo Masters Swimmer won a lucky draw prize, stay at Graceland Guest House and **Adrian Schoeman** from East Coast Masters won a large hamper for being the oldest male swimmer.*

WELL DONE ANN!

OPEN WATER SWIMMING

Good news for open water swimmers.

A SAMS Open Water Swimming Trophy has been presented by **Anton Harrop- Allin and Ann Gray**. The trophy is for the winning Club with the most points at the SAMS Open water Swim championships.

As agreed at the last SAMS Committee meeting the points are allocated down to 10th place as such:

1Km event: 12,10,8,7,6,5,4,3,2,1

3Km event: 24,20,16,14,12,10,8,6,4,2

As the OW Championships are held the day after the Awards Ceremony each year, the trophy is presented the following year and will be presented for the first time in 2014 for the 2013 OW Championships.

The results of the 2013 Port Elizabeth OW Champs have been calculated and are:

Trophy: 1st Coelacanth MSC with 319 points, 2nd Bay Eagle Swim Team – Masters with 230 points, Total points 1826.

Breakdown:

1Km: 1st Coelacanth MSC with 143 points, 2nd Fish Eagle Aquatics – Masters with 63 points, Total event points 620.

3Km: 1st Bay Eagle Swim Team – Masters with 194 points, 2nd Coelacanth MSC with 176 points, Total event points 1206.

Thus in 2014 Coelacanth MSC will be the first Club to be awarded the SAMS Open Water Club Trophy for their win in the 2013 Open Water Championships.

Swimmers who are usually Pool swimmers must now be encouraged by their clubs to take part in the open water swim on the Sunday. Hopefully this initiative will also encourage open water swimmers who do not belong to a Masters Swimming club to join one.

KZN Swimmers do not rush home on **Sunday, 16th March**, swim at **Maselspoort** first. The turn off is about 20km from Bloemfontein on the N1 Durban side or one can go on the airport road to get to the swim and when you leave go out the other exit to join the N1 homeward bound.

DOLPHIN MILE SURF SWIM



14 July Start

The final two Dates of the popular Dolphin Mile Surf Swim are on 4 August and 8 September.

www.dolphiinmile.co.za

OPEN WATER SWIMS WHERE THERE IS A 3KM SWIM EVENT as well

26th October: Sun City Swim

3rd November: Lake Eland Swim near Margate

24th November: Capital K at Midmar Dam

10th February: Monday after Midmar Mile

Other dates will be added once confirmed.

WINTER FITNESS CHALLENGE

Profits and donations from the KZN Masters Winter Fitness Challenge which will take place on **Sunday 25th August** at Northlands Primary School will go towards:

- The Extra Mile Initiative** - This raises awareness for disability as well as funds for rehabilitation projects & wheelchairs. (Entry fees, donations, sponsorship money)
- **Inanda Dog Project**- tins & packets of dog/cat food will be collected

More details will follow.

Always remember our Motto **“Fun, Fitness and Fellowship”**

Cheers for now.

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