



SAMS NEWS



THE OFFICIAL NEWSLETTER OF SOUTH AFRICAN MASTERS SWIMMING

APRIL 2010

Welcome members of Masters. Hope you are all rested after an awesome Nationals.

NEWS FROM SAMS:

2TH ANNUAL LONG COURSE CHAMPIONSHIPS

Congratulations to the Tshwane Region on hosting an amazing 26th Long Course Championships. The event was held at the Hillcrest Swimming Pool in Pretoria, Gauteng from the 17th to the 20th of March 2010

Thanks to John Peterson for compiling all the statistics.

A FEW INTERESTING STATS FROM THE EVENT:

- 450 Swimmers from 21 Club entered Nationals; 220 Women and 230 Men
- 18 Foreign Swimmers from Russia, UK, Swaziland and Germany.
- 417 Swimmers eventually competed.
- 388 Swimmers scored points for their club in individual races.
- 291 Relay teams were entered.
- 7 of the swimmers entered were 80 years and older.
- The oldest female competitor was Rae Smit (90).
- The oldest male competitor was Paul Mulder (86).

RECORDS

- 37 South African Records were broken by 19 swimmers in the individual events.
- 6 South African Records were broken by 1 club in the relay events.
- 1 South African Record was broken in the Dash-for-Cash events.
- In addition 2 second place finishers (1 individual and 1 relay) also bettered the old South African Record.

COLOURS

- South African Masters Swimming Colours qualifying times were bettered 51 times by 19 different South African Swimmers during the championships.
- 22 Swimmers (14 women & 8 men) who qualified throughout the 2009/2010 season were awarded their Colours.

In addition there were 3 swimmers who qualified on time in the 2009/2010 season, but have yet to participate in 3 national long course championships.

AWARDS

The following awards were presented at the Prize Giving Dinner, which was held at the Voortrekker Monument::

South African Masters Swimming Club Trophy

Coelacanth MSC 4642.5 pts

South African Masters Swimming Club Handicap Trophy

Cape Town MSC 54.97 pts

Dr Heyman Belfort Memorial Shield

Tshwane MS 4642.5 pts

Spirit Bowl

Wahoo MSC

Joe Hillstrom Trophy (Donated by Joe Hillstrom)_

Coelacanth MSC

Charles Buck Memorial Award

Joyce Fyfe (Coelacanth MSC)

Victrix Ludorum

Sanderina Kruger (Cape Town MSC) - Maximum 72 points and 1.9% over the World Record in the 50m Freestyle

Victor Ludorum

Terry Downes (Coelacanth MSC) - Maximum 72 points and 6.8% over the World Record in the 200m Freestyle

Best Performance - Female

Edith Ottermann (Cape Town MSC) - 1.7% over the World Record in the 50m Butterfly

Best Performance – Male

Andre Steynberg (Wahoo MSC) - 5.4% over the World Record in the 50m Backstroke

Peter Pirow Cup

Rachelle Isakov (Cape Town MSC) - 10.2% over the World Record

Colin Cable Award

Dave McLachlan (Cape Town MSC)

Lillian Parrington Trophy

Rae Smit (Fish Eagles MSC) - She turned 90 one week before the Championships)

Congratulations from the SAMS Committee to all the award winners.

FINA WORLD MASTERS CHAMPIONSHIPS:

The **13th FINA World Masters Championships** will take place in Göteborg & Borås in Sweden from the 28th of July to the 7th of August 2010.

For more information visit the website:

<http://www.2010finamasters.org/>

OPEN WATER SWIMMING - SA MASTERS SWIMMING COLOURS

It has been decided to award SA Masters Swimming Colours for Open Water Swimming. Thanks to Derek Fyfe and those who ably assisted him, the qualifying times for 3km has been established for the respective Masters' age groups.

Ann Gray has been appointed to the SAMS Committee as the Open water representative for the rest of the year. A few issues and technicalities still have to be considered and discussed at the SAMS meeting with regional Presidents on 24th July in Durban.

In the mean time open water swimmers are encouraged to enter the Sun City 3km swim on 23rd October and the 3km swim at the Rynfield Mile on 30th October, both of which will be SSA sanctioned.

Once the dates are confirmed for more SSA recognised 3 km swims, they will be distributed to the regions for further distribution to the various Masters Swimming Clubs.

REGISTRATIONS:

The new registrations will commence on 1st May 2010. Remember to take advantage of the Early Bird Registration Date and win a cash prize which covers your registration fee for the season.

"Cut off date," means the last and final date for all necessary forms (i.e. forms 1-4) together with proof of payment to be on the desk top/computer of SAMS' registration appointee.

SAMS LONG COURSE CHAMPIONSHIPS – OUDTSHOORN 2011:

27th South African Masters Swimming Championships

Venue: N.A. Smit Pool Park Rd Oudtshoorn

Dates: 16-19 March 2011

Fish Eagle Masters SWD look forward to welcoming you in the Karoo town of Oudtshoorn in March next year-warm weather practically guaranteed! We apologise for any inconvenience caused by the change of venue (was planned for George) but the Oudtshoorn Municipality has offered us sponsorship which we cannot turn down in these difficult times.

If we can find a suitable venue, we will have an open water swim on Sunday 20th. Monday 21st is a public holiday.

Enquiries:

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If there are any prospective sponsors out there who would like to get involved with the 27th South African Masters Swimming Championships please contact Jill Black on the above contact details.

“Memory Lane”
For starters, who do think this could be ??
Answer ; Allen Morrison and Owen van Renen



1965



1972



SAMS Nationals 2010

NEWS FROM THE REGIONS:

KZN MASTERS SWIMMING:

There was great camaraderie between all the KZN Swimmers at Nationals 2010 held in Tshwane:



The Highway Belles Freestyle Relay team



Midmar 8 Mile Club -

Mike (Buthie) Arbuthnot (Seals) would like to express his profound gratitude to the following KZN Masters swimmers for their kind donations, which enabled him to attain the minimum stipulated target of R10000 for the Midmar charities.

Donations were received from Shawn O'Neill, Victor Vaz, Ann Gray, Heather Campbell and friends, Heather Goldstein, Bill and Liz Cordell, Merle Angelos, Kenneth Burt, Morag Bromfield, Jenny Ireland, Adrian Schoeman and Roland Heuff and KZN Masters Swimmers...

Buthie, our KZN Masters Swimmer from Seals and founder of the Midmar Mile

It was a pleasure to assist you Buthie!!

Golden Mile

KZN Masters Swimmers took part in the Golden Mile fund raising swim held on 28th March. **Barbara Bowley** (Highway) won the ladies 41 – 50 years. **Loraine Hicks** (East Coast) came 2nd in the 31 – 40 years and **Jenny Ireland** (Highway) came 2nd in the ladies 51 years and older. **Gerhard van Rooijen** came 3rd in the Mens 51 years and older. Other Master swimmers seen participating were Peter Larcombe, Les Hadenham, Roland Heuff, (all East Coast) and Wolfgang Fechter, Ann Gray and Susan Warden all Highway.

TSWANE MASTERS:

A BIG thank you from the Organising Committee to all Masters swimmers that joined us in Pretoria for the 26th South African Masters Swimming Championships. It was the biggest attended Masters to date and without your participation it would all be meaningless... Thank you again!!



It was an incredible 5 days starting off with the 800m swims at Hillcrest pool on Wednesday the 17th March and finishing in the beautiful setting of the Island Estates for the 3km Canal Swim on Sunday the 21st March.



This was the beautiful venue for the 3k

We would like to thank Roland Schoeman for his time and very informative chat at our opening ceremony, and Gerhard Zandberg who so graciously attended our Gala Dinner and assisted in handing out the various trophies to the well deserved winners.

The weather held out yet again and we noticed that plenty of swimmers took full advantage of this and lolled around the pooldecks as if they were on an exotic island. Our international competitors certainly went home with some beautiful South African tans.

There were records galore and even one world record (Edith has a slightly faster time awaiting ratification but at the time of the 50 free, she DID IT!!) We covered the full spectrum of ages from 19 to almost 90. That says something for Masters Swimming in South Africa.

For all those who did come, take away the great memories and promote masters swimming so that it stays strong and healthy for many years to come.

All the final results with records etc are posted on the SAMS website. That will give you a chance to brag to family and friends that you were there, you participated.

For all those travelling to World Masters Swimming Championships in Sweden, go well, go safe and make South African Masters swimmers proud.

Thanks to everyone who assisted the organizing committee in making the champs such a huge success.

From us the Organising Committee, we wish you well, train hard, and we look forward to seeing as many swimmers in Oudtshoorn next year.

Till next time in Pretoria, bye for now...



FREE STATE MASTERS

Snippets from Nationals 2010



Our country was Cote D'Ivoire --- not sure the Ivorians would have been too impressed with our rendition of their flag!!



3 Sisters ☺



Happy Happy Hour



The "Team"

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