

SUMMER EDITION


2016

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SAMS NEWSLETTER



EAST LONDON. HOST CITY FOR THE 2017 NATIONAL CHAMPIONSHIPS



Official Newsletter of South African Masters Swimming

<http://www.samastersswimming.com>

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Editor's Note

Hi everyone

I trust that this edition finds you all well and hard at training for all the great events that are coming up in the New Year. Gautengers have much to look forward to. What with the (always great fun) 6 Hour Endurance, various Open Water Swims and many local championships getting under way There is also the greatly contested Inter-regional where a great friendly rivalry exists between Gauteng and Tshwane. I have heard both sides of the Jukskei, say "bring it on".

Your local regions and clubs will have updated gala schedules so please follow up.

There is an old adage that says "The more you race, the more you understand your races and are able to strategize better "So get to the galas."

I am also overjoyed and very proud of all South African Masters

swimmers in their generous donations to various Charities and the time and effort extended to the less fortunate. Together an amount of more than R20,000.00 was handed over to many worthy charities who are all, humbly, very grateful.

In this issue the much anticipated Regional Reviews are back so time to catch up on what is happening in your area. Jade will once again, expertly, guide you through all the aspects of Open Water. Terry will enlighten us on another topic that we probably would not have thought of.

There is an exciting update from East London which should really make you start planning for March 2017. Entries are out and deadlines loom in January.

We conclude with an update on Budapest 2017. It looks like it will be one cracker of an event so that is another major event you have to schedule your training into.

Enjoy the festive season. Go safely.

We will see you all in 2017.

Hugs from me and just keep swimming.



Presidents Message

Hi everyone,

Time for your quarterly SAMS update.

With Nationals little more than 4 months away I trust that everyone is organised and engaging in suitable and relevant training programmes with the ultimate goal being overall health and fitness.

I'm pleased to say that after several discussions and some meetings with SSA, the SAMS committee is well on its way to rejuvenating the relationship between the two organisations. Our approach has been to take one step at a time in an effort to encourage SSA to better understand both Masters AND the pertinent issues pertaining to Masters swimming in general. SAMS continues to run Masters in South Africa under the SSA umbrella and will endeavour, with interactive engagement, to encourage all parties involved with Masters to be mindful of the traditional way in which Masters Swimming has been managed to date.

Below are some of the issues on the table:

1. A uniform affiliate fee for all masters countrywide.
2. SSA funding for certain services or costs pertaining to Nationals 2017.
3. Access to the SSA Masters' database to ensure that all SAMS registered swimmers are in fact registered with SSAAA SSA. SSA.(SSA has Agreed)

With my regards,

KAREN KENNEDY
SAMS President

4. Access to the SSA website in order to post masters news. (SSA has agreed)
5. The Masters registration date cut-off date to be January 2017 instead of end-November 2016. (SSA has agreed) The affiliates will be receiving written notification of this in due course.

There are of course other issues that need resolving with SSA and these will all be addressed as our relationship with SSA evolves and strengthens.

More exciting news is that Masters Nationals in East London will incorporate African Masters Champs. We will be extending an invitation to all CANA Masters (Confederation Africaine De Natation Amateur) to compete in East London. The same invitation has already been extended to countries outside of Africa.

And finally, I have been elected the convenor of the SSA Masters technical committee and have been asked to sit as technical member on the CANA Masters committee.

In light of the all of the above I believe that Masters have a clear voice and a very real ability to take our swimming to the next level in South Africa.

Your Open Water Report



By
Jade Homveld

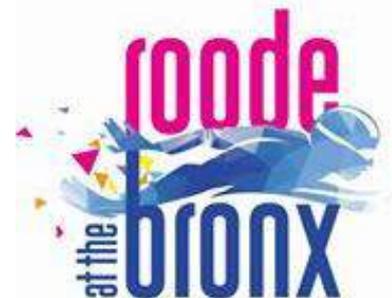
OPEN WATER SWIMMING calendar 2016/17.

It is always advisable to confirm the event date, distance and venue with the organiser or website prior to the swim to avoid disappointment. The information provided is to assist open-water swimmers with their planning for the season and I cannot be held liable for changes, cancellations or amendments to information included in this calendar. Please feel free to mail any event information, interesting swims or notable achievements to me for inclusion in future newsletters. jadehomveld16@gmail.com

PROVISIONAL OPEN WATER CALENDAR 2016/2017 (5th draft 23 November 2016 compiled by Jade Homveld.

<u>Calendar compiled by Jade Homveld (SAMS)</u>	<u>Race Date</u>	<u>Race</u>	<u>Venue</u>	<u>Contact</u>	<u>Telephone</u>
<u>Province</u>					
Gauteng	15 January 2017	Ebotsi			
Gauteng	21 January 2017	Lake Heritage water festival (Cradle Moon) 5km/3km	Cradle Moon	info@midmarmile.co.za	
Gauteng	22 January 2017	Lake Heritage water festival (Cradle Moon) 1200m/600m	Cradle Moon	info@midmarmile.o.za	
Gauteng	28 January 2017	Gauteng Open Water Championships 10km, 7.5km and 5km	Homestead		
Gauteng	29 January 2017	Gauteng Open Water Championships 3km and 1500m	Homestead		
Gauteng	29 January 2017	Roode 1000 1km and 1500m	Baja Dam resort Bronkhorst spruit	info@roodeswim.co.za	
Limpopo	18 March 2017	Ebenezer Mile	Ebenezer dam		
Limpopo	2 April 2017	Bosveld Mile Various distances – fun swim, mile, 3km, 5km	Bela Bela	info@belabelasplash.co.za	
North West	5 February 2017	Platinum mile 1 mile, 3km, fun swim	Buffelspoort dam Rustenburg	Di Williamson	

OFS	25 February 2017	Sterkfontein swim			
Eastern Cape	Sunday 15 January 2017 Saturday/Sunday 4 th and 5 February 2017 (NMBA 10km & 3km Championships)	Eastern Cape Swim series Sanctioned by NMB Aquatics 1km/3km/5km/10km		www.zsports.co.za	041 484780
Eastern Cape	Sunday 11 December 2016 Sunday 8 January 2017 Sunday 27 January 2017 Sunday 12 February 2017 Sunday 12 March 2017 Sunday 26 March 2017	Aquelle Ocean Racing Series 1km/2km/3km Ocean Swim	Hobie Beach	www.zsports.co.za	Tel: 041 484780
Eastern Cape	25 and 26 February 2017	Spar River Mile Festival	Port Elizabeth Sundays River	www.zsports.co.za	Tel: 041 484780
Eastern Cape	18 March 2017	SA Masters Open water swim 1km and 3km	East London		
Eastern Cape	4 and 5 th March 2017	SA National Open Water Championships 3km, 5km and 10km.	North End Lake		
KwaZulu-Natal	11 December 2016	Dolphin Mile Surf Swim	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	22 January 2017	Dolphin Mile Surf Swim	Marine Surf Lifesaving club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	11/12 February 2017	Midmar Mile	Midmar Dam	info@midmarmile.co.za	
Western Cape	11 December 2016	Western Province Open water challenge 2	Eikehof Dam		
Western Cape	16 December 2016	Reconciliation day swim 1 and 2 mile	Clifton 3 rd beach	Freedom.swim.za@gmail.com www.freedomswimseries.co.za	
Western Cape	22 January 2017	Around the Rocks swim	Blouberg	Derrick Frazer	0827705798
Western Cape	19 February 2017	Sanlam Cape Mile	Eikehof Dam		
Western Cape	05 March 2017	Shipwrecked	Blouberg	Derrick Frazer	



NEW SOUTH AFRICAN MASTERS OPEN WATER COLOURS QUALIFICATION CRITERIA

<u>Women 2016/17</u>			<u>Age group</u>	<u>Men 2016/17</u>		
<u>Hrs</u>	<u>Mins</u>	<u>Secs</u>		<u>Hrs</u>	<u>Mins</u>	<u>Secs</u>
	42	49	19 -24		39	56
	42	49	24-29		39	56
	43	22	30-34		39	50
	44	13	35-39		39	33
	43	49	40-44		40	08
	44	51	45-49		39	42
	45	56	50-54		42	01
	48	11	55-59		43	49
	51	01	60-64		45	12
	56	44	65-69		50	00
1	02	31	70-74		53	15
1	09	46	75-79		58	52
1	23	39	80-84	1	06	52
			85-89	1	49	55

4. Swimmers' qualification criteria for Open Water colours.

(NB: The information below may be found on SAMS' website. Should there be any discrepancy then the information on the website takes precedent.)

4.1. Twice during the same season (01 May to 30 April) you must have achieved a time that equals or betters the time in the current SAMS table as published on SAMS' website. This time must have been recorded to 1 second by the organizers of the Swim.

4.2. At the time you achieved the qualifying times you must have been:

* A South African Citizen or have been granted South African Permanent Residence Status (i.e. you must be in a possession of a valid South African Identity document that showed your 13 digit RSA ID Number and indicates your status as a Citizen or Permanent Resident)

* A properly registered and paid-up member for the current season (01 May to 30 April) of a Masters Swimming Club which is affiliated to SAMS and representing the above Club in the Open Water Swim

* Compete in a SAMS sanctioned and accepted Open Water Swim.

4.3. You must also have attended in a minimum of 3 (or be attending your 3rd) SAMS National Long Course Championships (either Pool or Open Water). If you have not yet fulfilled this latter requirement at the time that you qualified as per paragraphs 4.1 and 4.2 above, your qualifying details will be kept on record until you do so.

5. You must obtain a copy of the official results of the Swim and have them signed by your Club President/Chairperson.

Once your two qualifying swims have been completed for the season you must complete the application form on the website, sign it and have it signed by your Club President/Chairperson who will first verify that you met the qualifying requirements. The application form and the signed copies of both of the official results must be forwarded to the SAMS Open Water Swimming Representative for ratification of your colours qualification. (jadehomveld16@gmail.com)



Simon Griffiths



Seven things to think about for open water swimming races in rough conditions.

By **Simon Griffiths** • Publisher • 11th October 2016 [@openwaterswim](#)

The first indication I had that the [Spetses Swim](#)* would be a little rougher than I'd anticipated was in the sea taxi that brought us over from the southern tip of the Peloponnese to the island. I'm convinced our boat took off and flew multiple times as it bounced over the waves. This was late in the afternoon. We convinced ourselves that the wind would calm down overnight and we'd have better conditions the next morning.

But that didn't happen. Instead, a sudden squall blew through just after dark and flattened many of the event exhibitors' tents and banners. And while the sky was a beautiful clear blue the next morning, the wind was still blowing and the sea looked even choppier than the day before. At first we feared the swim would be cancelled but it was merely postponed by two hours. And while the sea did settle a little in that time, it was definitely still lively. Still, if we wanted perfectly calm conditions we'd swim in pools, or at least very sheltered lakes. To me, and I'm sure to many other open water swimmers, rougher conditions, so long as they are safe, are not something we shy away from. Sure, if you're doing a long distance solo swim, it's usually preferable if it's calm, but in a race it's the same for everyone. If you embrace the conditions and look forward to the challenge, you'll have a much more enjoyable swim. In the 5km race in Spetese, I managed a respectable 5###sup/sup### overall and I won my age group (conveniently for me I've just moved up an age group this year and it often, but not always, helps to be the youngest), so I thought I'd share a few thoughts on how to race well in rough conditions.

1. Start conservatively.

This is actually my advice for any long distance swim. I think most swimmers start most races too fast. When conditions are rough, it's even more important to conserve energy at the start so you can stay feeling strong throughout the swim.

2. Stay calm

This is especially important at the start when other swimmers around you will be going too fast and fighting for position. In rough conditions it's harder to hold your line and you are more likely to have bumps and collisions with other swimmers. Start with the assumption that all contact is accidental and do not respond or retaliate in any way. Stay calm, find your own space and keep SWIMMING.

3. Breathe to the side that's most comfortable

One of the supposed advantages of being able to breathe both sides is that you can turn your face away from incoming waves. However, if – like me – you have a strongly preferred side, you will probably find it easier and more comfortable to breathe that side whatever the conditions. Yes, practise breathing to your non-dominant side in training so you can do it if you really need to or if there's a tactical advantage (such as sighting or watching the opposition), but don't worry if you can't. I've not yet come across a situation where it's been essential to breathe to my non-dominant side. It's more important to stay calm, relaxed and comfortable, and you'll probably swallow less water if you breathe to your preferred side.

4. Monitor your technique but be flexible

It's unlikely you'll be able to maintain the perfect form, rhythm and tempo you've developed in the pool when conditions get rough, but try to keep in mind what it feels like and stay as close to it as you can. Some commentators suggest stroke modifications such as a higher, straighter arm recovery and a faster stroke rate for rough water. That's worth experimenting with to see if it works for you. I find ramping up my stroke rate can work for short bursts of speed, such as when trying to catch another swimmer in order to draft, but can be quickly exhausting if it leaves you fighting the water. Instead, I try to find a natural rhythm in rough water that seems to fit with the waves, and this is often slower than my flat-water stroke rate. The important thing is that it conserves energy. Relax and enjoy the ride.

5. Be vigilant when drafting

If you use drafting as a racing technique (and I appreciate that many people just prefer to do their own swim) then you need to be more vigilant than in flat conditions. Drafting close to someone's hip is especially challenging as you will be thrown about by waves, so give yourself more space than usual. Drafting behind someone's feet is often a better option (but please don't keep tapping the toes of the person in front). It's much easier to lose contact with other swimmers in rough conditions so you need to pay attention and work harder to keep your draft.

6. Sight more, but less frequently

Spotting where you are going is much harder in rough conditions. Frequently when you look up, all you see is a wave heading towards you. In flat conditions, a single quick lift of your eyes just above the surface is often enough to give you all the information you need. That's usually not the case in rough water. Rather than sighting say once every six or eight strokes, like I would do in a lake, I might lift my head for two, three or even four stroke cycles in a row until I've spotted what I'm looking for. I then try to take more strokes – say ten to twelve – with my head down to try to counterbalance the extra sighting strokes I've needed.

7. Don't worry about the time

I've given up wearing a watch in open water events because time is a very unsatisfactory way to measure your performance. Rough conditions will slow you down. Everyone knows this, yet I still see people climbing out of the water and looking disappointed after they glance at their watch. You will probably swim further too in rough conditions because sighting is harder, and that will also result in a slower time. Forget the minutes and seconds and instead ask yourself if you paced the swim well, if you maintained good technique and if you enjoyed yourself.





Simply Sensational Super Slow Swimming

SSSSS

Simply Sensational Super Slow Swimming

Sidney Piddington was allowed one book when he was incarcerated in a Japanese prisoner of war camp during the Second World War. He discovered the concept of super slow reading in which he contemplated the meaning of every word before reading on. Not only the word itself but also its significance with respect to the preceding word and the next word and then in the context of the sentence. Every word generated a picture that was expanded and coloured by those around it and it would take him an hour to read a paragraph. Suddenly a world of images, thoughts and understanding opened and reading was raised to another dimension.

A good swimmer is able to swim slowly. While it is true that good swimmers make it look so easy and appear as if they are gliding through the water without resistance and effort when they are actually swimming fast, it is also true that the good swimmer knows how to swim slowly. Why would anyone want to do that? One reason is that this is what you do during warm-up. Another is to concentrate on stroke, efficiency and the feel of the water. Yet another is training during a recovery phase. However, super slow swimming (SSS) is much more than just swimming slowly.

A poor swimmer has great difficulty in swimming slowly. Although he may be moving slowly through the water he is not deliberately trying to swim slowly. He has to try to go fast just to stay afloat. Despite the fact that he swims slowly when he wants to swim fast, he cannot swim slowly at all because then he tends to sink. (Think buoyancy). The better the swimmer the slower he can swim because he balances his body better in the water (posture) and reduces drag.

The important thing when swimming slowly is to maintain good balance and posture. So there is a limit to how slowly one can swim and still maintain good technique. If you swim slower than this minimum speed you lose your stroke and it is then that you start to feel what is important in the stroke. The important word here is *FEEL*. Of course what you achieve through this exercise depends so much on how well you can “feel”, or differentiate between what is good and what is not. Good swimmers have that feel for the water. The more you can slow the stroke the better. Keep at it and you will find that you can swim efficiently at slower and slower speed.

With holidays approaching I am sure there will be a day when you don't feel like training hard, that would be a good opportunity to try some SSS.

In SSS the aim is not propulsion, just as in super slow reading the aim is not to get on with the story but to expand your understanding. So learn to swim really slowly and permeate your swimming with meaning and colour. When you swim at minimum speed, anything you adjust or experiment with has a profound effect on your balance and posture. If one full stroke cycle can be regarded as a sentence, experience how every word in the sentence has a meaning that contributes to your search for perfection.



Somerset Maugham wrote seethingly of those who "read with their eyes and not with their sensibility".

Because you are swimming really slowly any change in equilibrium has a dramatic effect. The effects may be positive or negative. Be aware of a positive outcome, as when you stretch or rotate a little more. When you can get into that sublime zone where everything seems to be right, then you are ready to slow the swimming down another fraction. You eventually want to see how slowly you can swim while still maintaining posture and balance. You may notice that exhaling and then having to lift your head to breathe upsets your balance. Great! You have learned something. Lifting your head *does* upset your balance, even when done most efficiently at the right time etc. So swim (SSS) without breathing, for a few strokes. It feels so much better doesn't it? You may get a little out of breath (I do) even though you are SSSing. Stop at the end of the pool and catch your breath, this is an exercise for meaning not fitness.

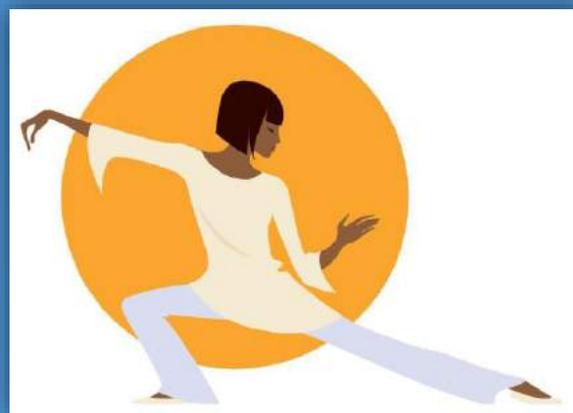
With SSS one gets to feel the effect of altering one component of the stroke cycle, hence "sensational". Changing one word in a sentence may change the meaning entirely, it may be for the better or it may not. You are at the edge of good swimming, (any slower and you start to sink) so any change for the worse becomes immediately apparent and when you do something positive you can actually feel the difference. When you "discover" a positive thing, do it again and again, exaggerate it until you feel that it is now too much and is making you swim worse. Every now and then, perhaps only for one or two strokes, everything will just *feel right*, then as quickly as the feeling is perceived it may go away. Persevere! That great feeling will come again, and again and every time you sense it you learn what it is that makes it happen. You will find it happening more often. This is the purpose of the exercise. This is the way to establish what works for you. Now, having found one thing that makes you swim better, start to swim at a slightly faster pace, using the new "action". Do it the old way at the faster pace and then the new way and try to feel the difference.

Having established something that helps you swim better, more efficiently, you now want to practice and practice to build a "muscle memory" (the pattern resides in the brain!). Aldous Huxley in *Ends and Means* advocated training before being able to enjoy anything, e.g. drinking whiskey, appreciating Bach or Shakespeare - or swimming.



After I first wrote SSS I thought that maybe someone else has had the idiotic idea of swimming as slowly as possible. So I searched on Google and sure enough, nothing is new, I found Coach Emmet Hines's article on T'ai Chi swimming, it is well worth reading. Find it on the H₂Ouston Swim Site. He talks of the advantages of super low and slow swimming (SL&SS) such as studying your stroke through the full range of motion, attention to balance, mastery of posture and precise motion as well as complete mindfulness and highly concentrated focus at all points throughout the activity.

The next article will focus on some of the many "words" that must be just right to make your swimming as good as it can be. Meanwhile do SSS a couple of times and discover your unique sensations associated with good posture and balance.



3rd Update
December
2016



In association with



PRESIDENTS MESSAGE

It's astounding
Time is fleeting
Madness takes its toll
But listen closely....
Not for very much longer
I've got to keep control!

Yes! Time is fleeting and with less than six months to go for the 2017 Masters Nationals it is starting to feel that "madness takes its toll...!"

But rest assured that the Amakhosi committee will "Keep control" and are hard at work behind the scenes to produce another world class event!

In this Newsletter, we have a personal message from the Buffalo City Aquatics President Mr Ian Schulein, promoting the involvement of SSA in this first Masters Nationals, a break-down of our organising committee, some interesting information on Buffalo city and some teasers for our Dinner Dance event.

We are busy acquiring some sponsorship towards – Lucky prizes; daily give-a-ways and our National program. So if any clubs would like to put forward messages of support or advertise their Region, please do not hesitate to contact us before the end of November 2016.

I hope that you enjoy this Nationals Newsletter for December and with our Gala events now finalised, entry forms are OUT.

Although the cut offs vary per club, please get your entries in by mid-January to your CLUB together with full payments.

Payments **MUST BE MADE TO YOUR CLUBS** .

See you all in the water – train hard!!



I would like to take this opportunity to thank the swimming community, BCA and Swim South Africa in ensuring that Master Swimming is part of our affiliate. A hearty welcome to you Amakhosi.

Looking at what has been achieved over the past year with Amakhosi in our fold, we as BCA are not only grateful, but have learned a lot in running the affiliate.

Kerry, well done on your achievement held at the master tournament in Durban. The two development programs you ran for Primary and High schools, the participation in our executive meetings, your input is valuable to us and I thank you.

The real work, organizing and preparing for 2017 will only start now, being part of your Local organizing committee to assist with the planning and organizing the Masters Tournament from 15-19 March is going to be a challenge.

Preparation is well underway to receive ± 700 participants to East London over the 5-day program. The Joan Harrison Pool and East London are always grateful in hosting these types of Events.

Our economy will be boosted by ± 2 Million Rand over this period. Meeting with Mr. Zille the manager in charge of Joan Harrison. He ensured us the facility will be ready; the staff are more than capable and will make East London proud.

BCA Executive committee wants this to be the Blue Print for further events under the SSA flag. This will be one of the first events since the inauguration of Masters Swimming and Swim South Africa. I believe a success story will prove that East London could be the city to host any big sporting event.

May our relationship grow from strength to strength.

Thanking you

Ian Schulein

President BCA



Joan Harrison

Jemima's HOSPITALITY



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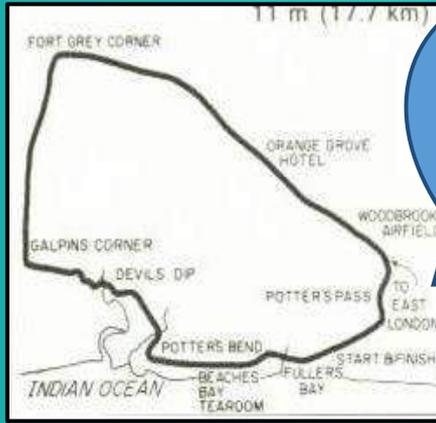
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*Terms & Conditions Apply



Dinner Dance theme ...hint hint!



THINGS TO DO IN EAST LONDON

East London's worst kept secret is **Floradale Nursery** situated in Beacon Bay on the Old Gonubie Road. Browse and shop in the Craft Shop, Nursery and art gallery, and when the adults and the children need a break from each other, head over to **Country Bumpkin** where the parents can sip coffee and have a meal while the kids can play a while. A perfect destination for all.

Enjoy the 28-hole **Xtreme Golf** at Beacon Bay Crossing. Open Monday to Sunday, 8am to 10pm. 043 706 6808.

Also situated at Beacon Bay Crossing is **Alien Zone Lazer Tag** where groups of family and friends get to take on aliens on 3 different obstacle courses. Open Monday to Friday 3pm – 9pm, Saturday 10am – 10pm and Sunday 10am – 8pm. 043 706 6808.

Pack a picnic basket and head down to one of East London's many **beaches** where you can swim, build sand castles and enjoy the family, at no extra cost.



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SUN CITY

The Dischem Sun City weekend was a great success and the Phoenix Ladies were very successful and managed the following podium positions:

Age 41 – 50 Karen Kennedy – 2nd Place

Age 51 – 60 Carol Mason – 2nd Place

Age 61 – 70 Maureen Mons – 1st Place

Marissa Rollnick – 2nd Place

Linda Crawford – 3rd Place

Age 61 – 70 – Liz Bronkhorst – 3rd Place Disabled



Always a great weekend of swimming, fun and laughter had by all!

CRADLE MOON

The first open water swim held at the new Cradle Moon on the 6 November 2016, turned out to be a great success. There were lots of swimmers out to enjoy the fresh water and the day. Always a lovely setting on the water's edge.

Phoenix Masters had a great turn out as always and great results followed:

Event 1 – 3km

Age 51 – 60 Carol Mason – 2nd Place

Age 61 – 70 Marissa Rollnick – 1st Place

Age 61 – 70 Linda Crawford – 2nd Place

Age 31 – 40 Justine Johnson – 2nd Place

Age 61 – 70 Barry Stuhler – 3rd place – male



Hope you are all training hard and enjoying your time in the pool!

Tshwane

On the 16th July, we had our Tshwane/Coelacanth get-together at Rietvlei Nature Reserve.

We all met at the picnic spot for a braai. It was a perfect sunny day, lots of animals were spotted, including the rhinos. It was thoroughly enjoyed by all.



The Frost-bite Galas held at Wahoo Pool were well supported by our members.

Congratulations to Claire Rolt who broke the S.A. Short Course Record for the 50 Breaststroke at the Frostbite 3 Gala 23rd July, and the S.A. Short Course Record for the 100 Breaststroke at the Gauteng Short Course Gala on the 17th August. Harald Ruck and Claire received their Excellence Awards for the best male and female Masters Swimmers at the N.T.S. Awards dinner. We are very proud of you both. We have had new members attending the picnic and the galas held at Wahoo. Welcome to all of you, the club is growing once again in membership.



On the 1st October we held the Coelacanth 1500 Swim at Hillcrest Pool. We had a fantastic amount of entries 72 in all.

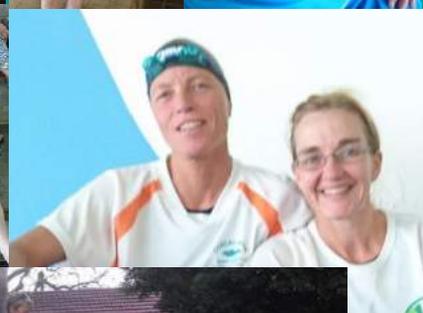
A lot of friends and family and unattached swimmers came along and joined in. We also had Gerhard Zandberg bringing one of his very good young swimmers. It was enjoyed by all.



Thank you to all the Coelacanth members that so willingly helped with the duties at Sun City Swim. We all set up gazebos near the marking which went so smoothly, no queues no hold ups. The club also helped with the swimmers getting out of the water, taking off time-chips, barcodes and handing out of medals and spot prizes. The club won the trophy for having the most entries for a Masters club. We also won the prize money for having the 5 fastest Masters Swimmers. The club was paid for all the duties that were done. Well done and thank you to all swimmers and helpers. Great team-work!



The next weekend the SAMS Short Course Championships were held at the Wahoo Pool, hosted by Gauteng. New Coelacanth members and old supported the gala, great turn-out once again. SA Short Course Records were broken by Claire Rolt, Harald Ruck and Derek Fyfe. Well done!



Tshwane Inter-Regional Gala held on 12th November at Hillcrest Pool was well supported. Tshwane leading with 631 points and Gauteng close behind with 458 points. Clubs, Coelacanth 526 points and Wahoo a 335. 2nd leg takes place in Gauteng 2017.



The SAMS Winter Fitness Challenge was held during the month of August and Tshwane had a super turn-out at Hillcrest Pool on the 13th August. The Irene Homes swimmers were invited to join us, as they are our chosen charity. We all had such a great day, members, friends and family and lots of prospective members

Name of Charity	Irene Homes for the mentally disabled
Amount Collected	R5,760.00
Number of Participants	57
Total distance covered (Individuals)	120,375 Meters

We invited Irene Homes Swimmers to join us in our Winter Challenge at Hillcrest Pool. They thoroughly enjoyed their swims. Some had never been in a 50m warm pool on a sunny day and were very excited and a little nervous. One of the lady swimmers was determined to do her hour swim on her back. Sabine Verryn has offered to swim with her in the first event at Midmar. All the monies that we collect for Irene Homes, goes towards helping the Irene Homes swimmers with transport to their galas, kit, etc. Everyone all pulled out a lucky ticket and happily collected their prize. It was wonderful to share this day with Irene Homes, so that they could experience what we do for them each year.



Upcoming dates:

January 7th, 2017: 6 Hour Relay- 8h00am to 15h00pm- Hillcrest Pool. Pretoria Hosted by MEGA

February 15th, 2017: Tshwane LC Championships Long Distance 18h00 to 21h00

February 18th, 2017: Tshwane LC Championships Short Distance 12h00 to 16h00

TSHWANE MASTERS WOULD LIKE TO WISH EVERYONE AND THEIR FAMILIES, A VERY MERRY CHRISTMAS. ENJOY. KEEP SWIMMING AND TRAVEL SAFELY.

We have focused on our **Winter Challenge** for this edition to bring to the attention of all Masters Swimmers just how truly grateful the recipients of an unexpected financial windfall are and what it means to them. Well done to our team and well done to the rest of South Africa. Let's make this **BIG** in 2017. Below is a letter from Heidedal Swimming Club, explaining their plight and why they need all the help they can get.



HEIDEDAL SWIMMING CLUB
9643 GRASLAND
HEIDEDAL
9301

24 SEPTEMBER 2016

Dear Masters Swimmers

I cannot express my gratitude enough for your extreme generosity. Thank you for the cash donation amounting to R2300.00, the costumes, caps, towels, kicking boards etc. etc. All of this will be put to good use.

Herewith a little background as to what is happening in Heidedal:

Heidedal is a predominantly coloured area in Bloemfontein. The municipal pool is situated in Brookes Avenue – one of the “hot spots” in this area. Drug and alcohol abuse is a big problem. My aim is to get as many children as possible involved in swimming in order to get them off the streets and out of the clutches of the drug lords. I want to show them that another kind of life awaits if they are willing to work hard. Discipline is a problem, but this comes from the home environment. Poverty is a reality – very few parents work and many of these children are orphans (AIDS has claimed many lives). Most families live off social grants – and I am sure all of you know just where and how far that money goes. As a result, most of these children are neglected and their needs are great.

Some of these children are stars in the making and some of them are extremely challenging to work with. One of my potential starts is a 12 year old girl by the name of Alicia Geelbooi. Her mom is a drug addict and her father is absent. She is extremely talented and disciplined and given the right support, I do believe she can go very far. One of my 12-year-old boys worth mentioning is Bohlele Lynch – he is an orphan and stays with his grandfather who is inebriated more often than not. This boy has a talent for writing poetry. I bought him a collection of Ingrid Jonker's poems, hoping that it might inspire him. Semone van Wyk is a thirteen-year-old girl who wears clothes for a girl of 6-7 years of age. She and her siblings have been taken away from their mother who is an alcoholic. Their father was shot dead in front of them. I can go on and on.....I want to give these kids hope, I want to teach them to dream. In that way we can make a difference and hopefully point our country in the right direction.

Development and transformation are great ideas, but the reality and practicality are another story entirely. These children are eager, but their physical development is hampered due to insufficient nutrients in their diet. At the moment, our facility is out of commission due to lack of chemicals and a very old filtration system. All available funds are going towards the upgrading of the Stadium Swimming Pool – again - in order that it complies with international standards when Bloemfontein hosts the All Africa Games in October. As a result, I pile as many children as I can into my car and take them to a pool that is available and in working order. Many are left behind, but I can only do so much with what I have.

I would ideally like to have a minibus for transport for these children to various events and practise venues. I would also like to start a small hostel for some of them in order to get them way from their dismal home situations.

These are the realities and the dreams that I contend with every day.

I appreciate your kindness

Regards

TANYA



KZN MASTERS REGIONAL REPORT

Our regional SAMS short course Champs were held at the Gordon rd School pool on Saturday afternoon 15th October. Unfortunately quite a few of our usual swimmers were away so attendance numbers were down compared to previous years. But we still had 37 participants and lots of good swimming. 5 KZN Masters records were broken – 50-54 Julian Taylor (ECM)- 50m Breaststroke -35,68 : 60-64 Anthony Baker (HighwayM) -50m Breaststroke- 39,00 : 50-54 Julian Taylor (ECM)- 100M IM – 1:09,14 : 60-64 Richard Barker (Highway M)- 1:24,75 : 50-54 Julian Taylor (ECM) – 50m Backstroke – 32,10. Well done to you all!

KZN Masters November Gala is traditionally a Long Course gala and this year it was held on Sunday 13th November at the new Hillcrest CURRO HCA High School Campus- a 50m heated pool with very good facilities but unfortunately a bit exposed to the wind and Sunday 13th had an exceptionally chilly wind. We really had a bumper turnout of 45 registered Masters and 18 visitors many of whom train at this pool. Hopefully some of these visitors will join the new Aquazone Masters Club – part of the Aquazone Swim Club who are based at this pool. In spite of the wind a very successful gala took place and hopefully this venue might be used annually for this gala. Many thanks to all who helped with the starting, timekeeping, running etc etc. We would not be able to have coped without such willing helpers.

Our last gala of the year will be held on Saturday 10th December 13h00 for 13h30 start at Gordon Rd School pool in Morningside. This is usually a well-attended gala with plenty of festive spirit and good fellowship after the swimming. Other galas coming up are- 14th January 2017 - 13h00 for 13h30 Gordon Rd pool, 18th/19th February KZN Masters Long Course Champs –venue TBA. And just before Nationals 5th March- 9h30 for 10h00- at Gordon Rd pool.

On behalf of the KZN Masters Committee we would like to take this opportunity of wishing all SA Masters swimmers and their families a happy, safe and enjoyable holiday season and may the New Year bring much good swimming and hopefully many PBs.

**PHOTOS FROM THE KZN MASTERS NOVEMBER LONG COURSE GALA
AT THE CURRO HCA HIGH SCHOOL POOL IN HILLCREST 13th November 2016**



SAMS WINTER CHALLENGE 2016

Heart and Stroke Foundation members were with us for the whole morning - they set up their information table and tested swimmers' Blood Pressures and handed out pamphlets on healthy lifestyles to prevent strokes. The total amount of money raised for them was R5200-this will be used for one of the items on their Wish List. Our other Charity on the day was CROW –Centre for Rehabilitation of Wildlife and swimmers were asked to bring items from their Wish List- the 5 Wish List Boxes were really overflowing by the end of the morning.

All our swimmers and the visitors were very generous.



Region	KZN MASTERS SWIMMING
Venue	GLENWOOD PREP SCHOOL
Name of Charity	THE HEART & STROKE FOUNDATION OF SOUTH AFRICA + CROW (Centre for Rehabilitation of Wildlife)
Amount Collected	R5200.00
Number of Participants	84 (in relays) + 2 (individuals)
Total distance covered (Individuals)	5,6km
Total Distance Covered (Relay Teams)	89, 575 Km



SAMS WINTER CHALLENGE 2016

On Sunday 21st August our Winter Challenge was held at Glenwood Prep School pool. After a very wet and stormy night the weather cleared and all enjoyed the sunshine-a proper spring day. Three one hour sessions with 21 relay teams and 2 individuals swimming the one hour challenge saw a total of 89 kilometres being swum.-the same distance as the Comrades Marathon! Congratulations to all who participated, and THANK YOU for making the morning such a great success! The greatest distance of 5450kms in the allocated hour was swum by a team from Flying Fish Swim Squad. Well done Trevor du Plessis, Peter Lavett, Wim Kemper and Michiel Kemper.

Our chosen main Charity was 'The Heart and Stroke Foundation of South Africa' and it was a pleasure to welcome their team to the pool- they set up their information table and tested swimmers' Blood Pressures. Thank you for being with us. The total amount of money raised for them was R5200- this will be used for one of the items on their Wish List. Our other Charity on the day was CROW -Centre for Rehabilitation of Wildlife and swimmers were asked to bring items from their Wish List- the 5 Wish List Boxes were really overflowing by the end of the morning. Thank you all for your generosity -these items have gone to a very worthwhile cause and they were very grateful.

So a very BIG thank you goes to all of those who swam, as well as those who supplied 'Wish List items. Thank you to all the families who supported swimmers and did the lap counting, as well as the KZN Masters Committee who assisted with many different tasks during the morning. A big thank you also to Ann Gray, who obtained the basket of edible goodies and the Canopy Tour tickets as raffle prizes-Wolfgang Fechter won the basket and Sue Robinson and Bronwen Griffiths won the Canopy Tour Tickets,

What a wonderful morning in true Masters swimming tradition KZN Masters swimmers and their friends had... with plenty of FUN, FITNESS AND FELLOWSHIP prevailing.





Bev Shuttleworth. Her Story.

"Happy times, difficult times" We all have ups and downs in life and I have had my fair share of 'difficult times'. However I am so thankful to have had many more 'happy times' in my life. It's how we deal with the trying times that counts and I am so grateful that I have had my talent as a swimmer to help me through the tough times.

I was definitely 'born to swim' – my secret is I was born with two slightly webbed toes on both my feet!! A sign you may say that I was meant to be a breaststroke swimmer. My brothers used to tease me about my toes!

I started swimming in galas and represented Penguins Swimming Club in Pietermaritzburg when I was about 7yrs old and I never looked back. Swimming is in my blood, my father wasn't a swimmer but he was very involved in the admin side as he was the President of Pietermaritzburg Penguins Swimming Club for a number of years until his untimely death just before I wrote my matric examinations. My mother was my devoted and dedicated supporter. My 2 older brothers were also competent swimmers; they both represented Natal Schools in their youth.

During my years at Pietermaritzburg Girls' High School I represented and captained the GHS Swimming Team and I was chosen to represent Natal Schools and the Natal Senior Team at the SA Currie Cup Champs from 1960 to 1964. It was then that I met my close friends Owen, Joyce and Merle van Renen and Daffy Morrison who were also on the Natal team, some 50yrs ago, and we delight in meeting up with each other annually at the South African Masters Swimming Championships. I actually gave up swimming at the end of my Matric Year as I thought that my swimming days were over as there wasn't anything else to train for.



Merle Owen Joyce Alan Myself



Dianne



Myself and Alan

However that was not to be, I was introduced to Masters swimming some 25 yrs. after giving up competitive swimming. In about 1987, which was the 3rd SA Masters Swimming Championships I was persuaded by SA Champion swimmer Dianne Foster (nee Ludorf) to start competing again. Diane was my role model, I was intrigued by all the medals she won at SA Masters. That year I competed in the 35 to 39 yr. age group and when I broke the 50m and 100m Breaststroke Records at my first SA Masters Champs the 'bug had bitten'. I have competed in about 26 SA Masters Swimming Championships ever since. I have been lucky to keep ahead of the really good Masters swimmers in each age group so have held numerous KZN Masters Records and some SA Masters records mainly in the in the 50m,100m, 200m Breaststroke events and in the long distance Freestyle Events.

One of the highlights of my Masters Swimming career was having the opportunity to compete in 3 World Masters Events , 1 in Munich (Germany)and 2 in Riccione (Italy)where my best achievement was a 4th and a 5th place

Masters swimming really lives up to its motto "fun, fitness and friendship" I have met so many wonderful friends and together we have shared wonderful memories and have had lots of fun together at training, at galas and travelling together. One of the highlights was going on a "Swim Trek "adventure in Turkey with 5 close friends. This was a holiday of a lifetime where we enjoyed a week of swimming from island to island in the Mediterranean.



Bev cont.

To say that I love swimming is to put it mildly. My passion for swimming led me to study to become a Physical Education and also Geography teacher and after graduating from the Natal Teachers Training College in PMB I taught for 3 yrs. at a Primary school in PMB before moving back to my old high school, PMB GHS, where I taught Phys Ed and Geography for 36 yrs. My main focus was on coaching a most successful PMB GHS Swimming team who succeeded in winning the local Inter-Schools Swimming Gala each year coaching a most successful PMB GHS Swimming team who succeeded in winning the local Inter-Schools Swimming Gala each year during my 36 years of coaching the team. I was honoured when the school Head decided to name PMB GHS swimming Pool the “Bev Shuttleworth Pool “when I retired in 2012. I also enjoyed coaching the GHS 1st Netball Team and the Junior Basketball Teams.

After retiring from PMB GHS I was lucky to have been offered a wonderful opportunity to continue with my passion by coaching swimming and basketball at St John’s Primary School in PMB where I am at present.

Life isn’t always easy and two events in my life rocked my world and it took time to rebuild my confidence. The sudden and tragic loss of our precious 7yr son Warren in 1989 was shattering and it was hard to stay upbeat. ‘This was a difficult time to put it mildly’. However with the support of my wonderful and caring husband Clive and 2 other wonderful sons Andrew and Tony we as a family were able to rebuild our lives. Then many years later I discovered I had a serious heart problem and had to have heart by –pass surgery just before the SA Masters in Sasolburg in 2008. I thought my competitive swimming days were over. My ability to swim competitively was shaken by my heart condition. I found myself in unfamiliar territory and it knocked my self-confidence. However I was more determined not to be defeated by my heart condition. I didn’t want to give up competitive swimming so I slowly learnt to pace myself. I realise I can’t swim as well or as fast as I used to but I am so grateful that I can still compete again although tentatively at times. I find Open Water swimming which is also my passion less stressful than competitive pool swimming. I have been lucky to have had the opportunity to compete in 34 Midmar Mile swims, 23 Capital K Swims and many Dolphin Mile swims as well as the Cape Mile.

My passion and love of swimming has been passed on to my son Tony who was also a very competent swimmer at Maritzburg College and at Stellenbosch University where he represented Natal Schools and Western Province. He too had many years coaching at the Penguins Swimming Club and at Hilton College where he is the Deputy Head as Director of Sport at present.

Unfortunately he is so busy that he has been unable to spend more time concentrating on his own swimming but he has swum in a few SA Masters Championships and holds some SA Masters Records. The next generation, our 4 grandchildren have already made their mark as competent swimmers and also do well in the breaststroke events. I am looking forward to following their ‘swimming journey’.



My advice to anyone who has had a heart attack or has a heart condition is not to think that it’s the end of your world. Life can continue on normally afterwards as long as you eat healthy, keep a healthy weight and exercise to keep fit especially by swimming!
I will be moving up to the 70-74 yr. age group category next yr. and hopefully I will be able to keep competing for many years to come. My aim is to “take each length and each stroke one pull at a time until I reach the end”

Greetings to all from East London / Buffalo city and I am sure just like all of our swimmers we are looking forward to the rest of the swimming season now that Summer is here.

Our Winter challenge has finished and to try and encourage our members to get back into the water we managed to book the local Selbourne School indoor pool on Saturday 20th August, this was well attended and even knowing the difficult financial situation, Amakhosi managed to raise R 2 440.00, apart from our Saturday get together, many of our members used the month of August to participate in various other gym pools to take up the winter challenge

Some of our daring master swimmers also took part in the Radio Algoa Spring swim, held at the Nahoon Beach on a very fresh 1st September at 6h30am, so I guess we can now say the season has officially started

Amakhosi's second National Newsletter was sent out in September, with our next one due in the month of December. Progress on the National Gala is starting to speed up and so far our committee is working towards a Nationals that will be "Turning moments into memories"

We look forward to seeing you all next year from the 15th to the 19th March 2017.

Regards

Kerry Skidmore

AMAKHOSI PRESIDENT



My SAMS Amakhosi Winter Challenge

Its winter we all cried – it's too cold! – How are we possibly going to get into the water and swim for an hour!

So on the 20th of August, the Amakhosi committee kindly supplied us with a nice warm swimming pool and a few friendly faces armed with stop watch watches and pens. The venue was announced as the Selborne primary swimming pool and the water was a balmy 27 degrees.

We were invited to come along, regardless of our swimming skills, and to bring any like-minded buddy's.

Well when they put it that way – it actually sounded like fun. And it was so much fun, seeing swimming friends that we hadn't seen all winter, and getting the feel for the water again.

Thank you Amakhosi committee for a really fun Winter Challenge – and all for charity. Win – win 😊

A now motivated Amakhosi swimmer.

Region/Club	Amakhosi Masters Swimming Club
Venue	Various venues around east London
Name of Charity	Choc
Amount Collected	R2440
Number of Participants	22
Total distance covered (Individuals)	30300
Total Distance Covered (Relay Teams)	5250m



Western Province Masters section of Short Course Champs was held at Coetzenburg Indoor Swimming Pool in Stellenbosch on Sunday 23rd October. There were 47 participants and between them 21 South African records broken and 24 Western Province records. Herewith are the records broken.

EVENT	AGEGROUP	NAME	RECORD/S	TIME
W 200m IM	30-34	Tarryn Stanford	SA/WP	2:32.62
W 200m IM	60-64	Therese Sharkey	SA/WP	3:13.08
M 200m IM	60-64	Tim Shead	SA/WP	2:32.18
M 200m IM	75-79	Dave McLachlan	SA/WP	3:42.11
W 400m Free	30-34	Tarryn Stanford	SA/WP	4:49.51
W 400m Free	55-59	Cecelia Stanford	SA/WP	5:01.20
W 400m Free	90-94	Kascha Kloos	SA/WP	12:52.83
M 400m Free	60-64	Izak Spies	WP	5:05.54
M 400m Free	60-64	Paul Stevenson	WP	5:06.35
W 50m Breast	75-79	Santa van Jaarsveld	SA/WP	54.49
W 100m Back	30-34	Tarryn Stanford	SA/WP	1:10.58
W 100m Back	55-59	Cecelia Stanford	SA/WP	1:17.84
W 100m Back	60-64	Di Coetzee	SA/WP	1:16.57
W 100m Back	90-94	Kascha Kloos	SA/WP	3:11.81
M 100m Back	60-64	Tim Shead	SA/WP	1:11.10
M 100m Back	60-64	Mike Winfield	SA/WP	1:14.18
W 50m Free	75-79	Santa van Jaarsveld	WP	44.16
M 50m Free	60-64	Paul Stevenson	WP	28.32
M 50m Free	60-65	Andre Roothman	WP	28.84
W 200m Breast	90-94	Kascha Kloos	SA/WP	8:24.97
M 200m Breast	60-64	Tim Shead	SA/WP	2:53.28
W 100m IM	60-64	Di Coetzee	SA/WP	1:24.18
W 50m Fly	55-59	Cecelia Stanford	SA/WP	34.12
W 50m Fly	65-69	Sanderina Kruger	SA/WP	38.99
M 50m Fly	75-79	Dave McLachlan	SA/WP	44.38
W 50m Back	40-44	Perry Cadiz	WP	34.19
M 50m Back	60-64	Tim Shead	SA/WP	33.47
M 50m Back	60-64	Mike Winfield	SA/WP	33.83
W 200m Free	55-59	Cecelia Stanford	SA/WP	2:24.94

There were 47 participants and between them 21 South African records broken and 24 Western Province records. Herewith are the records broken. Three of our very successful record breakers.



Cecelia Stanford



David McLachlan



Tarryn Stanford

WPM are hosting the following galas for the rest of the season:

EVENT	DATE	VENUE
Winelands Long Course	22 nd January 2017	Paarl
WP Champs	14 th February 2017	Bellville
WP Champs	21 st February 2017	Newlands
WP Champs	26 th February 2017	Stellenbosch
Last gala Short Course	1 st April 2017	Fairmont High School

See you all in 2017.

Welcome to BUDAPEST 2017



Two very important websites that everyone should diarise. They are full of information and really add to the excitement of the upcoming World Masters.

<https://www.fina.org/content/17th-fina-world-championships>

<https://www.facebook.com/budapest2017masters>

The schedule

BUDAPEST 2017		Fina WORLD MASTERS CHAMPIONSHIPS		WATER. WONDER. WELCOME.																
		AUGUST																		
		7	8	9	10	11	12	13	14	15	16	17	18	19	20					
★ CEREMONIES		★															★			
🏊 DIVING		●	●	●	●	●	●	●												
🏊 SYNCHRONISED SWIMMING		●	●	●	●	●	●	●												
🏊 WATERPOLO		●	●	●	●	●	●	●												
🏊 SWIMMING										●	●	●	●	●	●	●	●			
🏊 OPEN WATER SWIMMING					●	●	●													

★ CEREMONIES ● EVENTS ● FINALS



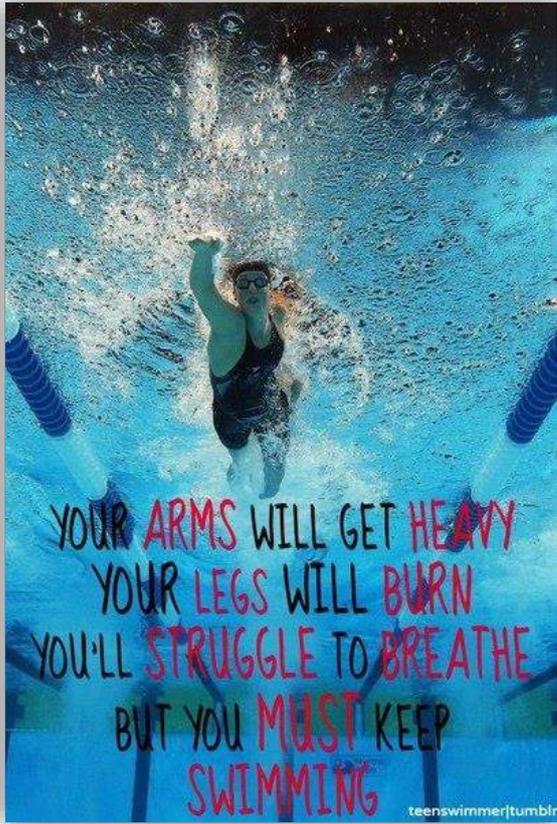
The Dagály Swimming Complex is built on the campus of the Dagály Pool, more specifically on the north side of it. As per the FINA executive decision in 2015, March, Hungary will host the swimming, water polo, diving, synchronized swimming and open water World Championships in 2017. To stage the World Championships Hungary committed to build a state of the art water sport complex,

meeting the expectations of the XXI century, the Dagály Swimming Complex. The Dagály Swimming Complex is built on the campus of the Dagály Pool, more specifically on the north side of it.

Registrations and accreditations are open January 2017

'The Last Word'

Some motivational quotes to get you and keep you going.



So till next time, whenever, wherever

2017 Here we come!

