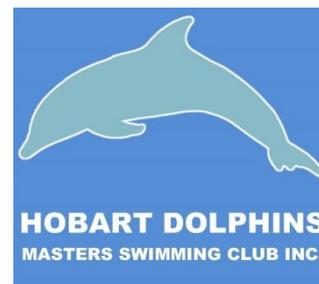


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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May, 2022

Time to think about Bunbury Swims!

Hi everyone,

OK! This is a mammoth newsletter this time, so top up your drink and sit back and enjoy! Thanks to lots of contributors, there is some fantastic reading ahead.

Thanks to Annaliese, Di, Katherine, Fiona Redgrove, David Wightman, and Megan! I had planned to write a little piece myself this time, but there has been so many contributions this time, I will save my thoughts for next time.

Birthdays for May are: Beth and Steve. We wish you both a very happy birthday, and we hope you can join us for Breakfast this Saturday at Spencers after training.

If you are interested in having a Club jacket for winter, Megan has provided details about how to purchase one. (Thanks).

Well, Ill leave you in peace now, hope you enjoy.

Love and kisses

Me

In this Dolphin-News

- From the President
- Message from Di
- Bunbury Swims
- Report on Summers
- OW Swims report
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Training times and venues

Saturdays, 8-00am at Clarence pool, cost \$7-50, and coffee afterwards at Eastlands, all welcome.

Sundays, 3-30 to 4-30 at Clarence, cost \$7-50, all welcome.

Upcoming events

- Committee Meeting 21 May
- Bunbury Swims
- SCLD Championships

From the Presidential Suite

Hello lovely Dolphins,

I don't know about you, but I am still on a high from early April. It's been a whole month but I'm still excited about our win at the Summer Long Course Championships. To also win the New Norfolk Trophy was a shock and delight all in one.

It was a wonderful weekend spent together and thanks must be given to everyone who helped with the organisation of the relays, organisation and assistance at the presentation function, Saturday night dinner and timekeeping. Thanks also to Fi Ziegler who kept our spirits and energy levels high with our lolly packs. They were instrumental in my recovery between races!

Many people overcame obstacles that weekend to just get to the meet and I thank everyone for all their efforts just to turn up. Covid definitely made it difficult. You are a tough bunch!

We also had a great club turn out to the Technical Officers course before the championships. Katherine, David, Kathy and myself attended (out of 10 people) and hopefully have all been signed off as qualified timekeepers. We were all able to practice our skills and assist over the weekend. This course will come along again and I recommend it if you have time to go. It gave an insight to how our events run and what they need to be run and helped to clarify particular details of timekeeping. Ray certainly appreciated our timekeeping assistance. I think it was the first Championship that I have been to where I didn't over the speaker "we need timekeepers please".

Another fine effort last month, only weeks after the Championships was from Elisa at the 2022 Nationals in Sydney. She graced the podium 4 times and won gold in the 200, 400 and 800 Freestyle and Bronze in the 50m Fly. Our young Dolphin also got a branch record in the 25m Fly. Congratulations!

So, after looking back over this month and seeing the effort and involvement that went into the Championships, the time spent behind the scenes keeping everything moving along and keeping us motivated, healthy and informed, the organisation of challenges and social events, I can genuinely say that you are a marvellous bunch of individuals that make this club a fabulous place to be.

xxx

Annaliese xxx

Message from Di

Hi all, I just wanted to write a quick note to thank everyone for all the messages of love and support I have received over the past few months; not to mention the cards, flowers, visitors, and of course copious amounts of coffee and chocolate. I am truly grateful to be part of such a supportive and caring group of people. After almost 10 weeks in various medical institutions, I am now home sleeping in my own bed and able to feel the sun on my skin again. There are still a few hurdles to jump but I hope to be visiting pool deck, albeit not quite in the pool, sooner rather than later.

Seems like the club has been booming in my absence thanks to the many club members who have stepped in and helped out where needed. Of course, the results at Summers were fantastic and a real testament to 'team spirit'. For those that don't feel like competing is for them at the moment, I am sure there have been lots of personal successes to celebrate.

Look forward to catching up soon!

Di



ARE YOU UP FOR A CHALLENGE?

Guarantee there are no critters involved!

2022 BUNBURY Masters Swim Club

3x400 POSTAL SWIM

If you are not a regular endurance swimmer, this Postal swim may be the motivation you need to improve your fitness and/or swimming skills- with a little more to aim for than just doing laps.

Complete 3 X 400M swims in 3 different strokes and enter the best time. There will be some scope to do the swims during training sessions.

Certificates to all participants with medals (both male and female) to the most improved swimmers, the fastest overall swimmers, and the fastest senior swimmers.

Entry Fee: \$12 & payable to the Club. Swim times to be submitted to the Club Recorder- Katherine Daft

Please see On Deck Coaches if you are interested in participating.

Starts 1st May. Ends 30th June 2022

*A fabulous mixture of friends
makes the texture of life
deeper and richer.*

Unknown

Club Reporter Report

MSTAS 38TH SUMMER LC CHAMPIONSHIPS: 2-3RD APRIL 2022

CONGRATULATIONS!! The DOLPHINS MASTERS Swim Club took out both the 2022 Tasmanian Long Course Championship Shield with the highest total points of 1400 and the New Norfolk Trophy with the highest average points per swimmer- a great win having only won twice in the past 40 years by the Club- 1992 and 2014!

A total of 99 Masters swimmers (98 swum) competed in the Event hosted by MST at the Doone Kennedy Hobart Aquatic Centre. 13 Clubs participated, including from interstate -VPP and VMV and overseas -NZ) were represented.

Team Dolphins was well represented with 16 Females and 9 Males. Total of 25. Congratulations to everyone who swam and to those who entered the maximum number of swims. This contributes hugely to the overall points together with maximum relay teams. A huge thanks to Steve and Megan for coordinating and juggling the relay teams around!

New members, Cedric Hodges and Amanda Duggan were a most welcome addition to the Team. Cedric competing in his first Masters meet won Gold in his age group (30-34 Y) and Amanda awarded Female Swimmer of the Meet with the highest number of FINA points

Thank You to the Timekeepers on deck throughout the Meet- James Graham & Mary Cousins. Congratulations to members- Kathryn Osborn, Annaliese Cousins, Katherine Daft and David Wightman on completing their technical official training in Timekeeping.

Thank You to Pete Smith, for keeping our President, Di Gregory up to speed throughout the competition and being Club photographer. Thanks to SwimPhone, Di was up to date with swim times/results.

FINAL CLUB SCORES: Hobart DOLPHINS: Winner of the LC Championship shield with 1400 points, closely followed by Hobart Aquatic ORCAS with 1354, Launceston Lemmings with 636, Talays 389, and Huonville 320.

Congratulations to Club member, Amanda Duggan awarded Female SWIMMER of the MEET.

WORLD RECORD: Brent Foster (55-59 Y) from Mt Roskill Masters in Auckland NZ, broke the WR in the 400M IM by over 4 secs (record from 2013) his first ever WR.

NATIONAL RECORDS to John Cocks of VMV 85-89 Y 100BK: 1:46.94 previously held by the late Rod Baker in 2013.

Graeme Armstrong (70-74 Y) from VPP broke 3 National Records 50,100 &200M BK.

NEW STATE RECORDS

- Amanda Duggan 60-64 Y: 50M FR 33.56, 100M FR 1:13.17, 200M FR 2:35.85, 400M FR 5:24.30
- Kathryn Osborn 60-64 Y: 50M BR 43.92, 100M BR 1:35.37, 200M BR 3:32.46, 200M IM 3:19.75
- Fiona Ziegeler 60-64 Y: 400M IM 7:15.66
- Fiona Redgrove 65-69 Y: 200M BK 3:47.81, 200M BR 4:00.89
- Megan Stronach 70-74 Y: 50M FLY 48.65, 200M IM 3:50.99
- Anne Speed 85-89 Y: 100M BK 3:21.28

NEW STATE RELAY RECORDS

- 4x50M MIXED MEDLEY 240+: Kathryn Osborn, Allan Nichols, Auro Almeida, Amanda Duggan in 2:31.17
- 4x50M WOMEN MEDLEY 280+: Anne Speed, Fiona Redgrove, Fiona Ziegeler, Megan Stronach in 3:47.40.
This record was previously held by Hobart Aquatic Orcas in 2016 with the time of 3:57.32

CLUB MEDAL WINNERS

WOMEN: Elisa Mc Millan 25-29Y GOLD, Claudia Lopez 30-34Y SILVER, Georgie Palmer 40-44Y BRONZE, Annaliese Cousins 45-49Y GOLD with Michelle Sampson SILVER, Kathryn Osborn 60-64Y GOLD with Amanda Duggan SILVER and Fiona Ziegeler BRONZE, Fiona Redgrove 65-69Y GOLD, Megan Stronach 70-74Y GOLD, Anne Speed 85-89Y GOLD

MEN: Cedric Hodges 30-34Y GOLD, David Wightman 45-49Y SILVER, Steve Richards 55-59Y SILVER, Auro Almeida 60-64Y GOLD, Allan Nichols 65-69Y GOLD with Peter Tucker SILVER and Duncan Hall BRONZE

CLUB RECORDS

New benchmark Club records were set by Cedric Hodges 30-34Y in 50BK and 50M FLY and Claudia Lopez 30-34Y in 100,200M Fly and 400IM

Daughter Annaliese 45-49Y broke another Club record set by Mum, Mary in the 50M FR 37.01, old record 37.57

Previous Club records set by Tina Smit and Justine Bamford in the 1990's were broken by sisters Megan 70-74Y and Fiona 65-69Y with two records each in their respective age groups.

The highly contested Women's age group of 60-64 Y saw many times set only to be reset! Kathryn Osborn and Amanda Duggan set new Club records at the recent Huon Valley Medal Meet only to reset those same record again at the LC Met. Times set at the recent HVMasters Medal meet were reset at the LC Meet.

Evergreen swimmer Anne Speed 85-89 Y, broke her own record in the 100M BK with 3:21.28

Duncan Hall 65-69Y broke old Club records set by Les Young in the 50M& 100M FR in the early 1990's only to have Allan Nichols follow and reset the records again!

Further details of swim times including Branch and National Records can be found on the National website at the results/records portal:

<http://portal.msarc.org.au/index2.php>

A full set of Club Records including details of new records set this year will be posted to the Club page on the Tasmanian Branch site at a later date.

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/dolphins-club-records/>

Katherine Daft

RECORDER April 2022

Open Water Swims Report

After a month of feverish swimming in the open water, we can report plenty of activity in the 2022 Dolphins Open Water Winter Challenge.

Fiona Z and Allan have completed their 32 klm lap of Magnetic Island and are kicking back on the beach near the Arcadia pub with a tropical cocktail. Well-deserved they claim. Hot on their heels though, is a pack consisting of Pia, Beth, James, Mark and Weedies member Tony Forman (and a few others) who are making their way down the western side of the island whilst running the gauntlet with the local creatures – all with big teeth. Fiona R came close to the real thing recently during a jaunt to steamy Agnes Waters.



As Beth says 'the funny thing is the more I do, the more I feel I want to do. But then life gets in the way sometimes'. Although he also gets hampered by 'a bit of life' at times, James is otherwise untroubled, aided by his beautiful Blue 70 Fusion wetsuit. James and Pia both report that the biggest challenge they have faced so far is getting changed in the BB carpark. Fortunately, says James, 'that nasty woman hasn't been back to sneak a look at my beautiful body'. Enough said!!



Joe, Auro and Megan decided to head straight for Bass Strait (97klm) and while Megan is about halfway there, we think Joe and Auro are hoodwinking us and are likely to veer north towards the Adriatic Sea (162klm). As the Italians say, 'Sei sempre in mezzo come il prezzemolo'. Right Auro?

Creatures we have seen have been few and far between – just the odd seal, stingray and this little fellow (left).



Club Calendar

MAY

The Dolphins Open Water Swim Challenge 2022- NOW till 13th August

Wednesday 4th : MST Special General Meeting via Zoom

Bunbury Stingers Postal Swims: May and June.

Saturday 14th : Club Committee Meeting at Rosny Library. All members welcome.

JUNE

Saturday 4th: SCLD Championships at Launceston Aquatic Centre. Entries CLOSE 27th May.

AUGUST

Saturday 20th- Sunday 21st : MST Winter SC Championships at Launceston Aquatic Centre

2023

APRIL 18-22nd: MSA National Championships-HOBART

The New Norfolk Trophy

This year the Dolphins walked away from the Summer Championships with two trophies – the overall Club Trophy for the highest aggregate points tally, and also the New Norfolk Trophy – so what's that and how did we win that too?

Back in the 1980's Megan (Stronach) and Fiona (Redgrove) were part of a group of New Norfolk locals who set up the New Norfolk Whales – a new Masters Swimming Club in the Valley of Love. It was a small, but powerful team of ex-NN swimmers, and while it grew in numbers over the years, it was never going to rival the numbers of swimmers within the major city teams.

Megan and Fiona's father, Rex Traill, a former Swimming Tasmania and Masters Swimming official for many years, could see that this NN team was never going to win the Club Trophy, simply because it would always be outnumbered by Hobart, Launceston or Devonport teams. He wanted there to be a way for teams to be recognised for quality of performance, rather than simply for an aggregate of total points. So was born the New Norfolk Trophy.

It is awarded to the club with the highest average points. It is determined by the total points of a club at the Long Course Championships, divided by the number of registered members at the end of the previous year. So, it reflects the strength and quality of the team, regardless of its size. While this trophy often favours smaller clubs, it is testament to the excellence of the Dolphins team that we were able to achieve the double this year – we not only had the numbers, but we also had the quality!!! Well done team!

Fiona Redgrove.

Photo Gallery



Hobart Dolphins Member Profile, David Wightman

How long have you been swimming with the Hobart Dolphins?

Since summer 2019. I learned to swim late - at 10 or 11 years old. It wasn't until my mum started working at Windmill Hill Pool in Launceston in Grade 10 that I started lap swimming to try and make the school team. I qualified 8th in the 50m free and made the Riverside High School Div 2 relay team - I was thrilled! (Ironically my mum who worked as a receptionist at the pool, couldn't swim - and still can't). Thanks to Bill Cohen for continuously pestering me to join the Hobart Dolphins!

What do you like about swimming?

That you can still improve your technique and times in your 40's (or at any age!).

What do you NOT like in training?

Backstroke - I still feel like I'm drowning.

Favourite stroke?

Freestyle (ok at breaststroke, rubbish at the other strokes).

Most memorable swim?

2021 LCLD 1500m at Hobart Aquatic. I realised when Di didn't blow the whistle (for 100m to go) that I had 200m to go and not 100m. Megan was turning the lap counter at the other end, but I wasn't watching! In the same heat the year before I finished last and there was no one in the pool when I finished - I was still happy with that swim.

What book are you reading at the moment?

The Resilience Project by Hugh van Cuylenberg. I am much more likely to listen to audiobooks than read these days.

Favourite book ever read?

Narrow Road to the Deep North by Richard Flanagan.

Favourite movie?

It's hard to pick just one butIn the Name of the Father with Daniel Day-Lewis, Pete Postlethwaite and Emma Thompson

What other hobbies/interests do you have?

I umpire cricket in the summer and footy in the winter.

Where would you like to go for a once in a lifetime holiday?

The UK, Iceland, Canada.... Anywhere sounds good at the moment.

What do you do for fun?

Watch my kids enjoying playing sport.

Can you think of one thing in your life that is particularly special to you, that you would like to share with us?

I was very unwell in my mid-20's. I'd just started my first proper job as an engineer and I found out my kidneys were failing - and probably had been for many years. I started dialysis the next day. I received a kidney transplant from my mum in 1999. My kidney is now in its 80's, as is my mum, and both are going well. Being an organ donor takes one minute - check out the link! <https://www.donatelife.gov.au/>

Dolphins Jackets

Did you know that we have a club jacket? The supplier of these garments is **ID CLOTHING** 103 Albert Road, Moonah.

You can pop in there anytime and find your size – they will then import one just for you and embroider our logo (takes about two weeks). You can choose from:



1. J307 Geneva Jacket:

Modelled here (left) by Allan. The jacket consists of 100% breathable Polyester (outer) with bonded contrast (teale-coloured) textured micro-ribbed fleece (inner). It features a stand-up collar with soft chin guard.

Lovely Allan, and so comfy and warm!!

Price: \$71 ex GST but includes the logo embroidery.

2. 3LJ JB Podium Wear Jacket: (on right between Auro and Steve)

- 100% polyester mechanic stretch fabric bonded with microfleece
- 3-layer Softshell fabric 245gsm
- Waterproof rating 10,000mm and breathability rating 800mm
- Front slant pockets with reversed opening for better water repellency
- Adjustable sleeve opening
- Interchangeable zip puller 3CZP (sold separately)
- Slim fit

Price: \$71.50 ex GST but includes the logo embroidery.

