

Hobart Dolphins - News

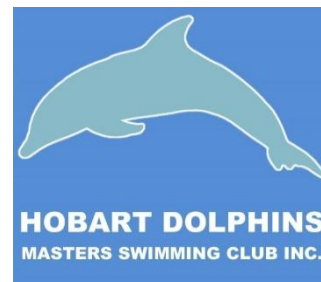
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

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

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



April 2026

Simply.... What a team

(see inside for details)



In this Dolphin-News

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Congratulation on an awesome performance in the New Zealand Ironman Triathlon event Darryl!



April's social event



BBQ Breakfast

Clarence Pool, 11th April after training.

Please Note:
Clarence Aquatic Centre
Easter Opening Times

Centre Closures

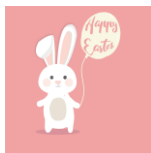
Centre Closures will be posted two to four weeks preceding their specified dates.

Easter Weekend Opening Hours

Date:	Open From:
Friday, 3rd Apr	CLOSED
Saturday, 4th Apr	8:00am - 4:00pm
Sunday, 5th Apr	10:00am - 3:00pm
Monday, 6th Apr	11:00am - 2:30pm

We will resume regular operations on Tuesday, 7th April.

Happy



Easter

APRIL Calendar

Thursday 2nd April 6.30 pm Clarence Pool

No Open Water swim – Good Friday

Saturday 4th April 8.00 am Clarence Pool

Sunday 5th April 10.00 am Clarence Pool (followed by  yum!)

Wednesday 8th Apr ?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 9th Apr 6.30 pm Clarence Pool

Friday 10th Apr 8.30 am Open Water Swim - Bellerive Beach

Saturday 11th Apr 8.00 am Clarence Pool

Followed by BBQ Breakfast at the pool

Sunday 12th Apr 10.00 am Clarence Pool

Wednesday 15th Apr ?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 16th Apr 6.30 pm Clarence Pool

Friday 17th April 8.30 am Open Water Swim - Bellerive Beach

Saturday 18th Apr 8.00 am Clarence Pool

Sunday 19th Apr 10.00 am Clarence Pool

Wednesday 22nd Apr ?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 23rd Apr 6.30 pm Clarence Pool

Friday 24th Apr 8.30 am Open Water Swim - Bellerive Beach

Saturday 25th Apr 8.00 am Clarence Pool

Sunday 26th Apr 10.00 am Clarence Pool

Wednesday 29th Apr ?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 30th Apr 6.30 pm Clarence Pool

From the Presidential Suite

Dearest Pod,



As we head into April, I think we can look back on March and feel that warm and fuzzy feeling of accomplishment and friendship. What a month it has been!

The Long Course Summer Championships on the weekend of the 14th and 15 March were a great success and our club won the Championship Trophy, with the highest points scored in the competition. It's a numbers game for this trophy and out of the 10 clubs and 83 competitors, we had 26 Dolphins enter the competition. So, everyone that participated contributed to this success. There were Dolphin caps everywhere, which was great to see. Thanks to Megan for organising our new blue sun caps, which were a hit. We did look dapper!

There were so many accomplishments over the weekend, but I'd like to highlight some particularly special ones:

- Lana, Anthony and Lorna competed in the Championships for the first time.
- Fiona Ziegeler got a Tasmanian Individual Record for the 400m Individual Medley
- Fiona Redgrove got a Tasmanian Individual Record for the 200m Breaststroke.
- Our Women's 4x50m Freestyle (280+) consisting of Pia Peterson, Sue Muir, Beth Mulligan & Megan Stronach got a Tasmanian Relay Record.

Congratulations also to those who placed, first, second and third in their age groups:

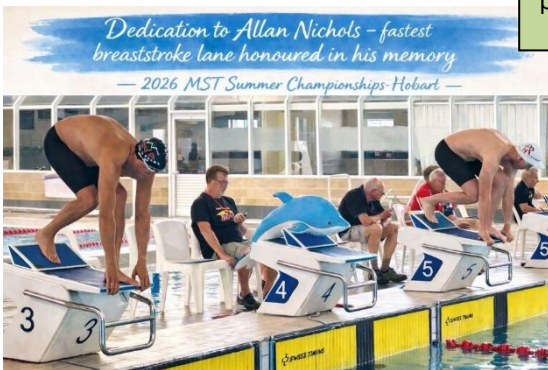
- Gold: Elisa, Fiona Z, Fiona R, Phil, Auro, Annaliese
- Silver: Lana, Lorna, Liesl, Megan, David, Steve
- Bronze: Michelle, Pia, Mary

To view the results of the weekend, you can click on the link below:

<https://mastersswimmingtasmania.com.au/2026/03/16/2026-summer-championships-report/>

We were also very grateful to be able to pay tribute to our mate Allan, at the champs. Lane 4 of the last heat of the 100m Breaststroke, Allan's signature race, was left vacant and our Dolphin mascot was placed on the block in his honour. It was a moment that showed what a great community we have in Masters Swimming, with our fellow clubs embracing this with us all and Allan's family.

Our Dolphin watched on from the Lane 4 block, as Al's teammates stood poolside and honoured his legacy, applauding throughout the race



I would like to also take a moment to thank all those working hard behind the scenes, to help make this event a success. In case you did not know how it all comes together, here's a quick rundown about who did what for this event. Di was the mastermind behind our relays, Katherine organised the delicious catering for the lunch, Megan and Ken set up the lunch venue and Steve stepped in as a technical officer. We must not forget Fiona Z who supplied us with our much-appreciated energy supplements, aka lolly packs and Annie who organised our lovely Saturday night

dinner. Thanks also to all our supporters who came to time keep and cheer us on – Amanda, Siska, Gary, Emma and Jenny. I really hope I haven't missed anyone.

On top of all that weekend success, we also won the Oceans Treble Trophy and credit must go to Auro for his endless efforts in the organisation, motivation and promotion of the Ocean Swims. I must say, it was pretty cool to be standing up there with 2 trophies at the presentation.

We are all in awe of Daryl who came 3rd in his age group in the Ironman in Taupo, NZ and Jayde who came first in her age group for the 2km ocean swim at the Australian Surf Life Saving Championships at Kirra Beach, QLD. Well done!

So now that we are all in recovery mode after such an exciting month, I will leave you to enjoy your easter eggs and chocolate bunnies and ponder on something that I feel just sums up what our club is doing so well at the moment.

"The secret to any success, whatever that means for you, starts with just simply turning up"

Take care and see you poolside.

Annaliese 😊

From our recorder, Leisl

Summer Championships Success



The Dolphins shone at the recent Summer Championships, with a string of outstanding performances and an impressive haul of new records.

☀️ State Records

New state records were set by:

- **Fiona Ziegler** in the **400m Individual Medley**
- **Fiona Redgrove** in the **200m Breaststroke**
- The **280–319 4 × 50m Freestyle Relay** team — **Pia Peterson, Sue Muir, Beth Mulligan and Megan Stronach**



New Club Records

Our swimmers continued their strong form with multiple new club records:

- **Beth Mulligan** – 200m & 400m Freestyle
- **Fiona Redgrove** – 50m, 100m & 200m Breaststroke
- **Fiona Ziegler** – 100m Butterfly, 200m Backstroke & 400m IM
- **Leisl Wylie** – 200m & 400m Freestyle
- **Mark Van Ommen** – 100m Backstroke
- **Steve Richards** – 100m Butterfly
- **Phil Venables** – 200m Freestyle
- **David Wightman** – 50m Breaststroke
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First-Time Racing Highlights

Well done Lana, Lorna and Anthony – our first time competitors! Each delivered incredible first-time racing performances, earning age-group medals and showing great enormous promise for future meets.

Dolphins Training times and venues

SATURDAYS 8-00am at Clarence pool, cost \$10 using Club 10-pass card, purchased from Pia.

SUNDAYS, 10:00am at Clarence, cost \$10, also with Club 10-pass card, all welcome.

WEDNESDAYS –early morning open water swims – Bellerive Beach (Check What'sApp for starting time and venue)

THURSDAYS 6.30 – 7.30 pm at Clarence pool (general admission fees apply)

FRIDAYS early morning open water swim – Bellerive Beach (Check What'sApp for starting time and venue)

NOTE: Many swimmers arrange additional swimming times with other club members at Sandy Bay, Lauderdale, Friends Health and Fitness, or Clarence Pool during the week. If you are looking for someone to train with outside these designated club times, ask one of the coaches about other "non-official" options.

REMEMBER: Please arrive in time to have your Pass Card clipped by the committee member on duty. Also – come early on Saturdays so you have time to stretch and warm up!



Just how good are these hats!!!

Don't miss out – get your order in now to Pia for a club cap



Coaches Corner:

GOALS! GOALS! GOALS!

Setting goals isn't just for elite athletes—it's one of the most effective ways for Masters swimmers to stay motivated, improve performance, and enjoy the journey. Whether you're chasing a podium finish or simply looking to feel stronger and more confident in the water, the right goals can make all the difference.

So, what kind of goals should you set?

Process goals are a great place to start. These focus on the small, daily habits that build success over time—refining your stroke, committing to regular training, or improving your turns. The beauty of process goals is that they're completely within your control. Every session becomes a win as you build consistency and confidence.

Outcome goals, on the other hand, give you something exciting to aim for. These are your big-picture targets—achieving a personal best, hitting a specific time, or placing in your age group. They provide direction and motivation, particularly as competition approaches, but can be influenced by factors outside your control.

That's why combining both types is so effective. Process goals keep you progressing day to day, while outcome goals give you something to strive for.

To tie it all together, consider using **SMART** goals:

- **Specific** – clearly define your goal
- **Measurable** – track your progress
- **Achievable** – keep it challenging but realistic
- **Realistic** – suit your ability and lifestyle
- **Time-bound** – set a clear timeframe

Celebrating Success

In this section, we'll highlight swimmers achieving their personal goals.

This month, congratulations to **Pia** and **Annaliese**, who both set and achieved impressive outcome goals at the recent Summer Championships. Pia targeted a specific time in her 50m backstroke, while Annaliese stepped up to compete in a 400m event. Both rose to the challenge and delivered—an outstanding achievement!



Well done, girls! 🏆



The key is to make your goals personal. What excites you? What would make you proud? Masters swimming is about progress, community, and enjoying every lap.

So, as you head into your next session, set a goal—big or small—and dive in with purpose. You might be surprised how far it takes you.

Social events



Mark these dates in your social calendar:



Saturday 11th April – Breakfast BBQ at Clarence Pool after training featuring Chef extraordinaire, Peter Tucker (resplendent with Chef's hat).

Train hard, then enjoy a bacon and egg muffin, fruit and fruit juices provided by the club. (Hot drinks can be purchased at the pool kiosk, or you can BYO)

25th July – Let's rock on back to the 60s, 70s and 80s!!

Shoreline Hotel – more details to come.... But now is the time to start thinking about your attire for the evening. We will share an evening meal and drinks.. and try to remember what we were doing in these decades – you have a choice of any of these decades (But remember... if you remember the 60s, you weren't really there!)



Happy April Birthday Wishes to:

Ruth Temple-Smith 22nd April

Patrick Buxton 10th April

Jennifer Ford 25th April





So, who is this Megan Stronach?

Well, how silly was Annaliese!! She suggested that as Megan came to the end of her tenure as President of Masters Swimming Tasmania, we do a feature article for the newsletter—and that perhaps, as I've known her for many decades, I could put something on paper... Ha ha! So, in a nutshell... (a big nut, I admit):

Megan has dedicated much of her life to aquatic sport and education, building a multifaceted career across swimming, water polo, Royal and Surf Lifesaving, and swimming teaching and coaching. Her lifelong journey is reflected not only in her achievements as a fine pool and open water swimmer, but also in her extensive contributions as a teacher, coach, program developer, administrator and manager. She is also a prolific researcher and published author on sport generally, and the history of swimming for Australian First Nations Peoples specifically, with over 30 peer-reviewed journal publications, many book chapters and countless media articles to her name.

In her younger years, Megan proudly represented Tasmania in both swimming and water polo, as well as in the Tasmanian Royal Life Saving Team. Growing up on the banks of the Derwent in New Norfolk, and as part of the first wave of swimmers to enjoy the New Norfolk Olympic Pool—opened with a lap by Dawn Fraser—helped spark her lifelong passion for improvement, both personal and for others. Wherever there was a challenge... there was Megan. While most of us were content with our Bronze Medallion, Megan progressed to Bronze Cross and, remarkably, achieved her Diploma of Lifesaving at around 17.

She became a qualified AUSTSWIM teacher and accredited Swimming Australia coach, eventually leaving nursing to teach swimming with the Tasmanian Education Department—an experience that led naturally into a sports management career and further strengthened her commitment to water safety and skill development.

What followed were many years of teaching, helping countless children and adults gain confidence in the water. Her influence extended into coaching at both junior and Masters levels, including coaching Tasmanian teams at the Pacific School Games in Perth and Darwin in the early 2000s.

Megan also made significant contributions to sport administration, serving as Development Officer for Swimming Tasmania and later as CEO of AUSTSWIM Tasmania. Her commitment to lifelong participation is exemplified by founding the New Norfolk Masters Swimming Club—“The Whales”—creating opportunities for swimmers of all ages to stay engaged and connected. Around this time, she was active at Masters branch level as a Level 2M Coach, State Coach Director and a member of the National Coaching Committee, contributing to coaching courses still used today.

She later served as CEO of the Tasmanian Sports Federation, focusing on training and development opportunities for sporting organisations statewide. This led Megan to complete a postgraduate diploma in sports administration, a Masters by research in Sport Management, and ultimately a PhD—although she still claims her proudest academic achievement is her Arts degree majoring in Classics! (Yes .. just ask her about Caligula!!)

In 2006, Megan was critically ill, and it seemed she might never return to the water. After a six-year recovery—during which she took up cycling as she couldn't enter a pool—it was, once again, a challenge that brought her back. I dared her to complete the 2017 Trans Derwent Swim. Naturally, she accepted—and hasn't looked back since.

Megan has just completed a four-year term as President of Masters Swimming Tasmania, during which she introduced a range of initiatives, including strengthening governance, launching the Oceans Treble open water event and the Oatlands Christmas Friendly, building partnerships across the state, and firmly placing Tasmania on the national Masters swimming map. She continues to contribute as State Coach Educator, supporting and mentoring coaches statewide.

Alongside her practical contributions, Megan remains a prolific researcher and author, with a particular focus on sport and female Indigenous athletes. Two of her really interesting articles, *Djabooly-djabooly: why don't they swim?* and *Swimming for their Lives*, explore the cultural significance of swimming for Aboriginal people and the impact of displacement on that connection, particularly for *palawa* women.

Megan's proudest achievements, of course, are her two boys, Beale and Fin—and she counts herself incredibly lucky to have found Ken. She would like to suggest that he is the strength of the Stronach family and the wind beneath all of their wings, but Ken and I concur that Megan is the strength that supports the Stronach family upon her shoulders, navigating any challenges that they may offer.... 'cause that's what Megan does!!

But she also wears colanders on her head... as you do!

From her little sister!



Tasmania Open Water Swimming Series 2025/20



MST Open Water Mini-Series:
MST 'Oceans Treble' 2026



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Well... 4 out of 8 overall champions ain't bad!!! Steve, Auro, Amanda and Megan each won their age group category in the Oceans Treble event this summer run in connection with the Tasmanian Ocean Swim Series and Surf Life Saving Tasmania. The Hobart Dolphins were also victorious in securing the trophy for the winning club. This event is growing in popularity amongst Masters swimmers, with more competitors from more clubs around the state competing this year – thanks to Auro's work on this event, and new connections being forged between Masters Swimming Tasmania and the Surf Life Saving Tasmania.



The Dolphins Open Water Winter Challenge 2026

A great new winter challenge to test your resilience in cold waters and motivate open water swimming

Eligibility: Masters Swimmers and their friends.

The Challenge: Participants complete the challenge between **1st April 2026** and **30th September 2026**.

All swims must be undertaken in open water (ocean, river or lake). At least 80% of the total distance must be swum in Tasmania. This year the Challenge will be again based on a points system rather than distance alone

- Base points are awarded for the distance swum,
- Bonus points are awarded based on the variety of swim locations

Minimum swim distance: 500 per session.

Distances options:

- **Port to Pub Rottneest Channel (WA)** = 25 km **10 points**
- **Naples to Capri (Italy)** = 35 km **20 points**
- **New Norfolk to Dennes Point (TAS)** = 58 km **30 points**

Bonus points (Location variety)

Earn bonus points by swimming in different environments:

2 different beaches 1 river 1 lake 1 lagoon 1 channel 1 island swim

Bonus structure

- 2 location types **+5 points**
- 3 location types **+10 points**
- 4 or more location types **+15 points**

Examples

- Swim **25 km** including 2 beaches + 1 river **10 + 5 = 15 points**
- Swim **35 km** including 2 beaches + river + lake + island **20 + 15 = 35 points**
- Swim **58 km** including beaches + river + island → **30 + 10 = 40 points**

Awards

- **10+ points:** Patch and year badge
- Additional awards for **25+ points** and **35+ points**

How to Participate

Record your swims (distance, date, location) using the log sheet:

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

Submit your completed log sheet to: auro.almeida@gmail.com

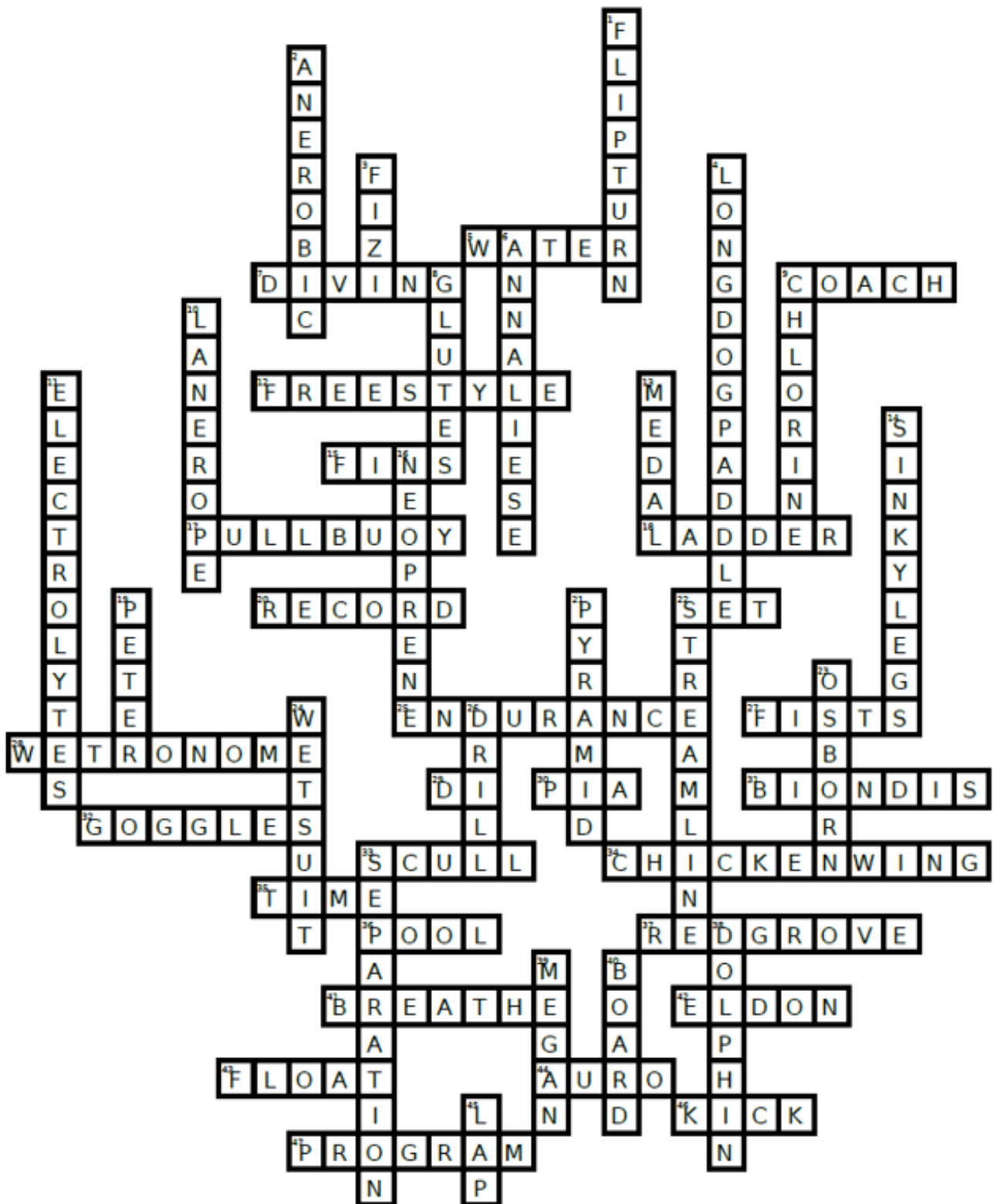
Deadline: 10 October 2026 You are encouraged to submit as soon as you complete the challenge.

Distance tracking: We recognise that not everyone uses a GPS watch. Distances will be based on honesty. Many popular swim locations have known distances - please ask if you need guidance.

Thanks to Steve for last month's challenge!!

Here to put you out of your misery are the answers...

Any questions (or complaints), see Steve!





More details available at <https://www.bichenoslsc.com.au/devil-of-a-swim>

CHANGE OF VENUE:
MUIRS BEACH, COLES BAY
Devil of a Swim 2026

Take on the Challenge
 Push your limits.
 Experience the raw beauty of Tasmania's east coast.

We'll see you on the start line
Sunday 26 April 2026

Registrations are now OPEN - <https://raceroster.com/115038>



KINGSTON BEACH SURF LIFE SAVING CLUB

2 races on offer **in 2026!**

[Enter here for 12 April 2026 event](#)

The Beach2Beach is a 2.6km open water swim from Blackmans Bay to Kingston Beach, south of Hobart in Tasmania, Australia's southern most state. The swim is held annually in March/April and is the final of the Tasmania Ocean Swim Series. The Beach2Beach takes swimmers past beautiful cliffs and over kelp forests and is one of several open water swims conducted every season by the Kingston Beach Surf Life Saving Club. The swim has become a highly regarded swim in Tasmania and interstate with many keen swimmers catching a flight over to have a crack at this great event.

In 2026, the **Kingston 5** will run again after a successful launch in 2025! Swimmers will have the option to complete the Beach2Beach course crossing the finish timing mat, then return to the water to swim a 2.4 k rectangle course to the northern end of the beach. This will allow swimmers to compete in TWO races in ONE so still collecting points in the Tasmanian Ocean Swim Series.

Race Information

Minimum age: 12 years

Beach2Beach swim costs: Age is as at 22nd Nov 2025
 \$35 for ages 12-16
 \$45 for ages 17+

Kingston 5 swim cost:
 12years+ \$75.00

Entries close midday, Saturday 11th April, 2026. Late entries will be accepted until 8pm, 11th April, 2026 for an additional \$20.

More details available from <https://www.kingstonbeachslsc.com.au/beach-to-beach-swim/>

Photo Gallery



Congratulations Jayde!!

Gold in the Australian Surf Life Saving Championships 2km Ocean Swim!

Seems some mothers forgot to teach their children to take their hats off at the table!



Sisters are doing it for themselves!



Our state-record breaking "senior" ladies 4x 50m Freestyle relay team – Sue, Pia, Megan and Beth... well done ladies!



Was there ever such a bevy of bathing beauties!!

It really is quite a sight to see – Dolphins changing in the Bellerive Beach car park equipped with their bottles of hot water, and long coats to allow the open-air changes while maintaining dignity!!



Al's husband, Pete, presented the fastest man and the fastest woman in the 100 Breaststroke with gifts on behalf of Al's family.

James Belstead, from Huonville Club received one of Al's medals, and Gabrielle Osborne was presented with a beautiful bouquet of flowers.

James, Gabrielle and Al had a history of rivalry in this event, so it was a touching moment for all!



There is no mistaking a pod of resplendent Dolphins in the grandstand! Thanks for addressing the gender imbalance David!!! (Great to have you back in the race meet with us too!)

Oh for heavens sake, do I really have to race these couple of nutters!!



Your 2026 Dolphins Committee

President	Annaliese Cousins
Vice President	Diane Gregory
Secretary	Katherine Daft
Treasurer	Pia Peterson
Recorder	Leisl Wylie
Coaching Director	Steve Richards
Newsletter Editor	Fiona Redgrove
Safety Officer	Beth Mulligan
Social Co-ordinator	Judi Adams
General Committee Members	Auro Almeida Megan Stronach

Club Delegates to Branch	Auro Almeida Fiona Redgrove
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Life Members	Diane Gregory Katherine Daft Peter Tucker Mavis Fisher (dec.) Les Young (dec.) Ron Bloomfield (dec.) Peter Fisher (dec.)
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