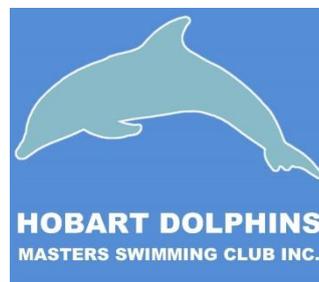


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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April 2021

Happy Easter everyone, hope you enjoy the break!

Hi fellow Dolphins,

What a busy and exciting month it has been for the Club! (but not so much for the plodders like me!) Wow what an impressive swim team we put forward for the Summers, and congratulations to everyone who helped win the shield!

We have 2 new Club members to welcome this month: Claudia and Margreet. I hope you enjoy being part of the Dolphins Club as well as enjoying your swimming.

Thank you to Di, Judy and Katherine for your contributions this month. Thanks for your research and effort in putting them together.

Birthdays for April (as far as I know) are Wilma and Ruth. Happy Birthday to you both. There will be breakfast this coming Saturday at Spencers to celebrate these birthdays.

Happy Easter to everyone. I will be enjoying a nice relaxing break from the world after a very demanding first term at work. Phew, I made it to holidays!

Until next month,

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Summers Report
- Photo Gallery
- Lunch Flyer
- Challenge Flyer

Upcoming events

- Lunch
- Bunbury swims

Training times and venues

Saturdays, 9-00am at Clarence pool, cost \$7-50, and coffee afterwards at Eastlands, all welcome.

Sundays, 9-00 to 10-00 at Friends Pool, cost \$7-20, and coffee after at The State Theatre cafe, North Hobart, all welcome.

From the Presidential Suite

Well, aren't we clever? Huge congratulations to everyone who contributed to our win last weekend. It was a great weekend and I've had such positive feedback from everyone who took part. We can certainly be proud of the way we swam, the way we looked and the way we supported each other. Our success was no doubt due in large part to the huge number of members who took part and in particular the willingness of everyone to do whatever was asked of them, especially with relays. Well done everyone! Special thanks to Steve for his work in developing and delivering programs to support our training for the Championships and also to Katherine D for organising the very successful presentation lunch on behalf of our club.

We think everyone put in such a great effort during the weekend that we deserve to celebrate just a little. Peter and Kerry have generously offered their home for such a celebration on Easter Monday, all the information is detailed elsewhere in the newsletter. We know Easter can be a busy weekend but we would love to see as many members and their families as possible, including of course, those who that didn't take part in the championships. No RSVP is necessary, just turn up. If you would like an open water swim come down at 11.00am, if not lunch will be around 12.30pm. Could be a good chance to get a start with the 2021 Dolphins OWS challenge?

Speaking of the Dolphins OWS Challenge! The Challenge starts on 1 April and the flyer is attached. It is essentially a winter challenge so we know its not for everyone but for those that like to brave the elements it's a great incentive to rack up those kilometres. We are hoping we might get some interest from swimmers from other clubs this year. For those not into Ocean Swimming we will also be running Bunbury Postal swim again in May/June.

Despite the focus being largely on the Summers this month a number of club members did take on Tasmanian Open Water Swim Series Events. Pia and Sue Muir headed up to Boat Harbour for what sounded like quite a difficult 2km swim while James competed in the Seven Mile Beach event and Joe took on the very challenging B2B swim at Blackmans Bay/Kingston Beach. Well done to all of them. There are a few people interested in going to Bicheno for the 'Devil of a Swim' on 11 April so let it be known to others if you are interested.

I mentioned last month Annaliese is working on our club page on the Branch website. Newsletters, club records and a number of other club documents have already been loaded and we are now looking to load photos. We have many photos of the last few years but we would like to ensure the full history of the club is preserved so are particularly looking for older photos, dating back to the beginning of the club if possible. So as to not inundate Annaliese with emails – and because I have much more time on my hands – can you send me any photos you think might be of interest.

Both Clarence and Friends will be open this weekend so training will be on. Also, despite the lunch on Monday breakfast will still be on on Saturday for those interested in after training munchies.

Di

Social News

The gathering at the Black Buffalo on Saturday evening of the long course championship was well attended. Our hosts seated us in a private dining area which was conducive to a large group of happy Dolphins. The menu was vast and the meals generous.

We have two more social gatherings to look forward to;

Breakfast at Spencer's; 10:45 Saturday 3rd April

Celebratory swim and lunch; Monday April 5th

Please see the attached flyer for more information.

I hope you can attend as this is always a most enjoyable outing thanks to the generosity of our hosts Kerry and Peter Tucker.

MSTAS 37TH SUMMER LC CHAMPIONSHIPS: 20-21st March 2021

Winners are grinners! The Dolphins Masters Swim Club was just that, taking the Tasmanian Long Course Championship Shield after more than 20 years. Last won in 1998.

A total of 94 Masters swimmers competed in the Championships, hosted by MST at the Doone Kennedy Hobart Aquatic Centre. Swimmers were represented from all Tasmanian clubs and in addition interstate members represented Victoria, Queensland, and NSW.

The Dolphins were well represented with a team of 17 Females and 8 Males. Total 25. With our strong 19 Relay teams, we were competitive with the other Clubs having Men's teams in both mixed and all male relay events.

Team Dolphins welcomed new members to competition in a weekend of fun fitness and friendship. Elisa McMillan 25-29 Y, Siska Hocking 60-64, Beth Mulligan 70-74 & Mark Van Ommen 60-64 Y. Encouraged and greatly supported, all did well in their respective age groups.

Final combined Club Scores: Hobart Dolphins: Winner of the LC Championship Shield with 1,393 points, followed by Hobart Aquatic Orcas: 1037, Launceston Lemmings: 659, Devonport Devils 658, Talays 251, Huon Valley 185 and winners of the New Norfolk Trophy, and Tomatoes Swim with 46.

The fierce competition in the pool resulted in amazing swim times as reflected in the results.

WORLD RECORDS

* Jennie Bucknell 55-59Y VPP (PowerPoints) with a slick 28.29 for 50M Freestyle

* John Cocks 85-89Y VMV (Marlins) set two new World Records in the 200M IM & 400M IM with 3:39.66 and 7:56.23

NEW STATE RECORDS

- Fiona Ziegeler 60-64 Y: 200M IM in 3:27.02 & 400M IM in 7:17.34
- Katherine Daft 60-64 Y: 100M Breaststroke in 1:44.33
- Megan Stronach 65-69 Y: 400M IM in 8:02.35
- Anne Speed 85-89 Y: 200M Backstroke in 6:47.41
- Allan Nichols 65-69 Y: 50M Breaststroke in 40.79 & 100M Breaststroke in 1:30.06

NEW STATE RELAY RECORDS

- 4x50M MIXED MEDLEY in the 240-279 Y: Auro, Allan, FI Zi, & Kathryn O with a sizzling 2:14.79 The record was last held by TLC with 2:43.96
- 4x50M MIXED FREESTYLE in the 240-279 Y: Auro, Allan, Fi Zi, & Kathryn O in 2.14:79. Previous record held by TAC with 2.17: 24.

CLUB MEDAL WINNERS

Elisa McMillan 25-29 Y GOLD, Annaliese Cousins 45-49 Y GOLD, Michelle Sampson SILVER, Kathryn Osborn 55-59 Y GOLD, Fiona Ziegeler 60-64 Y SILVER, Katherine Daft BRONZE, Megan Stronach 65-69 Y GOLD, Fiona Redgrove BRONZE, Anne Speed 85-89 Y GOLD, Wilma Attrill SILVER, Margie Clougher 90-94 Y GOLD, David Wightman 45-49 Y BRONZE, Steve Richards 55-59 Y BRONZE, Auro Almeida 60-64 Y GOLD and Allan Nichols 65-69 Y GOLD.

CLUB RECORDS

The weekend swim meet saw Dolphins new members setting new benchmark Club records.

Old swim records from 1994 both male and female, tumbled!

A daughter beat her Mum's old records and sisters swam in the same age group. The strategy taken by the sisters in their chosen events was noted!

New Club member and first-time master's competitor, Elisa McMillan (25-29 Y) set a new Club record in the 200M Freestyle with 2:47.2

* Annaliese Cousins (45-49Y) beat Mary's old record for the 100M Freestyle with 1:21.04 and another 3 of her own records.

* Kathryn Osborn beat her previous record in the 50M Backstroke with 43.10 and bettered Fiona's previous 100m Freestyle record at the Huon Valley meet.

* At the Huon Valley meet held on the 27/2/21, Fi Zi (60-64 Y) beat an old record held by Mary in the 50M Freestyle with :36.52 followed by a sizzling 03:26.69 for the 200M IM. At the LC Meet Fi Zi set a new State record for her 200IM and 400M IM and new club records in all her swims.

* Katherine Daft set a new Club record and therefore a State record for her 100M Breaststroke plus 2 other club records.

* Megan Stronach (64-69 Y) beat Club records held since 1994 by Justin Bamford and Tina Smit with her 50M Breaststroke in 52.97 and 400M IM in 8:02.35. Megan then proceeded to beat her own record in the 400M Freestyle with 6:47.68

* Fiona Redgrove (65-69 Y) beat an old record set by Justine Bamford in 1994 with her 100M Breaststroke in 1:58.30

* Mary Cousins (70-74Y) set a new Club record with her 100M Freestyle swim in 1:57.61.

* Anne Speed (85-89 Y) set a new State and therefore Club record with her 200M Backstroke.

* David Wightman (45-49Y) set a record for a 2012 time set by Steve Richards with his 50M Freestyle in 37.20, and then tumbled Peter Tucker's record set in 2004 with a 50M Breaststroke in 56.50.

* Auro Almeida (60-64 Y) set 4 new Club records in Freestyle 50,100,200 & 400M together with a new record for 50M Butterfly with 36.69.

* New Club member and first-time master's competitor, Mark Van Ommen set a new Club record for the 50M Backstroke with 49.76.

* New to Dolphins Club swimmer, Allan Nichols (65-69 Y) broke an old record of Peter Fishers set in 2002 with a 200M Backstroke in 3:51.43, and then set 3 new Club records in Breaststroke 50,100 & 200M followed by a new 50M Backstroke time in 42.23.

* Peter Tucker (65-69Y) set a new club record with his 400M Freestyle swim in 08:07.21

* Duncan Hall (65-69Y) set a club record with his 50M Butterfly in 49.19.

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 can be found at the club page on the Tasmanian Branch Site.

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

Photo Gallery



Dinner at Black Buffalo





Enjoy Life.

This is not a dress rehearsal.

Author Unknown

We are the Champions!

So...let's take a moment to celebrate!



Where: Pete and Kerry's Home
59 Gellibrand Lane
Opossum Bay

When: Easter Monday, 5 April.
Lunch at 12.30pm.
Or, join us at 11.00 for an Ocean Swim.

Who: All club members and families.

What to Bring: Your own drinks. Judi is seeking salad offers, meat and dessert will be provided,





The Dolphins Open Water Winter Challenge

We had such a good time swimming in the ocean through winter last year we are doing it again this year, and we invite you to join us!

Eligibility: Masters Swimmers and their friends!

The Challenge: Participants pick **ONE or more** of 3 swims to complete between **1 April 2021 and 31 July 2021**. The swims must be undertaken in open water, that is in the ocean, in a river or in a lake. At least 80% of the distance claimed must be swum in Tasmania.

How: You will need to complete a log sheet to tally your swims; one can be found at: <https://mastersswimmingtasmania.com.au/aaa/>

Claim the challenge by emailing your completed log form to katherinedaft@gmail.com as soon as you have finished that distance. Last forms must be received by 7 August 2021 but no need to hold off until then, send them in as soon as a challenge is completed. If you have any questions, please email grediane@gmail.com. It would be great if you let us know when you start the challenge so we can check in from time to time.

Distances: we know not everyone has a GPS watch for tracking the Ocean Swims so we will rely on honesty in claiming distances. Many common swimming sites have been measured so ask if you want an approximate distance for any location.

Challenge 1: Take a trip to Bruny: Hobart to Alonnah, 46 kms.



Challenge 2: Take on Bass Strait: King Island to Apollo Bay, 97kms.



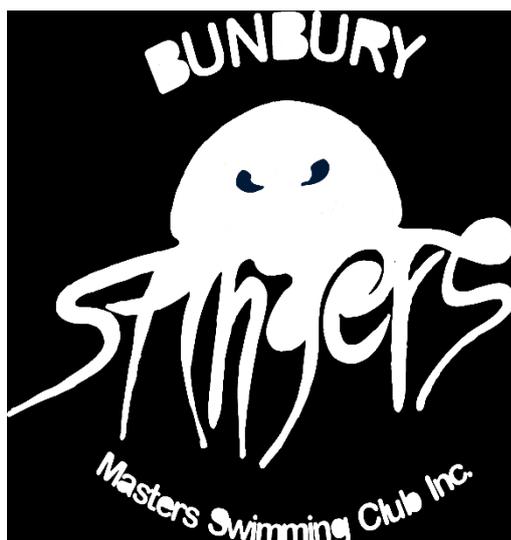
Challenge 3: Try a North American lake: Lake Champlain from NY to Vermont and back, 167kms.



Awards: Each swimmer who completes a challenge will receive a certificate and a cap. More than one challenge may be undertaken but distances swum are not cumulative. If you claim one challenge you must start again on the next one.

Disclaimer

This challenge is **not** a sanctioned Masters Swimming Australia event. Swimmers are responsible for their own safety when taking on the challenge. Where possible swimmers should swim with another person or at a minimum have someone overseeing their swim. Be aware of ocean conditions and how your body reacts to cold water.



ARE YOU UP FOR A CHALLENGE?

Guarantee there are no critters involved!

2021 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. Entry fee with prizes

Starts 1st May. Ends 30th June 2021

Further details when available. See Katherine D.