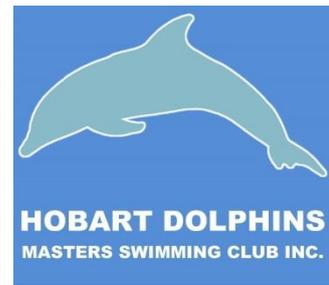


# Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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

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

March, 2022

## *Some huge efforts Dolphins!*

Hi everyone,

This is a huge newsletter this, maybe not in volume but certainly in interesting reading!

In Di's absence, Annaleise has written a general club report. There is some Social happenings coming up, Megan has a message for Open Water Swimmers and Peter has given us a fascinating write up of his marathon Derwent Swim. Katherine has a Club Calendar for us, and there is a gallery of photos of Peter's swim. Lastly, the Summers Flyer is attached. Thank you to all contributors. Member Profiles will start up again next month.

There will be Club Committee meeting on Saturday 19<sup>th</sup> at Rosny Library, commencing at 0945 hrs. All members welcome. We would like to encourage all members to attend our meetings, and perhaps consider taking on a role in the operations of the Club. Our meetings are pretty relaxed, and there is usually food!!! So come along and think about becoming part of the team!

As you probably all know, we are considering our options for Sunday training sessions in the light of a change to the rules and expectations at Friends pool. There will be brief committee meeting following the barbecue on Saturday.

Birhtdays for March are: Bill, Katherine, Christine, and Sandra, as far as I know. There will be no breakfast this month at Spencers, but don't forget the barbecue at Clarence after training. Happy Birthday to you all.

Well, that's all from folks, hope you enjoy.

Love and kisses

Me

## In this Dolphin-News

- From the President
- Social News
- Message to Open Water Swimmers
- Derwent River Big Swim
- Club Calendar
- Photo Gallery
- Summers Flyer

## Training times and venues

Saturdays, 8-00am 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.

## Upcoming events

- Summers
- Committee Meeting

## From the Presidential Suite

Well its been a big month, with lots of events and some huge achievements by our team.

To start, we had a great AGM on the 19<sup>th</sup> February at the Rosny Library. All positions were filled, and the committee are very enthusiastic about a great year ahead. Thank you to those who were able to attend and to Katherine for organising the meeting and assisting me to manage the meeting in Di's place. I certainly wasn't as polished as our Di, but who can be? She's pure class! Thanks to everyone for the lovely morning tea you provided, especially the beautiful fresh produce from Katherine and Auro's garden.

Some major achievements have been seen in the open water during February and the first is for the Derwent Big River Swim. Congratulations must go to 3 of our swimmers who completed this tough event which is a 34km swim from new Norfolk Bridge to Tasman Bridge. Peter Tucker was first to achieve this under some tough conditions on Sunday 13<sup>th</sup> February. We were so proud of his achievement that we gave him a special minuted mention in our meeting. Another to the long list of achievements. Jayde had a second go at this swim on the 26<sup>th</sup> February and managed to be a whole hour faster than her January swim. Unbelievable result! Then it was Duncan's turn to conquer this event on the 26<sup>th</sup> and a fine job he did. Congratulations to you, you are a legend! How nice it was to see Peter Tucker be part of his support crew. For more details on everyone's achievements got to <https://www.facebook.com/derwentriverbigswim/>.

Another group headed to the Huon Valley Medal meet on Saturday 26<sup>th</sup> February. It was a warm day, the water was clear, the company was great and the coffee was on!. We had some great swims, even if some of them were against the "young ones". Well done to Kathryn Osborn, Fiona Ziegler, Linda Walsham, Allan Carlton and Fiona Redgrove for their results and even going home with a bit of bling. Everyone had something they were pleased with that day but we all agreed that the pool is definitely 52m long! Thanks also to Mary Cousins for helping out with timekeeping. HVA were really pleased with how the day went and were appreciative of our support.

Some other great OWS results were seen at Burnie on the 19<sup>th</sup> February with Megan and David competing in the 1500m swim. Well done you two! See all results at: [https://www.webscorer.com/race?raceid=268535&fbclid=IwAR12CMFwTpPS1pPFBHEZ06Dwd\\_5mwx\\_1rupV-N\\_2RT9rISAbd1e0WJNIVzI](https://www.webscorer.com/race?raceid=268535&fbclid=IwAR12CMFwTpPS1pPFBHEZ06Dwd_5mwx_1rupV-N_2RT9rISAbd1e0WJNIVzI). Then on the 27<sup>th</sup> we had another amazing crew enter in the Bridport OWS event. Judi swam the 800m, and Megan, Georgie and Joe swam in the 2000m. Well done also to all of you for your fine swims. Go to <https://www.webscorer.com/race?raceid=269356> to see all the results. I hope I haven't missed anyone else's achievements. If I have, please know that I still think you are wonderful!

That's all from me except that I need to extend a big thanks to the committee for offering their time to assist Steve poolside for coaching on Saturdays. I also look forward to seeing you all on the 5<sup>th</sup> March for our breakfast BBQ after training.

Take care and keep swimming!

Annaleise.

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## Social News

Saturday 5<sup>th</sup> March : Bbq after training. Turn up for an egg and bacon muffin, fruit and juice. BYO thermos or purchase a hot drink at the pool. Hope to see you there.

Saturday. 2<sup>nd</sup> April 6:00. The evening of the first day of the long course swim meet : counter meal at the Black Buffalo. Please RSVP to me on 0418543691 or [judiadams155@gmail.com](mailto:judiadams155@gmail.com)

Hope you can make it. Judi

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## Message to Open Water Swimmers and Supporters

During the summer season we have had a regular pack of Dolphins participating in the Tasmanian Ocean Swim Series. This event, comprising 10 individual swims, is auspiced by Surf Life Saving Tasmania (SLST), with each individual race conducted by a local surf lifesaving club, at various locations all over the state (NB: this does not include the Trans- Derwent Swim, the Derwent River Big Swim, or the Bicheno Devil of a Swim).

As a Masters Swimming Club our members may be somewhat outside the expected range of participants for these events, but we are always welcomed by the organisers, whoever they may be. Considering the slightly different needs of our members, we have, from time to time, noticed situations which could perhaps be handled differently. So, we have invited SLST Volunteer Support Officer, Shayne Jupp (Juppy), to meet with any interested Dolphins to discuss strategies that could enhance the experiences of our members when participating in the Ocean Swims.

Juppy has responded and we will work towards a date in late April – probably a Saturday morning. (Boat Harbour was a fairly hairy swim so he is quite keen to hear some thoughts from us – a number of people withdrew either before or during the swim – either voluntarily or otherwise!!!).

Megan is also collecting numbers for accommodation for the Bicheno swim, and will make a booking when she has a clearer idea of numbers. Please contact Megan to register your interest on the following email, or talk to her poolside at training.

Megan's email: [mmstronach@gmail.com](mailto:mmstronach@gmail.com)

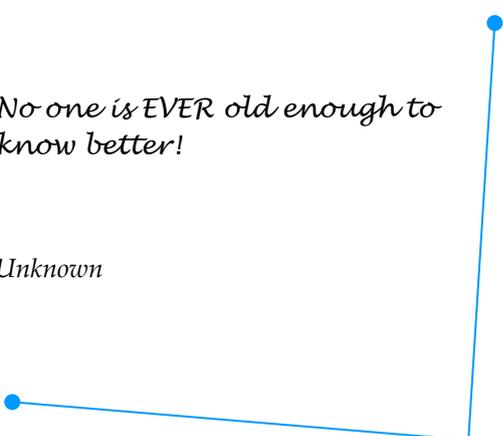
Megan is also trying organise some social swims with a couple of other ocean swim groups, and these are planned for April. Dates and times have not been finalised yet, but will be available in the next newsletter.



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*No one is EVER old enough to know better!*

*Unknown*



## You Can Do Anything For 30 Minutes, Derwent River Big Swim

Most readers would know that, in my dotage, I've taken up open-water swimming. I'm not fast but I can be doggedly determined, which is the major capability required if you're going to swim long distances.

In 2019 I swam the English Channel, completing the 33 kilometres in 15 and a half hours. I think the mean time is about 14 hours with a standard deviation of two hours, so happy with that. I was awarded the Channel Swimming Association trophy for the oldest successful swimmer that year (there were about 150 crossings in 2019) so my name is on a cup somewhere in Dover.

Being very pleased with myself, I decided to do another marathon swim. The COVID pandemic effectively ruled out overseas travel so I settled on the "Derwent River Big Swim", right here on our backdoor.

For the English Channel I trained 25kms a week for 18 months, in the pool and the ocean. I signed up Chloe McCardel (Queen of the Channel with now 44 crossings) as coach and went to six cold water training camps, completing two six-hour training swims at each. I was five kilos lighter than I am now.

So you would think I'd just replicate that training regime for the 34km Derwent swim? After all, the same distance as the Channel and arguably just as challenging. It's listed as one of the 13 toughest solo swims in the world and also one of three swims that comprise the coveted "Australian Triple Crown" of open-water swimming (the other two being Rottneest in WA and Palm Beach to Shelley Beach in NSW).

You would think so, but I didn't.

I did train, but not as hard as for the Channel. I convinced myself I would be OK as I felt good and was swimming well. I was a wee bit lazy, to understate things.

So on Saturday 12 February 2022 at 1:04am I jumped in under the New Norfolk Bridge. It had to be that ungodly hour so I could take full advantage of the outgoing tide from Bridgewater.

My escort boat was skippered by Val Kalmikov who runs a business piloting swimmers for this event. He's the most skilled pilot available and knows all the currents, tides and tricks of the Derwent. Val is now a firm mate and an interesting guy. He swam at two Olympics for Latvia, 1996 and 2000, and if you get a spare moment google him. Also on board I had two local swimming chums I train with, Duncan Hall as "official observer" and Katie Marx to feed me drinks every 30 minutes. (Duncan and Katie went on to successfully complete a two-man relay, a duo, for this swim a few weeks later.)

Also, Chloe came down from Sydney just to be on the boat and support me.

I started well enough. It was pitch black for the first five and half hours which got me past the Boyer paper mill and to about the speedboat facility. By then the gremlins had entered my head and I was convincing myself I wanted to get out. My shoulders were sore and I lacked energy. How I regretted my flimsy training regime, and was angry with myself.

Thank the dear Lord that Chloe was on board. With a mixture of encouragements and reproaches she kept me going, just as she had done across the Channel. Chloe made it clear I wasn't getting out, so I just had to keep going. Someone once told me "you can do anything for 30 minutes" and it's that philosophy I applied. The swim is punctuated by an energy drink (and chocolate!) at (typically) 30 minute intervals. I just focussed on that: get to next feed. It's only 30 minutes.

Once I got through the Bridgewater Bridge and entered the estuary proper, I did start to feel better in my head. The tide kicked in and for parts I was going at 5-6 kilometres an hour, which is twice my unassisted speed. I could tick off landmarks: Old Beach jetty, Mona, the DEC, Bowen Bridge, Zinc Works, oil wharfs; in fact, once the Bowen Bridge was passed I knew I would get to the end no matter what.

So I finished at 1:23pm under the Tasman Bridge with a total elapsed time of 12hrs 18min. I'm pretty happy with that in the end. I also officially became the oldest to swim the Derwent River Big Swim. The real shock were the number of family and friends who turned out to cheer me on from vantage points along the river, and at the finish. Apparently the biggest welcome ever for any Derwent Swim finisher!

For someone who whinged so much during the event, I felt surprisingly good afterwards. A bit sore, but nothing to stop me getting out and about. I was back at work the next day. No lasting ill-effects.

Although I was extremely lucky with this swim – great support crew, the best pilot, perfect weather – it is Kerry that I have the most to thank for. She has a lot to put up with as I spend my mornings and weekends chasing these swimming dreams. I see the unspoken anxiety in her eyes.

I'm unlikely to do another huge marathon swim. I'll keep swimming of course, but 10 kilometres will be the limit I think. I've nothing more to prove and much more to get done in life.

Finally, I thank everyone for the support and interest. It's been overwhelming.

Peter Tucker

PTO for stunning photographs.

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## Club Calendar for 2022

### MARCH

5<sup>th</sup> Saturday: Club Breakfast BBQ at Clarence Aquatic Centre

19<sup>th</sup> Saturday: Club Committee meeting at Rosny Library. Commences at 0945 hrs. All members welcome

30<sup>th</sup> Wednesday: MST Annual General Meeting commencing online via ZOOM at 7.30PM

Ocean Swim Series Events: <https://www.slst.asn.au/surf-sports/tasmania-ocean-swim-series/>

### APRIL

2-3<sup>rd</sup> Saturday/Sunday: MST 38<sup>th</sup> LC Summer Championship Meet. Entries open.

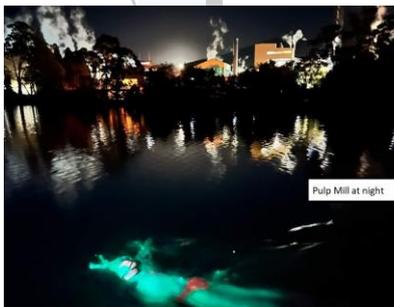
5<sup>th</sup> April till 13<sup>th</sup> August: 2022 Dolphins OWS Winter Challenge

10<sup>th</sup> Sunday: DEVIL of a SWIM Bicheno

<https://www.facebook.com/Devil-of-a-Swim-150191455028435/>

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# Photo Gallery





# 38th Summer Long Course Championships

Saturday 2 & Sunday 3 April 2022  
Doone Kennedy Hobart Aquatic Centre

## PROGRAMME OF EVENTS

|   |   |
|---|---|
| <p><b>Saturday 2 April</b><br/><b>1.30pm Warm Up 2.10pm Start</b></p> <ol style="list-style-type: none"><li>1. Mixed 4x50m Medley Relay</li><li>2. 50m Freestyle</li><li>3. 200m Butterfly</li><li>4. 100m Breaststroke</li></ol> <p><i>10 min break</i></p> <ol style="list-style-type: none"><li>5. 200m Backstroke</li><li>6. 50m Butterfly</li></ol> <p><i>10 min break</i></p> <ol style="list-style-type: none"><li>7. 200m Freestyle</li><li>8. 400m Individual medley</li></ol> <p><i>10 min break</i></p> <ol style="list-style-type: none"><li>9. Men's 4x50m Freestyle Relay</li><li>10. Women's 4x50m Freestyle Relay</li></ol> | <p><b>Sunday 3 April</b><br/><b>8.00am Warm Up 8.40am Start</b></p> <ol style="list-style-type: none"><li>11. Mixed 4x50m Freestyle Relay</li><li>12. 200m Breaststroke</li><li>13. 100 Freestyle</li></ol> <p><i>10 min break</i></p> <ol style="list-style-type: none"><li>14. 200m Individual Medley</li><li>15. 50m Backstroke</li><li>16. 50m Breaststroke</li></ol> <p><i>10 min break</i></p> <ol style="list-style-type: none"><li>17. 100m Butterfly</li><li>18. 100m Backstroke</li><li>19. 400m Freestyle</li></ol> <p><i>10 min break</i></p> <ol style="list-style-type: none"><li>20. Women's 4x50m Medley Relay</li><li>21. Men's 4x50m Medley Relay</li></ol> |
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## CONDITIONS OF ENTRY

- Individuals may enter **a maximum of 5 individual events (excluding relays)**. The entry fee for individual registration is a fixed total of **\$50.00**.
- Age is as at **31 December 2022**. Minimum age is 18 years on the closing date for entries.
- Meet will be conducted under Masters Swimming Australia rules as at the close of entries.
- All competitors must be registered members of Masters Swimming Australia for **2022 before** registering for these championships.
- Clubs may enter more than one relay team per age group, however only the nominated A team result will be counted towards Club Championship and Relay Championships points.
- The entry fee for each relay team is **\$7.50**. Fees for relays can be paid at the time of entry online or by electronic funds transfer to Masters Swimming Tasmania BSB: 037010 A/C 256105 (Westpac) by **Friday 1 April 2022**.
- There will be no alterations to events entered or refund of entry fees after the close of entries.

## TIMEKEEPING

Electronic timekeeping will be used. Clubs are asked to provide backup timekeepers for the duration of the meet.

## AWARDS

**Individual:**

- Medals will be awarded to first, second and third highest male and female **aggregate** point scorers in each age group. Medal points are awarded on a scale of 10 to 1 for placings per event.
- Male and Female Swimmer of the Meet trophies are awarded based on aggregate FINA points.

#### **Club:**

- Summer Championship Trophy (based on the total individual and relay points per club).
- New Norfolk Trophy (based on the total points per club divided by the number of registered members at the end of the previous year).

### **ENTRIES**

#### **Individuals**

Individual online entries will open on **Monday 31 January** and will close at **11.59 pm Friday 25 March**. The link to the Club Assistant online entry system can be found on the Masters Swimming Tasmania website. For swimmers concerned about the possibility of fraud, an option is to purchase a credit card from Australia Post to make the online registration payment.

#### **Relays**

Relay team entries will open on **Saturday 26 March at 11.30 am** and close at **11.59 pm Wednesday 30 March**.

Relay team members names may be altered with the Recorder prior to the start of each session.

**Late entries will not be accepted.**

### **EVENT PROGRAMS**

The draft event program with heat and lane allocations will be available online via the MSTAS website by **Tuesday 29 March** and via SwimPhone. A printed program can be ordered when registering for the event or the final version downloaded from the website from Thursday 31 March.

### **PRESENTATION LUNCH**

The presentation lunch will be held on **Sunday 3 April** at The Old Woolstore, 1 Macquarie St Hobart (a 10-minute walk from Doone Kennedy Hobart Aquatic Centre) commencing at 12:00 noon. Cost of the lunch is \$25 per head to be paid online when registering for the event. **Please note that people who have not pre-paid online will not be admitted to the presentation lunch.**

### **ENQUIRIES**

Philip Tyrell  
Summers Championships 2021 Meet Director  
Mobile: 0437 124 210  
Email: philityrell@inet.net.au