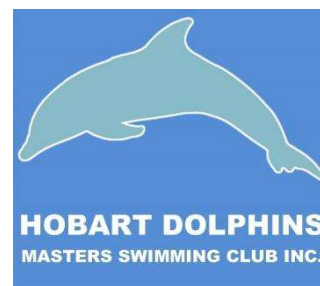


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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September, 2022

Happy Spring swimming everyone!

Hi everyone,

Here is the September Newsletter and it is a mighty interesting read I promise.

Thanks to lots of contributors with lots of Club doings. Thanks, Di, Steve, Judi, Katherine and Annaliese, we have stories about Launceston swimming, Open Water Swims, upcoming social events, Coffee and Swimathon news, and new Club Records. Thanks also to Di for a photo of clever dolphins with winning smiles in Launceston. Steve has shared his early swimming memories, and I am sure we will all identify with his story.

Birthdays for September are Amanda Duggan and Zoe Richardson. I must also apologise for omitting to mention Auro's August birthday last month. Happy birthday to you all.

Hope you enjoy reading this newsletter.

Love and kisses

Me

In this Dolphin-News

- From the President
- Off the Blocks
- OWS Report
- Social News
- Club Calendar
- MS Swim and Coffee
- Winters Report
- Photo Gallery
- Club Records

Upcoming events

- Winters, August
- Quiz night, September

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.

From the Presidential Suite

Congratulations to everyone who made the trip to Launceston last weekend, sounds like you all had a great time and club spirit was high. A separate report on the results of the meet is provided elsewhere, but it seemed to me everyone should be pleased with how they swam, a credit to all that focussed training delivered by Megan and Steve. Special mention should be given to Liesl on her return to competitive swimming after.....how many years??? Big thank you to Steve for driving the bus, Katherine for organising the accommodation and dinner, Mary for her timekeeping efforts, Fiona for providing those inspirational tattoos and energy filled lolly packs and to everyone for being flexible enough to just go with the flow as relay teams got re-organised, well done everyone.

The Effortless Swimming workshops held early on the month were a great success with 15 members attending the pool session and 9 (including 7 'assistant') coaches attending the coaching workshop. I have only heard positive feedback from those who took part in both sessions, and it was great to see the enthusiasm for improving technique shown by such a large cross section of the club. The term 'YMCA' has taken on a new meaning.....and it has nothing to do with the Village People. Thanks to the Branch for bringing Brenton to Tassie and to Steve and Megan for organising the club sessions.

A new event on the calendar this year is the Tasmanian Masters Games which will be held in North West Tasmania from 21 to 23 October. The Swimming will take place at the Devonport Splash Aquatic Centre on 22, 23 October in their 50m outdoor pool, which I am told is heated. This is a multi-sport event and I guess a smaller version of the Australian Masters Games.

The Devonport Devils are hosting this event and it would be nice to support them as they are a small club and a lot of work goes into staging these meets. I know a few members have already made the decision to make the trek up north for another fun weekend away, so if it interests you, maybe make it known at training and see who else is going. The organising committee is currently going through the process of getting the meet sanctioned by Masters Swimming and we hope this will happen. If it doesn't it just means results will not be eligible for Branch or National records, times will be eligible for club records either way. They have a Facebook page for information and to enter go to: <https://tmg.fusesport.com/registration/1797/>

Congratulations also to those who completed the Open Water Challenge this year, I think ill health, bad weather and those very annoying but not infrequent stints of isolation made the challenge difficult for many but we still had eight members complete at least one distance. Joe once again proved to be the Winter Open Water King completing the 162km Adriatic Sea Challenge with Megan getting a special mention for conquering Bass Strait. A full report can also be found elsewhere in the newsletter.

As everyone who attends swim meets knows, technical officials are integral to the running of the meets and we often see the same people on pool deck, five of our club members have taken up the challenge and attended technical officer training during the Summer Championships, they have now received their timekeeping qualification which is the first step on the technical qualification ladder; well done to Katherine D, Kathryn O, Steve, David and Annaliese. I understand more training sessions are planned for the near future.

As the end of the year approaches there are lots of fun events coming up; the Breakfast BBQ this Saturday, The Quiz Night on 17 September, the MS Mega Swim in October and of course our end of year function in December, so if competition is not your thing there is still lots to keep you busy.

See you on the weekend!

Di

Swimming memories – off to a slow start

Both my parents could swim well, and I remember summer holidays spent at beaches around the east coast of Tasmania, and weekends visiting 'exotic' locations along the north-west coast, like Detention River towards Stanley. Mum seemed to have had swimming lessons, and I can picture her doing a very technically correct breaststroke (which then meant head out of the water so's not to ruin her hair). Dad's father was a Lt Cmdr during WWII with the British air force, albeit with air-sea rescue, which involved long postings around Europe, North Africa and South-East Asia. So Dad spent a lot of his youth in Aden and Cyprus, swimming and playing cricket. I can remember Dad and Mum's younger brother Paul jumping off our boat one warm sunny afternoon on the Inglis River and racing each other, when I must have been about 10. "Uncle" Paul is only 4 years my senior, and a keen surfer who has lived at the Gold Coast since the 1970s, so he and Dad were my heroes. Mum's comment that they were both 'strong swimmers' made me wish I was too. My first memory of swimming is of Dad supporting me by my trunks while I tried snorkelling in about 12 inches of water when I was about 6. Once I got my confidence, he let me go and Mum swears I swam straight out 200 m into deeper water (in reality probably about 25 m), looking for fish.

I don't remember swimming lessons at school in Burnie, just long lazy swimming carnivals, which at our high school were dominated by a swimmer called Marcus Pizzolato. Rumour had it (in our 13-year-old brains) that Marcus was "good enough for the Olympics". Compared to the rest of us scrawny, uncoordinated specimens, he seemed to be from another planet, one where everyone was cool and athletic. But I was obsessed with spearfishing in those days and wasn't much of a swimmer.

About 11 years later I was working in Glenorchy, cycling out from Sandy Bay, and running quite a bit, when one of my flatmates suggested we enter the 1986 Devonport triathlon. Tony was also a bit of a runner, but mainly a surfer, and he was endowed with magnificent pecs suggestive of fantastic swimming prowess. But an Olympic length triathlon meant swimming more than a gasping 50m. Luckily the place I was working was across the road from the Glenorchy pool. Surprisingly, it was nearly empty at lunchtime, so I often had the whole pool to myself, for about three months. I started by swimming 1km on the first day, 50 m at a time, then the second day I managed 2 km, 100 m at a time. The third day I managed to swim 3km continuously. I couldn't believe you could improve so quickly. Nothing like running, which takes forever to improve, and injures you if you overdo it. When Tony and I trained together in open water for the first time, swimming from the Casino to Nutgrove, I found I was about 30% faster than him (and his pecs), so I decided I REALLY LIKED swimming.

After the triathlon, marriage, a PhD and career took over, so I didn't swim (or exercise) much until about ten years later, when we were living in Montpellier in southern France. The only way to escape the Midi heat was to take Ben and Julianne to the beach on the Mediterranean. Two months of 30-35C days and 27C nights heated up the water to 27-28 C, so that if your eyes were closed you couldn't tell when you'd entered the water. I'd swim out beyond the swimmers and along the beach for a languid km or two, and it just felt amazing, like nothing I can describe. The beach stretched for 20 km and the 8km stretch we were on had probably 20-40,000 people on it, so finding my way back to Julianne and Ben did teach you the value of picking good landmarks.

About 12 years later, with 20 kg excess baggage and a stiff back I got the impetus to start regular exercise again, including swimming at Clarence. One morning, after a few months of plodding along by myself I met Duncan. Or rather, he met me when I turned on the cold shower opposite, as he bent over to pick up his shampoo. Duncan's son Hamish wrote a program for us every morning: I still have all 84 of them in an Excel file. We swam together with a nurse, Bec. When she did butterfly I thought it was the most beautiful thing I've ever seen. Not sure if I wanted to be her, or marry her, but it was certainly inspiring. Maybe one day I could "Fly" like that. (Instead of like a dying penguin...)

And then one day Duncan suggested swimming with the Dolphins, and I'd found my place.

Steve

Open Water Swim Report, 2022

Congratulations to all those who participated in this year's challenge, even those who didn't quite get there. Your support by just being there, walking the beach, or providing coffee and encouragement was much appreciated. Final results are:

Challenge 3: Swim from Lignano to Ravenna in Italy's Adriatic Sea, 162 kms.

Completed by: Joe Askey Doran.

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

Completed by: Megan Stronach

Challenge 1: Swim around Magnetic Island, North Queensland, 32 kms.

Completed by: Fiona Ziegeler, Allan Nichols, Pia Peterson, Beth Mulligan, Auro Almeida, Megan Stronach, Maddie Brasier & Amanda Duggan



Pictured with Joe are Beth, Mark, Auro, Darryl, Pia Allan, Megan and James.



And the Award for picture of the year goes to this one, showing Allan and David in the wild seas off the usually calm Waub's Bay, Bicheno.

Who's up for the Challenge in 2023?



Social News

This coming Saturday 3rd September, after training; BBQ. BYO coffee or tea or purchase at the pool. Bacon and egg muffins and fruit are provided. Peter Tucker will answer any questions about his channel crossing and Derwent swim.

Quiz night, Saturday 17th September at the Black Buffalo. This is a fun night and fund raiser for the MS swimathon. Great raffle prizes. Anyone that would like to contribute a prize will be gratefully acknowledged.

Please see attached flyer.

Hope to see you on Saturday, Judi

Club Calendar

SEPTEMBER

- Saturday 3rd: Club Breakfast BBQ - Clarence Aquatic Centre
- Saturday 10th: Club Committee Meeting - Rosny Library
- Saturday 17th: Club QUIZ NIGHT Fundraiser for MS Mega Swim- Black Buffalo Hotel

OCTOBER

- Saturday 8th: MS MEGA Swim- Team Dolphins – Hobart Aquatic Centre
- Saturday-Sunday 22/23rd Tasmanian Masters Games-Devonport

NOVEMBER

- Saturday 12th: LCLD Swim Meet- Hobart
- 4-13th PAN PACIFIC Masters Games-Gold Coast

DECEMBER:

- Saturday 10th: Club Christmas Luncheon and Presentations -PuddleDuck Vineyard

2023

- **FEBRUARY** 19-19th- MST LC Summer Championships
- **APRIL** 18-22nd- MSA National Championships HOBART

MS Swimathon, 2022 and After Swim coffee.

MS Swimathon - Help Needed - Saturday 8th October

Unfortunately, I am unable to be there on the day of the MS Swimathon to lead the Team and I am looking for some helpers on the day.

The day starts at 10am (set up 9.15am) and finishes at 10pm. I was thinking of dividing the day into 3 x 4 hours sessions and am looking for Team Leader's for these times. This time could change depending on how many people volunteer.

The role is primarily to make sure that the rostered swimmer is there on time and ready to get in the water, check the swimmers are ok during their swim, get the team involved in the fun activities and make sure the laps are being counted.

I will have everything prepared beforehand (lap counting sheets, contact list, roster, etc) and its just management on the day.

If you feel you could help, please let me know as soon as possible. Annaliese 0427528995

Coffee Mornings on Saturday After Training

We have realised we are all missing our coffee and chats after training on Saturdays. So, we will get back into this lovely routine as of Saturday 10th September. Venue to be confirmed closer to the date after we have checked out a few venues. Keep a watch out for updates on WhatsApp!

Annaliese

Winters Report

The 38th MST WINTER SHORT COURSE CHAMPIONSHIPS 2022

The 2022 Winters SC Championship Meet was held over the weekend of the 20/21st August and hosted on behalf of MST by the Launceston Lemmings.

125 Entries were received and attracted 25 swimmers from interstate from a total of 22 Clubs.

6 National Records were broken by interstate swimmers- Darius Schultz 30-34 Yr from VPP, Graeme Armstrong 70-74 Yr from VPP & John Cox 85-89 Yr VMM.

A strong Pod of 16 Dolphins participated and enjoyed a weekend of fun, fitness, and friendship. The Club were able to enter a Men's Relay team, thanks to Allan, Steve, Auro & Peter. Many thanks go out to Mary Cousins who represented our Club on deck with her skills in timekeeping, to Coach Steve, who, along with Megan, guided us with our pre comp training sessions but also steered us in the right direction to deliver and return safely a small Pod to and from the Pool.

MEDAL WINNERS

- Elisa Mc Millan 25-29 Yr GOLD
- Annaliese Cousins 45-49 Yr GOLD
- Michelle Sampson 45-49 Yr BRONZE
- Steve Richards 55-59 Yr GOLD
- Auro Almeida 60-64 Yr GOLD
- Kathryn Osborn 60-64 Yr GOLD
- Allan Nichols 65-69 Yr GOLD
- Megan Stronach 70-74 Yr GOLD

INDIVIDUAL BRANCH RECORDS

- Kathryn Osborn 25M BR 19.42, 50M BR 42.98, 100M BR 1:35.64, 200M BR 3:29.21, 200M IM 3:18.69
- Fiona Ziegeler 50M FLY 40.86
- Megan Stronach 25M FR 18.38, 50M FLY 49.78, 100M IM 1:43.15, 200M IM 3:51.12

RELAY BRANCH RECORD

- 4x25M FREE WOMEN 200-239 YR- Elisa Mc Millan, Fi Ziegeler, Kathryn Osborn and Amanda Duggan in 1:02.75

CLUB TROPHY Winner: TAC: 1814, TLC: 1189, closely followed by HOBART DOLPHINS: 1081 points

RELAY TROPHY- this is awarded to both combined RELAY scores from LC Summer and SC Winter State Meets:
Winner: TAC 614, closely followed by HOBART DOLPHINS with 510 points

FEMALE Swimmer of the Meet: Anne Henderson (TAC) with Kathryn Osborn (THB) a close second.

MALE Swimmer of the Meet: Brent Walker (TAC) with Auro Almeida (THB) Third.

Elsewhere in the Newsletter you will find a list of the NEW CLUB Short Course RECORDS set this year. A full UPDATED SET OF CLUB RECORDS are available on the Club website.

Katherine Daft Recorder August 2022 😊

Photo Gallery



50m Backstroke	AMANDA DUGGAN	20.08.2022	42.09	TAS STATE	FIONA REDGROVE	22.08.2020	45.00	TAS STATE
100m Backstroke	AMANDA DUGGAN	20.08.2022	01:29.33	TAS STATE	KATHERINE DAFT	21.08.2021	01:42.83	TAS STATE
25m Breaststroke	KATHRYN OSBORN	20.08.2022	19.42	TAS STATE	FIONA REDGROVE	23.08.2020	22.80	TAS STATE
50m Breaststroke	KATHRYN OSBORN	04.06.2022	46.46	TAS STATE	KATHERINE DAFT	21.08.2021	48.24	TAS STATE
50m Breaststroke	KATHRYN OSBORN	20.08.2022	44.26	TAS STATE	KATHRYN OSBORN	04.06.2022	46.46	TAS STATE
50m Breaststroke	KATHRYN OSBORN	20.08.2022	42.98	TAS STATE	KATHRYN OSBORN	20.08.2022	44.26	TAS STATE
100m Breaststroke	KATHRYN OSBORN	04.06.2022	01:41.45	TAS STATE	KATHERINE DAFT	21.08.2021	01:45.41	TAS STATE
100m Breaststroke	KATHRYN OSBORN	20.08.2022	01:35.64	TAS STATE	KATHRYN OSBORN	04.06.2022	01:41.45	TAS STATE
200m Breaststroke	KATHRYN OSBORN	04.06.2022	03:34.40	TAS STATE	KATHERINE DAFT	21.08.2021	01:45.41	TAS STATE
200m Breaststroke	KATHRYN OSBORN	20.08.2022	03:29.21	TAS STATE	KATHRYN OSBORN	04.06.2022	03:34.40	TAS STATE
400m Breaststroke	KATHRYN OSBORN	04.06.2022	07:21.14	TAS STATE		NEW RECORD		
25m Butterfly	KATHRYN OSBORN	20.08.2022	17.27	TAS STATE	FIONA ZIEGELER	21.08.2021	18.11	TAS STATE
50m Butterfly	FIONA ZIEGELER	20.08.2022	40.86	TAS STATE	FIONA ZIEGELER	21.08.2021	41.95	TAS STATE
100m Individual Medley	AMANDA DUGGAN	20.08.2022	01:24.08	TAS STATE	KATHERINE DAFT	24.08.2019	01:41.79	TAS STATE
200m Individual Medley	KATHRYN OSBORN	20.08.2022	03:18.69	TAS STATE	FIONA ZIEGELER	21.08.2021	03:19.76	TAS STATE

Womens 70-74yrs

25m Freestyle	MEGAN STRANOCH	22.08.2022	18.38	TAS STATE	MARY COUSINS	24.08.2019	20.97	TAS STATE
25m Breaststroke	MEGAN STRANOCH	22.08.2022	26.02	TAS STATE	JAN CHEW	31.08.2008	26.71	TAS STATE
100m Breaststroke	MEGAN STRANOCH	22.08.2022	02:00.89	TAS STATE	JUSTINE BAMFORD	28.04.1996	02:03.7	LAUNCESTON
50m Butterfly	MEGAN STRANOCH	22.08.2022	49.78	TAS STATE	TINA SMIT	28.04.1996	01:14.9	LAUNCESTON
100m Butterfly	MEGAN STRONACH	04.06.2022	01:54.48	TAS STATE	TINA SMIT	12.08.1997	02:47.8	LAUNCESTON
100m Individual Medley	MEGAN STRANOCH	22.08.2022	01:43.15	TAS STATE	JUSTINE BAMFORD	18.08.1996	02:10.8	LAUNCESTON
200m Individual Medley	MEGAN STRANOCH	22.08.2022	03:51.12	TAS STATE	TINA SMIT	28.04.1996	05:47.0	LAUNCESTON
400m Individual Medley	MEGAN STRONACH	04.06.2022	08.08.01	TAS STATE	TINA SMIT	10.08.1997	12:10.5	LAUNCESTON

Mens 60-64yrs

50m Butterfly	AURO ALMEIDA	20.08.2022	36.10	TAS STATE	AURO ALMEIDA	21.08.2021	36.15	TAS STATE
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Mens 65-69 yrs

400m Breaststroke	ALLAN NICHOLS	04.06.2022	07:38.72	TAS STATE	PETER BOURJAU	19.01.1997	09:37.91	HOBART
25m Butterfly	ALLAN NICHOLS	20.08.2022	16.94	TAS STATE	JOHN SMITH	31.08.2008	24.95	TAS STATE
50m Butterfly	ALLAN NICHOLS	20.08.2022	37.75	LAUNCESTON	JOHN ISLES	31.08.2003	49.38	LAUNCESTON
200m Individual Medley	ALLAN NICHOLS	20.08.2022	03:16.22	LAUNCESTON	PETER TUCKER	21.08.2021	04:55.66	LAUNCESTON