

Hobart Dolphins - News

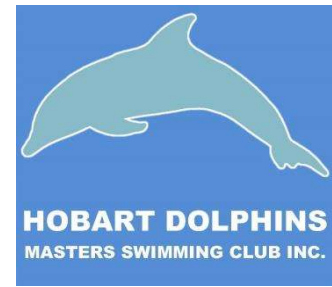
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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April 2024

Hi Folks

Well – this is certainly a newsletter full of celebrations! The Dolphins have had great success both in the pool and in the open water, Hope you enjoy reading about our achievements and the pictures of the many smiling faces that have been snapped around the pool and on the beaches in recent times.



Happy Birthday this month to Ruth Temple-Smith (22nd) and to Richard Tuffin (15th)

Hope everyone had a wonderful Easter with friends and family, and you are all ready now to start tackling the winter season in the pool.

Fiona R

In this Dolphin-News

- From the Presidential Suite
- Recorder's Report
- Club Social Events
- Setting yourself a goal
- Tas Ocean Swims Results
- Club Calendar
- Photo Gallery



Welcome to two new members this month:

Judy McGuire and Rebecca Farrell

Upcoming events

- April 13th – Committee Meeting
- May 4th Club Breakfast – Clarence YMCA
- May 18th SCLD Race Meet - Launceston

Training times and venues

Saturdays, 8-00am at Clarence pool, cost \$8-50, using Club 10-pass card, purchased from Pia.

Sundays, 10:00am at Clarence, cost \$8-50, also with Club 10-pass card, all welcome.

Have you got your warm gear ready to take on the open water challenge over the winter months? See you in the Bellerive Beach Car Park some time!



WINNERS ARE GRINNERS!



What a great month! State Long Course Champions for four years in a row, how cool is that! So nice to see so many members take part, it's definitely a fact that the strength of our club is that we not only have many great swimmers but that all members feel encouraged and supported to take part. And ...they have a lot of fun doing it.

Kudos must also go to our coaching team led by Steve and Megan for putting together engaging, well-rounded and focussed training sessions. Thanks also to club members and family who helped out with the officiating at the meet, particularly Katherine who acted as chief timekeeper for the entire meet and to Steve who shadowed Phil as Meet Director.

As the Open Water Swim Series concludes for this Summer, we were again successful in winning the MSA Oceans Treble Series with Auro, Megan, Amanda and Jade leading their age groups. We are looking at another Open Water Challenge this year but sorry have just been a bit slow on getting it together this year.....watch this space.

Congratulations to Amanda who made World Aquatics top ten times in 6 events in 2023, a fabulous effort especially as they are in freestyle events in a very competitive age group. Also, to Fiona Z who has just completed her 1 million metre Vorgee Award.

About six of us attended a timekeeping course with Katherine Daft during the month. Steve, Mary and Beth then undertook practical hours towards obtaining their qualification, after obtaining the timekeeping qualification they can then go on and get further technical qualifications if they wish. Thank you to Katherine for running the course, I am sure she would put on further courses later in the year if there was enough interest.

Of course, we all looked very schlick on the weekend, some with new club merchandise. Huge thank you to Kathy O for organising the recent order. In a bit a change to processes, ID clothing, the merchandise retailer, has requested that individuals no longer go into the shop and order one-off orders of club merchandise or to ask that our logo be put on individual clothing items. Requests for club merchandise will all now need to sent from the club. We will process orders periodically and will put together the next one one in a couple of months for those who missed out in the last order.

From the Presidential Suite (cont.)

I understand about 8 members are currently in training for the National Championships in Darwin in May, should be a lot of fun, I love that part of the world in May. If you like competing but the NT is a bit far away, you may be interested to know that the TAS Masters Games will very likely be held in Launceston in October. Masters Games have a different feel to MSA events as they are multi-sport events so tend to be a bit more social. Consider putting it on your swim, schedule for this year!

Of course, in the meantime, the Short Course Long Distance Championships in May and the Winter Championships in August will both be held in Launceston, and I know Judi is cooking up some fun social event.

Steve collecting our championship trophy

See you in the pool



Di



HOBART DOLPHINS MASTERS SWIMMING CLUB

Committee 2024

President	Diane Gregory
Vice President	Annaliese Cousins
Secretary	Kathryn Osborn
Treasurer	Pia Peterson
Recorder	Katherine Daft
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 Delegate to Branch	Kathryn Osborn Steve Richards



MSTAS 40th SUMMER LC CHAMPIONSHIPS: 23-24TH March 2024

Recorders Report

The 2024 LC Meet, held at the Hobart Aquatic Centre over two sessions, attracted 85 swimmers including 9 members from interstate. A POD of 22 Hobart Dolphins competed-16 Women and 6 Men.

Hobart Dolphins took out the Championship Trophy with the highest aggregate points for the fourth time in a row with a total point score of 1081, followed by Hobart Orcas 812 and Launceston Lemmings 765.

Huon Valley Club took home the NEW NORFOLK Trophy with the highest average points based on number of club members at the end of 2023.

Congratulations to Dolphin **Amanda Duggan (pictured)** 60-64Y with her placings in the 2023 FINA WORLD TOP TEN Swims.



Short Course: Freestyle 400M-#7 ,800M- #10 & 1500M-#6.

Long Course: Freestyle 400M-#7,800M-#5 & 1500M-#8.

A World Record equalling time was swum by Mark Thompson (VPP) in the Men 55-59Y 100M Freestyle in 56.00 secs. Mark also set new NATIONAL records in the 100,200 & 400M FR.

Four (4) Tasmanians set new BRANCH RECORDS- Gabrielle Osborne (TAC), **Megan Stronach (THB)**, Tony Forman (TAC) and Jim Groom (TTL).

CLUB MEDAL WINNERS

Women:

Elisa Mc Millan 30-34Y GOLD,

Claudia Lopez 30-34Y SILVER,

Annaliese Cousins 45-49Y GOLD,

Leisl Wylie 50-54Y BRONZE,

Amanda Duggan 60-64Y GOLD,

Fiona Ziegeler 60-64Y BRONZE,

Fiona Redgrove 65-69Y GOLD,

Megan Stronach 70-74Y GOLD,

Mary Cousins 75-79Y SILVER

Men:

William Cohen 45-49Y GOLD,

David May 50-54Y SILVER,

Auro Almeida 60-64Y GOLD,

Mark Van Ommen 60-64Y SILVER,

Steve Richards 60-64Y BRONZE,

Allan Nichols 70-74Y SILVER



Recorder's Report (Cont.)

Female Swimmer of the Meet: Gabrielle Osborn (TAC) & Male Swimmer of Meet: Brent Walker (TAC).



BRANCH RECORDS

Megan Stronach (pictured) 70-74Y set THREE new Branch records with her swim times in the 50M FLY: 47.97, 50M BACK 46.90 & 100M BACK 1:42.03

There were no new RELAY Branch Records set by Hobart Dolphins.

CLUB RECORDS: (For more details see table on next page)

Michelle Sampson 50-54Y broke an old Club Record set in 1993 for her 100M FLY in 1:59.58

Leisl Wylie 50-54Y set 4 new Club records including 2 PB's, smashing seconds off her previous times in the 50M FR with 34.38 & 100M BR in 1:38.98.

Fiona Ziegeler 60-64Y set a Club Record in the 200M Back with 03:45.74

Megan Stronach 70-74Y set 3 Club records, 2 being her own with 50M BK 46.9 & 50M FLY 47.97

Mary Cousins 75-79Y broke two old Club Records set in 2005 with her 50M FREE 1:00.23 & 100M FREE in 2:16.55

Bill Cohen 45-49Y set a NEW Club record with the 200M BR in 4:29.66 and broke a previous record in the 50M BR 56.22

David May 50-54Y broke an old record set in 2014 with his 50M FREE in 32.19.

Mark Van Ommen 60-64Y set a Club record with the 100M BK in 1:55.50

Allan Nichols 70-74Y set a NEW Club record with the 100M BK in 1:57.71

OCEAN SWIM SERIES

Club Members Jayde Richardson (30-34Y), Amanda Duggan (60-64Y), Megan Stronach (70-74Y) & Auro Almeida (60-64Y) were winners in their age groups in the OCEAN SWIM SERIES



TIMEKEEPING- Thank you to Pete Smith, and others who assisted with timekeeping. Congratulations to Steve Richards, Mary Cousins and Beth Mulligan who are on their way to their accreditation in Timekeeping.

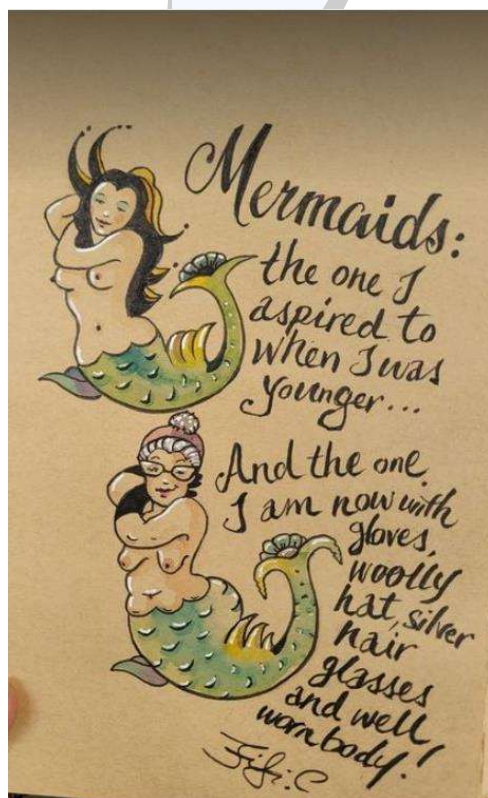
Katherine Daft

Club Recorder 27/3/24

And a BIG thanks to Katherine for taking on the role of Chief Timekeeper at the recent Summer Championships, adding to the spectacularly smooth running of this event. This follows Katherine conducting a training session for Dolphins prior to the Championships (see Di's news)!

Long Course Club Records Set in 2024

New Record					Previous Record				
Age Group 50-54									
50m	Freestyle	LIESL WYLIE	24.3.2024	34.38	TAS State	LIESL WYLIE	18.04.2023	36.51	NATIONALS
200m	Freestyle	LIESL WYLIE	18.04.2023	02:54.68	TAS State	LIESL WYLIE	18.04.2023	03:01.05	NATIONALS
50m	Breaststroke	LEISL WYLIE	24.3.2024	44.98	TAS State	MARY COUSINS	18.03.2000	48.13	HOBART
100m	Breaststroke	LEISL WYLIE	24.3.2024	01:38.98	TAS State	LEISL WYLIE	18.04.2023	01:45.21	NATIONALS
200m	Breaststroke	LEISL WYLIE	24.3.2024	03:42.73	TAS State	KATHERINE DAFT	24.03.2012	03:45.73	TAS State
100m	Butterfly	MICHELLE SAMPSON	24/03/2024	1:53.58	TAS State	JANET FRENCH	07.03.1993	01:59.87	GLENORCHY
Age Group 60-64									
200m	Backstroke	FIONA ZIEGELER	24.3.2024	03:45.74	TAS State	FIONA REDGROVE	14.03.2020	03:54.66	TAS State
Age Group 70-74									
50m	Backstroke	MEGAN STRONACH	24.03.2024	46.9	TAS State	MEGAN STRONACH	18.04.2023	48.02	NATIONALS
100m	Backstroke	MEGAN STRONACH	18.04.2023	01:42.0	TAS State	JUDITH ADAMS	18.04.2023	02:09.0	NATIONALS
50m	Butterfly	MEGAN STRONACH	24.03.2024	47.97	TAS State	MEGAN STRONACH	03.04.2022	48.65	TAS State
Age Group 75-79									
50m	Freestyle	MARY COUSINS	23.03.2024	01:00.23	TAS State	JUSTINE BAMFORD	26.02.2005	01:00.2	TAS State
100m	Freestyle	MARY COUSINS	23.03.2024	02:16.55	TAS State	MARGARET CLOUGHER	29.03.2005	02:21.7	Nationals
Men									
Age Group 45-49									
50m	Breaststroke	BILL COHEN	24/03/2024	56.22	Tas State	DAVID WIGHTMAN	20.03.2021	56.50	Tas State
200M	Breaststroke	BILL COHEN	24/03/2024	04:29.66	Tas State	NEW RECORD			
Age Group 50-54									
50m	Freestyle	DAVID MAY	24.3.2024	32.19	Tas State	JARED KHU	16.03.2014	36.09	Tas State
Age Group 60-64									
100m	Backstroke	MARK VAN OMMEN	24.3.2024	01:55.50	TAS STATE	STEVE RICHARDS	19.02.2023	02:03.36	TAS STATE
Age Group 70-74									
100M	Backstroke	ALLAN NICHOLS	24.3.2024	01:57.71	TAS State	NEW RECORD			



Social events:

Dolphins keen to load up on carbs for the second day of the championships enjoyed a meal on Saturday evening at Venezia in Geilston Bay (no picture available, sorry!!).

This outing was followed by a rapidly organised drink at the Motor Yacht Club in Lindisfarne to celebrate our championship trophy.

Our next gathering is scheduled for **Saturday May 4th** at the Clarence Pool. Enjoy a feed of bacon, eggs, and fruit to renourish after training. The club will provide food and juice. BYO coffee and tea or purchase at the kiosk.



A few members raising a glass at the Lindisfarne Motor Yacht Club to toast our success in the Summer Championships



WANT TO SET YOURSELF A GOAL?

Think: WHAT'S THE POINT?

The World Aquatics (formerly FINA) Points table allows comparisons of times for your swims amongst different events and age groups. The WA point scoring assigns point values to swimming performances. Those closer to a world record will score points close to 1000, with fewer points for slower performance. Point values are assigned every year based on the current world records. There is one set of point for long course, and one for short course. You can see your point score in the Masters Swimming Tasmania Results Portal. If you are looking to set yourself an achievement goal (not everyone will win medals!) ... maybe think about trying to lift your ranking by aiming for a higher point score. It can be an incentive as we naturally slow down as we age, yet our performances are actually really good for our age!! If you would like more details about how to find your point rating, ask a member of the committee. Try setting yourself a target to move from scoring in the 100s to scoring in the 200s, or from the 200s to the 300s in one or more events.... Here are out top 10 performances from the Summer Championships, for example.

Masters Open									
Name	Gender	Club	Age Group	Date	Distance	Stroke	Course	Time	Points
AMANDA DUGGAN	F	THB	60-64	23.03.2024	200m	Freestyle	LC	2:36.01	739
KATHRYN OSBORN	F	THB	60-64	24.03.2024	200m	Breaststroke	LC	3:35.58	623
ELISA MCMILLAN	F	THB	30-34	23.03.2024	50m	Freestyle	LC	31.57	542
AURO ALMEIDA	M	THB	60-64	24.03.2024	100m	Freestyle	LC	1:11.67	521
FIONA ZIEGELER	F	THB	60-64	23.03.2024	400m	Individual Medley	LC	7:19.65	500
LEISL WYLIE	F	THB	50-54	23.03.2024	50m	Freestyle	LC	34.38	489
FIONA REDGROVE	F	THB	65-69	23.03.2024	100m	Breaststroke	LC	1:55.27	478
MEGAN STRONACH	F	THB	70-74	23.03.2024	100m	Backstroke	LC	1:42.03	434
DAVID MAY	M	THB	50-54	23.03.2024	50m	Freestyle	LC	32.19	419
ALLAN NICHOLS	M	THB	70-74	24.03.2024	200m	Breaststroke	LC	4:15.04	380

STOP PRESS: On Saturday 30th, the Dolphins Team of Auro, Jayde, Pia, and Amanda finished a commendable third overall in the Tasmania Ocean Swim Series at Carlton Park Beach

Well done Team Dolphins

Pia is looking deservedly pleased with the 3rd placing for the team as she crosses the finish line



After the Beach to Beach (Blackman's Bay to Kingston) on Sunday 31st, trophies were awarded to Jayde, Amanda. Megan and Auro who were series winners in their respective age groups in the 9 event series (Megan is hiding behind a coffee cup at the back!!).

CLUB CALENDAR 2024

APRIL

SATURDAY 13th: Club Committee Meeting at Rosny Library

FRIDAY 19th: CLOSE for Individual entries for the MSA DARWIN NATIONAL Championships

MAY

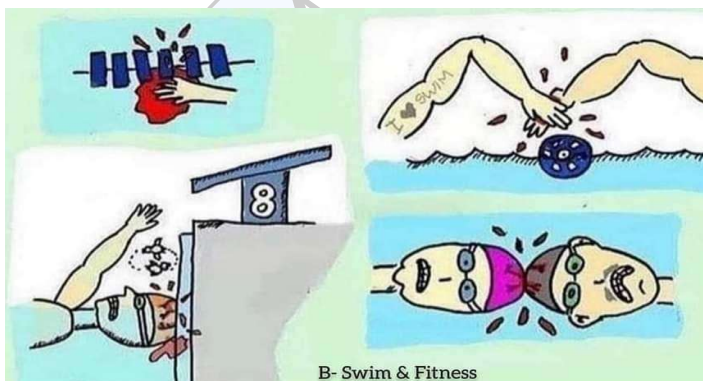
FRIDAY 3rd: DARWIN-MSA 47th NATIONAL Championships commence. Concludes Tuesday 7th MAY following the OWS.

SATURDAY 4th MAY: Breakfast at Clarence Pool following training (9.15)

SAT 18th MAY: MST Short Course Long Distance Championships – 1.30 – 5.30 pm Launceston



He came along to cheer on Al (Poppy!) but turns out Kurt has the makings (and the patience) to be a great timekeeper. He can take some tips from Beth!



WHOEVER SAID SWIMMING
WAS A NON-CONTACT SPORT

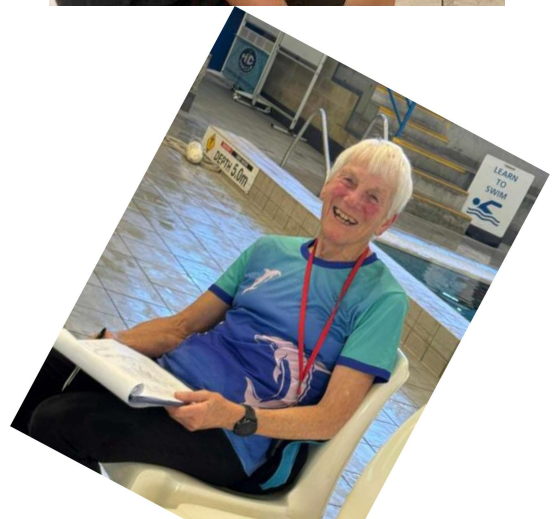


Photo Gallery

More grinning winners!





We may not have broken records, but we fielded fabulous relay teams!



And you couldn't miss the happiest table in the room

Next year's Meet Director (in training Note the "L" Plates!)



And a final one with Joe!!



*And an editor's priviledge...
a snap from my holiday on
Heron Island last month!!*