

# Hobart Dolphins - News

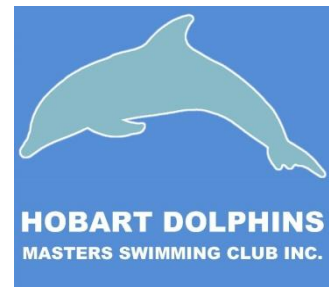
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

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

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



January 2026

## Happy New Year Dolphins

I thought it might be nice to start the new year with a little bit of Buddhist philosophy to remind us all that progress will come – if we are patient. A good way to recognise our progress is to take on one of the challenges offered by Masters Swimming Australia this year. In this edition you can read about the Vorgee E1000 Challenge and the latest 26x26x26 MSA Target. There is also the Bunbury Challenge later in the year or you might like to set your own goal of competing for the first time this year, tackling a new event, or venturing into the open water for the first time.

Whatever your resolution... it will align with MSA's mission to support fun, fitness and friendship. As this newsletter attests... the Dolphins do all this very well!! Here's to more of it all in 2026

Fiona



## The Turtle Theory

Turtles don't rush or panic. They don't care who's ahead. They just keep moving, taking one stroke at a time, through calm and chaos. They always reach the shore. Because speed doesn't define progress; patience does. **You don't have to sprint. Just keep going. Slow progress is still progress, and peace will always outlast pressure.**

## In this Dolphin-News

January Calendar

Presidential Suite

2025 Annual Awards

E1000 Challenge

Target 26-26-26

Huon Valley Race Meet

Ocean Trebles results

Registrations Due

Reminder – sunscreen

AGM Notice and Nomination Forms

Eggs and Bacon Bay photos

2026 Calendar



## 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 – check WhatsApp for times and locations

**THURSDAYS** 6.30 – 7.30 pm at Clarence pool

**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!

## JANUARY CALENDAR



*Saturday 3<sup>rd</sup> January Oceans Trebles Devonport*

*Sunday 4<sup>th</sup> January Ocean Trebles Bridport*

Wednesday 7<sup>th</sup> January 7.00 am Open Water Swim (Check WhatsApp)

Thursday 8<sup>th</sup> Jan 6.30 pm Clarence Pool

Saturday 10<sup>th</sup> Jan 8.00 am Clarence Pool

Sunday 11<sup>th</sup> Jan 10.00 am Clarence Pool

Wednesday 14<sup>th</sup> Jan 7.00am Open Water Swim (Check WhatsApp)

Thursday 15<sup>th</sup> Jan 6.30 pm Clarence Pool

Saturday 17<sup>th</sup> Jan 8.00 am Clarence Pool

Sunday 18<sup>th</sup> Jan 10.00 am Clarence Pool

Wednesday 21<sup>st</sup> Jan 7.00 am Open Water Swim (Check on WhatsApp)

Saturday 24<sup>th</sup> Jan 8.00 am Clarence Pool

**Saturday 24<sup>th</sup> Jan 8.30 Warm-Up Huon Valley Aquatic Race Meet (Huonville Pool)**

**Details: <https://tas.swimming.org.au/events/2026-huon-valley-medal-meet>**

**Monday 26<sup>th</sup> Jan Kingston Beach Midsummer Ocean Swim.**

**Start times: 500m 8.30, 1500m from 9.00 (in waves)**

**Details: <https://www.kingstonbeachslsc.com.au/midsummeroceanswim/>**

Sunday 25<sup>th</sup> Jan 10.00 am Clarence Pool

Wednesday 28<sup>th</sup> Jan 7.00am Open Water Swim (Check WhatsApp)

Thursday 29<sup>th</sup> Jan 6.30 pm Clarence Pool

Saturday 31<sup>st</sup> Jan 8.00 am Clarence Pool

**\*\*\*Remember: SATURDAY 21<sup>st</sup> FEBRUARY 10 am**

**Rosny Library- Hobart Dolphins Annual General Meeting**



## From the Presidential Suite:

Swimming fun certainly continued into December; after the fabulous Oatlands Meet we celebrated with a fantastic Christmas Party/Presentation Function at the Waterworks the next weekend. Even if the weather was teasing us a little, the food, friendship and fancy dress certainly made up for it. Congratulations to all the award winners (listed elsewhere in the newsletter) and thank you to Judi and her helpers for putting on a great event.

As if that wasn't enough Megan and Fiona (with a little help from Beth) orchestrated a fun pre-Christmas training session for the final Saturday session.....and of course the post-Christmas Ocean Swim at Eggs and Bacon Bay never fails to deliver. We certainly have been putting the fun into 'fitness, friendship and fun'. Of course, there has still been a bit of fitness going on as well, with many members finishing their final 2.5km swim to complete the National Office 50x50 challenge launched as part of the 50<sup>th</sup> anniversary celebrations in 2025. Congratulations to all those who completed this challenge, it was no mean feat.

Due the popularity of this program the National Office has issued a new challenge for 2026; **26-26-26**. Details of this challenge can be found on the MSA National page under programs, it's a little easier than the 2025 event. Or, perhaps you could set yourself your own challenge by taking on the Vorgee Endurance 1000 program. You don't have to do the whole program, maybe try one stroke to start with. Details of both these programs is included in this newsletter.

As summer approaches the open water beckons and the first of the Oceans Treble swims are taking place this weekend, both are up North in Bridport and Devonport. There will be some local swims later in the year; the first one being the Kingston Beach Swim on 26 January. This swim is generally quite popular with club members so maybe one to target. Fun fact about this year's Open Water Series....a new category has been established....the True Tridents category for the over 70s. Will that tempt you?

If pool competition is more your thing, start the year with the Huonville Medal Meet being held on 24 January, information is available on the MSTas website under Dual Sanctioned Meets.

Don't forget the club AGM will be held on 21 February, as I have mentioned before, even though the current committee works really well we are always looking for new people with new ideas. So, if you are interested in becoming involved, please talk to one of the current committee members...or just fill out a nomination form and send it to Katherine D.

And of course, re-registration for 2026 is now due. Details about how to register (or renew your membership) can be found in this newsletter.

Hope to see you all in January!

**Di**



## Congratulations to our 2025 Club Award Recipients



### Perpetual Trophy Winners

Club Person of the Year:	Judi Adams
Swimmer of the Year:	Amanda Duggan
Coach's Award:	Annie Gillian
Endurance trophy:	Megan Stronach
Flipper Award:	Annie Gillian



### Congratulations also to our new Tasmanian Record Holders –

from left: Katherine Daft, Fiona Zeigeler, Linda Walsham, Beth Mulligan, Sue Muir, Megan Stronach and Amanda Duggan. Others to break records, but not present for the photo were Phil Venables, Jayde Richardson and Auro Almeida.

# Endurance 1000 Program



**ENDURANCE  
1000**

sponsored by



Some of our members have been asking about this challenge. The program is designed to encourage people to compete in (or simply complete) distances from 400 metres to 60 minutes duration in a variety of strokes. It is aimed at promoting fitness throughout the year with clubs competing for the Vorgee Endurance 1000 Champion Club Award. It is a great way to see personal improvement through comparing swim times throughout the year.

## Gaining Points

The program is optional, but all competition results for eligible swims in the Results Portal are automatically included in the program. To achieve the required goals (which relate to gender and age groupings) the swims are done over an extended part of the calendar year. Only one time per event can be entered in any given month (eg 5 x 400m Backs would be done in 5 different months). This offers the chance to see how you are improving over the year.

Non-competition based swims are manually entered directly into the Endurance 1000 section of the Results Portal. You simply have to send these through to Fiona R if you do these in your own time/training sessions. She will enter them into the portal.

Details of the swims are available on the MSA website at <https://mastersswimming.org.au/programs/endurance-1000-program/>

## Vorgee Endurance 1000 Champion Club

Points are gained for the completion of each different event. These combine with points gained by fellow club members and contribute to a total point score for each competing club. The highest scoring club is then declared the Vorgee Endurance 1000 Champion Club. . It seems Noosa Masters has something of a strangle hold on this Award.... Perhaps the Hobart Dolphins need to try to knock them off their perch!

## Vorgee Endurance 1000 Award

Vorgee Endurance 1000 Award goes to the club averaging the highest number of points per registered member. This is designed to encourage as many members as possible in each competing club to complete one or more events in the Vorgee Endurance 1000 program



## MSA 'Target 26-26-26' Members Swim Challenge

The concept is simple, flexible and welcoming to swimmers of all levels:

- **Swim a total of at least 2.6 km** in any stroke or combination of strokes, or any combination of laps/distances (details below),
  - **Within each two-week / fortnight period,**
- **For a minimum of 26 completions of a 2.6km total cumulative distance** throughout 2026

... or, just for the fun and joy of it, make as many attempts as you can in 'getting in and having a red hot go' anyway...

Keep track your progress by logging your 2.6km total via the **Vorgee Million Metres App**.

Whatever your swimming goal is for 2026—fitness, social connection, health, competition, or simply enjoyment—the MSA 'Target 26-26-26' Members Swim Challenge is designed for you

**PLEASE NOTE: Normal 2 week periods run Monday – Sunday. However, the first of your 2.6 kms must be completed between 1<sup>st</sup> and 11<sup>th</sup> January – ie – sometime in the next week!**

More details:

<https://mastersswimming.org.au/programs/target-26-26-26-members-swim-program-for-2026/>

Knock, knock.  
Who's there?

Howie.  
Howie who?

Howie gonna stay up till  
midnight?

What was the caterpillar's  
New Year's resolution?

To turn over a new leaf.



This meet combines under-age swimmers with Open and Over-18 events for Masters Swimmers to enter and compete for medals. **Entries close Monday 19<sup>th</sup> January.**

The events on offer for Masters Swimmers are:

- 1 & 2 – Women and Men's 200m Individual Medley (Open)
- 13 & 14 Women and Men's over 18 50m Backstroke
- 17 & 17 Women and Men's 100m Freestyle (Open)
- 29 & 30 Women and Men's over 18 50m Breaststroke
- 33 & 34 Women and Men's 100m Butterfly (Open)
- 46 & 47 Women and Men's 100m Breaststroke (Open)
- 58 & 58 Women and Men's over 18 50 m Butterfly
- 62 & 62 Men and Men's 100m Backstroke (Open)
- 74 & 75 Women and Men's 50m Freestyle

There is also a mixed relay at the end of the morning sessions (4 x 50m) if anyone is interested. This is an all day event, run in two sessions with a lunch break after event 41 (the mixed relay).



## Masters Swimming Tasmania's "Oceans Treble 2026"

Congratulations to our swimmers who competed in the Devonport "Pub2Club" and the Bridport "Swim the Pier" Ocean Swim events this weekend (Sat 3rd & Sun 4th Jan) hosted by Devonport and Bridport Surf Lifesaving Clubs. (Sorry Shaned – don't have a photo of you yet!)

With the cancellation of the Carlton Park swim before Christmas, these two races became the first two races of the Masters Swimming Tasmania's Oceans Treble series. Devonport provided reportedly extremely rough "washing machine" conditions, while Bridport was gloriously calm and serene!! Unfortunately, results have not been finalized/published – final placings are not available. However we can report that in Devonport on Saturday Jayde Richardson won her age-group event, as did Amanda Duggan, and Auro Almeida.

In Bridport on Sunday morning in idyllic conditions Amanda and Auro were joined by Megan Stronach in taking out their age group divisions. As only 1<sup>st</sup> placegetters were announced we can't confirm how our other members (coach Steve and Shaned Gaffney) fared in their events, but it certainly sounds like (and looks like) a fabulous weekend's swimming by everyone! Well done Dolphins!! Steve certainly looks like he is celebrating a great swim – the whisper is that he finished 3<sup>rd</sup> in a very competitive age-group! Well done to you all!



Perfect conditions at Bridport this for this year's Bridport Pier Swim! The white shiny mass is the swimmers... the "standy-up" posts are what remains of the Bridport pier.



TASMANIAN OCEAN  
SWIM SERIES

## 2025/26 RACE CALENDAR

SAT 22 NOV	CLEARWATER CLASSIC	CARLTON PARK SLSC	U
SAT 27 DEC	CP1200	CARLTON PARK SLSC	U
SAT 3 JAN	PUB 2 CLUB	DEVONPORT SLSC	
SUN 4 JAN	SWIM THE PIER	BRIDPORT SLSC	
MON 26 JAN	KINGSTON BEACH SUMMER SWIM	KINGSTON BEACH SLSC	
SUN 8 FEB	PENGUIN ISLAND SWIM	PORT SORELL SLSC	
SAT 7 MAR	TEAM CHALLENGE	CARLTON PARK SLSC	U
SUN 8 MAR	DEEP SOUTH CLIFF SWIM	CLIFTON BEACH SLSC	
SUN 12 APR	BEACH 2 BEACH	KINGSTON BEACH SLSC	

SUPPORTED BY



Tasmania

**Registration Fees for 2026 are due now**



**Your registration expired on 31<sup>st</sup> Dec, 2025**

Registration for 2026 is now open. Our registration fee for 2025 remains at \$120 although the swim central processing fee has gone up to 4% so the amount to pay will be \$124.81. For information, of the \$120, \$59 goes to the National Body, \$15 goes to the Branch and \$46 remains with the club.

A reminder that registrations are now processed through Swim Central.

1. <https://swimcentral.swimming.org.au/home>
2. Login with your email address and password, if you cannot remember your password use the "forgot password" button at the bottom of the page,
3. Go to Store (on the left of page)
4. Select Membership
5. Search for Hobart Dolphins under 'find a club'
6. Select yourself under 'who are you processing for'
7. Select 2025 MSA membership 12 months (unless you are a life member or over 80)
8. Purchase membership
9. If you are a **new member** you will need to create a Swim central account from the <https://swimcentral.swimming.org.au/home> page.
10. If you have been a member but did not rejoin last year please do not create a new account, use your previous log in otherwise you will create a new MSA number and will have 2 in the system.

Any questions please contact Di on [grediane@gmail.com](mailto:grediane@gmail.com)

**Don't forget...**



📅 April 28 - May 3, 2026

📍 Brisbane Aquatic Centre

🕒 OWS Event added - May 3rd

**Where did the chef  
celebrate New Year's Eve?  
Thyme's Square.**

Join us in Brisbane for the most prestigious Masters Swimming event in Australia. Five days of competition, celebration, and community in the heart of Queensland.



***Request from Judi:***

*Judi would like to ask the members what they would like for social events this coming year. Please message Judi on 0418 543 691 with your ideas.*

*These could be recreational, social, cultural, adventurous... we'd love to hear your ideas! Don't be shy!!*



## A timely reminder... Don't forget your sunscreen

As summer finally approaches, I thought it might be helpful to take another look at how we protect ourselves from high and damaging sun exposure –including the application of sunscreen for optimal benefit. Remember these strategies apply once the UV index gets to 3 or above.

Start simply with the 5 “Ss”(yes as if 3 is not enough!)

1. Slip on a shirt
2. Slap on a hat
3. Slop on some sunscreen (50+ SPF). (more on this below)
4. Seek out some shade
5. Slide on some sunglasses

I thought it might be useful to elaborate on the sunscreen recommendations.

Without getting too fussy or precise, we know that the amount and frequency of sunscreen usage is WAY below what is now considered effective protection from both UVA and UVB rays.

In real-world studies it has been demonstrated that people apply only one-fifth to half of the required amount of sunscreen---and don't re-apply as often as is recommended



Choose a broad-spectrum screen which will protect you from both “A” and “B” rays—it should be specified on the tube, bottle or jar.

Even if your sunscreen is water resistant, remember to re-apply it after you have come out of the water/ towelled yourself off. If you sweat a lot, you will also need to re-apply more frequently. And remember to apply sunscreen at least 20 minutes before sun exposure to allow it to absorb into your skin

### How much is “enough?”

Let's make it simple. Think about the various regions of the body, and work out how much sunscreen to apply to each region. A simple, practical and ever-present measuring tool is your own hand. Using the palm of your hand, look at the distance from the tip of your index and middle fingers to the point where your finger stops and the palm itself starts.

The amount of sunscreen you put on the length of those 2 fingers is called “2 finger units”

And here is the amount for each region:

Face/head/neck/ears :	2 finger units
Right arm, lower arm and hand.	2 finger units
Left arm, lower arm and hand	2 finger units
Front of your body (chest abdomen)	2 finger units
Back, tops of shoulders	4 finger units
Right leg, foot (front and back)	4 finger units
Left leg, foot (front and back)	4 finger units



It's simple but useful and easy to work out.

I hope its been helpful. Don't hesitate to contact me if you would like further information or explanation.

Happy summering! (we've been promised that summer will come in January!!! ☺)

Beth (Dolphins Safety Officer)



## **NOTICE**

### **2025 ANNUAL GENERAL MEETING**

Saturday 21st February 2026

Room 5, Rosny Library

46 Bligh Street, Rosny, Tasmania

Commencing at 10:00

## **AGENDA**

1. Welcome by the President
2. Apologies
3. Minutes of the 2024 Annual General Meeting held on 22<sup>nd</sup> February 2025.
4. COMMITTEE MEMBERS' REPORTS: including the Presentation of the 2025 Financial Statements
5. Election of OFFICE BEARERS: President, Vice President, Secretary, Treasurer
6. Election of COMMITTEE MEMBERS: Coaching Director, Social Coordinator, Recorder, Newsletter Editor, 2 General Committee members.
7. APPOINTED POSITIONS: Safety Officer, Branch Delegates
8. Close of the AGM



Light Refreshments will be provided.

**ALL WELCOME**

Note: a brief Committee Meeting will be held after the AGM



## Nomination for Committee Position 2026

Position:

Name:

Nominated by: .....

Seconded by: .....

I agree to accept this nomination:

\_\_\_\_\_

Signed

\_\_\_\_\_

Date

## Positions for Election

Office Bearers: President, Vice President, Secretary, Treasurer

Committee Members: Coaching Director, Social Co- Ordinator, Recorder, Newsletter Editor, 2

General Committee members

**Appointed Positions:** Safety Officer, Branch delegates

## Annual Eggs and Bacon Bay Post-Christmas Swim:

*The sun always shines at Eggs and Bacon Bay (😊) The water was calm and warm(ish!!), the safety team were awesome... but the food at the "after-breakfast" was even more awesome!! Well done Emma and Laura – first ventures into this event! Mark the calendar now for the 2026 gathering on the 27<sup>th</sup> Dec.*



Thanks to John Redgrove, Mary and Annaliese for being our safety crew on the water, and to Ken Stronach for his BBQ skills... again!

And thanks to Auro for the wonderful home-grown cherries!!



# 2026 Club Calendar



## JANUARY

**Saturday 24<sup>th</sup> – Huonville Aquatic Club carnival**

**Monday 26<sup>th</sup> – Kingston Beach Midsummer Open Water Swim**

## FEBRUARY

**Sunday 8<sup>th</sup> – TOSS Penguin Island Challenge**

## MARCH

**Sunday 9<sup>th</sup> – TOSS Clifton Beach Deep South Cliff Swim**

**Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> – Masters Swimming Tasmania 2026 Summer Championships  
Doone Kennedy Aquatic Centre, Hobart.**

## APRIL - MAY

**Sunday 12<sup>th</sup> – TOSS Kingston Beach to Beach Swim**

**Tuesday 28<sup>th</sup> – Sunday May 3<sup>rd</sup> – Masters Swimming Australia Summer Championships –  
Brisbane Aquatic Centre and Raby Bay (Open Water)**

## JUNE

**Saturday 13<sup>th</sup> – Sunday 14<sup>th</sup>, MST Winter Championships, Launceston**

## OCTOBER

**Sat 17<sup>th</sup> – MST Short Course, Long Distance Championships – Launceston**

## NOVEMBER

**Saturday 28<sup>th</sup> 1.00 – 5.00 MST Oatlands Christmas Friendly Time Trial**

## DECEMBER

**Saturday 12<sup>th</sup> – Hut 9, Waterworks Reserve –**

**Christmas Gathering and Annual Awards Presentation**

**Sunday 27<sup>th</sup> Annual Eggs and Bacon Bay “Round the Bay”**

**swim and BBQ Breakfast hosted by Megan and Fiona**