

# Hobart Dolphins - News

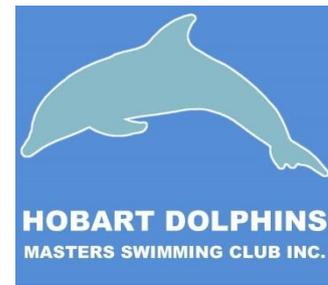
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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February 2026

Hi Everyone

The focus of this month's newsletter is very heavily weighted towards our open water achievements, and opportunities to swim with others at various venues. These include Bellerive Beach (note an additional swim time on Friday mornings), or this month you can bring the family to Opossum Bay, and enjoy a BBQ and beach swim with members. You might like to try a freshwater river swim in Ranelagh followed by coffee with Darryl Smith before he represents Australia in New Zealand next month in the Ironman 70.3 NZ event.

As you will see from the photo gallery, the Dolphins were very well represented in the Kingston Midsummer swim on 26<sup>th</sup> January – Auro's report highlights our club's strong position in the Oceans Treble event! We are certainly not just a pool-based squad, and to this end, Coach Steve has offered some tips for open water swimming. This will be presented in 2 parts – this month covers more general information about important things like keeping warm (!!), safe, and avoiding injuries, and next month there will be a couple of pages on drills for the pool or the ocean that can help you stay on track, catch your breath, and deal with the waves at our beachside events.

There are a number of new faces around the pool-deck (and the beaches) at the moment – please take a moment to say hi and introduce yourself to those you are yet to meet.

And hey... have a great Valentine's Day!

Fiona



## In this Dolphin-News

- February Calendar
- President's Report
- February Birthdays
- Coaches' Corner
- Oceans Treble 2026
- Open Water Dolphins
- Vorgee Endurance 1000
- MST Summer LC Championships
- AGM and BBQ
- Club Uniforms
- Support Swim (Darryl Smith)
- Photo Gallery

## Upcoming events

- Breakfast at Spencer's, Lindisfarne – 7th Feb
- BBQ and Club Annual General Meeting 11.00am 21<sup>st</sup> Feb – Opossum Bay
- Freshwater Swim – Ranelagh (Support Darryl Smith)
- MST Summer Championship 14/15 March



## 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** – 7.00 (for 7.30 start) early morning open water swims – Bellerive Beach

**THURSDAYS** 6.30 – 7.30 pm at Clarence pool (general admission fees apply)

**FRIDAYS 8.00** (for 8.30 start) early morning open water swim – Bellerive Beach

*NOTE: Many swimmers arrange additional swimming times with other club members at Sandy Bay, Lauderdale, Friends Health and Fitness, or Clarence Pool during the week. If you are looking for someone to train with outside these designated club times, ask one of the coaches about other "non-official" options.*

**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!



## FEBRUARY CALENDAR

Sunday 1 <sup>st</sup> February 10.00 am	Clarence Pool
Wednesday 4 <sup>th</sup> Feb 7.00 am	Open Water Swim - Bellerive Beach
Thursday 5 <sup>th</sup> Feb 6.30 pm	Clarence Pool
Friday 6 <sup>th</sup> Feb 8.30 am	Open Water Swim - Bellerive Beach
Saturday 7 <sup>th</sup> Feb 8.00 am	Clarence Pool

**Followed by Breakfast at Spencer's Café, Lindisfarne.**

Sunday 8 <sup>th</sup> Feb 10.00 am	Clarence Pool
Wednesday 11 <sup>th</sup> Feb 7.00am	Open Water Swim - Bellerive Beach
Thursday 12 <sup>th</sup> Feb 6.30 pm	Clarence Pool
Friday 13 <sup>th</sup> Feb 8.30 am	Open Water Swim - Bellerive Beach
Saturday 14 <sup>th</sup> Feb 8.00 am	Clarence Pool
Sunday 15 <sup>th</sup> Feb 10.00 am	Clarence Pool
Wednesday 18 <sup>th</sup> Feb 7.00 am	Open Water Swim - Bellerive Beach
Thursday 19 <sup>th</sup> Feb 6.30 pm	Clarence Pool
Friday 20 <sup>th</sup> Feb 8.30 am	Open Water Swim - Bellerive Beach
<b>Saturday 21<sup>st</sup> Feb 8.00 am</b>	Clarence Pool

**Followed by BYO BBQ and Club AGM at Peter and Kerry Tucker's, 59 Gellibrand Road. Opossum Bay**

Sunday 22 <sup>nd</sup> Feb 10.00 am	Clarence Pool
Wednesday 25 <sup>th</sup> Feb 7.00am	Open Water Swim - Bellerive Beach
Thursday 26 <sup>th</sup> Feb 6.30 pm	Clarence Pool
Friday 27 <sup>th</sup> Feb 8.30 a.m.	Open Water Swim - Bellerive Beach
Saturday 28 <sup>th</sup> Feb 8.00 am	Clarence Pool



## To our President!



Unfortunately Di has been a little out of action this week, so I have taken advantage of this empty space to offer the Club's deepest appreciation to Di for her extraordinary service as Club President, a role she has held with distinction since 2013. Having joined the club in 2011, Di has been a constant and passionate presence, dedicating the last 12 years to the growth, strength and spirit of the Dolphins Masters Club.

Under Di's leadership, the club has gone from strength to strength. Her steady guidance, inclusive leadership style and unwavering support of her committee members have created a club culture built on trust, encouragement and shared purpose. Di's commitment to adult swimming – both in the pool and in open water – is truly second to none, and her enthusiasm has inspired swimmers of all abilities to challenge themselves and stay connected to the sport.

Di's contribution was recognised nationally when she was honoured as an *Unsung Hero* by Masters' Swimming Australia last year – a fitting acknowledgement of the countless hours and quiet dedication she has given to both our club, and to Masters Swimming Tasmania. Her leadership was particularly invaluable during the COVID period, when she held the club together with resilience, compassion and determination.

Above all, Di has forged deep and lasting bonds with members of the club, especially those she coached and guided each week. Her legacy will continue to shape Dolphins Masters for many years to come. She is stepping down to the position of Vice President at the AGM on 14<sup>th</sup> Feb, so we will continue to benefit from her wise counsel!

But for all the years of leading the Pod, Di, we say a heartfelt "Thankyou"!

### **Happy February Birthday Wishes to:**

Joe Askey-Doran	(2 <sup>nd</sup> )
Jenny Brookes	(7 <sup>th</sup> )
Diane Gregory	(23 <sup>rd</sup> )
Lou Hill	(18 <sup>th</sup> )
David May	(15 <sup>th</sup> )
Linda Walsham	(12 <sup>th</sup> )



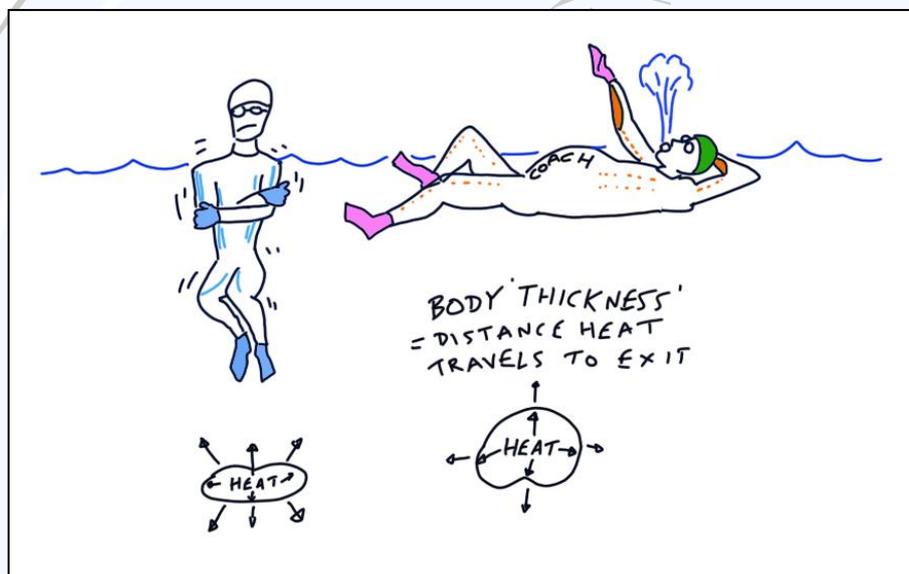


## Coaches Corner:

### Baby it's cold out there: open water swimming (Part 1)

The (sea) water temperature in Tas this year has been a bit lower than the balmy 20-21 C of past years, with barely 15C during December and early January, through to 19-20 C in the North (eg Bridport). Bellerive Beach, being shallow, is subject to mixing with colder water from deeper out, or warming by a few hot days, so its temperature varies more, from 15 in early January to 19 in late January, and subject to rapid changes (1-2 degrees in 2-3 days).

I and others in the club have written about hypothermia in previous newsletters<sup>1</sup>, but if you are leaner/ more slender, and / or you are a slower swimmer, 30-40 minutes in 18C water without a wetsuit is quite likely to lower your core temperature unless you have done a lot of cold acclimation. Ask around the club, there are more than one or two members who can relate to you the symptoms of hypothermia.



Despite warm temperatures occasionally, anything below 20 generally makes a wetsuit far more comfortable (and safer, fending off the dreaded Hypo, -thermia that is).

There are other advantages of a wetsuit besides warmth:

- lifting the legs and reducing drag: in men's suits the legs have thicker neoprene (4-5 mm, hence it is more buoyant). This is generally more obvious in men, who more often have sinky legs: a wetsuit lifts the legs, reducing drag and making you go faster for the same effort
- presenting a smooth firm body surface that does not generate "ripples" in the skin that increase drag (seen any flabby porpoises lately?)
- maintaining body warmth, making limb muscles more efficient – ie you swim *faster*, because you're warmer
- more protection from stingy things than bare skin

Disadvantages:

- constricting, even claustrophobic until you get used to them

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<sup>1</sup> The May 2020 Newsletter has a long article about hypothermia, how and why it occurs etc, based on Prof Peter Raeburn's work from UCentQld

- expensive (eg \$600 or more) or if cheaper, ill-fitting
- chafing – silicon grease is essential (don't use Vaseline, it destroys the neoprene)
- smelly sometimes (if you omit rinsing straight away, you'll never wee in your wettie again! Even the sweat from racing can be a bit "gamey")
- And of course – hard to get on/off, especially over the feet/heels!

### **Tips before the race or just an OWS (open water swim):**

It is always wise to go for a warmup swim, even if you're not concerned about times. The chief reason is to avoid any sudden cold shock, that can in rare cases trigger cardiac arrhythmias. But why take the risk. Even just splashing the water on your face and neck can prepare you and avoid the sudden shock.

It's also a chance to look at the swim / race conditions:

- whether there are hollows in the sand that could trip or injure you as you "sprint" into the water, or rocks to ruin your day
- find any strong currents, see what the waves are doing (any undertow? Any "dumping" waves like those at Kingston on Australia Day this year)
- visibility of the finish from the shore, or of the course markers from the far end of the course; picking larger useful sighting points behind the markers (eg a convenient hill, house or boat)
- and, of course, most of us take a while to warm-up, better to do it beforehand, eg 2-400 m is good, so you can hit the water and a) not wear yourself out going too hard at the start and b) settle more quickly into your rhythm

### **Steve out**



**Next month, watch out for tips on how to avoid being dumped, how to find air amongst those big waves, and how to keep your eyes on those hidden yellow buoys!!**



## MST Open Water Mini-Series: MST 'Oceans Treble' 2026



### Oceans Treble 2026

Masters Swimming Tasmania's Ocean Treble 2026 event is off to a flying start this year, lead ably by an Advisory Committee consisting of Tony Forman (TAC), Richard Boulton (TTS) and our own Auro Almeida.

The Tasmanian Open Water Swimming Series consists of a total of 9 events. From these 9 events, 5 are chosen in which Masters Swimmers can compete for points for the Oceans Treble. So far this season there have been 3 (of the 5) events – Devonport, Bridport, and last weekend Kingston Beach. There are two more events on the Oceans Treble calendar. Next weekend (Sunday 8<sup>th</sup> Feb) is the Port Sorell Penguin Island event, and the final race is the Deep South Clifton Beach on Sunday 8<sup>th</sup> March. This will be the first event at Clifton Beach – an exciting venue for an open water event!

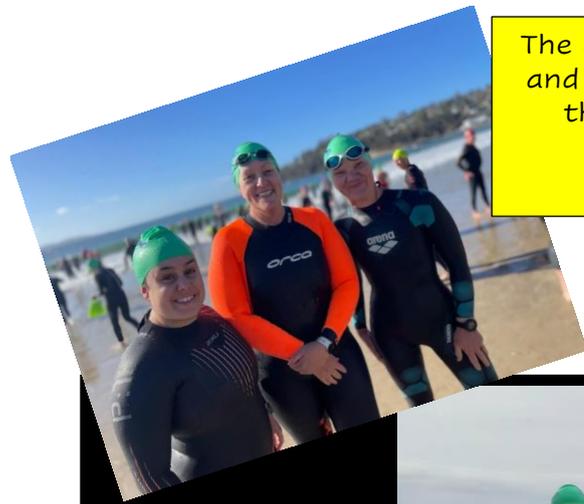
Our pod of Open Water Dolphins is so far doing extremely well in this event, leading the competition with 153 points, ahead of the Hobart Aquatic Club with 90 points. Seven Masters Clubs are participating – and we have the highest number of participants amongst these clubs. It is certainly growing in popularity, and there is talk of introducing more 500m races next year due to the popularity of these events. In the Kingston Beach Midsummer Swim held on 26<sup>th</sup> January, we were proudly represented by 15 Dolphins (or 16 if we include Fin Stronach, who while not technically a Dolphin member, clearly had Dolphin allegiance!!)

Individual honours went to Amanda Duggan (1<sup>st</sup> Female Legend), Megan Stronach (1<sup>st</sup> Female True Trident) and her son Finian Stronach who flew down from Sydney to take out the Male Masters race.

Other place-getters included Sue Muir (2<sup>nd</sup> True Trident), Auro Almeida and Steve Richards (2<sup>nd</sup> and 3<sup>rd</sup> Male Legends) and Lindsay Colwill (3<sup>rd</sup> True Trident Male). The *photo gallery* this month features these and many others who enjoyed the slightly "lumpy" swim in ideal conditions on the Australia Day holiday.

Besides the Ocean Treble races, there are two other Tasmanian Open Swim Series events in the south for those members who would like to try their hand at an open water event. The first is on Saturday 7<sup>th</sup> March at Carlton Beach, and the final event is a Beach to Beach swim from Blackman's Bay to Kingston Beach on April 12<sup>th</sup>. For more details about these events, you can go to the MST website (<https://mastersswimmingtasmania.com.au/promos/mst-oceans-treble-2025-26/>) or the TOSS website (<https://www.tasmanianoceanswimseries.com/>)

For those looking for a new challenge – these can be just what you need!



The combination of sun, sand and surf certainly brings out the smiles amongst our swimmers!



Rob's joke at Kingston Midsummer Swim:  
What did the ocean say to the lifeguards?  
Nothing... it just waved!

A hardy pod of Dolphins can be regularly seen swimming off Bellerive Beach. Regulars include (from left) Beth, Auro, Megan, Joe, James, Pia, Mark and Annie, but there are many others who join the pod on occasions. Our current summer weather and delightful conditions make open water swimming a most pleasurable experience at this time of the year. If you are keen to give it a go, chat with any of our coaches or regular open water swimmers.... And come on in!! Swimmers of all speeds, ages, and capacity can find an appropriate challenge to start with. Joe is the "go-to" person to get you started with a wetsuit.



**PLEASE NOTE: ADDITIONAL OPEN WATER SESSION.**  
**In addition to the Wednesday morning sessions (in the water by 7.30 am), there is also now a Friday morning swim at Bellerive Beach commencing 8.30 am**



## VORGEE ENDURANCE-1000

It is fabulous to see many swimmers taking on the challenge of the E-1000 program this season. For details of this program, see <https://mastersswimming.org.au/programs/endurance-1000-program/>

The program is totally optional, but all swims undertaken and recorded will be entered into this Australia wide interclub competition. This is no compulsion to complete all 62 swims – and swims in other competitions (championships, Bunbury swims, local race meets) can also score points for this competition.

Recorded times need to be forwarded to Fiona Redgrove ([Redgrove1@bigpond.com](mailto:Redgrove1@bigpond.com)) – who only needs the date, distance, stroke and final time. HOWEVER.... You must adhere to the guidelines as outlined on the Master Swimming Australia website.

The rules for this event stipulate that swims must be organised by our club, rather than by individuals. To this end, **please ensure that you complete your swims in the company of other club members, and ask another swimmer to sign your recording sheet. This does not have to be handed in to anyone, unless there is a query regarding the integrity of any swims. To this end, file these away somewhere safe until the end of the year.**

**Please further note that 100m splits must be entered on the recording sheet**

**If you have any questions about any of the distances/strokes/requirements, check out the manual, or ask one of the club coaches.**

Details: [https://mastersswimming.org.au/wp-content/uploads/2018/10/endurance\\_1000\\_Manual-1.pdf](https://mastersswimming.org.au/wp-content/uploads/2018/10/endurance_1000_Manual-1.pdf)

## MST 42nd Summer Long Course Championships 2026

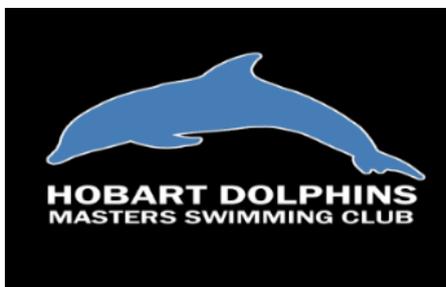


Saturday, March 14 - Sunday, March 15, 2026

**Masters Swimming Tasmania**

Swim Meet Registration

Entries are now open for the MST Summer Championships to be held at Doone Kennedy Aquatic Centre, Hobart, March 14<sup>th</sup> and 15<sup>th</sup>. The Presentation Lunch will again be held at the Domain Tennis Centre. If you are yet to venture into competitions, don't be put off by the term "Championships" – these are fun events, and you can just enter one or two events and give it a try. Talk to your coach if you are interested in trying out a race or two – you will be in a race with others who swim around the same time as you. Details are available from <https://mastersswimmingtasmania.com.au/event/2026-mst-summer-championships/> and entries close on March 7<sup>th</sup> 2026.



## NOTICE

2025 ANNUAL GENERAL MEETING  
Saturday 21st February 2026  
Peter & Kerry Tucker's Home at  
59 Gellibrand Lane OPOSSUM BAY  
Commencing at **11:15 am**

## 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

**ALL WELCOME – BBQ to follow!**

**PLEASE do not arrive before 11.00.**

**AGM is not expected to take any more than 30 minutes.**

This is a **BYO BBQ**. Please bring your own meat and drinks, and a platter/salad/sweet to share. So that we don't have 16 potato salads or 19 pavlovas, please let Judi know (a) whether you are coming, and (b) what you can bring to share with others. This can be at training, or via WhatsApp, or 0438 543 691.

Bring your bathers and towels, and **after lunch** there will be the opportunity to experience the beautiful swimming conditions at Opossum Bay.

As parking can be tricky in Gellibrand Lane, please consider carpooling from Hobart, OR arranging for some cars to be parked at the South ARM RSL and people help with transport from there.



## Club Uniforms



With Summer Championships just around the corner, and plenty more beach swims scheduled over the next few months, your committee has been looking to add a new club cap to our Dolphins uniform. The final colours are yet to be decided, but these great additions to our cool club attire will look something like these caps above. The cost should be around \$20, and we will be calling for orders soon (Maybe just in time for Valentine's Day..... what a gift for your loved one!!)

In the meantime, if you are in the market for items of club uniform including tops, polos, fleecies etc, see Pia Peterson. With just 6 weeks till summer Champs, check your gear and order now.



A reminder that our club bathers are royal blue – and available through: [Funkita Royal Blue ladies](#)

Alternatively, there are a range of other styles in royal blue from various online swimwear sites.



### **A swim in the Huon to support Darryl Smith**

Darryl Smith is off to Lake Taupo in March to represent Australia in the Ironman 70.3 New Zealand event. To support his preparation for this event, we are planning a fresh water swim in the Huon River at Ranelagh on Saturday morning 14<sup>th</sup> February (Check the What'sApp for starting time). Everyone is invited to join Darryl and his supporting swimmers (and kayakers) for either a swim and a coffee, or just a coffee at the Summer Kitchen (Ranelagh) afterwards. Swimmers are asked to wear fluorescent caps and to bring floating buoys if available. There will be kayaks on hand to ensure safety on the river. The Huon Jet Boat knows of this event – so we are assured they will not cause any concerns on the day.

# Kingston Midsummer Swim – 26<sup>th</sup> January



Natalia celebrates as she crosses the line (and they are not pigtales!!)



Sue looks pleased to see the finish line!



Well done Lindsay!



Michelle and Fiona tussle it out to the end

Clearly a champion Trident Megan!



And proving it can be done without a wetsuit – well done Lana!



Oh... is it that time already Elisa? Must be time to finish!



Indeed, one of our male Legends!!! Great to see a smile at the end of the slog Steve!



Just checking the heart is still ticking Pia?



The stride of a legendary champ! Good effort Amanda!

But wait ... there's more!!



With the Stronach surname – we'll lay claim to Masters Champ, Fin!



It's not hard to miss us!!!



Initially thinking of just doing the 500m, Beth stunningly completed the full 1500 metres.... Great job!!



Orange and green ...cool combo Judi!!



Bodies beautiful???? Anyone for some rubbery fun??

*Apologies to Auro and Katherine for not including them in these shots.... Auro covered his face as he crossed the line, and I couldn't find an action photo of Katherine!!!*



**Are you likely to be competing in any swim meets around the country or overseas??**

A request from our recorder... if you have travelled interstate or overseas and have competed in any race meets, please make sure we have access to your times so we can update our records.