

Dolphin Masters News

September 2010

Nationals 2011

Don't forget that Nationals is in Oudtshoorn next year.

A mere 5 hours drive away!

Be part of the team – Nationals is always fun – meet new people – improve your speed – take 5 days off and unwind. It will do you the world of good!!

Your committee

Chairman: Gary Freeling (garyfreeling@hotmail.com)

WP Masters Liaison: Liz Webb (lizwebb34@gmail.com)

Membership Secretary: Mairi Brimble

Treasurer: Britt Hyland (britt@aquabats.co.za)

Newsletter: Mairi Brimble (brimble@global.co.za)

Dolphins' kit and paraphernalia: Therese Russell (miker@telkomsa.net)

Gala Rep: Colleen Godfrey (productpro@telkomsa.net)

Functions & Social co-ordinator: Celeste Glass (glass.celeste@yahoo.com)

News from FINA World Champs

Contrary to what you might have read in the last newsletter, Dolphins did indeed have a representative at the World Masters Champs in Gothenburg, Sweden. Monique Dokter was our one and only, so she had to mix with that other Cape Town Club of dubious repute. Amazing what one can do when faced with adverse circumstances! Anyway, she did concede that it was great getting to know other swimmers as she is relatively new to Masters swimming. Monique came 5th in the 200m backstroke; 3rd in the 100m back and 2nd in the 50m back (and broke the SA record). She wrote: "It was a wonderful experience – rather nerve-wracking – no idea who your competition is and whether they have entered with accurate times or not!! There were 8000 participants including water polo, diving and synchro. Warm up pools were unbelievably busy with 8+ in a lane – all swimming the wrong way round in the chain!!! It was great to get to know the Cape Town Masters swimmers, and missed not having any other Dolphins around!! So tell everyone to start saving for Italy in 2012."



Monique and Henk

If you would like to sport one (or more) of these very sexy caps which are available in [black](#), [silver](#), [gold](#), [white](#) and [metallic green](#) at a cost of R70.00 each contact Therese Russell. Her email address is miker@telkomsa.net. With both the SA flag and Dolphins logo plastered over it they are multi-functional. And you will be instantly recognizable.



New Members

WELCOME to the following new members...

Celeste Glass, Grant McGilvray, Anton Truter, Heinrich Langner, Richard Willmore...

We understand why you have joined Dolphins, it is after all the vibiest, most happening swimming club around, with lots of personalities doing different things. We have indoor pool speedsters, open water junkies, old and young, able and disabled. One of our newest members has already been voted on to the Committee as our Social Secretary, and we look forward to a social gathering in the near future.

We have 40 paid up members for the year 2010. Have you paid your subs? If you're not sure (!) e mail me and I'll let you know your status.

Swimming Success

Of course we acknowledge that anyone who is swimming regularly and who enjoys swimming as part of his or her regime is successful. You are already making lifestyle choices that enhance your quality of living. So well done to all of you.

But we have to give special mention to record breakers in our midst - at the July gala, Dave Nel broke the WP record for the 50m freestyle in his age group and Gary broke two SA records in the 50m and 100m free. This despite Gary being in and out of the pool with injuries over the last 2 years.

Gina Lourens who broke three SA records at the SA Disabled Champs has just returned from Holland where she competed for Ireland in the World Disabled Swimming Champs. Gina managed two finals and then came 8th in the 100m free and 400m free, and 10th in the 50m free. She also came 1st in her category for the open water swim. Gina writes "... It was super organized and super competitive - if you think Natalie got silver and bronze in two of her events, it just goes to show the level of competition. At my ripe old age, I was pleased to have swum and participated ..."

Then at the September gala, Therese Russell broke the SA record for 400m free, and Gary once again broke the SA 50m freestyle and 50m backstroke records.

Well done you guys!

Swimming in Singapore

If you fancy a dip in this pool, you'll need a head for heights - it's 55 storey's up.

But swimming to the edge won't be quite as risky as it looks. While the water in the infinity pool seems to end in a sheer drop, it actually spills into a catchment area where it is pumped back into the main pool. At three times the length of an Olympic pool and 650ft up, it is the largest outdoor pool in the world at that height.

It features in the impressive, boat-shaped 'SkyPark' perched atop the three towers that make up the world's most expensive hotel, the £4billion Marina Bay Sands development in Singapore.



Don't look down: This is the infinity pool of the Skypark that tops the Marina Bay Sands Hotel Towers - 55 storeys over the city of Singapore. The pool stretches 150 meters, three times the length of an Olympic swimming pool.

The view over the side: An artist's impression shows the Skypark that tops the Marina Bay Sands hotel towers, including the infinity pool. The hotel, which has 2,560 rooms costing from £350 a night, was officially opened yesterday with a concert by Diana Ross.

The Emirates Palace Hotel in Abu Dhabi, estimated to have cost £2billion when it opened in 2004, was previously the world's most expensive hotel.

The infinity pool on the roof is in the 'SkyPark' which spans the three towers of the hotel. The platform itself is longer than the Eiffel tower laid down and is one of the largest of its kind in the world.

Infinity pools give the effect that the water extends to the horizon. In reality, the water spills over the edge into a catchment below, and is then pumped back into the pool. The pools have two circulation systems. The first functions like that of a regular pool, filtering and heating the water in the main pool. The second filters the water in the catch basin and returns it to the upper pool.



Well done to Liz who was awarded the
 "MOST OUTSTANDING SWIM OF THE YEAR"
 trophy, for her 3 Anchor Bay swim earlier this year.
 Liz was awarded the PD Gordon Pugh Award at the AGM of the CLDSA
 last week, something that you can be truly proud of Liz, given the
 incredible swimming achievements that are highlighted elsewhere in this
 newsletter.

(Look in the Feb newsletter for details of the swim)

Support the Cameron Campaign

Our inveterate open water lady swimmer, Liz Webb, is hoping to join a group swim some time soon, weather permitting, from Robben Island to 3 Anchor Bay. The swim is being arranged to raise awareness and funds for the medical expenses of a young boy from Pinelands by the name of Cameron Ells. Cameron has a life threatening medical condition and his family desperately needs help with expenses related to his illness.

If you want to find out more

This is the link to The Cameron Campaign

<http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.cameroncampaign.co.za%2F&h=9e9e0>

This is the link to info about the swim

<http://www.facebook.com/group.php?gid=115758511770191&v=wall&ref=ts>

If you feel inclined please make a deposit to the following account:

The Cameron Campaign
Standard Bank
Claremont (025 109)
Account Number: 072556331 (Cheque Acc)
SWIFT address: SBZAZAJJ

Please put Liz's name as a reference.

And finally...

I really hate to leave anything out of the newsletter.

So if you'd like to share any of your accomplishments or musings or interesting thoughts gathered as you journey through life, please send them to me and we can share our stuff and be inspired by each other.

Majiri

October 2010

Speedo Ice Swim Africa

In an icy 4 degree dam near Sutherland, 25 swimmers took part in the first ICE SWIM last month.

Ryan Stramrood and Kieron Palframan were amongst a team of 6 open water swimmers who successfully swam a mile in these conditions and in the process raised over R10, 000 to help start a local school. 19 others swam 600m in these icy conditions, and Destiny Academy in Fraserburg will benefit from this remarkable effort.

Well done guys, you will have really made a difference to someone's life here.

And more recently, hot off the press, (unlike most of the news in this newsletter!)...

Ryan and Kieron were part of a group that swam across the **Straits of Gibraltar** last weekend.

What can we say to you guys – well done on living your dreams!