



COELACANTH MASTERS SWIMMING CLUB

MAY NEWSLETTER 2013

Another successful season has now come to an end and a new and exciting one is just about to begin!! The new season starts on the 1st May 2013 till the end of April 2014.

WELCOME NEW MEMBERS : Since the Xmas Newsletter, Charle Meyer, Dawn Ledbitter, Anton van Tonder, Herme' Visser, Dieter von Finkel, Ian du Plessis and Tersia Smit. We wish you many happy swimming years with the club.

PAST EVENTS:

Xmas Party: This was held at the Old School Hall, D.S.G St. Marys, Hatfield. We had a wonderful turnout and lots of fun was had. A huge thank you to Liz and family for decorating the hall. It really looked stunning!

6 Hour Endurance: We were blessed once again with fantastic weather. All the ten lanes were full, some two teams in a lane. Coelacanth did so well having a full house of ten teams. Thank you to Eastern Sting Rays for hosting this event, awarding medals for all participants, and for a well deserved feast on the lawn.

Open Water Swims: These events were plentiful in the New Year, Heia Safari, KZN Champs, Ebotse, Time Freight Lake Heritage, Roode, Germiston Lake, Midmar, Sterkfontein and Makhulu Dam Swim Olifantsfontein. So many of our members have done so well at these swims, congratulations to you all. One will find all the previous stories and info on www.coelacanthswim.co.za website.

Tshwane Championships: A great no. of entries were taken in this year, for both the Thursday night and for the Saturday events. Coelacanth 214, Wahoo 37, Phoenix 35, Other clubs 9, and Unattached 24. Thank you to all those who helped with the time-keeping, Eric our starter, and the committee behind the scenes. It was again a great success.

Inter-Regional Gala-Wits: This was the 2nd leg of the competition between Gauteng and Tshwane. It was well supported by all clubs and after the gala, we were given a delicious meal, thank you to the Gauteng ladies. The results were read out by Helen, and, Yippee!! Tshwane won the shield back again from Gauteng, and Coelacanth won the club trophy.

SAMS National Championships held in Port Elizabeth: Luckily for us the pool was in perfect condition, no burst pipes etc. We would like to congratulate Eastern Province for hosting such a successful, well organised, relaxed championships. Coelacanth did so well coming in a close 2nd to Cape Town. We had a record amount of entries, 70 in all. 2014, Bloemfontein here we come, watch out for us! More news about PE Champs can be found on the Coelacanth website with the team photo and names.

UPCOMING EVENTS

Rietvlei Game Reserve Mid-Winter Braai:

This gathering will be held on the 13th July, 2013. Bring your own braai meat and drinks, relax in the sun with the sound of nature around you, and see if you can spot the Rhinos while driving to the picnic spot.

Frost-Bite Galas; The entry forms will be sent out to us and will be forwarded to all members. There will be three galas in all, 18th May, 22nd June and 27th July 2013. Let us support these galas, keep fit, have fun and renew friendships.

Coelacanth/Tshwane Winter Challenge: This will be held once again at the Hillcrest Pool on **3rd August, 2013** from 10h00 to 13h00. The proceeds will again go to a chosen charity. Bring along friends and family that would like to participate. Any distance can be swum within the hour, whatever one feels up to. Donations are always welcome if not able to swim. Forms will be sent out in July to all. One can also do the Challenge at whatever pool is convenient, during the month of August. We will let you know if we have a bring and braai at the pool after the swim.

Evening out 'Get-to-gether' will be arranged in June sometime.

KIT: We did look so smart in Port Elizabeth with our new Coelacanth Endurance Costumes! Thank you to Kim and Sabine for supplying us with the details of the manufacturer and for designing the costumes. Our T-Shirts, ladies and men, were also a hit. Thank you to Herman for his generous sponsorship of the men T-Shirts and to Isak for his donation which helped with the cost of the costumes. The updated kit list will be sent out with some good special sale prices.

NATIONALS IN BLOEMFONTEIN 2014: Free State committee are going great guns to make this champs a huge success. The first Newsletter has already been sent out from their committee. Accommodation options has been sent out as well to all Coelacanth members, so that we may book together, at nearby B & B 's. Anyone knowing of a sponsor to help Free State please let us know.

General News: South African Masters has now come to Tshwane Region from Cape Town. There is a new committee handling everything for the whole country for the next 2 years. It is quite a task, but we, altogether, have a great committee and will, hopefully, be able to keep things running smoothly. We will be doing Registrations, Galas, Awards, dealing with SSA, Treasury, Newsletters, Records, Website, Pro, etc. The new committee is on the www.samasterssswimming.co.za website.

Tersia Smit will be participating in the 19th edition World Transplant Summer Games in Durban from 28th July to 4th August. 55 countries will be competing in this high-level sports event and we wish her all the luck during that week. She has accomplished so much over the last 2 years. She has enjoyed being part of Coelacanth and we will be following it all on TV if possible. Good luck Tersia! More about Tersia in the SAMS Newsletter, May Edition.

SwimTrek Tour: We would like to wish, Marieke, Danie, Kim, Terry, Sabine, Steve, Sandra, Anja (Sabine's sister), Annemarie, Marli, Terry Papadopoulos, Hannah and Gustav a wonderful, enjoyable, successful trip. They meet on 1 June at the island of Schinoussa. 2nd June, acclimatisation swim in the Tsigouri bay, swim on to Fidousa 2km. 3rd June, Cross over swim to Iraklia 3km. After lunch swim around the cliffs and coastline. 4th June, swim to island of Ano Koufonissi 3km. Then to Kato Koufonissi 1km. 5th June, after breakfast, swim to uninhabited island of Keros 2.5km. 6th June, not yet confirmed, 4km Naxos to Ano Koufonissi or to Keros. The trip ends on Friday 7th with a casual swim, they will all finish at the Island Naxos (Harbour). We wish them lots of luck with their swimming and travels. Then all go their own way but Marieke, Danie, Hannah, Gustav, Marl and Annemarie will take the ferry to Santorini and on the 8th to celebrate together,

Marieke's 50th birthday. Happy birthday Marieke Bower from all of us at Coelacanth and Tshwane Masters.

COELACANTH/TSHWANE AGM HELD ON 4TH MAY, 2013.

The Tshwane and Coelacanth committee members from 2012 were re-elected. This is on the SAMS website.

Congratulations to all recipients of Awards:

Coelacanth's Awards:

Best Male Swimmer: Terry Downes

Best Female Swimmer: Hannah Ueckermann

Chariot of Fire: Herman (for his achievement in completing the English Channel)

Spirit Trophy: Eric Nell

Victor Ludorum 50+: Terry Downes

Victor Ludorum 49-: Harald Ruck and Donovan McHendrie

Victrix Ludorum 50+: Vilma Grobler and Ann Hanson

Victrix Ludorum 49-: Annemarie Dressler

Tshwane Awards:

Best Male Swimmer: Terry Downes

Best Female Swimmer: Hannah Ueckermann

Most Improved Swimmer: Margaret Nell

Excellent Progress in Swimming: Neville Muir

Most Enthusiastic Member: Francois and Rita Burger

Swimmer of the Year: Herman van der Westhuizen

Tshwane Colours Awards:

Charlie Merritt

Bill Duncombe

Isabel McLaren

