

Phoenix News

May 2018 Edition



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Club News



Greetings everyone as we move into the new swimming season, ironically just as winter chills scare us back to bed. 2017/18 was a good year for our club and its new management. Although attendance at many of the galas was disappointing – from all clubs not only Phoenix - we did have regular monthly Sunday club swims with socialising afterwards. This has given us a great feeling of belonging as we share the pleasure we get from just being in the water. Thanks to your committee for persevering with this. The year ended on a high note with a wonderful Nationals in Pretoria, more later, and now we need to gird up for the second Frostbite gala on May 26th.

Most heartfelt thanks to Liz Bronkhorst, our secretary who will be leaving us mid-year to go and live near her family in the UK. She has been most diligent and committed to Phoenix despite a full time job and many other commitments. How she stays so warm and helpful amazes me. Thank you Liz we are going to miss you dreadfully.

Sue Leuner



Liz Bronkhorst



Join us!

PHOENIX AGM and LUNCH

SUNDAY MAY 20TH 2018

11AM – 1PM

71 NIELSEN DRIVE BLAIRGOWRIE

Bring and share

Contact: Anne Jones 083 390 0023

cookieannejones@gmail.com

Social swim: JCE, Feb 2018



Yum!

Sue, Don, Anne

Rickus, Matt, Lara, Anne, Don, Quirin, Nina

Club Swim at Roedean



Marissa, Quirin, Sue, Linda, Lara, Lynne, Pat, Liz, Marcus, Apryl, Matt, Charles, Anne, Sergio



Gala Schedule for the 2018/19 Season

Date	Gala	Hosts	Venue	Pool Size	Reg Time	Start Time
26 May	Frostbite 2	Wahoo	Wahoo	25m	1pm – 1.45pm	2pm
23 June	Frostbite 3	Wahoo	Wahoo	25m	1pm – 1.45pm	2pm
14 July	Winter Challenge	Wahoo	Wahoo	25m	1pm – 1.45pm	2pm
18/19 Aug	GMS Short Course	Wahoo	Wahoo	25m	Sat 1pm – 1.45pm	2pm
					Sun 7.30am	8am
Date?	Inter-Regional 1500	Tshwane	Hillcrest	50m	7am-1pm	
27 Oct	SAMS Short Course Champs	Wahoo	Wahoo	25m	12 – 12.45pm	1pm

Dates for later galas still to be confirmed.



Pretoria 2018
34th National Masters
Swimming Championships

Nationals Pretoria March 2018

Congratulations to Craig Stanton and his team for a very well run championship – making the best of their aging facilities and making us all feel very welcome. We had marvellous weather for the first three days and we enjoyed the lawns and the shady trees and the country feel of the place. Our two gazebos were great and a draw for many friends from other clubs who came visiting. When the heavens opened with a mighty storm on the Saturday, the events just carried on without a hiccup. I thought at the time it was lucky it was butterfly as backstroke swimmers would have just drowned.

Twenty Phoenix members represented us: Liz Bronkhorst, Linda Crawford, Lynne Callanan, Clare Davie, Gordon Greaves, Alexis Homveld, Jade Homveld, Charlotte Hulley, Jane Hulley, Don Johnston, Anne Jones, Sue Leuner, Paul Lutge, Derek Maltby, Maureen Mons, Heather Morris-Eyton Merryll, John Petersen, Andy Rivers, Marissa Rollnick.



Jane Asher, Jane Hulley, Anne, Sue, Marissa
FRONT: Sandy Murray, Charlotte

Jane Asher, 87, lives in England and is an international masters celebrity competing all over the world. She has broken over 130 world records and is currently the holder of 21. And such a charming person.



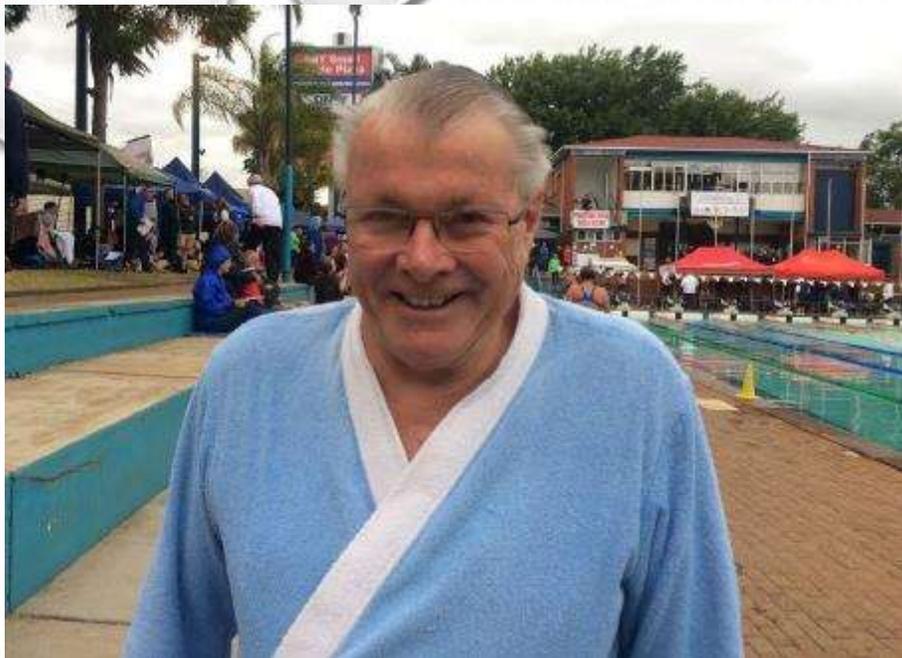
Nationals: Go team Phoenix!



Pretoria 2018
34th National Masters
Swimming Championships



Sue, Lynne, Nina, John Peterson, Anne, Jane, FRONT: Don, Charlotte



John Petersen in his trademark gown



Anne and Lara



Derek



Charlotte



Theresa



What's Sue doing in that bin?



Jane and Charlotte



Taking shelter from the rain – at least we are water proof!



... and Lynne



Three sisters warming up

Nationals: On your marks...



Pretoria 2018
34th National Masters
Swimming Championships



Sue, Linda, Anne, Jane
280 age group 4 x 100 medley relay GMS record

Jane is a staunch Phoenix member coming up from Cape Town to join us for Nationals. She trains at Camps Bay and the Sea Point Pavilion where sometimes she shares the pool with Chad le Clos.



Lynne, Marissa, Maureen, Charlotte
200 age group 4 x 100 medley relay

Marissa had been invited to the USA to receive a prestigious International Award in recognition of her contribution to science education. She is Emeritus Professor in this field at Wits. She flew in from Atlanta and drove directly from the airport to join us in Pretoria. She was exhausted with no sleep and hectic jet lag. But guess what – she broke a record (in the pool).

Nationals: So how did we do?

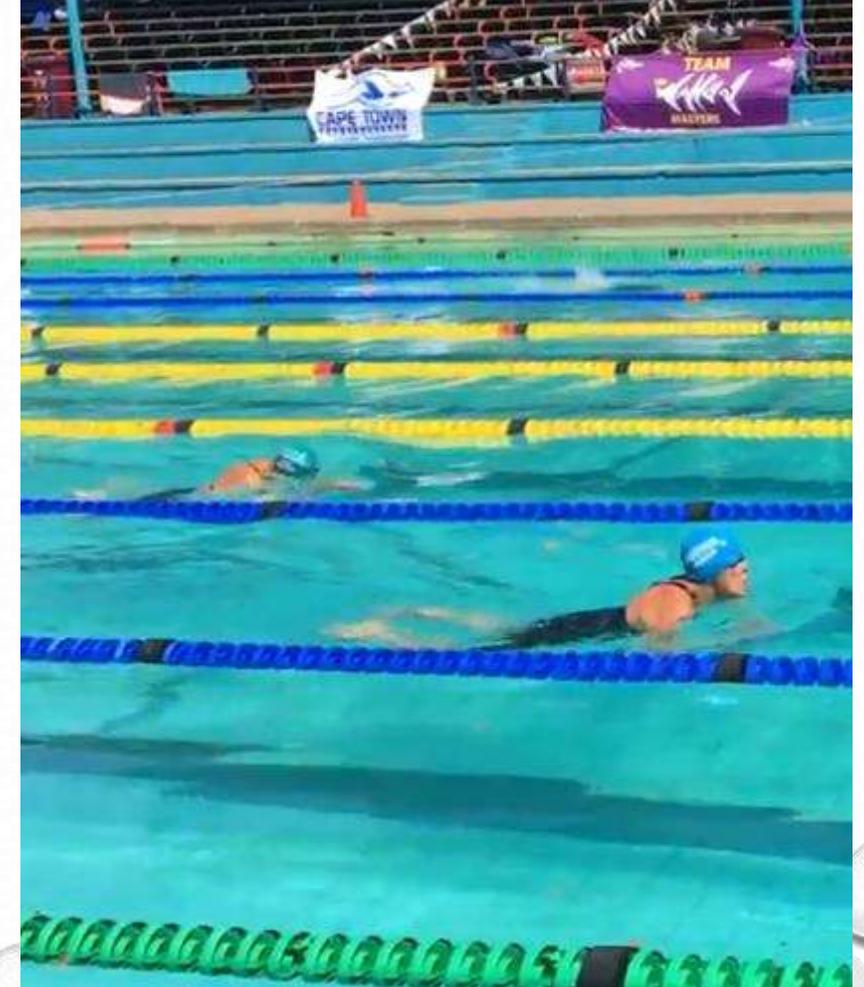


Pretoria 2018
34th National Masters
Swimming Championships



Jane about to dive in

Firstly I think we all had a great time. Paul Lutge who joined us in Feb last year was our only rookie at nationals and he had a great swim – touching 20 secs below his seed time. About 11 of us spent the week in Pretoria – the others came over from Joburg for their events. We also had some splendid club mates who came all the way just to visit and encourage us. These included Nina, Lara and Theresa. Thank you it was fantastic to see you. Next time you must be swimming.



Anne being chased by PE

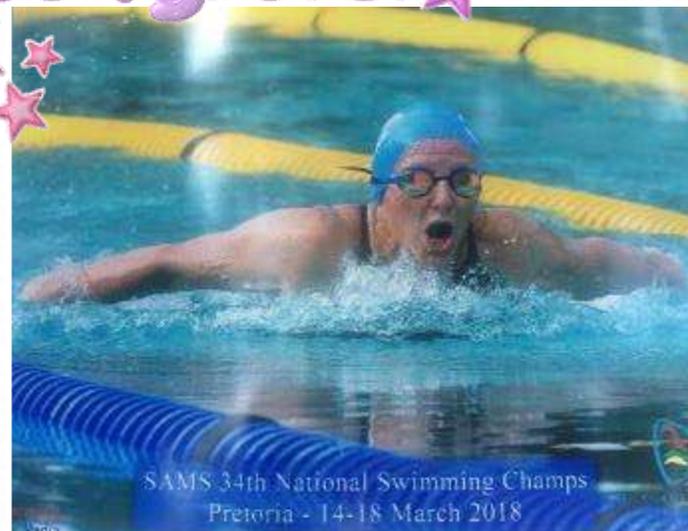
Nationals: Records broken



Pretoria 2018
34th National Masters
Swimming Championships

5 SAMS RECORDS BROKEN

Heather: 50 and 200 breast
Sue: 50 Back
Clare, Anne, Sue, Maureen : Women 280 Relay 4 x 50 free
(0.1 sec off World Record!)
Sue, Anne, Linda, Jane : Women 280 Relay 4x100 medley



Maureen 'mid-flight'



Heather

10 GMS RECORDS BROKEN

Derek: 400 , 800 Free and 200 IM
Heather: 50 and 100 Breast
Marissa: 100 Back
Sue: 50 Back
Sue, Anne, Linda, Jane : Women 280 4x100 medley
Maureen, John, Andy, Anne : Mixed 280 4 x 50 free
Clare, Anne, Sue, Maureen: Women 280 4 x 50 free



SA COLOURS

Heather: 100 and 200 Breast
Maureen: 800 Free and 400 IM
Anne: 100 Free
Sue: 100 and 800 Free

Nationals: Best performances by times closest to a World Record



Pretoria 2018
34th National Masters
Swimming Championships

John Petersen extracted some interesting comparisons for the Joburg clubs. I can only imagine what the Cape Town teams comparisons would look like. eg Heather was 3.7% off the world record for her 200 breast.

		% above WORLD record			% above WORLD record			% above WORLD record
Heather	200 Br	3.7 %	Sue	50 Fr	17.6 %	John	50 Fr	21.2 %
	100 Br	12.6 %		100 Fr	17.8 %		100 Br	30.9 %
	50 Br	13.5 %		800 Fr	19.8 %		50 Fly	31.5 %
				400 Fr	21.8 %		100 Br	36.8 %
Anne	100 Fr	13.9 %		200 Fr	23.9 %			
	50 Fr	16.5 %				Lynne	200 Br	23.9 %
	400 Fr	17.1 %	Jane	50 Fr	20.5 %		50 Fr	26.9 %
	200 Fr	18.2 %		100 Fr	24.0 %		50 Fly	27.1 %
				200 Fr	25.1 %		50 Br	29.3 %
Maureen	400 IM	14.0 %		800 Fr	25.2 %		200 IM	30.0 %
	800 Fr	16.7 %		400 Fr	27.0 %			
	400 Fr	17.6 %				Derek	800 Fr	26.1 %
	200 IM	19.1 %					400 Fr	26.9 %
	200 Fr	25.2 %					200 Fr	30.1 %
							200 IM	39.3 %



Pretoria 2018
34th National Masters
Swimming Championships

Nationals: Taking a break

But its not all about the competition but having the time to just sit and talk – and listen- all day! was very special .



Andy: of course I need two chairs



Gordon catching up on email

Don Johnston's Story

Swimming in Nationals at Hillcrest this year was a particularly emotional experience for Don. It was in 1945, 73 years ago, that at the age of 16 he had burst onto the SA swimming scene in this very same pool.

And here he was aged 89, he hadn't swum for a couple of years, he had been diagnosed with cancer and he'd been receiving monthly chemo since last August. He'd lost 30 kgs and was feeling vrot and things didn't look good.

But talking swimming again to old friend Anne Jones who had been visiting him in hospital, somehow sparked something inside him and with Anne's steady encouragement and help he decided to swim again and against all odds had entered and was actually competing at nationals.

Don had joined masters in 1996 in Nelspruit— egged on by his American based brother Graham, a highly rated master swimmer home for a visit. He has been a regular participant at Nationals since then and in fact received his 20 Year Award this year.

Don swam in three events , 50 m back and free and 100m free. There were three competitors in his age group and he won a gold, a silver and a bronze. In addition he won the award for the Oldest Competitor. An unexpected and very pleasing haul. And a marvellous demonstration of the determination and grit of a true champion.



Don Johnston's Story ...continued

But what about the back story? So what happened in 1945, I asked Don.

"I was living in Bloem with my folks and brother Graham. My dad was superintendent of the public baths and we had free swims – everyone else had to pay a penny for the early session and a tickey for the late one. So we swam a lot.

"When I was chosen to swim for the Free State in the SA championships I hadn't had much experience. The furthest we ever swam was 200 yards. So in my first race, which was the 220 yards I decided to just stick with Terry Collard the current champ for as long as possible – but when it came to the 4th length I was still with him so I just gave it hell and I beat him.

"Now when it came to the 440 *Peter Elliot gave me a bit of advice. He said that he'd heard 'they' were going to trick me by sending one of them out very fast to tire me out so that Terry could then catch me up and win.

So I was wise to that and I beat him – and then the 880 was easy for me. But the 110 was his. I was never a sprinter."

So the 220, 440 and 880 titles were all won by the boy from Bloem.

"When I got back home I told my parents I wouldn't go to school that day – but they wouldn't hear of it. Very reluctantly I dragged myself off only to find that there was a surprise assembly of the whole school and my parents stood proudly on the stage next to my three huge silver cups – and I got my full colours there and then. Something that had never happened before."

That was 1945 and in 1948 Don was chosen to swim at the Olympic Games in London one of three South Africans so honoured. Quite a story.

*By the way Peter Elliott is Helen Lawless's father.



Clare Davie and the 280 Women's Relay



A ripple of excitement whipped through the Phoenix camp when Clare Davie realised that our women's team of Clare Davie, Maureen Mons, Anne Jones and Sue Leuner, in the 4 x 50 freestyle relay in the 280 age group had a really good chance to break the world record. With her irrepressible enthusiasm and careful analysis of all the times Clare urged us all on. Every few minutes she'd come over with another bit of advice as to how we could achieve this. She went over all our 50 m times so far in the champs and by the time we came to swim we were so hyped up I think we could have swum right out of our costumes. So sure was Clare that we could do it that she even went out to buy champagne and cups for everyone for the inevitable celebration. I swam third so could watch the clock as Maureen raced to the finish. We had to beat 2min 29.53 – the clock stopped on 2 min 29.63

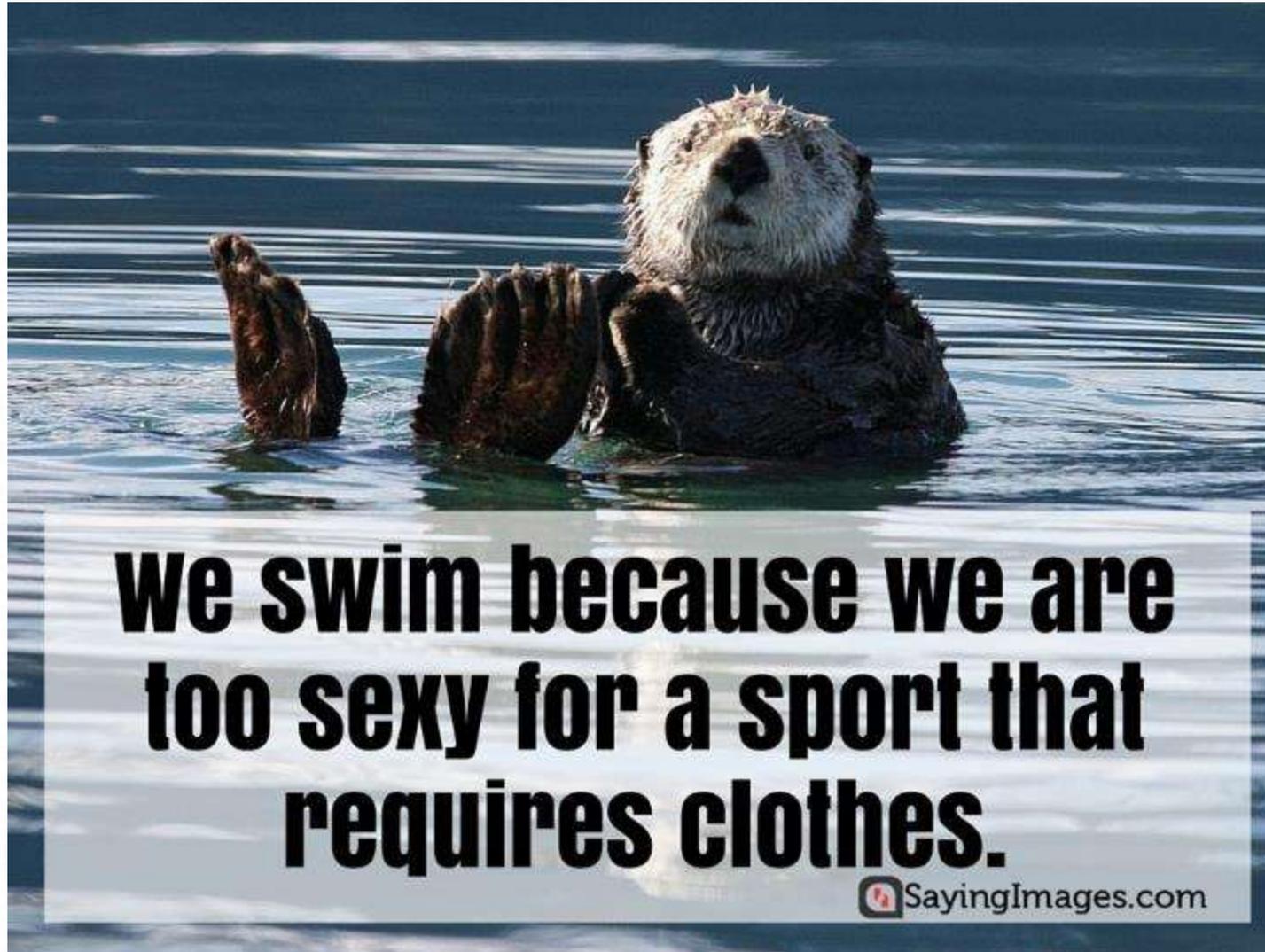
"Oh no," said Clare, "I shouldn't have cut my nails."

We celebrated joyously anyway. I never in my wildest dreams thought I would ever have a chance to break a world record. Oi vey.

Luckily the Cape Town women's relay team of Cecelia Stanford, Sanderina Kruger, Edith Opperman and Di Coetzee in the same event in the 240 age group broke their own World Record by 4 seconds. Good for them. They really are an incredibly fast and dedicated group.



Finally...



Your committee 2017/2018



President: Lynne Callanan
lynnecallanan5@hotmail.com
076 730 4373



Secretary: Liz Bronkhorst
lizbronkhorst@gmail.com
082 549 2262



Treasurer: Quirin Kohler
quirin@global.co.za
083 382 0061



Open Water: Jade Homveld
homveldj@stalbanscollege.com
083 299 7339



Open Water and Kit: Andy Rivers



Coaching :Anne Jones
hobbes4@icon.co.za
083 390 0023



Coaching: Lara Wantenaar
lara.wantenaar@gmail.com
061 080 1188



**News Letter: Sue Leuner
and Nina Pearse**
susanleuner@iburst.co.za
082 771 8210



Recruitment: Sergio Carmona
Carmona.sergio@gmail.com
082 939 8904
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Don't forget!

PHOENIX AGM and LUNCH

SUNDAY MAY 20TH 2018

11AM – 1PM

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Bring and share

Contact: Anne Jones 083 390 0023

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