



**20 September 2013**

## **KZN MASTERS SWIMMING ASSOCIATION NEWSLETTER 2013 – 2014 NO 3**

### **KZN MASTERS SWIMMING WINTER FITNESS PROJECT**

The KZN Masters Swimming Winter Fitness Challenge held on Sunday 25th August at Gordon Road Girls School was a great success. There was total of 80 swimmers. Twenty teams took part with ten teams swimming in each session. Many of the swimmers were "Visitors" and we hope that some join a Masters Swimming Club. Caren Strydom from Wahoo, who was holidaying in Durban, also swam.



Rosemary Clark, Merle Angelos  
And Heather Goldstein



Some Food for Inanda Dog Project



Adrian Schoeman and Winston Clark

The winning Men's team with a total of 6600km was Julian Taylor, Mark Taylor, Rian Schoeman and Jeff Norton. The second Men's team with 6500m was David Letschert, Anton M, Robert Letschert and Clifford Lyne. The winning ladies team with 5175m was Dawn Blakeway, Juanine Schaanick, Ruth Gray and Simone Webb. The mixed team with 4925m was Heather Campbell, Caren Strydom, Morag Bromfield and Grant Green. Sebastian Crawford won the main lucky draw prize of 2 Drakensberg Canopy Tours. The Ross family team won four meal vouchers at a popular local Durban Restaurant.



Alan Gibb, Thando Thusi, Heather  
Campbell and Caren Strydom



Simone Webb, Juanine Schaanick,  
Ruth Gray and Debbie Blakeway.

KZN Masters Swimming will be handing over about R3300 00 in cash and pledging 57, 65 miles to the Extra Mile Initiative. 48.5kg dry Dog Food, 16kg tinned dog food, and 6kg dry cat food and 4.3kg tinned cat food will be handed over to the Inanda Dog Project.

'The Extra Mile Initiative' - is an amazing initiative which raises awareness for disability as well as funds for a rehabilitation project and wheelchairs (see [www.e-mile.org](http://www.e-mile.org)). 'The Inanda Dog and Cat project', run by Jenny Konigkramer is for the impoverished dogs and cats in Inanda Township.

What a wonderful morning in true Masters swimming tradition KZN Masters swimmers and their friends had with plenty of Fun, Fitness and Fellowship prevailing... Lovely background music, lucky draw prizes, some valued at near R1000.00 and a raffle. More than thirty swimmers stayed for the Bring and Braai afterwards.



Sebastian Crawford was the Winner of 2 Drakensberg Canopy Tours



Jenny Koningkramer receiving Dog food from Rosemary Clark.

Merle Angelos, President of KZN Masters Swimming would like to thank everyone who contributed to the success of the Winter Fitness Challenge.

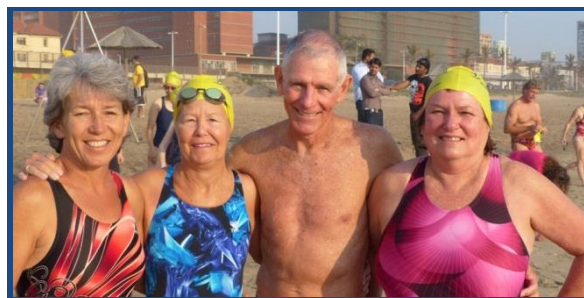
## DOLPHIN MILE SURF SWIM

KZN Master Swimmers did well in the 9 event Dolphin Mile Surf Swim Series. The following swimmers completed at least 6 swims and won overall podium positions.

In the 41 – 50 year ladies 1<sup>st</sup> – **Barbara Bowley**, 41- 50 Men **Trevor du Plessis**, 51 – 60 Ladies 2<sup>nd</sup> **Peta Harrison**, 3<sup>rd</sup> **Dawn Rode** and 61+ Men 2<sup>nd</sup> **Jimmy Hughes**



Pauline Bowman Edgar and Ann Gray



Peta Harrison, Di and Jimmy Hughes and Ann Gray

## ADULT SWIMMING

Adult training programme at Gordon Road Jubilee Swimming Pool. Mon – Thurs - 5-6pm

Can attend 1 to 4 days per week depending on your requirements.

Fees payable on monthly basis.

1xs per week - R200 pm

2xs per week - R350 pm

3xs per week - R450 pm

4xs per week - R525 pm

For more information please contact Heather on 0823207083

## OPEN WATER SWIMS

*26 October: Sun City Swim. 3km and 1500m*

*26 October: Time Freight Heia Safari Gauteng Swim Leg 1 – 3km*

*27 October: Time Freight Heia Safari Gauteng Swim Leg 1 – 400m, 800m and 1500m*

*03 November: Lake Eland Swim near Margate. [www.margateswimmingclub.co.za](http://www.margateswimmingclub.co.za)*

*23 November: Capital K at Midmar Dam 5km and 10km*

*24 November: Capital K at Midmar Dam. 3km and 1000m*

*15 December: Aquelle KZN Open Water Swim Champs at Albert Falls Dam: 5km and 1000m*

## SNIPPETS

- Condolences to **Bronwen Griffiths** and **Mandy Koegelenberg** whose mothers passed away recently. **Dawn Rode's** husband, Archie passed away after a long battle with Cancer.
- An interesting **swimming website** to look up is [www.swimsmooth.com](http://www.swimsmooth.com)
- **Dave Letschert** took part in the Maccabi Games in Israel and did extremely well. Dave also won his age group 40 - 44 in the Bosphorus Swim from Asia to Europe in Turkey.
- **Sven Dahlman** took part in the Words Masters Games in Turino Italy and won a silver medal.



Sven with his silver medal



Dave Letschert with hands up celebrating his win.

### **SAMS Short/Course Championships (KZN Leg)**

These Championships will be held on Sunday 6<sup>th</sup> October at the G C Joliffe Pool in Pine Street, off Victoria Road in Pietermaritzburg.

- You must be **registered** with SAMS for the 2013- 2014 season
- The **entry form** must be filled in, scanned and e mailed or faxed to the address or number on the form
- **Payment** must be made to **KZN Masters Swimming Association**. Details on Form.
- Everything must be completed, paid and returned by **27<sup>th</sup> September**

If there are any queries, please contact the KZN Masters Swimming secretary, Rosemary Clark, [winrose@telkomsa.net](mailto:winrose@telkomsa.net)

Always remember our Motto "Fun, Fitness and Fellowship"

Hope to see many of you at our next Gala the SAMS Short/Course Championships on 6<sup>th</sup> October in Pietermaritzburg.

Cheers for now

The Cycling Turtle

#### **KZN Masters Swimming Committee 2013/2014**

**President:** Merle Angelos 0825331199 **Vice-President:** Vaughn Seid 072 0492607

**Treasurer:** Winston Clark 072 1131653. **Secretary:** Rosemary Clark 083 7509888

**Gala Secretary:** Merle Angelos/Rosemary Clark **Public Relations Officer/Gala Events** Graham du Toit 08 25664234

**Records Officer:** Colleen Bailey 084 4444842 **Equipment Officer/Points:** Les Hadenham 082 5749872

**Open Water/Newsletter:** Ann Gray 082 8280401

**East Coast Rep:** Vaughn Seid 072 0492607 **Highway Rep:** Heather Goldstein 084 2064484

**Seals Rep:** Bernadette0834450578