



## MESSAGE FROM THE CHAIR

As the new SAMS committee begins its 2 year term of office, I would like to share my vision for 2011/12 of promoting and growing Masters Swimming by way of effective communication to regions, clubs, SSA and the broader swimming community as well as to those who are not aware of Masters swimming. I would appreciate any feedback, comments and advice that will assist in achieving this goal. This newsletter will be followed by quarterly newsletters with any important information being disseminated as and when the need arises.

To everyone who contributed to the running of SAMS, the regions and the clubs during the past season as well as to Jill Black and her team from SWD for hosting the 27th SA Masters Swimming Championships - a big thank you!

The 2011/12 season is looming and I would like to wish everyone a successful year ahead - set those goals and remember - no pain, no gain - but above all, enjoy what you are doing.

Please take note of the calendar of events in this edition as well as the date and venue of Nationals 2012.

Keep on swimming!

*Marcelle Strauss*  
President, SA Masters Swimming



No change to SAMS Fees.  
The fees for 2011/12 will be  
**R90.00.**

We will advise on SSA fees  
soonest - waiting for  
them to get back to us.

LOOK OUT FOR  
INFORMATION ON  
THE 2012 NATIONALS  
IN THIS ISSUE



# Oudtshoorn

# 2011

The 27th Annual South African Masters Swimming Championship, which took place from 16 - 19 March 2011 in Oudtshoorn, was a wonderful experience for all the Masters swimmers who attended this event. Records were broken, medals were won, personal bests achieved and much fun was had by all. Oudtshoorn did what Oudtshoorn does best ..... hot weather- perfect for swimming, friendly people and ancient landscapes - all under the beautiful Karoo sky. Even a thunder storm could not dampen the swimmers spirits. Happy hour was held at High Gate Ostrich Farm and the Big Bamboo was a huge Highlight! The Awards Dinner was so colourful and the 60's theme rocked!

## HIGHLIGHTS

5 World records were broken - all by Cape Town Masters Swimmers. The first WR was broken by Cecilia Stanford who swam a brilliant 400m IM in the 50 - 54 age group (5.37.60). In the 45- 49 age group Edith Ottermann broke the 50m freestyle WR (26.59) and Sanderina Kruger broke the WR in the 50m freestyle in the 60 - 64 age group (30.19). Cecilia Stanford also broke the WR in the 200m IM in the 50-54 age group (2.36.62) and finally a further World Record was broken in the 4 x 50m ladies 200 age group by Sanderina Kruger, Cecilia Stanford, Marcelle Strauss and Edith Ottermann (1.56.04).



World record ladies - Marcelle Strauss, Sanderina Kruger, Cecilia Stanford and Edith Ottermann (CT Masters)

## AWARD WINNERS

### \* South African Masters Swimming Club Trophy

**Cape Town MSC** - 3031 pts

Awarded to the SAMS Club scoring the most points at the SAMS Long Course Championships.

2nd: **Coelacanth MSC** - 2871 pts

3rd: **Wahoo MSC** - 2054 pts

### \* South African Masters Swimming Club Handicap Trophy

**East Coast MSC** - 56.68 pts per entered swimmer

Awarded to the SAMS Club scoring the most points per entered swimmer at the SAMS Long Course Championships. Individual and relay points count. For this award there is a prescribed minimum of 8 entered swimmers per Club. Clubs with less than 8 entered swimmers have their total points divided by 8.

2nd: **Cape Town MSC** - 56.12 pts per entered swimmer

3rd: **Wahoo MSC** - 46.68 pts per entered swimmer

### \* Dr Heyman Belfort Memorial Shield

**Western Province MSA** - 4100 pts

Awarded to the SAMS Region scoring the most points at the SAMS Long Course Championships.

2nd: **Gauteng MS** - 2989 pts

3rd: **Tshwane MS** - 2871 pts

### \* Spirit Bowl (Donated by Louise Pallet and The late Jill Fahrenheim)

**Free State MSC**

Awarded to the SAMS Club best promoting the spirit of Masters Swimming at the SAMS Long Course Championships



Cecilia Stanford in the 400m IM



Club with the most spirit  
Free State MSC



# AWARD WINNERS (Continued)

*\* Joe Hillstrom Trophy (Donated by Joe Hillstrom)*

## **Amakhosi MSC**

Awarded to the SAMS Club that has the most swimmers competing in their first SAMS Long Course Championships

*\* Charles Buck Memorial Award (Donated by Western Province Masters Swimming)*

## **Anton Harrop-Allin (Coelacanth MSC)**

Awarded to the SAMS Person who best epitomizes the true spirit of Masters Swimming

*\* Victrix Ludorum (Donated by Errol Stern)*

## **Cecilia Stanford** (Cape Town MSC) ( Maximum 72 points and 1.37% under the World Record in the 200m Individual Medley )

Awarded to the Female Swimmer who scores the most individual points at the SAMS Long Course Championships. If there is a tie, then the trophy is awarded to the tied swimmer with the best time measured (%) against the world record

*\* Victor Ludorum (Donated by Errol Stern)*

## **Andre Steynberg** (Wahoo MSC) ( Maximum 72 points and 2.19% over the World Record in the 50m Backstroke

Awarded to the Male Swimmer who scores the most individual points at the SAMS Long Course Championships. If there is a tie, then the trophy is awarded to the tied swimmer with the best time measured (%) against the world record.

*\* Best Performance - Female (Donated by Allen Morrison)*

## **Edith Ottermann** (Cape Town MSC) ( 3.10% under the World Record in the 50m Freestyle )

Awarded to the Female Swimmer with the best time at the SAMS Long Course Championships, measured (%) against the world record.

*\* Best Performance - Male (Donated by Allen Morrison)*

## **Andre Steynberg** (Wahoo MSC) ( 2.19% over the World Record in the 50m Backstroke )

Awarded to the Male Swimmer with the best time at the SAMS Long Course Championships, measured (%) against the world record.

*\* Peter Pirow Cup (Donated by the Pirow family)*

## **Cecilia Stanford** (Cape Town MSC) ( 1.24% under the World Record )

Awarded to the Male or Female Swimmer with the best time in the 400m Individual Medley at the SAMS Long Course Championships, measured (%) against the world record.

*\* Barnetson Trophy - Most Improved Swimmer*

## **Mike Arendse** (Cape Town MSC) ( 35.48% improvement in the 400m Individual Medley )

Awarded to the SAMS Swimmer who shows the greatest % improvement in time for any one event at the SAMS Long Course Championships. Times are measured against the swimmer's recorded time for the same event at the SAMS Long Course Championships of the previous year.

*\* Colin Cable Award (Donated by Western Province Masters Swimming and Lynda Gower)*

## **Dave McLachlan** (Cape Town MSC) ( Tricia Rix of Cape Town MSC scored the same number of points but is younger )

Awarded to the SAMS Male or Female Swimmer at the SAMS Long Course Championships, who is 60 years or over, swam 6 events, and scored the most points, with the events being scored on a scale of endurance. In the event of a tie, the oldest swimmer will receive the award.

*\* Lillian Parrington Trophy (Donated by Heather Campbell and John Keyter)*

## **Rae Smit** (Fish Eagles MSC) ( Rae turned 91 four days before the Championships started )

Awarded to the Oldest Swimmer at the SAMS Long Course Championships.

# AWARD WINNERS (Continued)

## **\* 20 Years of Nationals Participation Award**

Awarded upon achieving 20 years of participation - swimming or officiating - at the SAMS Long Course Championships.

**Ted Beukes** (Coelacanth MSC)

**Butch Coetzee** (Amakhosi MSC)

**Bill Cordell** (East Coast MSC)

**Gloria Williamson** (Phoenix MSC)

**Joyce Fyfe** (Coelacanth MSC)

## **\* 10 Years of Nationals Participation Award**

Awarded upon achieving 10 years of participation - swimming or officiating - at the SAMS Long Course Championships.

**Rita Burger** (Coelacanth MSC)

**Debbie Carroll** (Wahoo MSC)

**David Frost** (Winelands MSC)

**Natalie Geldhard** (Coelacanth MSC)

**Keith Gordon-Davis** (ET Stingrays MSC)

**Peta Harrison** (Highway MSC)

**Doug Howieson** (Cape Town MSC)

**Trevor Morgan** (Coelacanth MSC)

**Therese Sharkey** (Winelands MSC)

**Marcelle Strauss** (Cape Town MSC)

**Jenny Strong** (Fish Eagle Aquatics - Masters)

## **SAMS Colours 2010/2011 were awarded to the following people:**

**Morag Bromfield**

**Robert Hatherly**

**Cecilia Stanford**

**Heather Campbell**

**Jenny Ireland**

**Tarryn Stanford**

**Halton Cheadle**

**Sanderina Kruger**

(also for 2010 now  
completed 3 Nationals)

**Diane Coetzee**

**Dave McLachlan**

**Andre Steynberg**

**Elsa Craig**

**Heather Morris - Eyton**

**Julian Taylor**(now completed 3 Nationals)

**Claire Davie**

**Edith Ottermann**

**Tyrone Tozer**

**Jean Degenaar**

**Amanda Picard**

**Johan van der Merwe**

**Kim Foster**

**Marissa Rollnick**

**Liz Webb**

**Derek Fyfe**

**Tim Shead**

## **Dash for Cash**

### **Women 50 and over**

**1 Cecilia Stanford (CTMS)**

**2 Sanderina Kruger (CTMS)**

**3 Heather Campbell (East Coast)**

### **Men 50 and over**

**1 Andre Steynberg (Wahoo)**

**2 Trevor Morgan (Coelacanth)**

**3 Roy Jacobs (ET Stingrays)**

### **Women 19 - 49**

**1 Edith Ottermann (CTMS)**

**2 Samantha Gunther (Phoenix)**

**3 Marcelle Strauss (CTMS)**

### **Men 19 - 49**

**1 Leonard Langenhoven (Coelacanth)**

**2 Bryan Tatterson (East Coast)**

**3 Harald Kruger (CTMS)**



# Memories in picture





# More Memories...



## Calendar of events

| PERIOD OR DATE              | EVENT  |
|-----------------------------|--|
| 1 May 2011 to 30 April 2012 | Swim season and SAMS' financial year   |
| May 2011                    | Clubs and Regions hold AGMs  |
| 28 May 2011                 | Presidents' Meeting in Cape Town   |
| 31 July 2011                | Cut off date for early bird registrations  |
| August 2011                 | Winter Fitness Challenge   |
| 30 September 2011           | Registration cut-off date for SC Champs and for which the SAMS discounted registration fee is applicable. (NB - renewal registrations received after this date SAMS' fee increases by a further R70. For new members the fee remains unchanged.) |
| October 2011                | Regions hold SAMS Short Course Championships   |
| 15 November 2011            | Results for SC champs to reach SAMS for collating  |
| 31 January 2012             | Last date for registrations. In order to compete in LC Championships, swimmers must be registered by this date.  |
| 14 - 17 March 2012          | Long Course Championships at UWC in Cape Town  |
| 14 - 17 March 2012          | SAMS AGM at Nationals at UWC in Cape Town  |

# Nationals

14 -17 MARCH, UWC POOL, CAPE TOWN

# 2012



The UWC Swimming Pool

The 28th SA Masters Swimming Championships will take place from **14 - 17 March 2012** at the indoor swimming pool of the **University of the Western Cape**.

The pool is heated, and the dimensions are : 50 m x 25 m with 10 lanes

Address:  
University of the Western Cape  
Modderdam Road  
Bellville , Cape Town

<sup>28th</sup> S.A. MASTERS  
*Swimming*  
CHAMPIONSHIPS



14 - 17 MARCH 2012 UWC POOL  
CAPE TOWN





# Meet the Team

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