



# SAMS NEWSLETTER

The official newsletter of SA Masters Swimming:  
Hosted by Tshwane Masters  
Autumn Edition: 21 May 2013



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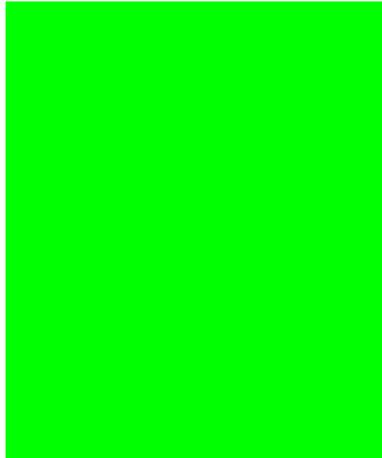
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### SAMS CONTACT INFORMATION

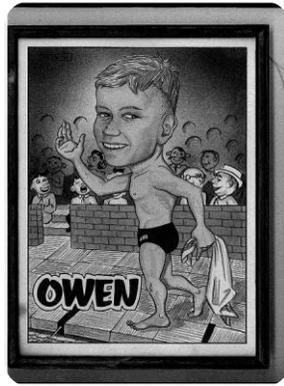
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## EDITOR'S NOTE



Hi all you wonderful Masters Swimmers.

Let me take a line to introduce myself. My name is Owen.

There, now that is done, let's move on.

I have been tasked, that's asked with a T, by my twin sister (Joyce Fyfe) to assist in keeping you all informed with the latest news, events, tips and maybe a snippet of gossip, for the next 2 years. I see that the gossip bit got you taking notice!

I will be asking all regions for club news, any special events taking place, pictures, gala schedules and especially achievements in the

pool no matter how insignificant they might seem to be. So swimmers, if you have some news of interest please e mail it to me. Everyone that is a master's swimmer is a winner. So let's brag a little together. I cannot promise at this stage whether all newsy items and pictures will be published but we will give it a damn good try.

I do look forward to this challenge of keeping you all informed over the next 2 years. In the meantime and until next time...

Keep smiling, keep swimming.



## MESSAGE FROM THE CHAIR

Welcome to the first newsletter provided to you under direction of your new SAMS Executive Committee.

Your new "SAMS" is looking forward to its two year term of office with considerable enthusiasm and keen anticipation. It is a privilege to be of service to you and the team is committed to do its best to maintain, even to exceed, the high standards set by the previous committee.

One of the primary objectives of the committee is to ensure effective communication between the committee and members. To this end *SAMS NEWS* will be play an important role – not only in conveying,

directly to you, up to date information, news and resolutions quickly but also in obtaining your own views and ideas which you may wish to share with others. We intend to issue four newsletters per season as has been done in the past.

I found it interesting that Rob Butcher, executive director of Masters swimming in the US, in his defense of Lance Armstrong (a member of US masters swimming) entering a masters' meet, stated that "*Our mission, dating back to the 60s, is we encourage adults to swim.*" Subsequently, of course, Lance's entry was vetoed by FINA. Yes, our mission is indeed to

encourage adults to swim through joining masters and to have a load of fun in new friendships and *fair* competition

With that in mind let us go out and make a concerted effort to increase our membership – with numbers comes power and an organization that should not be trifled with!

It is hard to believe that the new season is already upon us! Check out the calendar below for a synopsis of the important events taking place in the season.

Finally, a big thank you to EP masters for providing a fantastic nationals and a swimming pool with beautiful, clean blue water! Also to WP masters for their sterling effort, over the past two years, in running SAMS and in their steadfast negotiations with SSA to ensure that masters swimming will continue to exist as we know it!

PERIOD OR DATE	EVENT
1 May to 30 April	Swim season and SAMS' financial year
April and May	Clubs and regions hold AGMs
June or July	Presidents meeting
30 June	Cutoff date for "lucky draw" early bird registrations
August	Winter Challenge
31 August	After this date SAMS' fees for registration renewals (i.e. members registered in the prior season) is increased by R100. (For new members the fee remains unchanged)
30 September	Registration cutoff date for SC champs.
October	Regions hold SAMS' Short Course Champs.
15 November	Results for SC champs to reach SAMS for collating
31 January	Last date for registrations for the applicable season - to compete in the LC champs you must be registered by this date.
March	LC Champs. (12 <sup>th</sup> – 16 <sup>th</sup> )

## INTRODUCING YOUR NEW SAMS COMMITTEE



Ann Gray (Open water)

### From Left to right Standing:

Anton Harrop-Allin (President); Annemarie Dressler (Trophies and Awards); Marlie Venter (Treasurer); Craig Stanton (Vice President) Owen Van Renen (Newsletter); John Petersen (Website); Derek Fyfe (Registrations); Terry Downes (Records).

### Sitting:

Joyce Fyfe (Secretary); Rita Burger (Public Relations) and Kim Foster (Events).

## Special Feature: Benefits of Swimming

Some tips to get yourself back in the pool and also to use to sign up extra swimmers in the future. Let's grow SAMS and share the Fun Fitness and Friendship

Speed up the process to that summer tan and bikini body by jumping into the pool. Yes, the treadmill is fun, and so are those dumbbells, but they only offer a portion of what a swim workout does. From toning your core to speeding up your metabolism, there are several reasons why you should consider swimming your new go-to. Grab a suit and find out the 10 reasons why you should start swimming!

### It's a total-body workout.

Swimming tackles everything from sculpting your back to toning your arms—all without having to

pick up a weight. Rather than needing a plan to work specific muscles, all four strokes work to strengthen your entire body.

**It's joint-friendly.** If you're recovering from an injury and are eager to build strength, then look into [starting a swimming routine](#) to stay fit. If running is your passion, then swimming is a great way to work out on recovery days, allowing knees a rest from the pavement.

**It's muscle-lengthening.** If you're worried about bulking up ([which you shouldn't be](#)), then consider

swimming. Swimming combines resistance training with cardio, building lean muscle and boosting your metabolism. It also puts your body through a range of movements, helping your muscles stay long and flexible.

**It's helpful with exercise-induced asthma.** Many swimmers first jump into the pool to relieve exercise-induced asthma. This is because swimming allows you to work out in moist air, [reducing asthma symptoms](#). Because swimming requires some breath control, it also improves your

overall lung and breathing capacity.

**It doesn't require fancy equipment.** That's right; you don't need to spend hundreds of dollars to swim. All you need is a swimsuit, cap, and goggles. Even if you do decide to add more equipment (e.g. a kickboard), they are rather inexpensive, and chances are your local pool has a few handy.

**It's a great way to burn calories.** Those myths about swimmers and calorie intake aren't false. That's because one hour of moderate swimming can burn [around 500 calories](#). This revs up your metabolism, continuing the burn

well after you've stepped off the deck.

**There are several variations.** The workouts are endless when it comes to the pool. Beyond all four strokes, you can kick, pull, or even use the wall for push-ups! Grab a friend and try this [interval workout](#).

**It's optimal for cross-training.** Avoid elliptical burnout and a gym-class rut by trading gym workouts for the pool. A swim workout will actually improve overall performance at the gym (and [vice versa](#)!) When you're training for a marathon or any other competition, jumping in the pool can offer you an extra edge over your competitors.

**It maximizes your cardio.**

Swimming is the ultimate aerobic activity. There is more breath control compared to running, thus an increased demand for oxygen, causing your muscles to work harder. Because of this, you can get more bang for your buck in a short amount of time.

**It's refreshing.** Jumping into a pool is refreshing! You don't need to be a professional swimmer to reap the benefits. Have fun with it, and enjoy being in the water. If anything, you'll walk away with a nice tan and an endorphin kick!

## LEAD STORY.....a night to remember!

Although not a masters swimmer Karen Muir stamped her name on swimming in South Africa and was the inspiration to many great South African Swimmers and that includes many of you wonderful Masters Swimmers. There were so many great moments in her illustrious swimming career but one of the highlights for pure emotion and quite unbelievable excitement had to be the **“Final that Never was”** that took place at the Rachel Finlayson Pool in Durban in 1968 The Hype and the buildup to the event has not been surpassed since, even though there have been many world topping performances by South African swimmers, that followed over the years here in South Africa.

Due to the fact that South was not able to participate at the 1968 Olympics due the unsavory political climate it was agreed to swim our 2 World Record Holders Karen Muir and the gracious Ann Fairlie, against the Olympic medalists, as a challenge to themselves and to the medalists, just to see who actually was the best in the world at that time.

The two Olympic Medalists, incredibly sportingly, agreed to accept the challenge. They were Cathy Fergusson from the USA and Kiki Caron from France. The day arrived and the buzz and excitement around the event was totally electric and billed as one of the greatest moments in South African swimming.

Special stands were erected to accommodate the demand for tickets, to witness this historical event, and were sold out almost immediately. People were even offering nearby flat owners money

to be able to watch from the High Rise apartment blocks over the road from the pool (with binoculars naturally). It was a night of insanity.

Our Girls were the Holders of the World Record (which they passed back and forth between them. Ann had just broken Karen's world record the week before) and the medalists recognized as the Best in the World.

The pool surround was packed with spectators and International Press with everyone speculating about the outcome.

The girls lined up and under the starter's orders and after much whistle blowing, took to the water. The gun went off (no one was killed.) and the race of a lifetime was under way.

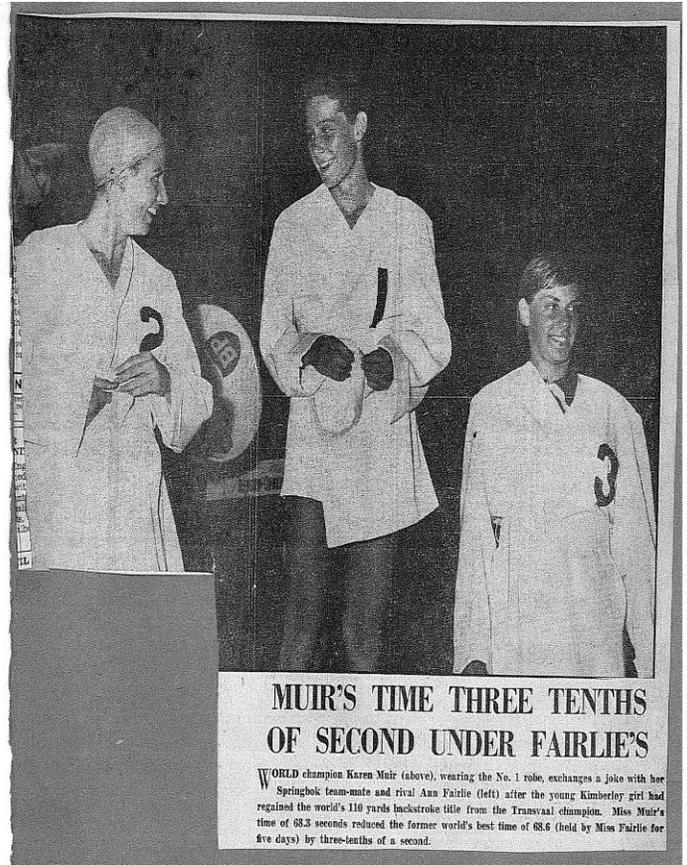
It was neck and neck all the way in the first 50m (remember all four were the very best in the world) and very little separated the five swimmers. Karen turned slightly ahead with the pack right on her heels. Ann's smooth stroke was so evident and the Slap from Karen epitomized 100 % effort.

The noise was deafening as the five headed for the finish and soon became clear that our Golden Girls were edging ahead. It was a race to the wall with Karen just winning in a world record from Ann (who was also inside the old world record) with Kiki Caron Third.

We were **THE BEST IN THE WORLD**.

The cheering and applauding went on long after the girls had exited the pool with everyone on their feet. There were also a few tears of joy and pride. The crowd continued to cheer until the top three, robed in white Gowns climbed onto a specially erected winners Dias to accept their medals. As the three winners stepped up an almighty roar erupted that would have made any full house Rugby Stadium proud. What a night. If you were there you will never forget it.

Well done Karen and well done Ann. You did us so proud and we will never forget you.



*IN MEMORY OF KAREN MUIR*



The 1966 photo (on the previous page) of South African swimmer Karen Muir sitting at the banks of the pool during the AAU Diving & Swimming Championships. Karen Muir was the youngest ever world record holder but did not compete in the Olympics due to the ban of South African athletes from international competition.

**On The 1st APRIL 2013 Karen sadly passed away. Included below is a report and a tribute to Karen.**

Former South African swimming great Karen Muir, the youngest-ever world record holder in any sport, died on 1<sup>st</sup> April (of breast cancer) aged 60, South African media reported on Tuesday.

Muir was elected to the International Swimming Hall of Fame in 1980 having set 15 world records in the backstroke at 100 meters,

200 meters, 110 yards and 220 yards. Her first world record was in the 110-yards event at the 1965 ASA National Junior Championships in Blackpool, England, when she was just 12 years, 10 months and 25 days old. The victory and the best-ever time in the event made her the youngest world record holder in **any** sport. Muir also won 22 South African Championships and three U.S. National Championships, but never competed at the Olympic Games because of the sports boycott imposed on her country. Muir went on to qualify as a doctor and immigrated to Canada where she practiced until her death.

**R.I.P.Karen**

## News from the Regions

**TSHWANE** (We get to go first cos we are SAMS)



The Inter Region contest between two of the friendliest rivalries in Masters Swimming. Gauteng and Tshwane. Not to mention our sisters and brothers from Easterns. And the rest that joined us in the 2 meets

The Inter-Region is held at two meets in the swimming calendar year. The first takes place in Pretoria (North of the Jukskei to some) at the popular Hillcrest Pool and the second somewhere south of the Jukskei. This year the return challenge was held at the JCE pool which has been upgraded, heated and made into a fabulous venue for any swim meet.

The teams competing were Tshwane (Coelacanth) and Gauteng (Wahoo, Phoenix, Mandeville) Eastern Masters (Eastern Stingrays) and wait for it, next year's Nationals Hosts Free State. Coelacanth was the winning club and Tshwane only just pipped Gauteng for the team trophy. It was a very exciting end to a great season of swimming up here in the northern regions. The vibe is really great and we are all like one happy family with only the club name that differentiates.

Coelacanths have some 13 members heading for the Greek Islands for a Swim Trek Tour. Some left on the 20<sup>th</sup> May and otherwise will join them soon after. They will be covering great distances in crystal clear blue seas. They have turned it into a family affair with many partners etc. accompanying them.

We are sure that they will bring home many memorable stories and wonderful pictures which we will share with you in the next issue.

## KZN MASTERS

We sadly also say goodbye to Leswyn Tooms and leave a personal message to her from KZN Masters Swimming. Thank you Las for all you support and unselfish contribution to KZN Masters Swimming.



### LESWYN TOOMS 21 March 1944 - 28 March 2013

*Les was a lady who showed true commitment and dedication. Through Annette Snyman, Les was introduced to Masters Swimming. Even though she was not a swimmer herself she gave of herself tirelessly to the committee, to time keeping and to administration.*

*Les officiated for the first time at a S.A. Nationals Championships in 1996 and continued for many seasons.*

*Les served as Secretary for both KZN and East Coast Masters for more than 10 years. In 2005 she was awarded the coveted trophy of LADY OF THE YEAR for everything that she had done for swimming that year. Les was a well-deserved recipient. Les, it didn't all just happen. You were a big part of the happening. You will be greatly missed. Go well my friend. Rest in peace.*

*Colleen Bailey KZN Masters Swimming Committee*

Heather Goldstein, Terry Thompson, Bev Shuttleworth and Ann Gray all Highway Masters swimmers and two other friends are off to swim in the Mediterranean Sea off the Turkish Coast Swimming tour. The swim is organised by SWIMTREK. ([www.swimtrek.com](http://www.swimtrek.com)) the actual swim tour takes place between 13<sup>th</sup> and 19<sup>th</sup> May. Thereafter they will do some touring in Turkey and buying at the market in Istanbul.

This trip, Turkish-Lycian Way features some stunning crossings and fantastic coastal swims. Also featured are swims over the ruins deposited on the sea bed by numerous earthquakes as we follow the Lycian Way, Turkey's premier coastal journey.

Lycia is the historical name of the Tekke Peninsula, which juts out into the Mediterranean on Turkey's southern coast. The mountains rise steeply from the wooded shore and tiny bays, giving beautiful views and a wide huge variety of swimming.

The sea here is referred to as the Turquoise Coast and you'll soon see why. We are centrally based in the idyllic and unspoiled coastal town of Kas, which lies just 5 km from the Greek island of

## Free State Masters Swimming

We so look forward to hosting all Masters Swimmers to Bloemfontein in 2014. It is the 30<sup>th</sup> and we anticipate a **HUGE** event. **BE THERE!!!!**



FREE STATE SWIMMING MASTERS

Issue #



**BLOEMFONTEIN NATIONALS 2014**  
**12 – 15 MARCH 2014 – STADIUM SWIMMING POOL**  
**PARK ROAD – BLOEMFONTEIN**  
**16 MARCH – OPEN WATER SWIMMING**  
**MASELSPOORT RESORT**

**OUR THEME - GO GREEN**  
**RECYCLE - REUSE - RECONDITION**  
**(JUST LIKE MASTERS SWIMMERS!)**

It's time to come to Bloem. For all of you who have zoomed past on the N1 on your way to and from the Cape and Gauteng, now is the time to slow down and turn off.

Enjoy some real Free State hospitality.



#### Gala venue

The Stadium pool is currently undergoing an R8million revamp. By March 2014, we should have a world class venue, with warm up pool.



#### Open water venue

Mazies, as we affectionately call it, is where we usually have our open water swims - an out and back course.

OUR DREAM TEAM AT NATIONALS 2013



## Nationals 2013 Newton Park Port Elizabeth

Some of the amazing performances were achieved because of hard work dedication to the sport, dedication to one's self health and dedication to move the bar upwards.

Congratulations to all of you.

Congratulations to ALL who participated. Just being there made you all winners. We are so proud of all Masters Swimmers. Please keep it up.

Special mention must go the World record Breakers. Congratulation to the following for amazing achievements in the pool at nationals.

#### WORLD RECORDS TO THE FOLLOWING

- Cape Town Masters Ladies 4 x 100 Medley Relay (200+ age group) in 5.11.20

From left: Di Coetzee, Jean Degenaar, Cecilia Stanford and Perry Cadiz. WELL DONE LADIES!



- Cape Town Masters Ladies 4 x 100 Freestyle Relay (200+ age group) in 4:20.68.

From left: Edith Ottermann, Cecilia Stanford, Perry Cadiz and Sanderina Kruger. WELL DONE TO ALL OF YOU!



- Heather Morris-Eyton; zoom breaststroke (45-49 age group) in 2:47.73. Fantastic! Heather (left) and Marcelle Strauss.



For full results from 2013 Nationals please visit the SAMS website at [www.samastersswimming.com](http://www.samastersswimming.com)

SEEN AT NATIONALS 2013.....

*It was truly a Nationals Meet to remember as you can see by the pictures.*

Happy Hour, The Awards Dance and of course some swimming.



Happy Hour Photo Booth  
20th SA Masters Swimming Championships  
Port Elizabeth 15-16 April 2013





So till next time.....

"JUST KEEP SWIMMING."  
- DORY, FINDING NEMO

