

# SAMS NEWSLETTER

PRE NATIONALS 2019

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and much more ...



*Official Newsletter of South African Masters Swimming*

<http://www.samastersswimming.com>





## *Editor's Note*

Hello everyone.

Season 2018/2019 is fast drawing to a close. Entries for Nationals have closed and are with the organisers. Psych Sheets will be distributed through your clubs for you to browse through and see what awaits you in Port Elizabeth.

It is also the time for the current SAMS Committee to say goodbye and time to welcome another group of dedicated Masters Swimmers to take the reins. I am very proud to have been part of the team under the excellent Presidency of Karen Kennedy. All the very best to the new committee. The introductions will place during Nationals 2019.

We certainly have hit the ground running this year. Galas a plenty and lots of opportunities to hone skills and better times especially in the Open Water section. Regional Swimming Championships will be taking place all over South Africa, culminating in the SA Masters National Swimming Championships to be held in Port Elizabeth in March.

Planning on going to Worlds? Read all about the event in this issue. Lots and lots to read, so put on the coffee, sit back and enjoy.



## *President's Message*

The time has come for Gauteng to hand over the SAMS reigns to Kwazulu Natal.

It has been my personal pleasure to serve the Masters Swimming Community for the past three years, but I could definitely not have done it alone. Therefore, I'd like to thank the SAMS committee members that have worked alongside of me for their hard work and dedicated efforts over the past three years. Their purpose has been, as has mine, to enhance and enrich the sport of swimming.

The committee members are:

- Guy Harker
- Carole Bridges
- Carol Mason
- Terry Downes
- John Petersen
- Jade Homveld
- Owen Van Renen
- Helen Lawless

I sincerely hope that SAMS continues to grow in the coming months and years and that the now fluid relationship with Swimming South Africa continues to develop and prosper to the benefit of the people who love and enjoy our shared passion for swimming.

Never give up trying and never stop setting goals – they are a sure pathway to ultimate success in any arena.

Karen Kennedy  
SAMS PRESIDENT



By  
Jade Homveld

## Qualifying for SA Open Water Colours

I would like to ask the clubs to submit their applications by the end of February. If a swimmer has one qualifying time and hopes to qualify at Masters' Nationals in Jeffrey's Bay, I would like to ask for the form to be submitted with the one qualifying time and we can then add the Jeffrey's Bay qualifying time on the day and still award Colours at the Dinner. It is easier to add one time than to start the application process after the event. This is the first time that we can use the Championship time in the same year as the event will take place before the conclusion of the championships.

## QUALIFYING TIMES FOR SA COLOURS

### Open water swimming qualifying times 2018/19

The qualifying times for the 2018/19 season are available and I am delighted to announce that the SAMS committee has agreed to the implementation of 5km and 10km qualifying times on a trial basis for this season. I am sure that this will bring about a set of challenges and questions, but this is definitely the way forward, as both events are represented at the Open water world champs and the 10km is an Olympic event. It is important to note that a swimmer must qualify twice in a season and will only be awarded SA Open water colours after participating in 3 SA Masters Nationals. The table below has the qualifying times for the 3km, 5km and 10km.

| Open Water Colours Qualifying Time (2018-2019) |            |            |            |           |            |            |            |
|--|------------|------------|------------|-----------|------------|------------|------------|
| WOMEN  |            |            |            | MEN       |            |            |            |
| Age group                                      | 3 km       | 5 km       | 10 km      | Age group | 3km        | 5km        | 10km       |
| 19-24  | 00:42:49.0 | 01:12:57.0 | 02:33:35.0 | 19-24     | 00:39:49.0 | 01:07:51.0 | 02:22:50.0 |
| 25-29  | 00:42:49.0 | 01:12:57.0 | 02:33:35.0 | 25-29     | 00:39:49.0 | 01:07:51.0 | 02:22:50.0 |
| 30-34  | 00:43:22.0 | 01:13:53.0 | 02:35:33.0 | 30-34     | 00:39:50.0 | 01:07:52.0 | 02:22:54.0 |
| 35-39  | 00:44:13.0 | 01:15:21.0 | 02:38:38.0 | 35-39     | 00:39:33.0 | 01:07:24.0 | 02:21:53.0 |
| 40-44  | 00:43:49.0 | 01:14:40.0 | 02:37:11.0 | 40-44     | 00:40:08.0 | 01:08:23.0 | 02:23:58.0 |
| 45-49  | 00:44:51.0 | 01:16:26.0 | 02:40:55.0 | 45-49     | 00:39:42.0 | 01:07:40.0 | 02:22:26.0 |
| 50-54  | 00:45:53.0 | 01:18:12.0 | 02:44:37.0 | 50-54     | 00:41:18.0 | 01:10:22.0 | 02:28:09.0 |
| 55-59  | 00:46:00.0 | 01:18:24.0 | 02:45:03.0 | 55-59     | 00:43:49.0 | 01:14:40.0 | 02:37:12.0 |
| 60-64  | 00:49:21.0 | 01:24:05.0 | 02:57:02.0 | 60-64     | 00:45:12.0 | 01:17:01.0 | 02:42:08.0 |
| 65-69  | 00:54:37.0 | 01:33:05.0 | 03:15:57.0 | 65-69     | 00:48:32.0 | 01:22:42.0 | 02:54:06.0 |
| 70-74  | 01:02:31.0 | 01:46:31.0 | 03:44:15.0 | 70-74     | 00:51:44.0 | 01:28:10.0 | 03:05:36.0 |
| 75-79  | 01:08:50.0 | 01:57:18.0 | 04:06:56.0 | 75-79     | 00:58:48.0 | 01:40:12.0 | 03:30:56.0 |
| 80-84  | 01:20:44.0 | 02:17:34.0 | 04:49:37.0 | 80-84     | 01:06:52.0 | 01:53:57.0 | 03:59:54.0 |
| 85-89  |            |            |            | 85-89     | 01:49:55.0 | 03:07:17.0 | 06:34:18.0 |

[Click here for printable SAMS OW QTs 2018-2019](#)

# Top tips for preparing for open water swimming in the pool

[www.swimming.org](http://www.swimming.org)



Preparing for open water swimming in a warm, comfortable pool is a good stepping stone to the real thing.

Jumping into a large body of water for the first time can be a bit of a shock. So, we have compiled some top tips to what you can do in the pool to prepare.

## Preparing for open water swimming: strokes

1. It is vital to be comfortable with your stroke in open water. Most open water swimmers choose front crawl, so start by making sure yours is in good shape in the pool.
2. Try get competent in another stroke, such as breaststroke. You may need to recover in open water and breaststroke uses less energy than front crawl.
3. Open water swimming is no splash and dash. They are at least 500m. Use pool time to ensure you can confidently swim further than **the event you are entering** without having to put your feet down.
4. Use the **Just Swim App distance goals** to gradually build up your distance.

## Preparing for open water swimming: techniques

So, your front crawl is awesome and your endurance off the chart. But you need to prepare for a few more surprises open water can spring on you.

## Sighting

- In the open water there are no lane lines. You need to practice looking ahead during your swim to find a marker in the distance to follow.

- Looking up is a simple thing to practice in the pool. Try perfecting it so you don't disrupt your rhythm.
- Practise swimming in a straight line. Close your eyes while swimming and see whether you veer left or right (most people do). Try tweaking your stroke to straighten your natural line.

## Treading water

- There is no wall to hold or kick off from in open water. Use pool time to get used to treading water in the deep end. You could spend a lot of time treading water in open water.

## Turning

- Most events will involve turning around a marker buoy, often four or five times a race. If you have space in the pool and a willing practice-mate, swim up to and round your friend without touching the walls or bottom of the pool.

## Breathing both ways

- Breathing on alternative sides in open water events is a necessity. It may not feel natural at first, but focus on your technique in the pool and it will become more comfortable.
- Let your head and spine join the rotation of your shoulders, inhale sharply then turn your face smoothly back in time with your shoulder rotation.

## Group swimming

Lots of people swimming together can come as a bit of a shock the first time you swim in an open water event. Practise group swimming with four or five of your friends in one lane of the pool to help get used to the feeling.



There has been great masters turn-outs at a lot of Open Water events to kickstart 2019, especially in Gauteng.

Not least was the “Roode at the Bronx” where masters swimmers turned out in force and led the charge to podium. Coelacanth, Wahoo, Phoenix were all well represented. (There were also masters swimmers at the Homestead Dam swim on the same day.)

There were 3 categories to swim. The “traditional” 1000, the 1500 and the 3000.

Here are some pictures taken at the event.



# 12 HOUR SWIMATHON

Four Johannesburg swimmers; Andrew & Pearl O'Mahony, Fallon Finlayson and JP van Zittert hosted a 12 HOUR SWIMATHON at the Sydenham Pool on the 27th of January 2019. A total of R7 036 was raised for their 8 Mile charities, Singakwenza and Ezemvelo KZN Wildlife. There were approximately 40 swimmers who came out on the day along with their supporters, family and friends. The event kicked off at 6am and swimmers could swim any distance of their choice until 6pm in a stunning 33m pool. Some great prizes were up for grabs and the top swimmers of the day clocked up some impressive distances. First place went to Tyron Venter from Cape Town who swam 33km, while Kelvin Steyn from Johannesburg covered an impressive 22km to take second place. Troy Mayers, also from Johannesburg, followed closely in third place swimming 20km. A fun day was had by all and we look forward to another event of this type for passionate swimmers.



# The 6 Hour Relay Gala

Every year **Mega** host the 6-hour endurance Relay Gala and what a way to kick start the year and get rid of all the overindulged excesses from the festive season and holidays. Many of the swimmers covered over 5k during the 6 hours. So yes, 2019 has seriously kicked off.

What an awesome day. We couldn't have asked for better weather and once again, we had the best support from all our fellow master swimmers. We hosted 21 teams again this year which and was a very successful day.

We are very thankful to Coelacanth who entered 11 teams, their support is always appreciated. Wahoo had 4 teams, Phoenix had 2 teams, Waterborn had 2 teams and Mega had 2 teams.

A big thank you to Gillian, who did all the running around to provide for the catering. Thank you also so those members who assisted with salads, and braaiing the wors.



## Results 6 Hour Relay Gala – 13<sup>th</sup> January 2019

### RESULTS:

|                                |            |         |
|--------------------------------|------------|---------|
| 1. Four Play                   | Wahoo      | 25.2km  |
| 2. Waterborn 2                 | Waterborn  | 24.05km |
| 3. Superheros                  | Wahoo      | 22.95km |
| 4. Wet Wookies                 | Coelacanth | 21.6km  |
| 5. Captain Morgan & Sea Dogs   | Coelacanth | 21.3km  |
| 6. Right Honourable Finches    | Coelacanth | 20.9km  |
| 7. Flashy Finfoots             | Coelacanth | 20.6km  |
| 8. Houston (we have a problem) | Coelacanth | 20.4km  |
| 9. Royal Albatross             | Coelacanth | 20.1km  |
| 10. Dawn, Niki, Elaine & Gabi  | Wahoo      | 19.5km  |
| 11. Mega A                     | Mega       | 19km    |
| 12. Phoenix Mix                | Phoenix    | 18.8km  |
| 13. Ama Ole Ladies             | Phoenix    | 18.4km  |
| 14. Mavericks                  | Coelacanth | 18km    |
| 15. Waterborn 1                | Waterborn  | 17.95km |
| 16. Mega B                     | Mega       | 17.5km  |
| 17. Wahoo Fun Swim             | Wahoo      | 17.1km  |
| 18. Hotshots                   | Coelacanth | 16.5km  |
| 19. Darling Dories             | Coelacanth | 16.0km  |
| 20. Pretty Penguins            | Coelacanth | 15.5km  |
| 21. Harding Steamers           | Coelacanth | 14.5km  |

**Thank you for your support. See you next year!**

**The 3 teams that were the Trophy Winners:**

***Main Floating Trophy***



***Four Play***

***All Woman's Trophy***



***Flashy Finfoots***

***Oldest Team***



***Hotshots***





Well done to all Masters that competed at Midmar 2019. They rocked the podium. We have highlighted some of the winners. There were many more in 2<sup>nd</sup> and 3<sup>rd</sup> place and in the top 10 in the various categories. Masters also made their presence felt in a big way in the 8 mile club and 16 mile club Pink Drive swims, all in the aid of charity. Well done to all Masters that took part over the weekend. We are very proud of you all.



**Below is an excerpt from the aQuelle Midmar Mile website.**

Despite a relatively chilly start to both days, conditions were optimal, and the water relatively calm throughout the weekend for the 46<sup>th</sup> edition of the aQuellé Midmar Mile, held on 9 and 10 February. Thanks to the efforts of race director Wayne Riddin and his extensive team, together with the support of various sponsors, this bumper edition of the much-loved Mile went off without a hitch, with the safety of the 14 000+ swimmers being prioritised at all times.

Saturday morning saw event one, the Disabled / Ironman / Ironwoman / Biathlons / 71+ event, splash off at 8.15am, with the 8 Mile Club also taking to the water for the first of their eight miles swum throughout the weekend. For the intrepid 16 Mile Club, this was already their second swim for the morning.

Being the event that caters for disabled swimmers, event one always evokes emotion in the hearts of those watching from the banks of Midmar Dam, and this year was no exception. First place in the intellectually disabled category went to Aaron Putz and Cornelia Fowler, in 00:25:53 and 00:33:41 respectively. In the physically disabled category, Tiaan du Plessis took top honours in 00:28:59, with Paula van Zyl leading the women's race in 00:33:42. The first visually disabled man out of the water was Ted Foster in a time of 00:45:17, with Alani Ferreira winning the women's category in an impressive time of 00:27:44. To no one's surprise, first place in the deaf males' category went to the former Olympian and sporting legend, Terence Parkin, in a time of 00:24:29. Top honours in the deaf females' category went to Maritza Snyders in 00:32:15.

At 9:45am, those participating in the largest and most popular event of the weekend, the family team event, took to the water. This event was convincingly won by **Team Albertyn** – a name which is no stranger to those familiar with open water swimming in South Africa. Their win was clinched by **Connor Albertyn**, who crossed Midmar Dam in a time of 00:20:13; **Kaitlyn Albertyn**, who completed her crossing in 00:21:06 and **Gary Albertyn**, who rounded off the family's achievement in 00:21:23.

11am saw event three, the company team event, get underway. First prize in this event went to the team from ETA Operations. The team consisted of Ryan Fair, who completed his crossing in 00:24:36, Altus Meyer, who finished in 00:27:33 and Ian Mathews, who completed his Mile in 00:31:31.



The final event of day one of the 46<sup>th</sup> aQuellé Midmar Mile was the non-company team event, which is popular among groups of friends and students. This year's event was won by Team Varsity College Blue, consisting of Martin Binedell (00:20:28), Robyn Kinghorn (00:21:51) and Kristin Bellingan (00:21:55).

The Sunday of the aQuellé Midmar Mile 2019 weekend dawned warmer than Saturday, although it did not reach the highs that had been predicted by the weatherman. The first event of the day was the Girls 13 and under / Women 31 and over event, in which international visitor Lexie Kelly of the 31-40 age category stamped down her victory in 00:21:28. First prize in the 13 and under category went to Ruby Dixon in a time of 00:22:23. Other winners of their respective age categories included **Megan Albertyn** (41-50, in a time of 00:22:09), **Annemarie Dressler** (51-60, in a time of 00:24:39), Rita Townsend (61-70, in a time of 00:25:10), **Bev Shuttleworth** (71-80, in a time of 00:32:27) and **Ann Hanson** (81 and over, in a time of 00:43:58).

Next, it was time for the Boys 13 and under / Men 31 and over race, in which top honours went to the 13 and under category, with Ross Paterson claiming first prize in 00:19:47. Second place went to the 41-50 category, with Terry Heller exiting the water second in a time of 00:20:35. Hot on Terry's heels in 00:20:45 was Terence Parkin, who was followed by **Julian Taylor** of the 51-60 age group in a time of 00:21:57. Top honours in the 61-70 category went to Ted Townsend in a time of 00:23:52, with **Derek Fyfe** of the 71-80 group emerging victorious in his category in a time of 00:30:49. The top honours in the men's 81+ category for the weekend went to one of the race's founders, the aQuellé Midmar Mile legend Mike Arbuthnot, in a time of 01:09:22.

The excitement started nearing fever pitch when the first of the two elite races, the women's 14-30 event, took to the water. A very convincing win was achieved by Australian visitor Kareena Lee in a time of 00:18:20. She was followed by Michelle Weber, a well-known South African open water swimmer and former Olympian, in a time of 00:19:26. Fellow South African Samantha Randle, whose name is also no stranger to those in open water swimming circles, rounded off the top three hot on Weber's heels in 00:19:29.

The grand finale of the 2019 aQuellé Midmar Mile, the men's 14-30 event, was one in which many supporters hoped to see South African former Olympian Chad Ho stamp down a crazy eighth victory. This, however, was not to be, and Ho settled, with his usual brand of grace and sportsmanship, for seventh place in a time of 00:17:42. Victory was claimed by Australian visitor Nick Sloman, in a time of 00:17:01, which was nail-bitingly close to the record of 00:17:00, previously set by Chad Ho. After a sprint for second place, the honour went to South African Michael McGlynn in 00:17:28, with fellow local Daniel "Danie" Marais taking third place in 00:17:29.

The aQuellé Midmar Mile team extend their thanks to every swimmer who participated and every sponsor who contributed to the success of the event. The 2020 event will be held on 8-9 February 2020.



## A Tip for Nationals



# How to Prepare for a Swim Meet

The meters and the yardage have been completed. The hard work, the early mornings, the long training sessions have been invested, and now, it is time to unleash all of that focused effort on the competition. The following is your guide to preparing to swim fast at the big meet.

## Before the Big Meet

### *Get your gear in order*

On the day of the big race you don't want to be scrambling around trying to find your racing gear. Make sure that you have all the essentials the night before the big meet kicks off.

Your racing suit. Goggles. Caps. Double up on these items if possible. (If flying I would recommend you stock the critical items in your carry-on bag.)

Stock up on dry towels, snacks for after warm-up and between races, water bottle, and extraneous items like sunscreen for those long outdoor meets. Dress warmly to keep your core temperature raised between races.

### *Visualize in advance of how you want to perform*

I know that you are already dreaming about how you want to perform during your races, so take it a step further and spend a few minutes each evening visualizing how you want to race. You can also use [visualization in the minutes before your race](#) to further use this high-performance mental technique.

### *Get a lay of the land*

If you can, check out the pool the next before the meet. Check out the starting blocks, figure out where the marshalling areas will be, where your squad is going to sit, where the change-rooms are, and so on. Spend a few minutes walking around the facility so that on race day you will be familiar with it.

## On the Day of the Big Race

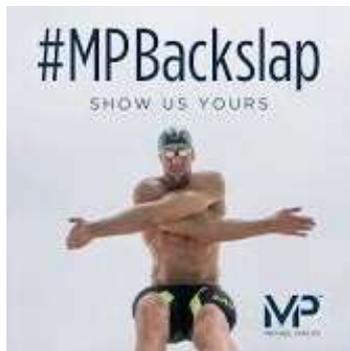
### *Get there early*

Showing up to the pool a little bit early provides you the opportunity to loosen up before the full brunt of the swimmers attending the meet show up and gives you a chance to check out the pool set-up (if you haven't already). If seating is at a premium, getting there early also means first shot at squaring away a decent spot.

### ***Manage expectations***

Remember that rarely do things ever go perfectly, much less according to plan, so go into your day of racing with the mindset of being flexible with distractions. Being able to stay focused in the face of unexpected circumstances is one of the hallmarks of elite swimmers.

### ***Develop a routine for before you get up on the blocks***



Michael Phelps has done the same set of arm swings on the blocks since he was a kid. Everything before the big race is planned and done the same. The warm-up. The arm-swings. The stretching. Even the characteristic bent-over arm swings. For Phelps, this routine helps to keep himself calm and focused. Build a pre-race routine of your own.

### ***Note your event and heat numbers***

There is no greater panic in the world than suddenly realizing that your heat is the next one up on the blocks. Instead of asking your coach every five minutes—“When am I up?”—write out your events and keep note of where the other events are at in relation to your races.

### ***Keep surprises in your diet to minimum***

The last thing you want is your stomach doing a backflip in the moments you are standing behind the blocks. This may mean you have to do some planning in advance in terms of meal preparation. Or drinking lots of water. Or passing when your hotel roommate decides to make a late-night candy visit to the convenience store down the street.

### ***Avoid last minute technical changes***

Want to play around with a new variation of your technique? Great, that’s what practice is for. When you are standing up on the blocks you want to be able to let go, so to speak, and let your body do what it has repeatedly done in practice. (Yet another reason to train like you want to race.)

### ***Plan your warm-ups properly***

Your swim meet warm-up shouldn’t be too different from the way you warm-up in practice. Why? Because it gives you a sense of the familiar in unfamiliar circumstances. You should have a dryland routine that you can use in the inevitable scenario where the pool is so packed during warm-up that you can’t find a sliver of pool space. (Have your swim meet warm downs in order as well.)

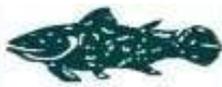
### ***Relax and have fun!***

Being nervous is fine but getting overly stressed and burnt out on anxiety is a performance killer. Remember, this is supposed to be fun, so if you have to, take a big breath, lean back, smile, and have a great time doing some fast swimming.



## TSHWANE MASTERS

Coelacanth Masters Swimming Club



### TSHWANE NEWS

**Sun City:** It was once again a fantastic turnout from Coelacanth's members. The club won the trophy for having the most entries from a Masters Swimming Club and the club won the prize for having the 5 fastest swimmers. Thank you all members for participating and helping with the organizing of this event. The payment the club received helps pay for all our kit etc. It is such a great team building event and we all had great fun and good swimming took place.



**Inter-Regional Gala:** This was held at Hillcrest Pool on 17<sup>th</sup> November 2018. Great swimming took place and a great spread of salads was supplied by our lady members for the delicious braai held on the lawn after the gala. Coelacanth's 699 points, Wahoo 249, Phoenix 99, Champion 69, Unattached 57, Maga 52, Waterborn 22 and Cape Town 21. So far Tshwane is leading and the 2<sup>nd</sup> leg will be held by Gauteng will take place on the 9<sup>th</sup> March 2019 to determine the winner of the shield and the club trophy.

**NTS Championships:** This was held the beginning of December. Over the 4 days Masters were invited to participate in one event each day to encourage the young swimmers and parents to continue with their swimming as long as they are able.



**6 Hour Gala:** Held on 13<sup>th</sup> January 2019 at Deville Pool organized by Mega. Coelacanth's had 11 teams swimming and again great fun was had. This is covered separately in this newsletter earlier.

**Open Water:** There were great events taking place at Cradle Moon, Homestead, Badja Dam and Bufflespoort, also well supported by our members.

**Midmar:** The Albertyn Family once again won the family event. Congratulations! Gary and Kaitlyn Albertyn completed their 16 miles and 12 other members completed the 8 miles for charity.

We had a lot of members up on the podium winning in their age groups. Well done all.

**Tshwane Championships:** Long distances was held on the Thursday evening 14<sup>th</sup> Feb and the short distances were held on the Saturday 16<sup>th</sup> Feb. This was well supported, and some great swimming took place.

**Port Elizabeth SAMS Nationals:** Great excitement brewing! Coelacanth has a team of 100 members taking part in this prestigious event. Thank you to the Port Elizabeth Organizers for hosting this event.

**Bring and Braai Nights for Tshwane Masters change of venue:** We are no longer using the DSG Pool but will be having our Bring and Braai nights on every first Tuesday of the month at the Royal Fins Pool, Plettenberg Street, Fairie Glen, Pretoria from 5h45 onwards. Next one will be on the 5<sup>th</sup> March 2019.





## News from Freestate: Chris & Lienkie Olivier



Freestate swimmers Carolyn v Niekerk , Shani Loxton, Amelia Lion-Cachet, Danie Schoeman, Henk Venter, Antoinette van Niekerk participate in open water Dischem and Midmar.

Carolyn van Niekerk got a gold medal with a 5th place women 41-50 at Dischem. Amelia got a 4th at Midmar .



Freestate master team will have 13 swimmers 6 men and 7 woman at the 35th SA Master swimming champs in PE.



## KZN MASTERS SWIMMING NEWS FEBRUARY 2019

### Our Latest SA Record Holder Michael Bolstridge

#### FIRST GALA of 2019

Our First gala of the season was held at the Chad Ho Pool at Westville Boys' High. There were 4 SA Masters records, 15 KZN Masters records many KZN Masters Honours times and a few SA Masters QTs! A real bumper gala!

Mike Bolstridge, who has moved to a new age group, broke 2 SA Masters records.



and

## MIDMAR MILE 2019

Many KZN Masters swimmers, too many to mention took part in the 46<sup>th</sup> Midmar Mile.

Some of the highlights were Mike (Buthy) Arbuthnot, founder of the Midmar Mile swam his 46<sup>th</sup> consecutive Mile.

Sam Kruger swam 16 Miles over the 2 days for the DUCT (Duzi Umgeni Conservation Trust). Sally Ralfe and David Clark swam 8 Miles for CANSA. Ann Gray swam her 30<sup>th</sup> consecutive year of Midmar Miles. Ted Foster won the visually impaired category of the Mile. Tracy McKay was 2<sup>nd</sup> in the Physically challenged category.

Many of the KZN Masters Swimmers were in the top 10 of their respective age categories.

In the Ladies 31- 40 age Category, Carina Hambloch was 5<sup>th</sup>, 41- 50 years Sally Ralfe was 7<sup>th</sup>, 61- 70, Heather Campbell was 2<sup>nd</sup> and Jenny Ireland was 8<sup>th</sup> and Bev Shuttleworth won the 71 – 80 category.

In Men's 41- 50 Trevor du Plessis was 9<sup>th</sup>, Julian Taylor won the 51-60 category, Gerhard van Rooijen was 10<sup>th</sup> , Jimmy Hughes was 3<sup>rd</sup> in the 71- 80 and Mike Arbuthnot won the 81 and over category.

President elect for SAMS 2019-2020, Wolfgang Fechter also swam.



## SAMS NATIONALS 2019

Synergy Masters Swimming Club which is an amalgamation of East Coast Masters and Highway Masters Swimming Club will be going to SAMS Championships in Port Elizabeth. 26 ladies and 18 Men in total will be travelling to Port Elizabeth.

Ann Gray KZN Masters Swimming



**Help Wendy go to World Champs  
GWANGJU - AUGUST 2019**



Wendy is currently ranked top 10 in the FINA World Masters ranking and has her sights set on finishing in the top three in Gwangju, South Korea in August 2019. Wendy receives no funding and needs your help to get there.

All sponsorships will be recognised in the form of branding on her kit. Any sponsorships must please send their branding/company logo to [wendy@wjcatt.co.za](mailto:wendy@wjcatt.co.za)

Thank you for your support

**BANKING DETAILS:**  
WJ Cook, Standard Bank, Branch Code: 051001, Acc. No: 330714767





Greetings from the LOC in Port Elizabeth.

How time flies, with just a few weeks to go before send off and heaps of finer details to take care of, We can truly say we are looking forward to seeing you all.

We have had a great response to entries and we thank all the swimmers that have taken the time and effort to register and enter on time. It is the enthusiasm of this nature that keeps the sport alive. To date we have just over 400 entries and we still have to capture some of the manual entries, so the numbers will rise. The Open Water swim has thus far attracted 170 entries - well done to all.

SPONSORS:

**OFFICIALS & TIME KEEPERS:**

We are getting the help from the Human Sciences Department for time keepers but can only get numbers mid February.

We are appealing to all swimmers who have friends and family who will be attending the gala that can help with either time keeping or officiating to please come forward and assist whether it only be for one session. We have supplied a form for members to complete if they can assist.

**PARKING:**

Although crime is not as rife as in other major centers in South Africa, there are unfortunately those who seek opportunity to prey on goods of others.

We have allocated 40 parking spaces that are fenced off and will have 24hr security. These parking spaces will be available

at a cost of R300.00 for the duration of the championships. Please complete page two and return to [neil@agritise.co.za](mailto:neil@agritise.co.za)

**TEAM PHOTOGRAPHS:**

Team photographs are scheduled for the Thursday, Friday and Saturday mornings before warm up. Teams will split into groups for those days. Slots will be announced once the entries have been finalized.

**ADVERTISING:**

For those that would like to advertise in the programme, there is still time and space. For the smaller clubs that would like to place an advert but don't have the necessary funding, PLEASE drop me an email and lets come to an agreement. All adverts would be appreciated.

Clubs are once again requested to forward any valuable information regarding their swimmers. By doing this we can make the commentators job more pleasing to the ear.

**HAPPY HOUR:**

There has been an great response to the invite and we are sure to have a great evening. This is the perfect opportunity for you to catch up with friends you only see at Nationals. Thanks so much for your support.

**PRIZE GIVING:**

Saturday evening dinner and prize giving is always hit. A great turnout is expected. A cash bar will be set up at the venue. Don't forget that the theme is NAUTICAL so doll up and enjoy the evening.



**PROUD SPONSOR**  
of  
The SA Masters  
Swimming Championships



**PROUD SPONSOR**  
of  
Happy Hour and  
Prize Giving Function  
venue





WP Masters is sending a team of 73 lean and mean athletes to PE and their one aim is to bring the Regional Trophy home! To this end, clubs have recruited new members who will be competing at their very first Masters Nationals, and we have the pleasure of introducing some of them to you.

*Jennifer Southgate* joined CTM and at the age of 52, she will be competing in PE just for the fun of it. It will be her first competition since she hung up her speedo and goggles 35 years ago. She swims for health, wellbeing and finds that swimming is the best therapy.



*Tarryn Anelli* is a 25-year-old in a 35 year old body and she has been swimming ever since she can remember. She says, "The reason I started swimming was because my feet were just too big and awkward for ballet so I thought they could be better utilised as my own built in flippers". I always just knew how to swim. It came naturally. I started swimming competitively when I was in Grade 1 and won my first school race at the age of 6. I nearly broke the backstroke record when I was in Grade 1 but that scary wall at the end made me stop dead in my tracks about two meters from the wall and then my best friend passed me and took first place. That was the last time I let a wall get in my way. Jean Degenaar was also my swim coach in primary school. I achieved my Boland C team colours in Grade 11 and then finally got my Boland A team colours in Grade 12. I stopped swimming competitively after that and now I am back blowing bubbles". Tarryn will be donning her CTM cap in PE.



*Philip Winfield* is living proof that bribery works ... this 25-year-old is competing for CTM and his dad (Mike Winfield, also on the team) promised him that if he makes WP Qualifying Times, he will take him along to the World Master Championship in South Korea! Philip says that he is looking forward to Nationals as "this will be my debut since the glory days of primary school galas!"



**Gordon Spenceley** is a 47-year-old on the CTM team. He says that “Swimming has always been my sport of choice since I was 5 years old when I taught myself. I mainly competed during my schooling times until I joined the SA Navy in 1991. My swimming stopped for a few years till I started doing the Midmar Mile events as we were part of the SA Navy safety on the water. I last swam Midmar Mile in 2017 where I did the 8mile Pink drive. I have been competing in the SANDF short and long course champs for the last 3 years and now want to try being part of the Masters swimming community to hopefully push myself a bit harder to improve my PBs.



**Mark Muller** was too busy languishing in Mauritius to send us a photo of himself, but we are sure to spot his tanned 44-year-old body in a CTM swimming cap. Why his passion for swimming? “I live on an island. Swimming is integral to all disaster recovery plans.” When asked when last he competed, he replied “Yesterday. Against my 6-year-old daughter. I sure showed her!”

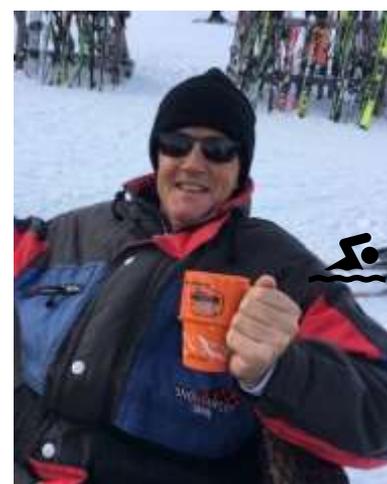
**Jonathan Guy** (his friends, that means all of you, call him Jono) is a 28-year-old CTM swimmer whose reason for swimming is “Because ...cricket is boring!” He is the Owner/Head Coach of BioSplash Swimming Academy in Somerset West. “Working with my coach and arch rival 😊😏 Fadia Abels, who is the reason that I joined Masters and started swimming competitively again.”



**Jenny Campbell** The reason why this 70-year-old joined Cape Dolphins, was because she was inspired and coerced by 2 other Dolphins (who shall remain nameless) to join them at a gala. “I then thought if I am training for a gala I might as well try Nationals. I think it was a mad moment, but I am going for the fun of it. I last swam in a gala when I was 15. I only started swimming, two years ago, as my sister had a hip operation that went wrong, and it was to get her foot moving. Her foot is nearly 100%, so swimming has been hugely beneficial in her therapy.” (Jenny can be seen here sipping wine with her sister).



**Piet Burger** This 56-year-old Winelands swimmer has not learnt that you do not go on a skiing holiday prior to Nationals! “At this stage I am still going to Nationals. My wife tore ligaments of the left knee while skiing in Austria and we are just waiting to hear if she will need an operation or not. If she is completely immobile at the time of Nationals I might have to withdraw – but at this stage I am still in.” He competes in Master Swimming to stay active and for fun. He last competed in the Pretoria Masters event (probably 10 years ago) but now that he has retired from corporate life he has more time on hand for training and competing.





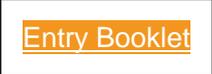
**Fina**  
WORLD MASTERS  
CHAMPIONSHIPS



## *Accreditation*

- Both online registration and payment must be completed at the FINA GMS website (<https://registration.fina.org>) before the registration deadline in order to be accredited as a participant of the 18<sup>th</sup> FINA World Masters Championships Gwangju 2019.
- An accreditation card will be given to athletes who have completed the registration process. This accreditation card can be used to access competition venues, ceremonies and public transportation.
- Athletes and coaches are required to register online. Accompanying friends and family members also have to be registered online and complete payment in order to be accredited to attend the event.

## *Registration Procedure*

- 1) Visit online registration page : <https://registration.fina.org>
- 2) Create an account
  - Select your category between Masters Athlete, Masters Coach, or Masters Accompanying person
  - Returning participants (participants to the previous Masters Championships) may use the same email address and password to login to their account.
- 3) Fill personal data
- 4) Insert accreditation photo that complies with the criteria “FINA Accreditation Photo Requirement” below.
  - Passport photo
  - Size and format
    - In colour (not black and white)
    - Minimum 425x566 pixels (WxH)
    - Maximum image size of 1mb
    - format : \*jpeg (\* .jpg)
- 5) Add travel documents
  - A copy of valid proof of identification must be submitted. Individuals who require a travel visa must submit a copy of passport.
- 6) Select your Event. Select “FINA World Masters Championships 2019” under the “Event” Tab.
- 7) Select discipline
- 8) Complete registration fee payment
- 9) Select sport entries for individual events
- 10) Complete payment for sport entries fee (Masters and VISA only)
- 

## *Registration Period*

Jan. 23–Jun. 24, 2019

## *Important Notice*

- **All athletes must submit documentation proving their affiliation to a club belonging to their national federation.** A copy of an official ID (resident ID, driver's license, passport) must also be provided. (Individuals who require a travel visa should please provide a copy of their passport as official ID)
- All competitors must be 25 years or older as stated in the FINA Masters Rule. Competitor's age shall be determined as of December 31 of the year of the Championships. (Minimum age for water polo is 30 years)

## *Benefits with registration fee*

*Once registration fee payment is completed, participants will receive a registration card with the following benefits.*

- Access to venues, victory ceremonies and cultural events, and free public transportation (bus and subway) in Gwangju and neighbouring cities

## *Arriving from Overseas*

### Flight

#### Muan International Airport

- Beijing International Airport -> Muan International Airport (2 hours)
- Shanghai International Airport -> Muan International Airport (1 hour 30 minutes)
- Kita Kyushu Airport -> Muan International Airport (1 hour 30 minutes)

[Muan International Airport website](#)

#### Incheon International Airport

- Incheon International Airport -> Kimpo Airport (Asiana Airlines, 2 flights a day, 50 minutes) -> Gwangju Airport.
- Gwangju Airport only serves domestic flights. However, an increased number of domestic flights, as well as some international routes, will be added temporarily during the competition period.

## *Domestic Transportation*

### High-speed train

The high-speed train, including the KTX and SRT, is convenient for travellers from Incheon airport and from Seoul, allowing visitors to reach Gwangju speedily. Passengers can confirm train

information, including departure and arrival times, and pay for reservations using the relevant high-speed train websites and mobile apps.

- Train from Seoul Station/Yongsan Station to Gwangju Songjeong Station (1 hour 40 minutes)
- Train from Suseo Station to Gwangju Songjeong Station (1 hour 40 minutes)
- Train from Gwangmyeong Station to Gwangju Songjeong Station (1 hour 40 minutes)

[Let's Korail \(KTX\) website](#)[Suseo High Speed Railway \(SRT\) website](#)

## Express bus

Express buses run between the 7 big metropolitan cities and across main regions nationwide. Passengers can confirm bus information, routes, departure and arrival times, and pay for reservations using the express bus websites and mobile apps.

- The 'limousine' airport bus from Incheon Airport to Gwangju runs 33 times a day at 10 to 50minute intervals.

## Car

Travellers arriving by car can reach Gwangju by the Honam Expressway, the Seohaean Expressway and the Gwangju-Daegu Expressway etc. For detailed routes, please utilize mobile apps or sat navs.

- From Seoul: Gyeongbu Expressway -> Nonsan, Cheonan Expressway -> Honam Expressway -> Certification Center
- From Daejeon: Honam Expressway Branch -> Honam Expressway -> No.2 Ring Road -> Certification Center
- From Daegu: Shincheon-daero -> Gwangju-Daegu Expressway -> Honam Expressway -> Certification Center
- From Busan: Namhae No.2 Expressway Branch -> Namhae Expressway -> Honam Expressway -> Certification Center

## In Gwangju

On presentation of their registration certification (AD) card, all participants who have completed the registration certification can use public transportation free of charge. Confirmation of the bus information, including departure and arrival times, is possible via the website and mobile app.

- The intercity buses run throughout Gwangju City and to neighbouring towns and regions (Damyang, Naju, Hwasun, Jangseong, and Hampyeong).

[Gwangju Metropolitan City bus website](#)

- Gwangju subway runs between 20 stations on Line No.1 (Pyeongdong Station <-> Nokdong Station, 05:25~24:00, at intervals of 6 minutes on average).



# The Last Word

From your current committee, it really is the "last Word"



GUY



KAREN



CAROLE



HELEN



OWEN



TERRY



CAROL



JADE



JOHN

*Thank you for all the wonderful support. Keep doing what you love and "Just Keep Swimming".*

*All the very best to the new SAMS COMMITTEE from KZN*



*See you all soon, whenever, wherever, hugs. AND...*

