

SAMS

NEWSLETTER

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East London 2017

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Official Newsletter of South African Masters Swimming

<http://www.samastersswimming.com>

<http://www.facebook.com/pages/South-African-Masters-Swimming/153679144696876>





Editor's Note

Hi everyone

The season 2016/2017 has drawn to a close. What an exciting year it has been. From Short Course Galas to all long course pool events so many South African Masters Swimming records were broken. There were some World Records and many Regional Record books were re-written. Entries for all meets were very well attended with more swimmers showing up during the year. The year concluded with a great attendance at Nationals in East London. We can be so proud of all the Masters swimmers that took part at Nationals 2017. No matter where you placed or how many medals you won, you are all winners and I congratulate you all.

Open Water is growing at a phenomenal rate and the interest shown in Open Water Swimming throughout South Africa is quite remarkable, not only with Masters registered swimmers.

The venue for 2018 Nationals was launched in East London and next March the event will be hosted by Tshwane Masters Swimming and back at Hillcrest Pool in Pretoria.

This issue is full of interesting articles and a special mention must go to the Open Water section, Terry's page, the first update for Pretoria 2018 and the follow-up on East London Nationals. I have included a summary of Nationals 2017 results and most of the regions have added their memories of the 5 days. For those going to Budapest, some news to whet the appetite. Train hard and good luck to all of you.

Winter is on its way so keep warm. Hugs from me and just keep swimming.

(Front Cover and awards Photographs supplied by Dean Holmes (Freelance Photographer) and Shanbright Photography)



President's Message.

With the 2016/2017 Season behind us, I would like to express sincere appreciation to Kerry Skidmore and his Amakhosi Master's Committee together with Buffalo City Aquatics for hosting a very successful Nationals in March. A huge thank you to you for all your hard work and tireless dedication in making the event the success that it was. Congratulations to all participants, firstly for competing and secondly for the achievements realised during the event.

This was the first time that an SSA affiliate body was involved in the running of a Masters Nationals.

I believe it provided an excellent learning curve for all concerned and afforded everyone a better understanding of the complexities and challenges that need to be considered in building a strong and healthy relationship between SSA, the affiliates and Masters in general.

Tshwane Masters Nationals will derive great benefit from what we have learnt over the past 12 months.

Well done to the 6 swimmers who recently competed at the 2017 World Masters Games held

in Auckland, New Zealand. I was privileged enough to be one of those competing and clearly we share a common love of our sport. I'm happy to say that each of the 6 participants arrived back in SA with a medal.

The World Class pools and extensive range of facilities available to us in Auckland were a real eye opener as was the extraordinarily warm welcome and efficiency with which the whole tournament was managed. South Africa would do well to endeavour to take a leaf or two out of the Auckland book.

The annual Presidents meeting will be held on the 27th of May in Johannesburg. At this meeting, we will discuss the all-important topic of fee structures for the coming season. Once the new fees have been established they will be communicated to all Masters' Club Members.

Please note that swimmers who are competing at Worlds in Budapest are required to register with their clubs and the various related swimming bodies.

Once the registration for Worlds closes, I will request Clearance Certificates from SSA for all competitors. Swimmers who are not registered will not be allowed to compete.

I'd like to wish all Masters the very best for the new season. Keep on swimming and I hope to see you all very soon.

Best regards,

KAREN KENNEDY
SAMS President

Your Open Water Report

By
Jade Homveld

Jade

Open water swimming

The open water season ended on a high note in East London in March. Coelacanth Masters Swimming Club were the deserving winners of the trophy which was presented at the Awards Evening for their win in Durban 2015. This year Amakhosi club were the winners at the Wriggleswade Dam open water swim held on Sunday 19th March. Amakhosi won both the 1km and 3km categories and they will be presented with the trophy at the Awards Function in Pretoria in 2018.

Seven swimmers were awarded SA Colours for open water swimming in the 2016/17 season:

These awards were all re-awards.

Gary Albertyn
Megan Albertyn
Denise Bosman
Elsa Craig
Marissa Rollnick
Tarryn Stanford

Erika Scheepers was a new award.

Well done to you all. Qualification is tough. Very tough.

I have included a calendar with some ocean swim dates which will be held in winter and I will include a more comprehensive calendar in the next newsletter, which will hopefully include swims for the summer months.

Please note that you will be awarded 600 Vitality points for every Dolphin Mile swim which you complete for the rest of the year. Please ensure that you provide the organisers with your full name and initials as well as your ID number to ensure that you receive the points. Please contact www.dolphinmile.co.za for more details.

KwaZulu-Natal	7 May	Dolphin Mile Surf Swim #3	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu Natal	14 May	Miway Surf Swim	Marine Surf Lifesaving Club	Glen Gore	
KwaZulu-Natal	21 May	Dolphin Mile Surf Swim #4	Marine Surf Lifesaving club	Heather Campbell	082-3207083 (cell)
KwaZulu Natal	4 June	Dolphin Mile Surf Swim #5	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
KwaZulu Natal	11 June	Dolphin Mile Surf Swim #6	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
KwaZulu Natal	23 July	Dolphin Mile Surf Swim #7	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
KwaZulu Natal	6 August	Dolphin Mile Surf Swim #8	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
KwaZulu Natal	3 September	Dolphin Mile Surf Swim #9	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
Western Cape	7 May	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	14 May	Lighthouse to Big Bay swim	Big Bay Surf Lifesaving club	Derrick Frazer	082-7705798
Western Cape	21 May	Third Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	4 June	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	16 June	Freedom swim series Youth day swim		Derrick Frazer	082-7705798

Swimming as ‘Moving Meditation’

By Terry Laughlin • 19th April 2017

I smoothly navigated through the pack without ever looking forward

Mindfulness also helps relieve stresses encountered outside the pool

In 2006 I swam in the 3K open water event of the FINA Masters World Championship. Held in San Francisco Bay, it was the most interesting event I'd ever swum, because it exposed the field of several hundred swimmers to three distinct sections, each presenting different challenges and opportunities.

We were sent off in waves five minutes apart. I was in the seventh wave – men in their 50s. In the first kilometre, we swam across a calm, sheltered bay. The main choice presented was how far to dolphin off the bottom before beginning to swim, as the course was quite shallow for the first 50 metres. My own approach was informed by watching earlier heats to observe how the lead swimmers handled this.

In the middle section, we entered a narrow channel, 800-metres long, lined with boats tethered to the walls. I'd swum the course a day earlier to familiarise myself and had made a plan to navigate by breathing bilaterally, keeping the channel walls equidistant. This minimised the need to lift my head and look forward.

As we approached the outlet of the channel into the main body of San Francisco Bay, there was a car-tyre breakwater. Still breathing bilaterally and looking forward only infrequently, I could feel large swells. This alerted me that we'd encounter strong winds and rough seas beyond the breakwater.

From my reconnaissance swim the day before, I knew the first part of this section followed the curve of the island for approximately 200 metres before striking out across the bay straight to the finish. After passing the breakwater, I took one look forward and could see only a wall of green water. I decided to navigate this curving section of the course by breathing only to the left, keeping the shore at a constant distance.

Total Immersion coach Shinji Takeuchi was positioned at the breakwater with a video camera. He picked me out as I passed the breakwater and walked the shoreline for several minutes, tracking me and a dozen or so swimmers. What I saw when I viewed the video later was striking.

I smoothly navigated through the pack without ever looking forward

Everyone around me flailed their arms and whipped their heads around in response to the rough water. Many looked forward virtually every stroke. Their forward peeks provided no useful information, yet they kept doing it time after time. In contrast, I stroked with control and breathed repeatedly to my left, smoothly navigating through the pack without ever looking forward.

This video provides an example of mindfulness v mindlessness in challenging conditions. Swimmers who picked up their heads weren't acting rationally, as they never changed their tactic despite seeing nothing of value. Overcome by their circumstances they reacted by reflex.

This leads to a definition of mindfulness: the ability to control and direct your thinking, transforming your thoughts from a distraction to a powerful tool, particularly in a demanding or stressful situation, such as we commonly face in open water. In each section of that race, I faced conditions that offered opportunity or challenge. Being mindful allowed me to calmly assess each situation and respond with a strategy to optimise an opportunity, or minimise a challenge. It also helped me win a World Championship medal.

The great majority of participants in any open water event practise mainly in pools, where conditions are predictable and little-changing. Our challenge – or opportunity – is to use pool training to lay a foundation for the ability to be observant and opportunistic in the unpredictable conditions we face in open water.

Though I didn't practise formal meditation until recently, I discovered mindfulness through swimming – though it wouldn't have occurred to me to call it that at the time. From 1964 to 1988, I swam much as other competitive swimmers did, focussing mainly on 'getting in the yardage.' But in 1988 an innovative coach named Bill Boomer taught me a balance drill that lifted my formerly-heavy hips and legs to the surface.

Mindfulness also helps relieve stresses encountered outside the pool

It was such a novel and welcome sensation that I wanted to make it permanent. This required me to focus on aligning my head and spine and to extend my hand at a slight downward angle. As those thoughts were completely new, I had an inkling that I'd return to old habits if I didn't focus on these new sensations on every lap.

I thought of them, and almost nothing else, for six months before it felt 'safe' to turn my attention to another thought without losing the still-fragile sensation of 'weightlessness.' That new thought was to use my arm to lengthen my bodyline, more than push back, and keep it long between strokes. That became another six-month project.

It also set me on a path I remain on to this day:

- Start every practice (pool and open water) with an intention to improve my swimming, and a plan to produce that result.
- Start every length, repeat and set with a mental blueprint of a mini-skill I will try to perform better than I ever have in my life.
- Take every stroke with keen awareness: what sensation will tell me I'm accomplishing my skill goal?

In the summer of 1989, nine months after my life-changing balance lesson with Bill Boomer, I held the first Total Immersion camp, and began teaching my new way of practising to others. I did so fully aware that acquiring the ability to maintain focus on a single thought would be even more challenging than, say, aligning the head and spine. New habits are difficult to form; old habits even harder to break.

We swimmers face a unique challenge to mindfulness: everything in swimming's 'training culture' encourages autopilot – rather than mindful – thinking. Follow the black line... Get to the other end... Long sets of rote repetition that we just get through... The 'hamster on a wheel' (chased by several other hamsters) feeling of group training.

That told me we had to emphasise to our students that mindfulness – the ability to stay focused on one chosen thought – would be the fundamental skill of change, improvement and growth. It would also be vulnerable to the mainly-physical emphasis of the environment to which they'd return.

But we soon received enthusiastic feedback from those to whom we'd taught this practice habit:

- Being mindful played as large a role as newly pleasurable physical sensations in their becoming passionate about swimming.
- Practice had become its own reward; they'd finish one practice looking forward to the next.
- Applying mindfulness to swimming reminded them of other forms of practice: *music*, *dance*, and *aikido*. It also helped relieve stresses encountered outside the pool.



Over the intervening 25 years, mindfulness has become a core value of Total Immersion, and our applications of it in TI learning and training methods have steadily become more robust. When we began organising open water 'learning vacations' 15 years ago, it was natural to make mindfulness a centrepiece.

At the beginning of each open water clinic or camp, we tell our students: pool swimming is predictable and controllable; open water is unpredictable and – sometimes – difficult to control. The most important thing we'll teach you here is how to think when the unpredictable happens – as it almost certainly will.

Habits I began developing while trying to align head and spine in the pool converted easily and naturally into essential tools for adapting to the many things one encounters in open water that are impossible to prepare for in the pool: wide open and ill-defined spaces; pack swimming and physical contact; very great distances; conditions of all sorts from chop and swells to changing wind direction to bone-chilling temperatures.

And the moving meditation that has made pool practice its own reward, for me and countless others, has also enabled us to transform any open water swim – from a 3K race to an 18K swim across Gibraltar Strait – into an art form, or a kind of game.

Terry Laughlin is founder and head coach of Total Immersion and winner of six national master's championships since turning 55. The Total Immersion 2.0 Freestyle Mastery Self-Coaching Course teaches 'Expert' Pacing/Tempo Training and three other Mastery skills for freestyle.

totalimmersion.co.uk



By Terry Downes



It seems that many coaches believe that hypoxic swimming is beneficial for the swimmers.

It isn't.

Breathing every three strokes is good for balance and learning to breathe to both sides. Breathing every five or seven or, heaven forbid, every nine strokes is just unpleasant, and if there is no benefit then one has to ask: WHY?

First let's understand what is meant by the term hypoxic swimming. It means to swim with low oxygen available to the muscle cells. More than twenty years ago it was believed that hypoxic swimming would have the same effects as training at altitude. Research has comprehensively shown that it doesn't. Living at altitude, and therefore training at altitude has physiological effects, one of which is stimulating production of red blood cells (RBS), which takes about four or five weeks to happen. RBS contain haemoglobin to which oxygen attaches. Hypoxic swimming, which may last, at most, an uncomfortable thirty minutes, has absolutely no effect on production of RBS. Furthermore I have found no scientific research indicating any benefits of hypoxic swimming. (I am open to read any scientifically based references).

Here is what happened. Some researchers/coaches, in the 1970s or 80s thought that hypoxic swimming would be beneficial and prescribed it in various training sessions. Others copied and others copied the copiers and this has continued until today. Very little thought goes into the process, but coaches seem to believe that if it is difficult to do it must be good. If it is both difficult and unpleasant then surely it must be really good. Is this really a good principle for coaching kids? Make them hate training and they will grow up tough and better swimmers. More likely, when Mom stops pushing them, they will give up swimming and take up something that they enjoy.

Having said that, there are some aspects of swimming where holding your breath is important.

Underwater work on the dive and after the turn. Undoubtedly there is an advantage to effective streamlining and kicking to maintain the speed from a dive or push-off from the wall. The further you stretch this advantage the longer you have to hold your breath. As long as the advantage of the one outweighs that of getting oxygen at the five metre line then it should be practiced. And that is the point – practice this during training, get better and better and it will serve you well in racing. Every swimmer has to work out for herself at what point the underwater work becomes ineffective and counter-productive.



No breathing, or limited breathing when swimming the 50. It seems that not many can do a 50m sprint with no breathing. It takes practice and willpower, but it does have benefits. However if you *are* going to breathe, do so in a controlled manner. Don't wait until you are desperate for air before you take the breath. The consequence will be an ineffective release of air, a wild throwing of the head and an extended inhalation time, your buoyancy is lost and your streamlining goes awry, all of which destroy your rhythm, balance and make you come seventh. Rather work out, *in training*, how many strokes you can take before you really need to breathe, then exhale into the water and, concentrating on maintaining rhythm, balance and pace, take your breath.

Last 10m in a race, maybe the last 5m. Once again do it in practice and see what works for you. Holding your breath in this phase of the race can make the difference between third and fourth place. There is oxygen waiting for you at the wall, concentrate on getting that last bit of the race to be maximally effective. Resist the urge to make your arms thrash faster, think about stroke length and prepare for the stretch to the touchpad. With your mind on more important things the need to breathe is less urgent.



Hypoxic swimming is usually prescribed during slow, aerobic swimming which seems to me be oxymoronic to say the least. Metabolism at aerobic pace requires oxygen. The oxygen is part of the bio-chemical process of energy release, then you deny the muscle oxygen by not breathing! Can muscles get confused or is it only the brain? The unpleasant sensations that arise when you do not breathe are partly due to a shortage of oxygen but more importantly and build-up of carbon dioxide which is produced in the bio-chemical cycle that provides the energy for movement. There are receptors specifically for carbon dioxide and when the concentration of that gas in the blood increases these receptors are strongly stimulated and send urgent signals to the brain instructing it: BREATHE! The brain stimulates other areas in the brain associated with obnoxious sensations to encourage you to listen to good sense.

By not breathing there will be an increase of lactic acid in the muscles and a build-up of carbon dioxide both of which decrease the pH in the cells (acidosis). The sensations caused by this are so distressful that one has to slow down, (you must swim slower than normal slow swimming), hence swimming mechanics (balance, timing) are affected all of which are detrimental and the opposite of what you want to do. Hypoxic swimming is especially bad for ageing swimmers as lung capacity decreases with age and therefore makes the hypoxic effect doubly miserable.

So when your coach tells you to do a hypoxic set either protest, ignore or suffer baby, suffer.



FOR 50M DASHES, THE LAST 10 AND THE LAST 5 METERS

WORKS



The Awards (and a little bit more)

Our heartiest congratulations to the following Award Winners. These are in recognition of some outstanding performances over the last 5 days. Whether you won a trophy or just competed and achieved what you set out to do, whatever that was, **YOU ARE ALL WINNERS. WELL DONE TO ALL.** We have included the Dash for Cash winners.

Here we must mention one of the more emotional and happy memories of 2017. Bradley Reen from Aquabears was in the running for 1st place in the Dash for Cash, when at about 5m to go he pulled up abruptly and sank in the water. Needless to say everyone was very concerned that he may have incurred a serious injury. He managed to duck under the lanes, protecting his right arm. He reached the side and hauled himself up into to a crouch position. Waiting anxiously for him was his 'then girlfriend'. Bradley promptly dropped to his knees and pulled out a box which contained a diamond ring. A very lucky Kelli Thornton went from 'girlfriend' to 'fiancé'. The applause and the tears that followed were just quite remarkable. Congratulations.

The following Awards were won at the Championships.

SAMS Open Water Club Trophy (Donated by Anton Harrop-Allin)

Presented to the previous year's Open Water Club Champions.

Awarded to the SAMS Club scoring the most points in the 3Km and the 1Km events at the SAMS Open Water Championships. Points scored in the 3Km event are double those scored in the 1Km event.

Coelacanth MSC - 310 pts

2nd: Wahoo MSC - 279 pts

3rd: Aquabear SCM - 237 pts

SAMS Short Course Championships Club Trophy

Awarded to the SAMS Club scoring the most points in the SAMS Short Course Championships for the current season.

Cape Town MSC - 1388 pts

2nd: Coelacanth MSC - 877 pts

3rd: Wahoo MSC - 708 pts

SAMS Short Course Championships Best Region (No Trophy - Information only)

The SAMS Region scoring the most points in the SAMS Short Course Championships for the current season.

Western Province MSA - 1587 pts

2nd: KwaZulu-Natal MSA - 1184 pts

3rd: Gauteng MS - 1137 pts

Lillian Parrington Trophy (Oldest Swimmer) (Donated by Heather Campbell and John Keyter)

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

Kascha Kloos - 92 (Cape Town MSC)

Colin Cable Award (Age & Endurance) (Donated by Western Province Masters Swimming and Lynda Gower)

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

Attie Louw - 64 (Winelands MSC)

(A score of 32)

Peter Pirow Cup (Best Performance 400m IM) (Donated by the Pirow family)

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

Dave McLachlan - 80 (Cape Town MSC)

(11.9687% over the World Record in the 80-84 400m IM)

Barnetson Trophy (Most Improved Swimmer) (Donated by Tiny Barnetson)

Awarded to the SAMS Male or Female 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. Any swimmer who qualifies for this award but feels that their improvement was due to a below par performance in the previous year as a result of illness or for any other reason is encouraged to not accept this award so that it can be awarded to the next qualifying swimmer.

Roy Lotkin - 58 (Waterborn SC)

(18.0516% improvement in the 55-59 200m Butterfly)

Best Performance - Female (Donated by Allen Morrison)

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

Claire Rolt - 35 (Coelacanth MSC)

(1.7651% over the World Record in the 35-39 50m Breaststroke)

Best Performance - Male (Donated by Allen Morrison)

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

Tim Shead - 65 (Cape Town MSC)

(1.7583% over the World Record in the 65-69 200m Backstroke)

Victrix Ludorum (Top Female Swimmer) (Donated by Errol Stern)

Awarded to the SAMS Female Swimmer who comes first in all her maximum allowable number of individual events at the SAMS Long Course Championships OR if there is no such person then whoever scores the most individual points. If there is a tie, then the trophy is awarded to the tied swimmer with the lowest average percentage difference between the swimmer's time and the world record for all the swimmer's individual events.

Cecilia Stanford - 56 (Cape Town MSC)

(First in all 6 events and an average of 7.08% over the World Record in her 6 events)

Victor Ludorum (Top Male Swimmer) (Donated by Errol Stern)

Awarded to the SAMS Male Swimmer who comes first in all his maximum allowable number of individual events at the SAMS Long Course Championships OR if there is no such person then whoever scores the most individual points. If there is a tie, then the trophy is awarded to the tied swimmer with the lowest average percentage difference between the swimmer's time and the world record for all the swimmer's individual events.

Tim Shead - 65 (Cape Town MSC)

(First in all 6 events and an average of 6.22% over the World Record in his 6 events)

Charles Buck Memorial Award (Spirit of Masters) (Donated by Western Province Masters Swimming)

Awarded to the SAMS Person(s) who best epitomize(s) the true spirit of Masters Swimming.

Joe Hillstrom (Amakhosi MSC)

Joe Hillstrom Trophy (Most New Swimmers) (Donated by Joe Hillstrom)

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

Amakhosi MSC - 58 first time Nationals competitors

Spirit Bowl (Club Spirit) (Donated by Louise Pallet and the late Jill Fahrenheit)

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

Aquabear SC - Masters

SAMS Colours Awards:

Check the SAMS Website

Dash-for-Cash Awards:

Check the details on the SAMS Website

• **South African Masters Swimming Club Handicap Trophy (Top Club - Points/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.

East Coast MSC - 60.98 pts per entered swimmer

2nd: Cape Town MSC - 58.92 pts per entered swimmer

3rd: Highway MSC - 45.65 pts per entered swimmer

•

• **Dr Heyman Belfort Memorial Shield (Top Region)**

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

Western Province MSA - 3983 pts

2nd: Border MSA - 3597.5 pts

3rd: Tshwane MS - 2908 pts

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• **South African Masters Swimming Club Trophy (Top Club)**

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

Cape Town MSC - 3653 pts

2nd: - Amakhosi MSC - 3597.5 pts

3rd: Coelacanth MSC - 2825 pts



Kascha Kloos



Tim Shead



Cecilia Stanford



Joe Hillstrom



Amakhosi



Aquabears



Western Province



Cape Town MS



W 19 – 49 Tilda Victor

DASH FOR CASH



W 50 and over Edith Sabine Barbara

M 19 – 49 Marc Jay

M 50 and over Harald Greg Harald



Tshwane Masters had an amazing Nationals in East London in March, 2017. There were two clubs representing Tshwane, Coelacanth's Masters Swimming Club had 74 entries and Champion Swim Club had 4 entries. It was the first Nationals for the Champion Swim Club and they thoroughly enjoyed taking part.

There was great excitement cheering on Claire Rolt who attempted to break the World Record for the 50 Breaststroke, just missing it by .58 of a second. She was awarded the Best Female Swimmer. Well done Claire. Another exciting event was the Women's Freestyle Relay team 160+ consisting of Sabine Verryn, Yvette van den Berg, Barbara Fraatz and Claire Rolt coming in first by quite a margin, just missing the SA Record by 2 seconds. Awesome swimming!

Awards:

20 Year Awards: Margaret Nell and Angelika Sandri.

10 Year Awards: Harald Ruck

Best Female Swimmer: Claire Rolt

SAMS Colours: Gary Albertyn, Harald Ruck, Claire Rolt (Still to attend 1 more Nationals)

Dash for Cash: Yvette van den Berg and Claire Rolt were chosen for the -49 Women
Sabine Verryn, Barbara Fraatz and Debbie Kotze for the 50+ Women
Christoff Kok was chosen for the -49 Men
Harald Ruck for the 50+ Men

Congratulations, we are very proud of you all.

The spirit of the club was enhanced by our 3 new Dundee members with fun T-Shirts and their enjoyment in participating in all events.

Thank you to NTS who sponsored Tshwane Masters with T-shirts and swimming caps once again. We really stood out in our red!

Terry Downes stayed on to compete in the Masters Water Polo championships. His team, also named Coelacanth's, achieved first place in the 51+ section.

Ready for next Year Nationals! We handed out envelopes to all the clubs, consisting of a pamphlet, information on accommodation and a fridge magnet for the Nationals to be held in Pretoria. **Tshwane Masters welcomes all to our beautiful city of Pretoria in 2018.**





Ode to the KZN Swimmers.....

The intrepid swimmers are ready
To take on the **Grand Prix** in East London
Whether on land or in the water

Whether it be the swimming or the drinking team. The same principles apply.

The '**body**' needs to be looking its best-
No sagging '**bull bars**' [men] and '**bumpers**' [women]
By now your '**chassis**' should be streamlined
And no gases coming out of the '**exhaust**'
Your '**boot**' must be empty- no extra weight
And your '**number plate**' HM 1 or EC 1
The '**petrol tank**' should be full of OBs, beers or energy drinks
Although this could result in too many '**pitstops**'!



The '**windscreen**' must be clear for spotting overtakers

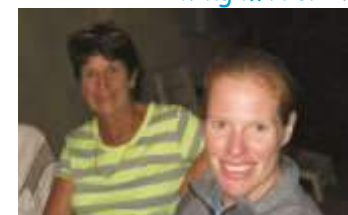
A '**wing mirror**' would be ideal for those sneaky, silent swimmers who suddenly zoom passed!

Whether you are in '**pole position**' or last on the '**grid**' -
There are no '**restarts**' for '**jump starts**'

Remember our motto: Fitness, Fun and Fellowship!

But above all..... Whatever your position...

Highway and East Coast takes the '**checkered flag**'!



Some of our super medal winners



THE OPEN WATER SWIM AT WRIGGLESWADE DAM... NOT FOR THE FAINT-HEARTED!



A PS FROM ANN GRAY (Our Open Water Boffin)

KZN Masters Swimmers also enjoy the Open Water Swims

- Dawn Roode and Sally Ralfe were both on the podium at the Sterkfontein Swim in the Free State and the Chelmsford Challenge, near Newcastle in Northern KZN.
- Terry Thompson and Ann Gray braved the 12C water temperature at the 1SOMS (First Sunday of the month swim) on 2nd April at Clifton Beach
- The first of the Dolphin Mile Winter Series of swims took place on 9th April. This is a very popular series and KZN Masters Swimmers participate regularly. Jimmy and Di Hughes, with Dawn Rode and Ann Gray were among those swimming.

**FOR THOSE OF YOU WHO WOULD LIKE A CHALLENGE AND SUPPORT
A WORTHY CHARITY WITHOUT HAVING TO TRAVEL ALL THE WAY
TO THE CAPE, TRY THE DRAKENSBERG POLAR BEAR SWIM
CHALLENGE. DETAILS FROM YOUR RELATIVE CLUB.**

All in all fitness, fun and fellowship won at the Grand Prix.

**Thank you to everyone for not slipping on 'marbles' and
remaining in the cockpit and doing your best! We look forward
to 2018 in Tshwane!**

AMAKHOSI MASTERS SWIMMING CLUB

POST NATIONALS

(25TH April 2017)



Hopefully everyone enjoyed the 33rd Masters Nationals as much as we did hosting it. The five days seemed to fly past and after the months of organising and preparing it was a chance for our committee to relax and catch their breath again.

Our motto of "Turning Moments into Memories" rang true from our cold first day, Club Photos, Fire dancing Happy Hour, Dash for Cash wedding proposal, our dress up "Grand Prix" Awards night and finally the misty cool Open water swim, held at Wriggleswade Dam, I believe everyone went home with some memory to cherish, regarding the 33rd Masters Nationals.

Please note that SSA will be providing medals for the Open water swim and these will be handed out to the various Regions at the annual SAMS Presidents meeting in May.

I would also like to thank my organising committee again for all their hard work in hosting this event as well as BCA in running this Championship. Finally to our generous sponsors, all 39 of them, your support was invaluable towards the success of this gala.

In closing, I wish to thank all masters swimmers who attended this event in East London and wish Craig and his team in Pretoria "All the very best" for next year, I have no doubt that our motto of "Fun, Friendship and Fitness" will shine through again.

See you all in the water.

KERRY SKIDMORE
PRESIDENT
AMAKHOSI MASTERS



Kerry passing the SAMS Colours to Craig Stanton (President Tshwane MS)

Welcome to Pretoria 2018



EASTERN PROVINCE



Not much has happened since the excitement of Nationals. A very big congratulations must go to Amakhosi for hosting a magnificent event. There were definitely many "Moments that were turned into Memories".

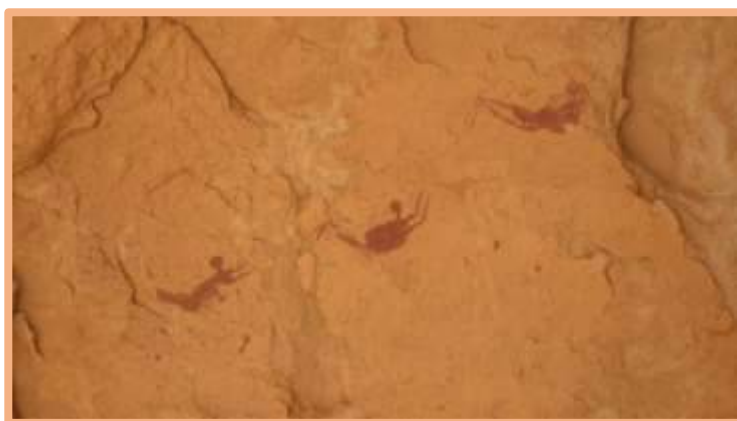
With a successful season now completed, NMBA had a record 73 Masters Register and 60 attend the Nationals in East London. Now focus turns to keeping the momentum and growth for the new season ahead.

The NMB Aquatics prize giving is scheduled for the 12th May 2017 and the AGM will be held on the 10th June 2017.

Here is a short extract written by one of the Aquabear swimmers Lynda Benjamin on her take of Nationals

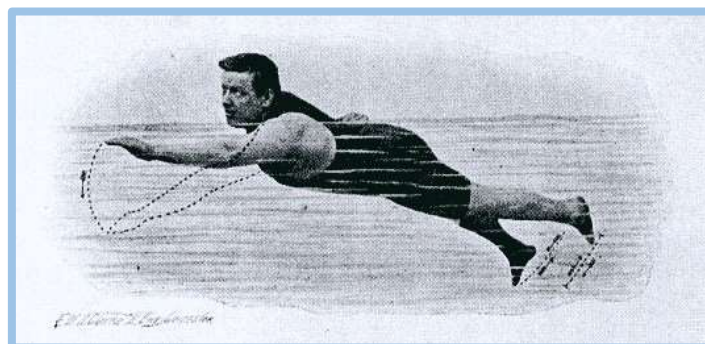
"Sitting watching the swimmers at SA Masters East London and seeing yet more records being broken got me thinking to where and how all this competitive swimming first started and how many of us know where and how swimming evolved and how did it get to where we are today. A little research took me straight back to

A 10,000 year old rock painting in Egypt of people swimming Breastroke/doggie paddle.



Fast forward to 1837 England where the National Swimming Society was holding regular swimming completions. 1844 two Native Americans swam a variant of the front crawl used by people in the Americas for ages but not known to the British. 'Flying Gull' swam the 130ft length in 30 seconds. The stroke was deemed barbaric and unrefined by the British gentlemen.

Sir John Arthur Trudgen picked up this stoke from the American Indians and re introduced the method together with the kick. This speed of the new stroke was demonstrated by F.V.C. Lane 1901 swimming 100 yards (91m) in 1:00.0 due to its speed Trudgen method quickly became popular around the world despite all the ungente-manlike splashing. With the improvement of swimming styles and kicks there are forever new records being broken.



New style and training methods are developed and modified always with the aim of breaking new records.

While all this information is available on Google for us to read it's not always something we think about doing. It's been fascinating reading about the history of swimming. Much of what is written here is taken from direct source.

We owe much of our styles and speed to those before us and while not everyone can win, we are winners just by participating. It's enormously comforting being with all our team, cheering our mates on and getting into the spirit of doing what we love and the reason we are there to participate in swimming as well as surprise marriage proposals ending in the engagement of Brad and Kelly as well as Aquabear winning the team spirit award.

Roll on Pretoria 2018!



Yep we won the Spirit Trophy
for the second year in a row.



WESTERN PROVINCE

Dear Western Province Swimming Friends

The just passed SAMS Nationals in East London was most certainly one of the more memorable attended by me over the past number of years.

Allow me to congratulate each and every one of you, the Western Province swimmers who took part and gave of their all to participate and in some cases break records, do personal best times, win medals or just simply to be part of the fitness, fun and friendship, this being the ethos that Masters Swimming is all about.

It was a particularly proud moment for me to receive the Dr Heyman Belfort Memorial Shield for the Winning Region at the SAMS Long Course Championships on behalf of all the swimmers and clubs that took part.

Congratulations to one and all, I really felt good representing everyone there.

Enjoy the moment and let's look forward to taking all the others on again in Pretoria next year. Western Province clearly being the dominant force in South African Masters Swimming, in that we have won the trophy seven out of eleven times as is indicated thereon.

Till then, keep training and have fun.

Best of swimming wishes

David Frost

President: Western Province Masters Swimming

The following CTM members broke South African Masters Swimming records

Santa van Jaarsveld 3

Tim Shead 6 (plus a world record in Sweden in March)

Dave McLaughlin 5

Edith Otterman 2

Cecilia Stanford 2

Tarryn Stanford 3

The following CTM relays broke South African Masters Swimming records

280 Mixed 4 x 50 Medley

120 Ladies 4 x 100 Free

200 Ladies 4 x 100 Free

280 Ladies 4 x 100 Free

280 Mixed 4 x 50 Free

280 Men 4 x 50 Medley



*This is how we
taper in the Western Cape.
Cape Town Masters had a Pre-Nationals celebration get together
enjoying a sundowner cruise in the Bay*





WE WON.....CAPE TOWN MASTERS





Good luck to all participating from all SAMS Swimmers

BUDAPEST 2017



FINA Communication Department

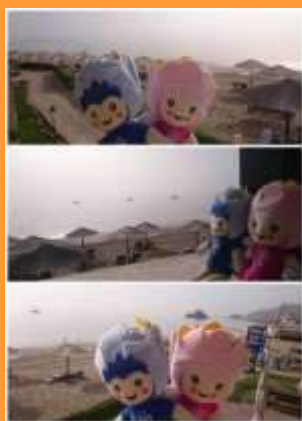
Please follow this link to complete your registration: <https://registration.fina.org/>

The registration deadline is 29 June 2017 (23:59 UTC)

All details relating the FINA Masters Championships can be found on the official championships [website](#)

https://www.fina.org/sites/default/files/general/fina_masters_entry_booklet.pdf

We look forward to welcoming you in Budapest!



The open water swimming competitions of the 17th FINA World Masters Championships, the event for seniors that follows on from the FINA World Championships running July 14-30, will be held from August 10-12 at Lake Balaton, 120 Kilometers from Budapest.

During the period, special trains running twice daily between Budapest and Balatonfüred for the open water swimming races will be free of charge for all accredited participants of the FINA World Masters Championships. The trains will run as a non-stop service, with the journey taking 1 hour 30 minutes, compared to the regular journey time of 1 hour 58 minutes.





Welcome to Pretoria 2018



Pretoria 2018

34th National Masters
Swimming Championships



www.trivago.co.za/Guesthouse/Hatfield

Hatfield Guesthouses & Hotels - 13 Hotels starting from R312.

Please check out the website for a list of accommodation close to the pool

An introduction to places of interest within 20 minutes of the pool.

‘Duncan Yard’. Full of surprises

This is the place to pick up a unique antique, or find the right gift in fashionable Hatfield. Breathe in the heavenly scent of fresh flowers from the “Florist @ Duncan Yard”, get your nails done, and lunch at Deli on Duncan or at Papa’s Real food. You could spend an entire afternoon here happily investigating all the little boutiques. Duncan St, Pretoria.



Ditsong National Museum of History



Pay a visit to Mrs or indeed Mr Ples, one of the most complete examples of a pre-human skull ever found. Mrs Ples is a mighty 2.3 million year old skull you can visit at the Ditsong National Museum of Natural History (formerly the Transvaal Museum). R25 for adults, R10 for children. The museum is open every day from 8am to 4pm except Christmas Day and Good Friday. 432 Visagie St, Pretoria. For more info call 012 322 7632.

Read more:

www.travelstart.co.za/blog/cheap-fun-things-to-do-pretoria/#ixzz4fwDvee61

Follow us: [@Travelstart on Twitter](#) | [Travelstart on Facebook](#)

Hillcrest Pool



See you all (and hopefully many more of you wonderful Masters Swimmers) in

Pretoria 2018



The Last Word'

Motivation. Only YOU can decide.

Set yourself a goal to drive you through the winter months. 'I want to be fit by August' IS **NOT** A GOAL. . A goal is specific and tangible. "I want to be doing 3k sessions by end August" Then work out how you are going to tick that box.

Have a purpose, have a reason to get up and just do it.



8 WAYS TO AVOID A WINTER WORKOUT RUT

- 1. Embrace the Cold Weather.** One of the best way to stay in shape during the cold months is to get out there and face it
- 2. Hook Yourself Up With New Gear.** On that note, you'll want some new clothes and/or shoes to help you get outside, or into the gym, more often.
- 3. Take Things Slow and Steady.** If you're on a tight schedule, it's better to set goals that involve an accumulation of exercising over the course of the day. "Don't make it so that you have to do it all at once,"
- 4. Set a Big Goal.** if you don't have a set training goal, or have been slacking off with the one that you made, it's time for a change.
- 5. Get a Workout Wingman.** Making the commitment to train with someone, whether it's a friend or personal trainer, often forces a different, increased level of effort in your training.
- 6. Refresh Your Workout Playlists.** It's time for some new music to get you going. Try to work out to some material you're not that familiar with for a change.
- 7. Overhaul Your Diet.** "You can't out-train a bad diet."
- 8. Try Something Completely New.** Start doing some form of exercise that you've always avoided for one reason or another.

(Compliments from Chris Giblin, Todd Durkin and David Weck)

SO TILL NEXT TIME, WHENEVER, WHEREVER, HUGS AND....

