



Tea Tree Gully Kingfishers Masters Swimming Club

Newsletter September 2016

Welcome

Have you missed training lately? Come back. We are improving all the time under Karen's tutelage and it is showing – look at the number of Club records we have broken in the last 2 meets!

Summer Season Training

On Wednesday 5 October we move back to Waterworld for our training sessions.

**Summer Training Times at Waterworld
5 October 2016 – April 2017**

**Monday, Wednesday, Friday
6.30 – 7.30pm**

You will need to have completed a Waterworld Membership Registration Form to receive your pool entrance pass. The Club conditions to receive this pass are that you are attending Club training sessions and/or competing in Masters events. Return the form to Janice Gill, Wendy Wilkinson or the folder at training by Wednesday 28 September.

Please note: Waterworld Management requests that we vacate the pool and the swimming centre as soon as possible after the finish of the training session or showers so that their staff can lock up quickly and safely.

Last Night at Campbelltown

Make the most of our last training weeks at The ARC Campbelltown and then on our last night, Friday 30 September we will celebrate the end of season with dinner after training. Mark it in your diary. Details to follow.

masters swimming SOUTH AUSTRALIA

LIFE IN THE FAST LANE

Train hard. Swim Hard. Party harder.
Masters Swimming SA Presentation Dinner 2016

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Saturday 19th November From 6.00pm West Adelaide Football Club 57 Milner Rd, Richmond SA Tickets \$70	3 Course Dinner Complimentary drink on arrival Full bar facilities available	RV by 28th October to your club secretary, including any dietary requirements
	Cocktail Attire Entertainment by John Stephen's Jazz Groove Band	For enquiries, contact Leanne: msssecretary@adam.com.au or 0409 486 273

Kingfishers Competing Interclub Series

We finished a close 3rd in Interclub 4 and also 3rd overall in the Interclub series.

The numbers of swimmers has increased this year making for better competition and this was possibly because we almost scooped the pool with trophies last season. We had really good numbers at meets this year, 29 entries for interclub 4. Unfortunately 2 could not make it on the day, but accolades to Pete Camp-Smith for still turning up and swimming his events with a knee injury. This was to help with our point score. Overall we did really well to come in 3rd especially as Atlantis had 45 nominations

for interclub 4 and they met their goal of beating Adelaide Masters.

Jenny Mulqueen

Club Records Broken/Set for Interclub 4

- Derek Connelly 50m Breast (50-54)
- David Thomas 50m Free (60-64)
- Rab Blair 25m Free (75-79)
- Rab Blair 100m Free (75-79)
- John Pagett 25m Back (80-84)
- John Pagett 25m Breast (80-84)
- John Pagett 50m Breast (80-84)
- Wendy Wilkinson 50m Back (30-34)
- Debbie Goss 50m Free (35-39)
- Debbie Goss 200m Im (35-39)
- Rachel Thorpe 200m Breast (40-44)
- Rachel Thorpe 100m IM (40-44)
- Rosalind Gumbys 100m Breast (45-49)
- Rosalind Gumbys 200m IM (45-49)
- Janice Gill 50m Back (60-64)
- Jenny Mulqueen 200m Free (70-74)
- Jenny Mulqueen 25m Breast (70-74)
- Jenny Mulqueen 100m IM (70-74)

Three relay club records for

- Mixed Free 4 x 50 (200m) 240-279 Rachel Thorpe, Maddi Edgley-Smith, Bob O'Brien and John Gamlen
- Mens Free 4x 50 (200m) 280-319 Brian Robinson, John Harrison, John Trower and Rab Blair
- Womens Free 4x50 (200m) 240-279 Maddi Edgley-Smith, Wendy Simpson, Janice Gill and Jenny Mulqueen

Interclub Encouragement Awards



Interclub 2 award winners were Kirsty Wintle and John Paggett. Interclub 3 awards went to Katherine Whaites for competing in her first ever 200I/M and Rosalind Gumbys for her efforts in butterfly in both the relays. Jenny

Mulqueen awarded the Interclub 4 awards to Debbie Goss and Bob O'Brien who both swam outstanding times (Debbie was 3 PBs from 3 swims).

Karen Mentha

Short Course State Cup

We won the Short Course State Cup – 1057 points followed closely by Atlantis with 990 and Marion with 906. Well done everyone.



Club Records Broken/Set for SC Sate Cup

- Wendy Wilkinson 100m Back 1.39.52
- Samantha Jacobs 25m Free 16.65
- Rachel Thorpe 200m Breast 4.09.83
- Rachel Thorpe 100m IM 1.54.92
- Rosalind Gumbys 100m Back 1.33.03
- Rosalind Gumbys 25m Breast 19.69
- Rosalind Gumbys 50m Breast 42.77
- Rosalind Gumbys 200m Br 3.22.26
- Rosalind Gumbys 100 IM 1.28.91
- Janice Gill 25m Back 25.99
- Jenny Mulqueen 50m Free 40.34
- Jenny Mulqueen 400m Free 7.46.33
- Jenny Mulqueen 25m Back 23.92
- Jenny Mulqueen 50m Back 53.85
- Jenny Mulqueen 50m Fly 1.05.03
- John Flowers 25m Back 23.80
- Rab Blair 50m Free 39.17
- Rab Blair 200m Free 3.21.12

Relays

Mens Medley 4 x 50 (200m)

200-239 Philip Riley, David Thomas, Michael Raymond & Peter Camp-Smith 2.49.52

280-319 Bob O'Brien, John Flowers, John Gamlen & Rab Blair 3.11.80

Womens Medley 4 x 50 (200m)

160-199 Wendy Wilkinson, Rosalind Gumbys,
Karen Mentha & Helen Haberfield 2.55.24

240-279 Jenny Mulqueen, Janice Gill, Wendy
Simpson & Angela Vas 3.32.63

Mens Free 4x 25 (100m)

200-239 David Thomas, Peter Camp-Smith,
Philip Riley & Michael Raymond 1.00.78

280-319 John Trower, Bob O'Brien, John
Flowers & Rab Blair 1.11.61

Womens Free 4 x 25 (100m)

200-239 Angela Vas, Helen Haberfield, Rachel
Thorpe & Jenny Mulqueen 1.11.78

SC State Cup Encouragement Award

To Rachel Thorpe for an outstanding
performance with PBs in all her events.



Masters Coaching Accreditation



Karen has completed the Masters Swimming
Coaching Course and is now a fully accredited
Masters Swimming Coach. Congratulations
Karen!

2016 Competitions

13 November – Long Distance, Long
Course State Cup

Nominations to Rachel by 21 October

Alice Springs Masters Games

8-15 October 2016

Pan Pacific Masters Games

Gold Coast, 4-6 November 2016

Open Water Swim Series 2016-17

11 December – Seacliff Swim

28 December – Proclamation Classic

8 January – Pub to Pub Swim

15 January – SA State Open Water
Championships

26 January – Jetty to Jetty

12 February – George Copley Challenge

19 February – Charles Sturt Challenge

26 February – President's Cup

13 March – Noarlunga Reef Swim

18 March – Port Elliott Swim

Summer Pool Series 2016-17

4 December – Clare

18 December – Woodside

22 January – Gawler

11 February – Pt Augusta

19 March - Strathalbyn

Alice Springs Masters Games



We wish all our members who will be travelling
to Alice Springs for the Masters Games safe
travels and good swimming.

Profile of a Breastroker – Ahmed Kelly

Ahmed is a member of the Australian Dolphins Swim Team. He swam breaststroke and individual medley at the Paralympics.



Ahmed was born in 1991 in Bagdad Iraq with a double arm and leg deficiency. Until the age of 7 he lived in an orphanage with his brother Emmanuel who has a similar disability. In 1998 the brothers met Moira Kelly from the Children's First Foundation and she brought them to Australia for medical treatment. In 2000 Moira adopted the brothers. After undergoing surgery to remove the deformed sections of his lower legs, Ahmed learnt to walk with the use of prostheses, and before long, he began to run. This led to his first love – AFL football. His toughness, skill and determination led to the nickname "Nails". In 2008 when football began to take its toll on his body he turned to swimming and the nickname changed to "Liquid Nails". In 2009 Ahmed became an Australian Citizen. He is currently studying at university. Ahmed has represented Australia at 2 Paralympics – 2012, where he came 4th in the 50m breaststroke and 2016 when he came 7th. He can do the 50m breaststroke in 50seconds! The next time I think swimming is hard I will think about how much effort it takes for Ahmed to get to the end of the pool!

Contacts

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