

# Dolphin Masters News

March 2011

## News from SA Masters Champs in Oudtshoorn

### LAST SHORT COURSE GALA OF THE SEASON

The last short course gala of the season will be held at Long Street on Thursday 14 April at 6.30pm with warm up from 6.00pm.

See you there – take advantage of your Nationals training to do some good times. And everyone is welcome to join the supper afterwards, venue to be announced.

The Dolphin team in Oudtshoorn was stylish to behold and super fast medal winning too. 7 men and 7 women represented the club in various ways – Our panama hats not only lifted the tone, but also reduced the carbon footprint of the Champs – natural, sustainable fibres harvested sustainably by small farming communities, as opposed to the latex spandex and acrylic which was much in evidence. And the swimming was excellent. Oudtshoorn had a sparkling clean pool surrounded by green lawns with lots of shade. Our Dolphin's gazebo protected us from fierce heat and even rain, and created a meeting point for all our swimmers. Old stalwarts were there like chairman Gary (13 Nationals) who is a subversive agent for products pedaled by our competition. Gary's teeth don't tolerate crunchy carrots and toasties so he takes most of his nutrition in milk shake form. Despite this dietary anomaly he did remarkably well and won 4 golds plus broke another SA record. Liz just takes all these races in her stride. What could 50 fly possibly mean to someone who recently swam 12 km around Robben Island in 18 degrees. She enjoys the camaraderie of Nationals however, and her laughter can be heard resonating from all corners so we can never lose her.

Nationals is being held in Cape Town next year.  
14<sup>th</sup> – 17<sup>th</sup> March  
To be held at UWC in Bellville.  
Start planning!



## CADIZ FREEDOM DAY SWIM

SAT 7th MAY.

Entries close on 7 April 2011

7,5km from Robben Island to Blouberg.

The swim raises funds for the **Vista Nova School** for children with special learning needs in Cape Town.

Overall winner takes home US \$10 000 !!!

## PATAGONIA EXTREME COLD WATER CHALLENGE

Dolphin swimmers Ryan Stramrood and Kieron Palframan, along with 3 other hard core Cape Town long distance swimmers, completed 3 challenging swims in Patagonia in February. A 4km swim across the Strait of Magellan, a 2km swim in the Beagle Channel, and a world-first mile around Cape Horn, which is notorious for high winds, big swells, icy water and is known as a "sailors' graveyard".

They achieved this with only a speedo costume and cap and water temperatures around 4 deg C.

Ryan has promised to write something for the next newsletter.

However she doesn't take kindly to being beaten and 3 golds was not enough for her - she is seeking revenge over her adversaries as we speak. Liz has also been awarded SA Colours this year. Well done Liz.

Terry Ann has also become a regular and attended her 6<sup>th</sup> meet. As one of the drivers, she unfortunately had to be satisfied with one small goblet of wine each night which, while frustrating, was probably good for the breast stroke (2 silvers). Therese once again snarled herself up in the lane ropes but did not lose her goggles. Due to the erratic line she threads through the pool, and due to other things too, she was not a designated driver. All she really wants is to lose Sanderina to another age group. Some things are just not possible.

Colleen Godfrey has been to Nationals before, but her lack of nervous disposition and constant smile must be due to the fact that she's over worrying about things. And according to Neville it was his presence that gave her the extra vooom. Kim and Emma were first timers. Kim just absorbed and processed and lent an informed angle to some of the banter in between earning three golds; while Emma who swam hard during the day (6 golds), continued swimming and cheering through the night, thereby depriving Liz of a good night's sleep. She spent the next day on her back recovering from a marathon innings of club support. We really appreciate your enthusiasm Emma, but out here in the colonies we catch up on sleep when the sun goes down.

Grant McGilvray after swimming like a fish at the champs (3 golds) went on to win the 2 ½ km Heritage Day swim at Camps Bay on Monday. Ben won gold in one of the men's relays in between investigating the Oudtshoorn municipality for fraud and corruption. We hope you weren't investigating us too Ben, we've got nothing to hide (financially speaking).

Richard's gold medal vindicated his strict dietary regime, but we think that you would have done even better, Richard, if you'd joined us on our wild and wanton evenings out. It's been proved!

Isaac just gets on and does it and then you look at the results and who has quietly been stashing 5 gold medals into his little tog bag?? And more..

Clive got one individual gold, 2 team golds, and also a family gold for the biggest support team - wife and 2 kids! What more could a guy want?

Anton was fired up and inspired by Nationals and has vowed to come back fitter and faster next time, so we'll see what Nationals in Cape Town next year holds in store for Dolphins.

## Dolphins news

- The dolphins committee will be looking for new blood this year. Mairi and Grant are on the SAMS Executive, Terry Ann and Gary are on the WP Committee, and Liz is committed out. So please consider what you can do. The commitment is minimal, but we do need to have a committee that can attend to administrative needs and also generate a social dimension to our club which is sorely lacking.
- We are not sure what the subs will be for the next season. SSA wants to add R30 to their fee, so that will have to be costed in. We will let you know after our AGM.
- Norelle Engela has had a set of twins - Emma and Isabel – they were born on 28th December. Congratulations Norelle. Hopefully Christmas babies are easy going and full of smiles.
- Nicky Mills (Denny) also had a little girl since our last newsletter. Well done to you too Nicky.
- Emma Alsop won the WP Open Water Challenge 3, which took place at Ashanti on 29<sup>th</sup> January.



Emma and Isabel or ... Isabel and Emma

*The Art of living is to want less and experience more.*

## Are you thinking about going to Worlds next year?

Brush up on your Italian!

Worlds is being held in Riccione, Italy, during the first 2 weeks of June 2012. Followed by enchanting Venice, fashionable Milan, Chianti vineyards, Renaissance art, the Vatican City, Parma hams and cheeses, grappa, panforte. The list is endless – it's not just the swimming!

*Don't ask what Dolphins Swim Club can do for you – ask what you can do for your club.*

## Fun and hard work at Nationals 2011



*Only dead fish go with the flow...*

### And finally...

Send me your news!  
Especially the juicy stuff!  
And then I'll stop it with the post-its!

Majri