



SAMS NEWS



THE OFFICIAL NEWSLETTER OF SOUTH AFRICAN MASTERS SWIMMING

AUGUST 2010

FINA WORLD MASTERS SWIMMING CHAMPIONSHIPS

Göteborg, Sweden - 31 July to 07 August 2010

33 SAMS swimmers entered the Fina World Masters Swimming Championships in Goteborg, Sweden.

CONGRATULATIONS TO ALL THE SA SWIMMERS WHO COMPETED

Some of the results:

- **World Record** broken by Sanderina Kruger - 2:29.54 in the Women 200m Freestyle - 60-64 age group.
- 3 Championship Records bettered - Diane Coetzee (1), Sanderina Kruger (2)
- Medals to the following swimmers in all of their 5 events:
- Tim Shead - 3 Golds & 2 Silvers
Diane Coetzee - 2 Golds & 3 Silvers
Sanderina Kruger - 2 Golds, 2 Silvers & 1 Bronze
- Gold Medals to:
 - Halton Cheadle (2)
 - Diane Coetzee (2)
 - Kascha Kloos (1)
 - Sanderina Kruger (2)
 - Heather Morr1s-Eyton (2)
 - Amanda Picard (1)
 - Tim Shead (3)
- Silver Medals to:
 - Halton Cheadle (1)
 - Diane Coetzee (3)
 - Monique Dokter (1)
 - Sanderina Kruger (2)
 - Amanda Picard (2)
 - Tim Shead (2)
 - Cecilia Stanford (3)
 - Tyrone Tozer (2)
 - Johan vd Merwe (1)



World Record Holder Sanderina Kruger & Marcelle Strauss celebrating



Cecilia Stanford CTMS (Left) & Monique Dokter (Dolphins) warming up

- Bronze Medals to:
Halton Cheadle (1)
Jean Degenaar (1)
Monique Dokter (1)
Kascha Kloos (2)
Sanderina Kruger (1)
Therese Sharkey (2)
Tyrone Tozer (1)
- 3 km Open Water – Gold Medal to Amanda Picard



Cecilia Stanford (left), Marcelle Strauss & Jean Degenaar all of CTMS at Lundby swimming pool



Left to right - Marcelle Strauss, Cecilia Stanford, Kevin Stanford, Rainer Kloos, Kasha Kloos, Henk Dokter, Monique Dokter, Werner Ludick, Rod Holshausen, Anita Folsher and Danie Folscher - a night out to supper

Full results are available (thanks to John Peterson) on the SAMS website www.samastersswimming.com

NEWS FROM SAMS:

The SAMS Presidents meeting took place on 24th July 2010 and was well represented by the Regions. Thanks to all those who travelled to attend the meeting.



SAMS WINTER FITNESS CHALLENGE

The SAMS Winter Fitness Challenge took place during July/August. Results will be sent out shortly.

SAMS OPEN WATER SWIMMING COLOURS AWARDS

At the recent SAMS Committee meeting held with the regional Presidents in Durban the following points with regards to the awarding of SAMS Open Water swim colours were adopted.

The times as suggested by Derek Fyfe and his colleagues for the 3km swim for the respective age groups for 2010/2011 season was accepted.

Age group	Women		Men	
	1500m	3Km	1500m	3Km
19-24	0:19:50.16	0:43:38	0:17:56.44	0:39:28
25-29	0:19:50.16	0:43:38	0:17:56.44	0:39:28
30-34	0:19:26.66	0:42:47	0:18:00.04	0:39:36
35-39	0:19:49.70	0:43:37	0:17:44.13	0:39:01
40-44	0:19:47.43	0:43:32	0:17:59.70	0:39:35
45-49	0:20:06.93	0:44:15	0:17:48.30	0:39:10
50-54	0:20:53.69	0:45:58	0:18:50.29	0:41:27
55-59	0:22:24.85	0:49:19	0:19:38.97	0:43:14
60-64	0:24:58.87	0:54:58	0:21:18.37	0:46:52
65-69	0:26:56.91	0:59:17	0:22:40.62	0:49:53
70-74	0:28:56.91	1:03:41	0:23:52.88	0:52:32
75-79	0:33:45.55	1:14:16	0:27:57.16	1:01:30
80-84	0:42:12.08	1:32:51	0:33:03.39	1:12:43
85-89			0:55:21.29	2:01:47
90-94				

- The 3km swim must be a SSA sanctioned event.eg Sun City swim, Sterkfontein Dam swim.
- There need only be one start of the 3km swim.
- A swimmer must qualify in two 3km events and must be registered with SAMS for 3 years in order to be awarded colours
- The 3 km events need not be swum in the same year. Eg qualify in 45–49 age group one year and 50–54 the following year.
- The swimmer must complete "Application form for SAMS open water colours" stating the name of the 3km events he qualified in, his times, the dates of he swim and signed by the Chairman of his club.
- Awards will be held at the dinner dance and awards evening at the end of the SA Masters long course swim championships.

It is hoped that Wayne Ridden will organise a 3km swim on Monday 14th February 2011 after Midmar Mile

Ann Gray
SAMS Open Water Swim representative

DIS-CHEM SUN CITY SWIM – 23RD OCTOBER 2010

This annual swim, held among the swaying palms, lush tropical gardens and crystal waters of the Sun City resort, is set to kick off the 2010 - 2011 open water swimming season in grand style. Last year approximately 2400 competitors, their families and friends enjoyed a fun filled day at Sun City. Once again sponsors Dis-Chem and Sun City have teamed up with support from USN, Voltaren, Garmin and Entrytime.com to ensure that this swim remains the premier event on the local open water swimming

calendar. The venue is surely the best equipped and most beautiful of any swim in South Africa and the water quality and safety standards are unsurpassed.

Swimmers at this year's swim will have a choice of 3 distances – 3000m, 1500m and 600m with cash prizes totaling over R37,000. With a number of new categories introduced, goodie bags for all pre-entries, medals for all finishers, free entry into Sun City including Valley of the Waves, and many spot prizes up for grabs, all levels of swimmers from beginner to champion are given ample encouragement. This year also sees the introduction of a team relay event with categories of Family, Non Corporate and Corporate.

As if that isn't enough, competitors can enjoy the knowledge that they are contributing to several very worthy causes.

Beneficiaries from this year's swim will include:

- Gauteng Life Saving Association
- Little Eden
- Gauteng Masters Swimming Clubs
- Caregivers Water Safety Awareness Campaign

There is also an early payment special to reduce the cost of entering the race, see the website for details.

For schools and swimming clubs, there is a bulk entry facility which closes on the Thursday 23rd September, 2010. Please call the number below for more details.

For details on special accommodation packages and how to enter simply visit www.suncityswim.co.za.

You can enter online via a link from our official website www.suncityswim.co.za or directly at <http://www.entrytime.com/index.asp?GoTo=EventInfo&EventID=2800>.

Call 011 844 0416/9 or email suncityswim@entrytime.com for more details on the event.

REGISTRATIONS:

The new registrations commenced on 1st May 2010. A number of clubs have taken advantage of the Early Bird Registration Date of 31st July 2010. The winner of this year's Early Bird Registration is Guy Harker from Wahoo – he wins the cash prize which covers the registration fee for the season. Congratulations to you Guy.

SAMS' CALENDAR

PERIOD OR DATE	EVENT
30 th September 2010	Registration cut off date for SC champs and for which SAMS' R90 registration fee is applicable. (NB for renewal registrations received after this date SAMS' fee is increased by another R70. For new members the fee remains unchanged)
October 2010	Regions hold SAMS' Short Course Champs.
1 st November 2010	Results for SC champs to reach SAMS for collating
31 st January 2011	Last date for registrations for the applicable season - to compete in the LC champs you must be registered by this date.
16 th – 19 th March 2011	LC Champs - Oudtshoorn

SAMS LONG COURSE CHAMPIONSHIPS – OUDTSHOORN 2011:

27th South African Masters Swimming Championships

Venue: N.A. Smit Pool Park Rd Oudtshoorn

Dates: 16-19 March 2011

Fish Eagle Masters SWD look forward to welcoming you in the Karoo town of Oudtshoorn in March next year-warm weather practically guaranteed! We apologise for any inconvenience caused by the change of venue (was planned for George) but the Oudtshoorn Municipality has offered us sponsorship which we cannot turn down in these difficult times.

If we can find a suitable venue, we will have an open water swim on Sunday 20th. Monday 21st is a public holiday.

Enquiries:

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NEWS FROM THE REGIONS:

KZN Masters Swimming Association Newsletter Number 1 2010/2011 (14th July 2010)



ANNUAL GENERAL MEETING

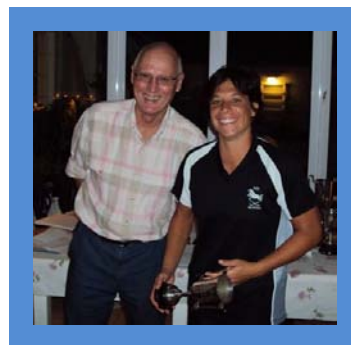
Our annual general meeting was held in May. The evening included not only election of KZN Masters swimming Association Committee but the awards presentation of the 2009/2010 winners as well. The awards were handed out by our Chairman, Roland Heuff who also hosted the meeting at his Westville home.

KZN MASTERS TROPHY WINNERS 2009/2010

Awards photos: Heather Campbell



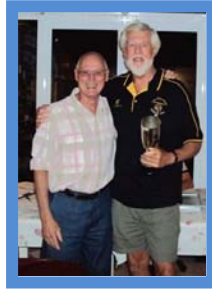
Victor Ludorum - Presented by Montclair Jewellers
Renato Salati. 224 Points



Victrix Ludorum - Mike Callaghan trophy
Nicola Martins. 216 Points



Closest Runner-up to Victor/Victrix Ludorum
Lillian Parrington trophy
Peter Larcombe. 186 Points



Man of the Year
Charles Buck Memorial Trophy
John Harley



Lady of the Year
Di Foster Trophy
Rosemary Clark

Most Improved Male at KZN Provincial Champs

Presented by SA Wholesale Jewellers - Roland Heuff 3.7% 400m Freestyle

Most improved Female at KZN Provincial Champs

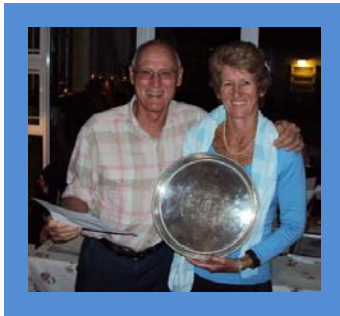
Presented by SA Wholesale Jewellers - Loraine Hicks. 8.3% 100m Backstroke

Best 50m Male Freestyle

Natal Masters Trophy - David Letschert. 25.33

Best 50m Female Freestyle

Natal Masters Trophy - Deborah Anderson. 28.59



Most Outstanding swimmer at Nationals
Ed Becket Memorial Tray - Heather Campbell (70 points)



KZN Masters swimming Enthusiast of the year
Presented by Graham and Tania du Toit - Ann Gray

Best 50m Breaststroke KZN Swimmer at Nationals.

Presented by Gavin Lammers - Lwazi Deyi. 34.22



Elaine Buck Memorial Trophy
Presented for dedication to KZN Masters Swimming
Les Hadenham



KZN Swim Colours
presented to Jim Saunders

KZN Colours

KZN Colours awarded to swimmers who get a medal at three Nationals - Conny Mower, Jenny Ireland, Jim Saunders, Deborah Anderson.

SA Masters Swimming colours 2010 were awarded to Debbie Anderson, Morag Bromfield, Heather Campbell and Jenny Ireland.

THANK YOU LES TOOMS

Les Tooms, who has been the general secretary and a "pillar of strength" in KZN Masters Swimming, was thanked by Roland Heuff for her dedicated work over the past years. Young, enthusiastic Nicola Martins was voted on to the Committee as the new secretary. Les will continue this season to do KZN Masters Swimming registrations and Gala results, Team Manager and Meet Manager.



Roland Heuff and Les Tooms

WARM WELCOM TO EASTERN PROVINCE MASTERS SWIMMING ASSOCIATION

Eastern Province Masters Swimming Association (EPMSA) have taken the big step in fomulating their regional body.

President : Graham Richards
 Vice President: Brian Elliott
 Secretary: Elsa Craig
 Treasurer: Denise Bosman
 Additional members are: Johan Swartz and Neil Torrance.

From us all at SAMS it gladdens the heart to know that Masters Swimming is growing. Well done to Elsa Craig for her tenacity and love of swimming to have been a pioneering part of this initiative.

Graham, welcome to the "club"! May you and your team grow from strength to strength and fly the red and black elephant flag with pride at next Nationals.

SOUTH AFRICAN MASTERS GAMES 2011

WHO MAY PARTICIPATE: Open to any master/veteran athlete who complies with the age restriction as determined by the INTERNATIONAL MASTERS GAMES ASSOCIATION (IMGA).

Women 30 years and men 35 years (swimming and diving 25 years). AGE CATEGORIES as determined by individual codes e.g.: 30-34; 30-39 or no age categories. Ages as at 31 December 2011

GAMES PROGRAMME- 27 APRIL TO 1 MAY 2011

Venue: Host city Port Elizabeth/Nelson Mandela bay. Individual codes to determine own dates for participation.

CODES' OPENING AND CLOSING CEREMONIES/PRESENTATIONS to be conducted by each code at venues.

CLOSING DATE FOR REGISTRATION: Early Bird Entries – 28 February 2011(Lucky draw for the first individual/team entry). The final closing date – 30 March 2011.

ENQUIRIES:

- SAMSA Office: PO Box 72103, Parkview, 2122. 66 Kilkenny Road, Parkview, Johannesburg. Rita Oosthuizen on email info@samaster.co.za, website www.samaster.co.za; Tel: +27(0)11 646-0641, Fax: +27(0)11 646-0632 or 082 996 0000.
- NELSON MANDELA BAY: Jurg Bekker, Assistant Director Sport and Recreation. e-mail: bekker@mandelametro.gov.za; Tel: +27(0)415859711; Fax: 0866221391

LIST OF CODES: included in the Games programme:

Angling(all disciplines), Archery, Baseball, Basketball, Biathle/Biathlon, Bowls, Boxing, Bridge, Canoeing, Chess, Cricket(Indoor), Cycling-road, track and mountain, Darts, Diving, Golf- men/ladies, Judo, Jukskei, Korfbal International, Mind sport, Netball, Polo Crosse, Power lifting, Ringball, Rowing, Road Running, Rugby, Snooker, Softball, Soccer, Surfing- short/long board/body board, Swimming, Surf ski, Table Tennis, Ten Pin Bowling, Tennis, Tenniquoits(Ring tennis), Tent pegging, Triathlon, Tug-of-War(men/women), Water fitness, Wave ski, Weightlifting, Wrestling.

Codes not listed, who wish to participate, to contact SAMSA Office as soon as possible.

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