



Melbourne’s year-round open water swimming group

Lead Article – Christmas Day 2023

The Sea Stars See Stars



“Icebergers swim regardless” is an unofficial maxim of our Iceberger community. And so it was on Christmas Day when dozens gathered in the early morning outside the shuttered cafe for a BYO swim. The Sea Stars were the first group to ‘hit the water’ with Steph Desira providing additional Christmas cheer somewhere off the breakwater (below).



LtoR: Jenny Vran, Libby O’Farrell, Jaqui McCall, Fionna Flint, Natalie Sparkman, Betty Ryan, Helen Brunt, Tony Ryan, Stephanie Desira, Janie Zacharin, Zoe Francis, Anthony Sorani.

photos by Ria

Warriors of the Sea – Series Thirty-Six



LtoR: James Lie, Fiona Townsing, Tom Thompson, Lisa Gulikers

The Iceberger Calendar

Date	Event
Sunday 21 st January 2024 at 7.30am	Iceberger Group Swim at RBYC followed by coffee - Greg Wallace.
Friday 2 nd February 2024 from 6.30pm	Iceberger Induction Evening, Member’s Bar at RBYC - Greg Wallace.

Stop Press: On Saturday 13th January 2024 Iceberger John McSweeney won the Pier to Pub Heroes Division (over 80’s) in the gun time of 21.30 minutes. Congratulations John.





Lindsay Crouch



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photos by Ria

Speedos Make the Olympics. The Olympics Make Speedos. by Ria Bleathman

Speedos, the classic Australian swim wear, was founded by Scottish immigrant Alexander MacRae whose hosiery company introduced the Racerback in 1928 on Bondi Beach using cotton and silk for the bathing costume and removing the sleeves to resemble a tank top. That same year, the company adopted the name Speedo after an ad slogan - "Speed On in Your Speedo"- proved successful. Speedo swimwear quickly caught on among athletes due to having less drag than wool.



Olympic swimmers adopted Speedo in the 1930s, though Australian Clare Dennis was nearly disqualified in the 1932 Los Angeles Games for wearing the shoulder-baring suit (she won gold in the 200-metre breaststroke.) Controversially, the Australian men's Olympic team went bare-chested at the 1936 Games in Berlin.

At the 1956 Melbourne Games the Australian swimming team won a record eight gold medals wearing Speedo briefs. Swimming legends Dawn Fraser and Lorraine Crapp helped Speedo develop swimwear in the new "wonder" fabric nylon enabling more colours and form fitting styles. For men, Speedos were redesigned so that they sat on the hips instead of the waist and cut ever more briefly (pictured left in 1961). Appealing to both athletes and casual wearers, the Speedo brand spread throughout the world.

At the 1968 Mexico Olympics, 27 of the 29 gold medallists wore Speedo swimwear and at the 1972 Munich Olympics, 21 of the 22 world records set were by swimmers wearing Speedos which, at the time, pioneered the use of elastane also known as spandex. Speedo continued to innovate, eventually developing the LZR suits for the 2008 Beijing Olympics which were banned by FINA. Speedo then developed the Fastskin 3 System that was approved by FINA and is a common sight at the Olympics.

Speedos are ubiquitous throughout Australia and the brand is now used to describe all types of swimwear. Their official dictionary meaning is: *men's tight fitting brief swimsuit, usually plural.*



Janie Zacharin
18th January 2024

photo by Ria
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