



MASTERS SWIMMING
New South Wales



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New South Wales

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2008 Success for Penrith AUSSI

Ripples Masters officially became Penrith AUSSI Masters on 27 November 2007. No slackers, in 2008 Penrith finished first in Division 4 in both the NSW long-course and the NSW short-course state championships. At the short-course championships Merritt Adams (29) set a new record in the 100 m butterfly, while other members are interested in long-distance swimming. Our current president, Geoff Evans, has attempted to swim the English Channel and past president Lester Gollan has plans to swim Cook Strait in New Zealand.

A club shirt has been designed with the club logo on it and members hail from Penrith, the Blue Mountains, Richmond and various parts of Western Sydney. Weekly training under coach Glen Ibell happens at Penrith Olympic Pool on Saturday mornings at a cost of \$8, which includes pool entry. Some members enjoy breakfast together after training at the Penrith Centro mall opposite the pool. Many Penrith members train together during the week, some preferring mornings,

although many train in squads after 4 pm. Penrith AUSSI enjoy many social activities throughout the year. The Xmas party, for example, was held at the Abbalanch Dinner Show at Penrith Panthers. With a goal of swimming, keeping fit and having fun, both in and out of the pool, members arrange social events to include non-swimming partners, who are more than welcome to participate. We have done a walk round the harbour and may do some canoeing. This year began on a positive note with the aerobic program and postal swims and participation in open-water swims. Some Penrith AUSSIs are competitive, but mostly they like to encourage each another and improve their personal performance. New members are very welcome to join this fun, fitness and friendship team: contact details are on the web page:

<http://www.geocities.com/penrithaussi/>

The camaraderie is second to none. Congratulations, swimmers.

Dawn Thompson, Publicity Officer, Penrith AUSSI



Back (1 to r): Paul Zampieri, Lester Gollan, Glen Ibell (coach), Chris Coburn

Front (1 to r): Steve Harvey, Garry Fletcher, Peter Harvey, Merritt Adams, Stephanie Fletcher



10-18 October



From 10 to 18 October this year, Sydney will host the 2009 World Masters Games, an event that will attract up to 25,000 competitors from nearly 100 countries.

Swimming is set to be one of the hottest sports of the Games, with 20 events on offer in the pool plus an open-water swim.

Sydney Olympic Park Aquatic Centre will host the pool events from Saturday 10 to Friday 16 October. Men and women over the age of 25, including athletes with disabilities, will have the chance to compete in individual and relay races across all strokes.

Entry into one Sydney 2009 World Masters Games costs AUD \$220. Besides entry into the sports competition, this registration fee includes a range of other benefits. Competitors will receive:

- * an accreditation pass and backpack
- * free transport on Sydney's extensive network of trains, buses and ferries*
- * a seat at the opening and closing ceremony and other events
- * access to the Games Social Hubs located across the city
- * entry into the Games Health and Lifestyle Expo
- * a souvenir-style Games commemorative program
- * a discount booklet for selected Sydney restaurants and tourist attractions
- * access to sports injury services at Games venues
- * a certificate of competitor participation in the Games
- * a program for each sports competition entered.

The Games are the world's largest multi-sport event open to everyone, rather than just elite athletes, with the emphasis on participation. For more information about competing, volunteering and spectating, go to: www.2009worldmasters.com

Fit, fun and forever young

**excludes travel to and from the domestic and international airport rail stations*

Gold on the Menu

Likened to cycling champion Lance Armstrong for his victory over cancer, Vicky Watson is targeting World

Masters Games gold in Sydney. On World Cancer Day, 4 February, Minister for Tourism [among other portfolios] Jodi McKay said in a media release that gold for Vicky Watson in October would complete one of the greatest masters sports comebacks of all time. Whereas it took Lance Armstrong 18 months to be back competing after being diagnosed with cancer, it took Vicky less than eight months after her breast cancer diagnosis—and she came back breaking records, as we know.

Having recently received the two-year cancer all clear, Vicky is focused: "I've beaten cancer. Now my sights are set on beating the world's best female swimmers at the world's largest multi-sport event in my home city."

Jodi McKay, who is also Minister Assisting the Minister for Health (Cancer), said Vicky's story demonstrates the value of early breast cancer detection: "There's a 97% survival rate if the breast cancer is detected early, as was the case with Vicky." She wished Vicky the best of luck at the Games in October.

Games Update

Our committee is well into the organisation of the swim meet at the Games, and we have recently been joined by Maxine Peacock-Smith, who is responsible for the open-water swim, and Louise Stovin-Bradford, who has the responsibility for disabled swimming.

I have asked for expressions of interest from officials who are willing to work at the Games and we still need many more so if you can help, please let me know.

I would also like to hear from any members who are willing to help out with the many jobs that will need attending to during the Games, such as the organisation of relay teams, staffing the information desk, looking after our volunteers, putting up results, presenting medals, etc. It will be a long meet and many hands make light work, so please let me know if you are available, even for a short time: jnoake@ozemail.com.au

(Continued on page 3)

(Continued from page 2)

We are also calling for anyone who is able to accept a billet during the Games, as we are hoping to provide a home for some of our interstate officials. If you have a spare bed during this time, please contact Di at the branch office.

Lastly, I hope everyone is training hard, for the Games will be a wonderful experience with many

swimmers from overseas competing with us over seven days. You can enter online through the Sydney 2009 World Masters Games website (www.2009worldmasters.com), or you can place a manual entry—I will have booklets at the state championships. Entries for the Games close on 31 July.

Jane Noake, Chairman of the Organising Committee

NSW Sports Federation Annual Sports Awards

Two Masters Swimming NSW swimmers were honoured at the 2008 NSW Sports Federation Annual Sports Awards on 26 February. These annual awards are presented for outstanding sporting achievement in 18 categories. NSW Sports Federation CEO Debbie Kemp said this year “there were so many world champions and world record holders nominated that only some of these athletes could become finalists”.

Sue Johnstone (Wollongong Masters) was awarded the NSW Distinguished Long Service Award for 2008. Sue has held various positions on a national level, representing New South Wales, and was awarded NSW life membership in 1995. She was state president for many years; she was one of the first masters referees to be accredited; and she has officiated at countless masters swimming meets from club to international level for over 30 years. Sue is a great mentor, an invaluable supporter of masters swimming ... and she’s a bit of a card as well. A well deserved award for Sue Johnstone.

Jenny Whiteley (Ryde Masters) was awarded the NSW Masters Athlete of the Year Award for 2008. It’s hard to know where to start but perhaps this’ll do: in 2008, in her 50–54 age group, Jenny set 16 world records, 56 national records, 58 branch records and

8 PanPac records. She set records in all strokes, over all distances, in some events setting faster records than she had in her previous age group. People set records and other people break them, but as at November 2008 Jenny still held a total of 233 masters swimming records: 78 national, 144 branch and 11 world. Jenny was also the first female across the line in the open-water swim at the PanPacs and she completed all swims and obtained maximum points in the masters aerobic program (as she has for at least 15 years). Congratulations, Jenny, on a magnificent year.



Sue Johnstone (left) and Jenny Whiteley

The NSW Association of AUSSI Masters Swimming Clubs Inc

NSW Board 2008/09

President	Jane Noake
Vice President	Remy Reinker
Vice President Country	Neil Keele
Treasurer	Stuart Meares
Ordinary Members	Tony Tooher
	Sue Wiles

Carnival Reports

NSW Long-Distance Championships: 22–23 November 2008

Long course this year, so the championship meet was swum at the Blacktown Aquatic Centre, which unfortunately was too warm on the first day for those attempting to swim a hard 1500, and we saw a number of swimmers succumb to the heat.

Fortunately by Sunday the water temperature had returned to a swimmer-friendly figure and everyone was much happier. It is such a shame that pools think only of their learn-to-swim programs, forgetting about the competition side of swimming.

We had 107 competitors from 31 clubs competing over the weekend, and it was great to see David Robins from the Armidale club competing in the 65–69 age group in the 400 and the 1500 freestyle. We also had three swimmers representing our Canberra clubs, and Jack Mathieson from Shoalhaven in the 90–94 age group swam the 1500 breaststroke and 800 backstroke. What a feat for a young 91-year-old!

There were a host of different reasons for swimming this weekend. Many swimmers were aiming to break club, branch or national records; many were aiming to just finish an event they had never before swum; and others were competing to gain points for their club in an attempt to win a state championship trophy.

Many records were broken, as you will see elsewhere in this edition, and many personal bests were swum, so congratulations to everyone who set themselves a goal and attained that goal.

We also tested a new timekeeping roster which had been put to us by one of our members. It worked incredibly well, so well in fact that we were turning timekeepers away all weekend. I think most people found that timekeeping was in fact an enjoyable pastime at a long-distance meet, and it was good to socialise with other swimmers rather than sitting in the stands alone.

Sincere thanks to all officials who gave their time over the weekend. The meet ran smoothly and we were able to give training time to some new officials.

Congratulations to Manly, who won the Division 1 trophy, to Blue Mountains Phoenix, who won Division 2 (after winning Division 3 last year), to Oak Flats, who won Division 3, and Nelson Bay, who won

Division 4 (I think I am right in saying this is the first state championship win for the Nelson Bay club). These awards will be presented at the Long-Course Championships in March 2009.

Jane Noake, Meet Director

Wests Auburn, Ruth Everuss Aquatic Centre, Lidcombe: 6 December 2008

This was our first BPS carnival since 2005, as we are now operating year about with Hills Masters.

We had 109 entries registered (from 27 clubs), and 93 actual swimmers on the day. The weather was fine, but not too sunny. The cloud cover was appreciated. Swimming was keen, in the usual friendly Auburn atmosphere.

A world record was broken in the 50 free by Lynette Stevenson (Blacktown), and while she was at it she broke a state record in the 50 butterfly. Jenny Whiteley (Ryde) broke a national record in the 100 back.

Overall pointscore winners on the day were Warringah (329 points), with Blacktown coming second (319) and Wests Auburn third (271). Average pointscore winners were Hornsby (33.75 points) with second place going to Novocastrian (32.40) and third to St. George (32.38).

We had our usual fantastic raffle, with the prizes shared around the clubs.

Thank you to all our officials—referees, judges, starters, marshals, check starters, and timekeepers—who continue to give their time so freely to allow carnivals to run.

We look forward to our long-distance carnival in December 2009!

Terry Gainey, Treasurer, Wests Auburn



A good clean start



Uh-oh

(Continued on page 5)

(Continued from page 4)

Raymond Terrace: 13 December 2008

The Raymond Terrace meet brings each year to a stylish close and this year 130 swimmers from 22 clubs, big and small, turned up to compete. Novocastrian (630) raced ahead to top the point score with Cessnock (412) having a good go and Warringah (298) squeezing into third place before Dubbo (292) and Port Macquarie (274).

Four of those clubs appeared at the top of the Average Club Points table but in a different order. Dubbo (32.44) won outright from a tight pack led by Port Macquarie (30.44), Novocastrian (30), Warringah (29.8) and a dead heat for fifth place between Nelson Bay (29.29) and Hornsby (29.29).

Central Coast, Gosford City Seagulls, Gosford: 17 January 2009

Weather—overcast and warm. This year, 2009, saw the introduction of SAT (semi-automatic timing) at the Central Coast carnival. Three buttons to be pushed plus one watch clicked on each lane. Club members filled the timekeeper positions this year as the usual volunteers were not available.

The further extension of the 4 x 100 relays to include men's, women's and mixed teams was popular and there were originally 30 teams entered. Even though some teams missed out on swimming because a team member was unable to attend on the day everyone enjoyed the opportunity to have the 4 x 100 m event.

Timing of the program slipped from the late start but everyone enjoyed themselves and the day. The BBQ at the end of the day was well received and enjoyed by all.

A total of four individual records, including three state records set by our own Val Lincoln, and seven relay records were broken on the day. Congratulations, and well done to all the swimmers involved.

The winner of the top scoring visiting club was Wett Ones with 762 points. Novocastrian came in second on 740 and Warringah was third on 624 points.



The winner of the trophy for the highest club average point score was St George with 35.25 points. Wett Ones were second with 33.13 and third was Blacktown with 31.67 points. Congratulations, Wett Ones and St George.

Our thanks to our wonderful runners again this year. Thanks to the officials and to our sponsors and donors for their continuing support. Thanks also to Terry Gainey (Wests Auburn) for the photos.

Thank you to the teams that organised and carried out their duties, which ensured an enjoyable carnival for all. Job well done, everyone.

Neil Keele, President, Gosford City Seagulls



A photo start in anyone's language

Seaside Pirates, Macquarie University: 7 February 2009

Pirates unfortunately picked the hottest day of the year to hold their swim meet at a new venue at Macquarie University. The pool is a lovely new outdoor 50 m pool, unfortunately with limited seating, but with a great bank of grass for spectator seating. The pool staff erected some shade cloth for our spectators, but this was not going to shade anyone from the 40° heat of the day.

We had the state heat metre working for the first time in a couple of years, but by the scheduled start time the heat was beginning to decrease and the meet was able to start on time.

There was good shade for the timekeepers at the 100 m and 200 m end of the pool. However, the timekeepers at the 50 m end of the pool were unfortunately subject to the full glare of the sun, but were supplied with copious quantities of sunscreen by the NSW safety coordinator.

We were happy to be able to run the meet at a relaxed pace, pausing several times to let our officials jump into the pool and cool off. The pool staff were

(Continued on page 6)

(Continued from page 5)

fantastic, allowing us to use a cool air-conditioned room for the computer recording and announcing.

While the conditions were not conducive to fast times, we did have three national records set, two to Clary Munns and one to Steve Lamy, which goes to show that in the right conditions this would be a great pool for a fast carnival.

Congratulations to North Sydney, who won the

visitors' trophy by the slimmest of margins from Warringah, and to Novocastrian, who won the average points tally.

Pirates would like to thank the officials who worked under very trying conditions, and to all the swimmers who came and did their best. Next year we will order a much cooler day.

Jane Noake, Chief Referee

Training Report

Welcome back to another year of fun, fitness and friendship in the world of swimming officials. Remember that 2009 New Year resolution about starting and completing at least one official's course for Masters Swimming? The order for completing courses is as follows:

- Timekeeper
- General Principles of Officiating
- Roles and Responsibilities for Masters Swimming Officials

You must complete the above three courses before you go on to do practical hours for any one of the following:

- Chief Timekeeper
- Check Starter/Clerk of Course
- Marshal
- Starter
- Inspector of Turns

You must have completed all eight of the above courses before proceeding to do practical hours for:

- Judge of Stroke
- Referee

RECOGNITION OF PRIOR LEARNING (RPL) If you have any official swimming qualifications from another swimming body and wish to receive RPL, you will need to submit written evidence to the NSW Training Co-ordinator. Once this evidence has been assessed, you will be contacted to discuss your training options.

CARRYING OUT PRACTICAL HOURS You **must** complete an official's course **before** you start a log sheet and begin recording your competencies.

NO COMPETENCIES WILL BE RECOGNISED PRE-COURSE Except for timekeepers, all training officials need to achieve competencies at least three times, over three carnivals, with three different supervisors, **after** completing a relevant course. Just

remember the magic number **three**. If you feel you would like to practice further, though, please do and record this on your log sheet.

Trainees can carry out and be credited with competencies for only one official position at a time. For example, you cannot gain competencies for inspecting turns while you are gaining competencies for timekeeping or starting.

When submitting your log sheets, please fill in clearly all the information at the top of the sheet: name, address, club, club code, date of course, course number, AUSSI number and technical number. If forms are incomplete it slows up the processing of accreditation.

On 31 January we held a training day for all Inspectors of Turns, Starters and Referees and it was excellent to see 33 people in attendance for the day. All these willing officials were in lock-down for eight hours while they completed much theory and testing and enjoyed many activities, games and lots of laughs under the professional instruction of Marilyn Earp, John Kulham, Gary Stutsel and Di Partridge. Thanks also to Di Coxon-Ellis, who organised the coffee and food that kept their engines running throughout an enjoyable day. These training days are held every two years so officials can be re-accredited and brought up to date on rule changes, and this one gave many officials the opportunity to clarify any rules, etc. Swimmers can rest easy knowing that all officials are conversant with all the latest rules.

It was excellent to have 33 officials attend but given that NSW Masters has 1,282 active and financial members the scales are a little weighted to one side. I am hoping that by the end of 2009 NSW Masters will have an increase in officials progressing through to referee status.

Diane Partridge, NSW Training Co-ordinator

Open Water

Lake Glenbawn Classic

The weather was perfect for the running of the fourth annual Lake Glenbawn Classic by Scone Swimming Club on Australia Day. A total of 131 swimmers took to the picture-perfect waters of Lake Glenbawn in 1 km, 3 km or 5 km events. This was the largest number of entries ever. Masters swimmers were well represented, some travelling from the Palm Beach swim the day before to present themselves bright and early for a swim in fresh water the following morning.

Generous sponsorship, particularly from Scone RSL Club, Invermien and Bengalla Mine, helped make the day a great success. Upper Hunter Shire Council facilitated the running of the event and organised for the Australia Day Ambassador, Libby Hawthorn, to be official starter. Many other local businesses and individuals contributed significantly to organising the event efficiently and keeping competitors well fed, shaded and happy.

About 50 percent of swimmers were local, but others travelled from Sydney, Newcastle and other parts of NSW to compete. The youngest swimmer was eight years old, the oldest 70. Some swimmers were seasoned open-water veterans. For others it was their first try at swimming in open water—a real challenge to start 2009.

Overall winner of both the 1 km and 5 km swims was Haydn Sawtell (17) from Sydney, in a very impressive display of endurance and stamina. The winner of the 3 km event was John Nicholls (48) from Alstonville. For full results and a peek at the photo gallery, please visit the website: www.lakeglenbawnclassic.com.au.

A new event this year is the Masters' Challenge. A team of 10 **coastal** swimmers from Lake Macquarie (ages adding up to at least 500) has challenged a team of **country** (mainly Scone!) swimmers in two open-water events. The first event is the 1 km Lake Glenbawn Classic, to be followed by the Lake Macquarie swim on 1 March. The winner will be the team with the lowest combined time for the two events. After the first leg on Australia Day the teams found themselves neck and neck: the **coastal** team had a combined time of 213 min 41.14 sec. The **country** team's total was 208 min 48.50 sec. The return leg at Lake Macquarie will be keenly contested in March

[results won't be out until after this issue of SPLASH goes to press. Ed.]

Well done to all those swimmers and to all competitors who achieved their personal goals. A huge thank you again to all sponsors and helpers who made the day such a success.

Debbie Racklyeft, Bush Rangers



(1 to r) Jean Heath, Olivia Harvey and Helen Rubin all smiles after their refreshing 3 km open-water Lake Glenbawn swim

Ocean Swims

If you are a new or a seasoned ocean swimmer, or even if you are just tempted by ocean swims, you are probably a regular visitor to www.oceanswims.com. This is a terrific local Australian site where you will find a calendar of events, reports, results, great photos and amusing and informative commentaries on open water and ocean swims, including the Hahn Super Dry Fine Ocean Swimmers Series 2009. Swims throughout Australia as well as overseas are listed. There are some photos there of the recent Lake Glenbawn swim and you can enter the Shellharbour Transfield ocean swim (18 April) on the site.

Another local site you might be interested in is www.oceanswimseries.com. Once you register—it's free—you are awarded points for each ocean swim you do and bingo! your name appears, listed also by age group. There are many overseas sites, as you can imagine, with lots of videos and stuff. Marathon swimmers may well enjoy these two US ones: www.10kswimmer.com "... for everyone from newcomers to pros" and www.10kswim.com, which has information on races and on technique.

NSW AUSSI Masters Open Water Championships

Apologies to all, but the open water championships swim that was to be held in April 2009 at Chowder Bay / Clifton Gardens has been cancelled.

Seminar Identifies Technical Shortcomings

Following the highly successful seminar for referees and inspectors of turns (IoTs), two major areas have been identified that need attention. One of these is the very low interest shown by many of our “top” swimmers in becoming an official. This is a great shame because with their experience and knowledge they would make excellent IoTs. Less than a third of our current 40 officials who have either qualified as IoTs or are well on the way to doing so would consider themselves to be “top” swimmers. Perhaps the barrier is that “top” swimmers think they are unable to compete if they do timekeeping, the precursor to being an IoT? If we all felt this way, no one would get timed, and there would soon be no meets to swim in.

The other shortcoming, articulated by Keith Wake of Warringah, is the lack of ongoing training for coaches in the rules. While the rules and changes to the rules are made available to coaches, the way in which they are interpreted is rarely passed on. Keith sees the need for coaches to be involved in forums similar to the referees and IoTs seminar held on 31 January last. The joint session that day was attended by 13 of our 14 referees and by 19 IoTs. It focused on rule infringements referring to the FINA DVD *Officiating Swimming*. The group discussed backstroke turns, breaststroke starts and turns, butterfly starts and turns, the changeover from backstroke to breaststroke in

individual medleys and relay changeovers. Everyone involved came away feeling they had either learnt something or had clarified a point they were hazy on. Two follow-up sessions will be held in the Hunter and the ACT for those who were unable to attend this one.

The rest of the day was taken up with sessions on people management, managing the competition environment, supervising trainees, cooperation between starters and referees, and the many complicated roles of the meet referee. Most of our referees were qualified before the role of meet referee was introduced, so this was an excellent opportunity to formalise areas such as officials’ rosters, protest procedures, reports, and handling difficult situations. During the day a number of our swimmers were able to cover the theory sessions for the roles of IoT, judge of stroke and referee, meaning that more officials will be available for the World Masters Games in October. These sessions were led by Marilyn Earp, Di Partridge, John Kulhan and Gary Stutsel. Morning and afternoon tea and a light lunch were capably organised, thanks to Di Coxon-Ellis.

While the seminar involved a full eight-hour day, everyone agreed that the sacrifice of their valuable time was worthwhile.

Gary Stutsel, Technical Director

Accreditation Update

Congratulations to the following new officials, who gained accreditation between November and December 2008:

Jodie Burke	Blacktown	Inspector of Turns
Shirley Claydon	Port Macquarie	Chief Timekeeper
Kris Death	Campbelltown	Timekeeper
Suzanne Levett	Warringah	Timekeeper
Wendy McMurtrie	Port Macquarie	Check Starter / Clerk of Course
Tony Pollard	Hills	Timekeeper
Heather Rouen	Campbelltown	Inspector of Turns
John Smith	Cessnock	Marshal / Check Starter / Inspector of Turns
Sue Stirling	Campbelltown	Timekeeper
Lesley Thompson	Campbelltown	Timekeeper
Mark Thompson	Campbelltown	Timekeeper

Di Partridge, NSW Training Coordinator

Clubs Online

As we all know, Masters Swimming Australia has put in place a new computerised system for managing membership online and maintaining a database that members and clubs can access for registration and payment of fees. The new system, which goes by the name Clubs Online, is operated by IMG eCommerce and is used by a number of sporting groups throughout Australia. Because Masters Swimming NSW has experienced some teething problems with this new system, Helen Rubin generously offered to run a seminar on 15 February to help members resolve some of the problems they had encountered. She reports briefly on the seminar:

The seminar was held to help club registrars understand the new Clubs Online registration system. This training supplemented the webinars offered by IMG eCommerce last year. It was also beneficial to people who were not able to attend the sessions offered by IMG. All the participants learnt about the many features available on the system as well as how to check that their club records are entered accurately and consistently on the system. They were given practical hints on how to check their club data. We did not have enough time in the session to discover all the features available to clubs.

About 15 people attended this seminar and they all said they learnt many new things. As Masters Swimming NSW would like to see someone from every club attend one of these sessions, we will be holding repeat sessions in the future. The next session will be held at Dubbo after their carnival (21 March). This will give country clubs an opportunity to attend.

Helen Campbell, Warringah Masters' Treasurer, went to Helen Rubin's February seminar and recommends it:

Two Warringah Masters members attended the Clubs Online database seminar presented by Helen Rubin. We came away with more improved knowledge of how to navigate the system to activate and register new members with more confidence. We were very fortunate to be able to attend a terrific venue at St Ignatius' College (Riverview) where we had a hands-on experience comparing much of the same problems that other masters clubs encountered and were able to iron out those similar problems. If further seminars are held I would certainly recommend that other clubs try and find the time to attend which takes masters swimming into the new world of technology and 'dirty data'. [Hmm, now *that's* something that needs a little explaining! Ed.]

100 Club

A year ago we published in *Splash* the names of the first seven swimmers to have attended 100 meets, either as a swimmer or official (since January 2007). This latest update lists the top 25 swimmers in, or in the running for, the club, with the number of meets they have attended:

Jane Noake	Seaside Pirates	138
Graham Campbell	Warringah	123
Malcolm Harrison	Novocastrian	123
Sue Johnstone	Wollongong	118
John Lorang	Cessnock	117
Dennis Moore	Cessnock	117
Margaret Billing	Cessnock	115
Tony Tooher	Warringah	107
Helen Rubin	Ryde	106
Jan Finn	Cessnock	103
Wendy Gordon	Novocastrian	99

Mel McCallum	Novocastrian	98
Ernie Emmett	Novocastrian	96
Ron Giveen	Warringah	93
Bev Giveen	Warringah	91
Carl Wallace	Novocastrian	91
Kay Donnan	Novocastrian	89
Robin Carson	Novocastrian	87
Phillip Baird	Cessnock	85
Robert Kalaf	Novocastrian	82
Suzanne Levett	Warringah	82
Vanessa Beddie	Blacktown	81
Jack Lewin	Swansea	81
Gordon Creek	Lake Macquarie	80
Peter Long	Seaside Pirates	80

Kit Raymond—All-Round Champ

21.5.1930–25.1.2009



Kit Raymond came to Sydney in 1939 and attended Presbyterian Ladies' College, Croydon. During the war she was sent to boarding school at Frensham, Mittagong, where she finished her schooling. She started playing cricket with her family and continued to

play whilst at PLC. It was at Frensham, under the watchful eye of her PE teacher Joyce Layton, that she learnt the skills and techniques of cricket and was selected as wicket keeper for the combined private schools team.

After school, Kit travelled to England to train as a physical education teacher at Bedford College. She received further coaching in cricket and began playing opening bat. She played many matches before returning to Australia three years later. For 17 years Kit played for Ku-ring-gai Cricket Club and in 1954 was selected for the NSW state team. She was a batswoman with the NSW team for 12 years before playing on the Australian team for four years. She played against New Zealand in New Zealand and against England in South Australia. At that time she was rated as one of the 10 best women cricketers in the world. She also taught cricket at all levels for 35 years.

Kit also played hockey. She was a member of the NSW women's team for 11 years and in 1956 became a member of the Australian team. She held an All-Australian Umpire's Badge; she was a member of

the State Umpires Committee for nine years; she was a state coach for many years; she assisted at the national fitness camps; and in 1987 she was appointed Live-In Program Coaching Director for the CHS Talented-Child Program conducted at the NSW Academy of Sport.

In other sports, Kit held a Level 1 basketball accreditation, and was an examiner and associate member of the Life Saving Association. She was also an archery instructor.

Her hydronaut accreditation enabled her to assist disabled swimmers and over the years she was an instructor and instructor-in-charge with the NSW Sport & Recreation swimming schemes. At the age of 64 Kit obtained her AUSTSWIM Teacher's Certificate. She then joined AUSSI Masters, first with Emu AUSSI then with Ripples AUSSI and she continued to compete as a member of Penrith AUSSI Masters. She had a stroke but once she thought herself able competed at the Blacktown carnival in 2008.

As a member of AUSSI Masters she swam in the Brazil World Masters meet in 1990, winning medals in the 200 back, 50 free and 200 free. She competed in national carnivals at Adelaide, Melbourne, Darwin, Brisbane and Sydney and at the Honda Masters Games in Alice Springs in 1992 she received a gold and a silver medal.

Kit Raymond was a very accomplished sportsperson. She continued to achieve to the age of 79; she was a great inspiration to us all.

Garry Fletcher



QLD Masters swimming will be hosting the 2009 national swimming championships. They will be held from 30 April to 4 May 2009 at Chandler Aquatic Centre, South Brisbane. The open water event will be held at Kawana Waters on the Sunshine Coast. Details are available from Mary Sweeney, Meet Convenor (07 3851 4523) or check out the AUSSI Masters website: www.mastersswimming.org.au.

And for those who enjoy a good long drive, there's always the Arafura Games. This is not a masters games but there is an open water swim on Lake Bennett. The games will be held in Darwin from 9 to 17 May and you can find out more at www.arafuragames.nt.gov.au.

Oh, and don't forget the annual Wests Auburn Turtle Swim. You have until 30 April to complete it: 5000 metres, details under Calendar on our website.

From the Administrator's Keyboard

All 52 clubs have reregistered in 2009 and, to the end of February, MSNSW had over 1,200 registered members. However, it is difficult to get accurate figures until all registrars are familiar with how the new Clubs Online database works. To that end, Helen Rubin conducted an informative seminar which 15 registrars attended in February. More seminars are planned at Dubbo in March and other locations if needed. The database set-up and ongoing training has been a time-consuming exercise and we hope that registrars and members will be using all the features of this online system by the beginning of 2010.

Entries close soon for the NSW Long Course Championships to be held at the end of March at SOPAC (Homebush). Please note that the meet will again be held on the Saturday evening (28 March) and all day Sunday (29 March).

So far in 2009 we have held three Branch Point Score meets: Gosford on the Central Coast, Seaside Pirates in Sydney and Cessnock in the Hunter. Meet recorders are to be congratulated for embracing the new database and a manual to assist NSW clubs do their own recording is being finalised.

Congratulations to Jenny Whiteley on being chosen as the NSW Sports Federation's Masters Athlete of the Year for 2008. You'll find details of Jenny's achievements elsewhere in this newsletter. Congratulations also to Sue Johnstone on receiving the Federation's Distinguished Long Service Award for her contribution to masters swimming.

Age-group winners for 2008 will be announced at the NSW Long Course Championships. These awards go to the swimmers who have accumulated the most points in their age group at NSW meets over the year. The Coach of the Year and the Ian McPhail Official of 2008 will also be presented with their awards at the state championships.

The Administration Award and the Gary Stutsel Award for 2008 will be presented at the AGM in May and we ask clubs to nominate members for these two awards. The overall number of nominations for 2008 awards has been very disappointing so please recognise your club and branch volunteers and nominate them for an award.

We have conducted the amazing number of ten technical officials' courses already in 2009. These include one for Marshal / Check Starter / Clerk of Course at Campbelltown, and various courses for Referee, Inspector of Turns / Judge of Strokes and General Principles held during an officials' seminar at Sports House in January. Also courses for Timekeeper, Chief Timekeeper, General Principles, Marshal / Check Starter / Clerk of Course and Inspector of Turns were conducted at Warringah. Thanks to Graham Campbell, Colin Casey, Marilyn Earp, John Kulhan, Di Partridge, Heather Rouen and Gary Stutsel for coordinating and presenting these courses.

The NSW Technical Committee is striving to accredit large numbers of people who can officiate at the 2009 World Masters Games, so we encourage all of you who have attended any courses in 2008/09 to complete your hours. The number of Inspector of Turns log sheets coming in is pleasing but we need more! Once again, if your club does not host a meet we ask you to encourage your members to attend timekeeping courses to gain accreditation. If we don't have officials at meets, swimmers will not be able to compete so don't leave it to a few.

I wish good luck to all those who have entered the national swim in Brisbane and happy training to everyone for the 2009 World Masters Games.

Di Coxon-Ellis, Administrator



Changes to BPS Divisions for 2009

The Board noted there was a drop in numbers of swimmers at BPS and state meets during 2008 and over several meetings looked at ways of invigorating competition between clubs at both levels. This was never going to be a simple task as it was clear to us that any changes to the divisions structure would disadvantage some clubs, albeit only in the year in which changes were made.

With the system as it operated up to 2008, the two clubs at the top of Divisions 2, 3 and 4 at the end of each year were moved up a division, while the two clubs at the bottom of Divisions 1, 2 and 3 were moved down a division. What was mainly happening, though, was that two clubs went up a division one year and then the same two clubs went back down a division the following year. Not much of a competition, in our view.

So the Board looked at adding the state championship points back into the BPS competition—after all, they are competition points—but decided in the end it would be better to keep the BPS point score and the state championships competitions separate,

since different clubs have different focuses and this arrangement allows more clubs to aim for more trophies.

Our next consideration was how to structure the divisions, and we decided that which clubs are in which division at the beginning of each year should be determined by **all points** scored by a particular club in the previous year, i.e. the BPS points **plus** state championship points, as this included all competition points scored by all clubs in the previous year. The *Consolidated Rules of Competition* will be changed to reflect those changes.

That is the background to the changes announced earlier this year to the movement of some clubs between divisions. The Board is very happy to hear from members who have constructive comments on how to increase competition between clubs and, by doing so, involve more swimmers in all meets. Please send your suggestions about this to the Board so that they can be considered.

Jane Noake, President, Masters Swimming NSW

2009 Divisions

Based on **total** point score for 2008; changes in *italics*

Division 1

NWG	Warringah Masters
NSP	Seaside Pirates
NNC	Novocastrian Masters
NML	Manly Masters
NBT	Blacktown City Masters
NRY	Ryde AUSSI Masters
NCK	Cessnock Masters
NNS	North Sydney AUSSI Masters
NWY	Wyong Wobbygongs
NPM	Port Macquarie Masters
NBM	<i>Blue Mountains Phoenix</i>
NWO	<i>Wett Ones</i>

Division 2

NHS	<i>Hornsby Masters</i>
NCR	<i>Coogee Randwick Masters</i>
NCT	Campbelltown Collegians
NET	Ettalong Pelicans
NMS	Lake Macquarie Crocs
NCM	Clarence River Masters
NHL	Hills Masters
NWS	Wests Auburn Masters
NGS	<i>Gosford City Seagulls</i>
NOF	<i>Oak Flats AUSSI Masters</i>

Division 3

NCS	<i>Cronulla Sutherland AUSSI Masters</i>
NSW	<i>Swansea Masters</i>
NWL	Wollongong Masters
NMT	Maitland AUSSI Masters
NDB	Dubbo Redfin AUSSI Masters
NTN	Tuggeranong Vikings Masters
NLP	Liverpool Leatherjackets Masters
NRT	Raymond Terrace AUSSI Masters
NMM	Myall Masters
NTR	Trinity AUSSI Masters
NSH	Shoalhaven Seahawks Masters
NPN	<i>Penrith AUSSI Masters</i>
NSG	<i>Nelson Bay Dolphins</i>

Division 4

NTS	<i>Tattersalls Club</i>
NCN	<i>Molonglo Water Dragons</i>
NNB	St George Masters
NSA	Sandbern Aquadot
NPT	Picton Masters
NCB	Caringbah AUSSI Masters
NBR	Bush Rangers

(Continued on page 13)

(Continued from page 12)

Division 4

NLC	Lane Cove Masters
NOP	SOPAC Masters
NHN	Hunter Masters
NCP	Cook & Phillip Masters
NMR	Merrylands

NAM	Armidale AUSSI Masters
NPW	Prairiewood AUSSI Masters
NCH	Coffs Harbour Masters
NTM	Tamworth AUSSI Masters

Branch, Australian and World Records

NSW Long-Distance Long-Course Championships, Blacktown: 22–23 November 2008

Men

800 Back			
Cameron Horn (NET) 45–49	11:12.93	N	
Stephen Lamy (NML) 55–59	12:29.60	N	
1500 Breast			
Jack Mathieson (NSH) 90–94	1:09:56.86	N	
400 Butterfly			
Paul Wyatt (NCR) 60–64	6:34.83	B	
800 Butterfly			
Paul Wyatt (NCR) 60–64	13:28.79	N	
1500 Butterfly			
Lann Dawes (NCS) 60–64	32:07.52	B	
Women			
1500 Free			
Helen Wallace (NSP) 25–29	20:37.33	B	
Pamela Nix (NNB) 40–44	20:22.00	B	
Jenny Whiteley (NRY) 50–54	19:37.26	N	
Ann Campbell (NNC) 55–59	21:58.41	N	
1500 Back			
Kasey Shepherd (NBT) 25–29	26:07.62	B	
Jade Mifsud (NWY) 30–34	24:19.09	B	
Ann Campbell (NNC) 55–59	28:38.24	B	
400 Breast			
Ros Arnold (NBM) 30–34	7:05.77	B	
1500 Butterfly			
Anita Saviane (NCS) 65–69	40:33.92	B	
800 IM			
Jane Noake (NSP) 50–54	16:16.95	B	

West's Auburn Masters: 6 December 2008

Women

50 Free			
Lynette Stevenson (NBT) 60–64	30.96	W	
100 Back			
Jenny Whiteley (NRY) 50–54	1:19.49	N	
50 Fly			
Lynette Stevenson (NBT) 60–64	36.02	B	

Central Coast, Gosford City Seagulls: 17 January 2009

Women

100 Free			
Val Lincoln (NGS) 85–89	2:18.28	B	

200 Free			
Val Lincoln (NGS) 85–89	4:54.08	B	
50 Back			
Val Lincoln (NGS) 85–89	1:17.06	B	
50 Butterfly			
Clary Munns (NBT) 65–69	41.91	N	
Relays			
Men's 400 Free			
100–119 Wett Ones	4:22.28	N	
M. Besanko, V. Desovski, P. Blanquer, C. Healey			
Men's 400 Free			
200–239 Wett Ones	5:03.99	B	
N. Taylor, P. McGee, L. Powderly, D. Crowe			
Men's 400 Free			
240–279 Warringah	5:45.08	B	
W. Gamble, J. Reynolds, R. Giveen, T. Toohar			
Women's 400 Free			
280–319 Gosford City	8:36.44	B	
M. Davey, V. Lincoln, A. Munro, L. Wilson			
Mixed 400 Free			
160–199 Wett Ones	4:49.64	B	
H. Wood, M. McLachlan, L. Stanley, V. Efimov			
Mixed 400 Free			
160–199 Blacktown City	4:48.61	B	
S. Hay, M. Stonehouse, M. Blamires, J. Hawton			
Mixed 400 Free			
240–279 Blacktown City	5:06.96	N	
B. Devenish, S. Morrissey, C. Munns, L. Stevenson			

Seaside Pirates: 7 February 2009

Men

100 Back			
Stephen Lamy (NML) 60–64	1:18.64	N	

Women

100 Back			
Clary Munns (NBT) 65–69	1:25.47	N	
200 IM			
Clary Munns (NBT) 65–69	3:13.16	N	

B = Branch record
 N = National record
 W = World record



Total Club Points for 2008

Place	Club	Points	Place	Club	Points		
Division 1			Division 3 (cont'd)				
1	NWG	Warringah Masters	10,307	4	NWL	Wollongong Masters	753
2	NNC	Novocastrian Masters	8,190	5	NDB	Dubbo Redfin	698
3	NSP	Seaside Pirates	6,629	6	NLP	Liverpool Leatherjackets	619
4	NML	Manly Masters	5,065	7	NRT	Raymond Terrace AUSSI	582
5	NCK	Cessnock Masters	4,803	8	NMM	Myall Masters	474
6	NBT	Blacktown City Masters	3,884	9	NTN	Tuggeranong Vikings	464
7	NRV	Ryde AUSSI Masters	3,833	10	NTR	Trinity AUSSI	339
8	NWY	Wyong Wobbygongs	3,657	11	NCN	Canberra North / Molonglo	111
9	NPM	Port Macquarie Masters	3,500	12	NSH	Shoalhaven Seahawks	102
10	NNS	North Sydney AUSSI	2,915	13	NTS	Tattersalls AUSSI	77
11	NHS	Hornsby Masters	2,488	Division 4			
12	NCR	Coogee Randwick Masters	1,086	1	NPN	Penrith AUSSI	1,457
Division 2			2	NSG	Nelson Bay Dolphins	1,210	
1	NMS	Lake Macquarie Cross	1,935	3	NNB	St George Masters	1,063
2	NCM	Clarence River Masters	1,727	4	NCB	Caringbah AUSSI	521
3	NWO	Wett Ones	1,658	5	NPT	Picton Masters	426
4	NCT	Campbelltown Collegians	1,467	6	NLC	Lane Cove Masters	313
5	NET	Ettalong Pelicans	1,346	7	NBR	Bush Rangers	270
6	NBM	Blue Mountains Phoenix	1,148	8	NSA	Sandbern Aquadot	235
7	NWS	Wests Auburn Masters	1,073	9	NHN	Hunter Masters	175
8	NCS	Cronulla Sutherland AUSSI	899	10	NCP	Cook & Phillip Masters	105
9	NHL	Hills Masters	881	11	NMR	Merrylands	78
10	NSW	Swansea Masters	682	12	NPW	Prairiewood AUSSI	75
Division 3			13	NCH	Coffs Harbour Masters	69	
1	NGS	Gosford City Seagulls	1,136	14	NAM	Armidale AUSSI Masters	67
2	NMT	Maitland AUSSI	1,065	15	NOP	SOPAC	24
3	NOF	Oak Flats AUSSI	1,055	16	NTM	Tamworth AUSSI	0

Newsletter 2009

Copies of our quarterly branch newsletter *SPLASH* will be **distributed** to each individual member in the week ending:

June issue	Sunday, 28 June 2009
September issue	Sunday, 13 September 2009
December issue	Sunday, 13 December 2009

You can receive your copy by mail, but please consider accessing the newsletter online. Just tick the box on your registration renewal form and your club registrar will arrange for a notification to be sent to you electronically as each issue comes out.

Copy deadlines for 2009

Please submit copy **at the very latest** by the following dates, as copy received after these dates will **NOT** be accepted for that issue:

June issue	5 June 2009
September issue	21 August 2009
December issue	20 November 2009

- ❖ Mail your contributions to Sue Wiles, 6 Cook Rd, Wentworth Falls 2782; phone 02 4757 1065
- ❖ or email them to splasheditor@mastersswimmingnsw.org.au
- ❖ or send them by snail mail, fax or email to the state office **ONE WEEK BEFORE THESE DATES.**



MASTERS SWIMMING
New South Wales

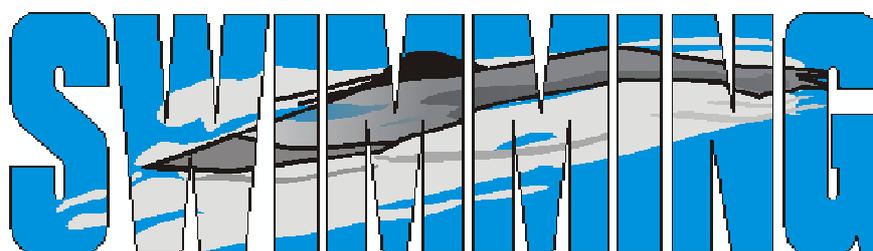
Masters Swimming NSW Calendar 2009

Latest changes underlined>

Branch Pointscore Meets are abbreviated as "BPS".

Closing dates listed now are 2 weeks prior to the weekend of the meet.

		Closing date
March 21	Dubbo BPS	Closed 07/03/09
March 28-29	NSW Long Course Championships – SOPAC	Closed Wed. 11/03/09
April 30 – May 03	National Masters Swimming Championships Chandler,	26/03/09
May 04	Brisbane Open Water Swim Kawana Waters	26/03/09
May 16	MSNSW Annual General Meeting	N/A
May 23	Ettalong Pelicans BPS	08/05/09
May 30	Wett Ones BPS	15/05/09
June 06-08	Clarence River BPS & Ocean Swim	22/05/09
June 21 (Sun)	NSW Relay Meet SOPAC Swimmers names and payment only by	Wed. 03/06/09
June 27	Trinity BPS	12/06/09
July 11	Hunter Festival of Sport	26/06/09
July 18	Warringah Masters BPS	03/07/09
July 25-26	NSW Long Distance Short Course Championships, Kurri Kurri Swim Centre	Wed. 08/07/09
August 01	Sutherland Shire BPS	17/07/09
August 09 (Sun)	Manly Masters BPS	24/07/09
August 29-30	NSW Short Course Championships, Canberra International Sports & Aquatic Centre (CISAC), Bruce, ACT	Wed. 12/08/09
September 19	Ryde BPS	04/09/09
September 26	Lake Macquarie Crocs BPS	11/09/09
October 10-16	World Masters Games 2009 SOPAC	31/07/08
October 17	World Masters Open Water Swim - Chowder Bay, Sydney Harbour	
October 31	Novocastrian BPS	16/10/09
November 07	Hills AUSSI BPS	23/10/09
November 14	North Sydney BPS	30/10/09
November 21	Tuggeranong	06/11/09
November 28	Port Macquarie BPS	13/11/09
December 05	Raymond Terrace BPS	20/11/09
December 12	Wests Auburn Long Distance Long Course Meet	27/11/09



We'd really like you to read SPLASH...

... so we're going to have a think about how best to deliver it to you.

In the meantime, you can access each edition in a variety of ways as it comes available:

- * You will receive it by post as usual, if that's how you've been receiving it.
 - * You will be emailed a copy, as an attachment, to the email address entered on your registration form.
 - * You will be able to download a copy from the Masters Swimming NSW web site.
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“SPLASH”

**Newsletter of the NSW Branch
AUSSI Masters Swimming in Australia Inc.**

The views expressed in *SPLASH* are not necessarily those of the editor or the Board of Masters Swimming NSW. We try to give all members a fair say in their own magazine, and welcome the views and correspondence of ALL members.

Advertising rates

Full page	\$180
Half page	\$100
Quarter page	\$80

The rate for club meet ads is \$45 (one-sixth of a page)

Clubs wishing to advertise their meets must have them sanctioned by the newsletter deadlines.



Websites

AUSSI Masters Swimming Australia
NSW Branch
Sydney 2009 World Masters Games
Ocean swims

www.mastersswimming.com.au
www.mastersswimmingnsw.org.au
www.2009worldmasters.com
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