



PHONE: 8116 9716 / FAX: 8732 1606

EMAIL: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)  
WEBSITE: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

Ground Floor  
Sports House, 6A Figtree Drive  
SYDNEY OLYMPIC PARK 2127  
POSTAL ADDRESS: PO BOX 6941, SILVERWATER 2128

December 2010

## Campbelltown Collegians Celebrating Thirty Years

In typically Australian fashion, it started with a beer . . . or two . . . and a bet. In January 1980, Barry Jarvis sat in the grandstand of Bradbury Pool, Campbelltown, beer in hand, watching his son's squad training with the Campbelltown Amateur Swimming Club. Pool attendant John Hunter noticed Barry's relaxed figure and bet him a bottle of beer that he couldn't swim 25 metres. This was the innocent beginning of Campbelltown Collegians AUSSI Masters Swimming Club.

Of course Barry took up the challenge, promptly diving in and completing 12 metres before sinking and losing the bet. Determination is a wonderful thing—Barry started swimming with John of a Sunday morning and a few weeks later he completed 50 metres of freestyle.

Barry was keen to get fit; he was an ex-navy man (1956–62 on HMAS *Voyager*) and saw swimming as a way to get back to his best. Barry and John attracted others to their Sunday morning swims. In October 1980, John talked to Barry about contacting AUSSI and forming a masters swimming club. John Hunter was elected the inaugural president and Barry Jarvis the club captain.

Increasing membership was vital. Barry and John manned a stall at the Camden Show and regular newspaper articles listed the competition times from the Sunday morning races. Late in 1981 Russell McLeod read an article . . . and has been a member ever since. Russell was a founding member of the Campbelltown Amateur Swimming Club (1962–77) so had always been a keen swimmer. In early 1982 another two long-term members joined: Helga Duncan and Mavis Corduroy. Other current long-term members are Steve Clough (1985), Kevin Stirling (1989), and Hans Preiss

(1993). All have held numerous important positions in the club.

The club did its bit for the local community, too. They raised money for local water polo player Heather Rouen to represent Australia at the Olympic Games. As a result, Heather joined up as a masters swimmer in 1991.

So . . . what makes Campbelltown Masters Swimming Club unique? One thing is the depth of history and records. Copies of our Sunday morning swimming programs date back to 1982. Club awards date back to the same time: Barry Jarvis won the club point score trophy in 1981–82 and 1983–84; John Hunter won it in 1982–83. Heather Rouen has won it four times while Russell McLeod has taken it out an unprecedented seven times.

Another factor unique to Campbelltown is aerobic/endurance swimming. Aerobic records for the club started in 1990 and there has rarely been a year since that the club hasn't won either a NSW or national aerobic trophy. Yes, aerobic swims are part of our Sunday morning programs. Yes, we've found a niche where club members are both comfortable and capable. And yes, we're very proud of our



*Russell McLeod at the 2009 World Masters Games*

*(Continued on page 2)*

*(Continued from page 1)*

achievements. In 2009 we won the trifecta of NSW Aerobic trophies (participation, total point score and average point score), plus the holy grail . . . the National Average Point Score Trophy.

The club hosted the NSW long-course championships in 1991 and has been a major supporter of the state long-distance championships since its inception. In 2005 we had a name change, including “Collegians” in recognition of our affiliation with the Campbelltown Catholic Club.

Our 30th year—2010—has been one of constant celebration. We collected state and national aerobic trophies, Russell McLeod received the state Administration Award for 2009 (with Heather Rouen receiving it for 2008), and we set a new world record for the women’s 400 medley relay, Annie Cooke, Chris Clough, Heather Rouen and Barbara Briggs setting the world mark at the state relay meet. Individually, 22-year-old Katie Lewis has set the country alight with her incredible performances of 12 gold medals from 12 events at the national championships in Launceston; 5 gold from 5 events in the branch long-course championships and breaking 4 branch and 4 national records in the process. Katie now owns 24 branch and 21 Australian records!

The club has an active social side besides its swimming agenda and this all helps to create a very harmonious club. Each member has contributed in some way to the club’s success.

And what about the Masters Swimming slogan of fun, friendship and fitness? Well, there’s a little fitness . . . but much, much more fun and friendship; we’re a club that interrupts our Sunday morning chat sessions with the odd handicap race or long-distance



*Katie Lewis, National Championship Swim, 2010*

swim.

Some members have moved away, some only stayed in the club for a year or two. Some very-much-loved members are no longer with us; they are sadly missed but remembered in the fondest ways, often followed by something like ‘Yeah, but do you remember when the old bugger did this . . .?’

It is quite humbling to be such a recent member of such a wonderful club with such a rich history. I recall thinking when I first joined just five years ago that all masters swimming clubs must be run the same way. Then, talking to others at carnivals, the realisation that Campbelltown was in fact a unique club, with a relatively small band of loyal members . . . competitive – at times; social – definitely; supportive – most certainly; I can’t imagine a better club.

Many thanks to Barry Jarvis, Russell McLeod, Barbara Briggs and Helga Duncan for their assistance with this article.

Owen Sinden, President, Campbelltown Collegians  
AUSSI Masters Swimming Club



*Campbelltown Collegians with their 2010 haul of trophies*

## Betty Grant Award for 2009

Four clubs each nominated one of their members for the Betty Grant Award, which is presented annually at the Trinity carnival. The award is made to a member aged 60 or more who has contributed to club and branch activities through, for example, participation in carnivals, swimming performance, accreditation as an official and participation in the aerobic program and who may have overcome some disadvantage, such as a medical disability or being new to swimming. The four nominees were all strongly supported by their clubs.

John Notley (Lane Cove) was nominated for, among other things, his invaluable work over many years negotiating with the local council and the Dept of Sport & Recreation to get the Lane Cove Indoor Aquatic Centre built and maintained at a high standard.

Jane Lindsay (Tuggeranong Vikings) is regarded as the backbone of her club's very successful and innovative aerobic program, devising and maintaining the Vikings Murray/Murrumbidgee Challenge as well



*(l to r) John Notley, Sue Wiles, Jamie Turner and Caroline Makin standing in for Jane Lindsay*

as promoting the club generally.

Sue Wiles (Blue Mountains Phoenix) goes to lots of carnivals and was nominated for devoting a fair bit of time to being an active club member, board member and editor of SPLASH.

Jamie Turner (Ryde RAMS) was deservedly selected as the winner of the Betty Grant Award for her achievements in 2009. Noted in her nomination were her club activities, her almost constant participation in carnivals despite knee and back



*Betty Grant Memorial Award 2009 winner Jamie Turner of Ryde RAMS*

problems, her top 10 placing in all five events she competed in at the 2009 World Masters Games, six national top 10 placings and her volunteering at the branch office throughout the year. Particularly impressive was her massive effort organising the volunteers over the entire seven days of the World Masters Games, the while swimming and winning medals herself. A most deserved win, Jamie. Congratulations.

## Vorgee Million Metre Awards

Keen masters swimmers continue to clock up the Vorgee kilometres, the most recent achiever being Colleen Garland, Ettalong Pelicans—one million. Bruce Sweeting and Sue Wiles were presented with their snazzy Vorgee shirts at the Long-Course Championships at SOPAC in October.



*Ettalong Pelican Vorgee million metre swimmers (left to right) Gordon Ferguson, Colleen Garland, Richard Barr and Richard Braddish. Colleen, Richard and Richard are currently going for the two and six zeros.*

## Meet Reports

### Campbelltown Collegians 30th Anniversary Carnival: 22 August 2010

This year, 2010, marks the 30th birthday of Campbelltown Masters Swimming Club and the 29th consecutive year of Campbelltown carnivals. It was also a return to an indoor meet following four years outdoors; we held our carnival indoors from 1988 to 2005.

The program covered all distances ranging from 400 m in the morning to 25 m sprints after lunch. A special feature was the Dash-for-Cash heats and final for swimmers closest to their nominated times. Competitors could choose from 19 individual events. Well done to Heather Rouen (club captain), Barbara Briggs (secretary) and Russell McLeod (aerobics guru) from Campbelltown for devising the program.

The meet proved attractive to swimmers from 30 clubs, from all over Sydney and as far away as Nelson Bay, Newcastle, Raymond Terrace and Cessnock in the north, Blue Mountains in the west, to our friends at Picton and the nine swimmers from Tuggeranong. We even had one competitor from the Queensland-affiliated club Duck Creek Mountain!

Fun and friendship have always been the highest priorities for Campbelltown members (fitness???) so it was pleasing to witness the low-key, easygoing atmosphere of the day. Most of the credit for this must lie with the officials, very capably led by Carol Dawson in her first role as meet referee. Congratulations to Carol and her team for running an outstanding meet! Thanks also to Di Partridge for stepping up to organise the officials for the day.

Congratulations to Blacktown Masters for winning

the visitors point score trophy for the second consecutive year. Well done too, to Jade Mifsud from Wyong Wobbygongs, for taking out the \$100 Dash-for-Cash final with a time just 0.05 secs outside her nominated time (ICAC investigators are still looking into this).

Successful carnivals come from successful organisation, so a huge thank-you to Team Campbelltown, the club members, families and friends who did so much in the organisation and the running of the day in their multitude of different roles, some of whom went way beyond the call of duty.

Cheers everyone, more fun and friendship next year! Fitness?

Owen Sinden, Meet Director

### Ryde RAMS: 4 September 2010

The Ryde carnival attracted 184 entries from more than 31 clubs from AUSSI Masters NSW/ACT, with only 145 actually swimming, which was a little disappointing.

Clubs from Blue Mountains, Cessnock, Lake Macquarie, Raymond Terrace, Oak Flats to name a few competed for the Perpetual Trophy. Warringah was awarded the trophy as they were the visiting club with the highest number of points. The club with the maximum number of points was Ryde (721 points) followed by Warringah (692 points).

The oldest swimmer was Hilda Lindfield, age 91, from Hills AUSSI Masters, and Kate Bremer, age 18, from Hornsby Masters was the youngest competitor. Masters swimming is for everyone to enjoy.

The success of the meet was ensured by a great team

*(Continued on page 5)*



*Our hosts at the September Ryde carnival*

*(Continued from page 4)*

of helpers led by our Meet Director, Nathan Clarence, who steered a great meet that ran smoothly and—importantly—on time. We acknowledge our special volunteers as time keepers (many ex-World Masters Games volunteers) and, of course, YOU, our happy swimmers.

Chris Lock, Vice President, Ryde RAMS

**Seaside Pirates: 12 September 2010**

Pirates held their BPS meet at SOPAC for the first time as a lead up to the long-course state meet held a month later, also at SOPAC. It was thought to be a good warm up for those attending state.

Numbers were a little disappointing but no different to most BPS meets during 2010, and the bonus to this one was that it took just three hours from start to finish, so it was quick and fast and most people like this in some swim meets.

There were two branch records set during the afternoon, both by Adam Beisler from Novocastrian in the 25–29 year age group, in the 50 backstroke and the 100 butterfly.

We had 22 clubs represented at the meet and Warringah won the visitor’s trophy—I think they have at most Pirates meets. Well done, Warringah! They were followed closely by Manly and Blacktown.

Thanks to all the officials who were on pool deck during the afternoon. We cannot run a swim meet without your dedication.

Pirates will hold their meet in September 2011, at SOPAC again, but this time it will be a short-course meet. Hope to see you all in 2011.

Jane Noake, Meet Director

**Lake Macquarie Crocs: 18 September 2010**

The Crocs carnival this year was again a success, although the number of swimmers was down from last year. Twenty two clubs attended the carnival and for the first time in living memory (of the oldest member of the club) the Crocs were the overall club point winners, with 577 points, followed by Novocastrian on 514 points and Wyong Wobbygongs on 446 points. Average club points winners were Port Macquarie with 40.5, Novocastrian on 39.54 then Cessnock on 39.17.

The Crocs carnival gave our Vice President, Michael Carmody, an opportunity to try out a new concept in team relays designed to introduce some extra fun and friendship into our carnival program. There were a number of amusing entries as swimmers

were able to ‘dress up’ for their 25 metre dash to the other end of the pool. Everyone enjoyed the event and it was worthwhile to experiment with something different in the carnival program. Our master chef Jeffrey Jones and his assistants once again produced a magnificent hamburger on his new bar-b-que at the end of the meeting to satisfy hungry swimmers.

I would especially like to take the opportunity to thank the officials for their attendance at the meeting and hope to see as many swimmers as possible coming to next year’s carnival.

Rod Sandell, President, Lake Macquarie Crocs

**Trinity: 25 September 2010**

The day beckoned, a beautiful morning for the day of our annual carnival, a good start, as this was the first time we had arranged a carnival in September and not our usual June date.

The carnival started on time, with all officials working. Numbers were down this year, however it made the carnival a more relaxed and smooth event. The morning events progressed smoothly and in no time it was lunch. Our ladies, under the guidance of Daphne Kulhan, arranged the lunch with soup and sandwiches/fruit on sale with coffee and tea provided.

As has become traditional, lunch was taken by most of the competitors outside on the lawn, getting in some sun and fresh air, fuelling up for the afternoon events.

Afternoon events ran smoothly and then we had the Betty Grant award presentation, which this year was won by Jamie Turner. Congratulations, Jamie, and all the other nominees.

The overall carnival was won by Sandbern Swim Team (323 points) with second place going to Blacktown City Masters (267) and third to Wett Ones (249). We congratulate these clubs and thank all the other clubs that attended.

The average club point score was won by Wett Ones (41.5).

We would like to thank all those people from both within our club and outside the club for making our carnival a successful one. A special thank you to all of our officials, in particular Marilyn Earp, our meet referee, and to Jane Noake for bringing the equipment which is so vital to the running of our carnival.

We hope that everyone enjoyed the day.

John Kulhan, Meet Director

*(Continued on page 6)*

*(Continued from page 5)*

**Warringah: 9 October 2010**

A fairly quick carnival, this one, at Warringah Aquatic Centre, with 160-odd swimmers from 22 clubs and nothing over 100 metres. Apart from the Sydney clubs, swimmers turned up representing Novocastrian, Cessnock, Wyong, Blue Mountains, Gosford and Penrith clubs. Warringah won the total point score overwhelmingly, with 1,608 points, followed by Manly on 939 and Seaside Pirates on 637. Average club point score was won, just, by Blacktown City (40.45) ahead of Seaside Pirates (39.81) and Novocastrian (37.63), with Cessnock and Warringah abreast a whisker behind on 37.4.

**Branch Long-Course Championships:  
23–24 October 2010**

What was different in 2010 is that the Long-Course Championships were held in October rather than in the earlier part of the year, as the nationals this year were short course and we tried to organise the calendar to suit the national swim. But it proved to be difficult.



*Division 1 winners Seaside Pirates*

Long Course was again held at SOPAC as the feedback we get is that most swimmers prefer this venue, if possible. It is not the easiest venue to book as everyone wants to swim there, but it seems we can get the Saturday afternoon / evening and all day Sunday for our championships, and this works well.

We had 304 competitors from 40 clubs. We were joined for the first time at a long-course championship by large teams from Castle Hill, Terrey Hills and ITAC Warriors, three of our new clubs in 2010, and we also had good teams from Bidgee (formerly Murrumbidgee), Dubbo and our two Canberra clubs. It was lovely to see so many new faces at a championship; we do hope to see you again in April.

On Saturday amongst some very tight racing there were two national records set, by Kate Lewis in the 200 fly and John Bates in the 50 fly, and a branch record set



*Division 2 winners Tuggeranong Vikings*

by Craig Magnusson in the 200 breast. It was even tighter getting out of the car parks on Saturday night as we were competing with Russell Crowe AND Ben Hur.

Sunday's events saw Kate Lewis break another three national records, in the 200 backstroke, 200 IM and 200 freestyle, and John Bates break the branch record in the 50 freestyle.

There was fierce racing in the relay events, with the honours shared equally among many clubs.

During the lunchtime break we held an inaugural meeting of club presidents, presented the trophies for the Long-Distance Championships and presented numerous national records and million metre awards. Our coaching director Vicky Watson had also organised a physiotherapist to present to our coaches on shoulder injuries, but unfortunately this fell through at the last minute. We hope this session can be rescheduled for next April.

The officials were ably led by Sue Johnstone as meet referee and a huge thank you to everyone who has officiated at a branch meet during 2010. Your tireless work is appreciated by everyone and it is an honour to work with you all.

Our only problem during the two days was a lack of timekeepers, and it is again proving a problem when we have to stop a meet for lack of timekeepers. If we are swimming, we should be prepared to give some time as a timekeeper. Please discuss this at club level, and come prepared to next year's branch meets with a roster for each person to give some time behind the blocks.



*Division 3 Winners  
Dubbo Redfin*

*(Continued on page 7)*

*(Continued from page 6)*

Congratulations to Kate Lewis, who was awarded the Female Swimmer of the Meet, and Craig Magnusson, who was awarded Male Swimmer of the Meet.

The Division 1 trophy was won by Seaside Pirates, from Manly Masters and Blacktown City (who were only three points behind Manly). Division 2 was won by Tuggeranong, with Ettalong in second place and Hornsby in third. Division 3 was won by Dubbo Redfin, from Picton Masters and Wollongong. Division 4 was won by Castle Hill RSL, followed closely by Terrey Hills and Bidgee Masters.

The Peter Gilmour Trophy for the best butterfly swim relative to current records was presented to John Bates, and the Biddy Hall trophy for the highest average points per swimmer (for clubs with ten or more swimmers) was awarded to Dubbo, who also won the Executive Trophy, which is awarded for club



*Division 4 winners  
Castle Hill*

participation at the Long-Course Championships. A fantastic result for our swimmers from Dubbo; we do hope they will defend these trophies in April.

Thanks to everyone who competed during the weekend, and we hope to see you all and more back at Homebush on 9 and 10 April next year.

Jane Noake, Meet Director

**Port Macquarie: 6 November 2010**

Ten of the 21 clubs represented at the annual Port Macquarie carnival were country clubs, with Port Macquarie, Clarence River and Cessnock fronting up with respectable numbers. On offer were 200, 100 and 50 metre events in the four strokes plus a 200 IM. Mathematicians may have a different view but the way I see it Port Macquarie won the overall carnival *at least* three times over: Port Macquarie total points 1,365, Novocastrian 461, Clarence River 217, Blacktown City 212. Average club points told a different story, with Cessnock a clear winner at a perfect 40, ahead of Novocastrian (38.42), St George (37.8), Port Macquarie (36.89) and Clarence River (36.17).

The women's and men's 200 m relays were dominated by Port Macquarie, who fielded [pooled?] eight relay teams that won a bunch of points for their club. It must be said, however, that other northern NSW clubs put up a good fight in the mixed relays.

One Sydney (Warringah) member was sprung when this magnificent photo was splashed across the back page of the *Port News* (12 Nov 2010), and a mate of his saw it and wondered why he hadn't told him he was coming to Port Macquarie that weekend. Ah, the perils of fame.



**Novocastrian: Charlestown, 13 November 2010**

Organising a swim meet is a bit like doing a jigsaw puzzle, getting all the pieces into place and then hoping a meaningful picture emerges. The 'pieces' for our meet consisted of swimmers (a big chunk), the officials, the club helpers and the pool. All complete the picture and if any part was missing you'd notice. Fortunately our 'picture' emerged beautifully; even the weather was great, although some backstrokers indicated the sun was a little too bright.

As usual, the whole event was a success because of the participants. Thanks are due to the officials who so generously give of their time to travel, some great distances (eg Sue Johnstone from Wollongong) to support clubs. While thanking them all individually might take a little too much space, I think it particularly important to mention Linda Ilsley (another distance traveller) who so regularly helps with marshalling at various meets and is both good at the job but remains humorous and cheerful throughout a long day. So, all officials, take a bow and accept our grateful thanks.

Of course, no meet could occur without the swimmers disturbing the placid waters of the 50 m pool. Numbers were down this year, as they have been at many meets in 2010, but for those who entered and

*(Continued on page 8)*

*(Continued from page 7)*

swam thank you for being there and sharing the fun and friendship of our meet. The Novo meet this year also involved Lake Macquarie City Council ‘Aquatic Weekend’ so we attracted a few non-Masters (‘unattached’) swimmers, including some of the pool staff. NBN Television carried a short segment about the meet on the evening news so some swimmers might have been TV stars, even if only for a few microseconds.

It is also important to recognise the contribution to the success of this meet by the ‘behind the scenes’ workers usually, but not always, club members or relatives of members, who organise the BBQ, raffles, provide the runners and generally get things moving.

Thanks to Lake Macquarie City Council for their support and for providing the medals—judging from the jangling sounds around the necks of many successful swimmers as they munched through the sausage sizzle the medals were greatly appreciated. *[I was so taken by the medals—blinded by the bling, you might say—that I actually missed my next swim.*

*Thanks, Novo and LM City Council! Ed.]*

Charlestown Pool staff were great supporters of the meet and they all deserve our thanks for ensuring equipment was available and functional, the pool beautifully warm (in spite of cool weather in the week preceding the meet) and general helpfulness. Charlestown Pool lifeguards swam as unattached swimmers and entered a relay team. Although beaten by Warringah they might join Masters Swimming for a future comeback challenge!

At the end of the day Jeanne Raper (NNC President) gave the traditional end-of-meet speech, declared the results, and thanked everyone after another very successful meet. The Golden Turkey award was presented to Warringah in the hope that it stays there for the rest of the year.

The results showed Novo gained the most BPS points (951—weight of numbers!) and the runner-up was Warringah (556 points) followed by Port Macquarie (247 points). Detailed results are posted on the Masters branch website.

**LAKE GLENBAWN CLASSIC**  
**2011**  
**AUSTRALIA DAY**  
**1 km, 3 km, 5 km**

—PRIZES—

*\$100+ prize for winners of each event*  
*Male & female age-group winners*  
*<12, 12-14, 15-29, 30-44, 45-59, 60+*

- 9 am start (8:15 am registration)
- \$25 (\$30 late entry on the day)
- Entries close 21 January 2011:  
 Scone Swimming Club  
 PO Box 230, Scone 2337

- [www.lakeglenbawnclassic.com.au](http://www.lakeglenbawnclassic.com.au)
- [sconeswimming@exemail.com.au](mailto:sconeswimming@exemail.com.au)
- Debbie Racklyeft: 0427 453 244

—A NSW Swimming Open Water Marathon swim—

**Next SPLASH Deadline**

The deadline for copy for the March 2011 issue of *SPLASH* is:  
**Friday, 25 February 2011.**

Please email your interesting articles, reports and photos to the editor:  
[splasheditor@mastersswimmingnsw.org.au](mailto:splasheditor@mastersswimmingnsw.org.au),  
 or post, fax or email them to the branch office by this date.



## Technical Matters

### Rule Changes for 2011

The October national board meeting resulted in just five changes to the rules for competition. The changes come into effect in NSW/ACT on 1 January 2011. An explanation of each of the five changes follows.

**Rule SW 3.6.3M** (see Swimming Rules on the national website for wording). When events of 400 m or longer are swum with two swimmers in the one lane, each swimmer must remain on their side of the black centre line for the whole race, including the finish. This change was introduced because it was determined that each roped lane is considered to be two separate lanes and swimmers are no longer allowed to cross into an adjoining lane (*refer to Rule SW 10.3*).

Naturally it would be ideal for swimmers if all meets were organised so they did not have to share lanes and could then use the black line throughout their swim.

**Rule SW 4.1M** (The Start) has been changed to allow swimmers to be assisted to stand on the block for the start or to start from the pool edge. They can, of course, choose to start in the water, which is a safer alternative.

**Rule SW 5.4M** now requires swimmers who wish to be judged for swimming a stroke other than freestyle in a freestyle event (e.g. 400 breaststroke in a freestyle

event) to nominate their stroke with their entries. The reason for this is to allow the meet referee to roster officials on deck during that swim.

**Rule SW 12.6.11M** has been deleted as it is no longer necessary to advise the referee that you are attempting a record unless it is a world record.

**General Rule GR 16.1** (Swimwear) no longer allows any exemptions from the FINA requirements for swimwear. If you have to wear strapping for an injury please advise the referee before you swim.

### Timekeeping

As correct times are essential for fair competition we are currently working on a simplified version of the timekeeper course. This will be able to be delivered at club level and, we hope, on line.

The idea is to get every member to learn to keep time correctly because, regardless of whether it is a 25 m club dash, a 1500 m aerobic swim, or a state championship event, you only get fair results when every time recorded is as correct as can be.

We look forward to your participation when the course comes to you.

Gary Stutsel, Branch Technical Director

## Awards Presented at Masters Swimming NSW Long Course Championships 23–24 October 2010

### State Cup

Awarded to the top point scoring club in each division at the Championships.

- Division 1 - **Seaside Pirates**
- Division 2 - **Tuggeranong Vikings**
- Division 3 - **Dubbo Redfin**
- Division 4 - **Castle Hill RSL**

### Biddy Hall Memorial Trophy

Awarded to the club achieving the highest average points per swimmer in the NSW Long Course Championships—minimum competitors 10:

**Dubbo Redfin**

### Executive Trophy

Awarded for club participation in the NSW Long Course Championships—minimum entrants 10:

**Dubbo Redfin**

### Peter Gilmour Trophy

Awarded to the best butterfly swim relative to the current records:

**John Bates** – Seaside Pirates

### Vorgee Female Swimmer of the Meet

Based on individual point scores and records set at world, national or branch level:

**Kate Lewis** – Campbelltown

### Vorgee Male Swimmer of the Meet

Based on individual point scores and records set at world, national or branch level:

**Craig Magnusson** – Hornsby



## Vale, Jean Marilyn Heath

We were saddened to learn that Jean Heath passed away suddenly on 5 October 2010, just after completing an aerobic swim.

I first met Jean in the early 1990s on one of my regular trips to Canberra to participate in a swim meet conducted by the ACT branch. Over the years we were to share many memories together both in and out of the pool. She lived a full life involved in so many activities. Jean was an active member of Masters Swimming for approximately twenty years. For most of this time she was a member of the ACT branch, until her move to Sydney about five years ago.

Jean has made many contributions to Masters Swimming, both as a swimmer and as an administrator. She was president of the ACT branch for approximately ten years and served on a number of national committees as well as being the ACT member of the AUSSI National Board of Management. She was the swim meet director of the AUSSI Masters national swims and Australian Masters Games held in Canberra in the late 1990s and early 2000s. Jean was also club coach for her club Canberra North AUSSI. After moving to Sydney she joined Coogee–Randwick and then became a Bush Ranger, which she said freed her of club administration. She was a regular participant in interclub carnivals and attended a number of national swims, as well as taking part in ocean swims. She was also a regular participant in the national aerobic swimming program, completing all swims in many years.

Outside swimming Jean’s life was also very full.

## Ian Davis Memorial

Team Aqualicious (Queensland) had been discussing the idea of running their own swim carnival for the last couple of years, but never knew when the time was right. They decided to go ahead with one this year, and Ian Davis—never one to say no to a challenge—offered to help them organise it. Not long after, Ian passed away while competing at a carnival in Noosa.

While coming to terms with the loss of Ian, Aqualicious decided it would be a fitting tribute to hold a carnival event in his honour. This year their carnival, to be held on Saturday 4 December, will feature the Ian Davis Memorial 4 x 200 freestyle relay, and the team

Every month, she used to travel back to Canberra to participate in Veteran Athletics. In July this year, she achieved her one hundredth throwing handicap. She was an active walker. Two of the longer walks she completed were a half-marathon in the New Zealand Masters Games and a 32 km walk in King Island. A highlight we shared was walking the Milford Track in New Zealand in December 2009. After her retirement from the Public Service, Jean travelled to Cambodia to teach at a university in Cambodia. In recent years she continued working for this organisation as a consultant and managing the foundation’s office.

Jean was also on the verge of fulfilling her life-time ambition of becoming a lawyer. At the time of her passing she was completing her last subject to enable her to practice law.

Jean turned seventy just a few weeks before she died. She is survived by her daughter, Olivia, and her son, Alex, her daughter-in-law, Victoria, her grand-daughter, Isabel, and many friends. Jean lived a full and varied life and influenced the lives of so many people. We will all miss her greatly.

Helen Rubin



closest to their nominated time will win. As this event is rarely swum, they hope that it will be a memorable one and that, in remembering this event, people will remember Ian’s many contributions to the Australian swimming community.

The Aqualicious flyer was sent to all NSW clubs, but unfortunately the event clashed with one of our BPS meets, but maybe there will be a team or two from the NSW/ACT branch at this carnival. We wish Aqualicious all the best with their first carnival and hope that there are many entrants for the Ian Davis 4 x 200 freestyle relay on 4 December.

## Branch Banter

Since the last newsletter seven Branch Point Score Meets have been held in various locations, and you will probably be reading this at the Wests Auburn meet, before heading off to the final meet of 2010, hosted by Raymond Terrace. The branch long-course championships were held in October at SOPAC with 304 entries. Congratulations to all those officials who make these meets possible, plus the volunteers from Volunteering NSW.

Attendance at meets has been down this year and the MSNSW Board is considering the reasons. The 2011 calendar has been finalised with this in mind and should offer a better range of swim meets. Once again MSNSW thanks the national sponsor, Vorgee, for their support so we can produce a printed calendar for clubs to distribute to all NSW/ACT members. Now you can start seriously planning your swimming year.

What are you doing for Easter 2011? Register for the 36th national swim at the Challenge Stadium in Perth from 26 April to 1 May. Go to the national website [www.mastersswimming.org.au](http://www.mastersswimming.org.au) and click on UPCOMING EVENTS.

On a more administrative note, on 1 December 2010 club registrars will be able to set up the Clubs Online database to commence on-line renewals for 2011. The 2011 registration fee is \$65, plus your club fee. Keep in mind that, if you are not a financial member, you won't be able to swim, even at your club, after 1 January 2011. So if you want to swim in the Central Coast meet will need to be registered at your club by close of entries—7 January 2011. Check with your club administrator that your club is registered for 2011 by 31 December 2010 (at the reduced rate of \$40). Unless your club has paid its registration fee to the branch office, you may not be able to compete in the meets held early in 2011.

All annual reports and safety reports need to be sent

to the branch office by the end of January so if you are the key person in your club responsible for writing these reports, please complete and forward by the due date.

Technical Director Gary Stutsel has again been active chairing the national technical team and overseeing rule changes. These rule changes are outlined elsewhere and I urge you all, coaches and swimmers alike, to familiarise yourselves with the new rules, as they take effect from 1 January 2011.

Training Coordinator Diane Partridge has continued her great work in coordinating many courses around NSW/ACT. Keep an eye on the website for courses for new or reaccrediting officials.

Branch Coaching Director Vicky Watson has developed a coaching page on the branch website so have a look at the information provided. Vicky is also planning a swim camp for 2011 and hopes to re-schedule the physio session that was postponed during the long-course champs.

Clubs can recognise the great work done by their club coaches and officials by sending in a nomination for the first two **2010 Awards: Ian McPhail Official of the Year Award** and the **Coach of the Year Award**.

My thanks go again to Jamie Turner, Malcolm Heath and Jan Cameron-Smith for their assistance in 2010 with a considerable number of volunteer hours spent in the branch office.

I wish you and your families a joyful and safe Christmas and we look forward to greater participation in MSNSW activities in 2011. The branch office will close at 4 pm on Friday 24 December and reopen on Monday 3 January 2011.

Di Coxon-Ellis,  
Branch Administrator

## The NSW Association of AUSSI Masters Swimming Clubs Inc. NSW Board 2010–2011

President	Jane Noake
Vice President	Tony Tooher
Vice President Country	Neil Keele
Treasurer	Stuart Meares
Ordinary Members	Stuart Ellicott, John Hawton, Sue Wiles

## Branch, Australian and World Records

### FINA XIII WORLD MASTERS: 27 JULY-7 AUGUST 2010

#### Women

100 Fly	Marilyn Earp (NWG) 60-64	1:22.78	N
200 Fly	Marilyn Earp (NWG) 60-64	3:27.22	N

#### Men

50 Free	Max Van Gelder (NWG) 80-84	34.76	N
50 Fly	Max Van Gelder (NWG) 80-84	47.96	N

### CAMPBELLTOWN: 22 AUGUST 2010

#### Women

25 Free	Kate Lewis (NCT) 18-24	13.81	N
25 Back	Simone Bennett (NBT) 18-24	14.79	N
400 Back	Kate Lewis (NCT) 18-24	5:02.62	N
25 Breast	Kate Lewis (NCT) 18-24	17.65	B
200 Fly	Clary Munns (NBT) 65-69	3:33.33	N

#### Men

25 Free	Adam Beisler (NNC) 25-29	11.46	B
25 Back	Tyson Bennett (NBT) 18-24	15.39	B
	Ian Jeffery (NNC) 35-39	13.49	N
25 Fly	Adam Beisler (NNC) 25-29	12.06	B

### SEASIDE PIRATES: 12 SEPTEMBER 2010

#### Men

50 Back	Adam Beisler (NNC) 25-29	29.23	B
100 Fly	Adam Beisler (NNC) 25-29	1:00.06	B

### TRINITY: 25 SEPTEMBER 2010

#### Men

200 Breast	Craig Magnusson (NHS) 45-49	2:44.39	B
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### WARRINGAH: 9 OCTOBER 2010

#### Women

25 Breast	Natalie Clarence (NRY) 35-39	17.03	B
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#### Men

25 Free	Dean Patterson (NSP) 18-24	12.04	B
	John Bates (NSP) 40-44	11.60	N
100 Back	Stephen Lamy (NML) 60-64	1:15.17	N
25 Breast	Dean Patterson (NSP) 18-24	14.63	B
25 Fly	John Bates (NSP) 40-44	12.32	N

### BRANCH LONG COURSE CHAMPIONSHIPS: 23-24 OCTOBER 2010

#### Women

200 Free	Kate Lewis (NCT) 18-24	2:15.81	N
200 Back	Kate Lewis (NCT) 18-24	2:29.06	N
200 Fly	Kate Lewis (NCT) 18-24	2:33.14	N
200 IM	Kate Lewis (NCT) 18-24	2:29.71	N

#### Men

50 Free	John Bates (NSP) 40-44	25.22	B
200 Breast	Craig Magnusson (NHS) 45-49	2:49.97	B
50 Fly	John Bates (NSP) 40-44	26.48	N

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



## Progressive Club Points for 2010

(including the Novocastrian BPS 15 Carnival on 13 November)

The progressive tally of club points is updated regularly on the Masters Swimming NSW web site

Place	Club	Points	Place	Club	Points				
<b>Division 1</b>									
1	NWG	Warringah Masters	7,297	1	NSG	St George Masters	1,016		
2	NNC	Novocastrian Masters	5,295	2	NOF	Oak Flats AUSSI	871		
3	NBT	Blacktown City	5,192	3	NPT	Picton Masters	538		
4	NPM	Port Macquarie Masters	4,247	4	NRT	Raymond Terrace AUSSI	448		
5	NML	Manly Masters	3,780	5	NWL	Wollongong Masters	366		
6	NWY	Wyong Wobbygongs	3,600	6	NCS	Cronulla Sutherland AUSSI	287		
7	NSP	Seaside Pirates	3,416	7	NTR	Trinity AUSSI	286		
8	NRV	Ryde RAMS	2,713	8	NDB	Dubbo Redfin	222		
9	NCK	Cessnock Masters	2,616	9	NMM	Myall Masters	188		
10	NPN	Penrith AUSSI	1,907	10	NCN	Molonglo Water Dragons	0		
11	NNS	North Sydney AUSSI	1,484	10	NOP	SOPAC Masters	0		
12	NCT	Campbelltown Collegians	1,454	<b>Division 4</b>					
<b>Division 2</b>									
1	NWO	Wett Ones	2,610	1	NCL	Castle Hill RSL Masters	1,820		
2	NCM	Clarence River Masters	2,001	2	NSA	Sandbern	725		
3	NET	Ettalong Pelicans	1,315	3	NCB	Caringbah AUSSI	298		
4	NHS	Hornsby Masters	1,225	4	NLC	Lane Cove Masters	241		
5	NMS	Lake Macquarie Crocs	1,180	5	NMR	Merrylands	202		
6	NMT	Maitland AUSSI	1,077	6	NCH	Coffs Harbour Masters	124		
7	NBM	Blue Mountains Phoenix	1,047	7	NSH	Shoalhaven Seahawks	98		
8	NGS	Gosford City Seagulls	961	8	NBR	Bush Rangers	86		
9	NWS	Wests Auburn Masters	825	9	NAM	Armidale AUSSI	45		
10	NTN	Tuggeranong Vikings	645	10	NLP	Liverpool Leatherjackets	37		
11	NNB	Nelson Bay Dolphins	638	11	NTM	Tamworth AUSSI	29		
12	NCR	Coogee Randwick Masters	512	12	NCP	Cook & Phillip Masters	17		
13	NHL	Hills Masters	442	13	NHN	Hunter Masters	0		
				13	NMB	Murrumbidgee	0		
				13	NPW	Prairiewood AUSSI	0		
				13	NTS	Tattersalls Club	0		

## Life Membership for AUSSI Greats

RYDE AUSSI Masters Swimming bestowed life membership on club greats Greg Lewin and Jenny Whiteley at the recent branch carnival at Ryde Aquatic



Ryde RAMS life members (l to r) Jenny Whiteley, Helen Rubin, Greg Lewin

Centre.

The RAMS have been in existence for nearly thirty years and only four life memberships have been granted during this time. The newest life members join Helen Rubin as our current active life members.

Greg was recognised for his contribution as coach, club committee member and web master during his fifteen years with the club and the evergreen Jenny for her contribution at branch and club committee level for over twenty years.

The award is also recognition of Jenny's achievements as an outstanding swimmer who holds countless world and national records now and over past years.

Chris Lock, Vice President, Ryde RAMS

## Training Coordinator's Report

I would like to thank all Marshals / Check Starters / Clerks of Course (M/CS/CoC) who made the effort to attend one of the reaccreditation courses / workshops during 2010. Those who attended found it easy and interesting. All ideas suggested are being considered. I would like to thank Noel Partridge for his time and effort in conducting all these courses / workshops. If you did attend a reaccreditation course your qualification is now current for another four years. Please remember reaccreditation is a national rule that MSNSW is implementing. If you are an M/CS/CoC and were unable to attend one of the reaccreditation courses / workshops and wish to reaccredit please email me as soon as possible: [diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)

If you do not wish to continue to officiate as an M/CS/CoC please let me know so I can remove your name from the MSNSW officials list for clubs conducting swim meets. Your name will remain on the data base as qualified, so you can resume the position

any time after updating.

Gary Stutsel and I have already started reaccrediting referees and this process will take two years.

In 2011 I will be starting the reaccreditation process for chief timekeepers (CTK). The first workshop will be held before the Central Coast swim meet. All CTK will receive an email by early January concerning this.

So once again another year is about to pass. Congratulations and thank you to all candidates, trainees, course coordinators and course presenters for participating in the world of officials. I must not forget to thank all the swimmers because without you we would not have this voluntary job that we all enjoy. Remember life is short, so complete all your dreams today. Have a happy and safe festive season and see you all in 2011 to do it all over again.

Diane Partridge, Branch Training Coordinator

[diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)



## Accreditation Update

Congratulations to the following new officials, who gained accreditation between August and October 2010:

Diane Baker	Campbelltown	Marshal / Check Starter / Clerk of Course
Jim Barber	Blue Mountains (volunteer)	Chief Timekeeper
Noel Carson	Volunteer	Timekeeper
Jan Finn	Raymond Terrace	Marshal / Check Starter / Clerk of Course
Dawn Gledhill	Manly	Chief Timekeeper
Robert Mann	Volunteer	Timekeeper
Shaifudeen MTP	Warringah	Timekeeper / Chief Timekeeper
Peter Willis	Lake Macquarie	Timekeeper

## Leeton 24-Hour Mega Swim

If you're down that way around the autumn equinox next year, why not join in a charity swim at Leeton to help raise funds for people living with multiple sclerosis? It'll be a 24-hour relay swim on Saturday and Sunday 19 & 20 March 2011 in the Leeton Shire Pool. You can find out more, and register at [www.megaswim.com](http://www.megaswim.com).





# Masters Swimming NSW Calendar 2011

BPS - Branch Point Score Meets  
 SC - Short Course; LC - Long Course

Meet date 2011		Host club / type of meet / course	Closing date at host club
JANUARY	22	Central Coast BPS LC	07/01/2011
FEBRUARY	12	North Sydney BPS LC	28/01/2011
	19	Cessnock BPS LC	04/02/2011
MARCH	27 (Sun)	Blacktown City BPS LC	11/03/2011
APRIL	9-10	NSW LC Championships SOPAC	Wed 23/03/2011
	26-MAY 1	36th National Championships, Perth WA	18/03/2011
MAY	14	Ettalong Pelicans BPS SC	29/04/2011
	21	MSNSW AGM Sports House SOP	N/A
	28	Wett Ones BPS LC	13/05/2011
JUNE	11-12	Clarence River Masters BPS SC	27/05/2011
JULY	3 (Sun)	NSW Relay Meet SOPAC Diving Pool SC	Wed 15/06/2011 Payment only
	9	Hunter Festival of Sport	TBA
	24 (Sun)	Hills BPS SC	08/07/2011
AUGUST	7 (Sun)	Campbelltown BPS SC	22/07/2011
	21 (Sun)	Manly BPS SC	05/08/2011
	28 (Sun)	NSW Long Distance Championships Kurri Kurri SC	Wed 10/08/2011
SEPTEMBER	3	Ryde BPS SC	19/08/2011
	18 (Sun)	Seaside Pirates BPS SC	02/09/2011
OCTOBER	8	Warringah Masters BPS SC	23/09/2011
	22-23	NSW SC Championships CISAC	Wed 05/10/2011
NOVEMBER	5	Port Macquarie BPS LC	21/10/2011
	19	Novocastrian BPS LC	04/11/2011
	26	Tuggeranong Challenge	11/11/2011
DECEMBER	3	Wests Auburn Long Distance LC	18/11/2011
	10	Raymond Terrace BPS LC	25/11/2011



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## S—T—R

You know these are the first three letters of *stroke*. They're also useful reminders for checking whether someone has had a stroke:

**S** = see if they can **SMILE**

**T** = see if they can **TALK**, i.e. say a simple sentence

**R** = see if they can **RAISE** both arms

If the person can't do those three things get them

*straight to hospital.*

There is a window of up to about four hours after suffering a stroke during which appropriate medical treatment can improve your chances of survival and may reduce the complications from the stroke. Know the signs; seek help immediately.

*From information submitted by a member.*

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## SPLASH

### Newsletter of the NSW Branch Masters Swimming 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.

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## 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

Masters Swimming Australia  
NSW/ACT Branch  
2011 National Championships, Perth  
2011 National Championships, Perth  
Ocean swims

[www.mastersswimming.com.au](http://www.mastersswimming.com.au)  
[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)  
[www.mastersswimming.org.au](http://www.mastersswimming.org.au)  
[info@mswa.asn.au](mailto:info@mswa.asn.au)  
[www.oceanswims.com](http://www.oceanswims.com)



### MASTERS SWIMMING NSW

PO Box 6941  
Silverwater NSW 2128

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