



# MASTERS SWIMMING NSW NEWSLETTER

NSW  
CHAMPIONS OF SPORT

★ ★ ★ 2025 ★ ★ ★

**WINNER**  
MASTERS ATHLETE OF THE YEAR



Sport NSW  
NSW Sports Awards



People+Culture  
Strategies



MASTERS SWIMMING

**KAY  
BURTON**

# CONGRATULATIONS KAY BURTON



At the awards dinner held on 24 November, we are delighted to share that our very own Kay Burton from Blue Mountains Phoenix was awarded the winner of the Masters Athlete of the Year category.

At 86 years of age, Kay continues to embody passion, dedication, and excellence in Masters Swimming. Over the past year, she has proudly represented her club at every level of competition — from Club and State meets to the National and World Championships.

In August, Kay represented Australia at the World Aquatics Masters Championships in Singapore, delivering an extraordinary performance that included four gold medals in the 100m Breaststroke, 100m Butterfly, 200m Individual Medley, and 400m Individual Medley — also setting two NSW State Records in the process.

Between October 2024 and September 2025, Kay broke an astounding 11 records, including:

- 2 Australian Short Course National Records
- 4 NSW Short Course Records
- 5 NSW Long Course Records

At the 2025 National Championships in Melbourne, she continued her success with 8 Gold, 2 Silver, and 1 Bronze medals.

Kay's remarkable achievements highlight her technical brilliance, longevity, and unwavering commitment to the sport. Her success on national and international stages firmly establishes her as one of Australia's most accomplished Masters swimmers and an inspiration to athletes of all ages.

We congratulate Kay on this well-earned honour and celebrate her exceptional contribution to Masters Swimming.

# A LETTER FROM KAY

My thanks to Masters NSW for nominating me for this award. I feel it is your victory too. My children and coach Nerida Murray also attended to celebrate my nomination and subsequently winning of the award.

I first learnt to swim in the Richmond River, north of Kyogle where it is joined by Findon Creek and was quite deep. At the age of 11 we moved to Kyogle and I was invited to join the Kyogle Swimming Club which was only the 4th country Swimming Club in NSW and now not far off its 100th birthday. This Club, along with the constant style correction and encouragement, shaped the rest of my life. I have that coaching to thank for my high Kyogle elbows.

For a period of about 12 years when I lived in outback NSW and my children were born, I did not swim. I took it up again when I moved to Springwood. I joined Ripples Masters for some years and when the magnificent Springwood Aquatic Centre opened I moved to Blue Mountains Phoenix which was new then. I have been a Masters swimmer for almost 30 years and I thank them for providing me with fair and well organised competition. It is well run and encourages swimmers of all levels and abilities to feel worthwhile.

I have also taught countless children and adults to swim over the years. Camaraderie is another reason why I stay in swimming ~ I still compete against and have remained friends with ladies I have shared the pool with for almost 80 years. The old swimmers network is something that is priceless, I actually belong to something that is beyond words!

I need also to acknowledge my 320+ Phoenix Relay team. They are Nerida Murray, Sue Wiles, Anita Saviane and Lyndall Wilson ~ we have been together for years ~ how can I possibly retire?

To swim well is such a gift, it filters down. Four generations of my family swim well. Recently my grand-daughter Grace, herself a former lifesaver, rescued, without aids or help, 2 children being washed out to sea on the South Coast. Their parents were on the beach fully clothed and unable to swim.

Currently I am swimming every Ocean Pool, man made and natural, in Australia. So far I have swum 84 with 6 to go and it is my intention to write a book called Blue Cathedrals because the people who swim there actually worship them. The oldest pool was built in Newcastle in 1819 by the convicts and the most beautiful is Green's Pool in W.A. which can only be described as a spiritual experience.

*Kay Burton*



# MANLY MASTERS TURNS 50

Manly Masters recently came together to celebrate a truly golden milestone—our 50th birthday.

It was a momentous occasion that brought together current members and partners, past teammates, longtime friends, and a few special guests for an afternoon filled with nostalgia, celebration, and heartfelt appreciation for the community we've built over the decades.

Set against the perfect backdrop overlooking Manly Beach, the weather was kind, the atmosphere warm, and the conversations lively. Guests enjoyed the chance to reconnect, share stories, and reflect on the many chapters of our club's history—all over great food and great company.

A highlight of the afternoon was hearing from some of our long-term members, whose speeches offered both laughter and insight as they recalled the memorable moments and "the way it used to be." President Ross and Club Captain Carolyn also spoke, sharing how the club has evolved while staying true to the core values that have kept Manly Masters thriving: fun, fitness, and friendship. Their reflections underscored the spirit of camaraderie that continues to bind our community today.

We also took a moment to acknowledge the many past members—some no longer with us—whose contributions shaped the club and helped it flourish over the years. Their legacy lives on in the strong community and lifelong friendships that continue to grow through swimming.

Here's to 50 incredible years, and to many more ahead. Cheers to Manly Masters!

By Carolyn Samojlowicz (Manly Masters Club Captain)



# 2026 CALENDAR

Meet Date			Host Club	Course	Location / Details
January	Saturday	17th	Gosford BPS	LC	Gosford Pool
	Saturday	31st	Campbelltown BPS	LC	Gordon Fetterplace AC
February	Saturday	14th	Myall BPS	SC	Tea Gardens Pool
	Saturday	22 <sup>nd</sup>	Freestyle Workshop & Stroke Clinic		Bowral
	Saturday	28th	Blacktown BPS	LC	Blacktown AC
March	Saturday	14th	Hunter Valley BPS	LC	Cessnock Pool
April	Sat & Sun	11-12	Branch LC Championships	LC	SOPAC
	Saturday	11th	Presentation Dinner		TBC
		28-2	MSA National Championships	SC	Brisbane, QLD
May	Saturday	23rd	Mingara BPS	SC	Woy Woy PLC
June	Sunday	14th	Pirates BPS	SC	Knox Grammar Pool
July	Saturday	18 <sup>th</sup>	Stroke Workshop Clinic		Woy Woy PLC
	Sunday	19 <sup>th</sup>	Branch Long Distance Championships	SC	Woy Woy PLC
August	Sunday	2nd	Branch Relay Meet		SOPAC
	Sunday	16th	Warringah BPS	SC	Warringah AC
	Saturday	29 <sup>th</sup>	Ryde BPS	SC	Ryde Aquatic Centre
September	Sunday	20th	Wett Ones BPS	SC	Sydney Uni Pool
October	Sat & Sun	10-11	Branch Short Course Championships	SC	AIS, Canberra
		10-16	Alice Springs Masters Games		Alice Springs, NT
November	Sunday	1st	Manly BPS	LC	Lane Cove AC
	Saturday	7th	Port Macquarie BPS	LC	Port Macquarie Pool
		12-14	Pan Pacific Masters Games	LC	Gold Coast, QLD
	Sunday	22nd	Branch Long Distance Championships	LC	Granville Pool
December	Saturday	5th	Novocastrian BPS	LC	Charlestown Pool

***Additional Championship Event added in 2026***

**Sun 19th July - Branch Long Distance SC - Woy Woy**

# 2026 AFFILIATION & MEMBERSHIP

# 2026

## MSNSW CLUBS:

Make sure you have paid your annual affiliation through Swim Central

**LIVE**

2026 12 month Memberships are now available to purchase in the Swim Central store

Be part of the first 10 members to sign up on December 1 and receive a free towel and T-shirt or Polo of your choice!

# PRIZE

## MSA'S UNSUNG HEROES

Keep an eye on the MSA facebook page for all our Unsung Heros in Masters Swimming!



**Raymond Bennett**  
Warringah Masters,  
NSW

Ray is always eager to help and he doesn't even swim and Ray is a qualified check starter, attends most meets and MSNSW state events giving his time freely



**Kerryn Blanch**  
West's Auburn Masters  
Swimming,  
NSW

Kerryn led MSNSW through the pandemic and the State has flourished in the following years due in no small part to Kerryn's leadership.

# RYDE MASTERS



**Goodbye  
&  
Good Luck!**

Andrew McCrindell and Jamie Turner - who have been members of Ryde Masters Swimming Club for 22 and 26 years respectively - are both moving out of the Sydney area, and as such have stepped down from their long-held President and Vice President roles.

Andrew and his wife are taking a sea change in the New Year, moving to the Coffs Harbour region to be closer to family, where Andrew is looking forward to continuing to pursue his passions of swimming, dragon boating, scuba diving, and outriggering. After 14 years on the Ryde Masters Swimming Club committee - 12 as our President - and as one of our accredited Club Coaches since 2020, we wish Andrew all the best.

Jamie has already made her move to Melbourne to be closer to family, and has found a great new home with the Doncaster Dolphins! For at least 20 of her 26 years with the club she has been on the committee, in a number of roles including Treasurer, Club Captain, and most recently, Vice President for the past 14 years. Jamie was also one of our accredited Technical Officials, qualifying as a Marshall, Check Starter, Starter, and Chief Timekeeper, and very much enjoyed being able to converse with fellow swimmers and get to know members from all over the state and country at Masters Swimming events. We already miss her dearly at training and meets, but know that she is being well looked after at Doncaster!

THANK YOU, Andrew and Jamie, for everything that you have done! You will always be RAMS to us!

From Ryde's FB Page

## *MEMBERS VOICE COMMITTEE*

Your  
VOICE  
MATTERS

Masters Swimming NSW has established a new committee, titled "Members Voice", which is chaired by Aaron Cleland.

The purpose of this committee is to bring together members from a diverse range of clubs and regions to ensure the voices of our swimmers are heard. We want to understand what matters most to our members and how we can continue to strengthen and grow our MSNSW community.

This committee will focus on:

- Discussing topics that are important to our members
- Exploring new ideas to enhance the MSNSW experience
- Providing a platform for member-driven suggestions and feedback

We are seeking swimmers who are passionate about contributing to the future direction of MSNSW. If you would be interested in joining this initiative, please email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

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## *MSNSW LIVE RESULTS APP*



The MSNSW Live Results app is no longer in use.  
MSNSW is working on a replacement.

Live Results can be access during an event via  
the website:

<http://liveresults.mastersswimmingnsw.org.au>

# A new app will be announced in 2026

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## *NEW MSNSW RELAY APP*

With thanks to Mark Hepple, a relay entry app  
has been created:

**[ACCESS HERE](#)**

This can be saved on your phone.

# PITTWATER OCEAN SWIM SERIES

PITTWATER SURF LIFE SAVING CLUBS  
**OCEAN SWIMS SERIES**

Details and entry online [www.oceanswims.com](http://www.oceanswims.com)

Sun Jan 4 NEWPORT  
Sun Jan 11 BILGOLA  
Sun Jan 18 MONA VALE  
Sun Jan 25 THE BIG SWIM  
Sun Mar 15 AVALON



**WIN \$250**  
for Fine Dining at The Basin.  
Male and female lucky draw  
prizes for going in three swims.

## NEWPORT 'POOL TO PEAK' KICKS OFF PITTWATER OCEAN SWIM SERIES

The annual Pittwater Ocean Swim Series, now at its 14 season, provides ocean swimmers the opportunity to experience the beautiful northern beaches while challenging their ability. So different to pool swimming, as ocean swimmers will attest.

Swim course distances vary from 400m, 800m, 2km to close to 3km, to test their swim skills and gain experience in ocean swimming.

Conducted by the five Pittwater Surf Lifesaving Clubs, the Series starts at Newport Beach, Sunday January 4th, Bilgola January 11th, Mona Vale January 18th then, The Big Swim; from Palm Beach to Whale Beach, around 3km.

This is a 'journey swim', as is the 2.6km Avalon Beach SLSC event on March 15, from Newport to Avalon, along with a 1km course swim at Avalon.

These events annually attract some 3500 entrants from all over NSW and interstate. Vikki Curtin; leader of the Ocean Swims Series organising committee, says, 'The swims feature a strong safety culture with many life-saving craft and drone surveillance. We will have lifesavers at the start and in the surf break to assist any swimmers who might find it difficult'. Nikki added, "We are proud of enjoyable atmosphere generated on the day".

Swimmers are applauded back on shore and offered fresh fruit and refreshment and barbecues foods. Quality medals are presented to category winners along with lucky swimmers' prizes. There is an added incentive for a male and a female swimmer who swim at least three of the five swims, they will go in the draw for a \$250 voucher for a fine dining experience at the highly reputed, The Basin Restaurant.

Information on the dates, times, courses, parking with online entry are at [oceanswims.com](http://oceanswims.com) or there is card entry on the day.

Enquiries John Guthrie 0408 247 986 Rob Berry 0413 659 000

## 50TH MERCHANDISE



ORDER NOW



Postage options available,  
or click & collect at the next  
carnival.

## MSNSW WEBMASTER

We are looking for a volunteer Webmaster to maintain and update the MSNSW website. The website uses the Wordpress platform

If you'd like to provide support, please email:  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## UPCOMING NSW EVENTS

# 2026 UPCOMING EVENTS

**17 JANUARY** Gosford

**31 JANUARY** Campbelltown

**[CLICK HERE TO ENTER](#)**

Reminder to please check the flyer for the number of entries you can swim for each meet.

As a rule, for BPS meets - it is a maximum of 4 individual events  
*(some meets are a maximum of 3 individual - depending on the start time)*

If you have entered too many, the system will automatically remove your last elected event from the program.



Please help out at each event by doing a bit of timekeeping.  
Your help is greatly appreciated by your fellow swimmers!

# COACHING - ANNE SMYTH

## CHRISTMAS SETS FOR END OF YEAR SWIMMING FUN!

### SANTA'S SACK

*Equipment- decorated Xmas bucket filled with @ 50 swim activity cards*

Each lane draws a random card from bucket and swims whatever is written on the card. Lanes work separately. Each swimmer in the lane takes turns at drawing a card from bucket for the next set to swim e.g. 100 freestyle, 2 x 25 Fly, 100 pull choice. Include cards such as repeat last swim, float for 60 seconds, 50 doggy paddle. Let your imagination fly!  
Pass the bucket between lanes and continue until bucket is empty.



### ON THE FIRST DAY OF CHRISTMAS MY TRUE LOVE GAVE TO ME:

- 12 x 25 Warm up (300m continuous CH)
- 11 x 50 Freestyle Drills (550m continuous, changing drills every 50m)
- 10 x 25 Freestyle Paddles (250m continuous)
- 9 x 50 Freestyle (450m as 9 x 50 m -10 sec R)
- 8 x 25 Freestyle Kick (200m continuous as 25 easy 25 hard kick)
- 7 x 50 Form Drills (350m continuous, changing stroke drills)
- 6 x 25 Form (150m as 6 x 25m Form CH -10 sec R)
- 5 x 50 Freestyle Pull (250m continuous)
- 4 x 25 Form Kick (100m as 4 x 25m Kick CH mod- 10 sec R)
- 3 x 25 Underwater (as far as possible) (75m as 3 x 25m 20 sec R)
- 2 x 25 Cool down CH (50m as 2 x 25 CH easy)
- 1 x 25 Cool Down (walk/swim/chat)

Set can be swum with fins for some, all or none! 2750m



### CHRISTMAS FEAST

Bubbles 3 x 100 FR

Entrée Prawns 200 Freestyle

Bubbles 3 x 100 FR

Main Turkey 300 Freestyle

Bubbles 3 x 100 FR

Dessert Plum Pudding 400 Freestyle  
1800m



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# COACHING - ANNE SMYTH

## NSW COACHING UPDATE

Coaching continues to be a vital part of Masters Swimming success and growth. This year it has been fabulous to see the enthusiasm and dedication by many coaches, with many new coaches qualifying or are in the process.

It has been a busy year with the highlight being the National Conference held in Canberra in July. Other workshops held this year were workshop in Bowral, Orange, Blayney, Pambula and Canberra.

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## COACHING TIPS

As open water season is here it is a great chance to work on fitness and maintaining pace over distance.

A tempo trainer is a great tool for this. Check out some ideas on using tempo trainers.

<https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/coaching-tips/tempo-trainers/>

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## REACCREDITATION

Don't let your coach qualification lapse. Go online to <https://msa.ditaplayer.com.au/catalog/club-coach-re-accrreditation>

# TECHNICAL OFFICIALS

## Technical Officials & Technical Trainees

In the first few months of 2026, there will be no Technical Official Courses conducted due to a backlog of trainees who still need to complete their required competencies.

During this period, the priority is to ensure that all current trainees can finish their competencies.

It is important that all trainees who still need to complete competencies email DiP with:

- Your availability for swim meets in January, February, and March
- A copy of the competencies you have completed so far.

This information will assist with rostering and ensuring you receive the opportunities you need.

MSNSW would also appreciate the support of Clubs hosting swim meets in **January, February, and March**. If meet referees and meet directors could consult with DiP regarding Technical Official trainees seeking to complete competencies, it would help ensure trainees are appropriately assigned and able to progress toward completion.

To successfully complete competencies, trainees must follow the allocated roster and attend all assigned time slots. Completion of every scheduled session is required to be eligible for sign-off by the supervising official on the day.

If more than one supervisor is overseeing a trainee during a session, those supervisors must communicate and coordinate with each other to ensure consistent guidance and assessment.

**Chief Timekeeper** trainees are expected to demonstrate the ability to supervise and oversee at least 5 to 8 lanes simultaneously.

MSNSW would like to extend their sincere thanks to all Technical Officials and Trainees for your ongoing commitment, hard work, and dedication. Your efforts are vital to the smooth running and integrity of our swim meets, and we greatly appreciate the time and energy you continue to invest in developing your skills and supporting our sport.

DiP:

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

# MILLION METRES APP

## Million Metres App

This app also tracks your  
50 x 50 x 50 swims!



## SHARE WITH US!



We'd love to share more stories and  
celebrate your clubs and the  
wonderful people within them.

If you have something to share with us  
please email:  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)