



MASTERS SWIMMING NSW NEWSLETTER

2025 MSNSW Year in Review

STATE

116 Female Records

104 Male Records

72 Relay Records

NATIONAL

36 Female Records

51 Male Records

29 Relay Records

1 FEMALE WORLD RECORD: CLARY MUNNNS

Highest Attendance:
Relay Meet: 439 Swimmers

17 Carnivals held in NSW

Most Records Female:

Kelly Bowden

31 State & 10 National

Most Records Male:

Robert Butcher

25 State & 19 National

Most Club Relay Records:

Blacktown

13 State & 6 National

FROM OUR PRESIDENT

Thank you to all of our members for their continued support over 2025 and especially to those who helped us celebrate our 50th anniversary. The board enjoyed hosting all of the special events and we hope you enjoyed being involved as well.

In 2025 we have seen the best swimmer count at quite a number of our carnivals both State and BPS. There have been many fantastic moments where our swimmers have broken records, won medals, broken PB's or attained personal goals.

We continue to thrive under the Fitness, Friendship and Fun mantra and our clubs keep going from strength to strength.

I hope you all continue to enjoy swimming, whether it is the social Sunday swim and coffee, the regular training and endurance swims, or the carnivals and competition. May 2026 be a fabulous year in and out of the water.

Happy New Year to all of our members. May 2026 be the best yet!!

Kerryn Blanch | MSNSW President



*Thank you for celebrating
our 50th Year!*



2025 AGE CHAMPIONS

18-24

Katherine Di Bona & Nathan Moffitt

60-64

Julia Atkins & Craig Magnusson

25-29

Kassandra Di Bona & Micah Edwards

65-69

Jane Noake & Stephen Towner

30-34

Kelly Bowden & Luca Alessi

70-74

Helen Rubin & Owen Sinden

35-39

Belinda Meek & Mark McDonald

75-79

Helen Campbell & Michael Ferguson

40-44

Suzie Haddad & Cameron Jones

80-84

Anita Saviane & Graham Campbell

45-49

Cassie Anderson & Brett Havron

85-89

Kay Burton & George Brown

50-54

Elizabeth Harvey & Bradley Halicek

90-94

Margaret Jopling

55-59

Wendy McMurtrie & Mark Cooper

95-99

John Notley

Top 10 Swimmers (pointscore)

Belinda Meek: 582	Wendy McMurtrie: 526
Mark Cooper: 565	Cameron Jones: 524
Margaret Jopling: 550	Jane Noake: 517
Bradley Halicek: 548	Kelly Bowden: 516
Michael Ferguson: 528	Elizabeth Harvey: 507

TEAM VETERAN

Team Veteran is a virtual swimming club allowing membership from anywhere in Australia.

If you are already a member of a masters swimming club you can consider joining Team Veteran as your second claim membership to allow you to chose occasions where you may compete alongside your fellow current and former's serving defence personnel.

- Swim regularly in a supportive, structured and fun environment.
- Access coaching and tailored training plans.
- Compete in Masters events or simply swim for fun and fitness.
- Connect with a vibrant community of swimmers of all ages.
- Participate in social activities, and compete in events with your Team Veteran club mates
- Track progress, set personal goals, and celebrate milestones.
- Stay active, healthy, and motivated year-round.

There will be a Team Veteran presence at the Masters Swimming Australia national championships in Brisbane - 28 April – 2 May 2026. At this event we hope to have many competitors and representation in as many relay events as possible.

Membership is open to the Defence Community which includes current and former serving members and their immediate family.

For more information please head to the website [here](#)



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	21st	Merrylands Dual Sanction Event	LC	Merrylands Swimming Centre
	Sunday	22nd	Freestyle Workshop & Stroke Clinic		Bowral
	Saturday	28th	Blacktown BPS	LC	Blacktown AC
March	Saturday	21st	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	16th	AGM		Dooleys, Regents Park
	Saturday	23rd	Mingara BPS	SC	Woy Woy PLC
June	Sunday	14th	Pirates BPS	SC	Knox Grammar Pool
July	Saturday	18th	Stroke Workshop Clinic		Woy Woy PLC
	Sunday	19th	Branch Long Distance Championships	SC	Woy Woy PLC
August	Sunday	9th	Branch Relay Meet		SOPAC
	Sunday	16th	Warringah BPS	SC	Warringah AC
	Saturday	29th	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

Please note: Some events have changed dates

Additional Championship Event added in 2026

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

MSNSW CALENDAR

Tickets for the workshops will be made available on our website closer to the clinic date

MSA'S UNSUNG HEROES

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



Pete Sharman
Tuggeranong Masters
NSW

Pete has consistently dedicated his time to managing the medal table at State and National events and has in the past assisted the meet recorder with recording times into the timing system, often working behind the scenes to ensure smooth operations.



Owen Sinden
Campbeltown AUSSI
NSW

Owen shows this willingness to help at club days, BBQ Fundraiser days and club carnivals. He truly embodies the ethos of Masters Swimming and encompassing that swimming is for life.



Ewen McDonald
Tattersalls Club
NSW

Ewen has made swimming great again! Although Ewen might not have the tenure of some of the bigger clubs or the squad numbers what he does have is care for his swimmers and all those who compete for Tattersalls Swimming.



Greg Lewin
Ryde Masters
NSW

Greg has given his time freely and he's been a quiet achiever, never looking for any accolade and he has particularly been an important part of other members growth and development - from swimmers achieving their best to officials and coach's gaining experience and valuable guidance.



Hans Preiss
Campbeltown AUSSI
NSW

Hans has been a vital member of Campbeltown Masters Club for 30+ years. He has been the treasurer of our club and is always willing to go an extra mile for the club.



Mark McDonald
Blacktown City Masters
NSW

Mark sees the importance of all of the programs offered by Masters swimming and encourages participation across all of them - Vorgee E1000, 50x50x50 (MSA 50th Anniversary program), carnivals, relays, postal swims, training and social events.

MSNSW RESULTS APP

MSNSW Meets will now be on Meet Mobile

This app is available for purchase via the app & google play store



Please note that Meet Mobile costs money to access the results, so for anyone who doesn't want to pay for Meet Mobile, we will continue to use the live results website Craig has made - which is accessible via this link:
<http://liveresults.mastersswimmingnsw.org.au>
 This can be saved to your phone's home screen, in the same way our previous app was used.

50TH MERCHANDISE



ORDER NOW



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

2025 AWARD NOMINATIONS

These 2025 Awards will be handed out at our State Presentation dinner on Saturday 11th April

Official of the Year

Coach of the Year

Gary Stutsel Award

Administration Award

Betty Grant Award

**VOTE
NOW!**

SUBMIT A NOMINATION HERE

Award criteria is available on the forms

Deadline: Friday 30th January 2026

THE BIGGEST AND BEST OCEAN SWIM

PITTWATER SURF LIFE SAVING CLUBS OCEAN SWIMS SERIES

Details and entry online 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.

THE BIG SWIM from Palm Beach to Whale Beach was the pioneer ocean swim event in NSW, which led to the many fundraising swims now conducted by Lifesaving Club's. It will be the 52nd Big Swim on Sunday January 25th.

The idea for the event came from the late Bob Lynch, father of Champion Surfer, Barton. It was first held in 1974 with just 48 swimmers and now attracts up to 2000 with people coming for around Australia and overseas. There are 13 age categories, male and female, from 12 years to 70 years+. In 2024, the fastest time was won by a Masters NSW Swimmer, female entrant, Jeanette Britts.

"The Big SWIM was first to introduce electronic timing with swimmers each wearing an ankle band which is scanned as they start and then cross the finishing line," explains Claudette Good, the Event Director, "now we can quickly provide results for all categories."

Water safety, with swimmers in deep water and following rocky Coastline and headland between the two beaches, a distance 2.8 km, is well covered by helicopter surveillance, a flotilla of boards, surf skis, IRB's and motor launches from the Royal Volunteer Coastal Patrol. For those who may be daunted by the distance, there is a 1km swim along Palm Beach called the Big LITTLE Swim with around 350 entrants

Parking is arranged at the North Avalon Soccer fields with capacity for over 300 cars. RFS Traffic Control and free shuttle buses take swimmers and supporters to the start and back after the finish. Entrants are advised to use this as parking is limited at both beaches

Full information and online entries are on www.thebigswim.org.au or oceanswims.com



E1000

Looking for a goal in 2026?

The Vorgee Endurance 1000 program is a swimming program designed to encourage people to compete in distances from 400m to 60 minutes duration in a variety of strokes. The program is entirely optional, and to achieve the required goals (which relate to gender and age groupings), the swims are done over an extended part of the calendar year.

The total number of swims (gaining points) that can be completed is 62 – broken down into:



25 x individual 400m swims

25 x individual 800m swims

3 x 1500m swims

3 x 30 minute swims

3 x 45 minute swims

3 x 60 minute swims

Read more about it here: <https://mastersswimmingnsw.org.au/endurance-swimming/vorgee-e1000/>

E1000 2025 ENTRIES

A reminder that all e1000 swims for 2025 need to be entered into the portal by January 14, 2026.

Please make sure all NSW e1000 sheets are emailed to president@mastersswimmingnsw.org.au

UPCOMING NSW EVENTS

2026 UPCOMING EVENTS

17 JANUARY Gosford

31 JANUARY Campbelltown

14 FEBRUARY Myall

21 FEBRUARY Merrylands Dual Sanction

28 FEBRUARY Blacktown

21 MARCH Hunter Valley

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

[CLICK HERE TO ENTER](#)



Please help out at each event by doing a bit of timekeeping.

Your help is greatly appreciated by your fellow swimmers!

COACHING - ANNE SMYTH

GOAL SETTING

As it is the start of a new year, what could be a more appropriate time to set a swimming goal. This may be an open water swim or a swim meet such as State or Nationals you can aim for. From personal experience, once I have selected an event, it is a huge motivator to get to the pool and train with purpose.

At a Club level, coaches could set a whole squad goal, such as swimmers to improve their 100m swim time over the first few months of the year leading into State. Progress can be measured and recorded each month.

COACH OF THE YEAR & MSA EXCELLENCE AWARD

Is there a coach in your club who has been motivating and inspiring? This year there are two opportunities for nomination. Please use the appropriate nomination form for NSW and National.

NSW Coach of the Year. Nominations close 30th January 2026

<https://mastersswimmingnsw.org.au/award-nomination-form/>

MSA Coaching Excellence Award. Nominations close 28th February 2026

<https://mastersswimming.org.au/about/msa-awards/msa-coaching-excellence-award/>

Background to the MSA Coaching Excellence Award:

- Allows for multiple recipients.
- Enables the recognition of coaches for small or large achievements they may have made in their clubs.
- It is a simple online process to nominate – anyone can do this – a swimmer or a club.

REACCREDITATION

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

TECHNICAL OFFICIALS

Once you have read the newsletter do you have a discussion with your club mates about any of the articles in the newsletter?????

I challenge you to do this in 2026, because there is a large proportion on MSNSW who do not read the newsletter, make it part of your training session when you are on the wall having a rest or over a cuppa after your training.

I would like to see those officials who only officiate at their own swim meet make themselves available for at least one other swim meet in 2026. Officiating with other officials and not just your club members is the best experience you will ever have as there is always something new to learn.

I would like to extend my congratulations to all Technical Officials and Trainees who stand on pool deck at several swim meets for your ongoing commitment, hard work, and dedication. Your efforts are vital to the smooth running and integrity of our swim meets, and we appreciate the time and energy you continue to invest in developing your skills and supporting our sport.

On repeat as I have only received one email

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 to complete your competencies.

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 to ensure trainees have the appropriately mentor for success toward completion of competencies.

I wish all members and families a Merry Christmas and a restful New Year. See everyone full of energy in 2026.



DiP | Technical Training Co-Ordinator | diane.partridge@bigpond.com

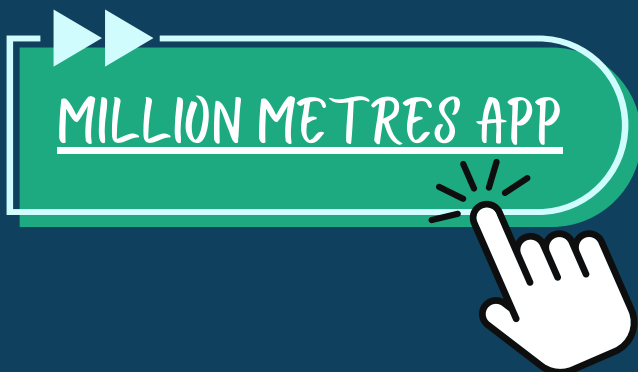
NSW WEBMASTER

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

MILLION METRES APP



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