



MASTERS SWIMMING NSW NEWSLETTER



STATE SC CHAMPIONSHIPS RECORDS

WORLD RECORD

Congratulations to Clary Munns from Blacktown who has provisionally broken a World Record at the MSNSW State SC Championships.

Women's 80-84 years
100m Butterfly 1:49.62



State SC Championships Records

PROVISIONAL WORLD RECORD

Clary Munns (80-84)
100m Butterfly 1:49.62

NATIONAL RECORDS

Robert Butcher (70-74) 50m Freestyle 29.02
Robert Butcher (70-74) 50m Butterfly 33.62
Robert Butcher (70-74) 100m Freestyle 1:04.64
Kelly Bowden (30-34) 200m IM 2:24.70
Kelly Bowden (30-34) 100m Backstroke 1:05.54
Paris Zhang (25-29) 25m Backstroke 13.82
Paris Zhang (25-29) 50m Backstroke 29.00
Tony Goodwin (80-84) 25m Breaststroke 20.49
Stephen Lamy (75-79) 100m Backstroke 1:24.19
Craig Magnusson (60-64) 200m Breaststroke 2:45.00
Jennifer Thompson (40-44) 100m IM 1:09.49
Jennifer Thompson (40-44) 25m Butterfly 13.67
Kat Asterova (30-34) 50m Backstroke 31.30
Wett Ones (100-119) W 4x50 Medley Relay 2:09.24

STATE RECORDS

Stuart Mackay (50-54) 100m Butterfly 1:03.77
Stuart Mackay (50-54) 200m Butterfly 2:21.77
Bradley Halicek (50-54) 50m Backstroke 30.28
Bradley Halicek (50-54) 200m Backstroke 2:19.93
Bradley Halicek (50-54) 25m Backstroke 14.49
Bradley Halicek (50-54) 100m Backstroke 1:04.97
Paris Zhang (25-29) 100m IM 1:05.96
Paris Zhang (25-29) 50m Freestyle 26.61
Paris Zhang (25-29) 50m Butterfly 28.31
Aaron Cleland (50-54) 100m IM 1:03.73
Aaron Cleland (50-54) 50m Butterfly 28.30
***Steven Vermey (45-49)** 25m Freestyle 12.10
David Burns (45-49) 25m Freestyle 11.88
Paul Lemmon (55-59) 200m Butterfly 2:33.36
Ian Morgan (70-74) 25m Backstroke 17.05
Daniel Phillpot (35-39) 100m Breaststroke 1:09.26
***Lauren Stadler (40-44)** 50m Butterfly 30.43
Jennifer Thompson (40-44) 50m Butterfly 30.37
Kay Burton (85-89) 50m Butterfly 1:25.59
Tony Goodwin (85-89) 50m Butterfly 48.12
Blacktown (100-119) Mi 4x50 Freestyle Relay 1:53.14
Wett Ones (100-119) W 4x50 Freestyle Relay 1:59.95

* record was beaten in a later heat

STATE SC CHAMPIONSHIPS AWARDS

Swimmers of the Meet

Paris Zhang
Tattersalls

Tony Goodwin
Manly

Championship Award
Warringah

Des McCormick Trophy
Campbelltown

Harry Fowler Trophy
Warringah 280-319

Gordon Cozins Trophy
Blacktown

Division 1
Warringah

Division 2
Maitland

Division 3
Tattersalls

Division 4
Gosford



STATE SC CHAMPIONSHIPS



FAREWELL MARK HEPPLER

After an incredible 26 years of service, we bid a heartfelt farewell to Mark Hepple, our much-loved MSNSW Branch Recorder, as he steps down from his official role.

Mark's Masters Swimming journey began by accident in 1997 when he stumbled across the Nationals at SOPAC while heading to the gym — and thank goodness he did! Joining The Hills club that year, he soon became a powerhouse behind the scenes, serving as President, Secretary, Recorder and Treasurer before relocating to the Mid North Coast in 2005.

While rarely spotted in the water (unless it's for a cheeky 50m or 25m sprint!), Mark's impact on the sport has been monumental. From updating IT systems to launching online entries, live results, virtual meets, and even entire websites — his innovation and dedication have truly brought MSNSW and MSA into the 21st century.



Key Achievements Include:

- Branch Computer Recorder since 1999
- Gary Stutsel Award winner (2001, 2006, 2013, 2019)
- Recorder/Organiser for countless Nationals & World Masters Games
- Creator of the MSNSW & MSA Live Results Apps
- Instrumental in our Swim Central migration
- Life Member (2017)
- MSA Volunteer of the Year Award (2018)
- Sports NSW Distinguished Long Service Award recipient (2022)

We're eternally grateful for the countless hours Mark has devoted — always with precision, patience and a passion for progress. Thank you, Mark, for your extraordinary service and for being the quiet engine that has kept us running smoothly for nearly three decades.

Your legacy will live on in every online entry, every live result, and every swimmer who benefits from the systems you helped build.

FINALIST: NSW SPORTS AWARDS



NSW
CHAMPIONS OF SPORT

★ ★ ★ 2025 ★ ★ ★

FINALIST

Masters Athlete of the
Year 2025

Kay Burton

At 86 years of age, Kay Burton continues to exemplify passion, dedication, and excellence in Masters Swimming. Over the past year, Kay 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 with four gold medals in the 100m Breaststroke, 100m Butterfly, 200m Individual Medley, and 400m Individual Medley — setting two NSW State Records along the way.

Between October 2024 and September 2025, Kay broke an incredible 11 records, including 2 Australian Short Course National Records, 4 NSW Short Course Records, and 5 NSW Long Course Records. At the 2025 National Championships in Melbourne, she added to her achievements with 8 Gold, 2 Silver, and 1 Bronze medals. In recognition of her outstanding performances and ongoing contribution to the sport, Kay has been named a Finalist in the Masters Athlete of the Year category at the NSW Sports Awards — a fitting honour for her exceptional achievements and dedication.

Kay's accomplishments highlight her technical brilliance, longevity, and unwavering commitment to the sport. Her success on both national and international stages not only cements her as one of Australia's most accomplished Masters swimmers but also inspires swimmers of all ages to pursue excellence and lifelong participation in swimming.

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	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
May	Saturday	23rd	Mingara BPS	SC	Woy Woy PLC
June	Sunday	14th	Pirates BPS	SC	Knox Grammar Pool
July					
August	Sunday	2nd	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		NT
November	Sunday	1st	Manly BPS	LC	Lane Cove AC
		6-15	Pan Pacific Masters Games	LC	QLD
	Saturday	14th	Port Macquarie BPS	LC	Port Macquarie Pool
	Sunday	22nd	Branch Long Distance Championships	LC	Granville Pool
December	Saturday	5th	Novocastrian BPS	LC	Charlestown Pool

MITTAGONG MASTERS CLUB

WELCOME

Mittagong Masters Swimming club has joined Masters Swimming NSW! We look forward to seeing you at our meets.



AUSTRALIAN MASTERS GAMES

A huge thank you to our incredible Technical Officials who volunteered at this meet. We truly appreciate your time and dedication—especially given the extremely short notice. Many of you supported every single event, and your commitment does not go unnoticed.

To all our swimmers, congratulations on a wonderful 2 day event. With some of you swimming the full 20 events, we hope you take a well deserved rest!



MSNSW LIVE RESULTS APP



The MSNSW Live Results app is no longer in use. MSNSW is working on a replacement. Results will be printed and made available to view on the day of a BPS meet.

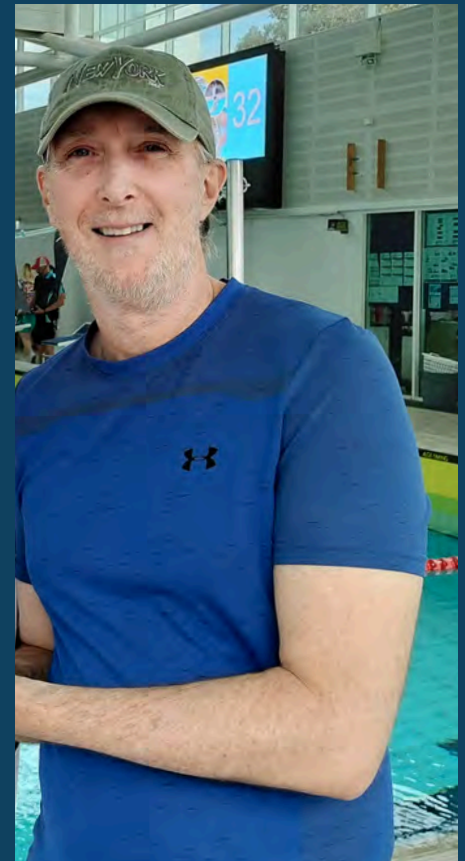
Relay teams must be submitted via paper forms, which will be made available on the day of the BPS meets for the remainder of 2025.

CRAIG SMITH - MSNSW RECORDER

Craig, a dedicated member of the Seaside Pirates, has been working closely with Mark in the recorder role for over 12 months, gaining valuable experience and insight into the position. His commitment and attention to detail have already made him a great asset to the team.

In addition to his work behind the scenes, Craig is an active swimmer who continues to compete at meets — often balancing his duties on the day with his time in the pool!

Please join us in congratulating and welcoming Craig to his new role as MSNSW Recorder.



50TH MERCHANDISE



ORDER NOW



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

WEBMASTER

EOI WEBMASTER

Masters Swimming NSW is looking for a webmaster to maintain and update the NSW website.

This is a volunteer position.

The successful applicant will work closely with the Branch Administrator.

The website currently uses the *wordpress* platform



Please send your EOI to
admin@mastersswimmingnsw.org.au

UPCOMING NSW EVENTS

2025 UPCOMING EVENTS

2 NOVEMBER Manly

8 NOVEMBER Dual Sanctioned Meet
Hornsby

15 NOVEMBER Port Macquarie

7 DECEMBER Combined Hunter

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

[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.

SWIMMING NSW OW EVENTS

Swimming NSW launches new 2.5km Open Water Classic Series.

3 public entry events that Masters swimmers can take part in.

METRO SW - 2.5KM Classic – 23rd Nov 2025
Sydney International Regatta Centre, Penrith

Swimming NSW 2.5KM Classic – 21st Dec 2025
Sydney International Regatta Centre, Penrith

[Read more about the OW series here](#)

COACHING - ANNE SMYTH

50 X 50 X 50 SWIM PROGRAMS

Looking for some training inspiration? Check out the latest upload of 50 x 50 x 50 swim programs. There are 21 programs ready for you to use!

<https://mastersswimming.org.au/50-x-50m-x-50-weeks-session-samples/>

RENEWAL

Don't let your MSA Club Coach Accreditation lapse!

Go to: <https://msa.ditaplayer.com.au/catalog/club-coach-re-accreditation>

COACHING CORNER: EARLY VERTICAL FOREARM

What is it?

EVF is exactly what it sounds like – getting your forearm into a vertical position during the “catch” phase of your stroke as soon as your arm enters the water. The body is in a streamlined position, enabling the power in the catch and pull phase to be maximised, as the hand drives the water back. It is an important feature in all strokes, not only freestyle.

Why is it important?

Developing EVF creates a more powerful pull and efficient stroke by bending the elbow early to “catch” water with the forearm.

How to develop:

Common drills to develop EVF in all strokes include sculling, swimming with fists and tennis balls in hands to develop and feel the forearm pull. One arm swim drills and using paddles will also assist. The YMCA drill in Freestyle is very effective in developing awareness of the stages in the pull, particularly EVF.

<https://www.youtube.com/watch?v=Q5thjxmqLnY&t=7s>



TECHNICAL OFFICIALS

Courses

Saturday 22nd November 8:00am: CTK

**REGISTER
HERE**

You must first be a qualified Timekeeper to complete these courses. Please only do one course at a time

Technical Officials – Preparation for 2026

As we approach the end of 2025, with just one training course (CTK) remaining, this is a timely reminder to all Referees, Starters, Inspectors of Turns, Chief Timekeepers, and Call Room Technical Officials to check the expiry date on your E-Certificates. This date indicates when you must be re-accredited by—please don't leave it until the last minute.

If you are unable to locate your E-Certificate, please email Diane Partridge: diane.partridge@bigpond.com for assistance.

If your club is planning to host a swim meet in 2026, it is essential that all technical officials are current and accredited. This is a requirement for lodging a Swim Meet Sanction Form for a BPS swim meet.

As a safeguard, the club member responsible for coordinating technical officials for your BPS swim meet should confirm the accreditation status of all club technical officials ASAP.

We also encourage all technical officials to consider volunteering at at least one swim meet outside your own club. Officiating alongside other teams provides invaluable experience and strengthens our officiating community.

Clubs are also encouraged to be proactive and include a mix of both experienced and newer technical officials at their meets. This helps build depth and resilience across our officiating base.

Lastly, the person coordinating technical officials for your 2026 swim meet should contact Lauren Bradley, MSNSW Sports Administrator, to obtain an up-to-date list of accredited technical officials.

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