



MASTERS SWIMMING NSW NEWSLETTER



AUSSI NATIONAL ANTHEM

Let AUSSI swimmers all rejoice
 For we are fit as fleas
 We swim in rivers, lakes and pools
 And sometimes in the sea
 We swim all strokes and times and lengths
 In individual style
 Our ages vary wildly but all have that AUSSI smile
 In joyful strains and in one voice
 Rejoice swimmers rejoice

Beneath our nations southern cross
 We train with coaches true
 Five times a week, morning and night
 Whatever time suits you
 We hope you will enjoy your club
 Maybe in time compete
 Racing is fun for everyone tries their best time to beat
 In joyful strains and in one voice
 Rejoice swimmers rejoice



50TH BIRTHDAY DINNER



On Saturday 20th September, the vibrant atmosphere of Bankstown Sports Club played host to a very special celebration — the 50th Birthday Dinner, marking five incredible decades of camaraderie, competition, and community in Masters Swimming.

With 100 guests in attendance, the evening was nothing short of spectacular. From the moment guests arrived, they were immersed in a nostalgic journey through time, thanks to the exceptional memorabilia on display — highlighting achievements, milestones, and memories from the past 50 years.

A special congratulations goes out to North Sydney, proudly recognised on the night for their outstanding display and well-deserved victory.

Adding a splash of fun to the evening, the swimming trivia quiz kept everyone on their toes! All questions were cleverly themed around Masters Swimming in Australia, sparking both laughter and debate, while bringing back fond memories of swims gone by.

Another crowd favourite was the baby guessing competition, featuring adorable baby photos of our MSNSW Board Members. Guests had a great time matching the baby faces to the current leaders of our organisation — with plenty of laughs, surprises, and some uncanny resemblances!

The photo booth was also a hit, capturing smiles, silly props, and priceless moments that will be treasured for years to come.

We saw the presentation of MSNSW Life Membership to Di Coxon-Ellis — a fitting recognition of her tireless dedication, and longstanding contribution to Masters Swimming in NSW.

Guests enjoyed delicious food, lively music, and a warm, welcoming atmosphere — all complemented by heartfelt speeches from two prominent figures in the Masters Swimming community; Gary Stutsel & Jane Noake.

We thank everyone who attended the evening and made it a night to remember.

GARY STUTSEL'S SPEECH

Thank you all for joining us today to celebrate a truly remarkable milestone – the 50th anniversary of organised Masters Swimming. It's an honour to stand before you to reflect on the incredible journey we've all been a part of.

Tonight, I speak to you as the first honorary secretary of Masters Swimming NSW and Masters Swimming Australia.

51 years ago, a group of adult swimmers from North America visited Sydney. Their passion for swimming sparked a movement that would lead to the birth of A.U.S.S.I. (the Australian Union of Senior Swimmers- International, now known as MSA) right here in NSW. Now, 50 years later, we are celebrating the friendships, and the countless memories we've all created.

Over the years, we've seen swimmers of all ages and abilities come together, united by a love for the water, a drive to compete, and a desire to stay fit and healthy. We've had our share of triumphs and challenges, but through it all, we've supported each other, and celebrated every achievement, big or small.

I'd like to take a moment to reflect on my own journey in this wonderful community. My love for swimming began in school. As a teenager and as a young adult I won many races at school, in amateur swimming. Although a motor accident ended my Olympic dreams, it didn't keep me out of the water for long. I continued to swim, compete in life saving events and play water polo. Between the ages of 25 and 37 it was mostly 50yard dashes in individual and relay events.

In 1975, as a member of the committee formed to run an annual competition open to adults 25 and over, I drafted constitutions for both A.U.S.S.I. and the states. They laid the foundation for the growth and development of our organisation. It was a labour of love and seeing how far we've come since fills me with immense joy and pride.

One of the highlights of my journey was organising and directing the first Pan Pacific Masters Swimming Championships in 1981. This event attracted swimmers from around the world, showing how sport can unite people across borders and cultures.

Building on our success in Australia I co-founded Masters Swimming International and served as its only president over the 13 years of its existence. During this time, working with the FINA Masters Committee of which I was the first chair, we established joint FINA/MSI World Masters Championships and World Top 10, allowing swimmers from all corners of the globe to participate.

Throughout the last 50 years, I've had the pleasure of competing alongside many of you. The friendships and rivalry inspired me greatly.

As we celebrate this milestone, I'd like to take a moment to reflect on some of the most significant changes we've seen in Masters Swimming in the past 50 years:

We moved from swimmers having direct membership of their Branch and swimming for their region in relays, to since 1977 joining clubs that are members of their state branch.

We've gone from swimming mostly in shallow 25m private pools with solid starting blocks and rope lane dividers with spaced-out corks, to 25m and 50m pools equipped with Omega blocks, continuous anti-wave lane ropes, and to regimented, supervised warm-ups.

GARY STUTSEL'S SPEECH

These improvements have significantly enhanced our competition experiences. Instead of 25, our youngest members are now 18 while our oldest competitors have gone from being in their 70s to being almost 100. This remarkable increase in age span highlights the inclusivity and longevity of our sport.

At the Australian swim in 1975, we had just six events for individuals, no medley, and only one men's and women's relay. Today, our results portal allows for 47 individual and 8 relay events. This expansion has provided many more opportunities for swimmers of all abilities to participate and compare their progress.

Then our swim meets were held with FINA rules, supported by one accredited official; we used analogue watches recording to one tenth of a second and manual recording that took hours to complete. Today we have our own MSA rules, and all our officials are accredited. We have online competitor programs and computerised timing.

One of the most significant changes we have seen is that previously the only organised competitions were for men. Masters Swimming transformed this landscape, ensuring that everyone, can compete and enjoy the sport.

It's also important to recognize that most of the people who shaped much of the first 50 years of Masters Swimming were volunteer members whose dedication and passion laid the foundation for our success. Today while we are still vitally dependent on our volunteers, our employees are essential to ensuring that our programs run smoothly, are well-organized, and that our community continues to thrive.

And finally while we used to be able to celebrate after our efforts with a club meal for \$5, that too has changed.....

Despite all of these changes in one thing has remained constant: the provision of regular, fairer competition for both men and women. This core principle has been the bedrock of our community, ensuring that every swimmer, regardless of age or ability, can compete and for those who can't there are other challenges.

I'd like to extend my heartfelt thanks to everyone who has been a part of this journey. To the coaches, volunteers, employees, and fellow swimmers – your dedication and enthusiasm have made Masters Swimming in Australia what it is today. Together, we've built a community that values health, friendship and the joy of swimming. "Fitness, Fun and Friendship" as we used to say.

Lastly, I would like to extend a special thank you to my wife, Audrey. In the same year that I conceived a structure for Masters Swimming in Australia and set MSNSW on its course, Audrey gave birth to our third child. Her unwavering support and love have been my anchor through this journey, and for this I am deeply grateful and indebted.

So, here's to the next 50 years of Masters Swimming! Thank you, and let's keep swimming.

50TH BIRTHDAY DINNER IN PIGS



CHAMPIONSHIP EVENTS

MSNSW RELAY MEET

Over the past few years, we've watched the Relay Meet grow into the standout event on the MSNSW calendar. Its popularity, energy, and team spirit have made it a favourite among our members.

We are thrilled to announce that in 2026, the MSNSW Relay Meet will officially be elevated to a Championship event.

This means medals will be awarded for 1st, 2nd, and 3rd place across all age groupings—recognising excellence and encouraging fierce but friendly competition.

In another exciting change, Top Point Score trophies will now be awarded per division rather than overall. This new system gives smaller clubs a greater opportunity to shine within their own divisions and take home well-deserved recognition.

With these changes, we can't wait to see how much bigger and better the Relay Meet can become in 2026!

MSNSW STATE CHAMPIONSHIPS

In alignment with our National Championships, we're making a positive change to how we recognise relay team achievements at our State level events.

Starting with the NSW State Short Course Championships in Woy Woy on October 11 & 12, 2025, all relay teams placing 1st, 2nd, or 3rd in their age group will now receive medals.

Previously, only Gold medals were awarded to winning relay teams. However, thanks to valuable member feedback and the outstanding team spirit consistently shown at our meets, we're proud to extend recognition to Silver and Bronze medalists as well.

This change will apply to both the MSNSW State Short Course and MSNSW State Long Course Championships going forward.

2024 WORLD TOP TEN

It took a little while, but we finally have the results of the World Top Ten in 2024. A huge congratulations to our MSNSW swimmers who made this illustrious list. We are so proud of you all!

For the full list please click on the links

[SCM](#)

[LCM](#)

2024 WORLD NUMBER 1

CLARY MUNNS

LCM Women 1500m Freestyle (80-84)

LCM Women 50m Backstroke (80-84)

LCM Women 100m Backstroke (80-84)

LCM Women 200m Backstroke (80-84)

LCM Women 200m Butterfly (80-84)

LCM Women 200m Medley (80-84)

LCM Women 400m Medley (80-84)

SCM Women 50m Backstroke (80-84)

SCM Women 100m Backstroke (80-84)

SCM Women 200m Backstroke (80-84)

SCM Women 100m Butterfly (80-84)

SCM Women 200m Butterfly (80-84)

SCM Women 100m Medley (80-84)

SCM Women 200m Medley (80-84)

TONY GOODWIN

LCM Men 50m Breaststroke (85-89)

LCM Men 100m Breaststroke (85-89)

LCM Men 200m Breaststroke (85-89)

LCM Men 200m Medley (85-89)

SCM Men 50m Breaststroke (85-89)

SCM Men 100m Breaststroke (85-89)

SCM Men 200m Breaststroke (85-89)

SCM Men 100m Medley (85-89)

SCM Men 200m Medley (85-89)

JENNY WHITELEY

SCM Women 100m Freestyle (65-69)

SCM Women 100m Medley (65-69)

STUART ELLICOTT

SCM Men 50m Breaststroke (70-74)

SCM Men 100m Breaststroke (70-74)

SCM Men 200m Breaststroke (70-74)

LIZ WALLIS

LCM Women 200m Freestyle (95-99)

LCM Women 50m Backstroke (95-99)

LCM Women 100m Backstroke (95-99)

JEANETTE BRITS

LCM Women 800m Freestyle (60-64)

LCM Women 1500m Freestyle (60-64)

HEATHER MORGAN

LCM Women 200m Freestyle (80-84)

2024 WORLD TOP TEN

2024 WORLD TOP TEN

INDIVIDUAL

RELAY

Clary Munns	10	Stuart Mackay	2	Warringah	4
Kay Burton	8	Belinda Soszyn	2	Blue Mountains	4
Aaron Cleland	7	Abel Bornstein	2	Manly	3
Jeanette Brits	7	Cameron Horn	2	Ryde	2
Anita Saviane	6	Geoffrey Llewellyn	2	Penrith	2
Stephen Lamy	5	Gail Fletcher	1	Campbelltown	1
Heather Morgan	5	Pam Munday	1	Blacktown	1
Tony Goodwin	5	Carol Russell	1		
John Notley	4	Paul Wyatt	1		
Jon Hawton	3	Martin Pappas	1		
Stuart Ellicott	3	Jenny Whiteley	1		
Bec Sheppherd	2	Gary Stutsel	1		

Our Relay Swimmers

Gregory Jacques, Owen Sinden, Russell McLeod, James Pelosa, Christine Geftakis, Bridget Cook, Pamela Dawes, Liz Wallis, Barry Seymour, John Martin, Tony Goodwin, Stephen Lamy, Bradley Halicek, Aaron Cleland, Daniel Lynch, Andrew Howlett, Jenny Whiteley, Annalisa Hope, Kathy Andrews, Gail Fletcher, Jamie Turner, Tony Tooher, Rowan Jacob, John DeVries, John Bates, John Harvey, David Harvey, Peter Harvey, Stephen Harvey, Tony Wozniak, Jorian Catzel, Stuart Meares, Gordon Whyte, Robert Butcher, Claire Oxade, Susan Myers, Anita Saviane, Sue Wiles, Nerida Murray, Kay Burton

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	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
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	Saturday	19th	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

All BPS & State Meets are now confirmed in 2026

Technical Official course dates will be available in due time.

TAMWORTH CITY MASTERS



It's been a number of years since Tamworth has had a Masters swimming squad for like-minded adults. Tamworth City Swimming Club has joined with coach Kate Bolte to bring it back. Many of us know how valuable it is to have direction, structure, and support in our swimming. Masters swimming is about so much more than competition. It's about creating a community of adults who swim because they love it and want to feel encouraged on their swimming journey.

Kate is very excited to be leading this new squad. As a qualified swimming coach with years of experience, she is passionate about helping swimmers of all levels enjoy the water, build confidence and achieve their goals. We're looking to start running squad three times per week during the summer at Tamworth Olympic Swimming Pool in Kable Avenue.

For more information please contact coach Kate at swimcoach3149@gmail.com or Tamworth City Swimming Club at tcscinformation@gmail.com

50TH MERCHANDISE



ORDER NOW



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

16 MONTH MEMBERSHIPS

SWIMMAUS[™]
SWIM CENTRAL

16 month memberships are available to be
created in Swim Central.

Club Secretaries & Registrars, please ensure
that you make these products available ASAP

WEBMASTER + TECHNICAL TIPS

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

TECHNICAL TIPS

Know the rules

**BACKSTROKE:
SWIMMERS MUST FINISH ON THEIR
BACK. THIS INCLUDES THE
BACKSTROKE LEG OF AN IM.**

- BACKSTROKE:**
SW 6.5 - Upon the finish of the race the swimmer must touch the wall while on the back.
- INDIVIDUAL MEDLEY:**
SW 9.4 - Each section must be finished in accordance with the rule which applies to the stroke concerned.



UPCOMING NSW EVENTS

2025 UPCOMING EVENTS

11+12 OCTOBER State SC Championships

2 NOVEMBER Manly

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.

NARRABEEN OCEAN SWIM

NARRABEEN BEACH OCEAN SWIM

Sunday 2 November 2025

Get in an early swim for the season!



Narrabeen Beach SLSC
Ocean Street (between King & Albert Streets)

Registration	7am to 9.30am
Briefing	10 mins before each race
Swim start time	8.30am - 300m (9 yrs & over)
	9am - 800m (12 yrs & over)
	10am - 1.8km (15 yrs & over)

Visit oceanswims.com or scan the QR code
for details and registration.



Proudly sponsored by



Our friends at Narrabeen Surf Life Saving Club are holding their annual ocean swim on Sunday 2nd November. Please note that the Manly BPS Carnival is also scheduled for the same day.

[Visit the website for more information](#)

COACHING - ANNE SMYTH

NATIONAL COACH CONFERENCE FOLLOW UP

All session notes are available on the DITA platform. My advice for those who attended is to try out any new tips and drills pronto, while they are still fresh in your mind. That way they are more likely to go over into your coaching practice. Otherwise, it is easy to forget!

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! Your club needs you! It is easy to reaccredit online through the DITA platform. Log in and follow the steps to renew your accreditation. DITA now has updated reaccreditation form making it simple for you to log and record your PD hours as you go.

COACHING - ANNE SMYTH

COACHING CORNER

With State and Australian Master Games happening this month, it is time to turn our attention once again to racing.

Preparing Swimmers to Compete

It is important to go over swim meet guidelines in training to familiarise all swimmers with meet conventions. [Read about them here.](#)

Hold a Race Practice Session in Training:

- ▶ Practice a typical meet warm up. A warmup should usually include at least 400 m covering the race strokes, some 25's at race pace to get heart rate up and dive starts. Make sure swimmers are aware of the importance of cooling down after a race. Discuss warm up protocol, i.e. following lane warm up signs and not diving in.
- ▶ Ensure your swimmers are familiar with rules. Check your swimmers' starts, turns and strokes to ensure they are legal.
- ▶ Practice starting, including whistle and starting device. Remind swimmers to be prepared (goggles on) before they step on the block and to be steady on the blocks.
- ▶ Go over the Finish procedure – Hit the wall firmly to ensure automatic timing works. Stay in lane until instructed to leave. With an over-the-top start, remind swimmers in the water to be quiet and to make sure they are off the wall.
- ▶ Practice Relays.

TECHNICAL OFFICIALS



ATTN: ALL CLUBS

Conducting a Branch Point Score (BPS) swim meets in 2025?

Make sure your club officials are current for your swim meet date.

How can you do this? First ask the official to check expiry date on their E-certificate. Second if they cannot find this, please email DiP: diane.partridge@bigpond.com with the proposed date of your swim meet and I will check their currency on the official's database.

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

Terminology

CTK: Chief Timekeeper, IOT: Inspector of Turns, CS: Check Starter, CoC: Clerks of Course, JOS: Judge of Stroke

MILLION METRES APP

Million Metres App

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



2025 CALENDAR

2025 MSNSW Calendar



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