



MASTERS SWIMMING
New South Wales

SPLASH



MASTERS SWIMMING
New South Wales

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June 2008

The 2008 World Masters

The View from North Sydney

Twenty-two North Sydney members arrived safe and sound in Perth in April to join the other 2,000 or so swimmers competing at the World Masters Aquatic Championships over a week. Challenge Stadium in Perth was a great venue to enjoy this event, with an 8-lane indoor competition pool and a 10-lane outdoor competition pool. Men and women competed in separate pools but took turns having each pool a day at a time. The additional 8-lane 50m outdoor pool was used for all-day warm up and warm down. There is also an outdoor 25m pool where some of the water polo took place, while synchro swimming and diving took place indoors in the... yes, the dive/synchro pool. Talk about a lot of pools in one place. Like many other teams, North Sydney centralised under a pre-organised tent by the outdoor pool and tried not to lose each other too often!

Friday was the first day of competition and the 800 freestyle took up the WHOLE DAY. North Sydney only had one swimmer in this event, Roz Elliot. After a very long day, Roz was almost ready to swim her heat at about 6 pm when the outdoor pool was closed due to very stormy conditions. Roz stuck it out, waited for all the men to finish in the indoor pool, and finally swam her race at about 8:30 pm. Despite sitting at the pool for



North Sydney Women's 120+ free and medley relay team (left to right) Gillian O'Mara, Anna Hoy, Isla Hale, Christina Echols

about 12 hours, she managed to go under her personal goal. Although only the first day, it was one of the best stories of the meet from our team due to her determination to get the job done.

Throughout the week, all of the Norths swimmers competed in multiple events with several top 10 finishes and six individual medals of the gold, silver and bronze variety. The medal ceremonies happened at the end of each day in the arena, some better attended than others, but it was a nice form of recognition for the top three swimmers in each age group and event. One of the very nice things about the Worlds is getting pewter medals for fourth

through tenth place in recognition of a world-class top 10 finish. In addition to some great placings, some of our swimmers achieved personal goals, from best times to just finishing a race and not coming last! Everyone had a sense of achievement at the end of the week even if they didn't take home a medal.

North Sydney also managed to put in a good showing on relay day, entering 11 relays. One of the highlights of the meet for us was our 200+ men's team not only winning a gold medal in the 4x50 freestyle relay but earning a new national record. Congratulations to Alan Godfrey, John Kain, John Wynberg and Hiroto Homma.

When not in the pool, several of us had time to do some sightseeing, enjoying Cottesloe Beach, touring Rottnest Island and, of course, tasting wine, either in the Swan Valley or Margaret River. All who

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Manly Masters Magnificent Women's 320+ team won gold in both the freestyle and medley relays: (left to right) Liz Wallis, Barbara Vickers, Jan Allport, Margaret Houston

(Continued from page 1) went (including significant others and team supporters) enjoyed the out-of-pool offerings of Perth. Overall, seven days at the pool can be very long and tiring, so planning not to swim on one or two of those days proved to be a wise plan, not just for sightseeing, but for having a rest.

Another enjoyable aspect was being able to socialise with our own team and with other swimmers from around the world. Our team had several spontaneous team dinners at the various vacation houses we were renting in Fremantle as well as an organised one during the week. In addition, many members of the team have previously swum in other parts of the world and this was a great time to catch up with old friends and make new ones. Many of the friendships were made for the sake of 'trading'. A big part of attending the Worlds is coming home with none of your own clothing or caps but with jackets, shirts, caps and pins from around the world. (This is a good thing to remember when attending future international meets!)

Even being a spectator at the Worlds can be highly entertaining. Not only were several world records broken, there were some really good head-to-head races. And if that wasn't enough, there was always synchronised swimming, diving and waterpolo to watch. Some of the best entertainment (and some jaw-dropping moments) came from watching some masters divers who were over 60 do some pretty awesome stuff in the air only to plunge not so gracefully into the water.

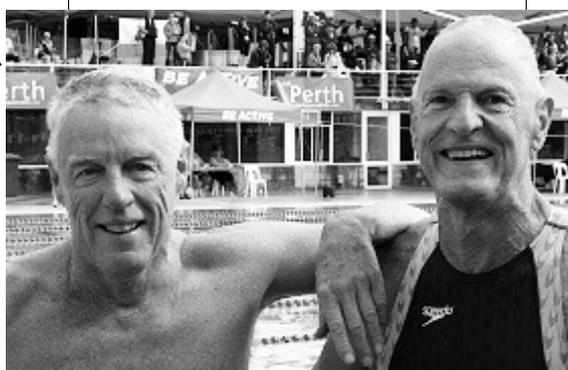
After a long week, the 400 freestyle wrapped up the final day in the pool. It was a great day just to absorb the last of the



Norths members (left to right) Hiroto Homma, John DeVries, Mary Fewing, Roz Elliot, Christina Echols, Peter Murray, Robyn Burton, Ann Fein, Alvin Parr-Whitley, Enrico Hahn

atmosphere. The final heat of both the women's and men's 400 free were very quick and exciting to watch. Each pool closed with "It's time to say goodbye" playing over the loudspeakers. When they had closed the second pool indoors, all the officials gathered on the bulkhead for a final round of applause and a wave goodbye. It was a very moving moment and a great way to end the meet. Overall, it was a great week and all of us are looking forward to our next trip to Worlds. This Worlds will probably remain one of the most special for all of us since it was in our own backyard and we were able to have so many swimmers from our team participate. The 2010 championships will take place in Sweden so no guarantees on the size of the North Sydney turnout for that one!

*Christina Echols
North Sydney Pool Captain*



Tony Goodwin (Manly) and Karl Wiedemann (USA) both broke the men's 70-74 world record for the 200 breaststroke at Perth

The View from Japan

Extracts from Hiroto Homma's article published in the Japanese magazine *Swim*.

There were 3,211 people from 63 countries at the World Masters in Perth this year: 1,498 women and 1,713 men. The biggest team was, of course, the Australians,

consisting of 960 swimmers but Japan, USA, France, Germany, the UK, Italy, Russia and New Zealand each had more than 100 swimmers. The numbers of women and men were about the same for most countries, except for Japan, which had 265 women and only 110 men.

It was great to chat with people from other teams and other countries in such a relaxed atmosphere, apart from the food. I talked to Janne Virtanen and Tommy Rudgren from Finland about their swimming training and dryland workouts, and their winter sport of XC (cross country) skiing.

Jenny and Joan from the UK had great t-shirts provided by the tour company. One sleeve showed the athlete's name and the other showed the team's name. It looked very convenient to have the event schedule printed on the back. Jenny and Joan came from the Isle of Wight and told me about the Island Games organised by 25 islands all over the world. Last year at the Island Games on Rhodes Island in Greece the swimming pool was 15cm longer than Olympic size. So all the records were unofficial. It sounds like a joke, but it wasn't funny for those who attended, was it?

I talked to some backstrokers who won gold each with their own style of training, including dry land. Ahelee is a coach in San Francisco and she works out at the gym and studio. She

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Masters Swimming NSW Calendar 2008

Recent Changes Underlined>

Branch Pointscore Meets are abbreviated as "BPS".

Closing dates listed apply to all entries unless a later date is specified on the flyer for entries submitted using Meet Manager, Team Manager or TM Lite.

		Closing at HOST
May 31	Wett Ones BPS	Closed
June 07-08	Clarence River BPS	Closed
June 14	MSNSW AGM, Sports House, Sydney Olympic Park	
June 28	Trinity BPS (TBC)	06/06/08
July 05	Hunter Festival of Sport	13/06/08
July 20 (Sun)	NSW Relay Meet, SOPAC	Wed, 25/06/08 (Payment & Payment Schedule only)
August 17 (Sun)	Hills Long Distance (short course)	25/07/08
August 24 (Sun)	Manly BPS	01/08/08
September 06	Ryde BPS	15/08/08
September 27	Lake Macquarie Crocs BPS	05/09/08
<u>October 5</u>	<u>Warringah Masters BPS</u>	<u>12/09/08</u>
October 18-19	NSW Short Course Championships Peninsula Leisure Centre, Woy Woy	Wed, 24/09/08
October 25	Vikings Challenge, Tuggeranong	TBA
November 01	Port Macquarie BPS	10/10/08
November 08	NSW Open Water Swim, Chowder Bay	TBA
November 15	Novocastrian BPS	24/10/08
November 22-23	NSW Long Distance Long Course Championships, Blacktown	Wed, 29/10/08
December 06	Wests Auburn BPS	14/11/08
December 13	Raymond Terrace BPS	21/11/08

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cares about balance in her training. Nahomi is a sprinter; she concentrates on dry-land training and swims only once a week. Christina, on the other hand, is good at 200m events and swims more often than Nahomi. She does yoga, which provides "a long-lasting load" for the core, as her main dry-land training but does not do intense weight training.

*Hiroto Homma
North Sydney Masters*



The spirit of the Worlds. These are all gold medal winners in 200m backstroke (left to right) Christina Echols (AUS 35-39), Helen Whitford (AUS 40-44), Ahelee Sue Osborn (USA 50-54), Karlyn Pipes-Neilsen (FR 45-49), Nahomi Shirata (JPN 30-34)



◆Carnival Reports◆

Have a look at the NSW, Australian & World Record panel for who broke what when and where.

North Sydney Sprint Meet: 16 February 2008

Two national records and four state records were broken at the 22nd North Sydney Sprint Carnival on 16 February 2008.

Over 180 swimmers from 24 clubs across the Sydney metropolitan area gathered at the spectacularly located North Sydney Olympic Pool for this favourite in the state carnival calendar.

Jenny Whiteley from Ryde emerged as the star swimmer of the event, breaking two national records (50 free and 50 fly) and three state records (50 free, 50 fly and 50 breast) in her 50–54 years age group.

Carnival hosts North Sydney AUSSI Masters landed the fourth state record of the evening with the 200 men's 200–239 medley relay team of Alan Godfrey, John Kain, Mathew Byrne and John Wynberg.

The guys' performance contributed to North's total point score of 781 and the club's overall first place. Second placed were Warringah with a point tally of 622 followed in third place by Ryde with a score of 529.

Campbelltown Collegians: 1 March 2008

Despite dire weather warnings for strong winds and rain, the morning of 1 March dawned bright and sunny. However, during the preceding week we experienced an abnormal cold snap which unfortunately made the water temperature somewhat cooler than many were expecting.

We planned an extensive program with events covering all strokes over 50, 100, 200 and 400 metres. This was to allow swimmers preparing for the nationals in Melbourne and the World Masters in Perth an opportunity to compete in their chosen events.

Several records were set. Congratulations to Anita Saviane, who set two new state records in

the 65–69 years 400 and 200 butterfly. National records were set by Jenny Whiteley in the 50–54 years 400 back and by Jack Mathieson in the 90–94 years 400 breaststroke.

Well done to Manly Masters, who won the Visiting Club Trophy. A huge thank you to the visiting officials who continue to help make all our carnivals run so smoothly. Congratulations also to our new club president, Owen Sinden, as a successful first-time meet director.

A sausage sizzle provided a fitting end to a great day. Thank you to the members of Picton Club who donated their time to cook.

We look forward to a 2009 carnival—same time, same place, warmer water.

Sue Stirling

Blacktown City: 8 March 2008

March 8, t'was a bright and sunny day

When the Beavers invited all masters to swim out their way.

Eleven events and over 200 swimmers to compete,

All hands on deck proved success for this meet.

Who'd have thought, with eight state records being set,

Four national records were about to come yet.

Congratulations are in order

for these fine efforts in the water ...

Throughout the day many PBs were swum.

Hungry competitors could smell the sausage sizzle, yum!

Total club points were in at the end of the meet.

With 678, Blacktown were too hard too beat.

Warringah and Blue Mountains, congratulations to you,

Both deserving of the win, there's nothing you can't do.

For those who like numbers, here are a few.

Take a quick look; there were so many swimmers, including you too:

Freestyle 50m 81, 100m 68, 200m

78

Backstroke 50m 56, 100m 57

Breaststroke 50m 67, 100m 57

Butterfly 50m 44, 100m 16

IM 200m 46

Relay mixed 200m 24

Resulting in 594 swims in all, 16 officials to run it all,

Twenty-four timekeepers rotated as swimmers touched the wall.

Timekeepers and officials, there are only too few,

Our gratitude sincerely goes out to you.

Swimmers who helped, we want to thank you too.

From all of us at Blacktown, t'was a pleasure having you here.

Goodbye for now and see you next year.

Emma Whitley

Blacktown Masters

Long-Course State: 5-6 April 2008

Many reasons contributed to the state championships this year being held on Saturday night and Sunday. SOPAC was unavailable due to the Olympic trials, the nationals in Melbourne were held over Easter and the world championships in Perth had to be taken into account, so it was decided to trial the championships on a Saturday night and Sunday.

There are many opinions as to how successful this timing was. Many people thought it was a great idea as it allowed them to have a normal Saturday with the family or carry out their commitments at work, and we did not finish too late on Saturday night, which made the early start on Sunday bearable. We were also lucky that the weekend chosen saw the end of daylight saving, so we actually had an hour extra on Sunday morning to recover from Saturday night. And cutting the maximum number of individual swims to four allowed the program to finish both days at a reasonable time.

The meet ran (or swam,

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◆Carnival Reports◆

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Placed neatly in front of the "2" podium, Kathy Dobson accepts the state long-course Division 2 trophy from Di Coxon-Ellis on behalf of Blue Mountains Phoenix.

actually) like clockwork, due to the incredible efficiency of our wonderful officials and, of course, the cooperation of the swimmers.

The Events Committee decided to trial splitting up the relays, which were held in the middle of the day as well as at the end and this seemed to work very well. I would be interested in people's thoughts on the changes to the timing of the relays and on holding the championships over the Saturday evening and Sunday (jnoake@ozemail.com.au).

There were many great swims over the weekend, none better than the two world records set by Jenny Whiteley, and the three national records set by David Tooher. Congratulations to Jenny and David, who were named the Vorgee Female Swimmer and Male Swimmer of the Meet, based on individual point scores and records set.

During the lunch on Sunday Ian Davis presented the 2007 NSW Official of the Year trophy to Sue Johnstone, and the age group winners for 2007 were presented with their towels. A list of these winners is also in this edition of Splash.

The presentations were made very soon after the finish of competition, Seaside Pirates winning Division 1, Blue

Mountains Phoenix Division 2, Wollongong Division 3 and Penrith Division 4.

For the second year in a row Marilyn Earp won the Peter Gilmour Memorial Trophy for the best butterfly swim relative to the current record. Coogee-Randwick won the Bidy Hall Memorial Trophy for the highest average points and Blue Mountains Phoenix walked off with the AUSSI Executive trophy for club participation.

Congratulations to all who participated and thanks heaps to the wonderful officials and volunteers who made the meet possible.

Jane Noake
Meet Director



One of our newest AUSSI Masters clubs, Penrith, won Division 4 at state long-course first time out. (clockwise, from top left) Anne Walsh, Lester Gollan, Steve Harvey, Merritt Adams, Garry Fletcher, Stephanie Fletcher, Geoff Evans.

Ettalong Pelicans: 17 May 2008

May 17, early morning. Have we covered everything? Is there anything else we should have done? That evening. Phew! Everything went OK. Lots of people enjoyed their swimming and no significant delays or foul-ups. A quiet drink is in order.

Most people know that a good deal of work goes into a carnival, and so a big thanks to our

members for their efforts and to Neil Keele and Colleen Garland for the prior computer work for the program, and then with Ellen Sheerin and Helen Rubin covering the results on the day. Is there a sport that needs more officials? The efforts of the people listed in the program are appreciated, backed by those getting their "hours up" for credentials. Maintaining a full timekeeper panel can cause some anxiety, but thanks to many clockers pitching in this worked fine. Big thank you to stalwarts from Lake Macquarie, Ryde and Cessnock who held watches throughout the races. Like many clubs we would be in trouble for officials without the beautiful group from Cessnock. Appreciate what you do, Nick Nock people.

Point Score Clear winners Warringah, chalking one up over their rivals Novos, with Ettalong third and Blacktown and Wyong equal fourth. Talent in numbers saw Warringah also take the Average Point Score, ahead of Manly and Blacktown with their teams of classy swimmers, with Ettalong fourth.

Relays Winning teams came from quite a few clubs, with Ettalong, Novocastrian and Blacktown winning two, while Nelson Bay, Cessnock, Gosford and Manly each had a win.

Maximum Points These swimmers scored 40 points, starting with the young 'uns: Catherine Todd NRY, Shelley Smith NET, Andrew Dorrington NBT, Jade Mifsud NWY, Belinda (Drayton) Hall NSP, Joseph Tooher NWG, Pamela Nix NNB, David Tooher MWG, Michelle Stonehouse NBT, Tony Tooher NWG, Paul Zampieri NPN, Kay Donnan NNC, Jenny Whiteley NRY, Greg Gourley NTN, Wendy Gordon NNC, Lynette Stevenson NBT, Bill Cook NET, Gary Stutsel NML, Robert Kirkbride NOF, Jan Finn NCK, Lola Virgin NWY,

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◆ *Carnival Reports* ◆

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John Notley NLC. How well do you know your club codes? Three blokes called Tooher in three age groups could well be unique.

Records Congratulations to the eight swimmers who set branch (state) and national records.

WOW! KAPOW! SHAZAM! Madam Marvel, Jenny Whiteley, swam four swims and set four world records. But wait, there's more! Read the margins: 200 breast by more than 6 seconds, 50 breast by over a second, 100 breast by more than 4 seconds, and then the 50-54 women's 100 IM—the last race—by more than 3 seconds. Talent. Technique. Training. Congratulations, Jenny Whiteley from Ryde.

The Pelicans thank Woy Woy Swim Club for the use of their good gear around the pool. We were fortunate in gaining the patronage of Mantra Luxury Resort, Ettalong; Masterfoods; Clarkes Amcal Pharmacy, Woy Woy; and Mandicure Beauty of Umina for raffle prizes.

Look forward to seeing you at the Peninsula Leisure Centre in October and at our carnival in 2009.

Gordon Ferguson
Carnival Organiser

Wett Ones: 31 May 2008

As a swimmer from Wett Ones I have been asked to write a report about Wett Ones carnival. You will quickly discover that I am not especially good at writing reports about swimming carnival, but who would be? But within Wett Ones I am starting to be known for writing long emails about nothing. Before going further I should warn you: I am French (I know no one is perfect but Australians are not that bad). Anyway my English might surprise you sometimes and it appears that I am writing a bit like I am talking. No, I do not have an accent when I write (not that I have one when I speak) but be ready for a different kind of report... a bit

longer probably... but probably very different.

Well, that was a long introduction to say about nothing...

This was my First Wett Ones carnival.

I have joined Wett Ones about 1½ years ago just after moving to Australia and we did not run our carnival last year, so I won't be able to compare this carnival to the previous Wett Ones carnival but I am sure it was the best ever.

Anyway, as I said earlier, I moved to Australia from France, and I have never been a swimmer in a squad. I knew how to swim but swimming is not that popular in France and there are not that many pools. A couple of months ago I saw Grant Hackett at Sydney University pool just before our training. I could not resist to tell my parents back home; their reply was "Grant who?" so as I said swimming is still not that big in France.

Nevertheless before moving here I swam in a masters club in France for about a year. During that period I did one carnival and was not really impressed. There were very few other carnivals organised and it was really a long way from my city.

Then I moved down to Sydney and joined Wett Ones. From the start I loved that club. As a foreigner with no family or friends here it was really nice to be welcomed and included into such a swimming squad.

Although I am training very regularly I am not really into the competition and carnivals. Several WO members who are also addicted to ocean swims convinced me to do one ocean swim. I got hooked (since then I even joined the surf lifesavers).

The next step was a swimming carnival... it took them more than six months to convince me, but I finally joined them for the relay carnival last year. What a fun

time... what a great way to start swimming carnivals (of course, as I have no swimming history I did PBs).

Since then I did two other carnivals and enjoyed both of them.

I am not sure people here realise how lucky you are to be within Masters NSW. It is so much more fun down here... the atmosphere is relaxed and at the same time it is really about swimming. There are so many occasions to swim all year long, short course, long course, relay. Everyone is encouraged to swim whatever level you have. How fast you are, there is probably someone faster than you, how slow you are there is probably someone slower than you. So I would like to thank Masters Swimming for providing so many carnivals.

To be honest I was a bit scared and stressed for my first carnival. Thinking I was not really a swimmer, I would be slow... I would not be at my place.

On top of that as a 32yo Frenchman (even if I was 33yo in "swimming years") from south of France what if a 55yo lady was faster than me? Well, it happened and will happen again (I have not told my mum yet) but who cares?

In the meantime I had so much fun, I enjoyed every race I did, trying to do my best and the competition is slowly growing in me... I want to beat the people in my heat (especially if it is a 55yo lady).

Oops, I forgot to talk about Wett Ones carnival... I warned you carnival reports was not my major. But what to say?

If you were there you know what happened, if you were not, well you should have been!

* It was great.

* The carnival ran on time.

* At some point there were 18 timekeepers + 12 swimmers + officials all grouped together at one end of the pool... what a vision...

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Technical Report

Why Was I Disqualified?

This article appeared in the National Newsletter June 2008

Whenever possible, referees will tell you when you have been disqualified and why. However, this is not always possible, especially where time constraints don't allow a delay to the flow of the swim meet or there are not enough officials to provide back-up while the referee advises you of your disqualification.

As a result, you may not find out you have been disqualified until you look at the preliminary results and find a disqualification code next to your name, such as "GA", which is the code for a false start. AUSSI has a code for every rule infraction and there should be a list posted next to the results to help you decipher the code next to your name.

If you have been disqualified and there is no code, or there is a code but you feel that you didn't do what the code says, ALWAYS go and ask the Meet Referee (whose name will be in the program) what you did. There are several

possibilities for having your disqualification reversed:

* You may have completed a Medical Disability Form, registered for events conducted under AUSSI Masters rules, indicating you are unable to perform certain movements due to an internal medical condition (e.g. a hip injury). This may not have been registered in the meet software.

* There may have been a processing error that resulted in a disqualification being recorded to the wrong swimmer (e.g. the heat or lane numbers may have been transposed). This can be picked up by the Meet Referee asking the Recorders to produce the Infraction Report Form and speaking to the officials who signed the report.

If neither of these situations apply and you believe you did not commit the rule infraction then you should register a protest with the Meet Referee. In conducting a review of the incident the Meet Referee must reverse your

disqualification if there is any doubt as to what the official who reported the infraction saw. Where there is no doubt and the Meet Referee agrees with the decision of the referee for your event (the Event Referee) your protest will be rejected.

But don't feel dejected if you were disqualified because you now know why and with a little work on your part you won't make the same mistake again.

If you wish to know more about the protest procedure go to the national website:

www.aussimasters.com.au and click on RULES & REGULATIONS, then on GENERAL RULES. The relevant rule is GR 6.15.

If you are not sure about how any rule applies to you, ask one of your friendly AUSSI Masters referees.

Gary Stutsel
Chair,
National Technical Committee

Need Help At Swim Meets?

Do you have difficulty hearing the starting signals when you compete? Or, would you like to start from the starting blocks but have difficulty getting up on to them?

If you have either of these problems, or any other problem meeting standard procedures for

swim meets, please speak to the Meet Referee or the Marshals/Check Starters for your events, who will speak to the Event Referee. They will allow you to use an assistant to either help you up onto the starting block or to tap you on the ankle when the starting signal is

given if you cannot hear clearly.

Just make sure you bring your assistant to the marshalling area with you.

Gary Stutsel
Branch Technical Director

Carnival Reports

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it looks like it was going to be a disaster... and it worked nicely... good job... I am amazed... no collision...

* No one drowned

* It seems that we might have one world record, one national record and one state record

* I forgot: I did 3 PBs ...

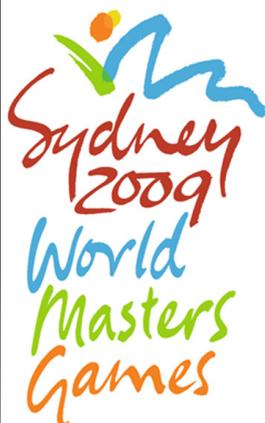
So what do you want me to write about? The organisation, the

officials and the swimmers did a great job... it was just a great day to spend with all of you and I cannot wait for next year... but in the meantime I am sure I will see several of you at the next carnival.

Pascal Blanquer



Sydney 2009 World Masters Games



Sign up for the Sydney 2009 World Masters Games before the end of July 2008 and save 15% on your competitor registration fee for what will be the

largest multi-sport event ever held. This early-bird offer represents a saving of \$33.

There are many other registration benefits over and above entry into a Sydney 2009 World Masters Games sports competition, including free public transport throughout the city, a goodie-packed sports bag, access to a range of social events and a seat

at the opening ceremony that will be a masters sport celebration in which you and your fellow competitors will take centre stage.

One of the draw cards of the Sydney 2009 World Masters Games is that many of its sports will take place at Olympic venues. Swimmers, for example, will have the thrill of competing at the Sydney Olympic Park Aquatic Centre where Australian stars Ian Thorpe, Grant Hackett and Susie O'Neill won individual Sydney 2000 Olympic Games titles.

At the Sydney 2009 World Masters Games you can expect friendly competition administered at the very highest level and run in compliance with the masters rules and regulations of swimming's international federation. There will be more than 20 swimming events across a wide range of age and

gender categories, with the sport's minimum age set at 25 years.

Sydney 2009 World Masters Games swimming competitors will be able to enter a maximum of five individual events, four relays (if entered in a minimum of one individual event) and the open water swim. The open water swim will take place over 3 km in the harbour at Chowder Bay, Mosman. The Games welcomes swimmers with a disability.

To save 15% on your Sydney 2009 World Masters Games competitor registration fee complete the form at:

www.2009worldmasters.com before the end of July 2008. The website contains a wealth of information on the Games, which will see 28 sports contested at more than 70 venues over nine days of action, from 10 to 18 October 2009.

Officials for 2009 World Masters Games

Many NSW swimmers who attended the FINA World Masters Championships in Perth in April would have noticed the number of people involved in running it.

Next year it's our turn to show the world how well we can run an international swim meet. We will be unable to do this, though, without lots of help and I know we have many members in NSW who would like to give assistance but are unsure where they will be needed.

At present I see our greatest areas of need as being timekeeping, check starting and marshalling since this meet runs over seven days and we will need two shifts a day to adequately run the Games.

I would like you to consider organising courses within your clubs, but if you find you have only one or two members interested please contact the state office or me and we will endeavour to organise a course for you in a central location. We will try to advertise courses that

are available to as many people as possible so everyone who wants to participate will have the opportunity to do so.

Also, if you feel you would like to offer any expertise in helping run the swimming meet at the World Masters Games please don't hesitate to contact me at any time.

Jane Noake
Chair, Organising Committee
jnoake@ozemail.com.au

Interested in the World Masters Games... but Unable To Swim?

Opportunity awaits you!

There are a large number of opportunities to participate in the World Masters Games at SOPAC, Homebush, Sydney, from 10 to 17 October 2009. You can volunteer to be on deck as a marshal, check starter, or inspector of turns. If you would prefer to do one of the many other jobs, such as relay check-in, information desk (particularly if you have another language), warm-up supervision, etc, you will be more than welcome. There will also be a number of opportunities to

be involved in the open water swim to be held in Sydney Harbour.

For the on-deck positions (marshall, check starter, inspector of turns and, of course, referee) you will need to be qualified and accredited by mid 2009. To find out how you can do this, go to the NSW website:

(www.aussimastswimnsw.org.au) or contact the Masters Swimming NSW office. There is plenty of time if you act now and apply yourself to the task.

On-deck officials will be

rostered to two sessions a day for from one to seven days at the pool (Saturday through Friday). The 3km open water swim is scheduled for Saturday 17 October.

Jane Noake, the meet director, will be calling for volunteers for other positions. However, if you wish to be involved speak to her or a member of the NSW board next time you see one of them.

Gary Stutsel
Branch Technical Director

Ian McPhail Memorial NSW Official of the Year 2008

Sue Johnstone (Wollongong Masters) has been recognised for her excellence as a technical official by being named Ian McPhail Memorial NSW Official of the Year for 2007. Congratulations to the other nominees: Colin Casey, Marilyn Earp and Di Partridge.

This award was set up as a way of recognising the valuable contribution technical officials make to Masters Swimming NSW. Two of the criteria for this award are that nominees “must present a positive image of officiating and the role of the official” and “must have made an outstanding contribution in officiating and/or towards the

development of officiating at club, branch and/or national level”. Sue Johnstone well and truly satisfied these criteria.

Sue has been an AUSSI member for 28 years straight and as an accredited referee she contributed greatly to discussions at the referee’s workshop held in January 2007. She was appointed mentor for trainee referee Jodie Moate and in 2007 gave generously of her time at carnivals to mentor and supervise other trainee officials, including trainee referees, meet referees, chief timekeepers, inspectors of turns and starters. She continues to update her knowledge as a technical official

and is unfailingly reliable in producing meticulous meet reports. She is indeed also an unusual human being in that it seems her filing system actually works. Congratulations, Sue Johnstone, on this well-deserved recognition.



Sue Johnstone mentors Louise Stovin-Bradford at a carnival

More Officials!

Many congratulations to the following new officials on gaining accreditation during the period to May 2008!

Kerry Ilsley	Timekeeper	December 2007	Manly
Alan Godfrey	Chief Timekeeper	December 2007	North Sydney
Marion Harrison	Timekeeper	February 2008	Warringah
Dawn Thompson	Timekeeper	March 2008	Campbelltown
Simon Thompson	Timekeeper	March 2008	Campbelltown
Maureen Keary	Timekeeper	March 2008	Warringah
Phil Bridge	Marshal	March 2008	Wett Ones
Phil Bridge	Check Starter/ Clerk of Course	March 2008	Wett Ones
Julia Atkins	Timekeeper	April 2008	Warringah
Daphne Kulhan	Inspector of Turns	April 2008	Trinity
Jamie Turner	Timekeeper	April 2008	Ryde
Alan Walsh	Starter	May 2008	Hills
Karen Walsh	Starter	May 2008	Hills

True AUSSI Friendship

Jennie Bucknell (Powerpoints) and Vicky Watson (Ryde AUSSI Masters) first came to know each other by name in 2007. Where did they meet? On the AUSSI Masters Swimming records list. They were regularly breaking each other’s records in the 50 free and 50 fly in the 40–44 year age group.

Earlier this year, Vicky and Jennie made contact with each other by email. They corresponded a few times before meeting at the recent world championships in Perth. They were destined to meet at the championships, as they were seeded in the same heats for their favourite events.

When the pair first corresponded, Jennie told Vicky that she had looked up some of her results from

recent years and found that she previously swam in England and had swum in previous world champs. Little did she know that Vicky’s 2007 achievements were a testament to Vicky’s determination. Within a month of finishing intensive chemotherapy for breast cancer, Vicky broke two records at the first meet in which she participated. These records had stood for nearly ten years. She finished the year by breaking the 50 fly record in Olympic Trials qualifying time.

Whilst in Perth, Jennie learnt about Vicky’s illness and what she had achieved in such a short time since her chemotherapy.

It was then that Jennie made a gesture of true AUSSI friendship:

she gave the individual gold medal she won at the world championships to Vicky as a gift. This was a memorable swim for Jennie as she broke Shane Gould’s 100 freestyle record in an incredible time.

No doubt the friendship and rivalry between Jennie and Vicky will continue for many years to come.

Helen Rubin



Vicky and Jennie finally meet in Perth

From The Administrator's Keyboard

Registrations

To early June, just over 1,500 registrations have been processed in the Branch office.

Masters Swimming Australia Clubs Online

Thank you to the national body for funding the travel for me and other branch registrars to a training workshop in Melbourne at the end of May. Hopefully when you read this your club registrar will have an address to log onto the test database to have a "play" with the system before it goes "live". The rollout of training is expected to commence in June. It will be exciting to have a great workable database where members will have the facility to enter their details and pay online with a private and secure site. We also look forward to the add-ons like event registration and websites generated from the database in the future. It was also great to meet and exchange ideas with other administrators in other branches and meet the new staff at the national office.

Events, Records and Awards

A few NSW stalwarts attended the national swim in Melbourne in late March. Notably, Jenny Whiteley (Ryde) and Pam Hutchings (Seaside Pirates) broke the world records (two and one, respectively) that were disallowed in February when the Hornsby Pool proved to be too short.

The NSW Long Course Championships held in April saw 371 swimmers enjoy the competition at SOPAC. This event was conducted over 1½ days due to difficulty in booking the venue but proved to be a well conducted event again and finished well before time. National sponsor Vorgee again donated raffle packs and prizes for Swimmers of the Meet, won by Jenny Whiteley and David Tooher (Warringah). Thank you, John Vorgias, for your continued support of Masters Swimming NSW. At these state championships, age group winners for 2007 were

awarded fabulous embroidered towels. The Ian McPhail Memorial NSW Official of the Year was presented to Sue Johnstone (Wollongong but nominated by Cronulla Sutherland). The Coach of the Year was not awarded but it was announced that Barry McGregor (Clarence River) will be presented with a Certificate of Recognition at Yamba in June for his services to coaching.

Jenny Whiteley, Pam Hutchings and many others continued their outstanding performances in Perth at the FINA World Masters Championships. Jenny went on to break four world records, Pam broke two and John March (Seaside Pirates) and Tony Goodwin (Manly) joined their ranks and broke one world record each. Many other outstanding performances were noted at the championships and, despite registration woes and accommodation troubles, Perth was a memorable experience for all who attended.

Our BPS competition continues with a further three competitions since the end of March: Ettalong, Yamba (Clarence River Masters) and Wett Ones. At Ettalong Jenny commenced her short-course 'assault' and demolished four provisional world records in her four swims. She broke another provisional long-course world record at the Wett Ones meet.

Annual General Meeting

Our AGM will be held on 14 June at Sports House, Sydney Olympic Park. It is gratifying to see that there will be contested elections, anticipating a changing of the guard in the positions of Country Vice-President and Board positions. At the time of writing the outcome of the elections is not known so go to the website or ask your club secretary who the successful Board members are to lead your organisation for 2008/09. Thank you once again to Ian Davis for his leadership and Jane Noake, Warren Smith, Stuart Meares, Matthew

Golby, Peter Gregory and Remy Reinker for their contribution to the conduct of the Board of MSNSW in 2007/08, plus all the efforts from the valuable committee members for the past year. The 2007 annual reports are posted on the website and the minutes of the AGM will be available on the MSNSW website. An Expression of Interest form for appointment to the various committees is also on the website. If you are interested in contributing in any way, please phone, fax or email the Branch Office to express your interest in helping out.

Presentations

At the awards lunch after the AGM, the annual awards for 2007 will be presented. They include Swimmer of the Year, Male and Female; Club of the Year; Gary Stutsel Award (for significant contribution to NSW); Club Administration Award; Aerobic awards (gorgeous towels) for Maximum Points and for those who complete all swims; and all the BPS division trophies.

MSNSW has many perpetual awards and the winners of these awards are recognised at state championships or at the annual presentation lunch. I would like to encourage all clubs to nominate worthy volunteers so that their contribution does not go unrecognised. The winners of these awards can be seen on the Awards page of the MSNSW website.

More on Records

These records are listed in this newsletter. All world and national record certificates are presented at meets and the state record certificates forwarded to clubs for presentation. Outgoing NSW Records Recorder Gordon Whyte has prepared a document to guide swimmers through the National Records portal and demonstrate what a great tool this is for all swimmers. This document can be accessed through the MSNSW website. Thanks to Frank Braun for this great portal.

(Continued on page 11)

~ NSW, Australian & World Records ~

Campbelltown—1 March 08

Men						
400 Breast	Jack	Mathieson	NSP	90-94	16:38.62	N
Women						
400 Back	Jenny	Whiteley	NRY	50-54	6:10.81	N
200 Fly	Anita	Saviane	NCS	65-69	4:35.83	S
400 Fly	Anita	Saviane	NCS	65-69	9:49.42	S

Blacktown—8 March 08

Men						
200 Free	Alan	Godfrey	NNS	50-54	2:11.80	S
200 Free	Barry	Seymour	NML	60-64	2:23.60	S
100 Breast	Jack	Mathieson	NSP	90-94	3:25.36	S
Women						
100 Free	Jenny	Whiteley	NRY	50-54	1:03.57	N
200 Free	Sue	Kearney	NML	50-54	2:30.52	N
200 Free	Jenny	Whiteley	NRY	50-54	2:17.00	N
200 Free	Ann	Campbell	NNC	55-59	2:45.66	S
50 Back	Mary	Garton	NBT	90-94	1:37.00	S
100 Back	Kathryn	Dobson	NBM	50-54	1:24.34	S
100 Back	Mary	Garton	NBT	90-94	3:35.62	S
50 Breast	Mary	Garton	NBT	90-94	2:20.32	S
100 Fly	Marilyn	Earp	NWG	55-59	1:20.98	N

State Long Course—5-6 April 08

Men						
50 Free	Peter	Kerr	NSP	30-34	24.12	N
100 Free	John	Bates	NSP	35-39	56.14	S
100 Free	Alan	Godfrey	NNS	50-54	59.30	S
100 Free	Bill	Devenish	NBT	55-59	59.98	S
200 Free	Bill	Devenish	NBT	55-59	2:13.36	S
100 Back	David	Toohar	NWG	40-44	1:06.61	N
100 Back	Alan	Godfrey	NNS	50-54	1:08.75	N
200 Back	David	Toohar	NWG	40-44	2:27.20	N
200 Back	Jon	Hawton	NBT	40-44	2:27.87	N
50 Breast	Staffan	Wensing	NSP	40-44	33.32	S
50 Breast	John-William	Steen	NWG	85-89	1:06.79	S
100 Breast	Hugh	Rothwell	NWG	25-29	1:11.06	S
100 Breast	Mark	Patterson	NSP	50-54	1:19.93	S
100 Breast	Stuart	Ellicott	NHS	55-59	1:17.60	N
100 Breast	John-William	Steen	NWG	85-89	2:42.11	S
100 Breast	Jack	Mathieson	NSP	90-94	3:15.78	S
200 Breast	Hugh	Rothwell	NWG	25-29	2:39.03	S
50 Fly	Mitch	Patterson	NSP	20-24	24.25	N
50 Fly	John	Bates	NSP	35-39	26.40	N
50 Fly	Alan	Godfrey	NNS	50-54	28.79	S
100 Fly	Gary	Nicholls	NCR	65-69	1:27.21	S
200 IM	David	Toohar	NWG	40-44	2:25.75	N

S = State record
 N = National record
 W = World record

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From the Administrator's Keyboard

(Continued from page 10)

General Rules of Competition

After considerable revision and compilation, a consolidated document entitled General Rules of Competition has been completed. This is intended to bring together in one place all MSNSW rules, policies and competition requirements and will include the branch pointscore (BPS) rules, MSNSW policies, aerobic swimming information, records procedures and so on. This is available on the MSNSW website for all host clubs and members.

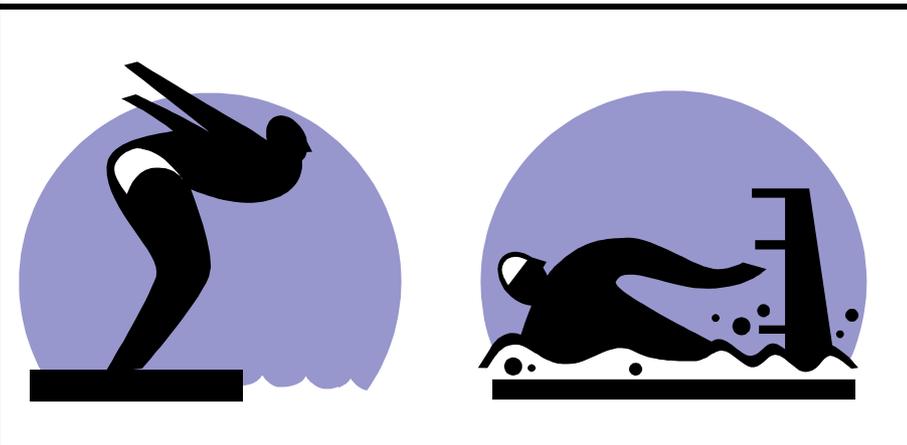
Officials Courses

We have conducted four more technical officials workshops in 2008—one Inspector of Turns course and three Timekeeper/Chief Timekeeper courses. Thanks to Christine Carter, Di & Noel Partridge, Heather Rouen and Colin Casey for presenting these courses, and also to the course coordinators for their contribution. Future courses will be advertised and your club may be contacted to encourage the running of a course, so please consider gaining an accreditation to assist. These courses are free and are available to both members and non-members. I remind previous candidates to send their completed logsheets to this office (with the signed Code of Ethics, if applicable).

New Members Kits

These are distributed on a regular basis with the assistance of our volunteers Jan Cameron-Smith and Malcolm Heath. Because of the current database difficulties, we can't produce address labels so the kits are being sent to the clubs to distribute to their new members.

Di Coxon-Ellis



~ NSW, Australian & World Records ~

Continued from page 11

State Long Course—5-6 April 08 (cont'd)

Women

50 Free	Jenny	Whiteley	NRY	50-54	28.96	N
50 Free	Kaye	Beer	NSP	65-69	33.20	N
100 Free	Isla	Hale	NNS	30-34	1:02.35	S
100 Free	Georgene	McKenzie-Hicks	NSA	80-84	1:43.84	S
200 Free	Georgene	McKenzie-Hicks	NSA	80-84	3:47.08	S
100 Back	Kathryn	Dobson	NBM	50-54	1:22.76	S
200 Back	Kathryn	Dobson	NBM	50-54	3:00.03	S
50 Breast	Isla	Hale	NNS	30-34	36.35	S
50 Breast	Natalie	Clarence	NRY	30-34	36.31	S
50 Breast	Jenny	Whiteley	NRY	50-54	36.71	W
200 Breast	Jenny	Whiteley	NRY	50-54	2:57.43	W
50 Fly	Kaye	Beer	NSP	65-69	42.15	N
50 Fly	Elvera	Vickery	NSP	75-79	57.04	S
100 Fly	Merritt	Adams	NPN	25-29	1:09.34	S
200 Fly	Jacqui	Robinson	NCR	35-39	2:32.44	N
200 Fly	Marilyn	Earp	NWG	55-59	3:20.86	N
200 Fly	Anita	Saviane	NCS	65-69	4:26.29	S

Relays

Men's 200 Free	North Sydney	200-239	1:47.99	N
	J. Kain, J. Wynberg, A. Godfrey, H. Homma			
Women's 200 Free	Seaside Pirates	160-199	2:00.19	N
	N. Domonkos, T. McGuire, B. Hall, C. Codling			
Women's 200 Medley	North Sydney	120-159	2:13.15	N
	C. Echols, I. Hale, G. O'Mara, M. Speet			
Women's 200 Medley	Ryde	120-159	2:12.80	N
	C. Echols, I. Hale, G. O'Mara, M. Speet			
Mixed 200 Free	Seaside Pirates	160-199	1:48.18	N
	C. Codling, T. McGuire, J. Bates, P. Kerr			
Mixed 200 Medley	Seaside Pirates	80-99	2:03.57	N
	B. Hall, P. Kerr, M. Patterson, H. Wallace			
Mixed 200 Medley	Seaside Pirates	160-199	2:02.32	N
	N. Domonkos, S. Wensing, J. Bates, C. Codling			

Ettalong—17 May 08

Men

50 Free	John	Wynberg	NNS	55-59	27.18	N
200 IM	Stuart	Ellicott	NHS	55-59	2:41.91	S

Women

100 Back	Catherine	Todd	NRY	20-24	1:12.80	S
200 Back	Catherine	Todd	NRY	20-24	2:36.84	S
50 Breast	Jenny	Whiteley	NRY	50-54	35.08	W
100 Breast	Jenny	Whiteley	NRY	50-54	1:18.07	W
200 Breast	Jenny	Whiteley	NRY	50-54	2:51.33	W
200 Breast	Wendy	Gordon	NNC	55-59	3:30.99	S
100 IM	Jenny	Whiteley	NRY	50-54	1:10.22	W

Wett Ones—31 May 08

Men

50 Back	Simon	Ho	NNS	35-39	29.66	S
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Women

50 Fly	Jenny	Whiteley	NRY	50-54	31.64	N
200 IM	Jenny	Whiteley	NRY	50-54	2:37.90	W

S = State record
 N = National record
 W = World record

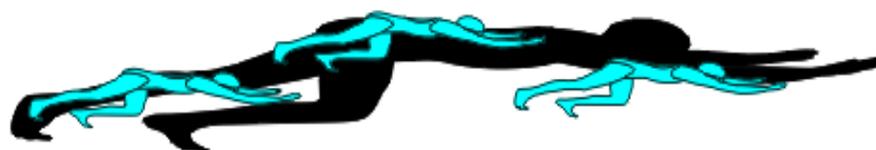
More About Ocean Swimming

In the last edition of SPLASH the editor wrote an excellent article about her experiences in open and ocean swimming and asking for an end of season article from someone who knows a little more about ocean swimming. Well, I've been doing ocean swims in Sydney for most of ten years so if I've been paying attention at all I guess I should know a thing or two. However, this season was my worst attended at the swims for many years as a few other personal commitments started to take up more of my weekends. So maybe this is more about what I miss about ocean swims but also how easy it is to get involved.

As noted in the previous article, one thing a masters swimmer will notice at an ocean swim is the number of familiar faces. There are now more than 30 swims in NSW each summer up and down the coast and they are all well attended by masters swimmers. The "main event" swims in January and February each year can attract well over 100 masters, sometimes the morning after a BPS meet. Perhaps one factor that makes ocean swimming so attractive is that you can get to the beach, say "hi" to all your friends, swim the swim, swap tall tales and bragging rights with your mates and be off the beach again all within a couple of hours. Of course, you can also just take your time and enjoy a day at the beach.

Competing in the swims can be as fun or as serious as you like. Many people go just to get a little exercise at some of the best beaches in the country. They don't worry too much about winning or losing. Others take the completion very seriously and are looking for top ten finishes or better and know who their rivals are. Sometimes the difference between glory and elsewhere is holding a lucky wave

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Age Group Point Score Champions, 2007

Women

20-24

1	Melissa Beames	NNS	285
2	Emma Whitley	NBT	273
3	Helen Wallace	NSP	218

25-29

1	Jade Mifsud	NWY	645
2	Kasey Shepherd	NBT	533
3	Angie Lee Suttle	NHS	438

30-34

1	Vanessa Beddie	NBT	331
2	Jodie Moate	NBT	259
3	Belinda Hall	NSP	188

35-39

1	Yvette Cotton	NRV	523
2	Jacqueline Arnold	NNC	468
3	Naomi Watson	NCK	428

40-44

1	Carolyn Turnham	NPM	574
2	Julia Atkins	NWG	452
3	Katherine Ahern	NML	235

45-49

1	Michell Stonehouse	NBT	396
2	Pam Martin	NWY	357
3	Louise Stovin-Bradford	NSP	324

50-54

1	Jane Noake	NSP	532
2	Wendy Gordon	NNC	528
3	Kay Donnan	NNC	481

55-59

1	Ann Campbell	NNC	488
2	Gail Wright	NCK	401
3	Dawn Gledhill	NML	356

60-64

1	Anita Saviane	NCS	461
2	Jeanne Raper	NNC	442
3	Cheryl A'Dison	NNC	385

65-69

1	Robin Carson	NNC	613
2	Mel McCallum	NNC	545
3	Suzanne Levett	NWG	488

70-74

1	Margaret Billing	NCK	403
2	Denise Casey	NWG	307
2	Shirley Claydon	NPM	307

75-79

1	Diana Moore	NWG	425
2	Margaret Houston	NML	282
3	Gloria Carden	NPM	280

80-84

1	Opal Eddy	NET	451
2	Liz Wallis	NML	307
3	Barbara Vickers	NML	270

85-89

1	Hilda Lindfield	NHL	200
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Men

20-24

1	Brann James	NBM	219
2	Amged Edwards	NBT	176
3	Richard Burchfield	NSP	155

25-29

1	Shane Shepherd	NWY	433
2	Oliver Harris	NHS	400
3	Andrew Dorrington	NBT	266

30-34

1	Damien Eyre	NBT	180
2	Glen Johnson	NLP	171
3	Peter Kerr	NSP	168

35-39

1	Graham Hill	NTS	324
2	Joseph Tooher	NWG	288
3	David Tooher	NWG	269

40-44

1	Ross Cummins	NPM	324
2	David O'Brien	NHS	247
3	Hiroto Homma	NNS	226

45-49

1	Tony Tooher	NWG	630
2	Ian Davis	NWO	297
3	Jeffrey Price	NSP	219

50-54

1	Mark Patterson	NSP	656
2	Owen Sinden	NCT	431
3	Alan Godfrey	NTS	378

55-59

1	Dennis Moore	NCK	446
2	Gregory Mortlock	NPM	431
3	Stephen Lamy	NML	421

60-64

1	Ron Giveen	NWG	420
2	Wilson Gamble	NWG	415
3	Graham Campbell	NWG	384

65-69

1	Max Henry	NHS	532
2	Carl Wallace	NNC	492
3	Gary Stutsel	NML	440

70-74

1	Robert Kalaf	NNC	519
2	Tony Goodwin	NML	492
3	Phillip Baird	NCK	476

75-79

1	John Lorang	NCK	557
2	Malcolm Harrison	NNC	526
3	Bill Walker	NNC	370

80-84

1	Kevin Vickery	NSP	259
2	John Notley	NLC	182
3	John-William Steen	NWG	123

85-89

1	Ernie Emmett	NNC	516
2	Harry Moffett	NWG	59
3	John Gwillim	NWG	50

90-95

1	Jack Mathieson	NSH	210
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More About Ocean Swimming

(Continued from page 12)

with your last gasp of breath but it's mostly about lots of training and practice in the conditions.

As for highlights of this season, I can only mention that once again The Big Swim between Palm Beach and Whale Beach was as spectacular as ever and redirect you to the home of ocean swimming, www.oceanswims.com, for all the information you need, great reports and loads of pictures.

In November this year North Sydney Masters will be hosting the Masters Swimming NSW Open Water Championships at Clifton Gardens/Chowder Bay. This venue will provide a calm water event in a sheltered Sydney Harbour bay, with a gentle sloping beach access to a waist-deep start and finish. More details will be available very soon.

*Peter Gregory
North Sydney AUSSI Masters*

On The Sick List

Our thoughts are with Col Lynch who has spent the last few weeks in hospital.

Col had a fall in April and was sent to Gosford Hospital.

He's had a few ups and downs since then and is now in rehab at

St George Public Hospital (Kogarah): (02) 8566 2600.

Val and their daughter Fiona are keeping us up to date on Col, who is missing all his friends in masters swimming.



Blacktown in Melbourne

After the months and months of training and preparation put in, the annual national swim in Melbourne has come and gone as fast as the swimmers raced through the water. Nevertheless, the members of Blacktown City Masters are still ecstatic over their achievements. We won the visitor's trophy and came fourth overall. In addition, the 80+ relay team won the trophy for their age group. Blacktown has previously won the visitor's trophy—in 2005 at Hobart—and were runners up in 2006 at Canberra. The youngsters in the club have retained the title of relay champions based on four consecutive wins, each year adding to their collection of 80+ relay trophies since 2005.

The club's outstanding achievements are based on the hard work and dedication of a small group of members over a long period of time. Swimmers such as *Andrew Dorrington, Kasey Shepherd, Kim Brennan, Stephen Brown, Peter Ackland, Drew Millar, Steven Wilton, Michelle Stonehouse, Mary Garton, Mark French, Remy* and *Sue Reinker* have all represented Blacktown Masters at numerous national carnivals, demonstrating their commitment to the club and tireless competitive spirit.

Sue Reinker has been the driving force behind our nationals efforts over the last five or six years. Her efforts both in and out of the water deserve an honourable mention due to her organisation and time put in to the club. *Kim*

Brennan is also to be commended for organising after-hours social outings and meals. Both *Kim* and *Sue* have shown great dedication over the years and are enthusiastic role models for the club.

The whole team swam remarkably, smashing PBs and setting new records. *Stewart Gough* is to be congratulated for breaking an 11-year-old national record for the 200m IM. *Mary Garton*, Blacktown's most experienced swimmer at 90 years young, set five state records: the 50m free, 100m free, 200m free, 200m back and 100m breast. What an amazing result for both *Mary* and *Stewart*. Congratulations!!!! (Their times are in the records panel elsewhere in this edition of SPLASH.)

A very big thank you goes to our coach *Andrew Dorrington*, for creating the race-specific training sets which got the team into fine form ready to post PBs at the meet. He managed to coach the team as well as squeeze in a few training sessions for himself and in turn was rewarded with 12 individual gold medals, winning his age group.

Amged Edwards, who is a first-time national swimmer for the Beavers, also came first in his age group, winning 12 individual gold medals. Other first-time national swimmers—such as *Emma Whitley* and *Julie Basman*—also took home a collection of medals.

On a sad note, unfortunately not all swimmers who had planned on swimming at the nationals were

able to compete. Those suffering from illness or injury had put in the hard yards preparing for the big meet and when the time came were unable to swim, although their presence was highly appreciated and heard amongst the cheering and support for their fellow Beavers.

A particular feature of Blacktown City Masters is not only our strong focus on team performance but that over the years we have maintained unique friendships, creating a special bond between club members. Having a regular friendly crowd means that swimmers are cognizant of each other's personal goals. In competition this translates to more support and enhances motivation for swimmers of all ages. Swimming for fitness, friendship and fun is certainly a motto that is at the heart of this club.

Melbourne was an exciting and memorable meet; the trams proved to be an adventure, creating a mystery event at the beginning of each day for the competitors who were unfamiliar with the ticketing system. Every day would be the same, everyone searching for coins and eventually reaching their destination after finally finding the right amount to fork over.

After all the hard work put in at the pool, the Beavers splurged on many fine outings: dinners, the casino, comedy shows, shopping and visiting friends/family in the area. As the carnival progressed so did the number of hours spent at

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Blacktown City Masters won the visitor's trophy and came fourth overall at the 2008 nationals in Melbourne

Total Club Points for Season (including Wett Ones)

<i>Place</i>	<i>Club</i>	<i>Points</i>
Division 1		
1	NWG Warringah Masters	4162
2	NSP Seaside Pirates	3359
3	NNC Novocastrian Masters	3194
4	NML Manly Masters	2312
5	NRY Ryde AUSSI Masters	2046
6	NBT Blacktown City Masters	1963
7	NCK Cessnock Masters	1930
8	NWY Wyong Wobbygongs	1882
9	NNS North Sydney AUSSI	1784
10	NHS Hornsby Masters	1431
11	NPM Port Macquarie Masters	596
12	NCR Coogee-Randwick Masters	492
Division 2		
1	NWO Wett Ones	1312
2	NCT Campbelltown Collegians	1091
3	NET Ettalong Pelicans	1030
4	NBM Blue Mountains Phoenix	661
5	NMS Lake Macquarie Crocs	618
6	NHL Hills Masters	553
7	NWS Wests Auburn Masters	546
8	NCS Cronulla Sutherland AUSSI	434
9	NSW Swansea Masters	274
10	NCM Clarence River Masters	44
Division 3		
1	NOF Oak Flats AUSSI Masters	685
2	NGS Gosford City Seagulls AUSSI Masters	658
3	NWL Wollongong Masters	507
4	NMT Maitland AUSSI Masters	497
5	NTN Tuggeranong Vikings AUSSI	413
6	NRT Raymond Terrace AUSSI Masters	368
7	NLP Liverpool Leatherjackets Masters	354
8	NDB Dubbo Redfin AUSSI Masters	250
9	NMM Myall Masters	178
10	NTS Tattersalls	77
11	NSH Shoalhaven Seahawks AUSSI	72
12	NTR Trinity AUSSI Masters	45
Division 4		
1	NPN Penrith AUSSI Masters	704
2	NSG St George Masters	500
3	NNB Nelson Bay Dolphins	495
4	NCB Caringbah AUSSI	315
5	NPT Picton Masters	259
6	NLC Lane Cove Masters	203
7	NBR Bush Rangers	162
8	NCP Cook & Phillip Masters	105
9	NSA Sandbern	96
10	NMR Merrylands	78
11	NHN Hunter Masters	72
12	NOP SOPAC Masters	24

Blacktown in Melbourne

(Continued from page 14)

each social outing and a new competition had begun—who could gain the title of the best fish both in and out the water each day after staying up late and still achieving PBs. The Beavers created many fond memories in Melbourne and everyone came home with a smile on their faces, especially the boys, who received congratulatory kisses from the staff at Topolino's for their huge collection of medallions.

Overall, the carnival was a complete success, as it was very well organised. Blacktown Masters would like to thank everyone who helped contribute to the smooth running of the meet and would also like to congratulate all competitors for their outstanding efforts.

*Emma Whitley
Blacktown Publicity Officer*

SPLASH Deadlines for 2008

Copies of our quarterly branch newsletter *SPLASH* will be **distributed** to each individual member in the week ending:

Sunday 21 September 2008
Sunday 14 December 2008

You can receive your copy by mail, but please consider accessing the newsletter online. Just tick the box on your registration renewal form and your club registrar will arrange for a notification to be sent to you electronically as each issue comes out.

Copy deadlines for 2008

Please submit copy **at the very latest** by the following dates, as copy received after these dates will **NOT** be accepted for that issue:

Issue 3 29 August 2008
Issue 4 21 November 2008

- ❖ Mail your contributions to Sue Wiles, 6 Cook Rd, Wentworth Falls 2782; phone 02-4757-1065
- ❖ or email them to: splasheditor@aussimastswimnsw.org.au
- ❖ or send them by snail mail, fax or email to the state office **ONE WEEK BEFORE THESE DATES**



2007 World Top Ten

Our congratulations to the following NSW swimmers, who achieved World Top 10 ranking in 2007.

NAME	CLUB	AGE	EVENT/S
Long Course:			
Jacqui Robinson	NCR	35-39	200 Free, 400 Free, 800 Free, 200 Fly
Vicky Watson	NRY	40-44	50 Fly
Caroline Noller	NCR	40-44	100 Breast
Jenny Whiteley	NRY	45-49	200 Free, 800 Free, 50 Breast, 100 Breast, 200 Breast, 200 IM
Sue Kearney	NML	50-54	200 Free, 400 Free, 800 Free
Ann Campbell	NNC	55-59	400 Free, 800 Free, 1500 Free
Marilyn Earp	NWG	55-59	100 Back, 200 Back, 100 Fly
Lea Hill	NCR	60-64	200 Free
Lynette Stevenson	NBT	60-64	50 Free, 100 Free, 50 Back, 100 Back, 200 Back, 50 Fly
Suzanne Levett	NWG	65-69	50 Free, 100 Free
Pam Hutchings	NSP	70-74	50 Free, 100 Free, 200 Free, 50 Back, 100 Back, 200 Back
Margaret Davey	NGS	80-84	1500 Free
Val Lincoln	NGS	80-84	1500 Free
G. McKenzie-Hicks	NSG	80-84	100 Free, 200 Free, 400 Free, 800 Free, 200 Back
Barbara Vickers	NML	80-84	100 Breast, 200 Breast, 50 Fly, 200 IM
Liz Wallis	NML	80-84	100 Free, 200 Free, 400 Free, 800 Free
Mary Garton	NBT	85-89	200 Back
Hilda Lindfield	NHL	85-89	400 FR
John Bates	NSP	35-39	50 Free
Alan Godfrey	NTS	50-54	100 Back, 200 Back
John Stacpoole	NSA	50-54	50 Free
Bill Devenish	NBT	55-59	50 Free, 100 Free, 200 Free, 400 Free
Stuart Ellicott	NHS	55-59	50 Breast
Stephen Lamy	NML	55-59	200 Back
Alan Brown	NTS	60-64	50 Free
Barry Seymour	NML	60-64	200 Free, 400 Free, 800 Free, 1500 Free
Paul Wyatt	NCR	60-64	200 Breast
Gary Nicholls	NCR	65-69	100 Back, 200 Back
Tony Goodwin	NML	70-74	50 Breast, 100 Breast, 200 Breast, 100 Fly
Bob Barry	NWL	75-79	100 Back, 200 Back, 200 IM
David Lawler	NML	75-79	200 Free
Max Van Gelder	NWG	75-79	50 Free, 50 Fly
Bill Walker	NNC	75-79	200 Fly
Kevin Vickery	NSP	80-84	200 IM
Jack Mathieson	NSH	90-94	800 Free, 1500 Free, 100 Back, 200 Back, 50 Breast, 100 Breast, 200 Breast

Relays: 4 x 50m

Pam Hutchings, Elvera Vickery, Jane Noake, Louise Stovin-Bradford
 NSP Women's 240-279 Free
 Annie Cooke, Lesley Thompson, Russell McLeod, Mark Thompson
 NCT Mixed 240-279 Medley
 John Pagden, David Ross, Arthur Lith, Max Van Gelder
 NWG Men's 280-319 Free
 Arthur Lith, John Pagden, David Ross, Max Van Gelder
 NWG Men's 280-319 Medley
 Harry Moffett, Noel Peters, Max Van Gelder, John Steen
 NWG Men's 320-359 Medley



(Continued on page 17)

2007 World Top Ten

Our congratulations to the following NSW swimmers, who achieved World Top 10 ranking in 2007.

(Continued from page 16)

NAME	CLUB	AGE	EVENT/S
Short Course:			
Sue Perkins	NSP	35-39	100 Free, 200 Free, 200 IM
Vicky Watson	NRY	40-44	50 Free
Jenny Whiteley	NRY	45-49	50 Free, 200 Free, 50 Breast, 100 Breast, 50 Fly, 100 Fly, 100 IM
Kathryn Dobson	NBM	50-54	200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM
Sue Kearney	NML	50-54	200 Free
Ann Campbell	NNC	55-59	400 Free, 800 Free, 1500 Free
Marilyn Earp	NWG	55-59	100 Back, 200 Back, 50 Fly, 100 Fly, 200 Fly
Lynette Stevenson	NBT	60-64	50 Free, 100 Free, 50 Back, 100 Back, 50 Fly, 100 IM
Suzanne Levett	NWG	65-69	50 Free, 100 Free
Pam Hutchings	NSP	70-74	50 Free, 100 Free, 200 Free, 50 Back, 100 Back, 200 Back
Barbara Vickers	NML	80-84	50 Breast, 100 Breast, 200 IM
Liz Wallis	NML	80-84	50 Free, 200 Free, 400 Free, 800 Free
Hilda Lindfield	NHL	85-89	200 Back
Simon Ho	NNS	30-35	50 Back
Darrin Jones	NWG	40-44	1500 Free
Paul Lemmon	NET	40-44	200 Back, 200 Fly, 200 IM
John De Mestre	NTS	45-49	1500 Free
Alan Godfrey	NTS	50-54	200 Free, 100 Back, 200 Back, 100 Fly, 100 IM, 200 IM
Mark Patterson	NSP	50-54	400 Free
John Stacpoole	NSA	50-54	50 Free, 100 Free
Bill Devenish	NBT	55-59	100 Free, 200 Free
Stuart Ellicott	NHS	55-59	50 Breast, 100 Breast
Barry Seymour	NML	60-64	200 Free, 400 Free, 800 Free, 1500 Free
Paul Wyatt	NCR	60-64	200 Breast, 200 Fly
Tony Goodwin	NML	70-74	50 Breast, 100 Breast, 200 Breast, 100 Fly
Bob Barry	NWL	75-79	200 Free, 100 Back, 200 Back
David Lawler	NML	75-79	200 Free
Max Van Gelder	NWG	75-79	50 Free
Ernie Emmett	NNC	85-89	400 Free, 800 Free, 1500 Free, 200 Breast
Jack Mathieson	NSH	90-94	50 Back, 50 Breast, 100 Breast, 200 Breast

Relays: 4 x 50m

Pam Hutchings, Elvera Vickery, Shane Batchelor, Louise Stovin-Bradford
 NSP Women's 240-279 Free
 Suzanne Levett, Marion Harrison, Marilyn Earp, Helen Campbell
 NWG Women's 240-279 Medley
 John Stacpoole, John Moore, Ron Massaar, Graham Mundy
 NSA Men's 200-239 Free
 Max Van Gelder, Virginia Head, Suzanne Levett, Arthur Lith
 NWG Mixed 280-319 Free
 Sue Johns, Tony Goodwin, Gary Stutsel, Liz Wallis
 NML Mixed 280-319 Medley

WEBSITES

AUSSI Masters Swimming Australia:	www.aussimasters.com.au
NSW Branch:	www.aussimastswimnsw.org.au
FINA World Masters, Perth 2008:	www.2008finamasters.org
Sydney 2009 World Masters Games:	www.2009worldmasters.com
Ocean Swims:	www.oceanswims.com

*We can help YOU reduce your carbon footprint...
and YOU can help Masters Swimming NSW save on
printing costs and postage*

Just tick the email notification box on your registration renewal for 2008 and your club registrar will do the rest. As soon as the latest issue of *SPLASH* is up on the

MSNSW website we'll email you and you can read it there online, or download and print it if you like. The more members who opt for electronic copies of *SPLASH*, the

more we save on printing costs and postage, not to mention the trees!!

So remember to tick that box when you renew for 2008. ☹



“SPLASH”

**Newsletter of the NSW Branch
AUSSI Masters Swimming in 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.



**Full page: \$180
Half Page: \$100
Quarter Page: \$ 80**

Clubs wishing to include their Carnival Flyer must have it sanctioned by the deadlines.

The rate for club meet ads is \$45 (one-sixth of a page).



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