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December 2009

Sydney 2009 World Masters Games Swim Meet



The World Masters Games Swim Meet was the culmination of five years' work for a few very dedicated members of Masters Swimming NSW. We had decided five years ago that we would run the best masters swim meet Sydney had ever seen, and I believe we achieved our goal.

There were many people who made it a success and I have acknowledged many of them below, but there were many, many more on deck at the Games who gave up their time and in many cases their swims [including the Meet Director. Ed.] to deliver a fantastic meet. It was fun, and that is what masters swimming is all about—mostly Fun, some Fitness and heaps of Friendship. The friendship in our organisation led to many people giving such a lot to make these Games the best.

I would like to acknowledge both Shane O'Leary, CEO of the Sydney 2009 Masters Games, and Josie Molloy, who was our swimming sports contact. Josie and I did not always see eye to eye—I knew what I wanted to run a swim meet, and Josie had to follow Masters Games protocol—but in the end we worked it out, and together we managed to deliver a great meet. But my greatest thanks go to everyone from Masters Swimming NSW who helped me in my wish to run this great meet. Over five years we worked very hard to train the number of officials we would need to run a seven-day meet. We had some help from Swimming NSW, Masters Swimming Victoria, Queensland and Western Australia and three overseas officials came on board as well, but 90% of the officials were our own. At any one time in a session we had 30 officials on pool deck and 30 volunteer timekeepers, and we

managed to do that for seven days, a great achievement.

Those who put up their hands as volunteers were invaluable. Many of them were at the pool for six or seven days, and they did everything from timekeeping, medal presentation, relay desk, information table inquiries and running to processing results. There were the engine-room people you did not see all week, such as Ron Jordan, Helen Wood and Mark Hepple, our state recorder. Biff Grindley and Paul Slater worked tirelessly the entire seven days in the recording room helping Ron, Helen and Mark, but they also produced the results for swimmers with a disability, which was again a different program from the main meet program, and my sincere thanks go to both Paul and Biff. Thanks also to Di Coxon-Ellis and Jamie Turner in the NSW office for their support and help during the busy times leading up to the Games.

The following people also gave of their time, skills and effort to make it a memorable week: Stuart Meares, Louise Price, Maxine Peacock-Smith and Gary Stutsel who were on the committee, Jamie Turner who organised our volunteers, Sue Johnstone, Diane Partridge, Malcolm Heath, Noel Partridge, Peter McGee, Jodie Burke, Brian Dry, Brian Horsford, Brian Lovegrove, Marilyn Roberts, Peter Gregory and Ian Davis.



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Unfortunately, the registration process did not go smoothly, with some people waiting in line for four or five hours. Fortunately, there was a group of very friendly and welcoming Masters Swimmers on the swimming desk to give out the swim programs and make everyone feel a bit better, so that not too many people remembered the bad experience of standing in line for so many hours.



The swim meet itself went like clockwork, with many fantastic swims and PBs. There were 21 swims that were faster than current world records but we always knew that world records would not count since FINA did not sanction the event. A FINA representative attended the meet, however, so let's hope the next Masters Games in Turin, Italy, will be sanctioned by FINA.

We were lucky enough to have a visit on Monday morning from Prince Frederik [*Princess Mary's husband. Ed.*], who chatted with officials and watched the swimming from poolside for some time. Kerri-Anne Kennerley did part of her morning show from the pool deck that morning, and *This Day Tonight* featured some of the older women's accomplishments. The press carried numerous pictures of some of our swimmers and officials, Sue Johnstone featuring one day just below an article on the prince.

Among our overseas visitors were 28 swimmers from the British Royal Navy club, and some brilliant dancers in the stands from Brazil, who loved the music we played during breaks in events.

The World Masters organisers insisted on holding medal ceremonies so that celebrities could present medals to some of the placegetters. I had my doubts, as this is not something Masters Swimming does. It was handled well, however, with medal ceremonies held each day, much to the delight of recipients, and it did not interrupt the swimming. It was indeed a lovely finishing touch for some of our placegetters.

Also among us were some celebrity swimmers, which added to the excitement, many world record holders, lots of first time swimmers and many members

of Masters Swimming Australia and NSW.

The relays proved a challenge to run, as teams did not necessarily have to all be from the same club, so we were in new territory when it came to entering teams into the computers. It was great to see so many swimmers joining in, and thinking up such highly descriptive names for their teams. As usual I think the relays were the highlight of the fun part, and it was a joy to see people teaming up and swimming together.

We were honoured to have a number of swimmers with a disability participating in the main events; their results were extracted and worked out on a separate system. Wow, were there some stars in the multi-disability swimmers! This again was new territory for Masters Swimming NSW and we learned much from the experience. My thanks to Louise Price, who looked after the multi-disability swimming and swimmers brilliantly.

It was very disappointing that the open water swim on the Saturday morning at Chowder Bay had to be cancelled due to unfavourable conditions. Maxine Peacock-Smith put an incredible amount of work into organising the swim, but unfortunately it was always on the cards that the weather or the conditions would be unfavourable at this time of the year. It was a difficult decision to have to make but it was necessary for the welfare of the swimmers.



The results of the swim meet are on the WMG website and the NSW website and a comprehensive report on the Games will be available on the NSW website in the near future. [*Videos of the opening and closing ceremonies, courtesy of Paul McGuire, are also on You Tube:*

www.youtube.com/watch?v=zROnCOl4bX4 and www.youtube.com/watch?v=E0BAqf8ql98. Ed.]

My thanks to everyone involved in the Games, officials, volunteers, swimmers, members of Masters Swimming NSW, who made this such a memorable event.

Jane Noake, Chair, Organising Committee

An Email to Friends

After reading the e-mails of thanks from Jane, DiP and Sue, I thought I would just respond and say that I found the WMG a very rewarding experience. Pats on the back to Jane who led the team and showed that Masters Swimming NSW is second to none in running LARGE MEETS. Actually Jane, DiP, Sue and DiCE make a great relay team when it comes to organisation; they would ace any competition. (Goodness, in a minute I might burst into *I Am Woman, Hear Me Roar.*)

Anyone who knows me knows I hate driving, especially in traffic, so to drive from home (Menai) to Homebush and back for seven days and only being stressed on one day (Friday held up for an hour and twenty minutes by an accident) is saying something. A plus was working alongside the other officials for a prolonged period, it meant your relationship with them changed from acquaintance to friend, and I rather like having friends.

The swimmers were fun, Esther in her Spider Woman suits, Norma and her very loud high fives, the Italian lad who always wanted his suit zipped either up or down (I had to pull rank on the timekeeping ladies on that one), Andy England swimming for GBR. Getting the swimmers to leave the pool, using hand signs, that was fun. The Royal Navy boys and girls. I was leaving on Thursday thinking ‘a hot shower, something to eat, then feet up’ when I passed the Royal Navy team. They were planning dinner and somewhere

with raunchy music to dance to. I remember when I used to do that, just. Actually I am rather sad that there is no record of Bob Dorrington and myself beating the New Zealanders in a dance-off in Brisbane, almost too long ago to remember. I do remember swimming my best ever 50m backstroke the next day; perhaps I was beyond feeling.

I was not over fond of the march out, maybe Neil K was right, I attend too many rugby league matches where bagging the ref is mandatory. However, on that last day I found I was somewhat mellow and enjoyed being introduced—hats off to Jane who remembered, was it 35 names? It seemed to work for the competitors also, as just some of the comments to me were: I want to thank you now, as I won’t have breath later. This has been such a well run meet, it has just flowed. Thank you for smiling, it helps with the nerves. I have swum all over the world, and this is the only place where officials say please and thank you (a gent from USA). So one could say congrats to Gary, Fran, and DiP who not only insisted that officials knew their stuff but also made a point of the correct attitude. Actually Ruth F. and I were so helpful that we ran a disabled swimmer’s appendage to the other end, only to have him swim back, climb out and sit at the end saying “Hey! Who took my leg?”

Cheers for now, Carol Dawson








The XIII World Masters Championships will be held in Goteborg, 28 July–7 August, 2010 & IST are ‘gearing-up’ to take all the AUSSI competitors and supporters who wish to travel to this beautiful and hospitable city.

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Historic Reunion of 2Gs

Amidst the constant activity during the World Masters Games at SOPAC pool, a few people would have noticed two septuagenarian males seated and chatting quietly at poolside.

Little did they realise that these two men more than any others were responsible for Masters Swimming holding such international events. They were the two Gs—Gunnar Werner of the International Masters Games (IMG) board and Gary Stutsel, Technical Director of Masters Swimming NSW.

On 22 June 1985, Gunnar, then Honorary Secretary of FINA, and Gary, then President of Masters Swimming International (MSI), signed the historic Pasadena Agreement in the Athenium at Caltech Institute of Technology, Pasadena, California. This agreement recommended:

- * the establishment of the FINA Masters Committee (with Gary as its chair)
- * the framing of Masters rules by that committee
- * the holding of the first FINA/MSI World Masters Championships in Tokyo, 11–16 July 1986
- * the holding of the second FINA/MSI Championships in Sydney in 1988. Due to delays in building the SOPAC pool this meet was subsequently moved to Brisbane.

Now, twenty-four years later and twenty-four years older these two fathers of international Masters Swimming met again in Sydney.

Gary Stutsel, Branch Technical Director



Advantages of Clubs Online For Individual Members

- The major advantage of the Clubs Online registration system is the ease in which members can pay. As a member you can log on anytime and pay your membership, saving the hassle of taking money and forms to the pool deck.
- There is a reduction in paperwork for members; no longer do you need to fill out a membership form with your details every year. Now you can log on anytime and update your details yourself.
- By including an email address in your details and ticking the box for a newsletter, you will automatically receive the quarterly national e-newsletter.
- When paying online you can print your receipt of payment and use this as proof of membership when registering for events.

Future Benefits

- Meet registration portal for members to enter events and pay for their entry to meets online, reducing any potential data entry errors.
- Merchandise portal to enable the purchase of club wear.
- Websites; for clubs to communicate with members.

To log on and view your details anytime just go to:

http://www.aussimasters.com.au/index.php?option=com_content&task=view&id=111&Itemid=73

Advantages for your club too

- Streamlines the work of club registrars/secretaries.
- Reduces the triple handling of money at club, branch and national level.

The Maui Channel Swim, Hawaii, 2009

The Maui Channel Swim (Lanai to Black Rock, Maui) is a 10-mile race held annually on the first Saturday in September that can be swum either solo or as a six-person relay team.

In 2009, All-Australian defending relay champions and race record holders, Tattersalls Masters Australia, under veteran captain Peter “man of steel” Thiel, were attempting to make it three in a row against their more fancied, almost All-American rivals, the “RCP Tiburon Milers”. Tattersalls also sent a second team, the Sociales, featuring a somewhat ragged and motley crew under the captaincy of Cesar and boasting senior tactician and 2006 soloist Andrew Davis.



Tattersalls Masters Australia (left to right), David Browne, Peter Thiel, Ky Hurst, Brendan Capell, Trent Grimsey, Ryan Napoleon

Tattersalls Masters Australia were not only chasing line honours, they were representing the Back Dog Institute (www.blackdoginstitute.org.au), a not-for-profit Australian facility offering specialist expertise in depression and bipolar disorder. One of the goals of the Black Dog Institute is to raise public awareness of the importance of exercise in the management of depression. What better way than swimming—and you don’t have to be an elite swimmer or champion to enjoy the benefits.

It was “dog eat dog”, but with a combination of speed and cunning the Tattersalls Masters Australia “Black Dog Underdogs” emerged at Black Rock victorious, in a sizzling time of 3 hours, 8 minutes and 5 seconds, a full 4 minutes and 7 seconds in front of the RCP Tiburon Milers. It is now rumoured the RCP Tiburon Milers may be forced to change their name to the “RCP Runners Up”.

The Sociales made a major tactical error mid channel, when Andrew Davis decided to “phone a friend” and, instead of talking to Thielie, somehow hit the wrong number and ended up talking to a friend in Thailand at 3 am Thai time. There was also a suggestion that another junior team member had failed to observe curfew the night before.

Thielie was unable to delay his traditional post-race press conference until the Sociales finished, which was just as well as the Sociales explored the more scenic route via Lahaina and Cannery Row, and finished a little over 3 hours behind.

Rest assured the Sociales will rally to defend their Rottnest Channel Charity Challenge title next February, and no doubt Tattersalls Masters Australia will be there in Hawaii the first Saturday of September 2010.

Andrew Davis, Tattersalls Masters



The Sociales (left to right), Luke Morgan, Cesar Puertolas, Simon Morgan, Andrew Davis, Lachlan Benson, Martin McConnell

The NSW Association of AUSSI Masters Swimming Clubs Inc

NSW Board 2009/10

President	Jane Noake
Vice President	Remy Reinker
Vice President Country	Neil Keele
Treasurer	Stuart Meares
Ordinary Members	Stuart Ellicott, Tony Tooher, Sue Wiles

Meet Reports

NSW Short-Course Championships: Canberra, 29–30 August 2009

These championships were earlier than usual this year and were held at the CISAC pool in Belconnen in Canberra. It was a great venue and the pool management and staff were a dream to work with; we hope to be able to return to this pool in the not too distant future.

One problem we did have was that since the only lanes surveyed were lanes 0 and 9 we had to place all potential record breakers in these lanes. Fortunately, we managed this safely. Congratulations to our world record breakers from the meet—Jenny Whiteley, Lyn Stevenson, Clary Munns and Brendan Foley (multi-disability).

This pool has 10 lanes and with lots of warm-up and cool-down lanes at the other end of the competition pool it was great for a smoothly run meet. We were extremely grateful to members of the Canberra clubs who helped with preparations, and coffee and tea for the officials.

There were not as many competitors as usual for a state meet, probably because many of our members were focusing on the World Masters Games in this half of the year. Similarly we were very short of officials, so were extremely grateful to those who did attend and were very lucky to have a number of new faces on pool deck.

Nevertheless, there was the usual fierce competition between the clubs leading to some great records and great results.

Congratulations to Jenny Whiteley and Steve Lamy, who were named Swimmers of the Meet for these championships.

The Blacktown City relay team of Clary Munns, Darryl Aynsley, Lyn Stevenson and Bill Devenish broke Manly Masters' grip on the Harry Fowler trophy by breaking the 240 mixed medley national record by 8 seconds. Well done to the team.

Warringah won the Gordon Cozins trophy for the most points in relay swims, from Blacktown City and Manly Masters; Manly won the Des McCormick trophy for average point score per swimmer (for clubs with 10 of more swimmers).

Warringah won the Division 1 trophy from

Blacktown City, closely followed by Seaside Pirates. Campbelltown Collegians won Division 2 from Coogee Randwick and Ettalong Pelicans. Division 3 was won by a very healthy margin by Tuggeranong Vikings, from Dubbo and Penrith. And Division 4 was won by Molonglo Water Dragons from Picton and SOPAC Masters.

Jane Noake, Meet Director

Ryde: 19 September 2009

Nathan Clarence, our meet director, and his team of officials ran a smooth carnival for the 215 swimmers who took part.

With the World Masters Games less than a month away, the Ryde event was one of the last opportunities to tweak our times for the Games. New national records were established, but the stand out were the 4 world records, one set by Jenny Whiteley and three by Clary Munns (see **Branch, Australian and World Records**).

We had hoped to introduce a Novelty Relay to enhance the FUN part of our AUSSI slogan but no one wanted to enter a team—afraid of being disqualified for not enjoying themselves, I guess!! Next time we will have to have a demonstration Novelty Relay by Ryde if no one wants to enter. With a large number of swimmers staying back for a complimentary sausage sizzle we were able to catch up with many friends from the 30 visiting clubs.

Shortly prior to our meet, one of Ryde's favorite ladies, Adele Smith, had been diagnosed with breast cancer. Following an operation just before the carnival, Adele came to the event to support us and is making a determined recovery. She is already back in the water and we are having difficulty stopping her from overdoing it. We all wish her well.

Thank you all for being at our carnival. And thanks to you all for being patient when the PA system went down for an hour or so. Would you believe it had been serviced the day before?

See you next year.

Chris Lock, Ryde Masters

Hills AUSSI Masters: 7 November 2009

Numbers were very low this year but after discussing whether to cancel we decided to run with 80 entries.

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The Galston Aquatic Centre has had a facelift and presented sparkling water and clean surrounds for those from the 19 clubs who enjoyed a fabulous afternoon. The meet referee wrote in her report: *“This carnival was run in the true spirit of AUSSI! There was fun and friendship in abundance.”*

Hills managed to conduct the meet professionally and efficiently but at a relaxed pace, thanks to the great team of officials not only from the Hills club, but from Wests Auburn (thank you, Wests) and from other clubs who honoured their time keeping and other commitments. The visiting officials included Marilyn Earp, John & Daphne Kulhan, Peter McGee, Maureen Hall, Aziza Sampson, Malcolm Heath plus trainees Penny & Peter Berents. Add our own “crew” and all ensured the marshalling, the results recording and so on, flowed without any hiccups—a great result from a dedicated crew. The Castle Hill Adult Swimming Club were invited swimmers and were most welcome, putting in some fantastic swims, as did many other

swimmers. Two national records were broken (congratulations, Clary and Steve) and two swimmers were disqualified, which evened things out nicely!

Hills managed to win the total point score by a mere 12 points from Blacktown (295) with Ryde in third place. The trophy for average club points was won by Warringah with Ryde second and Wyong third.

Once again the generosity of our sponsor and donations from members made the Hills raffle a great success with lots of prizes and many happy winners. A big vote of thanks to **Hignett Knight Insurance Brokers** for their sponsorship and to the Galston Swimming Club for the loan of equipment.

In 2010 Hills will host a long-distance (short-course) meet as we alternate BPS and long-distance meets with Wests Auburn. This meet will be held on Sunday 27 June and we invite all Masters Swimming members to come again and experience the hospitality of the Hills.

Di Coxon-Ellis

New Division Structure for 2010

The new division structure NSW AUSSI Masters will be implementing for the 2010 season is essentially based on the total points scored through BPS meets and the state championship meets. Our aim in doing this is to encourage growth and competition between clubs of similar size and performance level as well as encourage participation in both BPS meets and state championship meets.

Instead of the current promotion and relegation method, the new method will simply rank clubs in order of total points. The Board will then determine the breakdown of clubs into four divisions for 2010. This will be done at the December board meeting, after the final BPS meet for 2009, and the new divisions will be published soon after. The progressive overall rankings by total points will be published on our website throughout the year so that clubs can review them regularly.

In addition to the current trophies for division winners, clubs will be acknowledged within each division, and overall, for achieving improvement in the following areas:

- **Biggest % increase in points on the previous year, by division and overall**

- **Highest average points based on registered club numbers, by division**
- **Biggest % increase in registered members, overall**

Divisions will be established as outlined in the amended rules below:

B5(a) Clubs will be allocated to divisions on the basis of their total points scored in the BPS Trophy competition in the previous calendar year plus the MSNSW state long-course championships, MSNSW state short-course championships and MSNSW state long-distance championships.

B5(b) At the end of the BPS Trophy competition each year, clubs will be divided into four divisions of approximately equal number according to their total points scored the previous year, as stated in Rule B5(a). The MSNSW Board may at its discretion make minor adjustments to the number of clubs in each division.

Good luck! We look forward to some keen competition.

Stuart Ellicott, NSW Board

Technical

Rule Changes for 2010

A number of changes to the rules become effective on 1 January 2010. Most significant for regular competitors are the new Swimwear Rules. Many of my competitors might feel that I had a role in instigating the FINA swimwear rules as my \$40 Speedo Endurance polyester swim trunks are exempt from testing and listing. Currently, 60 approved swimsuits are listed; the Swimwear Rules are explained further in the **Swimwear Rules** article below.

Most of the other rule changes flow on from changes made at the 2009 FINA Congresses:

Backstroke When turning the touch on the wall must be “in the swimmer’s respective lane”.

Breaststroke The single downward “butterfly” kick permitted underwater at the start and each turn must be performed during the underwater arm stroke. It is no longer allowed after completing this stroke.

Butterfly If you use a breaststroke kick in butterfly events you are now restricted to one kick per arm stroke in events up to 200m of butterfly. This includes the 800m individual medley. The two kicks per stroke rule still applies for the longer events e.g. 400m and 800m butterfly. Also, a single breaststroke kick is permitted prior to the turn and finish without an arm pull; and a single breaststroke kick is permitted prior to the first arm pull. This means you cannot do breaststroke kick for 15m underwater and then surface.

The Race You are now required to stay for the whole race in the same lane in which you started.

Events World records will now be recognised for 4 x 200m freestyle relays.

Medical Disabilities You will no longer be able to use an MD for the national championships (e.g. Launceston 2010). This means if you have an MD for breaststroke you will need to enter only the freestyle and backstroke and possibly butterfly events and not swim breaststroke in relays at the national championships. MDs will still be recognised in branch events unless you are notified otherwise.

Age Groups Masters Swimming Australia now allows swimmers to become members once they have turned 18 and to compete in MSA competitions. The 20–24 age group will become 18–24 and the 80–119 relay age group will now be 72–119. Clubs are cautioned that if a

team including a swimmer who has not turned 25 breaks a world record that record will not be recognised.

Swimwear Rules 2010

These rules do not apply to open water swimming (OWS), whose only requirement is that the suit worn is not a wetsuit (except where specifically allowed).

For pool events Masters Swimming Australia (MSA) has adopted the FINA Rules for swimwear with one exception: instead of being limited to strictly one garment, MSA swimmers will be allowed to wear modesty garments under their competition swim wear. Remember that if you are attempting a world record as an individual or a member of a team, the swimsuit worn by each swimmer must be nominated on the World Record Form and that the one-swimsuit rule applies.

The FINA Rules are on their website: www.fina.org, go to **Directory**, then **Rules & Regulations**. General Rule GR 5 and By Law BL 8 have a link to “FINA requirements for swimwear approval”. Swimwear includes swimsuit, caps and goggles, by the way. FINA has also published a list of approved swimsuits and the following points have been extracted from their website:

- * Men’s swimsuits shall not extend above the navel or below the knee and are to be in one piece.
- * Women’s swimsuits shall not cover the neck or extend past the shoulders. Nor shall they extend below the knee. They may be in two pieces.
- * Other items covering the body and not part of the swimsuit are prohibited (note that the referee has discretion when it comes to taping of the body for medical reasons).
- * The material used for swimsuits can only be “textile fabric(s)”.
- * No outside application can be added on the material.
- * No zippers or fastening systems are allowed.
- * Swimwear which is obviously compliant (e.g. briefs or traditional-shape women’s swimsuits in full textile and full permeable material such as polyester suits, are not subject to any review or challenge and do not need formal approval).

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- * Approved swimsuits must carry either on the product or on a non-removable label the words “FINA approved” together with the approval time, e.g. 11/09.
- * Caps and goggles cannot be attached to one another nor to the swimsuit (no “hood” or “mask” effect; this means the old goggle cap can no longer be worn in competition).
- * Cap shape must follow the natural shape of the head and not include any artificial shaping.
- * Hard helmets are not allowed.

Gary Stutsel, Chair, National Technical Committee

DQs at the 2009 World Masters Games

The 16 Masters Swimming NSW swimmers who were disqualified in individual events at the WMG fell into the following errors:

False starts	3
Freestyle	
no touch of wall at turn	1
Backstroke	
shoulders past the vertical	1
non-continuous arm pull at turn	2
pulled on lane rope	1
Breaststroke	
hands not pushed forward on or under the water	3
legs not simultaneous and in same	

horizontal plane	3
did not touch wall with both hands	1
Butterfly	

feet not moved together **1**
 For the first time since we started recording statistics equal numbers of males and females were disqualified. It was also the first time that stroke infringements far outnumbered turn and finish infringements:

	False Starts		Stroke		Turns/Finishes		Totals	
	Men	Women	Men	Women	Men	Women	Men	Women
25–39					1	1	1	1
40–49		1				2		3
50–59	1		1	2			2	2
60–69			3				3	
70–79				2				2
80–89	1		1				2	
Totals	2	1	5	4	1	3	8	8

For coaches, breaststroke action and breaststroke and backstroke turns would seem to be the major challenges. However, as an inspector of turns for seven days I was appalled at the number of freestyle swimmers who stopped, tumble turned then surfaced no more than a body length from the wall. If your swimmers can’t push off and surface at the 5 m flags they would be better advised to do a fallback turn and push off as hard as possible.

Gary Stutsel, Branch Technical Director

NSW Short-Course Championships 29–30 August 2009

Championship Award	Division 1 MANLY
	Division 2 CAMPBELLTOWN
	Division 3 TUGGERANONG
	Division 4 MOLONGOLO WATER DRAGONS

Des McCormick Memorial Trophy	MANLY
Gordon Cozins Memorial Trophy	WARRINGAH
Harry Fowler Memorial Trophy	BLACKTOWN CITY

240–279 Mixed Medley Relay Team:
 Lynnette Stevenson, Bill Devenish, Clary Munns, Darryl Ansley

Male Swimmer of the Meet	STEPHEN LAMY Manly Masters
Female Swimmer of the Meet	JENNY WHITELEY Ryde AUSSI Masters



Branch, Australian and World Records

NSW SHORT-COURSE: 29-30 AUGUST 2009

Women

50 Free	Jenny Whiteley (NRY) 50-54	28.00	W
	Lynette Stevenson (NBT) 60-64	30.70	W
200 Free	Louise Stevenson (NNS) 25-29	2:09.70	N
	Jenny Whiteley (NRY) 50-54	2:14.49	W
100 Back	Lynette Stevenson (NBT) 60-64	1:23.08	N
	Clary Munns (NBT) 65-69	1:23.99	W
200 Back	Jenny Whiteley (NRY) 50-54	2:42.00	N
50 Breast	Robin Henze (NWL) 70-74	49.74	B
100 Breast	Jenny White (NWY) 25-29	1:17.25	N
	Jenny Whiteley (NRY) 50-54	1:16.49	W
	Robin Henze (NWL) 70-74	1:53.07	B
	Joan Morgans (NWG) 85-89	3:42.80	B
200 Breast	Louise Stevenson (NNS) 25-29	2:45.38	B
	Jenny Whiteley (NRY) 50-54	2:48.69	W
	Robin Henze (NWL) 70-74	4:04.10	B
50 Fly	Gillian O'Mara (NNS) 30-34	31.44	B
	Kaye Beer (NSH) 65-69	42.70	N
	Clary Munns (NBT) 65-69	39.24	N
100 Fly	Karen Higgison (NSH) 40-44	1:07.83	N
	Clary Munns (NBT) 65-69	1:30.79	N
200 Fly	Karen Higgison (NSH) 40-44	2:31.09	N
	Kay Burton (NBM) 70-74	4:27.72	B
<i>Men</i>			
100 Free	Bill Devenish (NBT) 55-59	59.55	B
200 Free	Stuart Meares (NWG) 45-49	2:06.75	B
	Bill Devenish (NBT) 55-59	2:11.49	N
50 Back	Stephen Lamy (NML) 60-64	34.24	N
	Allan Dufty (NSP) 80-84	47.54	N
	Kevin Vickery (NSP) 85-89	1:07.72	B
100 Back	Paul Lemmon (NET) 40-44	1:03.68	N
	Jon Hawton (NBT) 45-49	1:03.74	N
	Stephen Lamy (NML) 60-64	1:15.60	N
	Kevin Vickery (NSP) 85-89	2:22.84	B
200 Back	Tony Curran (NET) 55-59	2:40.16	B
	Stephen Lamy (NML) 60-64	2:43.06	N
50 Breast	Simon Goldschmidt (NSP) 35-39	30.87	N
	Allan Dufty (NSP) 80-84	50.73	B
100 Breast	Simon Goldschmidt (NSP) 35-39	1:09.43	B
50 Fly	Stuart Meares (NWG) 45-49	28.26	B

100 Fly	Paul Wyatt (NCR) 60-64	1:13.52	N
200 Fly	Paul Wyatt (NCR) 60-64	2:51.28	B
	Gary Stutsel (NML) 70-74	3:39.35	B
100 IM	Peter Borain (VPP) 40-44	1:02.87	N
200 IM	Paul Lemmon (NET) 40-44	2:14.95	N
	Stuart Meares (NWG) 45-49	2:25.99	B
<i>Relays</i>			
Men's 200 Free	280-319 Manly	2:12.29	N
	G. Stutsel, D. Lawler, T. Goodwin, S. Lamy		
Men's 200 Medley	200-239 Blacktown City	2:05.21	B
	J. Hawton, D. Aynsley, A. Priday, B. Devenish		
Men's 200 Medley	280-319 Manly	2:30.01	N
	S. Lamy, T. Goodwin, G. Stutsel, D. Lawler		
Mixed 200 Free	240-279 Blacktown City	2:18.21	N
	B. Devenish, C. Munns, L. Stevenson, D. Aynsley		
Mixed 200 Medley	240-279 Blacktown City	2:18.21	N
	C. Munns, D. Aynsley, L. Stevenson, B. Devenish		

RYDE: 10 SEPTEMBER 2009

Women

100 Free	Gillian O'Mara (NNS) 30-34	1:00.69	N
	Jenny Whiteley (NRY) 50-54	1:01.64	N
50 Back	Clary Munns (NBT) 65-69	36.85	N
	Clary Munns (NBT) 65-69	37.41	W
	Val Lincoln (NGS) 85-89	1:17.93	B
100 Back	Clary Munns (NBT) 65-69	1:22.17	W
	Hilda Lindfield (NHL) 90-94	4:05.00	B
100 Breast	Val Lincoln (NGS) 85-89	3:17.98	B
200 Breast	Christina Echols (NNS) 35-39	2:58.01	B
50 Fly	Gillian O'Mara (NNS) 30-34	31.40	B
200 IM	Jenny Whiteley (NRY) 50-54	2:30.98	W
	Clary Munns (NBT) 65-69	3:04.75	W
<i>Men</i>			
50 Free	Alan Brown (NTS) 60-64	27.20	N
50 Breast	Stuart Ellicott (NHS) 55-59	32.17	N
50 Fly	Neil Rogers (NCR) 55-59	29.71	N
200 IM	Paul Wyatt (NCR) 60-64	2:40.24	N

(Continued on page 11)

(Continued from page 10)

LAKE MACQUARIE CROCS: 26 SEPTEMBER 2009

Women

50 Free	Clary Munns (NBT) 65–69	32.40	N
50 Back	Clary Munns (NBT) 65–69	36.89	W
100 Back	Clary Munns (NBT) 65–69	1:22.19	W
100 IM	Clary Munns (NBT) 65–69	1:22.53	W

Men

200 Back	Jon Hawton (NBT) 45–49	2:21.27	N
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NORTH SYDNEY: 14 NOVEMBER 2009

Women

50 Free	Jenny Whiteley (NRY) 50–54	28.25	N
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Clary Munns (NBT) 65–69	32.58	N
50 Breast		
Jenny Whiteley (NRY) 50–54	35.99	W
<i>Relays</i>		
Men’s 400 Free		
120–159 North Sydney	4:06.90	N
L. Ranson, P. Gregory, C. Hannah, A. Aebi		
Men’s 400 Free		
200–239 North Sydney	4:08.84	N
A. Godfrey, H. Homma, J. Wynberg, J. Kain		
Mixed 400 Free		
240–279 Blacktown City	4:53.18	N
B. Devenish, C. Munns, L. Stevenson, D. Aynsley		

B = Branch record
 N = National record
 W = World record

Vale Margaret Billing

Margaret Billing was one of the pioneers of masters swimming in Cessnock. She joined the original Coalfields Masters in 1994 and right from her early days she regularly attended club nights and meetings. She liked the water but didn’t compete at first but when started she took to it like a duck to water, being the second member to attend 100 carnivals, and this year she reached the lofty milestone of 200 carnivals, an extraordinary feat indeed.

Margaret was at the hub of the club; whatever was going on, she was there. Her catering was second to none. Each Wednesday in the summer season when we gathered after our swim Margaret would provide food she had prepared herself. Sandwiches, cake, what about her fruitcakes, two slices and you would fail the breathalyser, boiled eggs, cashews, a variety of baked snacks and of course her biscuits. Throughout masters, Margaret became well known for her biscuits. She would take a batch to each carnival for the club and her friends from other clubs would zero in for a snack as well. She loved giving her biscuits to Petersborough special school for disadvantaged kids down Wollongong way. Margaret decided around five years ago to bake biscuits for these 75 kids aged between 4 and 18, simply because she wanted to do something

for them.

Year after year she was elected catering officer, unopposed, and when it came time for the monthly catering report, Marg would get up and say, “It’s all there, go and eat it.” Nobody was ever early enough to winter night meetings to beat Marg—she wanted to get into the clubroom first to heat up the urns ready for her club mates so they could have a hot drink on arrival.

We all know Margaret was good for a chat. In my early days, when I barely knew her, we travelled by bus to Sydney to a carnival. Margaret always sat in the seat directly behind the driver and I thought I’d sit with her just to get to know her. We had a long chat—from Cessnock to Sutherland—and I think I got about five words in.

Margaret loved going to carnivals. She has done the length and breadth of Australia going to national swims and everywhere she went she was always well received, the epitome of the fun, fitness and friendship that is masters swimming. Margaret never broke any records in the competition pool. The records she broke and will hold are those of dedication to her swimming and the friends she made through it.

Phil Murray, Cessnock Masters

Newsletter 2010

The deadline for copy for the **March 2010** issue of *SPLASH* is **Friday, 26 February 2010**.

Please email your interesting articles, reports and photos to the editor:

splasheditor@mastersswimmingnsw.org.au, or post, fax or email them to the branch office by this date.

Progressive Club Points for 2009

(including the North Sydney meet)

The progressive tally of club points is updated regularly on the Masters NSW web site

<i>Place</i>	<i>Club</i>	<i>Points</i>	<i>Place</i>	<i>Club</i>	<i>Points</i>		
Division 1			Division 3 (cont'd)				
1	NWG	Warringah Masters	8,269	4	NWL	Wollongong Masters	552
2	NNC	Novocastrian Masters	6,454	5	NCS	Cronulla Sutherland AUSSI	535
3	NBT	Blacktown City	6,059	6	NTR	Trinity AUSSI	476
4	NSP	Seaside Pirates	4,698	7	NSW	Swansea Masters	470
5	NML	Manly Masters	4,399	8	NTN	Tuggeranong Vikings	461
6	NRV	Ryde AUSSI	3,609	9	NRT	Raymond Terrace AUSSI	454
7	NNS	North Sydney AUSSI	3,117	10	NMM	Myall Masters	374
8	NWY	Wyong Wobbygongs	3,112	11	NLP	Liverpool Leatherjackets	299
9	NCK	Cessnock Masters	2,866	12	NSH	Shoalhaven Seahawks	170
10	NWO	Wett Ones	2,458	13	NDB	Dubbo Redfin	29
11	NPM	Port Macquarie Masters	2,314	Division 4			
12	NBM	Blue Mountains Phoenix	1,188	1	NNB	St George Masters	844
Division 2			2	NPT	Picton Masters	376	
1	NCT	Campbelltown Collegians	2,010	3	NCB	Caringbah AUSSI	336
2	NCM	Clarence River Masters	1,718	4	NLC	Lane Cove Masters	308
3	NHS	Hornsby Masters	1,523	5	NCP	Cook & Phillip Masters	230
4	NET	Ettalong Pelicans	1,512	6	NSA	Sandbern Aquadot	158
5	NCR	Coogee Randwick Masters	1,178	7	NOP	SOPAC Swimteam	147
6	NMS	Lake Macquarie Crocs	1,137	8	NMR	Merrylands Swimming Club	133
7	NGS	Gosford City Seagulls	983	9	NBR	Bush Rangers	115
8	NHL	Hills Masters	981	10	NAM	Armidale AUSSI	69
9	NWS	Wests Auburn Masters	754	11	NCN	Molonglo Water Dragons	27
10	NOF	Oak Flats AUSSI	608	12	NHN	Hunter Masters	20
Division 3			13	NTS	Tattersalls Club	10	
1	NPN	Penrith AUSSI	1,981	14	NCH	Coffs Harbour Masters	0
2	NMT	Maitland AUSSI	677	14	NPW	Prairiewood AUSSI	0
3	NSG	Nelson Bay Dolphins	610	14	NTM	Tamworth AUSSI	0

Vale Alex Smith, mentor and friend

We were saddened to hear of the death of Alex Smith, one of our long-serving referees in Masters Swimming NSW. Alex had been in bad health for quite some time, having a fall just before his eightieth birthday while on duty at a NSW swim meet, with continuing health issues after that time.

Alex spent many years as an official of Swimming NSW, but saw the brighter side of swimming when he came over to masters swimming, officiating at his first meet in March 1999.

Alex had the best interest of every swimmer at heart, and could be seen at every meet talking to swimmers, explaining what they did wrong and how they could prevent themselves from being disqualified at the next meet. But more than that he was a mentor to many of our present referees, and I for one can thank Alex for the knowledge that he gave me in becoming a referee.

He not only watched all the swimmers, he watched the officials as well, very often giving us tips on how we could improve our knowledge or how we dealt with our swimmers.

Alex was present at most meets, if not on deck refereeing then he was mentoring a new official, and in later years he came to meets especially for this reason. During the last few years we did not see too much of him, as he was unable to drive great distances. Alex lived in Wollongong and belonged to the Wollongong club, but the distance did not stop him from attending meets when he was well.

Alex will be missed by everyone in Masters Swimming NSW, especially by those who worked closely with him.

Jane Noake, President MSNSW

From the Administrator's Keyboard

Events

Sydney World Masters Games 2009 Convenor and Meet Director Jane Noake led a professional team of fantastic officials and volunteers through the exhausting but exhilarating seven days of pool competition in October. An amazing 98 national and 91 branch records were broken at the meet. I am grateful to all involved who made it the experience of a lifetime.

2010 Calendar The events for 2010 have been finalised and we again thank the national sponsor, Vorgee, for their support in helping to produce a printed calendar for all NSW members.

National Championships Interested in the National Championships in Launceston, Tasmania, next April? Check the national website:

www.mastersswimming.org.au or make direct enquiries at mastersswimmingtas@bigpond.com or 0418 540 819.

Registration and Reporting

Renewals for 2010 Club registrars and members can commence online renewals on 1 December 2009. The 2010 Masters Swimming registration fee is \$65, plus your club fee. Remember you won't be able to swim, even at your club, after 1 January 2010 if you are not a financial member. If you want to swim at the Central

Coast meet you will need to be paid up by close of entries on 1 January 2010, so reregister on line after 1 December or pay your club registrar before the Christmas break.

Club Registration for 2010 Register your club with Masters Swimming NSW by 31 December 2009 at the reduced rate of \$40. If your club has not paid the registration fee to the branch office, your members will not be able to compete in the meets held early in 2010.

Reporting Time Your club's annual report and safety report are due at the branch office by the end of January so if you are the person responsible for writing these reports, please complete them and send them in by the due date.

The Board and Administrator would like to thank Malcolm Heath and Jan Cameron Smith and Jamie Turner for their considerable help in the branch office this year. The office will be closed from 5 pm Thursday 24 December until the morning of Monday 4 January 2010. We wish all our members a merry and safe Christmas, and look forward to an exciting 2010.

Di Coxon-Ellis, NSW Branch Administrator

Incident Report Form

A reminder to all clubs who host a carnival that you must have on hand copies of this MSA Incident Report Form, as you will need to fill one in if someone slips or hurts themselves in any way. You can get a copy from the branch office or from Jodie Burke, the Branch Safety Coordinator:

safetycoord@mastersswimmingnsw.org.au



MASTERS SWIMMING IN AUSTRALIA Policy Number: 2468030052/OTH *Please Photocopy as Required*

Incident Report Form

Public and Products Liability and Professional Indemnity Policy

Public Liability Insurance Provided by MARSH

Please complete the details below in block letters and attach all relevant documentation.

NAME OF SWIMMING CLUB _____
NAME (PLEASE PRINT) CONTACT NAME _____
(PLEASE PRINT)
POSTAL ADDRESS _____
TELEPHONE NUMBER FACSIMILE NUMBER _____
AFTER HOURS NUMBER E-MAIL _____

DETAILS OF INCIDENT:
WHEN DID THE INCIDENT OCCUR? DAY.....DATE..... TIMEAMPM
WHERE DID IT OCCUR? _____
WHAT WERE THE CIRCUMSTANCES? _____

DETAILS OF THIRD PARTY / INJURED PARTY
NAME (PLEASE PRINT) CONTACT NAME _____
POSTAL ADDRESS _____
TELEPHONE NUMBER FACSIMILE NUMBER _____
AFTER HOURS NUMBER E-MAIL _____

WHAT IS THE INJURY SUSTAINED? _____

WERE THERE ANY WITNESSES? Yes No
NAME (PLEASE PRINT) _____
POSTAL ADDRESS _____
TELEPHONE NUMBER FACSIMILE NUMBER _____
AFTER HOURS NUMBER E-MAIL _____
HAVE YOU RECEIVED WRITTEN NOTICE OF THIS CLAIM? Yes No
(PLEASE ATTACH TO FORM IF YES)

AUTHORISED PERSON _____ DATE _____
SIGNATURE _____ POSITION _____
NAME (PLEASE PRINT)
CONTACT TELEPHONE NUMBERS _____
PLEASE FORWARD TO: GENERAL MANAGER
MASTERS SWIMMING AUSTRALIA
SPORTS HOUSE, LEVEL 2, 379 ALBERT ROAD, ALBERT PARK VIC 3206
TELEPHONE 859882 5666 FAX 859882 3444
EMAIL info@masterswimming.org.au

Accreditation

Training Courses

I would like to thank all officials who worked at the World Masters Games and contributed to its success. It certainly was a lifetime experience that you will never forget, with many fun-filled moments.

Do the years go faster as we get older? Did we all achieve our swimming and official goals for the year? Most likely not! We seem to have this problem of never enough hours in a day. Perhaps for 2010 we should set fewer goals for ourselves.

If you're a trainee were you able to complete your training hours this year? Remember, if you're having trouble completing hours for any reason, please contact me through my direct email—

diane.partridge@bigpond.com—or the NSW website: officialtraining@mastersswimmingnsw.org.au

Of all the officials position I'm qualified in the one I enjoy the most is starter. It was disappointing this year that we didn't have any interest in a starters course and only one starter qualified using the cross-accreditation system (that the National Technical Committee put in place) using their Swimming Australia (SAL)

qualifications. I'm hoping in 2010 Masters Swimming NSW puts on at least one starters course.

If you have SAL qualifications, and wish to be Master Swimming Australia accredited, please contact me.

My goal for 2010 is that all marshals / check starters / clerks of course complete a reaccreditation / update course so that Masters Swimming NSW marshals are consistent and professional. I plan to run 4 to 6 courses spread over the state in 2010 before the carnivals so all of these officials have the opportunity to attend. Anyone wishing to complete a course for any of these positions will be welcome.

Please remember, before participating in any official's course check that you have completed all the prerequisites. Remember also that any training hours you have racked up **before** you do a course do not count.

Merry Christmas to all and have an action-packed New Year.

Di Partridge, NSW Training Coordinator

Accreditation Update

Congratulations to the following new officials, who gained accreditation between September and November 2009:

Jim Barber	Blue Mtns Phoenix <i>Volunteer</i>	Timekeeper
Penny Berents	Warringah	Inspector of Turns
Peter Berents	Warringah	Inspector of Turns
Lindsay Brice	Manly	Timekeeper
Barbara Briggs	Campbelltown	Timekeeper
Robert Burggraaff	Raymond Terrace	Timekeeper
Annie Cooke	Campbelltown	Timekeeper
Helga Duncan	Campbelltown	Timekeeper
Stuart Ellicott	Hornsby	Timekeeper / Starter
Ruth Fitzpatrick	Manly	Marshal / Check Starter
Jan Gibbs	<i>Volunteer</i>	Timekeeper
Warner Gibbs	<i>Volunteer</i>	Timekeeper
David Lynch	Ettalong	Chief Timekeeper
Diana Moore	Warringah	Timekeeper
Joan Morgans	Warringah	Timekeeper
Naomi Watson	Cessnock	Chief Timekeeper





Masters Swimming NSW Calendar 2010

BPS - Branch Point Score Meets
SC - Short Course
LC - Long Course

		Closing date at host club
January 16	Central Coast BPS LC	01/01/10
January 31 (Sun)	NSW Board Invitational SC SOPAC	15/01/10
February 21 (Sun)	Manly BPS SC	05/02/10
February 27	Cessnock BPS LC	12/02/10
March 20-21	NSW Short Course Championships, Woy Woy	Wed 03/03/10
April 7-10	2010 National Masters Swimming Championships, Launceston Tas SC	Mon 22/02/10
May 02 (Sun)	Blacktown City BPS LC	16/04/10
May 15	Ettalong BPS SC	30/04/10
May 29	Wett Ones BPS LC	14/05/10
June 12 & 13	Clarence River Masters BPS SC	28/05/10
June 27 (Sun)	Hills Long Distance SC	11/06/10
July 03	Hunter Festival of Sport SC	18/06/10
July 11 OR 18	NSW Relay Meet SOPAC	23/06/10
July 27—Aug 7	XIII FINA World Masters Swimming Championships, Goteburg Sweden LC	Swimmers names only TBA
August 08 (Sun)	NSW Long Distance Long Course Championships, Blacktown	23/07/10
August 22 (Sun)	Campbelltown BPS SC	06/08/10
September 04	Ryde BPS LC	20/08/10
September 12 (Sun)	Seaside Pirates BPS LC	27/08/10
September 18	Lake Macquarie BPS SC	03/09/10
September 25	Trinity BPS SC	10/09/10
October 09	Warringah BPS SC	24/09/10
October 23 & 24	NSW Long Course Championships, SOPAC	Wed 06/10/10
November 06	Port Macquarie BPS LC	22/10/10
November 13	Novocastrian BPS LC	29/10/10
November 20	North Sydney BPS LC	05/11/10
December 04	Wests Auburn BPS LC	19/11/10
December 11	Raymond Terrace BPS LC	26/11/10

New Age Groups

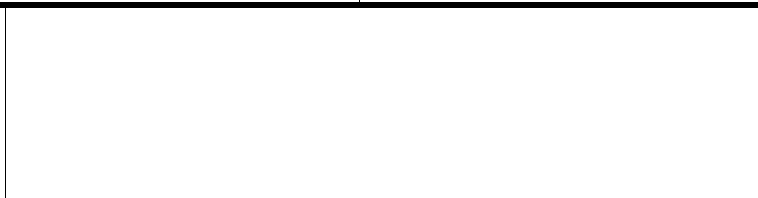
From 1 January 2010 people can join Masters Swimming NSW as soon as they have turned 18. This means that from next year we will have an 18–24 age group, and a 72–119 relay age group.

Reaccreditation

All referees and starters will from 2010 be required to reaccredit every four years. Technical Director Gary Stutsel and Training Coordinator Diane Partridge have begun coordinating courses around NSW. Keep an eye on the website for courses for new and reaccrediting officials.

Coaching

Branch Coaching Director John Wynberg plans to visit clubs and assist with coaching in NSW. He is also upgrading the resources for coaches. If your club has any resources that belong to MSNSW, could you please return them to the branch office so we can consolidate what we have.



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.

Advertising Rates

Full page	\$180
Half page	\$100
Quarter page	\$80

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

Clubs wishing to advertise their meets must have them sanctioned by the newsletter deadlines.



Websites

AUSSI Masters Swimming Australia
NSW Branch
Australian Masters Games 2009
Sydney 2009 World Masters Games
Ocean swims

www.mastersswimming.com.au
www.mastersswimmingnsw.org.au
www.australianmastersgames.com
www.2009worldmasters.com
www.oceanswims.com



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