



**MASTERS SWIMMING**  
New South Wales



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New South Wales

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**June 2009**

## 2008 Awards @ AGM

**Club of the Year, SEASIDE PIRATES**

**Female Swimmer of the Year, JENNY WHITELEY**  
(Ryde RAMS)



*President Jane Noake presents the Female Swimmer of the Year 2008 award to Jenny Whiteley (all AGM photos courtesy of Owen Sinden)*

**Male Swimmer of the Year, PETER KERR (Seaside Pirates)**

**Gary Stutsel Award, DIANE PARTRIDGE (Cessnock Masters)**

**Administration Award, HEATHER ROUEN**  
(Campbelltown Collegians)

**Branch Point Score. Division 1: WARRINGAH MASTERS. Division 2: LAKE MACQUARIE CROCS.**

*Division 3: GOSFORD CITY SEAGULLS. Division 4: PENRITH MASTERS*



*Wilson Gamble accepts the BPS Division 1 trophy on behalf of Warringah Masters*

**BPS Average Club Points, NOVOCASTRIAN MASTERS**

**Brian Hird Trophy**, awarded to the club that wins the most points over all the weekend carnivals held in a calendar year: SEASIDE PIRATES

**Sue Johnstone Trophy**, awarded to the club with the highest

average point score at all the two-day carnivals held in a calendar year: SEASIDE PIRATES

**National Aerobic Trophy. Aerobic Total Point Score: CAMPBELLTOWN COLLEGIANS. Aerobic Average Point Score: CAMPBELLTOWN COLLEGIANS**



*Neil Keele accepts the BPS Division 3 trophy on behalf of Gosford City Seagulls*

*Paul Slater accepts the Sue Johnstone Trophy from Sue Johnstone on behalf of Seaside Pirates*



*Diane Baker, Owen Sinden and Russell McLeod took home to Campbelltown Collegians all the aerobics trophies*

## All About Aerobic Swimming

There are two masters aerobic swimming programs you can take part in: a national one, run by Masters Swimming Australia, and a branch one, run by Masters Swimming NSW. While there are some differences between the programs, they are both offered to masters swimmers as a means of improving fitness and endurance.

### National Aerobic Trophy

The National Aerobic Trophy offered by Masters Swimming Australia is open to all Masters Swimming clubs in Australia. The program consists of a number of swims of various strokes and distances, starting with 400 metres. The longest swim is the distance you can swim in one hour. Swims are offered in all strokes. Here is a summary of the swims available per aerobic year (the aerobic year runs from 1 January to 31 December):

	<i>Free</i>	<i>Back</i>	<i>Breast</i>	<i>Fly</i>	<i>IM</i>
400 m	5	5	5	5	5
800 m	5	5	5	5	5
1500 m	1	1	1		
30 minutes	1	1	1		
45 minutes	1	1	1		
1 hour	1	1	1		

This table shows the number of times you must complete each swim in an aerobic year if you are attempting the maximum number of swims. Note that you must complete the five swims for each 400 m and 800 m in different months.

You get points for swims you complete based on gender, age and time taken to finish the swim. The points allocation is determined by MSA (go to <http://www.mastersswimming.com.au> then **Aerobics** then **Age Group Times** to find the chart for your age group.) The points you score as an individual go towards your club's total tally. The club (from across Australia) with the highest number of points at the end of each aerobic year wins the National Aerobic Trophy.

In addition, the NSW club that racks up the highest number of points receives a club and a perpetual trophy, and individuals who gain maximum points or swim the maximum number of events also receive an award. These NSW awards are usually made known at the NSW Annual General Meeting.

For the National Aerobic Trophy you may submit swims you have done at:

- ✓ carnivals (note that carnival swims are NOT automatically forwarded to the branch aerobic recorder);
- ✓ club meets / training sessions, provided the swims are witnessed and times / distances swum are recorded;
- ✓ informal swims where you complete an aerobic swim, provided the swims are witnessed and times / distances swum are recorded.

You can download recording forms from the MSA web page (see above) and you must include the following information: your full name, AUSSI number, club code, date of swim, pool length (25 m / 50 m), event (eg 200 back; 30 minutes), time swum or distance achieved (to closest completed 25 m).

### Branch Aerobic Trophy

The MSNSW aerobic scheme is not a competition. There are no club awards; points are awarded to individual swimmers. It offers a slightly expanded range of swims:

	<i>Free</i>	<i>Back</i>	<i>Breast</i>	<i>Fly</i>	<i>IM</i>
400 m	5	5	5	5	5
800 m	5	5	5	5	5
1500 m	1	1	1	1	
30 minutes	1	1	1	1	
45 minutes	1	1	1	1	
1 hour	1	1	1	1	

If you want to complete the maximum swims in this scheme, you have the following choices:

#### 400 M AND 800 M SWIMS

Complete five swims of up to four strokes for each distance.

For example, you could do 5 x 400 free, 5 x 400 back, 5 x 400 breast, 5 x 400 IM; 5 x 800 free, 5 x 800 back, 5 x 800 fly, 5 x 800 IM

#### 1500 M, 30-MINUTE, 45-MINUTE AND 1-HOUR SWIMS

Do one swim for each time / distance of three of the four strokes.

For example, you could do 1 x 1500 back, 1 x 1500 breast, 1 x 1500 fly

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In this scheme you can complete the five swims for each of the 400 m and 800 m events at any time in the year. They do not need to be done in different months. Also, points are awarded for each of the 400 m and 800 m swims, so you still get points if you don't have the opportunity to complete all five swims for a stroke. Take heart and have a go if you're a newer or slower swimmer because the same points are awarded to everyone who completes each swim, irrespective of their times.

As this scheme is run in conjunction with the National Aerobic Trophy, all aerobic swims in the national program count towards the NSW branch aerobic scheme and vice versa, provided the swims completed in the branch scheme satisfy the conditions of the National Aerobic Trophy.

**Submitting Your Times**

When you have done the swims, this is how your aerobic swims are submitted for both the National

Aerobic Trophy and the branch aerobic scheme:

- ✓ notify your club's aerobic recorder of all your aerobic swims (with evidence, ie swim times / distances swum, signed / witnessed).
- ✓ your aerobic recorder then enters aerobic swims into the aerobics computer program and submits an extract to the branch Aerobic Recorder by the due date.
- ✓ the branch Aerobic Recorder compiles every club's results and sends an extract to the national Aerobics Recorder.

A final couple of points, on aerobic swim Top 10 times:

- ✓ you, or your club, may submit aerobic swims (including 400 m, 800 m and 1500 m split times) to the Top 10 Recorder separately;
- ✗ records may not be set for aerobic swims unless undertaken at an officiated carnival.

Jenny Whiteley  
Aerobic Recorder

  
 10-18 October

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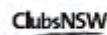
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## Meet Reports

*Have a look at the Branch, Australian & World Records panel for who broke what when and where*

### Cessnock: 21 February 2009

The Cessnock BPS meet in February 2009 will probably be remembered for all the wrong reasons. After a long hot tiring day, it all came to an abrupt end courtesy of inclement weather in the form of an electrical storm. For obvious safety reasons, pool staff must always clear all pool areas if lightning is present.

Many swimmers at Cessnock would have been disappointed to find out post-carnival that points scored for the day were not recorded because the meet was incomplete. This was after being mistakenly told on the day that point scores would count.

At the time the carnival was terminated, there were still a few heats of the 100 free and the final event, the 100 fly, to be swum. This brings us to BPS rule D28: If the program of events at a BPS meet is not completed for any reason, no BPS points shall be recorded from that meet for the BPS Trophy and the Branch Average Point Score Shield competitions, but all records and top ten and aerobic swim times recorded will be eligible for recognition as such (subject to the completion of any other necessary formalities).

At first glance this rule looks straightforward enough to think it covered the Cessnock meet. However, the definition of ‘program of events’ is open to interpretation. What is a ‘program of events’? Is it the list of competitors, is it the list of events, or is it the competitors listed in their events? If it is the competitors listed in the events, then it would be fair to say most, if not all, BPS meets would be incomplete because not everyone listed in the program swims on the day in all the events they nominated. Competitors withdrawing for a variety of reasons is commonplace at any meet.

Another scenario could be where an unpopular event, eg the 400 fly, is event 1 at a BPS meet. Barely enough people enter to make one full heat and on the day all of them decide not to swim this event. Under rule D28 the program of events is therefore not completed so no points are recorded for the rest of the carnival.

It is not only outdoor venues that could experience an early finish due to the elements. Lightning could

cause a power blackout in an indoor pool and without a backup generator swimming would be stopped.

The Cessnock club is not condemning rule D28; it is endeavouring to bring this to the attention of all concerned with masters swimming to stimulate debate and ideas for a solution.

Phil Murray, Meet Director

### Campbelltown Collegians: 7 March 2009

Murphy’s Law: anything that can go wrong, will go wrong ... He struck in the week prior to our carnival in 2008, with a week of frigid weather that sent the pool temperature to a chilly 19 degrees. No worries about the pool temperature this year, though; Campbelltown members spent weeks swimming up and down to warm up the water.

This year, Murphy struck again—several times. In the preceding twelve months our club’s computer expert had gone bush, so we enlisted the help of a business that was very experienced in state swim meets. The good news / bad news story on Friday afternoon, the day before our meet, was that the program finally hit the internet / but the 200 m events were a stuff-up. At least we were able to rectify the problems on the day. We do sincerely apologise to competitors about the program.

Murphy struck our club secretary in the weeks prior to the meet with regard to the program, her frustration levels going into orbit at having no control over the situation. Secretly, she was wondering when the “fun” part of AUSSI was going to kick in.

So to the day of the meet; surely nothing else could go wrong ... Matt Golby was our third official but unfortunately, on his way from Mudgee, he had



*Campbelltown’s young flyer Katie Lewis*

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Murphy as an unwanted passenger. En route Matt hit a kangaroo, inflicting various amounts of damage to both car and animal and consequently he was unable to make the meet.

Fortunately, Murphy kept a low profile during the meet and the day ran extremely smoothly, so thanks to the Campbelltown members plus their families and friends who put in such a wonderful effort.

Congratulations to the record breakers on the day—Ann Campbell, Clary Munns and Gary Stutsel. Special thanks to Meet Referee Gary Stutsel (you had a good day, Gary!) and his team of officials who all performed an outstanding job.

We are very fortunate to have a venue that has spacious grounds where clubs can relax in groups; it really was a carnival atmosphere. In all honesty, I believe all competitors and officials experienced the fun / friendship / fitness ideal that embraces the spirit of AUSSI masters swimming.

Owen Sinden, Meet Director



**Blacktown City: 14 March 2009**

Blacktown City Masters’ Saturday afternoon long-course carnival ran very smoothly, even with 50-metre events slotted in between longer races, requiring chairs and timekeepers to inhabit different ends of the pool for (almost) every other event. Blacktown swimmers Lynette Stevenson and Clary Munns broke three records between them but the star record breaker of the day was Val Lincoln (Gosford City Seagulls), with three records all to herself. Congratulations to all six swimmers who did set records (see the records panel elsewhere).

The host club won the total club points tally with 816 points, almost twice as many as second placegetter Warringah (433) and third placegetter Penrith (429). Almost 200 swimmers registered for the meet and the

average point score was tightly contested: Seaside Pirates won by a whisker (32.1) from Cessnock (32) with Penrith (30.64) and Manly (30.64) tying for third place, Novocastrian two whiskers behind them (30.4) and Blacktown hot on their heels (30.22).

**NSW Long-Course Championships (SOPAC): 28–29 March 2009**

The NSW Long-Course Championships were swum on Saturday afternoon and Sunday once again this year, with a maximum of five individual events and three relay swims. We were still able to finish at a reasonable hour on Sunday, so this option is proving to be a good one, as SOPAC is so hard to get into in the early part of the year.

Forty-two clubs were represented, with 357 swimmers competing over the weekend, and as usual there was fierce competition in age groups and between clubs.

With the World Masters Games coming up later in the year this was a good opportunity for a dress rehearsal, so some officials took on the roles they will be taking at the Games and we had many more inspectors of turns on pool deck. Our devoted group of officials is growing each year, and it’s due to them that the meet ran well again. We thank them all for their dedication.

During the weekend we presented towels (*loved the colours! Ed.*) to all the Age Group Champions of 2008, as well as the trophies to Coach of the Year and Official of the Year for 2008.

Records fell about: 39 national and branch individual records were broken during the weekend and three relay records were set.

The division trophies were keenly contested and congratulations must go to Warringah, who won Division 1; to Hornsby and Coogee Randwick, who dead-heated for Division 2; Penrith, who won Division 3; and Picton, who won Division 4. It was great to see this competition among some of the clubs for the trophies.

The Bidy Hall Memorial Trophy for the highest average points per swimmer was won by Blue Mountains Phoenix, as was the Executive Trophy for the highest percentage of club participation at the

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championships. The Peter Gilmour Trophy for best butterfly swim in relation to current records was won by Clary Munns (Blacktown City), who was also Vorgee Female Swimmer of the Meet. Clary broke two national butterfly records during the weekend and set a world backstroke record. Well done, Clary. Vorgee Male Swimmer of the Meet was Paul Lemmon (Ettalong), who broke three national and five branch records.

Congratulations to everyone who competed or officiated over the weekend. We hope to see everyone back at SOPAC for the World Masters Games in October.

Jane Noake, Meet Director

**Ettalong Pelicans: 23 May 2009**

In a rainy week before a meet with over 200 entries, there is some comfort in having an indoor venue, but still lots for the club’s workers to do. During the actual carnival the weather was OK but we did marshal inside, and the great work by Linda Ilesley and Noel Partridge led to quick transition from marshalling to check starters to swimming. There were no significant delays because the key officials functioned so well, particularly the chief timekeepers and the many volunteers for the job with a watch. With eight lanes going, this can be a concern; all praise to our little team of runners. It is such a great feature of our sport that so many people pitch in to run carnivals efficiently and correctly.

Fabulous work was done by Colleen Garland, Rod and Neil Keele with the computers, and Helen Rubin as always helpful when needed. The final results were available fairly quickly and we did get the chance to announce the records and times, which were not, unfortunately, available during the carnival. Most clubs know how vital the behind-the-scenes people are and the Pelicans were well served by some stalwarts and supporters all day, then later eight or ten of them fired up the barbie and found some cans to finish the day in a most pleasant manner. The Pelicans are fortunate to have some close links with Woy Woy Swim Club, who willingly lend their equipment.

All up, 26 records were broken on the day, including three world records by Blacktown City swimmers Clary Munns (she set two new world marks) and Lynette

Stevenson (she set one new world record). Wow! When you check the impressive list of outstanding performances on the records panel elsewhere in this issue you’ll see nine national records and 14 branch records were set. All hail to each and every one of these record breakers.

**Point scores:** Warringah came first in the club totals, with Novocastrian second, Ettalong third and Wyong fourth. Average points went to Blacktown City, followed by Novocastrian then Warringah and Wyong Wobbygongs. Nelson Bay, with only four swimmers, was also impressive.

The club took the chance in a short break to have the state president, Jane Noake, present to Paul Lemmon (*pictured*) his cup for Swimmer of the Meet at the national championships held recently in Brisbane—



Paul had to leave those championships early—and Jane gave a brief summary of his recent successes. Pelicans president Bill Cook then made a club presentation to Paul recognising his longstanding membership and his many achievements in masters swimming, open-water swims and surf life saving events.

As always, the involvement clubs gain from relays was a major feature and Blacktown City’s national record was no mean feat. Well done, Blacktown.

There was the usual great work around the pool from Opal, Di, Ruth, Dennis, Colin and George and with the hooter from John, Roger and Helen, and chief timekeepers Russell, Julia, Pat and Beulah Tuxford and friend. Keeping up the supply of swimmers were Noel and Linda, Jamie, lucky Pat and Pauline.

Pelican members know the club is fortunate to have a great pool as a base, but we have trained the staff to be so helpful ... or they are just beaut people to deal with. Training? Well, Di Partridge had a fair crowd in the tiny “clubroom” before the meet training for IoT qualifications. Suggestions about improvements are always welcome and a couple of good ideas were put forward. Well, the Pelicans had a good day and we hope all the swimmers did too.

Gordon Ferguson, Meet Director



## Training Report

June already!!!! Half way through the year, how quick is that? Have you completed that official course you promised yourself you would do? I thought I would just go over a few things.

Firstly, please, please and please when filling in your log sheet, fill in the date of the course, course number (ask the course presenter or coordinator for this; they have to have one before conducting the course), for chief timekeeper and above your Technical ID number (if you don't know this, please email me through the branch website). All this information aids the speedy processing of your log sheets to the national office. Remember, if you are about to attend a course make sure you receive course notes and activity sheets at least one week prior to the course. If you haven't received them by then you will need to contact the course coordinator or course presenter or me through the branch website.

Remember that magic number **THREE** for your competencies: achieve each competency **THREE** times, over **THREE** meets, by **THREE** different

supervisors. While I'm talking about the magic number **THREE**, if you completed your course **THREE** years or more prior to completing your training hours you may be asked to read the current notes and complete the current activity sheets. When on pool deck completing training competencies you must be supervised by a qualified official, and that means standing and conversing with that person in the area in which you are completing competencies.

Remember, if you wish to work as a trainee at any carnival it is courteous to contact the meet director for permission and, if granted, to contact the meet referee so they can accommodate your needs at least two weeks prior to the meet.

Lastly, there are some clubs that have no qualified officials. Yet these clubs always time keep. So why not organise a timekeeping course at least for your members. Go ahead and challenge each other to become an official.

Diane Partridge, NSW Training Co-ordinator

## Technical Report

### —Essential Preparation for Swim Meets—

Nineteen disqualifications were recorded at the 2009 NSW Long Course Championships. Fourteen were by individuals (four of these individuals had two DQs each) and one was by a relay team. In many ways these results were an improvement on previous meets as only four males were disqualified this time (three with two DQs each) but the women let their side down with 10 women disqualified (one woman twice). This is the first time I have counted more females than males not keeping to the rules.

Thankfully only three swimmers got over excited: two false started and one left the starting platform early in a relay.

Butterfly and freestyle events went without a hitch with 100% legal swims. However, backstroke and breaststroke continue to be big concerns.

There were nine breaststroke infringements: one for an incorrect touch, one for an incorrect dolphin kick at the turn and seven for stroke infringements. Five of these related to incorrect kicking actions. The six backstroke infringements all related to turns. If you can't do

a legal tumble turn then practice touching on your back and swivelling round. You might lose half a second but you will still score points for yourself and your club.

It has been said many times before, but with the World Masters Games coming in October it needs to be emphasised again:

There is no point training your swimmers until they are as fit as they can be if you don't check their stroke actions and supervise them in starts, turns and relay changeover practice.

As a swimmer there are no rewards for doing a personal best time and finding you have been disqualified. If your coach or club captain is not checking you, and the club's relay teams, personally to ensure you are doing the right thing, ask them to schedule regular sessions for starts, turns, and relay changeovers. If needed, the club should invite one of our referees to come and assist with these sessions.

I look forward to the day when we can all go home without even one swimmer having been disqualified.

Gary Stutsel, Branch Technical Director

# NSW Masters Swimmers in the World Top Ten, 2008

## Long Course

### Women

Louise Stevenson (NNS) 25-29	400 free, 200 IM
Anna Barnes (NPT) 25-29	200 fly, 200 IM
Isla Hale (NNS) 30-34	200 free
Kate Piper (NSP) 30-34	100 breast
Noemi Domonkos (NSP) 35-39	50 back, 100 back
Christina Echols (NNS) 35-39	200 back
Jacqui Robinson (NCR) 35-39	200 free, 400 free, 800 free, 200 fly
Pamela Nix (NNB) 40-44	1500 free
Vicky Watson (NRY) 40-44	50 fly
Cathy Codling (NSP) 45-49	50 free
Sue Kearney (NML) 50-54	400 free, 800 free
Jenny Whiteley (NRY) 50-54	50 free, 100 free, 200 free, 400 free, 800 free, 1500 free, 50 back, 100 back, 200 back, 50 breast, 100 breast, 200 breast, 50 fly, 100 fly, 200 IM, 400 IM
Ann Campbell (NNC) 55-59	800 free, 1500 free
Marilyn Earp (NWG) 55-59	100 fly, 200 fly
Clary Munns (NBT) 60-64	50 back, 100 back, 200 back
Lynette Stevenson (NBT) 60-64	50 free, 100 free, 50 back, 100 back, 50 fly
Kaye Beer (NSP) 65-69	50 free
Lea Hill (NCR) 65-69	200 free
Anita Saviane (NCS) 65-69	200 fly
Pam Hutchings (NSP) 70-74	50 free, 100 free, 200 free, 50 back, 100 back, 200 back
Elvera Vickery (NSP) 75-79	50 fly
Val Lincoln (NGS) 80-84	1500 free
Georgene McKenzie-Hicks (NSA) 80-84	50 free, 100 free, 200 free, 400 free, 800 free, 100 back
Barbara Vickers (NML) 80-84	50 breast, 100 breast, 200 breast
Liz Wallis (NML) 80-84	100 free, 200 free, 400 free, 800 free
Mary Garton (NBT) 90-94	50 free, 100 free, 200 free, 50 back, 100 back, 200 back, 50 breast, 100 breast
<b>Men</b>	
Peter Kerr (NSP) 30-34	50 free, 100 free, 50 breast, 50 fly
David Lovelace (NNS) 30-34	400 IM
John Bates (NSP) 35-39	50 fly
Alan Godfrey (NNS) 50-54	200 free, 100 back, 200 back
Bill Devenish (NBT) 55-59	100 free, 200 free, 400 free

Stuart Ellicott (NHS) 55-59	50 breast, 100 breast, 200 breast
John March (NSP) 55-59	50 back, 100 back, 200 back, 100 fly, 200 fly
Alan Brown (NTS) 60-64	50 free
Barry Seymour (NML) 60-64	400 free, 800 free, 1500 free
Paul Wyatt (NCR) 60-64	200 breast, 200 fly, 400 IM
Cyril Baldock (NCR) 65-69	800 free
Gary Nicholls (NCR) 65-69	200 back, 200 IM
Tony Goodwin (NML) 70-74	50 breast, 100 breast, 200 breast
David Lawler (NML) 75-79	800 free
Max Van Gelder (NWG) 75-79	50 free
John Mills (NCH) 80-84	50 free, 100 free, 200 free, 50 back
Kevin Vickery (NSP) 85-89	50 free, 100 free, 200 free, 1500 free, 100 back
Jack Mathieson (NSH) 90-94	100 free, 200 free, 400 free, 800 free, 50 back, 100 back, 200 back, 50 breast, 100 breast, 200 breast

### Relays

<i>North Sydney Women's</i> 120-159 free	Isla Hale, Christina Echols, Anna Hoy, Gillian O'Mara
<i>Seaside Pirates Women's</i> 240-279 free	Pam Hutchings, Karen March, Kaye Beer, Robyn Miller Walton
<i>Manly Women's</i> 320-359 free	Margaret Houston, Jan Allport, Barbara Vickers, Liz Wallis
<i>North Sydney Women's</i> 120-159 medley	Christina Echols, Isla Hale, Gillian O'Mara, Anna Hoy
<i>Ryde Women's</i> 160-199 medley	Jenny Whiteley, Natalie Clarence, Vicky Watson, Julie Matthews
<i>Seaside Pirates Women's</i> 200-239 medley	Christy Clark, Louise Stovin Bradford, Robyn Miller Walton, Kaye Beer
<i>Manly Women's</i> 320-359 medley	Margaret Houston, Jan Allport, Barbara Vickers, Liz Wallis
<i>Seaside Pirates Men's</i> 120-159 free	John Bates, Staffan Wensing, Matt Frodsham, Peter Kerr
<i>North Sydney Men's</i> 200-239 free	John Kain, John Wynberg, Alan Godfrey, Hiroto Homma
<i>Tattersalls Men's</i> 240-279 free	Alan Brown, Peter Gibson, Peter Joseph, Grant Peters
<i>Warringah Men's</i> 280-319 free	David Ross, Max Van Gelder, Arthur Lith, John Pagden
<i>Seaside Pirates Men's</i> 320-359 free	William Atkinson, Jack Mathieson, William Patton, Allan Dufty

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*North Sydney Men's 200–239 medley*  
 Alan Godfrey, John Kain, Hiroto Homma, John Wynberg

*Seaside Pirates Men's 200–239 medley*  
 John March, Staffan Wensing, Milton O'Dell,  
 Mark Patterson

*Seaside Pirates Men's 320–359 medley*  
 William Atkinson, Allan Dufty, Bill Walker,  
 Jack Mathieson

*Seaside Pirates Mixed 100–119 free*  
 Peter Kerr, Helen Wallace, Kate Piper, Niels Kristensen

*North Sydney Mixed 120–159 free*  
 Enrico Hahn, Anna Hoy, Isla Hale, Daniel Beltrami

*North Sydney Mixed 160–199 free*  
 John Kain, Christina Echols, Gillian O'Mara,  
 Hiroto Homma

*Ryde Mixed 160–199 free*  
 Trent Dolphin, Jenny Whiteley, Vicky Watson,  
 Russell Ferguson

*Manly Mixed 240–279 free*  
 Sue Kearney, Dawn Gledhill, John Capon, Gary Stutsel

*Warringah Mixed 240–279 free*  
 John Pagden, Suzanne Levett, Marilyn Earp,  
 Stuart Meares

*Seaside Pirates Mixed 280–319 free*  
 Pam Hutchings, Kaye Beer, Allan Dufty, John Richards

*Seaside Pirates Mixed 120–159 medley*  
 Noemi Domonkos, Peter Kerr, John Bates, Kate Piper

*North Sydney Mixed 160–199 medley*  
 Christina Echols, John Kain, Matthew Byrne, Isla Hale

*Ryde Mixed 160–199 medley*  
 Trent Dolphin, Jenny Whiteley, Vicky Watson,  
 Russell Ferguson

*Seaside Pirates Mixed 200–239 medley*  
 John March, Louise Stovin Bradford, Mark Patterson,  
 Robyn Miller Walton

*Manly Mixed 280–319 medley*  
 Suzanne Johns, Tony Goodwin, Gary Stutsel, Liz Wallis

*Seaside Pirates Mixed 280–319 medley*  
 Pam Hutchings, Allan Dufty, Kaye Beer, John Richards

**Short Course**

**Women**

Louise Stevenson (NNS) 25–29 200 free, 200 breast,  
 200 fly, 200 IM

Jacqui Robinson (NCR) 35–39 200 free, 200 fly

Cathy Codling (NSP) 45–49 50 free, 100 free,  
 100 IM

Sue Kearney (NML) 50–54 200 free

Jenny Whiteley (NRY) 50–54 50 free, 100 free,  
 200 free, 400 free,  
 800 free, 1500 free,  
 50 back, 50 breast,  
 100 breast, 200 breast,  
 50 fly, 100 fly, 100 IM,  
 200 IM, 400 IM

Ann Campbell (NNC) 55–59 1500 free

Clary Munns (NBT) 60–64 50 back, 100 back,  
 200 back, 100 IM,  
 200 IM

Lynette Stevenson (NBT) 60–64 50 free, 100 free,  
 50 back, 50 fly, 100 IM

Kaye Beer (NSP) 65–69 50 free

Lea Hill (NCR) 65–69 200 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) 80–84 800 free

Barbara Vickers (NML) 80–84 100 breast, 200 breast,  
 50 fly

Hilda Lindfield (NHL) 85–89 200 free, 200 back

**Men**

Peter Kerr (NSP) 30–34 50 free, 50 breast,  
 100 breast

Simon Ho (NNS) 35–39 50 back

Alan Godfrey (NNS) 50–54 200 free

Stuart Ellicott (NHS) 55–59 50 breast, 100 breast

Alan Brown (NTS) 60–64 50 free, 100 free

Paul Wyatt (NCR) 60–64 200 breast, 200 fly

Tony Goodwin (NML) 70–74 50 breast, 100 breast,  
 200 breast, 100 fly,  
 200 IM

Ernie Emmett (NNC) 85–89 800 free, 200 breast

Jack Mathieson (NSH) 90–94 100 back, 200 back,  
 50 breast, 100 breast,  
 200 breast

**Relays**

*Blacktown Women's 200–239 free*  
 Lynette Stevenson, Kim Brennan, Clary Munns,  
 Michelle Varker

*North Sydney Women's 120–159 medley*  
 Christina Echols, Louise Stevenson, Gillian O'Mara,  
 Melissa Beames

*Seaside Pirates Women's 160–199 medley*  
 Noemi Domonkos, Rachel Ireland, Christy Clark,  
 Cathy Codling

*Blacktown Women's 200–239 medley*  
 Clary Munns, Kim Brennan, Michelle Varker,  
 Michelle Stonehouse

*Manly Men's 280–319 medley*  
 Barry Seymour, Tony Goodwin, Gary Stutsel,  
 David Lawler

*North Sydney Mixed 160–199 free*  
 John Kain, Gilliam O'Mara, Alan Godfrey, Isla Hale

*Manly Mixed 280–319 free*  
 Dawn Gledhill, Gloria Oldfield, David Lawler,  
 Tony Goodwin

*Blacktown Mixed 240–279 medley*  
 Clary Munns, Stephen Morrisey, Bill Devenish,  
 Lynette Stevenson



## From the Administrator's Keyboard

The NSW Long-Course Championships held in March saw 357 swimmers enjoy the competition at SOPAC. Our national sponsor Vorgee donated packs for Female and Male Swimmers of the Meet. Thank you, John Vorgias, for your continued support of Masters Swimming NSW. At these state championships, the Ian McPhail Memorial Official of the Year was presented to Jane Noake (Seaside Pirates) and Coach of the Year was awarded to Andrew Dorrington (Blacktown).

Our Annual General Meeting was held on 16 May at Sports House, Sydney Olympic Park. Thank you once again to Ian Davis and Jane Noake for their combined leadership as President, for part of the year each; to Remy Reinker, Neil Keele, Stuart Meares, Tony Toohar and Sue Wiles for their contribution to the conduct of the Board of MSNSW in 2008/09; and to the valuable committee members for all their efforts for the past year. Welcome to Stuart Ellicott (Hornsby), who was elected to the vacant position on the Board. The 2008 annual report is 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 various positions is also on the website. If you are interested in contributing in any way, please phone, fax or email the branch office and let us know in what capacity you are interested in helping out.

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. The annual awards for 2008 were presented at the awards lunch after the AGM.

The latest version of the *Consolidated Rules of Competition* is now available on the NSW website and is being circulated to host clubs. This document brings together in one place all MSNSW rules, policies and competition requirements, and includes the Branch Point Score (BPS) rules, MSNSW policies, aerobic swimming information, records procedures.

We are conducting regular technical officials workshops in 2009—from timekeeper up to inspector of turns courses. Thanks to Ray Burrige, Christine Carter, Marilyn Earp, Jane Noake, Ken Liddy, Di & Noel Partridge, Heather Rouen and Colin Casey for presenting these courses, and also to the course coordinators for their contribution. These free courses are advertised and your club may be contacted to encourage your members to run a course, so please consider gaining an accreditation to assist. These courses are available to both members and non-members.

And most importantly, in the build up to the World Masters Games we are calling for volunteer officials and helpers for the swimming event in October. We are also asking for members, especially those in proximity to the Sydney Olympic Park precinct, to offer to billet visiting officials.

Di Coxon-Ellis, Administrator

## Warringah Masters Flag Friendship

Warringah Masters are hanging out the Welcome sign with these great-looking sandwich boards, developed by their Max van Gelder. They display the boards on deck during their training sessions. There's also a little pocket at the top for their club fliers so interested swimmers who are more comfortable with taking a flier than asking about the training can just take a copy. Warringah have suggested that



perhaps NSW Masters could find a corporate sponsor for sandwich boards for clubs and for the branch.

Now there's a thought worth following up...

## Branch, Australian and World Records

### CESSNOCK MASTERS: 21 FEBRUARY 2009

#### Women

1500 Free  
Pamela Nix (NNB) 40-44 20:07.62 B

800 Back  
Jenny Whiteley (NRY) 50-54 12:55.59 N

1500 Back  
Jenny Whiteley (NRY) 50-54 24:16.71 N

50 Fly  
Clary Munns (NBT) 65-69 39.02 N

#### Men

50 Breast  
Leon Bobako (NMM) 60-64 36.64 N

400 Breast  
Bill Walker (NNC) 80-84 10:32.58 B

#### Relays

Women's 400 Medley  
200-239 Novocastrian 6:56.25 B  
J. Raper, W. Gordon, R. Brossmann, K. Donnan

Men's 400 Medley  
200-239 Cessnock 7:21.59 B  
P. Halliday, P. Johns, D. Moore, P. Murray

Men's 400 Medley  
200-239 Novocastrian 6:30.17 B  
B. Hall, K. Phillips, J. Walker, P. Farmer

Mixed 400 Medley  
240-279 Blacktown 5:47.10 N  
S. Morrissey, L. Stevenson, C. Munns, B. Devenish

### CAMPBELLTOWN COLLEGIANS: 7 MARCH 2009

#### Women

200 Free  
Ann Campbell (NNC) 60-64 2:47.94 B

400 Free  
Ann Campbell (NNC) 60-64 5:42.92 N

100 Fly  
Clary Munns (NBT) 65-69 1:30.06 N

#### Men

200 Fly  
Gary Stutsel (NML) 70-74 3:44.24 B

#### Relay

Mixed 200 Free  
240-279 Blacktown 2:11.48 N  
B. Devenish, S. Morrissey, C. Munns, L. Stevenson

### BLACKTOWN CITY: 14 MARCH 2009

#### Women

100 Free  
Val Lincoln (NGS) 85-89 2:14.39 B

200 Free  
Ann Campbell (NNC) 60-64 2:46.71 B  
Val Lincoln (NGS) 85-89 4:45.81 B

100 Back  
Val Lincoln (NGS) 85-89 2:44.91 B

50 Breast  
Robin Henze (NWL) 70-74 52.37 B

50 Fly  
Lynette Stevenson (NBT) 60-64 35.73 B

100 Fly  
Clary Munns (NBT) 65-69 1:29.53 N

#### 200 IM

Lynette Stevenson (NBT) 60-64 3:13.87 B

#### Men

50 Back  
Stephen Lamy (NML) 60-64 35.58 B

### LONG-COURSE CHAMPIONSHIPS: 28-29 MARCH 2009

#### Women

50 Free  
Lynette Stevenson (NBT) 60-64 31.06 W  
Georgene McKenzie-Hicks (NSG) 80-84 46.22 B

50 Free *splits*  
Gillian O'Mara (NNS) 30-35 28.28 B  
Val Lincoln (NGS) 85-89 51.14 B

100 Free  
Lynette Stevenson (NBT) 60-64 1:11.60 N  
Val Lincoln (NGS) 85-89 2:16.83 B

200 Free  
Kate Lewis (NCT) 20-24 2:17.28 N  
Ann Campbell (NNC) 60-64 2:44.42 B  
Val Lincoln (NGS) 85-89 4:46.74 B

50 Back  
Clary Munns (NBT) 65-69 38.60 W

100 Back  
Val Lincoln (NGS) 85-89 2:40.72 B

50 Breast  
Robin Henze (NWL) 70-74 50.09 B

50 Breast *splits*  
Robin Henze (NWL) 70-74 51.14 B  
Val Lincoln (NGS) 85-89 1:32.30 B

100 Breast  
Robin Henze (NWL) 70-74 1:51.88 B

100 Breast *split*  
Val Lincoln (NGS) 85-89 3:19.97 B

200 Breast  
Louise Stevenson (NNS) 25-29 2:56.19 B  
Robin Henze (NWL) 70-74 4:11.30 B  
Val Lincoln (NGS) 85-89 6:54.91 B

50 Fly  
Clary Munns (NBT) 65-69 38.96 N

100 Fly  
Clary Munns (NBT) 65-69 1:32.33 N

200 IM  
Kate Lewis (NCT) 20-24 2:32.16 B

*Men*

100 Free  
Peter Kerr (NSP) 30-34 53.63 N

200 Free  
Paul Lemmon (NET) 40-44 2:04.07 B

50 Back  
Simon Ho (NNS) 35-39 29.55 B  
Stephen Lamy (NML) 60-64 34.81 B

100 Back  
Stephen Lamy (NML) 60-64 1:16.85 N

200 Back  
Paul Lemmon (NET) 40-44 2:19.49 N  
Stephen Lamy (NML) 60-64 2:48.13 N

(Continued on page 12)

(Continued from page 11)

**LONG-COURSE CHAMPIONSHIPS: 28–29 MARCH 2009**

100 Breast		
Peter Kerr (NSP) 30–34	1:08.45	N
Simon Goldschmidt (NSP) 35–39	1:11.80	B
Stuart Ellicott (NHS) 55–59	1:17.59	N
200 Breast		
Hugh Rothwell (NWG) 25–29	2:35.36	B
Simon Goldschmidt (NSP) 35–39	2:40.49	B
Paul Lemmon (NET) 40–44	2:41.43	N
200 Fly		
Stewart Gough (NBT) 30–34	2:16.59	N
Paul Lemmon (NET) 40–44	2:23.25	B
Gary Stutsel (NML) 70–74	3:46.12	B
200 IM		
Paul Lemmon (NET) 40–44	2:19.65	N
<i>Relays</i>		
Women's 200 Free		
80–99 North Sydney	1:56.72	B
G. O'Mara, L. Stevenson, M. Speet, I. Hale		
Men's 200 Free		
120–159 Seaside Pirates	1:53.43	B
S. Wensing, S. Goldschmidt, M. Frodsham, P. Kerr		
Mixed 200 Free		
240–279 Blacktown City	2:05.49	N
B. Devenish, C. Munns, G. Timm, L. Stevenson		

**ETTALONG PELICANS: 23 MAY 2009**

<i>Women</i>		
50 Free		
Lynette Stevenson (NBT) 60–64	30.83	W
Hilda Lindfield (NHL) 90–94	1:53.22	B
100 Free		
Lynette Stevenson (NBT) 60–64	1:10.60	N
Val Lincoln (NGS) 85–89	2:16.15	B
200 Free		
Ann Campbell (NNC) 60–64	2:42.57	B
50 Back		
Clary Munns (NBT) 65–69	37.41	W

Hilda Lindfield (NHL) 90–94	1:48.78	B
100 Back		
Clary Munns (NBT) 65–69	1:23.87	W
Hilda Lindfield (NHL) 90–94	4:11.87	B
200 Back		
Pam Martin (NWY) 50–54	2:53.24	N
Clary Munns (NBT) 65–69	3:08.01	N
Val Lincoln (NGS) 85–89	5:49.38	B
50 Breast		
Joan Morgans (NWG) 85–89	1:42.66	B
Val Lincoln (NGS) 85–89	1:31.16	B
100 Fly		
Anita Saviane (NCS) 65–69	1:56.13	B
100 IM		
Clary Munns (NBT) 65–69	1:25.94	N
Val Lincoln (NGS) 85–89	3:07.90	B
<i>Men</i>		
50 Free		
Christopher Healey (NWO) 25–29	24.02	N
50 Back		
Jon Hawton (NBT) 45–49	30.88	B
Stephen Lamy (NML) 60–64	34.62	B
100 Back		
Stephen Lamy (NML) 60–64	1:17.19	B
200 Back		
Stephen Lamy (NML) 60–64	2:44.25	N
50 Breast		
Stuart Ellicott (NHS) 55–59	32.35	N
Leon Bobako (NMM) 60–64	36.50	N
200 Breast		
Stuart Ellicott (NHS) 55–59	2:52.64	B
<i>Relay</i>		
Mixed 200 Free		
240–279 Blacktown City	2:04.53	N
B. Cherrie, C. Munns, B. Devenish, L. Stevenson		

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

**KYOGL SWIMMERS AND EX-SWIMMERS**

KYOGL SWIMMING CLUB will be celebrating its 75th anniversary in September 2010. This is early days, but the club is endeavouring to compile a mailing list to inform those interested about the weekend's events. We would like to see anyone who swam with us at 'the point scores', not necessarily those who went on to higher acclaim. This should be a wonderful weekend. Remember Kyogle Club is one of the very oldest clubs in country NSW—and proud of it! If you swam with Kyogle, or know someone who did, please write and let us know:

⇒ The Secretary, Kyogle Swimming Club, Box 133, Kyogle NSW 2474

Kay Burton, Blue Mountains Phoenix

**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

# Age-Group Point-Score Champions 2008

## Women

<b>20-24</b>			
1	Melissa Beames	NNS	569
2	Catherine Todd	NRY	406
3	Melanie Speet	NNS	69
<b>25-29</b>			
1	Helen Wallace	NSP	513
2	Kasey Shepherd	NBT	443
3	Angie Lee Suttle	NHS	170
<b>30-34</b>			
1	Jade Mifsud	NWY	697
2	Natalie Clarence	NRY	345
3	Vanessa Beddie	NBT	176
<b>35-39</b>			
1	Naomi Watson	NCK	538
2	Yvette Cotton	NRY	429
3	Jackie Arnold	NNC	302
<b>40-44</b>			
1	Pamela Nix	NNB	368
2	Wendy McMurtrie	NPM	341
3	Vicky Watson	NRY	269
<b>45-49</b>			
1	Julia Atkins	NWG	621
2	Pam Martin	NWY	519
3	Michelle Stonehouse	NBT	428
<b>50-54</b>			
1	Jane Noake	NSP	601
2	Kay Donnan	NNC	537
3	Jenny Whiteley	NRY	420
<b>55-59</b>			
1	Wendy Gordon	NNC	559
2	Helen Rubin	NRY	378
3	Dawn Gledhill	NML	352
<b>60-64</b>			
1	Bev Giveen	NWG	481
2	Helen Campbell	NWG	478
3	Jeanne Raper	NNC	440
<b>65-69</b>			
1	Mel McCallum	NNC	546
2	Anita Saviane	NCS	518
3	Suzanne Levett	NWG	453
<b>70-74</b>			
1	Jan Finn	NCK	439
2	Gloria Oldfield	NML	259
3	Faye Seeney	NML	254
<b>75-79</b>			
1	Margaret Billing	NCK	425
2	Diana Moore	NWG	238
3	Elvera Vickery	NSP	170
<b>80-84</b>			
1	Val Lincoln	NGS	420
2	Opal Eddy	NET	380
3	Zena Blackwell	NCK	357
<b>85-89</b>			
1	Hilda Lindfield	NHL	220

## Men

<b>20-24</b>			
1	Richard Burchfield	NSP	496
2	Amged Edwards	NBT	162
3	Mitchell Patterson	NSP	40
<b>25-29</b>			
1	Shane Shepherd	NWY	583
2	Cameron Jones	NWG	315
3	Oliver Harris	NHS	232
<b>30-34</b>			
1	Gavin Fitzsimons	NHS	188
2	William Ford	NWY	171
3	Peter Kerr	NSP	130
<b>35-39</b>			
1	Wayne Gentles	NBT	284
2	Joseph Tooher	NWG	235
3	Glen Johnson	NHL	223
<b>40-44</b>			
1	Peter Nix	NNB	303
2	Darren Paton	NSP	213
3	Greg Lewin	NRY	212
<b>45-49</b>			
1	Tony Tooher	NWG	512
2	William Watkins	NSP	373
3	David Willatt	NHS	323
<b>50-54</b>			
1	Mark Patterson	NSP	686
2	Owen Sinden	NCT	316
3	John De Vries	NNS	278
<b>55-59</b>			
1	Dennis Moore	NCK	441
2	Bill Devenish	NBT	318
3	Stuart Ellicott	NHS	315
<b>60-64</b>			
1	Ron Giveen	NWG	539
2	Wilson Gamble	NWG	509
3	Graham Campbell	NWG	473
<b>65-69</b>			
1	Carl Wallace	NNC	499
2	Gary Stutsel	NML	426
3	Alan Moore	NNC	387
<b>70-74</b>			
1	Peter Long	NSP	515
2	Tony Goodwin	NML	407
3	Colin Cliff	NWS	337
<b>75-79</b>			
1	Malcolm Harrison	NNC	609
2	John Lorang	NCK	468
3	Barry Barker	NML	231
<b>80-84</b>			
1	John Notley	NLC	300
2	Roydon Muir	NWG	58
3	Keith Wake	NWG	39
<b>85-89</b>			
1	Ernie Emmett	NNC	206
2	John-William Steen	NWG	130
3	Kevin Vickery	NSP	90
<b>90-94</b>			
1	Jack Mathieson	NSP	230

## Progressive Club Points for 2009 (including Wett Ones)

Place	Club	Points	Place	Club	Points		
<b>Division 1</b>			<b>Division 3 (cont'd)</b>				
1	NWG	Warringah Masters	2,864	4	NTN	Tuggeranong Vikings	441
2	NBT	Blacktown City	2,687	5	NWL	Wollongong Masters	434
3	NNC	Novocastrian Masters	2,263	6	NRT	Raymond Terrace AUSSI	326
4	NSP	Seaside Pirates	1,951	7	NMM	Myall Masters	227
5	NWO	Wett Ones	1,765	8	NLP	Liverpool Leatherjackets	198
6	NML	Manly Masters	1,448	9	NSW	Swansea Masters	192
7	NNS	North Sydney AUSSI	1,253	10	NCS	Cronulla Sutherland AUSSI	137
7	NRV	Ryde AUSSI	1,253	11	NSH	Shoalhaven Seahawks	134
9	NWY	Wyong Wobbygongs	1,092	12	NTR	Trinity AUSSI	39
10	NCK	Cessnock Masters	989	13	NDB	Dubbo Redfin	0
11	NHS	Hornsby Masters	721	<b>Division 4</b>			
12	NBM	Blue Mountains Phoenix	625	1	NNB	St George Masters	294
13	NPM	Port Macquarie Masters	265	2	NPT	Picton Masters	198
<b>Division 2</b>			3	NCB	Caringbah AUSSI	188	
1	NCT	Campbelltown Collegians	1,144	4	NSA	Sandbern Aquadot	129
2	NET	Ettalong Pelicans	1,099	5	NLC	Lane Cove Masters	108
3	NGS	Gosford City Seagulls	769	6	NMR	Merrylands Swimming Club	94
4	NCR	Coogee Randwick Masters	656	7	NBR	Bush Rangers	86
5	NOF	Oak Flats AUSSI	517	8	NCN	Molonglo Water Dragons	27
6	NWS	Wests Auburn Masters	382	9	NAM	Armidale AUSSI	0
7	NHL	Hills Masters	327	9	NCH	Coffs Harbour Masters	0
8	NMS	Lake Macquarie Crocs	267	9	NCP	Cook & Phillip Masters	0
9	NCM	Clarence River Masters	0	9	NHN	Hunter Masters	0
<b>Division 3</b>			9	NOP	SOPAC Swimteam	0	
1	NPN	Penrith AUSSI	1,244	9	NPW	Prairiewood AUSSI	0
2	NSG	Nelson Bay Dolphins	446	9	NTM	Tamworth AUSSI	0
3	NMT	Maitland AUSSI	444	9	NTS	Tattersalls Club	0

## Accreditation Update

Congratulations to the following new officials, who gained accreditation between January and May 2009:

Julia Atkins	Warringah	Chief Timekeeper
Cathy Codling	Seaside Pirates	Chief Timekeeper
Jan Finn	Cessnock	Inspector of Turns
Wilson Gamble	Warringah	Timekeeper
Colleen Garland	Ettalong	Inspector of Turns
Wendy Gordon	Novocastrian	Inspector of Turns
Peter Henson	Wett Ones	Chief Timekeeper
Belinda Hurdis	Wett Ones	Inspector of Turns
Linda Ilsley	Port Macquarie	Timekeeper / Marshal
Arthur Lith	Warringah	Timekeeper
Pat McCarthy	Cessnock	Inspector of Turns
Roger Pedrotta	Lake Macquarie	Inspector of Turns
Audrey Stutsel	Volunteer	Inspector of Turns
Lena Theuns	Volunteer	Inspector of Turns
Jamie Turner	Ryde	Marshal / Check Starter / Clerk of Course
Carl Wallace	Novocastrian	Inspector of Turns
Naomi Watson	Cessnock	Inspector of Turns
Nick Woodcock	Novocastrian	Inspector of Turns
Gail Wright	Cessnock	Marshal

Di Partridge, NSW Training Coordinator



## Masters Swimming NSW Calendar 2009

Branch Pointscore Meets are abbreviated as "BPS".

		Closing date
July 4	Trinity BPS	<b>Closed</b>
July 11	Hunter Festival of Sport	26/06/09
July 18	Warringah Masters BPS	03/07/09
July 26 (Sun)	<b>NSW Long Distance Short Course Championships, Kurri Kurri Swim Centre</b>	<b>Fri 10/07/09</b>
August 01	Sutherland Shire BPS	17/07/09
August 09 (Sun)	Manly Masters BPS	24/07/09
August 29-30	<b>NSW Short Course Championships, Canberra International Sports &amp; Aquatic Centre (CISAC), Bruce, ACT</b>	<b>Wed. 12/08/09</b>
September 19	Ryde BPS	04/09/09
September 26	Lake Macquarie Crocs BPS	11/09/09
October 10-16	<b>World Masters Games 2009 SOPAC</b>	<b>31/07/08</b>
October 17	<b>World Masters Open Water Swim - Chowder Bay, Sydney Harbour</b>	
October 31	Novocastrian BPS	16/10/09
November 07	Hills AUSSI BPS	23/10/09
November 14	North Sydney BPS	30/10/09
November 21	Tuggeranong	06/11/09
November 28	Port Macquarie BPS	13/11/09
December 05	Raymond Terrace BPS	20/11/09
December 12	Wests Auburn Long Distance Long Course Meet	27/11/09

## Newsletter 2009

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

September issue	Sunday, 13 September 2009
December issue	Sunday, 13 December 2009

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 2009

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

September issue	21 August 2009
December issue	20 November 2009

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



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# We'd really like you to read SPLASH...

... so we're going to have a think about how best to deliver it to you.

In the meantime, you can access each edition in a variety of ways as it comes available:

- \* You will receive it by post as usual, if that's how you've been receiving it.
  - \* You will be emailed a copy, as an attachment, to the email address entered on your registration form.
  - \* You will be able to download a copy from the Masters Swimming NSW web site.
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## “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.

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### 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  
Sydney 2009 World Masters Games  
Ocean swims

[www.mastersswimming.com.au](http://www.mastersswimming.com.au)  
[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)  
[www.2009worldmasters.com](http://www.2009worldmasters.com)  
[www.oceanswims.com](http://www.oceanswims.com)



**MASTERS SWIMMING NSW**  
PO Box 6941  
Silverwater NSW 2128

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