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September 2010

2009 Masters Coach of the Year

Vicky Watson (Ryde RAMS) was presented with her 2009 Masters Coach of the Year award during the Australian Swimming Teachers and Coaches Association (ASTCA) convention held on the Gold Coast last April. Vicky is now the NSW branch coaching director, and here's what she had to say, with her characteristic humility and humour, about her time at the convention.

"Arrived in the Gold Coast early on Friday morning, checked into the hotel, registered and picked up an amazing goodies pack and went to my first lecture, the Ursula Carlisle lecture. It started with Computational Fluid Dynamics and in the first five minutes I wondered what conference I was actually at. However, the guys from the AIS explained it all in easy-to-understand words and the studies they are doing in Canberra are amazing. From being able to measure the size of the hole you dive through at the start to how much force you exert on the block and incredible things in between. The facts and stats on drag and the effect simple changes to a body position or stroke would make has made me rethink several drills for the swimmers in our squad.

This session was followed by one by Grant Stoelwinder and how he had brought Eamon Sullivan to the level of world record holder. This was particularly interesting because of the injuries that Eamon constantly deals with and how they adapt the training to suit. Provided some good ideas for our slightly older or injured masters.

The finale to the day was the greatest collection of coaches I have ever seen in a single lecture room and all willing to share their thoughts and ideas. There was Michael Bohl, coach to Steph Rice; Denis Cotterell, Grant Hackett's original coach; Vince Raleigh, coach

to Brenton Ricard; Shannon Rollason, responsible for Jodie Henry's success; Grant Stoelwinder and Stephen Widmar, coach to Libby Trickett and currently Liesel Jones.

The following two days saw all these guys individually present sessions. I would say that Australian swimming is in a very good place right now.

The awards banquet was hosted by Nicole Livingstone and was a who's who of the swimming world, including some current Olympians, such as Ashley Callus and Adam Pine. I was a complete geek and asked for Tracy Wickham's autograph and was totally overwhelmed to be presented with an award."



Castle Hill RSL Masters Swimming Club

Castle Hill RSL joined Masters Swimming at the beginning of this year. This was decided after twelve of our swimmers entered the World Masters in October 2009 and had such a wonderful time.

Although the club is not a year old with masters, it is a swimming club that has been going since September 1974. Initially it was a men's only club, until 1999, when it became mixed, allowing women to join. These days the membership has risen to the forties with quite an equal balance of men and women. The ages range from early twenties to late seventies.

The club swims each and every Wednesday evening. It has a program of four to five races using a handicap system. This is a very fair system that creates a great social atmosphere and caters for all levels of swimming. All strokes are included in the races and the evening starts off with a long-distance event, varying from two to three or four hundred meters.

When we first joined masters there were only twelve members. We had such a wonderful time that now we have over twenty members competing in masters as

well as in the local RSL carnivals.

An official training session has been brought about since joining masters. This takes place on a Sunday morning and has helped those that wish to take part in aerobic swims. We are lucky enough to have the benefit of our own coach, Robina Fellner. This was started before the World Masters and now is just part of the routine. It has helped the more keen masters swimmers as well as the social swimmers.

January 2010 at the Gosford carnival, Castle Hill was noticed by the men winning the 4 x 100 freestyle relay. We all thought this was just great—until we heard that they had broken the world record. This made it even more wonderful, as not only were we known in Australia we were also recognised throughout the world.

‘Thank you, AUSSI Masters.’

To end this summary on Castle Hill, we all have to say how much fun, friendship and general good time we have at the masters swim carnivals.



*Members of Castle Hill RSL at the World Masters Games, ‘the reason why we are now a masters club’:
(Back, l-r) Anthony Priday, Alex Wawar, Trevor Wilton, Kathy Henson, Todd Bryant, John Dempsey, Robina Fellner;
(Front, l-r) Heather Cachia, Marcelle Smith, Adele Ford, Adrienne Powell, Deb De Ridder*

The NSW Association of AUSSI Masters Swimming Clubs Inc. NSW Board 2010–2011

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

Georges River Bull Sharks Masters Swimming Club

Georges River Bull Sharks are new to Masters Swimming, having only registered with AUSSI in May this year, but the club has been around for 12 years as a training group who competed in many open-water events.

We have 19 financial members, our ages ranging from 24 to 67, all residents of the greater Georges River Region, mostly from the Bankstown, St George and Sutherland areas. We train on Tuesday evenings and Saturday mornings and participate in both pool and open-water events.

We do open-water training every second Sunday morning in the summer. We use Jewfish Bay Baths at Oatley Park, and on occasion have a swim at Sandringham Baths after a run that we sometimes do along the foreshore, for a bit of variety.

The more serious open-water training happens at Cronulla, usually on a Sunday morning out front of

Cronulla SLSC. My kids do nippers there—as a kid, I used to swim in Fitzpatrick Baths in Picnic Point, which is now part of Georges River National Park. Georges River Bull Sharks are also affiliated with Royal Life Saving NSW as Georges River LSC.

The open-water swims we mainly participate in are Stanwell Park, Shark Island, Sandon Point, the Cole Classic, Sydney Harbour and a few in the Eastern Suburbs. We usually check the www.oceanswims.com website and decide as a group which ones we will target for the season. We are also involved in an annual three-way carnival with Stanwell Park Sea Eels and Bulli Sea Lions. This takes place in June every year. This year Bulli hosted it in their ocean baths; last year Stanwell Park hosted it at Coalcliff Baths, so next year we may have a turn. So, as you can see, we are also involved in winter swimming.

Arti Alibrandi



Georges River Bull Sharks (standing, at back, l-r) Michael Martin, Peta Haynes, Leisa Rodoreda, Leo Sommer, Gavin Black. (front, l-r) [NCS ring-in] Anita Saviane, Arturo Alibrandi, William Krause, Liz Dredge, Brooke Dredge

Jack on the World Stage

At 92, Jack Mathieson (Shoalhaven) shone at the World Masters Games last year and now his photo is touring the world. Manly's Ruth Fitzpatrick spotted a photo of Jack in the World Press Photo 10 exhibition held last July in the State Library of NSW. The photo, taken by the Australian photographer Craig Golding, was of

Jack at the WMG and is now appearing in the exhibition at venues around the world. Craig Golding is arranging to send a copy of the photo to Jack. If you'd like to view the photo, try this tiny URL: <http://tiny.cc/smg7w>. Or navigate through the website: www.worldpressphoto.org

Meet Reports

Wett Ones: 29 May 2010

As you all know, the Wett Ones carnival this year was a huge success.

I think the first mention is to all of you swimmers for coming in such large numbers. From memory this was the largest carnival Wett Ones ever hosted, with nearly 200 registered swimmers. A special mention to the swimmers that have come from all over the place . . . the whole state was there . . . interstate swimmers came in large numbers from Melbourne (thank you to the Glamourheads) . . . and we had two special guests from Wellington . . . we probably should rename the carnival next year ‘The International Wett Ones Carnival’.

As I have done the carnival report for the last few years I need to find new things to talk about besides the officials, the coaches, . . .

The first thing I want to mention is Ian. As we all know this was our first carnival without Ian Davis. When I joined Wett Ones, Ian was the race secretary of the club and so he was consistently emailing the members about such and such carnivals. As a ‘new swimmer’ then, I was not really keen on competing and I was wondering for the first few months who was this Ian who kept emailing me about once a week about these carnivals (what a funny name . . .) taking place in some areas I never heard of . . . Well, here is one result of his work: I am still swimming and I attend more and more carnivals each year. He would have been proud to see so many people swimming at this carnival.

The second topic I would like to discuss is the Wett Ones Club. As most of you know, Wett Ones is not just like any other masters club. We are a full masters club like any other but we have also a distinction, which is trying to gather lesbian and gay swimmers and their friends.

I know this might be a surprise to some of the swimmers but how do you think we have the best catering for the officials . . . [I’ll vouch for that! Ed.]

Let’s get rid of the cliché and be serious for one second. I have been a member of Wett Ones for about four years now and I have attended a lot of masters events. I have to say that I have never felt different. I have never felt like I was from ‘the club’. When I joined Wett Ones I thought I had joined a club that was part of the ‘gay and lesbian community’. Well, I could

not have been more wrong. I had joined a much larger community. I would like to thank all of you for making me feel part of the large and fun masters swimming community.

A few days after the carnival I had a couple of comments from various Wett Ones or from non-swimmers telling me how impressed they were to assist at an event where both worlds come together and everyone feels at home. So I think this is a great achievement for our wider swimming community and I would like to thank all of you for that. Other than that, not much to add and I hope to see you next year.

Pascal Blanquer, Wett Ones Swimmers’ Rep

Clarence River: Yamba, 12–13 June 2010

Who cares about the weather when you’re enjoying yourself?



Apart from the opportunity for Queensland and northern NSW masters swimmers to get together, the

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(Continued from page 4)

Clarence River carnival is a great opportunity for the more southerly-inclined to take a welcome break, with a weekend away among friends. It was good to see swimmers from eight Sydney clubs travelling up to Yamba, as well as six clubs from the Hunter and Central Coast regions. Not to mention four PowerPoints swimmers from Victoria.

Average club points winners were Warringah (67.13), Port Macquarie (62.94) and Clarence River (61.52), but there was hardly daylight between them and the fourth and fifth placegetters Novocastrian (61), Cessnock (60.25). Total club points winners were Clarence River (1784), Port Macquarie (1133), Warringah (537). Well done, Clarence River.

Hills Long Distance: Galston, 27 June 2010

Surprisingly the numbers at the long-distance (short-course) meet were almost the same as the previous year's BPS meet—85 entries. The Galston Aquatic Centre was again the venue for those from the 24 clubs whose members entered. Some thought the water was too hot and some too cold! Just shows how true is the old adage 'You can't please all of the people, all of the time.'

Although small in numbers, Hills manages to conduct its meets professionally and efficiently. Thanks go to our visiting officials, including Meet Referee Marilyn Earp, Jane Noake, Peter McGee, Ruth Wall, Helen Rubin, Lena Theuns, Sue Wiles, Ted Samojlowicz, Stuart Ellicott, Ruth Fitzpatrick, Terry Gainey, Wendy Gordon, Malcolm Heath and Jamie Turner. Two ex-Hills members, Lena Theuns and Colvin Ellis, also officiated for the meet. All these wonderful volunteers plus the Hills officials all ensured the meet flowed. The marshalling was exceptional and the swimming even finished 45 minutes earlier than calculated. Thanks also to other clubs who honoured their timekeeping commitments (always a hard job at long-distance meets). We had the usual constant call for timekeepers and, as usual, request that in future swimmers do not simply turn up for their swims and then go home, but honour their responsibility to time others.

Not everything is perfect, however, and one incident highlighted the need for concentration on the job at hand when you are timekeeping long distances. Also we were lucky when swimming two to a lane: some near misses make you wonder why certain people don't

simply ask for a lane on their own when they seem to be unable to keep to one side. It's not fun for the officials to watch and pray!

Back to the good things. Records tumbled—eight national and nineteen branch. Congratulations to all these achievers!

Once again the Hills members' donations made the Hills raffle a great success with lots of prizes and many grinning winners. Special thanks to our local artist and member Marion Wait for her lovely painting and Kim Chapman for her donation of Nutrimerics products.

Thanks to the Galston Swimming Club for borrowed equipment. We hope everyone enjoyed their experience of the hospitality of the Hills as well as the free BBQ afterwards, sausages compliments of Eric's Tender Meats, of Galston. Hills is debating whether to host another long-distance meet in 2011 and forego the BPS meet. Let us know your thoughts.

Di Coxon-Ellis, Meet Director



Hills president Glen Johnson, soon to leave the mainland to settle in Tasmania. Farewell, Glen, and good luck.

NSW Relay Meet: 18 July 2010

For the first time the NSW Relay Meet was held as a long-course meet in the main competition pool at SOPAC. This meant a rearrangement of the program, and we included for the first time in NSW a 4 x 200 mixed freestyle relay. As this event has only recently been included as a FINA record event, it meant that we had some teams setting masters world records, which was very exciting for the swimmers involved.

When we set the program we were not sure how the membership would respond to 4 x 200 relays, but we should not have worried. We had four heats in the

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(Continued from page 5)

event and at last count three world records were set. Particular congratulations to the 280–319 team from Warringah of Jennifer McLean, Noel Peters, Suzanne Levett and Bill Harris—a fantastic effort.

It was particularly exciting to have all our newly formed clubs attend the meet. Castle Hill RSL were at their first relay meet since forming early in the year and they have been prominent at many meets during the year. We also had teams from our three recently formed clubs—ITAC Warriors, Georges River Bull Sharks and Terrey Hills Terriers—all four new clubs featuring in the records from this meet.

We also had for the first time at a relay meet teams from Clarence River Masters and Tuggeranong and they also had teams featuring in the records.

We had a record 24 clubs competing in 2010 and 367 swimmers, a testament to the popularity of this event.

There were many records set and these can be seen in another section of *SPLASH*. Congratulations to the many swimmers who featured in these record-breaking teams. It was great to see the rivalry between the clubs and there were many fantastic swims on the day.

Sincere thanks to our wonderful officials ably led by the meet referee John Kulhan. The relay meet is always a challenge to our officials as it is not easy getting one swimmer behind the blocks in the right lane and the right event, but try getting **four** swimmers behind the blocks in the right lane and the right event, **and have them all stay there**. No mean feat!

Congratulations to all the record breakers, all the winners and everyone who swam on the day. There is something about relays that adds to the camaraderie of a masters event.

The overall point score trophy was won for the second year in a row by Warringah Masters, followed in second place by Seaside Pirates and in third place by

North Sydney. The average point score trophy was won by Castle Hill RSL, with Picton Masters in second place and Seaside Pirates in third.

Jane Noake, Meet Director

**NSW Long Distance LC Championships:
Blacktown, 8 August 2010**

A number of dedicated long-distance swimmers gathered for the NSW Long-Distance LC Championships at Blacktown Aquatic Centre, a total of 102 entering to swim on the day.

It was a fabulous day that everyone enjoyed. Congratulations to Division 1 winners Blacktown City Masters, who narrowly took out the final point score with 194 points, with Seaside Pirates a very close second on 180 points. Division 2 was also narrowly won, by Wett Ones (78), closely followed by Tuggeranong (76). Division 3 was won by Cronulla Sutherland (56) and Division 4 was taken out by Shoalhaven (20). Congratulations to all clubs who competed on the day.

Many state and national records were broken. Congratulations to the 11 swimmers who broke records at this meet. I feel Shoalhaven’s Jack Mathieson’s record is worth a special mention. Jack is familiar to all of us who regularly attend BPS meets. Jack is 93 years old and swam two fabulous swims at this meet, scoring top points in each swim and taking home a NSW record in the 400 backstroke, as well as winning Division 4 for his club! Congratulations, Jack.

Thank you to swimmers, spectators and the wonderful contingent of volunteers who assisted in timekeeping on the day. And lastly, a thank you to the officials who volunteered their time and ran a fabulous meet. A special thank you also to Meet Referee Richard Van Der Reyden (newly accredited Masters referee).

Jodie Burke, Meet Director



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Technical—Swim Meet Matters

Over the past three months the National Technical Committee (NTC) has been extremely active. At the instigation of Phil Beames, our member from the South Australian branch, we completed a protocol for “Swimmers Requiring Assistance”. This document advises swimmers and officials what help should be given to assist swimmers with disabilities such as seeing, hearing and walking problems, so they can better enjoy taking part in our competitions.

The second major issue we have been addressing is how to allow swimmers with medical problems to compete so their problems are catered for but they do not gain an advantage over other swimmers. The proposed document is called the “Exempt Competitors Code” and it would allow swimmers to wear additional garments under or over their regulation swimsuit, provided the extra clothing does not give them an advantage. Swimmers with temporary problems such as an arm that needs to be strapped will be allowed to contact the meet referee and receive permission to compete. While no exempt competitor will be able to claim a world record in individual or relay events, it is proposed that there will be no other restrictions on the recording of their performances.

Under the guidance of the NTC’s Judith Crawford, the Western Australia branch has completed a review of the Masters Swimming Australia Open Water Swimming Rules (OWS). The NTC will be presenting the final document to the spring General Meeting for

approval.

In our annual review of the Swimming Rules we have suggested seven changes that would 1) formalise the seeding of heats, 2) delete what would then be a duplicated rule, 3) mandate that swimmers stay on their side of the lane when swimming two in the same lane, 4) reword a clarification regarding starting for disabled swimmers, 5) require swimmers wanting to be timed for a form stroke in a freestyle event to give the meet referee seven days’ notice, 6) require individual swimmers to stay in the water at the end of their race until instructed to leave, and 7) delete the requirement to notify the probability of breaking a record when there are only two timekeepers per lane as three timekeepers are needed only for world records.

Finally at the NTC’s direction the branches have started assessing all officials other than timekeepers for re-accreditation. In our branch Noel and Di Partridge have been leading this process by conducting a series of workshops to bring marshals and check starters / clerks of course up to date with the current rules and procedures.

In the coming months the NTC will review the notes for meet directors (those wonderful people who organise swim meets for us) and the roles of the meet referee (the chief referee who ensures that meets are conducted properly).

Gary Stutsel, Branch Technical Director

Vorgee Million Metre Award



Here are our first Vorgee Million Meteors for 2010, a couple of them streaking ahead into the three figures. Congratulations, and a big thank you, too, to Vorgee for continuing to support masters swimmers in this way.

Gordon Creek	Lake Macquarie	Three Million
Helga Duncan	Campbelltown	Three Million
Robert Burggraaff	Raymond Terrace	Two Million
Gordon Ferguson	Ettalong	Two Million
Mark Thompson	Campbelltown	Two Million
Sue Wiles	Blue Mountains	Two Million
Richard Barr	Ettalong	One Million
Richard Braddish	Ettalong	One Million

Phil Farmer	Novocastrian	One Million
Bruce Sweeting	Castle Hill RSL	One Million



Gordon Creek (Lake Macquarie Crocs) claimed his Vorgee Three Million Metre award at the Branch Long-Distance Championships held at Blacktown in August.

Do Try This At Home

Are you familiar with the [Masters Swimming Australia – Information Portal](#) – also known as the [Results Portal](#)? Over the years that I have been involved in masters swimming, I have found it a great source of information, not only for my own swims but to also to keep up to date with results for other swimmers around the country. If you haven't made use of this resource, then why not take a few moments to explore the many features available. You can find a link via the Masters Swimming NSW site or the national website or use the following link to the home page: <http://www.portal.aussi.org.au/index.php>. Here you will find some of the latest changes and links and tabs to the following information:

LATEST MEET RESULTS Have a look at all other states and major events results, or go to the [Meets](#) tab to look at past results for meets over several years for national, state and branch.

LATEST APPROVED NATIONAL RECORDS For men and women.

QUICK LINK BY AGE , LC OR SC Scroll through every stroke and distance to see the Top 10 in your age group.

TOP SWIMMERS BY POINTS Shows the Top 5 and just click to get the Top 100 by Points: see further on to see how these points are calculated.

RANKING TAB You can explore so many options—by stroke, distance, state, specific year or all years, best times or all times, and more—to see where you are currently ranked. Or check out your competitors.

RECORDS TAB Check out who holds what, at state and national level, with dates, times & location that the record has been set. How close are you to the record in

your pet events?

POINTS TAB Points are allocated for every individual swim, by comparing the individual time to the world record (base time) as at the end of 2008. Hover your mouse over the – [Points Tabulation](#) – heading for the formula. The points allocated ultimately enable the performance of the swimmer to be compared with that of other swimmers from different age groups and from different events. More than 1000 points is an indication of a performance better than the base time. The closer the points are under 1000 indicates how close to the base time (or world record as at 2008) the competitor has swum.

You can [Customize Your Tabulation!](#) to look at your age group, by stroke, by year and gender to see your ranking within a specific age group or an open age group and for a specific stroke.

HISTORY TAB This will give you all your own swim times, points, date & location of the swim by year or ALL Years, so you can compare your own performances. Keep an eye on your competitors by studying their swim times as well. Where available, split times can be displayed by clicking on the time. This is great for analysing previous swims and planning how to swim it better the next time. Split times will only be available where touch-pad electronic timing has been used.

In summary, the Information Portal will have something for everyone, so I suggest that you get on the site and explore the many options available.

Stuart Ellicott, Hornsby Masters

Gosford City Seagulls Update

We all know people have different views about whether pool entry should be included in carnival entry fees. Gosford City Seagulls has an all-in entrance fee arrangement with Gosford Olympic Pool that keeps the costs for using the pool to a reasonable level. This involves the club collecting the pool entry fee as part of the BPS meet entry fee.

If the Gosford City BPS meet is approved for 2011, the carnival entry fee will remain the same as it has for the last two years, even though there have been increases in pool entry each year. That is, the meet fee, including pool entry, will remain \$21.00.

A reminder, too, that Gosford City Council has

implemented a no-diving rule at the shallow end of the 50 m pool and in the inside pools as the pool depth is on the borderline of approval for both the Royal Life Saving Association and Swimming Australia. This means that for all 50 m relays swimmers 2 and 4 will have to start in the water, holding onto the top of the wall.

We hope that the all-in entrance fee and the clarification about no diving in the shallow end will encourage swimmers to come along to the proposed meet tentatively booked for 22 January 2011.

Neil Keele, Gosford City Seagulls

Branch Banter

To mid-August just over 1,600 members were active and financial on the Clubs Online database. We are at the end of year stage where the new pro-rata memberships have been distributed to clubs and your club registrars will need to go online and change the subscription types. The good news is that MSA and MSNSW have not put the fees up!

In August I attended the second national administrators' workshop in Melbourne. There were presenters from Swimming Australia and Club 10, both showing us their rating systems for clubs. There was a fantastic sharing of information and documentation that can only benefit the organisation and the branches.

Since June, MSNSW has conducted two branch meets almost back to back. Huge thanks go to Jodie Burke, the branch safety coordinator and also the meet director at the state long-distance long-course championships in August at Blacktown. At this carnival a member suffered a cardiac arrest as a result of an infarction. Jodie's quick intervention with the assistance of Pam Martin from Wyong and the Blacktown Aquatic Centre's pool lifeguards meant a great outcome for that member. We are in awe of you, Jodie!

A number of NSW swimmers attended the FINA World Swimming Championships in Sweden in July/August. Thanks to Gordon Whyte who assisted in the distribution of the NSW members' Masters Swimming Australia's competitors' caps at the meet. The NSW webmasters provided a live link to the swimming at the worlds, which led to many sleepless nights for avid followers.

Winning on the Fly

Anita Saviane (Cronulla Sutherland) has been chosen as the June 2010 winner of the *Leader-Tynan Sportstar of the Year* award. As winner of the masters category, she was acknowledged for her mammoth effort of bettering by 2½ minutes her 1500 butterfly time of five years ago. This year she set the NSW short-course record at 38:37.13 for the 65–69 age group. Wow, Anita!



[Photo courtesy of St George & Sutherland Shire Leader]

We get back into our Branch Point Score competition in September as there has been only one BPS meet at Campbelltown since the June issue of *Splash*.

Each year MSNSW asks for nominations for many perpetual awards, the last of these for 2009 being the Betty Grant award, which will be presented to the winner at the Trinity meet. Please encourage your club to nominate members for awards—or you can do it yourself as a registered member . . . it is a simple process, sometimes requiring only a name. Recognition of volunteers is an important part of our organisation.

Speaking of recognition, as a volunteer at meets it is great when a simple 'thank you' comes your way. You see the same faces at meets: Jane Noake refereeing and carting gear from one meet to another; Jodie Burke, the Hurdises and Gary Stutsel driving from Canberra; others like Di & Noel Partridge, Dennis Moore and other Hunter region members; Sue Johnstone from Wollongong; Opal Eddy, Gordon Ferguson, Neil Keele and Ruth Wall from the Central Coast. They all, along with the volunteer board members (note that most of them are also officials at meets) attending monthly meetings, appreciate a 'thank you'.

The latest records broken are listed elsewhere in this newsletter. In the last month we have had the pleasure of applying for 12 provisional world relay records (or perhaps I should say we have suffered the pain of getting proof-of-age from 48 members). I hope our efforts have not been in vain and that we will soon be congratulating those swimmers.

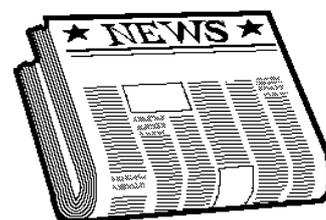
Di Coxon-Ellis, Branch Administrator

Next SPLASH Deadline

The deadline for copy for the December 2010 issue of *SPLASH* is **Friday, 19 November 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.



Branch, Australian and World Records

(Some of these records may still be provisional at the time of going to press.)

HILLS LONG-DISTANCE SC: 27 JUNE 2010

Women

400 Back

Pamela Nix (NNB) 40–44	5:57.07	B
Clary Munns (NBT) 65–69	6:47.01	N

800 Back (split)

Jenny Whiteley (NRY) 50–54	12:06.20	N
Clary Munns (NBT) 65–69	13:44.25	N

1500 Back

Helen Wallace (NSP) 25–29	23:06.00	B
Kasey Shepherd (NBT) 25–29	22:29.68	B
Jenny Whiteley (NRY) 50–54	22:52.37	N
Clary Munns (NBT) 65–69	26:01.65	N

400 Breast

Jennifer White (NWY) 25–29	5:59.56	B
Jenny Whiteley (NRY) 50–54	6:20.37	N
Clary Munns (NBT) 65–69	7:31.09	B

1500 Fly

Anita Saviane (NCS) 65–69	38:37.13	B
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800 IM

Kasey Shepherd (NBT) 25–29	11:50.77	B
Jennifer White (NWY) 25–29	11:23.05	B

Men

1500 Free

Colin Cliff (NWS) 75–79	27:00.34	B
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1500 Breast

Bill Walker (NNC) 80–84	40:26.80	N
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400 Fly

Russell Merrick (NBM) 40–44	5:50.98	B
Bill Walker (NNC) 80–84	11:44.65	N

800 IM

Owen Sinden (NCT) 55–59	14:27.07	B
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NIB HUNTER FESTIVAL OF SPORT: 3 JULY 2010

Women

400 Free

Ann Campbell (NNC) 60–64	5:45.76	B
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400 Back

Kasey Shepherd (NBT) 25–29	5:30.47	B
Val Lynch (NSG) 70–74	8:27.88	B

25 Fly

Noemi Domonkos (NSP) 35–39	14.69	B
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400 IM

Wendy Gordon (NNC) 55–59	7:07.46	B
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Men

400 Back

Jon Hawton (NBT) 45–49	5:05.47	N
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400 Breast

Mark McDonald (NBT) 18–24	6:41.62	B
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25 Fly

Adam Beisler (NNC) 25–29	12.15	B
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NSW LC RELAY MEET: 2 MAY 2010

Women

Women's 200 Free

120–159 North Sydney	1:56.26	B
G. O'Mara, M. Speet, L. Stevenson, I. Hale		

Women's 400 Free

100–199 North Sydney	4:19.38	W
G. O'Mara, M. Beames, M. Speet, I. Hale		

Women's 400 Free

120–159 Sandbern/Aquadot	4:54.17	B
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S. Flynn, J. Janic, P. Opperman, A. Pitt

Women's 400 Free

280–319 Port Macquarie	7:43.05	B
C. Carter, J. Brien, J. Cain, S. Claydon		

Women's 400 Medley

100–119 Blacktown City	6:58.28	B
S. Bennett, C. Anderson, J. Burke, R. Pearsall		

Women's 400 Medley

120–159 North Sydney	5:03.07	W
L. Stevenson, C. Echols, M. Speet, G. O'Mara		

Women's 400 Medley

160–199 Seaside Pirates	5:35.99	B
C. Clark, L. Price, C. Fuller, C. Opie		

Women's 400 Medley

200–239 Blacktown City	6:02.62	B
C. Munns, K. Brennan, M. Stonehouse, M. Blamires		

Women's 400 Medley

240–279 Campbelltown	7:24.93	W
A. Cooke, C. Clough, H. Rouen, B. Briggs		

Men

Men's 400 Free

120–159 Wett Ones	4:06.68	N
C. Buckman, P. Blanquer, R. Bennett, M. Besanko		

Men's 400 Free

160–199 North Sydney	4:04.85	N
D. Lovelace, A. Godfrey, J. Kain, A. Aebi		

Men's 400 Free

240–279 Manly	5:11.85	B
T. Mills, D. Lawler, M. Webber, G. Stutsel		

Men's 400 Free

320–359 Warringah	9:06.34	W
G. Hannon, J. Steen, T. Ryan, N. Peters		

Men's 400 Medley

120–159 Wett Ones	4:34.05	W
C. Buckman, M. Besanko, V. Efimov, H. Wood		

Men's 400 Medley

160–199 Warringah	4:56.59	B
J. Tooher, T. Tooher, D. Tooher, L. Munro		

Men's 400 Medley

200–239 Campbelltown	5:18.85	B
G. Downey, S. Bidewell, R. McLeod, O. Sinden		

Men's 400 Medley

240–279 Warringah	5:59.37	B
S. Meares, P. Ley, G. Whyte, W. Gamble		

Men's 400 Medley

280–319 Manly	6:07.74	W
S. Lamy, T. Goodwin, G. Stutsel, D. Lawler		

Mixed

Mixed 400 Free

120–159 Seaside Pirates	4:39.14	B
S. Smith, H. Wallace, S. Maguire, C. Smith		

Mixed 400 Free

160–199 North Sydney	4:29.68	W
L. Stevenson, M. Beames, J. De Vries, A. Godfrey		

Mixed 400 Free

200–239 Blacktown City	4:38.22	W
J. Hawton, K. Brennan, M. Stonehouse, B. Devenish		

(Continued on page 11)

(Continued from page 10)

NSW LC RELAY MEET: 2 MAY 2010 (CONT'D)

Mixed

Mixed 400 Free		
280-319 Warringah	6:05.24	W
M. Van Gelder, V. Wilkinson, J. McLean, B. Harris		
Mixed 800 Free		
100-119 Seaside Pirates	10:25.65	N
H. Wallace, J. Patterson, N. Pratt, M. Smith		
Mixed 800 Free		
120-159 North Sydney	9:37.36	N
M. Speet, C. Hannah, G. O'Mara, J. Kain		
Mixed 800 Free		
160-199 Tuggeranong	11:09.25	N
D. Bale, A. Smyth, J. Droop, G. Gourley		
Mixed 800 Free		
160-199 Seaside Pirates	9:50.91	W
G. Hill, C. Opie, R. Ireland, M. Frodsham		
Mixed 800 Free		
200-239 Seaside Pirates	11:06.37	N
L. Price, T. McGuire, A. Brown, B. McLean		
Mixed 800 Free		
240-279 Warringah	12:25.23	N
W. Gamble, S. Meyers, P. Ley, P. Appleby		
Mixed 800 Free		
280-319 Warringah	14:04.72	W
J. McLean, N. Peters, S. Levett, B. Harris		
Mixed 400 Medley		
100-119 Seaside Pirates	4:50.83	N
R. Burchfield, L. Trickett, B. Hall, H. Wallace		
Mixed 400 Medley		
120-159 North Sydney	4:35.82	N
C. Echols, D. Lovelace, A. Aebi, L. Stevenson		
Mixed 400 Medley		
160-199 Tuggeranong	5:46.29	B
A. McGowan, I. Hampton, A. Britten, G. Gourley		
Mixed 400 Medley		
200-239 Warringah	6:16.71	B
T. Tooher, M. Harrison, M. Birtwistle, J. Atkins		

Mixed 400 Medley		
280-319 Warringah	7:21.83	N
J. McLean, S. Levett, W. Gamble, M. Van Gelder		

First-leg splits

50 Free		
Max Van Gelder (NWG) 80-84	34.85	N
50 Back		
Simone Bennett (NBT) 20-24	32.60	N
Christina Echols (NNS) 40-44	34.44	B
100 Back		
Simone Bennett (NBT) 20-24	1:10.03	N
Christina Echols (NNS) 40-44	1:15.74	B

NSW LC LD, BLACKTOWN: 8 AUGUST 2010

Women

400 Back		
Val Lincoln (NGS) 85-89	12:08.84	N
400 Breast		
Robin Henze (NWL) 70-74	9:02.94	B
200 Fly		
Clary Munns (NBT) 65-69	3:44.97	N
800 IM		
Clary Munns (NBT) 65-69	15:05.25	N

Men

1500 Free		
Colin Cliff (NWS) 75-79	26:36.10	N
400 Back		
Stephen Lamy (NML) 60-64	6:02.23	N
Jack Mathieson (NSH) 90-94	20:03.23	B
800 Back		
Jon Hawton (NBT) 45-49	10:57.84	N
Stephen Lamy (NML) 60-64	12:31.40	N
800 Breast		
Owen Sinden (NCT) 55-59	15:25.86	B
400 IM		
Craig Magnusson (NHS) 45-49	5:28.29	B

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



MASTERS SWIMMING NSW CALENDAR 2010

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

		Closing date at host club
September 12 (Sun)	Seaside Pirates BPS LC	Closed
September 18	Lake Macquarie BPS SC	Closed
September 25	Trinity BPS SC	10/09/10
October 09	Warringah BPS SC	24/09/10
October 23-24	NSW LC 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
November 27	Tuggeranong Challenge	12/11/10
December 04	Wests Auburn BPS LC	19/11/10
December 11	Raymond Terrace BPS LC	26/11/10

Progressive Club Points for 2010

(including the NSW Long-Course Long-Distance Championships on 8 August)

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

Place	Club	Points	Place	Club	Points				
Division 1									
1	NWG	Warringah Masters	4,939	1	NSG	St George Masters	679		
2	NBT	Blacktown City	4,090	3	NRT	Raymond Terrace AUSSI	394		
3	NML	Manly Masters	3,317	2	NCS	Cronulla Sutherland AUSSI	386		
4	NSP	Seaside Pirates	3,146	5	NOF	Oak Flats AUSSI	303		
5	NNC	Novocastrian Masters	2,785	4	NDB	Dubbo Redfin	265		
6	NWY	Wyong Wobbygongs	2,645	6	NPT	Picton Masters	228		
7	NPM	Port Macquarie Masters	2,566	8	NWL	Wollongong Masters	224		
8	NRV	Ryde RAMS	1,741	7	NMM	Myall Masters	218		
9	NCK	Cessnock Masters	1,675	9	NTR	Trinity AUSSI	77		
10	NNS	North Sydney AUSSI	1,254	10	NCN	Molonglo Water Dragons	0		
11	NPN	Penrith AUSSI	1,211	10	NOP	SOPAC Masters	0		
12	NCT	Campbelltown Collegians	629	Division 4					
Division 2									
1	NWO	Wett Ones	1,964	1	NCL	Castle Hill RSL Masters	1,093		
2	NET	Ettalong Pelicans	1,915	2	NMR	Merrylands	320		
3	NCM	Clarence River Masters	1,784	3	NSA	Sandberns	239		
4	NHS	Hornsby Masters	1,257	4	NCB	Caringbah AUSSI	138		
5	NBM	Blue Mountains Phoenix	1,013	5	NCH	Coffs Harbour Masters	124		
6	NWS	Wests Auburn Masters	730	6	NSH	Shoalhaven Seahawks	108		
7	NMT	Maitland AUSSI	676	7	NBR	Bush Rangers	96		
8	NCR	Coogee Randwick Masters	639	8	NLC	Lane Cove Masters	84		
9	NTN	Tuggeranong Vikings	623	9	NCP	Cook & Phillip Masters	75		
10	NGS	Gosford City Seagulls	594	10	NTM	Tamworth AUSSI	74		
11	NNB	Nelson Bay Dolphins	515	11	NLP	Liverpool Leatherjackets	66		
12	NMS	Lake Macquarie Crocs	501	12	NAM	Armidale AUSSI	45		
13	NHL	Hills Masters	308	13	NMB	Murrumbidgee	44		
				14	NHN	Hunter Masters	0		
				14	NPW	Prairiewood AUSSI	0		
				14	NTS	Tattersalls Club	0		

Bob Barry

Many NSW masters swimmers will remember Bob Barry, renowned also for representing NSW in three sports: surf life saving, swimming and rugby union.

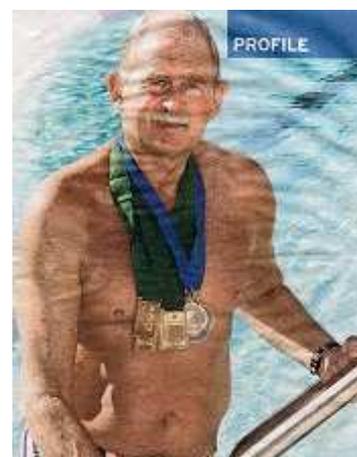
In an article by William Verity in the *Illawarra Mercury* ('Legend a fish out of water', 21/8/10), Bob's two sons say that after a career in which he set 125 national and 16 world masters swimming records as well as 18 national and 8 world surf life saving records their father has finally, and irrevocably, retired. As recently as 2002 Bob was in the thick of it, winning five individual gold plus two relay gold at the Melbourne WMG; he was male swimmer of the meet at the 1996 and 2001 national championships.

Bob is now almost 80 and is suffering the early stages of dementia. "He is still doing some swimming," his son Rob said, "but his ability to compete has gone. He won't complete a full lap but is happy enough to

walk up and down the pool or do a bit of breast stroke. He's not training any more."

His sons take him to the beach or the pool a few times a week and every Sunday he puts in an appearance at the Wollongong Whales winter swim meets at the Continental Baths. His sporting career may have drawn to a close, they say, but his has been a life well lived.

Thanks to Robin Henze (Wollongong) for the article and photo from the *Mercury*.



[Photo courtesy of Illawarra Mercury Weekender, 21/8/10]

Training Coordinator's Report

I'd like to start by congratulating Manly and Campbelltown clubs. They were the only clubs to respond to my email to club secretaries regarding trainee officials. This form was seeking information about trainee officials in your club who needed to complete competencies with the view I may be able to assist them. All trainee officials, please remember you need to complete your competencies within twelve months of completing your course. If you need longer to complete competencies, please contact me for an extension of time: diane.partridge@bigpond.com

Please note if you have participated in an official course in 2010 you must complete a current log sheet. Could all course presenters please destroy any course notes, presenter notes and log sheets etc you may have as these may be out-of-date. If you are going to present an officials course please go to the national website to download current notes and log sheets etc and please use the Presenter Notes sent/emailed to you by either the national or branch office because Gary Stutsel, our

National Technical Director, is continuously updating these.

A big thank you to all those officials who have completed the survey I emailed. The response has been wonderful. This survey was for Chief Timekeepers, Marshals, Check Starters, Clerks of Course, Starters, Inspectors of Turns, Judges of Stroke and Referees. There is still time for those who have not completed the survey. It only takes 5 minutes to complete. If you didn't receive a survey please contact me.

I will close with this. How many members read *Splash* cover to cover? It is a way of communicating with all members. So the next time you are either at a training session or masters swim meet and you're waiting to have your swim or timekeeping, say to the person next to you, 'Did you read *Splash* and what did you think about ??????'

Diane Partridge, Branch Training Coordinator
diane.partridge@bigpond.com

Accreditation Update

Congratulations to the following new officials, who gained accreditation between June and July 2010:

Sue Heins	Campbelltown	Marshal
		Check Starter / Clerk of Course
Lynne Johnston	Clarence River	Chief Timekeeper
		Check Starter / Clerk of Course
		Inspector of Turns
Judy King	Clarence River	Timekeeper
Helmut Klein	Clarence River	Timekeeper
Jan Klein	Clarence River	Timekeeper
Ted Samojlowicz	Manly	Timekeeper
		Inspector of Turns
Gareth Smith	Clarence River	Chief Timekeeper
Jon Smith	Cessnock	Referee
Richard Van der Reyden	Seaside Pirates	Referee
Robert Wattus	Clarence River	Starter
Nancy Whiteley	Port Macquarie	Check Starter / Clerk of Course
Sue Wiles	Blue Mountains	Inspector of Turns

On the Mend

Max Henry is OK and on the mend; the word is he will be able to return to the pool fairly soon. He is grateful to Jodie Burke, especially, and to several other willing hands who got him through a scary time during the long-distance long-course championships held in August at Blacktown Aquatic Centre.



Have Your Details Handy!

Besides updating your contact details with your club and on the online database, it's a really good idea to have your mobile handy at carnivals.

Just in case we need to contact someone.

If you don't have a mobile, you could keep your emergency contact details handy in your swim bag.

Snapshots

SPLASH would like more photos of our members. We'd like to see more of our swimmers so if you've got group shots or smiling snaps send them to *SPLASH* and we can match up the faces with those names we see on those programs. Scan at 300 resolution, size about 10 cm if you can.

SPLASH

Newsletter of the NSW Branch Masters Swimming 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

Masters Swimming Australia
NSW/ACT Branch
Alice Springs Masters Games
Pan Pacific Masters Games
Ocean swims

www.mastersswimming.com.au
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