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March 2011

## Celebrating Ernie

Ernie Emmett joined Novocastrian swim club many years ago, probably as far back as any current member. He took great delight and personal satisfaction from every point he earned for the club in the inter-club competitive swim carnivals.

He was a foundation member of the *Dinosaurs Relay Team*, a team of four male swimmers whose combined age had to total at least 280 years. Ernie's advanced age often made it possible to slip in a much younger swimmer and still comply with the age limit. Ernie's dogged determination to swim for the club was clearly demonstrated during a carnival at Cessnock where he insisted on swimming his 50 metre lap of a relay in spite of being able only to use one arm because of a shoulder problem. That was Ernie!

Ernie contributed to the club specifically and to masters swimming generally in many ways. Among his important contributions to the club were the making of a safe carry case in which to store our club stop watches and a club trophy cabinet which took him many hours of dedicated effort. Probably his most memorable contribution was to put together the components of an underwater movie camera system, which he used to film various club members swimming, while he walked alongside them safe and dry, from the deck at Coughlan's Swim Centre where we trained at the time. Many members made significant improvement in their swim style once they had seen what Ernie's camera had revealed.

On a wider stage, Ernie did the training required to gain accreditation in the official positions of timekeeper, chief timekeeper and starter, and officiated in those positions at several carnivals. He also won the NSW Masters Betty Grant Award, an award given annually to a swimmer aged 60 or above who has made

significant contributions to the cause of masters swimming.

Ernie featured a few times in the World Masters Top Ten for particular swims in his age group. He also featured many times for his swim results in the Australian and New South Wales Top Ten. As far as the club is concerned, he held many swim records for his age group and indeed he took off the Novocastrian Club Champion Award in one memorable year.

At Ernie's funeral we gained further insights from Ernie's family. He had followed an interesting range of careers, including his wrought-iron factory, bread and milk delivery services, and courier and parcel delivery businesses. In many of these he was assisted by his able wife, Audrey. We heard anecdotal reports of Ernie standing guard outside the fence, ready to throw empty milk bottles at any dogs that may threaten Audrey while she made deliveries. The best one was the occasion when Audrey contacted Ernie from her vehicle to report a breakdown. Ernie arrived to find her examining the carburettor from her vehicle, now in pieces to aid her examination of the problem. Ernie



Ernie Emmett.  
25 September 1922–  
12 December 2010

(Continued on page 2)

*(Continued from page 1)*

offered encouraging remarks and then left to finish his delivery round. When he did arrive home he was probably startled to find that Audrey had finished her deliveries in a repaired vehicle and had beaten him home. She was indeed his helpmate and, sad to say, predeceased him by a few years.

At our recent annual Presentation Day, Ernie's World Top Ten patch for 2009 was received by Ernie's grandson, Chris, and Chris' wife, Mary, presented the

club with a stop watch from Ernie's family.

It's an understatement to say that Ernie will be missed. We do take some degree of comfort from the knowledge that he is at last free from pain and speculate that he now can swim in pools that do not have lane ropes to get in the way of his somewhat wandering outdoor backstroke style.

Farewell old friend, and swim easy.

Malcolm Harrison, Novocastrian Masters Swimming

## Lake Glenbawn Open-Water Classic

The day was a scorcher for the sixth running of the annual Lake Glenbawn Classic by Scone Swimming Club on Australia Day. A total of 97 swimmers took to the waters of Lake Glenbawn in 1 km, 3 km or 5 km events. The water was a balmy 28 degrees C, but with the air temperature climbing to over 40 degrees before lunchtime swimmers were warned not to overdo it in the heat of competition. Organisers and swimmers alike sought the shade during the morning and cold water and Icy Poles helped everyone through the morning.

Swimmers from 8 to 76 years took part, but it was the up-and-coming young guns, seeking qualifying times for state and national open-water championships that stole the show. Overall winner of the 1 km race, in 15 minutes and 5 seconds, was Ryan Leonard (13

years!) from Toronto, over two and a half minutes in front of the next finisher. The winner of the 3 km event was Jacob Riordon (16 years!) from Lakelands in a time of 48 minutes and 46 seconds. The 5 km event was won by Waylon Murray (15 years!) from Kempsey in a time of one hour, 13 minutes and 20 seconds. It was a very impressive display of endurance and stamina under the rapidly warming conditions.

The 87% full Glenbawn Dam was a picture, but the weather conditions made it tough. Full results are on the website: [www.lakeglenbawnclassic.com.au](http://www.lakeglenbawnclassic.com.au). [Noted in the results was that incorrigible open-water masters swimmer Warren Smith, who completed the 1 km swim and the 5 km swim. Ed.]

Debbie Racklyeft, Bush Rangers



## NSW Sports Federation Awards Finalist

Jodie Burke (Blacktown City) was one of the finalists for the NSW Volunteer Award, presented as part of the Federation's 2010 Annual Sports Awards. Jodie was an incredibly deserving finalist, not least for her efficient,



calm and timely intervention in medical emergencies at carnivals. Congratulations, Jodie, for reaching the finals, and you have our gratitude for all you have done for Masters Swimming.



# XIII AUSTRALIAN MASTERS GAMES

ADELAIDE 7-16 OCTOBER 2011

In 2011 the 13th Australian Masters Games returns to Adelaide, South Australia. The Games will aim to attract in excess of 10,000 competitors including 1,000 international competitors competing in over 60 sports.

Masters Swimming SA will be hosting the swimming competition from 7 to 9 October at State Aquatic Centre, Marion. To register your interest as a competitor, volunteer or accompanying person go to [www.AustralianMastersGames.com](http://www.AustralianMastersGames.com).

Over the past 18 years the Australian Masters Games have provided a forum for sports competition

and social interaction for people over the age of 30, promoting friendship and goodwill among participants, their families and friends, spectators and the community as a whole.

The Australian Masters Games is a mass participation event, open to anyone who meets the minimum age requirement (30 years for most sports, 18 for swimming). The first Australian Masters Games were held in Tasmania in 1987 and over the years the event has become Australia's largest multisport festival.



## Leeton 24-Hour Mega Swim

Don't forget, if you're down that way, why not join in the charity swim at Leeton to help raise funds for people living with multiple sclerosis? It's a



24-hour relay swim on Saturday and Sunday 19 & 20 March 2011 in the Leeton Shire Pool. You can find out more, and register at, at [www.megaswim.com](http://www.megaswim.com).

## Diving Championships

The Australian Age Diving Championships will be happening at Sydney Olympic Park Aquatic Centre Diving Pool (Homebush) from 16 to 21 April this year. The opening ceremony at 3:30 pm on Saturday 16 April should be pretty terrific, with a stunning display of

diving promised. For more information go to [www.divingsw.org.au](http://www.divingsw.org.au), or contact Diving NSW on [info@divingsw.org.au](mailto:info@divingsw.org.au).



## Meet Reports

### Tuggeranong Challenge: 27 November 2010

At the end of November 2010 the Tuggeranong Masters Swimming ACT Club held their annual 'Tuggeranong Challenge' for those who were Up For A Challenge. This event is a unique one in that the fastest swimmer doesn't necessarily win. In fact it is the individual who swims closest to their nominated times over three events who wins.

The Challenge events—200 m, 50 m and 100 m—must each be swum in a different stroke. To ascertain the winner, the absolute difference between the actual and nominated time for each of the three events is aggregated. The trophy is presented to the swimmer with the smallest total difference. Each event also has a winner who swims closest to their nominated time for that event.

The Challenge is a light-hearted swimming meet, although the races can be taken very seriously by swimmers keen to improve their times. To add to the mood of the day participants can compete in a 100 m Muddled Medley, where competitors are presented with a muddled order for their medley as they line up for the start. Swimming an individual medley in a different stroke order to the normal order, and remembering that order, is more difficult than you might imagine.

Two more fun events are keenly contested. Perhaps the most hilarious is the 4 x 50 m Novelty Relay. In the spirit of the day competitors don plastic Viking helmets and kick their way with a pull buoy for 50 m. The finale of the meet is the Shoot-Out Relay. This is a handicapped event with swimmers being placed in teams and swimming the same stroke as their 50 m choice in Event 2.

This year the overall winner of the Challenge Trophy, for the second year in a row, was Ann Reid with a total aggregate difference time of 2.47 seconds. In second place was Annette Britten with a time difference of 3.28 seconds and in third place was David Bale with a total difference of 3.53 seconds. The

winner of Event 1, the 200 m, was David Bale with a difference of 0.22 seconds compared to his nominated time. Event 2, the 50 m, was won by Ann Reid with a difference of 0.03 seconds. Event 3, the 100 m, was won by Caroline Makin with a difference of 0.67 seconds.



*Novelty Relay Changeover*

With the addition of great raffle prizes, tea/coffee and light refreshments, a good time is usually had by all participants including, of course, their hard-working timekeepers and recorders.

This is a great event and the Vikings invite participants from throughout the state of NSW to take the next Challenge in Canberra on 26 November 2011.

Pauline Rohan, Tuggeranong Vikings

### Wests Auburn @ Ruth Everuss Aquatic Centre: 4 December 2010

Wests hold a BPS carnival ever second year, and a long-distance carnival every other year, alternating with Hills Masters.

We had 107 entries registered (from 24 clubs) and 94 actual swimmers on the day. The weather was cloudy but fine, until the rain came about fifteen minutes after the final relay event. Swimming was keen, in the usual friendly Auburn atmosphere. Unfortunately, no state or national records were broken on the day, but congratulations on all the PBs achieved!

Overall point score winners on the day were Wests Auburn (346 points), with Blacktown coming second (270) and Penrith third (266). Blacktown were honoured with the trophy for the winning visiting club. Average point score winners were Blacktown (33.75 points) with second place to Novocastrian (33.20) and third to Warringah (31.14).

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*Novelty Relay*

*(Continued from page 4)*

We had our usual fantastic raffle, with the prizes shared around the clubs. Timekeeping was difficult at times, with quite a few swimmers not willing to help out. This makes running a successful carnival difficult. It would be great if every swimmer helped out with a stopwatch in the events they are not swimming.

Thank you to all our officials (referees, judges, starters, marshals, check starters and timekeepers), who continue to give their time so freely to allow carnivals to run.

We look forward to our long-distance carnival in December 2011!

Terry Gainey, Treasurer, Wests Auburn

**Raymond Terrace: 11 December 2010**

The weather was very kind to Raymond Terrace for our annual carnival, for which we were quite relieved. There were a pleasing 120 entrants, with only a few drop-outs, from 28 masters clubs, many travelling long distances, namely Port Macquarie, Dubbo, Blue Mountains and Wollongong.

The general operating of the carnival seemed to be quite smooth with no major hiccups, primarily due to the fifteen or so officials who volunteer their time, and this is much appreciated. The Hunter clubs—Cessnock, Maitland and Novocastrian—are always very supportive of Raymond Terrace. THANK YOU.

As many other masters swim clubs, the club is finding it increasingly difficult to manage, with approximately fifteen members, so we appreciate the essential assistance from others.

The raffles always prove popular and enjoyable,



Back, l to r: *Michael Fox, Trevor Marsden, Judith Bee, Pam Rodwell.* Centre, l to r: *Celeste Banham, Sue Neuner, Lynda Wilson, Neysha Johnston, Jan Finn.* Kneeling, l to r: *Bob Burggraaff, Kay Freeman, Inga Kasch*

particularly when we can include Xmas hampers, hams and other Xmas wines etc. as prizes.

On behalf of all our members, we **ORCAS** would like to wish all masters swim clubs and members the very best wishes for the festivities and the new year of 2011 and hope we have plenty more of the FUN, FRIENDSHIP AND FITNESS ahead with you all.

Jan Finn, Raymond Terrace Masters—Orcas

**Central Coast, Gosford: 22 January 2011**

Weather fine, but warm and a little too warm later in the afternoon. A busy meet as usual but there was a decline in swimmers entering, continuing the pattern from 2010.

Our thanks to the officials and volunteers who supported Gosford City Seagulls once again in holding a successful meet. Many of our officials were regulars, and this year we had a number of officials from the Gosford Stingrays assisting, and we thank them for their contribution.

Thanks to Phil and Carol, Meet Director and Meet Referee on the day. Thanks to Pam and Jade from Wobbygongs, for their assistance, and our two youngsters who were our runners for the day.

Swimmers were pleased with their swims but this year there was only one record. Novocastrian women's 240+ relay team broke both the branch and the national records, but missed out on the world record, which was broken just recently.

The winner of the point score was Novocastrian with 734 points. Wyong Wobbygongs came second on 512 and third were Wett Ones on 503 points. Congratulations to the Novocastrian team.

At the time of writing, Colleen Garland, who has been a great support at our meets, had been in hospital for a week already. We send her get well wishes and hope to see her back swimming soon.

Neil Keele, Gosford City Seagulls

**North Sydney: 12 February 2011**

Try as we might it looks like we cannot arrange everything. For the first time in years we had a wet night on Saturday, 12th February, for our Sensational Summer(!) Sprint Meet and fundraiser. One week it was blisteringly hot, with water at 32°C, and the next week it was rather cooler, and showery—Sydney in the summer. Several clubs rang to confirm the meet was on (!?). As we know, Masters has no mechanism for rain

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check days, so on with the meet it was. Almost all the entrants did turn up to race though, and we had nearly 230 people at the meet, in weather at times pleasant, at times a little wet. Afterwards we got many comments that the swimmers still enjoyed the meet. And with our people working hard, we even ran to time.

Many people I know still had good swims, and many personal best times were recorded. Manly won the visitors' trophy, and North Sydney did manage to win the overall point score. Unlike previous meets, only one record was broken—Alan Brown from Tatts in the 50 freestyle [men's 65–69 age group]. Well done, Alan.

Many, many thanks go to all those who did help, and worked so hard on the night and before. Most were stalwarts who help every year, but we also had several new people helping out which is great. Thanks for instance go to Jeff, David, and various partners, who helped especially with the timing and set-up. Having people on deck who could time keep for longer periods was a great help. Grant and his helpers Melanie and Melody, Colin and Christina did an awesome job with the raffle and prizes. Thank you too to those who helped the club with donations. And there are those who have helped for many years: Peter and Brett [computing], Roz and Alvin [timing], Matthew; Buddy; Kevin and Robyn [marshals], Mary and Fran keeping the officials supplied, and drinks flowing. And of course a great job done by the officials who braved the wet; especially all our referees [Peter, Philip, Neil and Colin] and of course our meet referee, Carol. A great job done by all the officials, thank you so much.

As with many clubs, I only hope that we have even more members helping out and participating in the future—it is hard for the same people year after year. Fresh helpers and, especially, new officials will be



*Swimmers and helpers at the North Sydney Sprints:  
(l to r) Christina Echols, Peter Murray, Hiroto Homma,  
Brian Travers, unidentified helper, Luke Parr,  
Bob Hayter, Linda Horuichi*

most welcome. If you are interested in doing some masters official courses [very simple, really] let me, or other committee members, know. Thanks again to all those involved, and humble apologies if I have not named someone I should have thanked. Thanks to all. Now on to the state meet in April! Good Swimming.

Alan Godfrey, NNS Meet Director



**Cessnock: 19 February 2011**

On Saturday 19 February, the Cessnock Masters swim club held their annual carnival at the local pool in conditions favourable to their sport.

Members of the Cessnock-based club plus members of the twenty visiting clubs were privileged to witness Shoalhaven athlete Jack Mathieson swim the 800 metres of breaststroke. This may seem a quite ordinary swim but when you are 94 years of age it is an almighty feat of endurance. He easily completed the journey although he failed to go under the record that he set at the corresponding carnival four years ago when he swam 1500 m, establishing new benchmarks in the process ranging from 100 to 1500 m. According to Jack, “I was a young bloke of only 90 at the time.”

He has assured club officials that he will return next year. He said, “I move into the 95 to 99 years age bracket and I want to set as many new records as I can while I am still young enough to do so.”

To many people, masters swimming conjures up images of aged men and women doing slow laps of the pool. It is quite the contrary, as the minimum age is now set at eighteen, with each age bracket going up in increments of five years. Many swimmers strive to be the best they possibly can and train accordingly while others are content to use the organisation as a social outlet and a means of keeping fit.

As usual the carnival progressed throughout the day

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without a hitch, being well orchestrated by club president Phil Murray in his role as carnival meet director.

Many of Cessnock’s members combined organisational duties with their swim events. Several did well enough to gain overall major placings in their respective age divisions. Having wins in each of their nominated events were Naomi Watson, Alison Cameron, Gail Wright, Zena Blackwell and Ted Nebauer. Their efforts gained them maximum points and first position in their age groups. Peter Halliday swam well to be placed third in his age group.

Cessnock members contested 45 events and were placed either first, second or third in 39 of them. This

was a superb achievement, giving the club total points that placed them second behind Newcastle Novocastrian Masters.

Diane Partridge, Cessnock Masters



*Shoalhaven athlete Jack Mathieson with two other age-group winners, Cessnock’s Naomi Watson (left) and Seaside Pirates’ Melissa Beames (right)*

## A Word on World Records

At the branch relay meet last July, we believed a dozen world records were set, particularly in the new record distance of the 4 x 100 relay event. We were unaware that faster records had already been set for all but one of those records.

Congratulations to the 320–359 Warringah men’s 4 x 100 team of Graham Hannon, John Steen, Thomas Ryan and Noel Peters, who have been sent a certificate for their world record set at that carnival.

Congratulations also to the other swimmers for their fantastic swims, which unfortunately had already been broken before they swam.

Because of this, we felt we needed to give a heads-up to all swimmers who are among those fast enough to

aspire to break world records. We have to emphasise that all potential world records are provisional for a period of six months, even though we, MSNSW, might flag them as records in our post-meet results. This is because similar or better times may very well have been swum somewhere else in the world, just before or at the same time as we are having our races. Until all applications (including proof of age for every swimmer) have been submitted to the world record recorder, Walt Reid, through our branch and then national recorders, there’s no way of telling which records will be approved. All countries have sixty days from the date of the swim to make a final application. Records are usually updated every six months.

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

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Vice President  
Vice President Country  
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## Technical Matters

### Jewellery and Swimwear Rules 2011

The following article is extracted from one appearing in the March 2011 national e-newsletter.

Most swimmers have adjusted to the changes in the Swimwear Rules for Masters Swimming Australia (MSA) that came into effect on 1 January 2010. However, since then MSA has withdrawn the modesty exemption (October 2010 General Meeting) so our rules are now completely aligned with FINA's.

The one rule that is causing some concern is FINA By-Law BL 8.2:

**BL 8.2** In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands, shall be regarded as parts of a swimsuit.

This means that other items covering the body and that are not part of the swimsuit such as arm bands and leg bands are prohibited, except for complying caps and goggles.

Some concern has arisen over the wearing of jewellery such as **wristwatches and bangles**. MSA has taken the approach of not allowing the wearing of removable jewellery, which includes watches. However, referees have been directed to allow the wearing of medical bracelets, rings, earrings and similar items and to allow taping of the body where it has been initiated for medical reasons.

The FINA Rules are on their website: [www.fina.org](http://www.fina.org). Go to **Directory**, then **Rules & Regulations**. General Rule GR 5 and By-Law BL 8 have a link to "**FINA requirements for swimwear approval**".

### I can, you can, they can't. Can't what? Timekeep correctly!

Strangely, everyone thinks there is nothing hard about timekeeping, so they don't bother doing the course. Not true! I can and you can, but there are so many who can't. At the North Sydney meet, timekeepers were seen pressing the semi-automatic stop buttons at the start of a race. This meant that no time was recorded. I have known timekeepers to start their watches when their swimmers hit the water, giving a time two seconds faster than the swimmer in the next lane who beat their swimmer. No, not everyone knows what to do when it comes to timekeeping.

Without correct times we cannot get results because

so often swimmers in the same age group compete in different heats. Without correct times the aerobics program is a farce. Every member should and must learn to timekeep correctly.

You need to know:

- ✓ How to operate the functions of a manual digital watch
- ✓ That you start the watch on the **visual** start signal
- ✓ To check the watch is working properly during the race
- ✓ To look down the face of the pool end wall to see the swimmer's touch
- ✓ How to record times on the form provided
- ✓ How to operate a semi-automatic timing (SAT) button
- ✓ What to do in a race of 400 m or more

You can read all about this by going to the website [www.mastersswimming.org.au](http://www.mastersswimming.org.au), clicking on **Technical** then **Technical Courses** then **Timekeeper Candidate's Notes**. The new simplified notes are easy to follow. It is best to practise the steps that are listed at poolside, either at a formal club session or as a small group, preferably under the supervision of a qualified timekeeper.

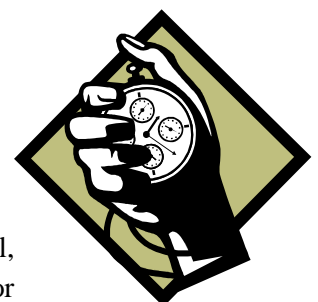
If a group of you then decide you wish to become accredited, you will need to contact the NSW Training Coordinator, at:

[officialtraining@mastersswimmingnsw.org.au](mailto:officialtraining@mastersswimmingnsw.org.au). You will be sent the paperwork needed to enrol you as a trainee. You can then be assessed on your competence at performing the list of procedures listed on the Timekeeper Log Sheet, which can be found just below the Candidate's Notes on the national website (see above).

There is also nothing stopping a member of your family, a friend, or anyone with an interest in your club taking the above steps. You do not have to be a financial member to become an accredited timekeeper.

There will be an award presented to the club that achieves the highest proportion of accredited timekeepers to members by December 2011.

Gary Stutsel,  
Branch Technical Director







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NATIONAL CHAMPIONSHIPS  
**Perth 2011**



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## ENTRY INSTRUCTIONS OVERVIEW

In the interest of reducing paper use and streamlining the entry process for the 2011 Masters Swimming National Championships entry forms are available in electronic format which will automatically tally the event costs for you. Entry Forms for Individuals are also available in PDF for those who cannot navigate the electronic forms. **All entries must be received by the Organising Committee by 18<sup>th</sup> March 2011 – NO EXCEPTIONS.**

**IMPORTANT:** This is a brief summary of the entry process. Detailed instructions are available on the National Championships link on the Masters Swimming Australia website. **PLEASE ENSURE YOU READ THESE INSTRUCTIONS FIRST IN ORDER TO COMPLETE YOUR ENTRIES CORRECTLY.**

### INDIVIDUALS

You may enter a maximum of 3 individual pool events per day + the Open Water Swim. The registration fee is \$60, individual events are \$7.50 each, the Open Water Swim is \$30, the Welcome Function is \$15pp and the Presentation Luncheon is \$45pp.

1. Complete either the electronic "Nationals Individual Entry Form" or the PDF "Nationals Individual Entry Form Manual" by following all instructions as listed on the Entry Instructions document available on the National Championships link on the Masters Swimming Australia website.
2. Email or give your completed form along with corresponding payment to your Club Secretary/Captain by the due date as determined by your club – we suggest 1<sup>st</sup> March 2011.

### CLUB SECRETARIES / CAPTAINS

Entries must be submitted in both *Team Manager* and on the *Club Summary Forms*.

1. Collect completed entries from your club members by 1<sup>st</sup> March 2011.
2. Complete the Club Summary Forms – Individuals + Relays (pages 1 & 2).
3. Enter information into the 2011 Masters Swimming National Championships Team Manager files
4. Email completed Club Summary Forms and Team Manager files to [info@mswa.asn.wa](mailto:info@mswa.asn.wa) and pay via direct transfer to National Swim BSB 066 125 Acc 10337663 (Commonwealth Bank). Or post Club Summary Forms and cheque made payable to National Swim, PO Box 57 Claremont WA 6910 by **18<sup>th</sup> March 2011**.

### OFFICIALS

If you wish to nominate for technical officiating duties for the 2011 Masters Swimming National Championships please complete either the electronic "Nationals Officials Nomination Form" and return via email to [info@mswa.asn.au](mailto:info@mswa.asn.au) or download & complete the PDF "Nationals Officials Nomination Form Manual" and post to Technical Co-ordinator, National Championships, PO Box 57 Claremont WA 6910.

## Branch Banter

**Registration stats for 2010:** MSNSW had 1,616 members, which was a drop in membership from our bumper year in 2009 (1,729). So welcome back to 2011. As at the end of February 2011 there were roughly 1,200 active and financial members, again down on the 1,300 at the same time last year. We welcome a new club at Werris Creek (near Tamworth) so MSNSW club numbers are now 56.

Once again I encourage members in all clubs to register online with Clubs Online. Sarah (in the national office) and I are available to assist with anything, including if club registrars need help in setting up the database. I would offer a little reminder to club registrars to check the **NETWORK SEARCH** facility on the database before you add a new member, to avoid duplicating registrations.

Vorgee, our Masters Swimming Australia sponsors, have again supported the branch by providing the 2011 calendar for each member so if you haven't received yours, please ask your club.

You can see the 2010 branch point score results elsewhere in SPLASH. We forge ahead in 2011 with the new divisions and encourage greater levels of competition than last year, which were significantly lower than 2009. Numbers seem to be improving at the first meets: since the last SPLASH in December, five clubs have hosted branch point score meets, two in metro Sydney and three country meets. We are gearing up for the long-course championships at SOPAC in April and the national championships in Perth has generated a lot of interest.

The NSW Dept of Sport & Recreation has granted funding to encourage country members to become masters coaches or technical officials and club officials. This new **Go Country project** will commence at the long-course championships and we invite our country

members to attend courses / workshops, at Sports House prior to the meet, on timekeeping or on how to conduct the aerobic / endurance swimming program at regional clubs.

Our Technical Director, Gary Stutsel, and our Training Coordinator, Di Partridge, are continuing their reaccreditation paths for officials and are concentrating on **chief timekeeper reaccreditation** in 2011. The timekeeper accreditation is now easier to attain so keep your eye open for courses or contact either Di to indicate your wish to attend a course.

Our branch Coaching Director, Vicky Watson, is investigating whether to conduct a **Level 1M coaching course** in 2011 so please send your expression of interest to the branch office if you do wish to attend a course.

The awards of Coach of the Year 2010 and Ian McPhail Memorial Official of the Year will be made at the long-course championships and all nominees will be presented with a certificate of recognition.

The Gary Stutsel and Club Administration 2010 awards are due soon so consider nominating one of your club officers.

The MSNSW Board is looking for an expert in hosting and designing our website so give me or Helen Rubin a call if you can assist in vamping up the MSNSW website. Thanks to Peter Gregory of Ingenium for his many years of hosting the site.

A get-well wish goes to Malcolm Heath, one of my great helpers in the branch office. Hope the pacemaker does the trick. Also to Jan Cameron-Smith—hope you get that hip replacement soon. (I hope that volunteering for the office doesn't cause these health problems . . . ☺)

Di Coxon-Ellis,  
Branch Administrator

## MSNSW Annual General Meeting

Don't forget to mark in your calendar our AGM, which will be held on 21 May 2011, at Sports House, Sydney Olympic Park. Venue is the Ken Brown rooms on the basement level of Sports House. We will let everyone know the time as soon as final arrangements have been made.



# Age-Group Winners 2010

## Women

### 18-24

1	Jessica Valentine	NBT	290
2	Rebecca Pearsall	NBT	156
3	Kate Lewis	NCT	90

### 25-29

1	Melissa Beames	NSP	502
2	Jennifer White	NWY	399
3	Helen Wallace	NSP	193

### 30-34

1	Cassie Anderson	NBT	662
2	Jade Mifsud	NWY	592
3	Jodie Burke	NBT	283

### 35-39

1	Naomi Watson	NCK	664
2	Yvette Cotton	NRV	496
3	Georgiana Hamer	NSP	291

### 40-44

1	Megan Blamires	NBT	488
2	Wendy McMurtrie	NPM	398
3	Caroline Makin	NTN	289

### 45-49

1	Katherine Ahern	NML	517
2	Michelle Stonehouse	NBT	390
3	Susan Leech	NRV	332

### 50-54

1	Pam Martin	NWY	694
2	Jane Noake	NSP	442
3	Kay Donnan	NNC	414

### 55-59

1	Wendy Gordon	NNC	503
2	Helen Rubin	NRV	319
3	Julie Smith	NNB	318

### 60-64

1	Jeanne Raper	NNC	517
2	Julia Mifsud	NWY	422
3	Dawn Gledhill	NML	306

### 65-69

1	Clary Munns	NBT	350
2	Jamie Turner	NRV	346
3	Jennie Morgan	NML	335

### 70-74

1	Robin Carson	NNC	606
2	Sue Wiles	NBM	484
3	Robin Henze	NWL	248
3	Shirley Claydon	NPM	248

### 75-79

1	Jan Finn	NRT	360
2	Janet Brien	NPM	168
3	Denise Casey	NWG	154

### 80-84

1	Diana Moore	NWG	365
2	Zena Blackwell	NCK	314
3	Opal Eddy	NET	242

### 85-89

1	Val Lincoln	NGS	350
2	Joan Morgans	NWG	118

### 90-94

1	Hilda Lindfield	NHL	140
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## Men

### 18-24

1	Mark McDonald	NBT	398
2	Richard Burchfield	NSP	181
3	Steven Nguyen	NMR	121

### 25-29

1	Cameron Jones	NWG	601
2	Matthew Besanko	NWO	209
3	Adam Beisler	NNC	130

### 30-34

1	Shane Shepherd	NWY	143
2	Troy Racklyeft	NTR	140
3	Peter Johnston	NMR	119

### 35-39

1	Wayne Gentles	NBT	408
2	Pascal Blanquer	NWO	217
3	Glen Johnson	NBT	195

### 40-44

1	Scott Hay	NBT	341
2	Haydn Wood	NWO	259
3	Peter Nix	NNB	189

### 45-49

1	Paul Bailey	NWG	521
2	Stephen Brown	NBT	352
3	Tony Tooher	NWG	349

### 50-54

1	Mark Patterson	NSP	555
2	John De Vries	NNS	368
3	Paul Zampieri	NPN	355

### 55-59

1	Owen Sinden	NCT	688
2	Kim Beazley	NSG	383
3	Stuart Ellicott	NHS	369

### 60-64

1	Dennis Moore	NCK	454
2	Ron Giveen	NWG	394
3	Peter McGee	NWO	350

### 65-69

1	Graham Campbell	NWG	465
2	Gordon Creek	NMS	316
3	Alan Moore	NNC	291

### 70-74

1	Gary Stutsel	NML	364
2	Peter Long	NWG	357
3	Tony Goodwin	NML	300

### 75-79

1	Colin Cliff	NWS	449
2	John Lorang	NCK	409
3	Jack Lewin	NRV	249

### 80-84

1	Bill Walker	NNC	460
2	John Notley	NLC	330
3	Fred Elsom	NET	212

### 85-89

1	John-William Steen	NWG	128
2	Kevin Vickery	NSP	80
3	Ernie Emmett	NNC	19

### 90-94

1	Jack Mathieson	NSH	70
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## Club Average Points, By 2010 Division (and Overall)

2010 Division		Division place	Average points per swimmer	Overall place
<b>Division 1</b>				
NWY	Wyong Wobbygongs	1	199.67	1
NPN	Penrith AUSSI Masters	2	134.59	3
NNC	Novocastrian Masters	3	122.76	4
NBT	Blacktown City Masters	4	118.84	5
NML	Manly Masters	5	104.25	9
NWG	Warringah Masters	6	100.44	11
NCK	Cessnock Masters	7	93.09	12
NPM	Port Macquarie Masters	8	90.16	13
NSP	Seaside Pirates	9	82.15	15
NRV	Ryde AUSSI Masters	10	60.60	22
NCT	Campbelltown Collegians	11	51.29	25
NNS	North Sydney AUSSI	12	20.88	40
<b>Division 2</b>				
NBM	Blue Mountains Phoenix	1	135.80	2
NMT	Maitland AUSSI Masters	2	109.27	7
NHS	Hornsby Masters	3	101.68	10
NNB	Nelson Bay Dolphins	4	83.00	14
NET	Ettalong Pelicans	5	71.94	18
NGS	Gosford City Seagulls	6	69.29	20
NWS	Wests Auburn Masters	7	55.79	23
NWO	Wett Ones	8	37.78	29
NCM	Clarence River Masters	9	33.92	30
NTN	Tuggeranong Vikings	10	28.36	33
NCR	Coogee Randwick Masters	11	27.86	34
NMS	Lake Macquarie Crocs	12	26.98	35
NHL	Hills Masters	13	21.55	39
<b>Division 3</b>				
NOF	Oak Flats AUSSI Masters	1	115.30	6
NWL	Wollongong Masters	2	81.75	16
NPT	Picton Masters	3	71.71	19
NDB	Dubbo Redfin	4	55.50	24
NSG	St George Masters	5	41.86	27
NRT	Raymond Terrace AUSSI Masters	6	32.18	31
NCS	Cronulla Sutherland AUSSI	7	20.80	41
NTR	Trinity AUSSI Masters	8	11.44	43
NMM	Myall Masters	9	8.53	46
NOP	SOPAC Masters	10	1.33	51
NCN	Molonglo Water Dragons	10	1.32	52
<b>Division 4</b>				
NCL	Castle Hill RSL Masters	1	109.13	8
NMR	Merrylands	2	72.17	17
NCH	Coffs Harbour Masters	3	62.00	21
NCB	Caringbah AUSSI	4	43.38	26
NSH	Shoalhaven Seahawks	5	38.50	28
NIT	ITAC Warriors	6	29.13	32
NSA	Sandbern	7	24.27	36
NMB	Bidgee Masters	8	24.20	37
NLC	Lane Cove Masters	9	21.69	38
NTH	Terrey Hills Terriers	10	19.18	42
NHN	Hunter Masters	11	10.33	44
NTM	Tamworth	12	9.25	45
NBR	Bush Rangers	13	7.56	47
NLP	Liverpool Leatherjackets	14	5.08	48
NAM	Armidale AUSSI Masters	15	4.09	49
NCP	Cook & Phillip Masters	16	3.95	50
NPW	Prairiewood AUSSI	17	0.00	53
NTS	Tattersalls Club	17	0.00	53
NGB	Georges River Bull Sharks	17	0.00	53

## Division and Progressive Club Points for 2011

(including the Cessnock BPS 15 Carnival on 19 February)

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

		<i>(2010)</i>				<i>(2010)</i>			
<i>Place</i>	<i>Club</i>	<i>Points</i>	<i>Points</i>	<i>Place</i>	<i>Club</i>	<i>Points</i>	<i>Points</i>		
<b>Division 1</b>									
1	NNC	Novocastrian Masters	1,314	(6,629)	1	NRT	Raymond Terrace AUSSI	135	(547)
2	NWG	Warringah Masters	945	(10,345)	2	NMR	Merrylands	121	(433)
3	NWY	Wyong Wobbygongs	884	(4,792)	3	NCS	Cronulla Sutherland AUSSI	68	(624)
4	NRY	Ryde RAMS	838	(3,757)	4	NMM	Myall Masters	57	(290)
5	NML	Manly Masters	765	(6,359)	5	NLC	Lane Cove Masters	50	(347)
6	NWO	Wett Ones	736	(3,136)	6	NCB	Caringbah AUSSI	49	(347)
7	NCK	Cessnock Masters	649	(3,258)	7	NHL	Hills Masters	36	(625)
8	NNS	North Sydney AUSSI	567	(2,589)	8	NIT	ITAC Warriors	27	(233)
9	NSP	Seaside Pirates	465	(6,901)	9	NWL	Wollongong Masters	22	(654)
10	NBT	Blacktown City	452	(7,962)	10	NSH	Shoalhaven Seahawks	20	(231)
11	NCL	Castle Hill RSL Masters	407	(2,510)	11	NMB	Bidgee Masters	0	(242)
12	NET	Ettalong Pelicans	333	(2,518)	11	NTH	Terrey Hills Terriers	0	(326)
13	NPM	Port Macquarie Masters	198	(4,959)	11	NTR	Trinity AUSSI	0	(389)
14	NPN	Penrith AUSSI	0	(2,961)	<b>Division 4</b>				
<b>Division 2</b>									
1	NGS	Gosford City Seagulls	423	(1,178)	1	NCP	Cook & Phillip Masters	132	(75)
2	NSA	Sandbern	376	(801)	2	NTS	Tattersalls Club	20	(0)
3	NMT	Maitland AUSSI	366	(1,202)	3	NAM	Armidale AUSSI	0	(45)
4	NCT	Campbelltown Collegians	312	(1,744)	3	NBR	Bush Rangers	0	(136)
5	NWS	Wests Auburn Masters	292	(1,562)	3	NCH	Coffs Harbour Masters	0	(124)
6	NHS	Hornsby Masters	255	(1,932)	3	NCN	Molonglo Water Dragons	0	(82)
7	NPT	Picton Masters	219	(1,004)	3	NGB	Georges River Bull Sharks	0	(0)
8	NSG	St George Masters	204	(1,214)	3	NHN	Hunter Masters	0	(62)
9	NTN	Tuggeranong Vikings	144	(1,673)	3	NLP	Liverpool Leatherjackets	0	(66)
10	NDB	Dubbo Redfin	135	(888)	3	NOP	SOPAC Masters	0	(12)
11	NMS	Lake Macquarie Crocs	97	(1,268)	3	NPW	Prairiewood AUSSI	0	(0)
12	NNB	Nelson Bay Dolphins	72	(913)	3	NTM	Tamworth AUSSI	0	(74)
13	NCR	Coogee Randwick Masters	47	(780)					
14	NBM	Blue Mountains Phoenix	0	(2,037)					
14	NCM	Clarence River Masters	0	(2,001)					
14	NOF	Oak Flats AUSSI	0	(1,153)					

## Branch, Australian and World Records

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

### CENTRAL COAST: 22 JANUARY 2011

#### Relay

Women 400 Free

240–279 Novocastrian 6:00.37 N  
A Campbell, W Gordon, J Raper, J Smith

### NORTH SYDNEY: 12 FEBRUARY 2011

#### Men

50 Free

Alan Brown (NTS) 65–69 29.33 B

### CESSNOCK: 19 FEBRUARY 2011

#### Women

1500 Free

Pamela Nix (NNB) 40–44 20:02.04 B

1500 Fly

Rhonda Brossmann (NNC) 45–49 33:44.74 B

800 IM

Jenny Whiteley (NRY) 50–54 12:28.18 N

#### Men

400 Fly

Lann Dawes (NCS) 65–69 8:13.14 B

800 Fly

Lann Dawes (NCS) 65–69 17:08.79 B

B = Branch record

N = National record

W = World record



## Training Coordinator's Report

Welcome to another year of swimming and officiating.

**RE-ACCREDITATION.** What is it? This is where officials are required by Masters Swimming Australia to update their qualifications every four years from chief timekeeper and above. We have many officials who accredited many years ago and have never reviewed the rules, etc. since being accredited. There have been many changes in the past decade and we need to bring everyone up to speed. Yes, I have received a few distasteful emails and comments that we are forgetting the fun side of Masters. But I can assure you that all we are trying to do is have a consistent professional standard so when you compete anywhere in Australia you can expect the same standard of officials. All those marshals / check starters / clerks of course agree that the thirty minutes spent attending a workshop was very informative and refreshed their memories and the sharing of thoughts and questions, as well as new ideas, was welcome. So I encourage all to attend the necessary re-accreditation workshops.

Unfortunately those marshals / check starters / clerks of course who choose not to re-accredit will be removed from the list of Masters Swimming NSW officials sent to clubs when they are organising officials for their swim meets. However, your name will still remain on the database as being accredited, so if you wish to start officiating again you just need to contact me to organise what can be done to re-activate your qualification.

The year 2011 is the year of **chief timekeeper re-accreditation**. One workshop has already been

held—before the Central Coast meet—and was well attended. There will be chief timekeeper workshops held at the following swim meets:

Branch L/C Championships	9 April 2011
Ettalong	14 May 2011
Clarence River	11–12 June 2011
Campbelltown	7 August 2011
Warringah	8 October 2011
Port Macquarie	5 November 2011

Any timekeepers who wish to become chief timekeepers are also welcome at these workshops. I will email all chief timekeepers and club secretaries about a fortnight before each workshop.

**A note to all swimmers:** Referees, inspectors of turns and judges of stroke judge swimmers on the specific performance they are watching. So if you have been told at a swim meet what you did was correct, that does not mean it will necessarily be correct at the next swim meet. Sometimes when you are not focused or you are fatigued your performance can deteriorate and not reach the standard required, and that is why you may be disqualified. Please be kind to referees, inspectors of turns and judges of strokes when this happens. They are just doing their job.

After that comment, I urge Gen X & Gen Y swimmers and/or their partners to become officials, starting with timekeeping. The Baby Boomers will not be around forever and are really keen to train Gen X and Gen Y as officials.

Diane Partridge, Branch Training Coordinator  
[diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)

## Accreditation Update

**Congratulations to the following new officials, who gained accreditation between December 2010 and January 2011:**

Gordon Creek  
 Audrey Stutsel

Lake Macquarie  
 Volunteer

Timekeeper  
 Marshal  
 Check Starter/Clerk of Course





# Masters Swimming NSW Calendar 2011

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

Meet date 2011		Host club / type of meet / course	Closing date at host club
MARCH	19-20	Leeton 24-Hour MS Mega Swim Relay	N/A
	27 (Sun)	Blacktown City BPS LC	11/03/2011
APRIL	9-10	NSW LC Championships SOPAC	Wed 23/03/2011
	26-MAY 1	36th National Championships, Perth WA	18/03/2011
MAY	14	Ettalong Pelicans BPS SC	29/04/2011
	21	MSNSW AGM Sports House SOP	N/A
	28	Wett Ones BPS LC	13/05/2011
JUNE	11-12	Clarence River Masters BPS SC	27/05/2011
JULY	3 (Sun)	NSW Relay Meet SOPAC Diving Pool SC	Wed 15/06/2011 Payment only
	9	Hunter Festival of Sport	TBA
	24 (Sun)	Hills BPS SC	08/07/2011
AUGUST	7 (Sun)	Campbelltown BPS SC	22/07/2011
	21 (Sun)	Manly BPS SC	05/08/2011
	28 (Sun)	NSW Long Distance Championships Kurri Kurri SC	Wed 10/08/2011
SEPTEMBER	3	Ryde BPS SC	19/08/2011
	18 (Sun)	Seaside Pirates BPS SC	02/09/2011
OCTOBER	8	Warringah Masters BPS SC	23/09/2011
	22-23	NSW SC Championships CISAC, ACT	Wed 05/10/2011
NOVEMBER	5	Port Macquarie BPS LC	21/10/2011
	19	Novocastrian BPS LC	04/11/2011
	26	Tuggeranong Challenge	11/11/2011
DECEMBER	3	West's Auburn Long Distance LC	18/11/2011
	10	Raymond Terrace BPS LC	25/11/2011

## Next SPLASH Deadline

The deadline for copy for the March 2011 issue of *SPLASH* is: **Friday, 3 June 2011**. Please email your interesting articles, reports and photos to the editor: [splasheditor@mastersswimmingnsw.org.au](mailto:splasheditor@mastersswimmingnsw.org.au), or post, fax or email them to the branch office by this date.



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## ***SPLASH* needs YOU!**

Most of us like a good read, so how about sharing your interesting stories and experiences with us, in *SPLASH*.

This is YOUR quarterly magazine and it's one way we can keep each other informed about everything and everybody related to our swimming.

Pictures are most welcome, too, so we can put the names to the faces we see regularly at carnivals and the

people we read about.

Just send your stories and pics to the editor. There's always room. Thanks!

[splasheditor@mastersswimmingnsw.org.au](mailto:splasheditor@mastersswimmingnsw.org.au)



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## ***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 this, their own magazine, and welcome the views and correspondence of ALL members.

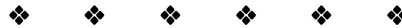
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### **Advertising Rates**

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**

Masters Swimming Australia  
NSW/ACT Branch  
2011 National Championships, Perth  
XIII Australian Masters Games  
Ocean swims

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



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<b>POSTAGE PAID AUSTRALIA</b>
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