

Splash-e

October 2013

THIS MONTH'S HEROES

Well done everyone who attended the Australian Master's Games in Geelong.



Khyiah Angel, is a teacher, hails from East Denistone and joined Ryde Masters just over 12 months ago to improve her swim skills. Thrown into the deep end at that time to swim the final leg of a relay at a 2012 Ryde Carnival (the last swimmers from the other competitors had already finished before Khyiah dived in), she



decided this experience was encouragement to improve her all-round swim skills. Under the supervision of team coach, Greg Lewin, Khyiah gradually improved in all her swim strokes and at the Masters Swimming NSW Short Course Championships in Canberra, Khyiah won GOLD in the 45-49 50m Backstroke, her first Gold medal ever. The excitement and joy were experienced by all around her.....Thanks Masters Swimming for creating this opportunity!

VOLUNTEERS OF THE MONTH

Congratulations to **Annette Britten** (wearing horns) from the Tuggeranong Vikings on being our volunteer of the month.



Annette's nomination from a club member said, "She has been an inspiration to the Club in her organization skills within the club and also with pool management and the running of Masters in the ACT. This is extremely well deserved as Annette has put a number of years into Masters Swimming and has only just stepped down as Club President of Tuggeranong Vikings after serving in the position for many years"

A rather belated congratulations also go to **Jamie Turner** (in red) who was nominated volunteer of the month for August! Many thanks from everyone for the contribution these two volunteers make to Master's swimming
To nominate someone as Volunteer of the Month contact: admin@mastersswimmingnsw.org.au



A NEW COACH FOR WETT ONES

Congratulations to **Peter McGee** on passing his coaching course and joining the Wett Ones coaching team of Danny Crowe, Vassili Efimov and Catherine Rogers. Peter has been on deck coaching every Monday for the past year, spending a few weeks with each lane.

In Peter's wake are Mark Holmes and Nick Westaway. They are doing their coaching training now.

Wett Ones swimmers are very lucky to have such a wonderful team of coaches. Watch out everyone. We should be seeing some excellent pool performances by Wett Ones swimmers coming up.



Well done all swimmers who entered the World Masters Games.

A full list of medal winners from Australia can be found at the end of Splash-e

FAREWELL

David Lawler OAM 21 January 1929 – 19 July 2013

David Lawler loved swimming, whether it was a harbour pool, the surf, ocean rock pool or the lanes of a freshwater pool. He swam most days.

David started swimming as a lad in a harbour pool at Pyrmont. Later, he was a keen competitor and organiser with amateur swimming at the Narrabeen rock pool and with surf lifesaving at North Narrabeen. He patrolled North Narrabeen Beach as a volunteer lifesaver for 25 years. David was instrumental in establishing the junior lifesaving movement, 'Nippers', in the 60's.



In 2001, he was awarded the Order of Australia Medal for services to surf lifesaving and for services to the credit union movement. He was interviewed on the 7:30 Report as one of Australia's 'quiet achievers'.

David swam with Manly Masters for 20 years – always a gentleman and inspiration. In that time he broke a dozen national and state records in backstroke and distance freestyle. He was also a member of a dozen record-breaking relays.

David was still leaving people, 20 years younger, in his wake at the 2013 Nationals in April. Then, he was diagnosed with an aggressive cancer and succumbed 3 months later.

Sadly missed; farewell David.

Lindsay Brice

AMAZING SWIMMING POOLS

Of all the amazing pools in the world Sydney has more than its fair share. Bondi Icebergs is a good example. This iconic ocean baths is built into the rocks at the south end of Bondi Beach in Sydney. The view is awesome. From this viewpoint our large finned friends: dolphins, whales and the other grey ones are often spotted. Fortunately for ocean swimmers an especially keen eye is kept open for the other grey ones. In The Herald, May 2013 Bondi Icebergs was voted the best pool in NSW. And recently it got a mention as part of a perfect day in Sydney by Qantas.

Bondi Icebergs is so called because of the winter swimming club established in 1929. On the first Sunday in May the tradition of throwing ice into the pool marks the beginning of the winter swimming season. To be a



member of this group you need to be nominated, do a time trial and to swim at least three Sundays between May and September

Bondi Icebergs has a 50 metre pool and a shorter kid's pool. It's open all year around. Icebergs is also famous for its restaurant attracting celebrities galore. In July the Manchester United Football team popped in for a dip and in November last year

Prince Charles popped in for a Campari.

The pool is open from 6 am – 6:30 pm Monday to Friday and 6:30 – 6:30 on Saturdays and Sundays. On Thursdays it is often closed for cleaning, it's best to check by calling (02) 9130 4804 where there is a voicemail message. Entry costs \$5.50 for adults and \$3.50 for children and seniors.

So if you haven't tried Icebergs yet. Give it a go. The water is heating up a bit at around 18-19 (mid September).

Webpage: <http://icebergs.com.au/>

Take a look with the webcam : <http://icebergs.com.au/facilities/pool/pool-cams/>

Follow on Twitter for pool updates, conditions and water temperature <https://twitter.com/bondiicebergs>

USEFUL LINKS

If you are travelling and want to find a local pool look at this site. It lists **pools world wide:** <http://www.swimmersguide.com/>

CLUB STORIES

Swimming the Grand Canyon: What larks!

Late September saw a posse of Wett Ones on a Strel Swimming tour to Lake Powell in the US state of Arizona. Lake Powell is younger than this writer, the result of damming the Colorado River to create a 658-square-kilometre aquatic paradise in the Grand Canyon. Lake Powell defines the border between Utah and Arizona – or, as Americans say, the state line.



Before the trip I was a bit anxious;
Would I be able to keep up?
Would my wonky shoulder last the trip?
Was the swimming going to be good enough to justify flying to the other side of the world?
Would we all get on?



Wett Ones had swimsuits made in hues inspired by the red earth and blue sky of Arizona. Squabbling over the designs – colours, cuts, sizes – didn't bode well for us getting along on the holiday itself.

No worries! The experience was wonderful, far beyond my expectations. I kept up and my shoulder held out. I made new friends and strengthened old friendships. We all got on like a log cabin on fire.



The holiday was arranged by Borut Strel. We were lucky enough to have his dad, Martin, with us too. Martin is known as the River Man, having swum the entire length of the Amazon. After that, splashing about in Lake Powell is like having a bath.

Our group numbered 12: seven Wettones (Lindy, Kari, Scott, Matt, Rowan, Nori and Nick), a couple from Canada (John and Francis) and from San Francisco, Mariam and Mohammad. Rounding out the group was Patty, an industrial-strength open-water swimmer from Galveston, Texas.



The tour lasted four days with three days swimming. We went out each day on one of two speedboats, one captained by Rusty, who has plied the placid waterway for most of his life and almost all of its life. We buddied up so we never swam alone. We were watched over on our 2-kilometre dips by Bonny on her paddle board and the two boats. Back on the boat and off to swim in another awesomely beautiful spot. Borut's pasta-and-salad lunches were perfect. We swam in canyons, through rocky mazes and into caves. We took thousands of photos of each other and the scenery.

The water was clear and the lake deserted. After apres-swimming was a shower at the Holiday Inn hotel and then eating and drinking and having fun. Ranked highly were the Mojitos and the Japanese Chardonnay. The best dessert was the Yum Yum Bombs (Deep friend tempura Oreos with cream and chocolate sauce). Then it was back to upload our experiences on Facebook

On the last day we had a bit of drama as the National Park was closed due to US Government shut-down. We snuck in anyway, avoiding the rangers, and swam 4 kilometres worth of quiet snaky canyons close to the marina. (As some wag said about the US government: Had Obama tried turning it off and turning it on again? That sometimes works.)



The Wetties: (L to R) Nori, Matt, Lindy, Rowan, Nick, Kari and Scott

<http://www.strel-swimming.com/>

Lindy Woodrow

State of Origin Swimming

Every year Clarence River Masters have a State of Origin relay contest at their meet usually in June in Yamba.

This year the NSW & QLD teams were selected by David Abrahams and Ken Liddy. The teams consist of 8 swimmers doing 50 metres freestyle. The relay is handicapped and is always a great race. This year was the 10th anniversary and NSW won for the first time in a few years.



The Golden Girls:

On Thursday October 3rd, Anita Saviane and I (Carol Dawson) attended the opening of the 'Dive into History' exhibition at SOPAC (Sydney Olympic Park Aquatic Centre.) The exhibition highlights events, magic moments, and special people, dating from 1994 (construction) to present day.



The photos and mementoes are well presented and make great use of the hallway that leads to seating on the near side to entry of the pool. I would recommend that next time you visit the pool you make the time to take a walk through.

Our reason for attending was that four wonderful ladies from the Cronulla Sutherland Club set two Relay World Records in the 280+ Age Group in 1995 at the NSW Masters Swimming State Championships. These were the first World Records to be set in our fantastic Olympic Pool. I only wish that Beryl (Stenhouse) had been present, as it has been her efforts over the years seeking recognition of our team's efforts that has seen them honoured in this exhibition. A photograph of our ladies capturing their elation on pool deck after their first record along with the details of their two swims are now part of the venue's history.

We were delighted that Helen Evans, who at 64 in 1995 and the youngest member of the team was also in attendance. Proud daughter Lee had driven her mum over so they could both enjoy the moment. Eighteen years is a long time so here is a reminder of people and events. The team was Betty Stern, Nancye Mitchell, Barbara Rose and Helen Evans. These ladies were all members of the Cronulla Club, there were no second claims in those days, and unlike the Americans we did not poach from other clubs and make up a composite team.

These ladies were not just fantastic swimmers, they were real club people, Betty was a British Empire Games representative in backstroke, and she would always share her knowledge and mentor other swimmers. I well

remember my first meeting with Betty, this tall lady whom I did not really know walked up to me and said; "You're not Esther Williams, and if you stopped waving that right hand like you were the Queen, you could be a half decent backstroker." After picking up my jaw, I actually came to love Betty dearly and following her advice, I did actually manage to become a half, not fully decent backstroker. Every time I saw Betty and her yellow T-shirt waving at the end of the pool I knew it was time to go faster, otherwise I would earn a "You could have done better" (There is only so much you can do with a sows ear.)

Nancye was beloved by all and as far as club involvement was concerned, no task was too big or too small for Nancye to undertake. In all the years I knew her, I never heard Nancye say an unkind word about anyone or anything. If anyone had a problem they could always count on Nancye's loving support. Barbara was the club clown, you were always laughing either with her or at her. I think she was the original 'hippy', you couldn't miss her with her long grey plaits, battered bush hat and an assortment of tops, pants and wrap arounds that defied description. What a character! Helen was the quiet, shy one, who given her age and size could sizzle over 50m. She set a world record in 1500m freestyle during her time with the club. Helen was and still is a gifted artist, her water colours, especially of the Sutherland Shire are highly sought after.

Just to paint a picture of the actual event; we were all so excited, we really believed our ladies could do it; we had pom poms and streamers and cheered madly. We were so busy cheering and celebrating that Anita and I nearly missed our relay swim. On the Sunday, Nancy had a family wedding, so swam all her individual events on Saturday, but thanks to her devoted husband Roy, she made Homebush in time for the medley relay, where she swam the backstroke leg, Betty swam the breaststroke leg, saying her old coach was most likely turning in his grave at the thought of her swimming breaststroke. Barbara swam the butterfly and to bring it home with speed to spare, Helen the freestyle.

There was a prize of \$25,000 on offer for the first World Record set in the Olympic Pool, so tongue in cheek when giving the results to the newspaper, we claimed it, well actually I did, not realising it would cause a media frenzy and really upset Swimming Australia. However, all's well that ends well (that's not original). Our Ladies enjoyed their 15 minutes of fame...it actually was somewhat longer, Channel 9 came out and filmed the ladies at Caringbah Pool, Swimming Australia made them Honorary Dolphins, and Telecom kitted them out with tracksuits, bags, caps, goggles etc. and took them out on the harbour for lunch. All well-deserved, I think.

These days Betty, now in her nineties, does not compete, but lives an active life at a Retirement Village in Castle Hill and she loves it when we make the trip out to have lunch with her. Our dear Nancye is with her Lord (indisputable). Barbara sadly has dementia; she resides at a nursing home in Bexley. Helen lives at home and cares for her husband who does not enjoy good health. Helen does not compete any more, but enjoys a swim in the ocean, and she still paints.

It was sad that not all our team could be present; Anita and I were made very welcome by the organisers, served up a yummy morning tea, not sure if we looked hungry or it was our appreciation of the food, but the staff kept offering us more and more. During the official opening I found myself in agreement with the NSW Minister of Sport. (Now that's a first ... me agreeing with an O'Farrell Government Minister) she said that SOPAC was and would continue to be a top competitive pool, while the complex catered for a variety of activities..... rare because so many Olympic Venues become something else or fall into disrepair.

I am excited to have been present when the Cronulla Sutherland ladies created history, rather thrilled that my photograph is the one on display. (The fact the photo turned out so well was more good luck than any skill) I know that Anita and Beryl will join me in saying that we were blessed that we have had the privilege of enjoying the friendship of four extraordinary women.

Carol Dawson

MASTERS SWIMMING NEWS

Officials' Forum 9 November

Referees, IOT's and coaches are coming together on Saturday 9th November to discuss the new FINA rule changes and how best to implement and inform our swimmers. If you, as an official, haven't yet informed us of your intention to attend please call the office TODAY!

Masters Swimming new look

The Masters have introduced a new logo. It has replaced the old one on the web page and Facebook. A nice look!



Job Opportunity – Sports Development Officer

A vacancy has been determined by the Board of MSNSW for a Sports Development Officer who will work with the information gathered in the above project and alongside the team of dedicated members who are keen to grow our sport. At this stage it will for one day a week and the ideal candidate will have an overriding passion for masters swimming and experience in marketing/promotion. The position description is attached and will be advertised widely among the membership, clubs, within the broader swimming community and through tertiary institutions with a marketing focus.

OPEN WATER SWIMMING

Open water swims NSW coming up

It's time to get training for the open water swimming season. Here's what's on offer for the rest of 2013: If I have missed any drop me an e-mail <lindy.woodrow@gmail.com>

9 November

Berry Rickards

5km (min age 12yrs) (9am) also with a 10km swim through available
Sydney International Regatta Centre (Penrith Lakes)
Castlereagh Road, Penrith NSW

<http://www.penrithswim.com.au/open-water-events.html>

10 November Collaroy Collaroy Centennial

Swim, 1.5km, 9:30am

http://www.oceanswims.com/default2.asp?active_page_id=176

17 November Balmain

Dawny's Cockatoo challenge, 2.5 km or 1.1 km start TBA

<http://www.oceanswims.com/Events/EventDetails.asp?EventID=391&EventScheduleID=&EventCategoryID=>

23 November Toowoon Bay

Central Coast Toowoon Bay Ocean Swim, 2km (10:45am), 1km (9:45am), 400m

<http://www.oceanswims.com/Events.asp?EventID=502>

24 November Coogee

Island Challenge, 2.4km (10am), 1km (9:15am), 800m (8:30am)

<http://www.oceanswims.com/Events.asp?EventID=493>

24 November Tweed River

Tweed River (The Killer) Swim, 2.5km (8:20am), 1.2km (8:15am), 400m (7:45am)

<http://www.oceanswims.com/Events.asp?EventID=504>

1 December Lake Burley Griffin

[Sri Chinmoy National Capital Swim](http://www.srichinmoyraces.org/sri-chinmoy-national-capital-swim) 9 km solo or relay 7:45am start. Swimmers need a paddler

<http://www.srichinmoyraces.org/sri-chinmoy-national-capital-swim>

1 December Bondi to Bronte

B2B 2.1 - 2.4 kms depending on course, waves start 9:30 am

<http://bonditobronte.com.au/>

Need some open water training?

The following organisations offer coaching and ocean swim squads in Sydney. Also watch our web page for information about special sessions provided by our own Stephen de Lorenzo and Rohan Skea.

CanToo

Can Too provide training for specific swim events. Participants pledge to raise money for Cure Cancer Australia. Excellent for those new to open water swimming.

<http://www.cantoo.org.au/can-too-swim-and-triathlon/can-too-swim-syd/>

Vlad Swim

Vlad Swim offers stroke correction, swim for goals and organised ocean swims in various locations around Sydney

<http://vladswim.com.au/>

Bondifit

Spot Anderson runs the organisation and provides surf swimming for newbies and intermediates on Saturday mornings at Bondi and for beginners on Sundays at Coogee. Check the website for timetables

<http://www.bondifit.com/>

4 SEAsons

Provides swim training at Bondi on Saturday mornings. Also has a session in Icebergs. Keep an eye on the webpage for new spring timetables.

<http://www.4seasonsswim.com.au/index.php/how-to/ocean>

Oceanfit

Oceanfit has a range of swimming programmes for all abilities

COACHING CORNER

Drills to improve catch

<http://www.goswim.tv/entries/7030/freestyle---simple-catch-practice.html>

Tennessee turns

<http://www.youtube.com/watch?v=MEQeipNyjiw>

Swim tips

<http://www.swimsmooth.com/>
<http://www.totalimmersion.net/>
<http://www.goswim.tv/>

CARNIVALS

Carnivals for 2013

16 November: Novocastrian Meet [Novocastrian BPS Meet 2013](#) Charlestown Swimming Centre, Dickinson Street, Charlestown

30 November: Raymond Terrace [Raymond Terrace AUSSI Masters BPS Meet 2013](#)
Lakeside Leisure centre, Leisure Way, Raymond Terrace (off Benjamin Lee Drive).

7 December: Wests Auburn [West Auburn Long Distance Long Course Meet 2013](#)
Ruth Everuss Aquatic Centre, Church Street, Lidcombe

Draft timetable of carnivals for 2014

	<i>meet date</i>	<i>host club</i>	<i>course</i>	<i>venue</i>
January	18	Central Coast BPS	LC	Gosford
February	01	Campbelltown BPS	LC	Campbelltown
	08	Myall Masters 10 th Anniversary BPS	SC	Tea Gardens
	15	North Sydney BPS	LC	North Sydney
March	01	Cessnock BPS	LC	Cessnock
	Sunday 23	Blacktown BPS	LC	Blacktown
April	04 – 05	NSW State Championships	LC	SOPAC
	12	Wett Ones BPS	LC	Sydney University
	23-27	MSA National Championships	LC	Rockhampton, QLD
May	Sunday 04	Manly BPS	SC	Abbotsleigh School
	17	MSNSW Annual General Meeting		Sports House
	24	Ettalong Pelicans BPS	SC	WoyWoy
June	07 -08	Clarence River Masters BPS	SC	Yamba
	21	Trinity	SC	Trinity Grammar
July	05	Hunter Festival of Sport	SC	Toronto
	Sunday 20	NSW Relay Meet	SC	SOPAC Diving Pool
	27-Aug 10	FINA Masters World Championships	LC	Montreal, Canada
August	Sunday 03	Seaside Pirates BPS	SC	Knox Grammar
	30	Ryde BPS	SC	Ryde

CONTRIBUTIONS NEEDED

You can submit anything related to swimming:

- Carnival achievements
- Club news
- Upcoming swimming events
- Enhancing swimming performance
- Open water swims
- Favourite swimming spots
- Open water swimming groups or events
- News about members
- Great swimming products

Articles should be between 75-200 words and come with a photo. Send submissions to:
lindy.woodrow@gmail.com



Ground Floor Sports House,
6 A Figtree Drive
Sydney Olympic Park
NSW 2127

Phone: 02 8116 9716

Fax: 02 8732 1606

E-mail: admin@mastersswimming.nsw.org.au

Web page: <http://www.mastersswimmingnsw.org.au/>

facebook: <https://www.facebook.com/mastersswimmingnsw>

Job Title:	SPORT DEVELOPMENT OFFICER	Company:	Masters Swimming NSW
Location:	Sports House, Sydney Olympic Park	Date posted:	October 28, 2013
Level/Salary Range:	\$ TBA	Contact:	Jillian Pateman
Position Type:	Initially six months - Part time – flexible -7.5 hours per week	Telephone:	02 8116 9716
Applications Accepted By:			
FAX OR E-MAIL: 02 87324606 or president@mastersswimmingnsw.org.au Subject Line: SDO Job Opportunity Attention: The President		Mail: The President MSNSW, PO Box 6941, SILVERWATER NSW 2128	
Job Description			
<p>BACKGROUND</p> <p>MSNSW is the state association for adult swimming for New South Wales and ACT athletes. MSNSW is governed by a Board of seven elected executive. The mission statement is <i>“To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health”</i>.</p> <p>ROLE AND RESPONSIBILITIES</p> <p>The objective for this role is to raise the profile of MSNSW in: a) the community, (b) the swimming community, (c) SAL (Swimming Australia) Clubs; and thereby increase the membership, both on an individual level and by increasing the number of clubs. Currently MSNSW has 57 affiliated clubs and averages just over 1550 members annually. MSNSW would like to increase the membership to at least 1,700 members in 2014, as well as increasing the number of clubs around New South Wales.</p> <p>This person would report to the MSNSW President and work closely with the Branch office staff. The successful individual will need to, as a starting point, take the following steps:</p> <ul style="list-style-type: none"> • Identify how MSNSW is perceived in the wider public (what is our image) particularly at local pools, surf clubs and other aquatic related organisations. • Liaise with SNSW about opportunities to work with them to increase participation in swimming. • Cold call existing junior clubs to ascertain interest in a “One Club” (juniors and masters). • Cold call existing facilities to ascertain interest in establishing a masters Club. • Cold call local Councils and link interested/relevant people with MSNSW. • Work with existing Clubs to form branches in neighbouring pools. • Use ideas/designs/materials to promote MSNSW – newsletters, flyers, etc. <p>PREFERRED SKILLS</p> <p>The preferred candidate should have a real interest in adult swimming. The following skills and background would also be deemed useful:</p> <ul style="list-style-type: none"> • Good communication skills • Sales and project management skills • Background in pool swimming <p style="text-align: center;">CLOSING DATE FOR APPLICATIONS – FRIDAY 9 December 2013</p>			

World Master's Games, Turin, 2013, Australian Masters Results

Listed are individual Australian swim medal winners at the World Masters Games in Turin

Note, Relay results are NOT included in the following summary

Women event Age Place, entry, SURNAME, name, AUST, birth year, TIME

W	50 F	60 3) WMG-278 GOOEY Janette AUS 50 Australia 42.24
W		65 1) WMG-222 FAWCETT Dinah AUS 46 Australia 39.22
W		65 2) WMG-148 COOKE Annie AUS 44 Australia 43.99
W		65 3) WMG-663 SCOTT Lynette AUS 46 Australia 46.39
W	100 F	55 2) WMG-670 SHELVER Viki AUS 54 Australia 1'18.15
W		60 3) WMG-278 GOOEY Janette AUS 50 Australia 1'35.40
W		65 1) WMG-222 FAWCETT Dinah AUS 46 Australia 1'33.59
W		65 3) WMG-663 SCOTT Lynette AUS 46 Australia 1'53.63
W		70 1) WMG-764 WANNELL Carrol AUS 43 Australia 1'27.99
W		85 1) WMG-486 MCKENZIE HICKS Georgene AUS 27 Australia 1'5
W	200 F	25 3) WMG-415 LEWIS Kate Emma AUS 88 Australia 2'19.57
W		55 2) WMG-670 SHELVER Viki AUS 54 Australia 2'48.98
W		65 3) WMG-663 SCOTT Lynette AUS 46 Australia 4'18.25
W		70 1) WMG-764 WANNELL Carrol AUS 43 Australia 3'11.65
W		70 3) WMG-492 MERCER Erica AUS 43 Australia 4'02.95
W		75 1) WMG-375 KINNAIRD Alice Ann AUS 36 Australia 3'54.42
W		85 1) WMG-486 MCKENZIE HICKS Georgene AUS 27 Australia 4'1
W	400 F	25 2) WMG-415 LEWIS Kate Emma AUS 88 Australia 4'52.58
W		55 2) WMG-670 SHELVER Viki AUS 54 Australia 6'01.58
W		60 2) WMG-529 MURRAY Maida AUS 53 Australia 6'15.81
W		70 1) WMG-764 WANNELL Carrol AUS 43 Australia 6'30.88
W		85 1) WMG-486 MCKENZIE HICKS Georgene AUS 27 Australia 8'5
W	800 F	25 1) WMG-415 LEWIS Kate Emma AUS 88 Australia 10'02.07
W		55 2) WMG-332 HODGINS Bernadette AUS 58 Australia 13'29.07
W		60 3) WMG-632 ROGERS Gale AUS 50 Australia 16'06.47
W		70 1) WMG-764 WANNELL Carrol AUS 43 Australia 13'20.20
W		85 1) WMG-486 MCKENZIE HICKS Georgene AUS 27 Australia 18'
W	50 Back	25 1) WMG-415 LEWIS Kate Emma AUS 88 Australia 34.15
W		65 1) WMG-148 COOKE Annie AUS 44 Australia 49.51
W		65 2) WMG-903 SILOM Judy AUS 46 Australia 52.15
W		65 3) WMG-80 BOUGHTON Jillian AUS 46 Australia 53.92

W		70	1)	WMG-626	ROBISON Joan	AUS	43	Australia	54.51
W		75	1)	WMG-375	KINNAIRD Alice Ann	AUS	36	Australia	48.54
W	100 Bk	25	2)	WMG-415	LEWIS Kate Emma	AUS	88	Australia	1'13.43
W		65	1)	WMG-148	COOKE Annie	AUS	44	Australia	1'52.02
W		65	3)	WMG-663	SCOTT Lynette	AUS	46	Australia	2'16.75
W		70	2)	WMG-492	MERCER Erica	AUS	43	Australia	2'20.59
W		75	1)	WMG-375	KINNAIRD Alice Ann	AUS	36	Australia	1'50.84
W	200 Bk	25	2)	WMG-415	LEWIS Kate Emma	AUS	88	Australia	2'35.55
W		65	3)	WMG-148	COOKE Annie	AUS	44	Australia	3'59.72
W		70	1)	WMG-492	MERCER Erica	AUS	43	Australia	4'52.78
W		75	1)	WMG-375	KINNAIRD Alice Ann	AUS	36	Australia	4'11.30
W		85	1)	WMG-486	MCKENZIE HICKS Georgene	AUS	27	Australia	5'2
W	50 Brst	50	2)	WMG-248	GADSBY Donna	AUS	59	Australia	41.99
W		70	3)	WMG-766	WASSENAAR Hanna	AUS	42	Australia	59.10
W	100 Brst	25	3)	WMG-415	LEWIS Kate Emma	AUS	88	Australia	1'24.68
W		50	3)	WMG-248	GADSBY Donna	AUS	59	Australia	1'33.22
W		70	2)	WMG-766	WASSENAAR Hanna	AUS	42	Australia	2'15.14
W	200 Brst	25	3)	WMG-415	LEWIS Kate Emma	AUS	88	Australia	2'59.87
W		50	2)	WMG-248	GADSBY Donna	AUS	59	Australia	3'22.04
W		70	2)	WMG-766	WASSENAAR Hanna	AUS	42	Australia	4'43.52
W	50 Fly	60	2)	WMG-529	MURRAY Maida	AUT	53	Australia	42.24
W		65	1)	WMG-148	COOKE Annie	AUS	44	Australia	55.56
W	100 Fly	70	1)	WMG-655	SAVIANE Anita	AUS	43	Australia	2'07.95
W	200 Fly	25	2)	WMG-415	LEWIS Kate Emma	AUS	88	Australia	2'37.77
W		60	3)	WMG-641	RUBIN Helen Eva	AUS	52	Australia	5'12.46
W		70	1)	WMG-655	SAVIANE Anita	AUS	43	Australia	4'43.56
W	200 Med	60	1)	WMG-529	MURRAY Maida	AUS	53	Australia	3'34.52
W		70	1)	WMG-655	SAVIANE Anita	AUS	43	Australia	4'03.98
W	400 Med	25	1)	WMG-415	LEWIS Kate Emma	AUS	88	Australia	5'29.45
W		70	2)	WMG-655	SAVIANE Anita	AUS	43	Australia	8'51.16

NB. In 65-69 W. 50m Back, Aust took out the first FIVE places & 8th

Men event Age Place, entry, SURNAME, name, AUST, birth year, TIME

M	50 F	55	2)	WMG-519	MOORE John	AUS	56	Australia	28.99
M		60	2)	WMG-624	ROBERTSON Ken	AUS	52	Australia	31.58
M		65	1)	WMG-246	FUSSELL John	AUS	45	Australia	29.65
M		80	3)	WMG-642	RUMMEL Heinz	AUS	29	Australia	1'13.54
M	100 F	55	3)	WMG-519	MOORE John	AUS	56	Australia	1'06.16
M		60	3)	WMG-685	SLUGOCKI Maciej	AUS	52	Australia	1'09.63

M		80 3) WMG-642 RUMMEL Heinz AUS 29 Australia 2'40.62
M	200 F	60 3) WMG-685 SLUGOCKI Maciej AUS 52 Australia 2'27.67
M	400 F	55 2) WMG-403 LAURIE Rodney AUS 58 Australia 5'20.09
M		60 1) WMG-685 SLUGOCKI Maciej AUS 52 Australia 5'05.23
M		80 3) WMG-642 RUMMEL Heinz AUS 29 Australia 12'44.27
M	800 F	55 3) WMG-792 ZEMEK David AUS 54 Australia 13'30.60
M		60 3) WMG-685 SLUGOCKI Maciej AUS 52 Australia 10'37.74
M	50 Back	50 2) WMG-268 GILCHRIST Andrew AUS 63 Australia 32.73
M		65 1) WMG-246 FUSSELL John AUS 45 Australia 36.24
M	100 Bk	50 1) WMG-268 GILCHRIST Andrew AUS 63 Australia 1'12.11
M		60 1) WMG-685 SLUGOCKI Maciej AUS 52 Australia 1'25.43
M		65 1) WMG-780 WYATT Paul AUS 46 Australia 1'27.27
M		65 2) WMG-246 FUSSELL John AUS 45 Australia 1'27.91
M	200 Bk	50 1) WMG-268 GILCHRIST Andrew AUS 63 Australia 2'39.82
M		60 3) WMG-685 SLUGOCKI Maciej AUS 52 Australia 3'04.92
M	50 Brst	65 1) WMG-780 WYATT Paul AUS 46 Australia 39.51
M		70 3) WMG-420 LIM George AUS 42 Australia 53.13
M	100 Brst	65 1) WMG-780 WYATT Paul AUS 46 Australia 1'28.55
M	200 Brst	55 3) WMG-403 LAURIE Rodney AUS 58 Australia 3'26.07
M		60 2) WMG-685 SLUGOCKI Maciej AUS 52 Australia 3'24.37
M		65 1) WMG-780 WYATT Paul AUS 46 Australia 3'11.47
M	50 Fly	50 2) WMG-268 GILCHRIST Andrew AUS 63 Australia 28.72