



MASTERS SWIMMING
New South Wales

SPLASH



PHONE: 8116 9716 / FAX: 8732 1606

EMAIL: msnsw@aussimastswimnsw.org.au
WEBSITE: www.aussimastswimnsw.org.au



Ground Floor
Sports House, 6A Figtree Drive
SYDNEY OLYMPIC PARK 2127
POSTAL ADDRESS: PO BOX 6941, SILVERWATER 2128

December 2007

Vicky Watson—Courageous Achiever

Ryde AUSSI Masters nominated Vicky Watson, who joined the club in February this year, for the inaugural *Sue Fear Courage and Achievement Award*. This award, established by Womensport & Recreation NSW in memory of the mountaineer Sue Fear, recognises women and girls who have overcome obstacles and achieved milestones in their sport through courage and determination.

Vicky was diagnosed with breast cancer in December 2006. The first thing she did after this devastating diagnosis was to register for the FINA Masters World Championships to be held in Perth in April 2008. Now, despite two bouts of surgery and a difficult and debilitating course of chemotherapy earlier this year, Vicky remains on target in her challenge to break Shane Gould's 100 m freestyle world record (40–44 years) at the Perth Games and to qualify for the Olympic Trials in 2008.

At 15 Vicky swam with the English Youth Team and she continued competing into adulthood. At the 1996 FINA Masters World Championships in Sheffield she broke the world record for the 50m freestyle (30–34 years) and four years later in Munich broke the world record for the 50 m butterfly in the same age group. She also competed in Christchurch in 2002 and Italy in 2004.

Vicky joined the Cook and Phillip Masters Swimming Club when she first moved to Australia in November 2005 and was active with that club in both training and coaching, the latter as a volunteer. She relocated to Ryde AUSSI Masters in February this year and has continued her training, as well as volunteering her time to



coach the team. She is due to complete the Level 1 Coaching Course (Australian Swimming) in December this year. Vicky is genuinely interested in each swimmer's sporting aspirations and with a sense of humour generates a buoyant and optimistic yet directed effort from each club member during her coaching sessions.

She has become an active, valued and very popular member of the Ryde team and is always up for a challenge. Despite feeling unwell and in the middle of a chemotherapy cycle, Vicky swam 3 km to raise money for the

Multiple Sclerosis Swimathon as part of the club's team effort.

Since completing chemotherapy in June, Vicky has continued to compete and to break records. At the NSW Masters Relay Championships in June she broke two short-course records held since 1998 by her team mate Jenny Whiteley and has since set the following records in the 40–44 age group: national 50m freestyle; national 50m butterfly; state 50m backstroke; state 4 x 50m freestyle women's relay in the 160+ age group.

The effort, skill and enthusiasm that Vicky brings to her coaching and other club activities is strengthened by her committed partner James, her delightful personality, strong interpersonal skills and a genuine enjoyment of the sport of swimming. Her unreserved support, encouragement and generosity to the swimmers in the Ryde team during a time of high anxiety, personal grief and emotional turmoil can only be admired and respected by all in the sport.

Sandi Bredemeyer

The winner of the award was announced in early November. See Di Coxon-Ellis's report, "Sue Fear Courage and Achievement Award", on page 17.

In the Community

Novos Scoop the Pool for Glendon School 5-6 October 2007

It seemed like a hare-brained idea at the time, but it developed into a magnificent concept.

What did? Novocastrian vice-president Phil Farmer's suggestion of conducting a 24-hour non-stop sponsored swim to raise money for one of the special schools in our area. Glendon School was one of the four special schools we had supported with our share of the surplus from the Harris Wheeler Toronto Bay lake swims that Lake Macquarie Crocs and Novos ran in 2006 and 2007.

The school serves the needs of children mainly with intellectual disabilities and autism. Our idea was that target funds would enable the school to install an overhead harness/hoist to convey physically disabled children from the change room to the pool at their indoor swimming complex. They already have a special wheelchair for getting semi-mobile children into the pool but the harness/hoist would allow less mobile children to enjoy the therapeutic benefits of the pool.

Phil's idea was to start swimming at 5 pm on a Friday and have swimmers in the water non-stop for the next 24 hours. One of the early reactions to Phil's suggestion was "who will want to swim between 10 pm and 6 am?" But when it came to setting up a swim roster those were among the first 30-minute slots to fill up. The idea had quickly caught on and at our first planning meeting we set an ambitious target of \$10,000 and a total distance of 85 km to be swum.

Our club members were not the least fazed by such ambitious targets, or if they were that didn't stop them from collecting sponsorship pledges for their individual planned swims. As word spread, previous club members

offered to swim (and collect pledges) and we had magnificent support from three Cessnock Masters members and one from Crocs Masters. A recently retired pool manager from Charlestown Swim Centre eagerly came onto the planning committee and his influence resulted in Lake Macquarie City Council wholeheartedly supporting the venture. They paid two pool staff members to work the night shift; public entry fees were cancelled on the Saturday and pool patrons were invited to make donations in lieu of their entry fees; council medals were provided for every swimmer who took part in the fund-raiser.

We also had great support from local radio station 2HD, whose Saturday morning sports program was broadcast from the pool by local TV and radio identity Mike Rabbitt, who later joined in the swim, with his son, in the "Hot Shots" team to share the swimming of 100m relay sprints for one hour, clocking up 4 km in the process.

The pool management had set aside three lanes in the 25m heated outdoor pool for our sole use, and use them we did. Twenty-nine swimmers each swam more than 2 km. One individual swimmer achieved 8 km and others achieved 7.3 km, 7.2 km, 6.9 km, 6.4 km and 5 km. There were countless examples of determined longer distance aerobic swims and some late-night reluctance to swim in lane 1 because of the cloud of bogong moths attracted by the strong light on the lap-timer clock nearby. The moths disappeared by dawn but the swimmers kept coming.

Swimmers from Glendon School (teachers and parents) swam the first hour of the event and were joined in the final hour by Novos to swim 50m sprints.

The final outcome overwhelmed us all. We surpassed both our targets. Swimmers

covered an aggregate of 144,150m (5,766 laps of the 25m pool). So much for our target of 85,000m. As for the fundraising, we came in a whisker above \$16,000 and the school raised over \$500 as well. Every cent goes to the school. (As a matter of record, this latest venture brings the total we have raised for local special schools, apart from the lake swims, to more than \$22,500 in the last four years.)

We owe a debt of gratitude to the Council, the pool staff, the Westpac Rescue Helicopter crew, who performed a demonstration of a simulated submerged helicopter escape training exercise in the adjacent 50 m pool, and to the local canoe polo team for their demonstration as well. The various volunteer timekeepers, marshals and other ancillary helpers were vital to the outcome.

We also had support from a number of local business organisations, which are receiving individual "Thank You" letters and certificates.

Countless stories are coming out of the experience, too many to mention here. They will remain for a long time in the hearts and minds of the participants, reminders of

(Continued on page 3)



*Left to right, starting from the back:
Jack Welch, Janelle Newman,
Mike Cockrem, Alex Rabbitt,
Mike Rabbitt, Sam Wallace,
Phil Farmer, Carl Wallace
and Patrice Farmer*

In the Community

(Continued from page 2) having taken part in a truly wonderful event.

And what do us Novos get out of all this? Absolutely nothing but an overwhelming sense of satisfaction, pride in a community job well done and a serious boost to morale throughout the club. However, there is one other benefit. The Glendon School principal is going to become a Novos member from 1 January next year!

Malcolm Harrison

Port Macquarie Masters in Festive Mood

On Sunday 7 October, Port Macquarie Masters swimmers joined forces with 74 other floats and displays making up the centrepiece of the Rotary Carnival of the Pines festival.

Twenty Port Macquarie masters joined in the fun, our float festooned with balloons, streamers and banners, some walking alongside and others riding on the float in the club's formal attire. Clad only in his swimmers, Warren Frumar braved the whistles of onlookers, mainly female. Bill Patton was the principal organiser and all agreed the effort was worthwhile.

Numbers may not be everything, but 8,000 people lined



the route of the parade and the 75 floats carried colourful displays, from an "elephant" (Bago Magic Group) to the Historical Museum's horse (cast mould) and sulky carrying a bride and groom. Many of the 800 participants walked alongside their floats. Proudly marching and playing was the Port Macquarie Pipe Band.

Organised by the Combined Rotary Clubs of the Port Macquarie Hastings under the chairmanship of David Mayne, the event was put on this year for the first time after a 15-year break. It captured the imagination of the community and included the Coronation Ball, at which 85-year-old

King Len Dodds and 32-year-old Rebecca Terry were crowned by former Miss World Belinda Green.

The \$60,000 raised will go towards the Rotary Lodge that provides accommodation for relatives and friends of patients in Port Macquarie Base Hospital.

Christine Carter

Activate at Sydney International Regatta Centre 28 October

Penrith Council recently organised a day to promote local sporting clubs. MSNSW turned up fully prepared with a tent and posters and flyers and books, as well as some masters swimmers from Ripples and Blue Mountains Phoenix. ☼



Left to right: Jenny Dooley (Ripples), Sue Wiles (BM Phoenix), Nerida Murray (Ripples), Di Coxon-Ellis (MSNSW)

More Officials!

Many congratulations to the following new officials on gaining accreditation during the period to November 2007—including a special mention for Neil Keele for adding to our referee ranks. Well done, Neil!

Who	Role	When	Club
Daphne Kulhan	Timekeeper	June 2007	NTR
Phil Bridge	Chief Timekeeper	July 2007	NWO
Lynette Stevenson	Timekeeper	August 2007	NBT
Chris Pollett	Marshal	September 2007	NTR
Geoff Murphy	Marshal	September 2007	NTR
Peter Henson	Timekeeper	September 2007	NWO
Faye Seeney	Timekeeper	September 2007	NML
John McQueen	Marshal	October 2007	NGS
	Check Starter		
Kay Beer	Chief Timekeeper	October 2007	NSH
Dawn Gledhill	Timekeeper	October 2007	NML
Neil Keele	Referee	November 2007	NGS

◆Carnival Reports◆

RYDE CARNIVAL 1 SEPTEMBER

A record-breaking Ryde carnival! Well, it was a record-breaking number of entries so far for this venue. It's great to see we have been able to continuously build it up since being in this venue. You never know, with continued good planning, a convenient calendar date and a bit of luck we may crack the 300 entries we achieved in the old swimming centre.

There were lots of records in the pool as well... 10 in fact, 3 of which were set by Ryde! We always said it was a fast pool and it looks like we were right.

Congratulations to all the record breakers, but particularly to Ryde members [see *NSW & Australian Records*]. Vicky Watson (40—44) broke the national record for the 50 fly, Jenny Whiteley (45—49) couldn't resist smashing the national 100 fly record, then to top the day off the girls set a new state record in the 160+ 4 x 50 freestyle relay.

We tried a number of new things for this carnival, and one was the semi-automatic timing. While this tended to slow the carnival down a little, it had the benefit of letting competitors and spectators see the results in real time. It also reduced data entry errors, as the times went into the computers automatically.

The other thing we tried was involving volunteers from Volunteering NSW. While this



Keeping an eagle eye on those computers at the Ryde carnival

requires more organisation and there can be a few hiccups, we found it went very well overall. We hope you all enjoyed the vastly reduced timekeeping responsibilities on swimmers.

Warringah once again took home the perpetual trophy for the highest-scoring visiting club. Their stranglehold on this trophy seems vice-like. Try as we might, for the last two years, even as the host club, we haven't been able to amass more points than Warringah. Well done to them!

Thanks to the volunteers (from Volunteering NSW), to the visiting officials, to our members who gave of their time and effort, members of the other clubs and to the RALC who all helped out in running this carnival.

See you next year.

Greg Lewin

WARRINGAH CARNIVAL 22 SEPTEMBER

Warringah held its annual BPS carnival at the Warringah Aquatic Centre on 22 September. As in past years, it was well supported by other clubs, with approximately 250 swimmers competing.

An innovation this year was the introduction of 25m events and a 4x25 medley relay. This was part of our 25th anniversary celebrations. It was so well received that the general consensus seems to be that we make these a regular feature.

Not many clubs offer these events so there were a host of new state and national records set—38 in individual 25m events and 6 in relays. Tallied with the 10 new records in other events, that's a total of 54 new records. More than enough to keep the state and



The Ryde Venue

national recorders busy!!

Thanks to the Aquatic Centre staff for their cooperation and assistance in setting up the pool; also to meet director Peter Berents and announcer Bill Moorcroft, who made sure that everything ran smoothly. The contribution made by officials from visiting clubs was much appreciated.

We hope to see you all again next year to join us for Fun, Fitness and Friendship.

Suzanne Levett, Club Captain

LAKE MACQUARIE CROCS CARNIVAL—29 SEPTEMBER

For the Crocs 2007 carnival, it was decided that because of a busy program around August, the usual date for our carnival, we would have the event a little later.

One of the reasons for this was the weather, because although we use an indoor pool, the only truly acceptable marshalling area is at least partially exposed to the weather. Over the past couple of years, the August date has brought forth some inclement weather.

This year the weather was kind to us and the temperatures in the marshalling area were a little less severe. Amazing though, how even a little breeze will always find you when you are damp and your body temperature has cooled down.

There were around 130 entrants, a little down on previous years, maybe because of school holidays and the long weekend. But who knows?

The pool at Toronto has just completed its first year of

(Continued on Page 5)

◆Carnival Reports◆

(Continued from page 4)

ownership by Lake Macquarie City Council and the Council are to be congratulated on the improvement shown in the pool and the assistance they gave the club in running the carnival.

Twenty-eight clubs were represented at the carnival from such far-flung places as Wollongong and Dubbo. The winning club was once again Novocastrian, with Cessnock runners up and the Crocs in third place. Port Macquarie won the average point score contest.

Our thanks go to all the club members who assisted on the day and particularly to the visiting officials, who give up their time to assist other clubs, like us.

Thanks also to the pool staff, who did such a marvellous job in assisting, and not forgetting the pool's junior club, who helped out in so many ways we cannot thank them enough.

Don Reid

STATE SHORT COURSE CHAMPIONSHIPS 20-21 OCTOBER

Despite the appalling condition of the Tuggeranong pool, the State Short Course meet was a great success.

Although the management had made promises to work with us to lessen the effects on the pool of missing tiles, when we arrived on Friday afternoon it was obvious that they had made no attempt to help. We had been told of missing tiles on the pool floor, but had not



Marilyn Earp receives swimmer of the meet award from Ian Davis

been told this meant many black lines were missing as well. However, some quick thinking and a shopping expedition led to some temporary Ts in the right places and no one managed to crash into the walls.

Numbers were down on the last few years for a short-course state meet, but it was great to see so many swimmers from our new clubs Tuggeranong and Canberra North and Picton, and we also welcomed three Bush Rangers. Reduced numbers meant we also had fewer officials than usual, but despite them having to work harder and be on deck longer the meet ran extremely well and we even managed to finish earlier than predicted.

A huge thank you to all officials, who did work much harder than usual, but for some reason everything ran much more smoothly than at a normal state meet, a testament to our wonderful volunteers. Many of

these officials have been on deck for all four state meets this year and we all know a meet would not run without officials so please accept the thanks of everyone—the Board, the meet

directors and the swimmers.

The standard of swimming just gets better and better with each state meet and this was no exception, with 4 state and 2 national records being broken in the first event, the 200m butterfly. The records from the meet are listed elsewhere in this edition but special mention must be made of Paul Lemmon, who broke 4 national records and one state record in his 5 swims; Marilyn Earp, who broke 2 national records; and Sue Perkins, Alan Godfrey and Jack Mathieson, who broke 2 national and one state record.

As usual the relays were the highlight of the meet with many races coming down to a fingernail touch, Seaside Pirates winning the Gordon Cozins relay trophy by a mere 6 points from Manly Masters.

The Division 1 state champions were Manly Masters, who won in a very close tussle with Seaside Pirates; Division 2 was won by Cronulla Sutherland. The Division 3 trophy was taken home by Tuggeranong, and there was a wonderful result in Division 4, which was won by one of our newest clubs, Picton Masters.

The Harry Fowler trophy for the outstanding performance by a relay team 200+ or more was won by the mixed medley 280 team from Manly of Sue Johns, Tony Goodwin, Gary Stutsel and Liz Wallis, who broke the national record by 2 seconds.

Seaside Pirates won the Des McCormick trophy for the highest average points per swimmer and swimmers of the meet were Marilyn Earp and Paul Lemmon.

Congratulations to all award winners and thanks to everyone who competed, making it a very exciting and close meet to finish off 2007 State meets.

Jane Noake, Meet Director



Warringah women's 240+ win double gold in free and medley relays. Left to right: Helen Campbell, Suzanne Levett, Marion Harrison, Marilyn Earp

(Continued on Page 6)

◆ *Carnival Reports* ◆

(Continued from page 5)

HILLS CARNIVAL 3 NOVEMBER

While the weather was cool and the day overcast, the sun seemed to shine inside the Galston indoor pool, resulting in a fun and friendly day for all those in attendance.

Numbers were not high again this year, although marginally up on last year, with 27 clubs competing in nine fiercely contested individual events followed by even more fiercely contested medley relays.

Perhaps the most exciting event of the day from Hills' point of view was the men's medley relay, when Hills won its first relay in the home pool for some time. It was Novocastrian leading by a fair margin when the fourth swimmers dived in for the final 50m freestyle. What a finish it was, with the newest member for Hills, Michael Cruickshank, swimming the race of his life to snatch victory by mere hundredths of a second from the fast finishing Novocastrian team.

A great spirit pervaded the day, with all attending enjoying the swimming, the camaraderie and the pleasure gained from mixing with fellow swimmers from across the greater Sydney and surrounding areas. While it was a fun atmosphere, the meet ran with seemingly military efficiency which at times was so good that all went too quickly. Attempts were made to put the brakes on and, while this slowed the pace a little, it meant all were able to leave for home relatively early.

One of the more popular events was the giant Hills raffle, and we thank everyone who purchased tickets, the funds raised being used to assist the club in its coaching and other endeavours. There were nine prizes in all, and the sea of anxious faces was a treat to behold as each ticket was drawn and the

winning number called out.

A meet such as this would not have been successful without the help of the officials from not only the Hills club, but from Wests Auburn (a big thank you to them) and many others from other clubs who honoured their timekeeping and other commitments. The visiting officials included Marilyn Earp, Sue Johnstone, Jane Noake, Di Partridge, Colin Casey, John Kulhan and Peter McGee as referees, plus Kerryn Blanch, Maureen Hall, Aziza Sampson, Colin Cliff, Matthew Golby, Malcolm Heath, Neil Keele and Noel Partridge. Adding to these wonderful people our own "crew" ensured the marshalling, the results recording, tea, coffee and cake and so on flowed without any hiccups—a great result from a dedicated crew.

This was one carnival the Hills club wanted to win (point-score wise). However, despite the efforts of many of our star swimmers (including the usual sterling effort of our wonder girl Hilda Lindfield), we were beaten into second place by an excellent effort from Novocastrians.

Hills obtained 350 points with Novocastrian achieving 396 points; Warringah were third (331 points); and Cessnock Masters (who were second last year) came in fourth on 264 points.

No DQs, no records—a first?

The Abigroup Trophy for average club points was also won by Novocastrian with Seaside Pirates second and Hornsby Masters third—a good effort by all three. A great big vote of thanks to Abigroup for their continued sponsorship and to Galston Swimming Club and Glenorie Rural Fire Service for borrowed equipment.

Following the meet, just under two dozen swimmers retired to the Galston Club and enjoyed great food, a drink or two (soft drinks

mainly) and the telling of many stories (some even true) before heading home.

Next year Hills will host a long-distance (short-course) meet, with this set down for Sunday 17 August 2008. We again invite everyone to come and experience the hospitality of the Hills and we look forward to seeing you all again on that day.

Tony Pollard, President

NOVOCASTRIAN

CARNIVAL—10 NOVEMBER

It didn't look good for our outdoor meet after a week of showers and heavy rain on the Saturday morning. Miraculously, the rain cleared as warm-up time approached and we were eventually treated to a warm and pleasant spring day at an outstanding venue (Lambton Swimming Centre).

The meet proceeded smoothly under the direction of Referee Col Casey and Meet Director Phil Murray. Despite the fact that there were few scratchings from the 151 entrants, the meet was always running ahead of schedule.

As expected on the basis of weight of numbers, the host club dominated the point score over Warringah and Cessnock. Warringah won the visiting club trophy and Hornsby won the average point score. Stuart Ellicott was the only individual record breaker on the day when he recorded 1:19.03 to break both the state and national 55—59 age-group record for the 100m breaststroke.

As usual, there were delicious hamburgers (not to mention kebabs and olives) on offer at the conclusion of the meet, all prepared under the watchful eye of culinary maestro Bobby Kalaf and his team.

Our thanks go to all officials who gave up their time to assist at the meet and to all Novo club

(Continued on Page 7)

Technical Report

Faster Times and Fewer DQs

As a referee and veteran competitor (it is 57 years since my first race), I am in constant awe of the number of swimmers who are neglecting the very basics of racing.

While it is essential to have the fitness to make the distance and to swim strokes that are within the rules, it seems that many swimmers do not have supervised practice of starts, turns and finishes. Unfortunately, some clubs do not have coaches, but even those that do are missing out on valuable points at swim meets.

When swimmers disqualify themselves they earn no points at all. If they disqualify their relay team then they lose twice as many potential points.

Seventy percent of all disqualifications are for starts, turns or finishes! A short regular training session supervised by your coach, an experienced swimmer or an official can help prevent this happening to you. It seems to me that many new swimmers have never been shown how to start. All swimmers need to know what the commands and whistle signals are, when and where to take up a starting position and to practice holding steady. I've detailed the backstroke start separately, below.

You also need to practice your angle of entry and avoid going too deep. This is particularly dangerous in breaststroke and

butterfly races where you can end up taking extra strokes underwater and disqualifying yourself. Doing a good start can take metres from the distance you swim and seconds from your time.

Backstroke, breaststroke and butterfly turns can only be improved with supervised practice. If you roll onto your tummy to turn in backstroke and then grab the wall before pushing off on your back, you must be aware that your turn has to be continuous.

My pet annoyance is swimmers who do a tumble turn (freestyle or backstroke) and then surface less than two metres from the wall. With supervised practice you can learn to push off the wall and go five metres without having to take a stroke, again taking seconds off your previous times.

What can be worse than completing a race, especially a 1500m race, and then disqualifying yourself by not touching correctly? Read the rules then ask your coach, friendly referee or experienced fellow club swimmer to watch you doing the finishing (turning) touch.

As we age we all slow down, but practising starts, turns and finishes will delay the process that little bit longer. For the time spent you will appreciate the rewards.

Backstroke Starts

There is a lot of ignorance about the commands at the start of backstroke races and the

backstroke leg in medley relays.

Rule SW 4.2 states: The start in Backstroke and Medley Relay races shall be from in the water. At the Referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. *At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1).* When all swimmers have assumed their starting positions, the Starter shall give the command "Take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

As you can see, in these races the referee blows the whistle twice. The first blast is the command to enter the water. This does not mean you must immediately take up your starting position with both hands on the starting grips or the end of the pool. Many swimmers do this and tense up too early, unduly tiring themselves. The second whistle is the command to take up your starting position. The starter then takes over and starts the race, as in Rule SW 4.2.

Rule SW 6.1 states: Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips or the end of the pool.

Gary Stutsel

Branch Technical Director

Carnival Reports

(Continued from page 6)

members, spouses, relatives and friends who contributed in various ways to the success of the meet.

Oh yes, the Golden Turkey trophy remained in the grip of Warringah, a fact mentioned at an informal dinner held on Saturday night (see "Après Meet Hi Jinks" on page 10).

Jack Welch

Pirates in China?

Four Pirates will be participating in the upcoming Beijing Olympic Trials in Sydney in March. Mitchell Patterson will be swimming in his second Olympic trials, and John Bates has once again qualified for the trials in the 50m freestyle event.

Peter Kerr and Simon Goldschmidt have also bettered the qualifying times.

Let's wish them all well. Just qualifying for the trials is a feat in itself. Well done all.

Jane Noake



In the Papers

Masters Spread Their Wings

With carnival successes in pools throughout NSW, and elsewhere, over the past 12 months, the Port Macquarie Masters Swimming Club boasted a good contingent to take on the Newcastle Permanent Ocean Swim at Flynns Beach on Saturday in conditions that were hard going to say the least.

Although the surf was running hard, with a strong sweep from south to north, seven masters'



From left: Greg Mortlock, Gary Gilbert, Narelle Rodwell, Joy Cain, Chris Carter, Shirley Claydon, Wendy McMurtrie, Kim Frumar, Warren Frumar and Carolyn Turnham at the Newcastle Permanent Ocean Swim

women and two men contested the 500m swim, and one the 1000m race.

Carolyn Turnham confirmed her status as the number three masters lady swimmer, for her age in still water in NSW, by winning her age group in the surf.

Turnham described it as "the hardest swim of my life".

She was backed up by members Chris Carter, Wendy McMurtrie, Narelle Rodwell, Joy Cain, Kim Frumar and Shirley Claydon, most of whom were not regular ocean swimmers but competed creditably.

A couple found the conditions too hard, but that was no reflection on the effort put in.

Male swimmers in the 500m were Gary Gilbert and Greg Mortlock, who both performed strongly, as did Warren Frumar, who took on the 1000m event.

For good measure Gilbert, Mortlock and Turnham backed up in the swim leg of the Scody Half

Ironman on the Sunday, and were joined by Loris Hendy.

Turnham's husband Kim took over as she left the water and rode the cycle leg.

It is the first time in a Port Macquarie Ironman event that teams have been allowed to compete, giving athletes an opportunity to perform in only one of the three legs, and it proved very popular.

The masters club is very pleased to see its members take on new challenges, and all those competing deserve congratulations for their efforts.

(This article and photo appeared on p.87 of Port Macquarie News, Friday, November 9, 2007.)

Splash Out and Lap Up Glory

You don't have to have the Olympic sized swimming skills of champions like Ian Thorpe or Grant Hackett to take a dip in the pool, reports Matthew Ward.

Macarthur region "water babies" are getting wet and wild with the Campbelltown Collegians AUSSI Masters Swimming Club.

Club secretary Barbara Briggs said membership was open to anyone over age 20 who enjoyed swimming.

The club has around 32 members including Mrs Briggs who joined 10 years ago.

"I swam for 10 years in the 1950s", she said.

"I used to chase Dawn (Fraser) up and down the pool.

"Frank Guthrie was my coach and later it was Don Talbot.

"When I moved to Campbelltown, my husband suggested I join the club, and I've never looked back."

Mrs Briggs said the club was

more about getting fit and having fun rather than entering competitions.

"You don't have to be a competitive swimmer, but the competition is there if you want it," she said.

"Half the members come for fun and fitness and for personal reasons."

The club was started by Barry Jarvis and John Hunter in 1980 after they heard about AUSSI Masters Swimming.

They started competing against each other and then began to hold races over 50m, 100m and 200m.

Barry Jarvis is still a life member of the club and he still competes.

The club's racing credentials were proven at the Masters Swimming State Short Course Championships in Canberra on October 19 and 20.

Mrs Briggs said Kelly Fordson won five gold medals in the 20 to 24 age category.

Mrs Briggs took home two golds in the 65 to 69 years competition.

"For the older person it's (swimming is) a low-impact sport that exercises the whole body," she said.

M e m b e r s m e e t a t Campbelltown Swimming Centre, The Parkway, Bradbury, every Sunday at 7.30 am.

Membership costs \$65 a year.

Details: 4626 1280.

(This article and photo appeared in the Macarthur Chronicle.)



Golden Girl Barbara Briggs continues to swim to beat the clock and have fun

Warringah Masters 25th Anniversary

As we approached what we all knew was the club's 25th birthday, the membership debated for quite some time exactly what our birth date was, as all original records both within the club and within NSW AUSSI are lost.

What we do know is that the catalyst for the formation of the club was the construction of the Warringah Aquatic Centre and the realisation for those who lived on the north side and belonged to south-side clubs that there was at last a first-class facility available to them, and why not take advantage of it. That must have been in the latter half of 1982, as the oldest record we do have is of the 15 members who competed in the 1983 NSW championships. Our membership broke the century in 1988, and has since fluctuated between 90 and 120.

On the competitive side, the club won the Premier Club award at the State Cup in 1984, largely thanks to the efforts of Sally Lockyer, who broke 6 Australian records at the meeting. We then went on to send 12 swimmers to

the world championships in Christchurch, New Zealand. By 1986 we had 65 members, 24 of whom travelled to Tokyo for the world championships. Probably our most successful year on the world stage was 1987, with John McDiarmid (50 & 100 free), Richard Dill Macky (200 back),



*Celebrating 25 years of Warringah Masters
Back row, left to right: Iona Gamble, Keith Wake,
Elaine Withers, Michael Withers, Lee Johnston,
Bob Austic, Warren Riley, Brian Hayes
Front row, left to right: Wilson Gamble,
Max Van Gelder, Al Howard*

Mark Morgan (100 free) and Jan Watson (200 free) breaking individual world records, and our 80+ mixed medley, 120+ men's freestyle and 120+ mixed freestyle relay teams all breaking world records.

To celebrate our 25th anniversary we decided firstly to hold a dinner for present and past

members and friends, and secondly to introduce 25m races to our annual carnival.

The dinner, held at The Cove Sports Club in East Chatswood on 25 August, provided an ideal opportunity for present and past members ranging in ages from 24 to 94 to get together. We invited John Konrads and Mark Morgan to speak to the gathering. They both struck a chord with all of us with their honest reminiscences of the impact on their lives of swimming at the highest level. Common to both was that they swam for the love of it and achieved the highest levels, and that they still swim for the love of it, albeit now with different drivers.

The 25m races at our carnival proved a great success, particularly with the elite swimmers in our midst, judging by the number of branch, state and national records that were broken. As a result, we plan to retain 25m races as a part of the Warringah carnival into the future.

*Wilson Gamble
President, Warringah Masters*

Referee's Corner

Meet Referees & Event Referees

The **Meet** Referee shall have full control and authority over all officials. He shall enforce all rules and decisions of AUSSI and shall decide all questions relating to the actual conduct of the meet, the event or the competition, the final settlement of which is otherwise covered by the rules.

The **Meet** Referee may intervene in the competition at any stage to ensure that the AUSSI regulations are observed, and shall adjudicate all protests related to the competition in progress.

The **Event** Referee shall disqualify any swimmer for any

violation he personally observes. The **Event** Referee may also disqualify any swimmer for any violation reported to him by other authorised officials. All disqualifications are subject to the decision of the **Event** Referee.

With the assistance of other approved officials, the **Event** Referee shall notify the swimmer of his disqualification before he leaves the water. However, failure to do so will not make the disqualification invalid.

PROTESTS

All protests regarding irregularities of a meet shall be submitted in

writing unless directed otherwise by the Meet Director and shall:-

1. if prior to the meet, be lodged with Meet Director
2. if during the meet, be forwarded to the Meet Director for attention of the Meet Referee
3. be lodged within 30 minutes of the result being posted for the event
4. in exceptional circumstances arise subsequent to the event. The protest must then be forwarded to the Branch Executive within 48 hrs of the official result of the meet.

*Colin Casey
Referee*

Life Membership for Opal Eddy

At our recent AGM, Ettalong Pelicans members unanimously voted to make Opal Eddy a life member. Opal is special:

- * She has been a member for most of the club's 30 years and she is always enthusiastic;
- * She has remained loyal to the Pelicans when others have tried to recruit her; she's rarely missed the club's annual carnival or an opportunity to promote the club;
- * She consistently urges members to enter carnivals, championships and long

distance challenges and take on the aerobics program, all things she took on herself;

- * She makes steady efforts to recruit new members and get them involved;
- * She has swum at many, many national and state championships, as well as club carnivals, often being the club's only competitor;
- * She has enthusiastically gained qualifications in coaching and in official positions and been available in those capacities in adult swimming;

- * She regularly takes on official duties at meets of all levels of our sport and makes her expertise available to conduct courses and assessments, be a mentor and serve on state committees;
- * She shows a friendly concerned interest in our members and other people involved in swimming.

Congratulations, Opal!

Gordon Ferguson

Secretary, Ettalong Pelicans

World Masters Games, Sydney 2009

In case you haven't heard, the World Masters Games will be held in Sydney in October 2009. That's less than two years away.

The swimming will be held at the Sydney Aquatic Centre and will be run by Masters Swimming NSW. A small committee has been working for the past year or so on various aspects of the Games. The committee at present is Jane Noake, Stuart Meares, Peter Gregory and Gary Stutsel.

So far we have set the program for the meet, which will run from 10 to 16 October at the Sydney Aquatic Centre. The open water

swim will be on 17 October and, as soon as we know the venue for this, you will know too.

At present we are working on the information to go onto the Games website to let prospective competitors know about our meet. Stuart, our treasurer, is looking at the budget. Peter Gregory, with some help from Mark Hepple, is looking at the registration process and Gary Stutsel is looking after the technical aspects.

There is a link from our NSW website to the Games website, so keep your eye on the information available. It should start to increase

soon.

The committee feels we need to start marketing the Games to our members and the many swimmers outside our organization, so we are looking for a member with some marketing experience and/or ideas who would be willing to work with us for the next two years to get the message about the Games out into the community.

If you are interested please call Jane Noake on:
9848-1195 (working hours);
or 0409-409-495. ☒



Après Meet Hi Jinks

Following on from the camaraderie stimulated by the Golden Turkey trophy, a dinner involving Novocastrian and Warringah members (plus two special guests from Port Macquarie) was held at a local restaurant on the Saturday evening of the Novos meet.

Judging from the noise produced by the group, the night was a great success. Carl from Novos and Wilson from Warringah attempted to bring a little formality into the proceedings but found it hard work due to numerous audience interjections.

Many of the Warringah group stayed in Newcastle overnight and bravely fronted up for breakfast at another restaurant on Sunday morning. Some had even worked up an appetite by walking or swimming.

Both hosts and guests thoroughly enjoyed these additional social activities and we believe they enhance the *fun* part of the AUSSI movement's Fun and Fitness motto. There's a heavy dose of *friendship* involved as well.

Thanks to those involved in the

organisation of the activities and to all participants who helped make them so enjoyable.

Jack Welch





Masters Swimming NSW Calendar 2008

Recent Changes Underlined>

Branch Pointscore Meets are abbreviated as "BPS".
 Closing dates listed apply to all entries unless a later date is specified on the flyer
 for entries submitted using Meet Manager, Team Manager or TM Lite.

Closing at HOST

January 19	Central Coast BPS	21/12/07
February 09	Cessnock BPS	18/01/08
February 16	North Sydney BPS	25/01/08
February 23	Seaside Pirates BPS	01/02/08
March 01	Campbelltown Collegians BPS	08/02/08
March 08	Blacktown City BPS	15/02/08
March 20-23 (Easter)	National Swim MSAC, Melbourne (no OWS)	Thurs, 14/02/08
April 05-06	NSW Long Course Championships, SOPAC	Wed, 12/03/08
April 15-25	XII FINA World Masters Swimming Championships, Perth	23/03/08
May 17	Ettalong BPS	Thurs, 24/04/08
May 31	Wett Ones BPS	09/05/08
June 07-08	Clarence River BPS	16/05/08
June 14	NSW AGM, Sydney Olympic Park	
June 28	Trinity BPS (TBC)	06/06/08
July 05	Hunter Festival of Sport	13/06/08
July 20 (Sun)	NSW Relay Meet, SOPAC	Wed, 25/06/08 (swimmers' names only)
August 02	Sutherland Shire BPS	11/07/08
August 17 (Sun)	Hills Long Distance (short course)	25/07/08
August 24 (Sun)	Manly BPS	01/08/08
September 06	Ryde BPS	15/08/08
September 13	Warringah Masters BPS	22/08/08
September 27	Lake Macquarie Crocs BPS	05/09/08
October 18-19	NSW Short Course Championships Peninsula Leisure Centre, Woy Woy	Wed, 24/09/08
November 01	Port Macquarie BPS	10/10/08
November 15	Novocastrian BPS	24/10/07
November 22-23	NSW Long Distance Long Course Championships, Blacktown	Wed, 29/10/08
December 06	Wests Auburn BPS	14/11/08
December 13	Raymond Terrace BPS	21/11/08



NSW BOARD FOR 2007/08

- President:** Ian Davis, Wett Ones
- Vice President:** Jane Noake, Seaside Pirates
- Vice President (Country):** Warren Smith, Dubbo Redfin
- Treasurer:** Stuart Meares, Warringah
- Members:** Mathew Golby, Campbelltown
 Peter Gregory, North Sydney
 Remy Reinker, Blacktown

~ NSW & Australian Records ~

Ryde—1 September 07

Men					
50m Breast	John	Kain	NNS	45-49	33.84 ^^
50m Breast	Stuart	Ellicott	NHS	55-59	33.28 **
50m Fly	Alan	Godfrey	NTS	50-54	29.11 ^^
100m IM	Stuart	Ellicott	NHS	55-59	1:11.69 **
Women					
100m Back	Lynette	Stevenson	NBT	60-64	1:24.36 **
50m Fly	Vicky	Watson	NRV	40-44	30.85 **
100m Fly	Jenny	Whiteley	NRV	45-49	1:09.50 **
200m IM	Marilyn	Earp	NWG	55-59	3:11.54 ^^
Relays					
Men's 200m Free		North Sydney		160-199	1:43.45 **
		S. Ho, J. Wynberg, J. Kain, D. Mitchell			
Women's 200m Free		Ryde		160-199	2:01.70 ^^
		N. Clarence, S. Leech, J. Whiteley, V. Watson			

Warringah, Frenchs Forest—22 September 07

Men					
25m Free	John	Bates	NSP	35-39	11.50 **
25m Free	Darrin	Jones	NWG	40-44	12.39 ^^
25m Free	John	Marshall	NWG	45-49	12.28 ^^
25m Free	Bill	Devenish	NBT	55-59	13.29 ^^
25m Free	Arthur	Lith	NWG	70-74	15.64 ^^
25m Free	Max	Van Gelder	NWG	75-79	15.54 **
25m Free	Fred	Elsom	NET	75-79	17.68 ^^
25m Free	George	Franki	NNS	80-84	18.66 **
100m Free	Bill	Devenish	NBT	55-59	1:00.17 ^^
25m Back	Simon	Ho	NNS	35-39	13.72 **
25m Back	Staffan	Wensing	NSP	40-44	15.18 ^^
25m Back	John	Marshall	NWG	45-49	15.39 ^^
25m Back	John	Pagden	NWG	65-69	18.37 ^^
25m Back	Gary	Nicholls	NCR	65-69	17.52 **
25m Back	Harry	Moffett	NWG	85-89	44.35 ^^
25m Breast	Hugh	Rothwell	NWG	25-29	15.20 **
25m Breast	Peter	Thiel	NTS	35-39	15.01 **
25m Breast	Mark	French	NBT	40-44	15.57 ^^
25m Breast	John	Kain	NNS	45-49	15.07 **
25m Breast	Stuart	Ellicott	NHS	55-59	14.97 **
25m Breast	Max	Van Gelder	NWG	75-79	21.53 ^^
25m Breast	John-William	Steen	NWG	80-84	29.64 ^^
25m Breast	John	Gwillim	NWG	85-89	38.66 ^^
25m Fly	John	Bates	NSP	35-39	12.17 **
25m Fly	Staffan	Wensing	NSP	40-44	13.03 ^^
25m Fly	Gordon	Whyte	NWG	55-59	14.86 ^^
25m Fly	Noel	Peters	NWG	75-79	21.55 ^^
25m Fly	Max	Van Gelder	NWG	75-79	17.91 **
25m Fly	John	Notley	NLC	80-84	31.14 ^^
100m Fly	Tony	Goodwin	NML	70-74	1:26.32 ^^
100m IM	Alan	Godfrey	NTS	50-54	1:05.49 **
100m IM	Stuart	Ellicott	NHS	55-59	1:10.35 **
100m IM	Gary	Nicholls	NCR	65-69	1:19.96 **
100m IM	Tony	Goodwin	NML	70-74	1:25.75 ^^

** National Record
^^ State Record

(Continued on Page 13)

~ Vale ~

Tricia Liddy

It is with tremendous sadness that I have to inform our members of the passing of Tricia Liddy. Sadly she passed away a few days before the short-course titles, at which she was to compete.

Tricia joined Masters in 1997 and for nine out of ten years she was mentioned in the world top ten swimmers in her age group. In her time as a masters swimmer, she broke 222 state and 88 national records. She was nominated senior sports person of the Tweed Shire on two occasions: in 1999 and 2006. Tricia's most outstanding achievement was a silver medal in the 200 m IM, where she was beaten by 0.5 seconds at the World Masters Swim Championships at Stanford University in San Francisco in August 2006. In her four other events, she gained three bronze and one fourth-place medal. Tricia's medal count was 447, the majority of which were gold. She and her husband, Ken, achieved their three million metre award in July this year. Tricia took only eleven years to achieve this distance, whereas Ken took some 23 years!

Our heartfelt sympathies go to Ken and Tricia's family, who will miss this vibrant, successful and popular lady. We would like to extend our sympathies to Tricia's club mates, who have lost a good friend and a wonderful achiever.

*Helga Ward,
Qld Masters Swimming*

Tricia and Ken Liddy were regular visitors to our NSW meets, in fact we looked upon Tricia as one of our own. They planned their swimming years around their family and were very often visiting family in NSW when our state titles were being swum, so we had the pleasure of Tricia competing and Ken officiating at many of our meets. Ken is a FINA accredited

(Continued on page 13)

Tricia Liddy



~ NSW & Australian Records ~

(Continued from Page 12)

Warringah, Frenchs Forest—22 September 07 (cont'd)

Women

25m Free	Tracy	McGuire	NSP	45-49	14.77	^^
25m Free	Jenny	Whiteley	NRV	45-49	13.42	**
25m Free	Sue	Kearney	NML	50-54	15.48	^^
25m Free	Suzanne	Levett	NWG	65-69	16.48	**
25m Free	Liz	Wallis	NML	80-84	22.22	^^
25m Back	Melissa	Beames	NNS	20-24	17.58	^^
25m Back	Lynette	Stevenson	NBT	60-64	17.75	^^
25m Back	Pam	Hutchings	NSP	70-74	19.98	**
25m Back	Opal	Eddy	NET	80-84	32.13	^^
50m Back	Pam	Hutchings	NSP	70-74	43.01	**
25m Breast	Emma	Whitley	NBT	20-24	19.98	^^
25m Breast	Natalie	Clarence	NRV	30-34	17.00	^^
25m Breast	Kim	Brennan	NBT	50-54	18.92	**
25m Breast	Marion	Harrison	NWG	55-59	20.38	^^
25m Breast	Opal	Eddy	NET	80-84	37.66	^^
50m Breast	Kim	Brennan	NBT	50-54	40.77	^^
25m Fly	Janette	Hayward	NWG	20-24	16.73	^^
25m Fly	Belinda	Hall	NSP	30-34	15.16	^^
25m Fly	Michelle	Varker	NBT	35-39	16.37	^^
100m Fly	Marilyn	Earp	NWG	55-59	1:22.11	**

Lake Macquarie Crocs, Toronto—29 September 07

Women

200m Free	Sue	Kearney	NML	50-54	2:30.32	**
200m Free	Pam	Hutchings	NSP	70-74	3:11.31	**

NSW Short Course, Tuggeranong—20-21 October 07

Men

100m Free	Bill	Devenish	NBT	55-59	59.74	^^
200m Free	Paul	Lemmon	NET	40-44	2:01.53	**
200m Free	Bill	Devenish	NBT	55-59	2:15.79	^^
100m Back	Simon	Ho	NNS	35-39	1:03.36	**
100m Back	Steffan	Wensing	NSP	40-44	1:06.14	**
100m Back	Alan	Godfrey	NTS	50-54	1:07.43	**
200m Back	Paul	Lemmon	NET	40-44	2:14.44	**
200m Back	Alan	Godfrey	NTS	50-54	2:24.36	**
50m Breast	Jack	Mathieson	NSH	90-94	1:34.60	^^
100m Breast	Peter	Kerr	NSP	30-34	1:10.16	^^
100m Breast	Stuart	Ellicott	NHS	55-59	1:15.49	**
100m Breast	Jack	Mathieson	NSH	90-94	3:33.27	**
200m Breast	Brann	James	NBM	20-24	2:43.69	^^
200m Breast	Paul	Lemmon	NET	40-44	2:35.13	^^
200m Breast	Jack	Mathieson	NSH	90-94	7:23.42	**
50m Fly	AJ	Newman	NDB	25-29	26.37	^^
100m Fly	Stuart	Meares	NWG	45-49	1:05.18	^^
200m Fly	Graham	Hill	NTS	35-39	2:22.98	^^
200m Fly	Paul	Lemmon	NET	40-44	2:19.57	**
200m Fly	Alan	Godfrey	NTS	50-54	2:31.75	^^
200m IM	Paul	Lemmon	NET	40-44	2:16.40	**

Women

100m Free	Sue	Perkins	NSP	35-39	1:01.48	^^
100m Free	Sue	Kearney	NML	50-54	1:10.18	^^
100m Free	Pam	Hutchings	NSP	70-74	1:22.18	**
200m Free	Sue	Perkins	NSP	35-39	2:11.44	**
200m Free	Sue	Kearney	NML	50-54	2:28.51	**
200m Free	Liz	Wallis	NML	80-84	4:02.01	^^
100m Back	Kathryn	Dobson	NBM	50-54	1:21.13	^^
200m Back	Kathryn	Dobson	NBM	50-54	2:55.12	**
200m Breast	Kate	Piper	NSP	30-34	2:56.33	^^
50m Fly	Lynette	Stevenson	NBT	60-64	37.53	^^
100m Fly	Marilyn	Earp	NWG	55-59	1:21.31	**
200m Fly	Marilyn	Earp	NWG	55-59	3:14.20	**
200m IM	Sue	Perkins	NSP	35-39	2:34.04	**

** National Record

^^ State Record

(Continued on Page 14)

~ Vale ~

Tricia Liddy

(Continued from page 12)

starter and has been a mentor to many of NSW's best officials and I for one have appreciated working with him many times.

Tricia was a champion swimmer. She competed successfully in all strokes, and over all distances and loved doing so. She could be recognized by the bright swim costumes that she made and wore, and if she was not swimming she would have a stop watch in hand behind a lane.

She had many, many friends in NSW and we will miss her friendly nature and her fierce competitiveness and we extend our sincerest sympathy to Ken and their families.

Jane Noake

~ Vale ~

**Les McCarthy
Cessnock Masters**

Cessnock Masters have lost one of their longest serving and most endearing members. Les McCarthy passed away at Cessnock Hospital on 6 October 2007.

Les and wife Pat joined the club in March 1996 soon after its formation and during the intervening years they selflessly contributed much of their time and energy to the betterment of the organization they called family.

Les and Pat loved to travel, which they did as often as they could, but I believe their first love was swimming. They combined the two and like a few other couples in the club made a point of having extended holidays to the city that was hosting the national swim each year. Kay and I had the pleasure of sharing several of those national swim holidays with them and other members of the club.

They were very fond of attending club carnivals where they

(Continued on page 14)

~ NSW & Australian Records ~

(Continued from Page 13)

NSW Short Course, Tuggeranong—20-21 October 07 (cont'd)

Relays

Mixed 200m Medley	Blacktown	200-239	2:15.79	^^
	L. Stevenson, K. Brennan, M. Petersen, B. Devenish			
Mixed 200m Medley	Manly	280-319	2:56.97	**
	S. Johns, T. Goodwin, G. Stutsel, L. Wallis			

Novocastrian—10 November 07

Men

100m Breast	Stuart	Ellicott	NHS	55-59	1:19.03	**
-------------	--------	----------	-----	-------	---------	----

Relays

Mixed 400m Free	Warringah		120-159	5:31.06	^^
	C. Jones, C. Wood, J. Atkins, M. Wood				
Men's 400m Free	Warringah		200-239	5:08.53	^^
	K. Bourdon, P. Stephens, W. Gamble, T. Tooher				
Women's 400m Free	Novocastrian		200-239	6:33.13	^^
	K. Donnan, B. Arnold, W. Gordon, A. Campbell				
Mixed 400m Free	Cessnock		200-239	5:28.92	^^
	T. Nebauer, D. Moore, A. Cameron, N. Watson				
Women's 400m Free	Novocastrian		240-279	7:06.01	^^
	C. A'Dison, M. Woodcock, M. McCallum, J. Raper				
Mixed 400m Free	Warringah		240-279	5:29.00	**
	M Van Gelder, S Levett, M Peacock-Smith, G Whyte				
Men's 400m Free	Novocastrian		280-319	10:23.97	**
	M. Harrison, E. Emmett, B. Donaldson, R. Kalaf				
Mixed 400m Free	Port Macquarie		280-319	7:00.21	**
	G. Mortlock, S. Claydon, G. Garden, B. Patton				

** National Record
^^ State Record

*~ Vale ~
Les McCarthy*

(Continued from page 13)

would enjoy the company of club mates plus refresh friendships with members of other clubs. Because they were so keen on attending carnivals, they became the first husband and wife pairing to be inscribed on our 100-carnival honour board.

Les had always been an active member of our club. Whenever there was work to be done he was usually one of the first to volunteer his services either in our interest or that of another club. His presence on the marshalling table at swim carnivals will be sadly missed, as he was always ready with a joke either to gee up an experienced swimmer or to settle the nerves of a first timer.



Les salutes you

He introduced aerobic swimming to our club and was always on hand to encourage our members to go just a little further and was quite adamant that a swim should never be wasted.

His enthusiasm for spinning a yarn or playing a prank on someone got him voted in on several occasions as the winner of the club's Stirrer's Spoon. His larrikinism was the theme of all three speakers at his funeral service, each recalling his dry sense of humour and some of the antics he got up to.

Voting at our club meetings will never be the same. If a proposal

(Continued on page 15)

SPLASH Deadlines for 2008

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

Sunday	23 March 2008
Sunday	29 June 2008
Sunday	21 September 2008
Sunday	14 December 2008

You can receive your copy by mail, but please consider accessing the newsletter online. Just tick the box on your registration renewal form and your club registrar will arrange for a notification to be sent to you electronically as each issue comes out.

Copy deadlines for 2008

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

Issue 1	29 February 2008
Issue 2	6 June 2008
Issue 3	29 August 2008
Issue 4	21 November 2008

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



**Total Club Points for Season ~ up to and including
Novocastrian Carnival (10 November)**

Place	Club	Points	
Division 1			
1	NNC	Novocastrian Masters	9988
2	NWG	Warringah Masters	9522
3	NSP	Seaside Pirates	5506
4	NCK	Cessnock Masters	5151
5	NML	Manly Masters	5048
6	NBT	Blacktown City Masters	3479
7	NPM	Port Macquarie Masters	3003
8	NNS	North Sydney AUSSI	2489
9	NRV	Ryde AUSSI Masters	2321
10	NCR	Coogee-Randwick Masters	1657
11	NCT	Campbelltown Collegians AUSSI Masters	1417
12	NWO	Wett Ones	1109
Division 2			
1	NHS	Hornsby Masters	3317
2	NWY	Wyong Wobbygongs	2747
3	NCM	Clarence River Masters	1731
4	NET	Ettalong Pelicans	1412
5	NRI	Ripples AUSSI Masters	1241
6	NCS	Cronulla Sutherland AUSSI	1096
7	NMS	Lake Macquarie Crocs Masters	1034
8	NHL	Hills Masters	904
9	NOF	Oak Flats AUSSI Masters	899
10	NSW	Swansea Masters	748
11	NWL	Wollongong Masters	573
Division 3			
1	NBM	Blue Mountains Phoenix Masters	1414
2	NWS	Wests Auburn Masters	991
3	NTS	Tattersalls	838
4	NTR	Trinity AUSSI Masters	736
5	NGS	Gosford City Seagulls AUSSI Masters	693
6	NRT	Raymond Terrace AUSSI Masters	530
7	NMM	Myall Masters	433
8	NTN	Tuggeranong Vikings AUSSI	304
9	NSH	Shoalhaven Seahawks AUSSI	291
10	NDB	Dubbo Redfin AUSSI Masters	286
11	NCB	Caringbah AUSSI	190
12	NSG	St George Masters	132
13	NCN	Canberra North	39
Division 4			
1	NMT	Maitland AUSSI Masters	1410
2	NLP	Liverpool Leatherjackets Masters	518
3	NSA	Sandberns	408
4	NCP	Cook & Phillip Masters	325
5	NOP	SOPAC Masters	272
6	NLC	Lane Cove Masters	259
7	NBR	Bush Rangers	221
8	NNB	Nelson Bay Dolphins	99
9	NAM	Armidale AUSSI Masters	96
10	NHN	Hunter Masters	64
11	NPT	Picton Masters	28
12	NPW	Prairiewood AUSSI Masters	27
13	NVP	Victoria Park Masters	9



**~ Vale ~
Les McCarthy**

(Continued from page 14)

was made to give all members a freebie, hands would be eagerly raised when the call was made for those in favour; at the call for those opposed there would be one lone hand visible. We very rarely got a unanimous vote.

I know that Les would not be offended if I said that as a swimmer he never set the world on fire. I also know that anyone who called Les a friend would agree that as a person he was a true champion.

Ted Nebauer

**Anyone for a Dip
... in Antarctica?**

Here's what it felt like for ex-Ryde member Dave Correll, who went for a swim in a hole in the ice on a day when it was minus 15°C outside but the water temperature was a mere minus 1.8°C.

"It doesn't feel too bad in the water for the first few seconds then it hits you hard. I stayed in for about 20 seconds, which seemed like a long time. Then it gets really cold when you get out of the water. It takes at least 10 minutes before you stop feeling freezing cold and that is after getting out of wet clothes and getting into a freezer suit. You feel quite tired for hours afterwards." ❧



Get Well Soon!

 Best wishes to
 John Stacpoole from
 Sandberns for his op
 early in 2008.

 Also a hearty get well to
 three Hills Members—Marion
 Dreyer, Lee Fielder-Gill
 and Tony Howe.

From The Administrator's Keyboard

Vale Tricia Liddy

It was with dismay that I heard of the passing of Tricia Liddy from Twin Towns. MSNSW members would know her husband, Ken, as a starter at many of our state meets and northern BPS meets. Ken officiated and Tricia swam—very well! On page 12 you can read about Tricia's achievements but I would like to say farewell to a very special lady and, Ken, please stay with us, as AUSSI Masters Swimming needs you!

Vale Les McCarthy

Another great loss to MSNSW is Les McCarthy from Cessnock. Les and Pat have been very evident at many meets over many years and his story is on page 13. Les will be sorely missed by his AUSSI family.

Member Club Registration 2008

A reminder that member clubs need to register with Masters Swimming NSW by 31 December 2007. Unless your club has paid its registration fee to the state body, you may not be able to compete in the meets held early in 2008.

Renewals for 2008

Club registrars will be able to commence on-line renewals for 2008 on 1 January.

A reminder that all swimmers MUST complete the AUSSI National form when re-registering every year. Registrars may attempt to produce the renewal form for members but the time-out problems currently experienced with the database seem to exclude this facility. This blank form can be downloaded from the NSW and the National website. (Don't forget to tick the boxes about receiving your notification electronically for our NSW *SPLASH* newsletter and the National news.)

Your club may also ask you to fill out the NSW medical information form. For your safety you are advised to fill out this form at any time during the year if any health issues change. Your coaches and club safety officers can then

work in the knowledge that you have advised them of any problems.

The 2008 fee is \$60, plus your club fee. Re-register now and avoid the Xmas rush! Remember your club registrar needs a Christmas break, too. Keep in mind you won't be able to swim, even at your club, from 1 January 2008 if you are not a financial member. All swimmers in the Gosford meet will need to be registered at their club by close of entries 21 December 2007 so your club registrar can enter you on the database by 4 January 2008.

Reporting Time

Your Club Annual Report and Safety Report need to be sent to the NSW Branch Office by the end of December so if you are the key person in your club responsible for writing these reports, please complete and forward by the due date.

Awards Package

Clubs can recognise the great work done by their club administrators, coaches and officials by sending in a nomination for the *2007 Awards*. A package pertaining to all those awards has been forwarded to each club. With that in mind, please put fingers to keyboard soon to send in a nomination for the *Ian McPhail Official of the Year Award* and the *Coach of the Year Award*.

Events

The NSW Short Course Championships attracted 243 competitors, a decrease in numbers from the previous bumper year at Woy Woy. The event was held at the Tuggeranong Leisure Centre and was a great competition, despite the venue's sad state of disrepair. Eighteen individual and one relay national records were broken. An additional sixteen individual plus one relay branch records were broken. Once again, Meet Director Jane Noake organised a great team of officials. Canberra North and Tuggeranong

organised lunches for our volunteers. The raffle prizes or a donation was given by the following clubs: Blacktown, Canberra North, Cronulla Sutherland, Hunter, Shoalhaven Sandbern, Tattersalls, Trinity, Tuggeranong, Wests Auburn and Wollongong. Thanks also to Carol Dawson of the Events Committee for organising the prizes and to Manly and Warringah for selling the raffle tickets. This combined effort raised over \$950 for Masters Swimming NSW.

Since the last newsletter six Branch Point Score meets have been held in various locations: Ryde, Warringah, Lake Macquarie, Hills, Novocastrian and Port Macquarie. The Vikings Challenge (ACT) and Wests Long Distance have been held and Raymond Terrace will host the last BPS meet of the year in December.

Entry Forms for Upcoming Events

The Asia-Pacific Outgames, Melbourne, 31 January–3 February. www.melbourneoutgames.org
National Swim, Melbourne, 20–23 March. See the Calendar page at www.aussimastswimnsw.org.au
XII FINA World Masters Championships, Perth, 15–25 April. www.2008finamasters.org.

Calendar 2008

The events for 2008 have been finalised and MSNSW thanks the national sponsor, Vorgee, for their support so we can produce a 'fridge calendar again for all NSW members. Look for it in your club envelope in December.



Coaching

Branch Coaching Director John Kulhan held a workshop in early December on "the new adult swimmer" for over 20 coaches.

(Continued on page 17)

From The Administrator's Keyboard

(Continued from page 16)

Technical

Branch Technical Director Gary Stutsel is coordinating many courses around NSW for Inspector of Turns. All members, and even non-members who have at least a timekeeping accreditation, are encouraged to attend. We will need many accredited IoTs for the World Masters Games in 2009.

Office Volunteers

A big vote of thanks to Malcolm Heath for his monthly administrative assistance in the NSW Branch Office, plus keeping the office in order when I am on

leave.

Jan Cameron-Smith is still acting as Secretary of the Bush Rangers and regularly assists in sending out the kits to all new members.



Many thanks to the Board and Committee members whose sustained efforts keep MSNSW

going so well. We are still the biggest branch of AUSSI Masters Swimming Australia, even more so now that we have welcomed the ACT clubs into our branch. Spread

the word and tell everyone over 20 years of age what masters swimming can do for them!

Festive Season

The Branch Office will be closed from 4 pm on 21 December 2007 until Wednesday 2 January 2008. I wish all NSW club members a swimmingly safe and merry Christmas and looking forward to another great year in 2008.

Di Coxon-Ellis



Sue Fear Courage and Achievement Award

On the morning of 8 November, I was happy to attend the Womensport Schoolgirls' Breakfast with the Stars for the presentation of the inaugural Sue Fear Courage and Achievement Award. As many of you would know, we nominated our wonderful Vicky Watson from Ryde for her courage and achievement in overcoming breast cancer and swimming national records immediately after chemo. Sandi Bredemeyer of Ryde Masters wrote the nomination, so a big "Thank you" to Sandi. Helen Rubin also attended as she was part of the nomination process and was there to support Vicky.

Vicky was one of only eight finalists from various sports—golf,

sailing (2), baseball, tennis, ice skating, cycling and, of course, masters swimming—with amazing stories of overcoming difficulties. Vicky stated that she felt "humbled by their courage" but her star shone brightly amongst them. As a finalist, Vicky received a lovely trophy, a \$200 pamper voucher and free membership of Womensport & Recreation NSW. (Unfortunately she didn't have the winning ticket in the Justin Timberlake raffle.)

The winner was a young Ame Barnbrook from sailing. Ame was born with no arms and only one part leg with three toes. Ame has achieved great things in sailing and is aiming for Beijing and perhaps the London Olympics.

Photos from the presentation will be available soon on the Womensport website:-
www.womensportnsw.com.au

The breakfast was attended by over 600 girls, 75 sports stars and 100 guests. Vicky was busily signing autographs on balloons, baseballs and programmes. She has offered to assist in the promotion of Womensport and was also asked to assist in promoting the World Masters Games in 2009.

Vicky flew to the UK that afternoon to visit her family but will back be to compete at Wests Auburn.

Congratulations from Masters Swimming NSW, Vicky. You are a great ambassador for our sport!

Di Coxon-Ellis



WEBSITES



AUSSI Masters Swimming Australia: www.aussimasters.com.au

NSW Branch: www.aussimastswimnsw.org.au

FINA World Masters, Perth 2008: www.2008finamasters.org

Sydney 2009 World Masters Games: www.2009worldmasters.com

Ocean Swims: www.oceanswims.com

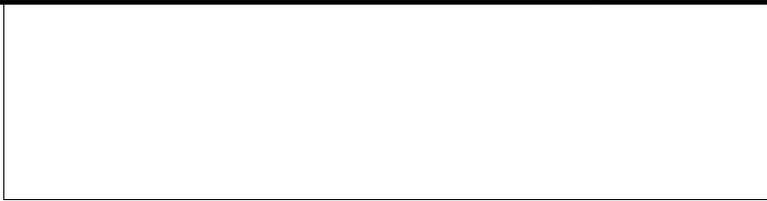
*We can help YOU reduce your carbon footprint...
and YOU can help Masters Swimming NSW save on
printing costs and postage*

Just tick the email notification box on your registration renewal for 2008 and your club registrar will do the rest. As soon as the latest issue of *SPLASH* is up on the

MSNSW website we'll email you and you can read it there online, or download and print it if you like. The more members who opt for electronic copies of *SPLASH*, the

more we save on printing costs and postage, not to mention the trees!!

So remember to tick that box when you renew for 2008. ☹



SPLASH

**Newsletter of the NSW Branch
AUSSI Masters Swimming in Australia Inc.**

The views expressed in *SPLASH* are not necessarily those of the editor or the Board of Masters Swimming NSW. We try to give all members a fair say in their own magazine, and welcome the views and correspondence of ALL members.



Advertising Rates for

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

Clubs wishing to include their Carnival Flyer must have it sanctioned by the deadlines.

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



MASTERS SWIMMING NSW
PO Box 6941
Silverwater NSW 2128

**POSTAGE
PAID
AUSTRALIA**

