

2019 Coach of the Year

It is with pride that we can announce the 2019 MSNSW Coach of the Year is **Greg Gourley** from Tuggeranong Vikings Masters Swim club. To add to the excitement, Greg has gone on to be awarded Masters Swimming Australia's 2019 National Coach of the Year! **Congratulations Greg,** & thank you for your huge contribution.

Greg had an outstanding year in coaching. Through the active development of his coaching knowledge, he made a significant contribution towards progressing swimmers at club level, but most notably has been actively involved in developing coaches and swimmers at Branch level through the running of many workshops around NSW.



2019 Official of the Year...

...is **Dawn Gledhill** from Manly Masters and most, if not all, members who attend swim meets will recognize her on pool deck. Dawn is an exemplary technical official who has made an outstanding contribution in officiating and towards the development of officials at both club and branch level. Dawn is a passionate Inspector of Turns. She keeps up to date by careful reading of rule changes, and attending information sessions, such as the August coaching session organised by Masters Swimming NSW.

At meets, Dawn has a sensible discretion, required of the Inspector of Turns position.

At club level, Dawn keeps a watchful eye on the turns of all swimmers, at all times, she enthusiastically and formally checks Manly members turns prior to state meets. Dawn's courage and resilience is a message to us all that life is here, and to be enjoyed. This is our Masters Swimming spirit, which gives a welcome to all regardless of age or ability. It's just the love of what we do that counts and binds us together.



Dawn Gledhill

2019 Age Group Champions

Devi Edmunds

Alex Hardy

Suzie Haddad

Cassie Anderson

Kylie Lane

Kerryn Blanch

Lesley Potter

Katherine Ahern-Sharpe

Sally Hatcher

Helen Rubin

Helen Campbell

Sue Wiles

Margaret Jopling

Jan Finn

Liz Wallis

Valerie Lincoln

Zac Telfer

Luca Alessi

Evan Morris

David Loader

Eric McNamara

Aaron Cleland

Paul Farrell

Tony Tooher

Owen Sinden

Peter Mc Gee

Abel Bornstein

Graham Campbell

Raymond Watson

Thomas Ryan

Bill Walker

CONGRATULATIONS!

Annual General Meeting

The MSNSW Board will be conducting the Annual General Meeting at 10.30am on Saturday 27 June. It is hoped that Covid-19 restrictions may be lifted to some degree by then for a face-to face meeting but if needs be then the back-up plan is to host an online AGM. All clubs are requested to notify the Branch office of either their nominated delegate or the clubs apologies for the Minutes.

Call for Award nominations

Presented at the AGM will be the Gary Stutsel and Administration awards, nominations are due five weeks prior to 27 June so now is the time for clubs to discuss their nominee options and submit the forms found at the links below.

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Gary-Stutsel-award-nomination-form_01032017.pdf

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Administration-award-nomination-form_04042015.pdf

Dryland Challenge over the 2020 Nationals original dates

15 April was going to be the opening event for the 2020 National Championships, then this needed to be postponed to 30 September ☹️ So what to do? It was radical but there was an on-the-spot decision made to host a dryland challenge online and we had *130 entries from 28 clubs around Australia!*

Congratulations to **Raymond Terrace Masters** who won the average points competition, well done to **Di Partridge** who recorded the highest number of points individually and to **Ryde AUSSI** who had the highest number of participants per club. Thanks so much to Lesley Potter for all her efforts in keeping us informed and energised and many thanks to Mark Hepple for putting it all together with no notice and for keeping the statistics in check. Please go to our website and have a look at the pictures and videos.

<https://mastersswimmingnsw.org.au/dryland-virtual-meet/>

What's your challenge?

Go to <https://mastersswimming.org.au/covid-19-information> and find an update of Covid-19 information and **resource links to dry land training and more** #staywithus #keepconnected

Guidelines to remember while exercising at home:

- Check that you have sufficient space to practice
- Check there are no trip/slip hazards
- Check there are no objects you may fall on or come in contact with
- Check there are no sharp objects or hot surfaces near by
- Ensure you have sufficient lighting
- Ensure your camera/screen and other electrical appliances, including cables, are on a levelled surface and not in your training space causing a trip hazard
- Ensure the room has sufficient ventilation
- Ensure you have water to keep hydrated
- Remember to seek medical advice before training if you have any existing injuries or other medical conditions
- Remember that children require adult supervision whilst practising
- Ensure all household members are aware of the training and avoid entering the space

2020 National Swim Series

Masters Swimming Australia has confirmed the cancellation of the 2020 Swim Series, a decision made at the recent General Meeting where the Branches discussed and considered the fairness of the Swim Series given the cancellation of the MSA, MSQ and MSV events due to COVID-19.

For these reasons, and to maintain the fairness of the competition, the Branches and NBM agreed to cancel the 2020 Swim Series, with regret.





POSTAL SWIM

Good news for postal swim competitors, the closing date for Wests 5km Turtle swim has been extended to 30th September. Now that's lucky....



HARBORD to HOMEBUSH



Harbord Diggers pool courtesy of Ruth Fitzpatrick and Ted Samoillowicz of Manly Masters

Comparing the 1976 and 2020 National Championships

The one thing the 1976 and 2020 National Championships have in common is that they were both Short Course (25m) something that rarely happens these days.

44 years ago on the 6th March 1976 the first true Masters Swimming Australia championships were held in the original Harbord Diggers indoor 25m pool (see photo). The first recognised Australian Masters Championships had been held at the same pool 12 months before in March 1975, but they were organised by a consortium of the three men's swimming associations that were headquartered in Sydney. The organisers were led by Bill Lough of Manly and of the AIF Swimming Association of Australia. The other two groups involved were the Leagues Clubs Swimming Association of NSW and the Winter Swimming Association of NSW.

A.U.S.S.I. (the Australian Union of Senior Swimmers International [International was added to form the acronym Aussi] was by 1976 the controlling body of Masters Swimming in Australia. Its name eventually changed to Masters Swimming Australia (MSA) and the NSW Branch became MSNSW (Masters Swimming NSW). A.U.S.S.I. the National governing body was formed in Sydney on the 22nd September 1975 to provide competition in all four strokes, over a range of distances, divided into 5year age groups, and for both men and women. The three bodies mentioned above catered only for men at that time and at best provided 50m events in 10year age groups but then only for freestyle as form strokes were open-age events.

Although the NSW branch was first planned to be formed the same night as the National body, lack of time on the night delayed the formation of A.U.S.S.I.-NSW until the 17th November 1975. By the time the 1976 National Championships there held there were also branches in Victoria and South Australia.

Swimmers from Darwin, Southport and the three branches competed at Harbord with Len Schenck of Largs Bay, South Australia flying in for the competition in the morning and home again that same afternoon. Unlike present day National swims which are conducted by a committee formed by the host branch, the 1976 Nationals was organised and conducted by the National Committee all of whom lived in Sydney. Bill Lough, the National President and director of the 1975 National Swim was the Meet Director. There was one SAL accredited official, referee Alf Sparkes. The rest of the people who ran the meet had learnt what they had to do over many years of running competitions for their men's organisations.

The meet attracted 95 swimmers (70 men and 25 women). Of these most (87) were members of AUSSI-NSW while the other eight were from interstate. In 2020 we expect just over half of the swimmers to be members of MSNSW and numbers of men and women to be about equal. The NSW attendance of 87 swimmers was almost all of the then members of AUSSI-NSW. While today MSNSW has a broad range of activities at club level ranging from training squads through Endurance 1000 groups, postal swims, Vorgee awards, and social swimmers, and a range of social activities. A.U.S.S.I.-NSW was originally formed only to provide regular competition on a monthly basis in the format detailed above.

In 1976 there was only one club which was Tamworth Workers. All swimmers, including those from Tamworth, were direct members of AUSSI-NSW and all swimmers paid \$2 a year for membership (\$1 for the National body and \$1 for NSW) and all workers were volunteers even paying their own expenses. 2020's membership is far more diverse having many more activities than only competing in meets.

The 2020 National Championships program includes a 1km and 2km Open Water Swims at Lake Parramatta in addition to the 21 individual events and 6 relay events. In 1976 there were only 9 individual events and a men's and a women's freestyle relay. Medleys, both individual and relays were yet to be included as were many of the distances. Table 1 following lists the pool events in the 2020 program with the ones that were held in 1976 highlighted in bold italics.

There were 277 individual swims, an average of less than three per swimmer. This was mainly due to swimmers having to choose between the shorter and longer form events and the short period of time available for the meet (hours not days). 35 of the swims would have qualified for inclusion in the US Masters 1975 Top 10 while five swims were faster than the best US time. Those swimmers were Bess Barrie (2), Eve Whillier, Geoff Ryan, and Owen Griffith whose 400m freestyle in 6min 32.2 was 33 seconds faster than the best US time.

You may ask what else has changed since 1976. The main changes are listed

- 1) The Harbord pool: was 3 feet deep, had solid starting blocks (see photo), relatively narrow decks, and in 1976 the lane ropes were mostly rope with a lone cork every one metre;
- 2) Timing was done with analogue sweep second hand watches that could only be read and recorded to a tenth of a second;
- 3) Women's times are now faster than the men were back then (see Table 2);
- 4) Rules were exactly the same as FINA with all starts from the blocks, 25 the minimum age, and no Medical Disability allowances;
- 5) The oldest swimmers were in their seventies. At Homebush several ninety year olds and over 20 eighty year olds are expected.
- 6) All recording was done manually including tabulating the results as computers were unknown.
- 7) The social, a pre-ordered supper was at the Harbord Diggers Club; and
- 8) The meet including supper was conducted at a loss of \$3.20 due to some swimmers who booked for supper not attending and had not having been asked to pre-pay.

All Masters swimmers going to Homebush should consider themselves fortunate to be competing now and not back before 1975. The handful still swimming who were there in 1976 will be the ones who really appreciate the changes. They are Nancy Whiteley (the Johnson of Port Macquarie), Gary Stutsel (Tuggeranong), and Paul Wyatt (Coogee-Randwick).

TABLE 1

LIST of EVENTS on PROGRAMS 1976 and 2020

Note that all of these events are on the 2020 program

The eleven that are highlighted in bold italics were the only ones on the half-day 1976 program

Stroke	distance					
Freestyle	25m	<i>50m</i>	<i>100m</i>	200m	<i>400m</i>	800m
Backstroke	<i>25m</i>	50m	<i>100m</i>	200m		
Breaststroke	<i>25m</i>	50m	<i>100m</i>	200m		
Butterfly	<i>25m</i>	<i>50m</i>	100m	200m		
Individual Medley			100m	200m	400m	

Relays

Womens	<i>4 x 50m Freestyle</i>	4 x 50m Medley
Mens	<i>4 x 50m Freestyle</i>	4 x 50m Medley
Mixed	4 x 50m Freestyle	4 x 50m Medley

TABLE 2 35-39 Age group

COMPARISON 1st MEN 1976 with WOMEN NSW RECORD

Event	1 st Man	Womens Record
these were the only events contested in 1976	1976	2020
50m Freestyle	29.0	27.73
100m Freestyle	1.04.6	1.00.63
400m Freestyle	5.23.1	4.54.59
25m Backstroke	18.0	15.53
100m Breaststroke	1.22.2	1.20.32
50m Butterfly	33.0	31.07

Facts for this article were sourced from digitized AUSSI originals, MSNSW data and 2020 Nationals budget and AUSSI 1974-1984- The First 10 years by Gary Stutsel. For more information about MSA's first years go to mastersswimming.org.au/about/branch-history/

In memorium

A time to remember...for all those that knew **Ian Davis**, past MSNSW President, MSA National Board member and Wett Ones member it is ten years, since we lost Ian to a heart attack. Still missed.

No quote of the month but instead a simple but heartfelt **thank you** to all our members who are working in essential industries. Be safe and stay strong, we need you and appreciate you more than ever before!

[Jillian Pateman Administrator](#)