



From the admin desk

The last month of the year! Meaning Christmas is fast approaching and 2013 is just around the corner!! Wow time flies when you're having fun in the pool?! With pride we present to you: The 2013 Nationals promo poster!



To all of you: Please have a safe Christmas and a happy 2013!!!



MASTERS SWIMMING NSW CALENDAR 2013



Date/s	Meet	BPS	LC	SC	Venue
19 January	Central Coast	BPS	LC		Gosford
16 February	North Sydney	BPS	LC		North Sydney
23 February	Cessnock	BPS	LC		Cessnock
02 March	Campbelltown	BPS	LC		Campbelltown
24 March (Sun)	Blacktown City State Championship	BPS	LC		Blacktown
17 - 20 April	38th National Masters Swimming Championships SOPAC		LC		
11 May	Ettalong Pelicans	BPS	SC		Woy Woy
18 May	MSNSW AGM Sports House				Sydney Olympic Park
25 May	Went Onse	BPS	LC		Sydney University
08 - 09 June	Clarence River Masters	BPS	SC		Yamba
23 June (Sun)	Manly	BPS	SC		Abbotsleigh School
29 June	Hunter Festival of Sport		SC		Toronto
21 July (Sun)	NSW Relay Meet		SC		SOPAC Diving Pool
04 August (Sun)	Seaside Pirates	BPS	SC		Knox Grammar
31 August	Ryde	BPS	SC		Ryde
08 September (Sun)	NSW Long Distance SC Championships				Mt Annan
21 September	Lake Macquarie Crocs	BPS	SC		Toronto
12 October	Warringah Masters	BPS	SC		Warringah
19 - 20 October	NSW Short Course Championships				Canberra
02 November	Port Macquarie	BPS	LC		Port Macquarie
16 November	Novocastrian	BPS	LC		Charlestown
30 November	Raymond Terrace	BPS	LC		Raymond Terrace
07 December	West Auburn		LC		Lidcombe

NSW Branch Point Score Meets abbreviated as BPS
LC = long course SC = short course



The hard copy of this 2013 calendar is available from your club secretary. If more copies are needed simply contact the Branch office.



SPLASH BACK...

NSW Relay Championships – 22 July 2012

Report by David Bale, Club Captain

Tuggeranong Masters Swimming ACT



Tuggeranong Masters Swimming ACT had six men and 11 women travel up to Sydney Olympic Park Aquatic Centre (SOPAC) for the **NSW Relay Championships** on Sunday, **22 July 2012**.

After much coordination between Ian, David and Caroline we entered 21 relay teams in this championship meet. Once again the relay championships were held in the 25m diving pool at SOPAC.

We had some fabulous results with some really good combinations in both the Freestyle swims and the Medley relays. After the 18 events during the day, our 21 relay teams enabled the

Vikings to finish seventh overall. In the 21 relays we had 7 firsts, 4 seconds, 5 thirds, 3 fourths, 1 sixth and 1 seventh, which meant that we had 16 of 21 teams coming in first, second or third place. We were only beaten by clubs who had more teams entered, and our results highlights were as follows:

FIRST PLACE

4 x 100m Women's Freestyle 200+ : Anne Smyth, Ann Reid, Suzie Gunning, Jeanette Droop

4 x 100m Women's Medley 160+ : Atsuko McGowan, Caroline Makin, Philippa Rickard, Annette Britten

4 x 100m Men's Medley 160+ : Greg Gourley, Luke McGowan, David Bale, Rickard Flockart

4 x 25 m Women's Freestyle 160+ : Atsuko McGowan, Annette Britten, Caroline Makin, Philippa Rickard

4 x 25 m Women's Freestyle 200+ : Jeanette Droop, Suzie Gunning, Ann Reid, Anne Smyth

4 x 50m Women's Medley 200+ : Liz Needham, Caroline Makin, Anne Smyth, Ann Reid

4 x 25m Women's Medley 200+ : Jeanette Droop, Suzie Gunning, Ann Reid, Anne Smyth

SECOND PLACE

4 x 100m Women's Freestyle 160+ : Caroline Makin, Nicolee Martin, Atsuko McGowan, Philippa Rickard

4 x 25m Mixed Freestyle 160+ : David Bale, Liz Needham, Richard Flockart, Philippa Rickard

4 x 50m Women's Freestyle 200+ : Jeanette Droop, Suzie Gunning, Nicolee Martin, Anne Smyth

4 x 100m Mixed Medley 160+ : Atsuko McGowan, Luke McGowan, Philippa Rickard, Richard Flockart

THIRD PLACE

4 x 50m Mixed Medley 160+ : Kristen Leydon, Luke McGowan, Caroline Makin, Roger Dietrich

4 x 25m Men's Freestyle 200+ : Greg Gourley, Roger Dietrich, Jon McRae, Luke McGowan

4 x 50m Men's Medley 200+ : David Bale, Greg Gourley, Richard Flockart, Jon McRae

4 x 100m Mixed Freestyle 160+ : Atsuko McGowan, Roger Dietrich, Annette Britten, David Bale

4 x 25m Women's Medley 160+ : Liz Needham, Annette Britten, Nicolee Martin, Kristen Leydon

Our club recorder, Ann Reid, performed some calculations relating to average points per swimmer, based on the actual number of relays swum by each club, and this calculation showed that Tuggeranong came away with top points on average per swimmer! ... Tuggeranong with **16.86** closely followed by Seaside Pirates in second position with **16.85!**

Well done to all our Vikings – an impressive performance. It was a great meet, with the true embodiment of friendship and fun amongst the teammates and competitors.

September 2012: Thredbo-High altitude training camp

On Friday 28 September 20 swimmers from the Ryde, Tuggeranong & Bushrangers clubs headed to Thredbo for a high altitude training camp. The Bushrangers included a farmer from Junee and two members of the ex-Albury ("Border") masters club. Both they and the city slickers were greeted with a refreshing dose of blinding rain, thunder and lightning upon arrival in the Kosciuszko National Park. Then it was off to our first swimming session based upon snakes and ladders...getting us ready for anything that might be ahead.



On Saturday it was snowing!!! We walked to the pool in falling snow, saw snow fall outside as we were swimming and at lunchtime it was still -1 degree C (and, yes, still snowing)! Clearly, this doesn't usually happen at home. Plus we watched it from the warmth of the lounge room of lovely Boali Lodge which has a fire and a panoramic view.



Sunday was fine and sunny to complete the gourmet weather selection and perfect for skiing, bushwalking and chairlift riding. There were enough of us for company to do whatever you wanted to do. The food was also gourmet as well as healthy and included home baked Tiramisu. Some younger members also managed to go out, drink, have only few hours' sleep & show up at 7 am for training too...which apparently is good. Greg Lewin and Wendy Seale provided us with many kilometres of well-

designed training. Breathlessness usually hits on the second fifty of the warm up due to the altitude. But who can refuse to put in if the next set is only kicking with flippers on, followed by swimming with flippers on, followed by some serious laps without flippers and finally some sprints. In this way, most of us managed a lot of good swimming and there have already been a few PB's at Warringah.

Sadly, Monday came too soon and we all had to head home. Well, maybe after some ski runs at Merritts. There were lots of plans for next year...mostly around how to eliminate the problem of having to go home and how to fit the entirety of NSW masters into the 32 beds at Boali!

NSW State Short Course Championships – 20th & 21st October

"Vikings bring home 39 medals to Canberra from State SC Champs in Woy Woy"
Report by Roger Dietrich

A strong team of twelve Tuggeranong Vikings swimmers competed in the NSW State Short Course Championships at the Peninsula Leisure Centre at Woy Woy on the weekend of 20th & 21st October 2012 bringing home a haul of 39 medals.



Swimmer of the meet for the Vikings was **Atsuko McGowan** who won 3 gold and 2 silver medals in the 30-34 age group. She won the three gold's in the 200m freestyle, 100m backstroke and the 100m individual medley. Atsuko's two silver medals were earned from the 200m individual medley and the 50m backstroke.

Caroline Makin (40-44) also came home with a medal for each for her five events. She won gold in her 200m backstroke and won silver medals in her 200m freestyle, 100m individual medley and 200m individual medley. A bronze medal was also

won in her 50m freestyle and she swam a personal best time of 33.15.

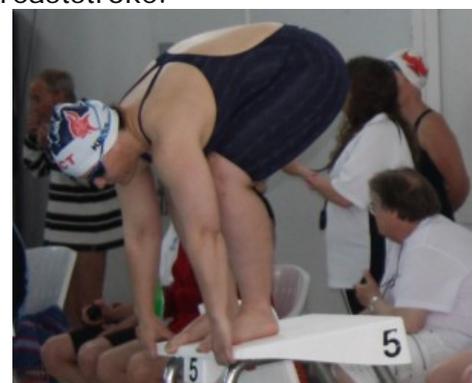


Also competing in the 40-44 age group was **Annette Britten**, who won two gold in the 100m backstroke and the 200m breaststroke as well as a silver in the 200m backstroke and a bronze in the 100m breaststroke.

Kristen Leydon (40-44) won silver with a personal best time in

the 50m butterfly.

Not to be outdone **Anne Smythe** (50-54) also brought home five individual medals, two gold medals, two silver and one bronze.





Anne's two gold medals were won in the 200m freestyle and 200m butterfly and the two silver medals were won in the 100m freestyle and the 100m butterfly with the bronze medal awarded for the 200m individual medley.

A silver medal and two bronze medals were awarded to **Ann Reid** (50-54) for the 200m butterfly, 200m freestyle and the 100m individual medley respectively.



In the men's section
Butterfly
specialist

David Bale (35-39) won a silver medal in his 200m butterfly and a bronze in the 100m butterfly.

Luke McGowan (40-44) won silver in the 50m breaststroke and a bronze in the 100m breaststroke. He also put in a gutsy effort for a fourth in the 100m individual medley with a personal best time by more than a second!

Roger Dietrich (50-54) swam three personal bests at the meet and came 4th in the 50m breaststroke.

One gold medal was acquired by **Greg Gourley** (55-59) for the 100m individual medley and he won three silver medals for the 100m backstroke, 200m backstroke and the 200m freestyle.



Two golds and one silver medal were won by **Richard Flockart** (55-59) in three butterfly events, the 200m, 100m and 50m.



In his 100m butterfly **Jon McRae** (60-64) won a bronze medal.

In the relays David Bale, Atsuko McGowan, Anne Smythe and Luke McGowan won a gold medal the *mixed 4 x 50m freestyle* (160+ age group).

Atsuko McGowan, Annette Britten, Caroline Makin and Ann Reid won a bronze medal in the *women's 4 x 50m medley relay* (160+) and Kristen Leydon, Caroline Makin, David Bale and Greg Gourley won a bronze medal in the *4 x 50m mixed medley relay* (160+).

Exhibition Sprint Results – 26 November

Clarence River Masters Swimming club held our first Sprint night combining both Maclean and Yamba Squads at Maclean Pool on Monday night the 26th November.

Over 40 swimmers entered times for the Sprints.

We all enjoyed testing ourselves doing our best times for the night!

An exhibition swim was held with Nic Ffrost, past Olympian, now owner of Lane Seven Café in Yamba. Nic did have a bit of competition but blew all out of the water with his time of 25.25s in a 50m free race, a close second was Krystal Jurd in 33.25s, this was slower than Krystal's 50m free in the first race, this she did in a time of 28.04s. Steve Burton's time was 33.84s, Simon Worboys 33.78s, Jo Worboys 37.35s, Jim Wheeler 35.53s, Matthew Eke 35.45s, an outstanding swim by newcomer Todd with his time of 30.28s with little or no training!

Our next sprint night will be in February 2013, let's see if we can better our times. The Club wishes all a very happy Christmas. In Fun Fitness and Friendship!!!!



Nic Ffrost

Celebrating 40 years strong as a referee.

Gordon Ferguson



Gordon Ferguson's original Referee qualification is dated September 1972 and signed by the NSWASA's legendary Secretary, Roger Pegram.

Gordon says that in the late 1960's Woy Woy Club had moved from a tidal pool to a new Olympic pool and the adult members were starting to look to getting qualifications when this old chap, (about 70), Bill Williams, with his referee's ticket showing number 1 for NSW, turned up on club swim night, saying that his main interest was to see club members get qualified.

At that time there were less than 10 referees in Country clubs but within a few years Gosford ASC had 3 referees and Woy Woy club had Gordon qualified & many other members holding tickets through Bill's efforts. Referees had to have all the other tickets first & the written exam

took about 5 hours to detail all the duties and routines of officials. Referees were a bit of an exclusive club and in general wanted to see things stay dominated by amateurs. Gordon's main focus remained with the Club, Northern Districts & Central Coast swimming and he was one of the three people who really pushed for a separate Central Coast Association with Kevin Vickery heavily involved also in that. After 1980 Gordon didn't do much as a referee, getting tied up with surf club involvement, only doing some carnivals at clubs & schools. He was back running meets with the "amateurs" by the late 1990's.

Once he joined Ettalong Pelicans Masters, in 1995 members who knew of his qualifications started to encourage him to use them, & after having to take over a Masters carnival at Warners Bay, when referees had to leave before the finish & then run a meet at Woy Woy, when the appointed referee turned up late, Gordon qualified as a Masters referee about the year 2000.

Now he enjoys refereeing 4 or 5 schools district meets each year, Friday nights with Woy Woy Swim Club, carnivals with Coast & Valley Area, occasional days with Country & Swimming NSW State championships at Homebush & Masters Swim Meets & Open Water Swims; and enjoys his involvement with all these groups.

Colleen Garland

Ettalong Pelicans

(Details provided by Gordon)

A day in the life of an official



We start with a good night sleep (not too many drinks).



We wake feeling

refreshed.



Fuel our bodies by eating a hardy breakfast.



Drive to the swim meet.



Enjoy a coffee when we arrive.



Have a chat with all our swim buddies/friends.



Attend

an official briefing.



Put a smile on our face.



Take up our positions around the pool deck.



Start the race.



Observe the swimmers.



Visit the bathroom when time

permits.



Eat lunch on the run.



DQ swimmers when needed or suggest they talk to their

coaches.



Swim our self.



Receive a thank you from the host club and many



individuals who appreciate the work you do.



What a fullfilling day so why not become an official

and get a piece of the action.



Try it you may enjoy it.

Now are you interested in becoming an official contact DiP. Go to facebook and make a comment.

I would also like to remind swimmers that when you are disqualified you have disqualified yourself because the official has not done an incorrect stroke but you the swimmer has. It must also be remembered that in all sanctioned swim meets all swimmers are eligible to break world, national and branch records provided the requirements are met. This is why it is so important that all swimmers obey the Masters Swimming rules and the officials are there so these records will be recognized.

New Years resolution

1. memorise your master swimming member number
2. become an official

Merry Xmas and a Safe Happy New Year

DiP

Diane Partridge

NSW Training Coordinator

diane.partridge@bigpond.com



SPLASH TECHNICAL

ATTENTION BREASTSTROKE and IM SWIMMERS

In recent events officials have reported breaststroke swimmers who took a second arm stroke without doing an intermediate kick to reach the end of the pool. This has been seen at turns and at the finish of races.

This action, two consecutive arm strokes, leaves the Event Referee with no choice but to disqualify you, the swimmer. It does not matter how short the second arm stroke was.

Rule SW 7 Breaststroke details all the actions that can and can't be done in Breaststroke. Rule SW 7.2 states *"throughout the race the stroke cycle must be one arm stroke and one leg kick in that order"*.

This means if you find yourself very close to the end wall when completing an arm stroke you should lunge forward with your hands to touch the wall. Rule SW 7.3 allows your elbows to be above the water on this last stroke, making the finishing touch easier to achieve. This action should be practised in training.

Alternatively follow your last stroke with a kick as required by Rule SW 7.2 and hold your hands out till you touch. It is better to lose a second than be disqualified.

Never take a second stroke, or second kick to finish a lap. If you are in any doubt talk to your coach or one of the Referees.

Gary Stutzel, MSNSW Technical Director

Safety Officer Jodie Burke

There are some people that are just lucky to have around.

While visiting Sydney, from Canberra, for the Wests Auburn meet our Branch Safety coordinator fell to her knees in Pitt Street-not to honour the very ground sydneyiders walk on or to pay homage to the great ASX (stock exchange) but rather to perform CPR on a member of the public who dropped at her feet. Why are we lucky to have her on our side? This is the third time in 24 months that Jodie's now well practised skills have been utilised. Successfully!

Well done Jodie and thank you, not only from Masters Swimmers (who this latest client was not) but from all who know you. I'm staying by your side from now on. ☺

SPLASH ~ needs you!!!



National Championships 2013.

There are now only 4 months until we host the National Championships in Sydney for the first time since 2002, and there are many parts of the puzzle which still need to come together.

We have a very dedicated and enthusiastic committee working towards the championships and they have been working behind the scenes for the past 18 months, but now it is time for our membership to get in and help a little, we cannot do it on our own.

Some help is needed in the following areas:

1. If you or your company can help with sponsorship in any way we would love to hear from you. We are not looking to make money from the Nationals, but we do need to clothe and feed the officials and volunteers, and we would love to provide give-aways at the Happy Hour and Presentation functions.
2. If you or your company have product or samples that we could add to the Welcome bags we would love to hear from you. It is great to go to a National championships and get a welcome pack with lots of goodies. Sunscreen and muesli bars come to mind, we feel sure there are members in NSW who can help with this request
3. We are looking for volunteers to help with various jobs eg. the registration desk, the medals table, feeding officials and volunteers, timekeeping, posting results, getting information for the daily newsletter etc.
4. We have asked for clubs to volunteer to run the raffle each day of the championships, and we have explained that this is a money making exercise for the club concerned. You can organise and keep all the proceeds- but so far no club has offered their help. Swimmers always like a raffle, and this is a great way to make some profit for your club

5. There is another opportunity for clubs to make some money with the Eventstay program which is explained on the Nationals website. It is a great new program in which you can offer a room or two in your home for swimmers from out of town to stay and get paid at the same time- please have a look at the website and become involved- it will also allow swimmers to attend the Nationals who may not have been able to afford the accommodation otherwise.
6. AS well as all of the above, the most important job is to encourage your fellow swimmers to start training and join us all at the National Championships. It will be another 6 years at least before they return to Sydney so let's all join in and enjoy hosting swimmers from around Australia and maybe even from overseas.

If anyone is able to help with any of the above please contact me on nationals2013@mastersswimmingnsw.org.au

or contact Jillian in the NSW office.

Thank you and may everyone have a safe and Merry Xmas

Jane Noake



SPLASH FAREWELL

Vale Malcolm Heath

Malcolm was a member of Masters Swimming NSW since 1986, a total of 26 years, all with the one club - Wests Auburn.

Club Member - West's Auburn.

As well as his volunteer work for Amateur Swimming and NSW AUSSI Malcolm also found time to support his own club, Wests Auburn. Malcolm was voted male club member of the year in 2003.

Committee Member

Malcolm held the following committee positions at Wests Auburn:

President

Club Captain

Race Secretary

Club records recorder

Every one of these jobs was performed with enthusiasm and commitment. Malcolm motivated other swimmers to achieve their best - in the best possible way - by setting an example for others to follow.

Aerobics (Endurance Swimming)

Malcolm was one of the driving forces behind Wests' ongoing success with the annual State Aerobic Points score challenge.

His aerobic points contribution was not only from his personal achievement of points, but also from the viewpoint of the work he put into other swimmers. It's best summed up by saying he was certainly no stranger to a stopwatch, some friendly advice and encouragement to club members as they embarked on their points score tally each year. Malcolm achieved full National Aerobics points on six occasions, as well as completing all swims on a further five occasions.

Carnival Participation

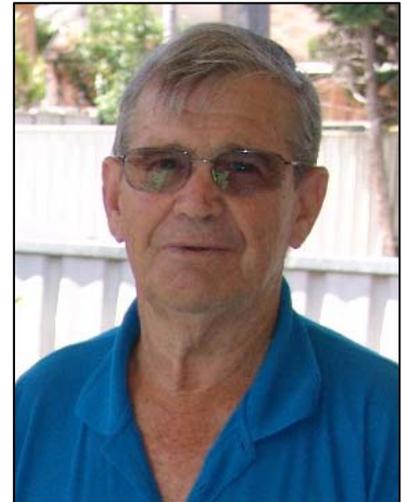
Malcolm was a regular participant at carnivals - local and country - usually getting to about 75% of the annual events. He had been to nearly all State carnivals (both long and short course) for the past 18 years. He was consistently placed in the top three in his age group, and always took part in Wests relay squad. As well as swimming, he was Starter at almost all of them.

Life Membership

Malcolm was the type of club member that every club needs at least one of; reliable, participative, knowledgeable and enthusiastic. His work was duly recognised in 2002 with a Life Membership of Wests Auburn Masters.

Contribution to the advancement of Masters Swimming:

Malcolm's contribution to the advancement of Masters Swimming can be directly related to his extensive history of volunteer work with the organisation.



Accredited Race Starter.

In 1993 Malcolm became the very first accredited starter in Masters Swimming. His background at that stage had been in amateur swimming where his skills as a starter had been developed.

Prior to Masters Swimming introduction of an accreditation process for starters Malcolm started (and in many cases refereed as well) at nearly all of the carnivals, you see, at that stage he was the only one with the knowledge and experience.

A highlight of Malcolm's contribution to the "official" side of AUSSI Masters Swimming was being an Official Starter at the 2003 AUSSI Master's Nationals at Homebush Bay.

Starters Course - Lecturer.

Not only did Malcolm run and lecture the 2003 Starters course, he also prepared the curriculum notes for the course. These notes now form the basis for training of all future Starters.

NSW Representative - National Board.

Malcolm was the NSW representative on the National Board for 3 years in his capacity as Technical Director.

Administrator - NSW AUSSI Masters State Office.

Malcolm was a volunteer administrator at the NSW AUSSI State office. This office provides the "back room" work that allows its members to enjoy their swimming unencumbered with all the administration that's required to keep an organization as large as NSW AUSSI operating smoothly. Malcolm was one of the people behind this facility.

Recognition by Masters Swimming NSW

As a valued member of Masters Swimming, Malcolm received the following awards

Betty Grant Award - 2004

Masters Swimming NSW Official of the Year -2006

Masters Swimming NSW extends our sympathy to his wife Laraine and his two daughters. Malcolm will be missed by all!

Malcolm Heath- a personal view by Jane Noake

I started in Masters swimming in 1992 with Western Suburbs at the Auburn pool where Malcolm had been associated with the amateur swimming club through his daughters, Georgia and Karin, and was also a member of the Masters club which was then Western Suburbs.

Malcolm would be the starter and referee every Friday night for the Auburn Amateur club races then would be on pool deck at 6pm for the Western Suburbs club night, usually the first person on deck with a stop watch to time the aerobic swims.

I showed an interest in starting so Malcolm took me under his wing and taught me everything he knew, and I did my apprenticeship at the Auburn club races on a Friday afternoon.

When there was no referee in attendance Malcolm would take on that duty as well and I was soon getting to know the ins and outs of refereeing being mentored by the referee from the amateur club.

When I became more heavily involved with Masters Swimming, Malcolm was always there to help. He ran many starters courses, and mentored many starters (my daughter Jodie was another of his charges).

He was the Chief starter at many State Meets that I ran. He was the Chief starter at the World Gay Games and the World Masters Games in Sydney, and of course he was starter at many, many club meets.

But my memory of Malcolm is not just as a starter, but the fact he was always the first one at a Meet, the first one to put up his hand to help, I always knew that when I arrived Malcolm would be there ready and willing and able, and nothing was too difficult for him, in fact I don't remember him ever complaining about doing anything. I knew that when I turned to someone for help at a State Meet Malcolm was the first one to put up his hand, and I probably did not appreciate that until now.

I am sure his club mates will also agree that Malcolm was the most selfless man in Masters swimming. He would sit for hours timing people in the pool then get in to do his own swim. Even when I left Wests and transferred to Pirates Malcolm still offered to time my aerobic swims whenever I wanted to go down to Auburn pool.

We will all miss him terribly, but we are all wiser for having known him.

Jane Noake





Vale Fred Elsom

Ettalong Pelicans

Fred passed away on Tuesday 4th Dec following a long battle with a brain tumour and complications. Fred was a member of this club for more than twenty years and had previously been a member of North Sydney Masters and North Sydney Water Polo. Several years ago Fred was elected a Life Member of Ettalong Pelicans. Fred held National and State records over the years and was quietly proud of his achievements. Fred really enjoyed simply walking around at meets and chatting to people, talking about their swimming and other things in their lives, and had a remarkable memory for people and what they were doing, so he knew a surprising number of swimmers. Fred and his cheerful manner will be greatly missed by people in this club and I feel sure also by many other members of the Masters Swimming community.

Gordon Ferguson Club Secretary Ettalong Pelicans

"Fred Elsom, more than a swimmer

In May 2001 a panel of NSW Masters Swimmers was brought together to review our Constitution, and in particular the issue of whether to retain the individual swimmer basis of membership of the then NSW AUSSI or to change over to the current membership based on club representation. Fred was invited to join the Constitutional Review Panel* to draw on his experience as a swimmer and perspective of metro and country clubs. On behalf of that Committee, we would like to take this opportunity to recognise Fred's contribution and insight, and for being the voice of reason when debate became heated. Thanks Fred, for all your good work.

Graham Campbell, Club Captain, Warringah Masters

*Members were Keith Wake (Chair), Fred Elsom, Brian Hird, Beryl Stenhouse, and Graham Campbell; and observer Steve Lamy (for review of drafting implications for the new Constitution)"

The Branch office receives many calls from clubs and members when we have sad news to spread but losing both Malcolm and Fred has touched so many people. Here are just two of the messages received:

On behalf of myself and everyone at Warringah who knew Fred, please pass on our condolences to his family.

Fred was one of the first people I spoke with outside of Warringah and always found him full of charm and cheerful, even in the face of his illness. He will be missed, sadly.

Kind regards
Graham Campbell
Club Captain
Warringah Masters



That is terrible news!

I have known Fred since I was 25 and we both used to swim with North Sydney.
After some years off, Fred rang me when I moved to the coast and asked me to join Pelicans.
I'll always remember his words of wisdom when I met him at Putty Beach and told him I didn't know if I wanted to race anymore, he told me "We'll never be as fast as we used to but we just have to accept that and still have fun".
Such a gentleman!!

Please give my deepest sympathy to his family. Cheryl Rix.

Ryde swimmer Win at Gallipoli Cup Swim

Near the Gallipoli battlefields is the Turkish seaport town of Canakkale. The Rotary Club of Canakkale hosts a swim across The Dardanelles strait. The 5 km swim starts on the European shore and finishes across The Dardanelles strait on the Asian continent. This year, there were over 500 swimmers from all parts of the world competing in choppy waves.

Australian and Ryde AUSSI Masters swimmer Jenny Whiteley, 54 won the woman's section of the race. Jenny crossed The Dardanelles in an impressive 63 minutes. Nardee Brims of Port Macquarie, NSW came second with a 65 minute finishing time.

Jenny hails from Ryde, NSW and is a former teammate of Olympic swimming legend Shane Gould. Whiteley herself holds eight world and 70 national swimming records in the 45-49 and 50-54 year age categories.

The Gallipoli Cup Swim is held annually on Victory Day, an important national day in Turkey. 30th August commemorates the 1922 final victory against Greek forces who had occupied Western Turkey since 1919. By the end of 1922, Turkey was free of foreign troops and Ataturk, the famous Turkish Gallipoli commander, was once again the saviour of his country.

The Dardanelles strait is one of the busiest waterways in the world. So the course must be closed to shipping for around 90-minutes during the swim.

For more information about masters swimming contact Ryde AUSSI Masters Swimming Club (RAMS) based at the Ryde Chris Lock on 0429990018.



Dais – Jenny Whiteley winning overall female - 2nd was an Aussi girl (RH of Jenny) from Port Macquarie, Nardee Brims

Website: <http://www.gallipoli-2015.com.au/gallipoli-cruise/tag/dardanelles-strait>

