



MASTERS SWIMMING
New South Wales

SPLASH



MASTERS SWIMMING
New South Wales

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March 2007

MASTERING TIM'S TEAMS *Masters Swimming Featured on Ten News Segment - 22/11/06*

On a very hot and blustery day in November some 20-odd Masters swimmers proved they could have fun mixed with serious swimming as they fronted for a spot on Tim's Teams, a Channel Ten feature on its 5 o'clock news, broadcast Statewide.

The idea came from *Phil Baird* of Cessnock Masters who felt there was an opportunity to get Masters Swimmers on the show but that a venue in Sydney would be necessary.

The show's producers were intrigued with the prospect of doing something with AUSSI NSW, especially when it was suggested the live crosses could probably be done from North Sydney pool, with the Harbour Bridge as a spectacular backdrop.

From there it was truly a team effort. Pools aren't generally noted for massive cooperation or facilitation for our clubs, but on this occasion *John Wynberg* of North Sydney sold the pool on the idea.

Thanks to *Norm Boyle* and *Travis McKinlay* (the pool management team). Resident coach *Steve Badger* was also enlisted, keeping the business end of the lanes clear of marauding kids, (although one parent/child combo managed to get in the swim!).

The swimmers on the day were a real cross-section of Masters – champions like *Lynette Stevenson*, *Mark Patterson* and *Max van Gelder* to try-hards like the author of this piece and all shades in between, drawn from North Sydney, Warringah, Blacktown, Seaside Pirates, Tattersalls, Manly and Wett Ones

The highlight? Anyone's guess – was it our President, *Ian Davis*'s ability to compress the Masters story into a couple of minutes talk time, the \$500 worth of Rebel Sports gift vouchers that will go to one of our smaller clubs, or was it the sight of 23 adults hamming it up in the pool,



all in a good cause?

Take your pick – but three live crosses in one of Ten's highest rating shows was worth the effort from everyone concerned.



LAKE MACQUARIE CROCS

Lake Macquarie Crocs was borne of a need for a Masters Swimming Club in the Westlakes area of Lake Macquarie. The lake itself has a foreshore of around 175 kilometres, so there is a bit of territory to cover.

The Club has been in existence for around five years and swims at the Toronto Indoor Swimming Centre in West Toronto. The current membership now stands at 24, which is down from 34 in 2006, although there are a few who have been tardy in renewing their membership this year. We anticipate building our numbers back to last year's level.

The "Crocs" adopted that name not for any local inhabitants, merely to provide some form of identity and a simple logo for the club. The name of Macquarie in our name does sometimes cause confusion with the port of the same name and it is hoped that people will eventually connect the "Crocs" with the lake.

We have now held four branch point score carnivals and average around 150 entries each year. Our club naturally encourages as many

members as possible to compete in our own carnival and we managed a close third placing at the 2006 carnival.

During the last Trans Tasman Games, he scored four Gold Medals and one Silver Medal.

Our coach is one of the members, *Andrew Vollmer*, and he has done a sterling job in helping members of all abilities to become fitter and to swim faster.

The Club swims on Thursday night from 6.30pm to 7.30pm and we meet once a month at the Toronto Workers Club for a bite to eat after training. The "Workers" supports our club with sponsorship which is of great assistance. The other sponsor that assists us is Centennial Coal and we are equally grateful to

both of these organisations for their help.

We hold social events when we can get members together apart from the popular feed at the Club. We held a ten pin bowling night not so long ago and we are planning a lawn bowls afternoon at one of the local bowls club. Hopefully, not too many will give up swimming to take up bowls. ☹



Michael Carmody

When it comes to setting records, the Crocs have had their share with at least three State Relay Records being set and, recently, *Gordon Creek* set two State records over 25 metres. Mention has to be made of *Michael Carmody*, who was a founding member of the Club and its first President. Michael has consistently set records and been part of at least two record breaking relay teams.

WEBSITES

The National website: <http://www.aussimasters.com.au>

NSW website: <http://www.aussimastswimnsw.org.au>

World Masters Games, Sydney 2009: <http://www.2009worldmasters.com>





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CLARENCE RIVER MASTERS ~ YAMBA CARNIVAL

It's time once again to start planning your June Long Weekend trip to the lovely far north coast holiday town of Yamba, for our annual pointscore carnival. Our 6 lane, 25m outdoor heated pool is the venue for the Saturday and Sunday event, and the beach (exact location will depend upon the weather conditions on the day) is the venue for the ocean swim on the Monday.

We have great community support and sponsorship for this carnival, especially from our local surf club. As an adjunct to the pool event, the surf club runs the Monday ocean swim, ensuring that pool swimmers who usually rely on following the black line don't get too lost out in the ocean. The swim

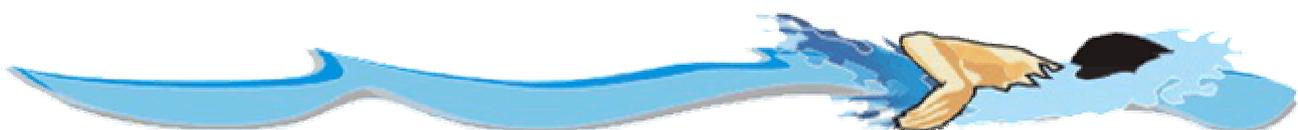
is approximately 1km and is conducted in compliance with the AUSSI Masters Open Water Swim Rules.

A sausage sizzle is provided on Saturday afternoon to give everyone the opportunity to relax and have a chat. The presentation dinner, which will be fancy dress, will be held on Sunday evening at the Golf Club. The dress code theme is "Revisit The Movies". More sausages are provided on Monday after the ocean swim to replenish energy reserves ready for the trip home.

We regularly have teams of swimmers from all over the State and a big contingent from Queensland also visit. This provides us with the great

opportunity for a 6 a side "State Of Origin" relay race which is held during the lunch break. It is always a popular and entertaining event. As NSW was just beaten in a nail biting finish last year, the competition this year should be fiercer than ever.

Our 3 day carnival this year will be held on the 9th, 10th and 11th June and we'd like to invite you to come along for an enjoyable weekend of fun, fitness and friendship. The carnival program and entry form will be made available closer to the date. For any more information phone Ray on 6645-8017, Pam on 6645-9215 or Lou on 664-61191. ☼



◆ CARNIVAL REPORTS ◆

STATE LONG DISTANCE CHAMPIONSHIPS 19 NOVEMBER 2006

The number of entries for this Meet was a record 133 in all, ensuring that these championships remain on the NSW calendar.

This, in itself, produced its own problems in that the program was timed to go for 13 hours and I, for one, was not prepared to be at the Blacktown Aquatic centre until 9pm on a Sunday night.

No worries though, our marvellous officials worked miracles and everyone got to swim. Some swam two to a lane in the freestyle events, others preferred to swim by themselves, but everyone was happy and we were able to leave for home at a decent hour.

It was an enjoyable day, there were some fantastic swims, many records as can be seen in the records listing elsewhere in this edition and there were some swimmers who won medals who don't usually win at State championships, and this is great to see.

Congratulations to all swimmers, whether you set a record, or a P.B. or just finished your event, you were part of the last NSW championship for the year and you earned points for your club.

The 1st division point score was won by Seaside Pirates, Novocastrian was in second place followed very closely by Ryde.

2nd division was won by Campbelltown, followed by Hornsby and Dubbo in third place.

3rd division was won by Blue Mountains Phoenix, followed by Gosford and Oak Flats in a tie for second place.

4th division was won by Victoria Park, from Tattersalls and Tamworth in 3rd place.

My sincere thanks to a wonderful group of officials who worked very well together to ensure the day ran smoothly.

CENTRAL COAST SWIMMING CARNIVAL 20 JANUARY 2007

The first NSW Masters Swimming Carnival for 2007 was held at Gosford Olympic Pool on Saturday, January 20. It was a warm to hot day and fortunately the organisers had arranged for plenty of shade and water to be available for all swimmers, officials and volunteers.

There were over 210 entries for the carnival but, due to the expected weather conditions, a number of swimmers did not arrive. There were swimmers from across NSW and the ACT, the majority of clubs being from the Sydney area but also including Newcastle, Maitland, Swansea and Cessnock, as well as the three local Central Coast clubs - Gosford City Seagulls, Ettalong Pelicans and Wyong Wobbygongs.

The Central Coast carnival saw a number of Long Course records achieved:-

Alan Godfrey (NTS) 50-54 - 200m Freestyle - 2m 15.70s (old NSW record 2m 16.36s).

Barry Seymour (NML) 60-64 - 200m Freestyle - 2m 28.21s (old NSW record 2m 30.69s).

Kathryn Dobson (NBM) 50-54 - 200m Individual Medley - 2m 59.55s (old NSW record 3m 04.82s).

Marilyn Earp (NWG) 55-59 - 50m Butterfly - 36.01s (old NSW record 36.05s).

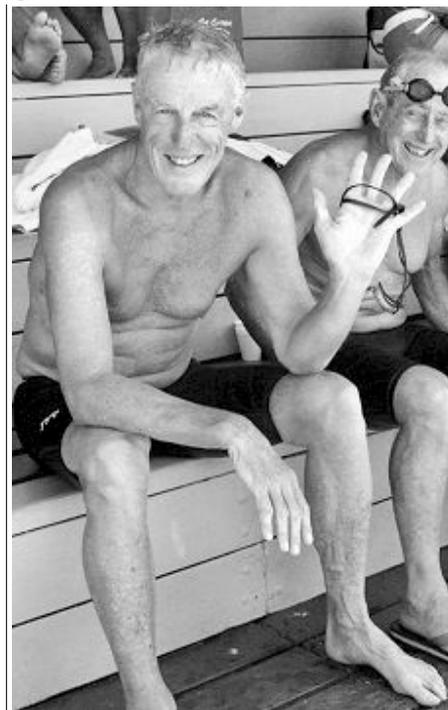
Tony Goodwin (NML) 70-74 - 50m Butterfly - 37.89s (old NSW record 38.45s).

Alan Godfrey (NTS) 50-54 - 100m Backstroke - 1m 09.62s (old NSW record 1 m 12.95 s; old National record 1m 11.28s).

Tony Goodwin (NML) 70-74 - 100m Breaststroke - 1m 30.93s (old NSW record 1m 41.83s; old National record 1m 33.78s.)

Tony Goodwin (NML) 70-74 - 50m Breaststroke - 39.19s (old NSW record 42.70s; old National record 41.88s).

Tony Goodwin (NML) 70-74 -



200m Breaststroke - 3m 21.15s (old NSW record 3m 49.78s; old National record 3m 29.63s).

The Club Pointscore for the Carnival and the rankings for 2007 show Warringah, followed by Novocastrian and Seaside Pirates. Ettalong are fifth with Wyong Wobbygongs eighth and Gosford tenth. Average points score placings - Manly first, followed by Seaside Pirates and Coogee-Randwick (Ettalong 9th, Wyong Wobbygongs 11th and Gosford 15th). The three Central Coast Clubs are to be congratulated on the carnival which was enjoyed by all swimmers, officials and volunteers.

Volunteers from Lions and the 55 Plus Club at Erina Fair assisted on the day. Three children from the Wyong Wobbygongs, Gemma, Jenny and Murray, were absolutely brilliant on the day and there was much praise from officials, volunteers and swimmers for the way they assisted with taking the record cards to the recorder and generally helping.

There were many sponsors who assisted the organisers of the carnival and they were acknowledged in the program.

(Continued on Page 5)

✦CARNIVAL REPORTS✦

(Continued from page 4)



Without their assistance and support, the organisation and running of the carnival would not have been as successful, particularly Bendigo Bank (East Gosford), Clan Lodge at Terrigal and Mega Save Chemist at Erina Fair. Many other local businesses and organisations also assisted.

Thank you to the club members of the Ettalong Pelicans, Wyong Wobbygongs and Gosford City Seagulls in the running of a successful carnival.

Neil Keele, Gosford Seagulls

SEASIDE PIRATES

CARNIVAL

3 FEBRUARY 2007

Pirates held their second swim meet at the Hornsby Pool on Saturday afternoon the 3rd February. The timing of the meet allowed many swimmers to work or spend time with their families on Saturday and then devote their afternoon and evening to swimming, allowing a number of new swimmers to compete and it was good to see so many new faces.

The weather was again very kind to us, with the heat of the day past, it was quite pleasant on pool deck for both swimmers and officials.

The program was shortened slightly from our first Hornsby meet allowing a decent finishing hour and I am sure most competitors appreciated this fact. We particularly appreciated the large number of entries from Novocastrian, Cessnock and

Wyong Wobbygongs.

The racing was fast and competitive, as you can see from the number of records that were broken on the day (elsewhere in this edition), and although the Hornsby pool must be one of the older pools in NSW it appears to have been kind to many. A particular mention of *Tony Goodwin's* 200m breaststroke swim which was half a fingernail short of a world record. Great swim Tony.

Pirates would like to thank all visiting officials who are so important to every swim meet and thanks to everyone who competed who made the day one of Fun, Fitness and Friendship.

NORTH SYDNEY SUMMER SPRINTS - 10 FEBRUARY 2007

Rain seemed to be threatening all day but the confident predictions of "Skipper" *John Wynberg* proved amazingly accurate and the 2007 North Sydney Summer Sprints enjoyed a cool, calm and dry evening.

Tony Goodwin (70-74) from Manly Masters was the swimmer of the night with a new National Record in the 50m Breaststroke - 38.76, and a new NSW Record in the 50m Fly - 35.93. *Stuart Ellicott* (55-59) from Hornsby set a new National Record in the 50m Breaststroke - 35.38; and *Alan Godfrey* (50-54) from Tattersals set a new NSW Record in the 50m Fly - 29.43.

North Sydney AUSSI would particularly like to thank the

Referees:- *Jane Noake, Marilyn Earp, Gordon Ferguson* and *Colin Casey*; the Starters:- *Martin Shanny* and *Louise Stovin-Bradford*; all the officials; and all swimmers, their families and friends who helped with timekeeping, without whom the meet would not have been such a success.

Once again we were lucky to have numerous sponsors supporting us by providing some fantastic raffle prizes. We would like to thank Let's Go Surfing at Bondi, International Sports Tours, Speedo, OzTrek + Sydney Tower and *Destra Business Communications* for getting behind North Sydney AUSSI and Masters Swimming.

This year an ALGE semi-automatic timing system from Split Second Timing was trialed as part of the continuing effort to improve the carnival. This system not only greatly eases the workload in the data entry room, it also makes life for the timekeepers much easier. It also speeds up the running of the carnival, which is important given the time limitations at the pool. Even with a longer than expected break to move the devices for the relays and process the relay cards, the carnival was over the earliest it's been in years.

Warringah Masters continued its run of success at North Sydney taking home the Visitors Trophy ahead of Blacktown and Ryde and also topping the average points per swimmer ahead of Manly and Cessnock. We apologise for not having the final results available at the end of night. This was due to some unexpected Meet Manager issues and we especially thank *Mark Hepple* for being on the other end of the phone a few times during the evening.

Congratulations to all the swimmers for such a great night of swimming and we look forward to seeing you all again in 2008 at "the Best Address on Earth". ☹

COMPETITION SWIMMING

Gary Stutsel, Chair National Technical Committee

At the recent Referees' and Starters' Workshop held in Sydney, one of the key discussions was about swimmers not being properly briefed by their clubs or coaches before a swim meet, especially when they have not competed at AUSSI meets before. The points that must be covered are:

1. If you are seen wearing a watch or pacing device in races you will be disqualified (SW 10.15).
2. During warm-up sessions, lanes will be marked for specific purposes or strokes. To make these work you will need to:
 - enter pool feet first except in the supervised dive lane
 - swim in the correct stroke lane
 - if doing freestyle pick the right speed (slow/medium/fast)
 - if you stop at the end, hold onto the rope so you don't stop swimmers from turning.
3. Marshalling:
 - be aware of events and heats being marshalled
 - be there when your name is called

- stay with your heat. If you need to go to the toilet tell someone you are going.

4. Starts:

- adjust your cap and goggles as soon as you are behind your block. The Referee and Starter do not have to hold the start while you adjust them on your block

- don't jump onto your block or enter the pool until the whistle signal is given

- when the signal is given stand on your block or the pool edge with at least one foot at the edge, or enter the water and hold onto the pool end or backstroke grips.

5. Backstroke Starts:

- there are two whistle signals, the first to enter the water, the second to take up your starting position. Don't tire yourself by holding a starting position before the second whistle.

6. Finishes:

- when you have finished your race move 1 metre from the wall and hold onto the lane rope

- except in relays do not exit the water until you are given the signal

to do so (usually two short whistle blasts)

- exit pool from the sides not over the end as this is a safety issue and you may also interfere with timing equipment. If you need to, ask to be placed in a lane next to the side wall

- do not ask the timekeepers your time until you have left the water.

7. Talking to Officials:

- please wait till a break in heats or when the swimmers are at the other end of the pool

- do not interrupt officials at the start, turns and finish of a race.

8. Your Right to question:

- if you feel you have been wrongly disqualified ask for an explanation

- if you are not satisfied by the explanation you may ask the Meet Director for a Protest Form

- never become aggressive no matter how upset you feel.

If every swimmer follows the above we will all have smoother and happier swim meets. ☸

Masters Swimming NSW has moved!

**We are now at the new Sports House.
Here are the new contact details.**

Location:

**Ground Floor, Sports House, 6A Figtree Drive
SYDNEY OLYMPIC PARK 2127**

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AUSTRALIAN SPORTS AWARDS MASTERS TEAM OF THE YEAR NOMINATION

Masters Swimming NSW nominated the Seaside Pirates club for the 2006 Masters Team of the Year award at the Australian Sports Awards which were held at the Crown Palladium in Melbourne on February 21st, 2007.

Seaside Pirates had their most successful year since the club's formation (8 years ago) and also reached their highest membership ever during 2006.

The club ethic is to participate, and all members are encouraged to participate in at least three Swim Meets during the year, as our coaches believe that this is the what builds club spirit.

Amongst a huge variety of successful performance the 5 top performances for 2006 follow

- NSW State Long Course Champions
- Seaside Pirates 200+ womens freestyle relay team breaks the World record at the National Championships
- Masters National Champions 2006
- NSW State Relay Champions 2006
- NSW Short Course Champions 2006

The NSW State Championships were held at the Olympic pool at Homebush this year and attracted a record number of entries. Seaside Pirates had 72% of their membership attend and won the Pointscore trophy convincingly from their nearest rivals Warringah Masters. They were also placed second in the average pointscore and nine of their members were age group champions. During these Championships the Pirates broke 2 individual National records and 1 State record, but broke 4 Relay National records, showing the strength of the team.

The final day of the National Championships at the AIS pool in Canberra was the highlight for the club in an exceptional meet. The

200+ Womens freestyle relay team of *Robyn Millar-Walton, Pam Hutchings, Tracy McGuire* and *Cathy Codling* had come close to the World mark in the same relay at the State Championships and were primed to take on the best in Australia. The race was exciting, the Pirates swimmers were never headed and the crowd nearly lifted the roof when the last swimmer touched in World record time. This was the first relay World record for the club and probably a highlight that no one will ever forget.

For the past two years Seaside Pirates have been the runners-up at the National Championships, in 2005 by a mere 28 points to another NSW club Blacktown City Masters. This year Seaside Pirates were the National Champions turning the table on the Blacktown club who were runners-up. The team of 28 swimmers were totally committed to winning these championships and certainly lifted to the task. The team managed 6 National and State records and 3 National relay records and a World relay record. The awards at the National Championships included the National Championship trophy, the winning Visiting Club trophy and 5 out of 7 relay trophies, as well as the National Official of the Year award.

The State Relay Meet for 2006 was held at the Olympic pool in Homebush and once again a record number of Pirates were involved. The Pirates relay teams broke 14 National records on that day and there were also 2 individual record swims.

Pirates retained the NSW State relay trophy which they had won in 2005, but this time by over 300 points and were placed second in the Average pointscore.

The NSW State Short Course Championships were held at the new Peninsular Leisure Centre at Woy Woy and this resulted in a

very hard fought victory to the team of Pirates, having to fight all the way with a valiant Manly Masters team. At these Championships the team broke 8 National and State records and 3 National and State relay records. Not only did the Pirates win the State Championship trophy, but the Average Pointscore trophy, a feat never before achieved by this club at State Championship level and the total Relay Pointscore trophy as well.

2006 has certainly been a record achievement year by the Seaside Pirate Masters Swim Club, and the success has been due to a committed number of members who compete for the love of their sport. It could not have been achieved without the continuing support of a very dedicated coaching staff (who, I should mention, all compete as well as coach), and of course the commitment shown by the club members.

Masters Swimming NSW was proud to nominate the Seaside Pirates club for the Australian Masters Team of the Year award for 2006.

The Seaside Pirates reached the final five nominations, but the award went to a Masters Swim Team in Western Australia who swam the English Channel in July 2006. They swam the channel in 13 hours 15 minutes and became the oldest team to swim the channel, with the average age of the team being 60. Congratulations to the team from W.A. ☘



2006 NOMINATION FOR THE NSW AND AUSTRALIAN MASTERS ATHLETE OF THE YEAR

Masters Swimming NSW nominated *Lynette Stevenson*, of the Blacktown City Masters Swimming Club, for the NSW and Australian Masters Athlete of the Year award for 2006.

Lyn had an incredible year of success and richly deserves the accolades she gets as she works extremely hard at her own swimming and also encourages others around her to strive to achieve success in the pool.

Lyn grew up in Bondi, doing most of her swimming at the Bondi Baths. As an only child her parents wanted to keep her busy with sports activities. She trained as a Physical Education teacher.

Lyn swam with limited success in her teens, and was coached at this time by *Pam Hutchings*, a previous winner of the NSW and Australian Masters Athlete of the year, who is still achieving amazing success in the pool. Lyn concentrated on water polo and competed at the national level in water polo before retiring entirely from the pool in her early 20's.

In 2003 Lyn and her husband, Rick, were battling to keep their spiralling weight under control and made a pact to work together to lose weight. Lyn returned to the pool and managed to lose 16kgs in six months and began competing in Masters swimming with the Blacktown Masters Swim Club just two years ago breaking records consistently in the 55-59 year age group even though in 2005 she was swimming against swimmers 4 years younger than herself.

In 2006 Lyn changed age groups and took the records apart in the 60-64 years age bracket.

The first Meet of the year was held at the Hornsby pool, Lyn competed in three events and broke the 50m freestyle National Long Course record, and the State record in the 50m backstroke and

50m breaststroke events, three out of three first up.

Her second Meet was at North Sydney Olympic pool where she broke the National record in both the 50m freestyle and 50m backstroke and was placed first in her age group again.

The first Championship event of the year was the State Long Course Championships held at the Olympic Pool at Homebush where Lyn broke the National Long Course Records in all five of her



swims, 50m freestyle, 50m backstroke, 50m butterfly, 100m freestyle and 100m backstroke, demonstrating her absolute versatility in all strokes.

This was followed shortly after by the Australian Championships held at the AIS pool in Canberra where Lyn swam in 11 events plus 4 relays over the 4 days of competition. At this Meet Lyn broke the World 50m freestyle record swimming a time of 31.40 seconds a time which was not bettered at the World Championships in California last year, so is still held by Lyn. She also broke the National record for 50m backstroke and NSW State records for 50m breaststroke, 100m breaststroke and 200m

Individual Medley. Lyn was awarded the Female Swimmer of the Meet at the National Championships.

The next Meet was in a Short Course (25m) pool at Woy Woy where Lyn broke the National Short Course record in all 4 events in which she swam, the 50m freestyle (32.13), 50m backstroke (37.08), 50m breaststroke and 100m Individual Medley. This was followed by another Short Course Meet later in May where Lyn broke the State record in 100m freestyle.

At the Sydney University pool in early June, Lyn broke the National 50m backstroke long course record once again, but on June 10th she injured her neck and shoulder and was unable to train or compete during June and part of July.

In late July she competed for her club in the Masters NSW State Relay meet and was part of a relay team breaking a National Short Course record in a 4x25m medley relay.

In early August Lyn travelled to Stanford University in California, USA to compete in the FINA Masters World Championships (an event held every 2 years in different countries). Unfortunately Lyn and her husband Rick arrived in the US with a bad dose of the flu and this, combined with her lack of training in June and July, affected Lyn's performance at Worlds. Nevertheless she was placed 4th in the World in the 5 races in which she competed, 50m freestyle, 50m backstroke, 50m butterfly, 100m freestyle and 100m backstroke a phenomenal effort as the competition at Worlds was extreme, with over 150 World records broken in the 7 days of competition.

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2006 NOMINATION FOR THE NSW AND AUSTRALIAN MASTERS ATHLETE OF THE YEAR

(Continued from page 8)

Lyn competed at Warringah Aquatic centre in September placing 1st in all her events, and this was a lead up event for the NSW State Short Course Championships held at the Peninsular Leisure Centre at Woy Woy in October. At this event Lyn competed in 5 events. In the 50m freestyle she broke the World Record swimming 31.39 seconds and in the following event the 100m Individual Medley she broke the Australian record for that event. On day 2, Lyn broke the existing World record for 50m backstroke swimming a time of 36.27, that was 2 World records in 2 days. During the weekend she

also broke the State Short Course records for 50m fly and 100m backstroke. She was awarded the inaugural Female Swimmer of the Meet for the State Short Course Championships.

In all, Lyn now holds 3 World records, 7 National records and 15 State records from her swims this year in the 60-64 year age group, an extraordinary effort for a swimmer who has only been back competing for 2 years.

Not only is Lyn a great swimmer but a fantastic ambassador for our sport, spending much of her time telling people about the advantages of Masters Swimming and also helping out at club level where she is the

newsletter editor and was also awarded Club person of the Year for 2005.

Masters Swimming NSW had great pleasure in nominating *Lynette Stevenson* for the NSW and Australian Masters Athlete of the Year for 2006.

Lyn did not win the awards but reached the final in both cases, as the competition in 2006 was extreme, with many World Championships held in 2006, and many won by Australians. Masters Swimming would like to congratulate Lyn on her phenomenal achievements in 2006 and hope they continue in 2007. ☘

~ VALE ~

Stuart Sommerville (1921 - 2006)

After a long debilitating illness Stuart died in December 2006. He was the second eldest of a family of four boys and lived almost his entire life in Manly-Warringah. He attended the Manly Village Primary School and later went to the Sydney Technical High School. He was employed by the then Mackellar County Council, eventually being promoted to Chief Electrical Engineer.

His first sporting success was on the rugby field. From school teams to junior district teams he eventually qualified for grade at the Manly RUFC, becoming a member of the victorious first grade premierships team in the early 1940's.

As a teenager, he joined the Queenscliff Surf Life Saving Club and in 1960 was a foundation member and coach of the Queenscliff Swimming Club. He later became president and was honoured with life membership of both clubs. He also served as a member of the Warringah Amateur Swimming Association when they were urging Warringah Council to

build an in ground Olympic Pool - the Warringah Aquatic Centre.

Stuart was awarded the Order of Australia Medal for his services to swimming, but a more visible reminder of his community spirit is



the floodlighting of St Patricks College (now the International College of Management) on the hillside above Manly Surf Club.

When Stuart joined Manly Masters in 1998 at the age of 77, it was prompted by his desire to remain competitive in a water sport - having excelled in the surf for his first 60 years. Our club's first event that year was the New

Zealand One Hour Oceania swim - to our surprise Stuart turned up, complete with "neighbour time-keeper" and completed 2250 metres.

This was to be his first and last distance race for he was a natural sprinter. He proceeded to set National and State records in breast, fly and IM events in the 75 and 80+ age groups, as well as those with his team mates in the 320 Men's and Mixed relays - many of these records still stand.

We shared his delight when he received the gold medal for the 50m fly in the 2002 World Championships in New Zealand in the excellent time for an 80 year old of 51.81, and he always said this was his proudest moment in his long swimming career.

Stuart remained positive in his outlook to the very end, never yielding to his disability but always looking forward to when he could compete in Masters swimming again. To his family and his great friend, *Barbara Vickers*, we offer our deepest sympathy. ☘



TRAINING WITH ALTITUDE

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SUMMER SWIM CAMPS

\$98 PER PERSON PER DAY

- Accommodation at the Thredbo Alpine Hotel
- Three nutritionally balanced meals plus snacks
- Unlimited use of the Thredbo Leisure Centre indoor pool, gymnasium, indoor sports hall, bouldering wall and outdoor village green
- Package valid October 2007 to 31 May 2008
- Additional activities and team building available. POA.

FOR MORE
INFORMATION
CONTACT:

Chris Hegarty
chris_hegarty@ahl.com.au
Tel 02 9373 6572
Fax 02 9261 3639



AUSSI INSURANCE

One of the most important functions of AUSSI National is the annual insurance policy which covers all of us. In recent years, a number of queries have arisen in relation to the scope of cover provided by this policy. This article attempts to briefly outline what this insurance does. It is only possible to do that in general terms, and any particular case must be considered on its own facts and merits. The question of insurance is fairly complex, and the policy itself runs for 19 pages plus attachments, so it is impossible to deal with all of its nuances in this short article.

There are three main sections to the policy: liability, personal accident and directors & officers' liability.

The first of these covers public liability, pollution liability, products liability or professional liability of AUSSI, its branches, clubs, office bearers, club office bearers, coaches, and so on in relation to official organised meets, games, and practice and training sessions. In essence, this cover

protects the organisation, or the people responsible for running it, in the event that an incident gives rise to a claim against it or them based on their alleged negligence.

The second area covers all registered members and guests for injuries and related costs incurred while participating in official organised meets, games, practice and training sessions, meetings, presentation nights and all organised functions including necessary travel. This protects you, the swimmers, for *some of* the losses that you may incur if you are injured while participating in an AUSSI event. This has been problematic, however. There have been a couple of incidents involving MSNSW swimmers in recent years where their claims (such as ambulance expenses and gap expenses between Medicare and medical costs) have not been covered. If you have any queries as to the limits of compensation available under this (or any other) part of the policy, please do not hesitate to contact us or, through

us, the National Office where queries in relation to insurance are co-ordinated.

The third area of cover is for directors & officers' liability which is insurance protecting the office bearers of AUSSI, all branches and all *incorporated* affiliated clubs for alleged wrongful acts committed by them in their capacity as office bearers. This is one extremely important reason why all clubs should be incorporated associations.

The handling of all insurance claims is centralised through the National Office in Melbourne, although preliminary enquiries can be made through MSNSW branch office. If you have any queries, please contact Di or me though we won't necessarily be in a position to give you any detailed or legal advice in relation to any act or potential claims that you may have.

If you would like a copy of the policy, please do not hesitate to contact us.

Ian Davis



MASTERS SWIMMING
New South Wales

Masters Swimming NSW Calendar 2007

NSW Branch Pointscore abbreviated here as BPS

		Closing at HOST	Sanctioned
April 7	Harris Wheeler Lake Swim, Toronto Bay	02/04/07	Yes
April 21-22	NSW Long Course Championships, SOPAC	Wed 28/03/07	Yes
May 4-7 (Fri-Mon)	National Swim, Darwin NT	23/03/07	Yes
May 19	Ettalong Pelicans BPS, Woy Woy	27/04/07	
June 2	Wett Ones BPS	11/05/07	
June 9, 10 & 11	Clarence River Masters BPS	18/05/07	
June 23	Trinity BPS Carnival	01/06/07	
June 30	Hunter Sports Festival	08/06/07	
July 22 (Sun)	NSW Relay Meet, SOPAC	Payment by Wed 27/06/07	
August 19	NSW Long Distance Short Course Championships Mt Annan L C	Wed 25/07/07	
September 1	Ryde AUSSI Masters BPS Carnival	10/08/07	
September 22	Warringah BPS Carnival	31/08/07	
September 29	Lake Macquarie Crocs BPS	07/09/07	
October 5-14	Australasian Masters Games	Early Bird 27/04/07	03/08/07
October 20 & 21	NSW Short Course Championships Lakeside L C, Tuggeranong, ACT	Wed 26/09/07	
November 3	Hills BPS	12/10/07	
November 10	Novocastrian BPS	19/10/07	
November 24	Port Macquarie BPS	02/11/07	
December 1	West's Auburn Long Distance Long Course Meet	TBA	
December 8	Raymond Terrace BPS Carnival	16/11/07	

AUSSI'S ON THE SICK LIST

Our best wishes go to *Les McCarthy* from Cessnock who is battling illness. Keep your spirit up Les, we are all battling with you!

Our continuing thoughts are with *Col Lynch* as he too battles ill health.

Our thoughts are with *Brad Caldwell* (our engraver at all State Meets) who will undergo heart surgery in the next week. We hope it won't be too long before we see him back behind his engraving machine.

Our thoughts are with *Bruce Currie* (NSA) who has recently undergone surgery and radiation therapy, but is setting his sights on competing at the World Masters Games in Sydney in 2009.

Our condolences to
Ernie Emmett
(Novocastrian) on
the death of his wife
late in 2006.



ADVENTURES IN SINGAPORE

In the September 2006 issue of Splash, page 8 carried an advertisement for the 1st Singapore Invitational Masters Swim Festival to be held on 28 and 29 October. Two Novocastrian swimmers (*Malcolm Harrison* and *Bob Kalaf*) were attracted to the event, partly because each has a son or daughter living in Singapore and it seemed like a great excuse to make a swimming visit. Malcolm takes up the story:

I first heard about the event via an e-mail from my son. He had been at a business meeting when the subject came up in conversation and he thought (correctly) that I would be interested. The Singapore Masters website carried full details so I downloaded the program and entry form and copied them to *Bob Kalaf*, thinking that he might like to use the event as another reason for visiting his daughter there.

We made the trip and were delighted with the welcome we received and with the superb organisation that went into producing the smoothest-running swim meet that we had ever experienced. A major sponsorship by one of the large regional banks certainly gave them the funds to plan a great swim meet and the

facilities at the Singapore Island Country Club blew our minds. A ten-lane 50 metre outdoor pool for competition and a 25 metre pool alongside for warm up / cool down could not have been better.

Singapore hospitality was superb. Bob and I were the two oldest competitors (the only Australian visitors) and were delighted with the friendliness that we experienced from local and visiting swimmers. The poolside buffet dinner after the final swims was a most enjoyable end to the experience.

I enjoyed the experience so much that I jumped at the chance to make a return visit to the Asia Pacific Masters Swim Meet on 9-11 February. Unfortunately *Bob Kalaf* was not able to make the trip but one other Australian AUSSI did turn up – *Angus Vondouglas* from the Mareeba club in far north Queensland.

This time the venue was the swimming facility at the Singapore Sports School: two 10-lane 50 metre pools (one for warm up etc. and one for competition) roofed but open on two sides, electronic



timing with back up by wireless stop watches that started automatically and were stopped by the lane timekeepers, then wireless feed of the results direct to the control room. The detailed program supplied to each competitor showed the heat and lane allocations for each event plus the official start time for each heat. Every heat started dead on time and breaks were set aside for lunch and for two or three medal presentation sessions each day.

The organisation was superb, faultless and relaxed. What can be done with a heap of sponsorship funds!

It was also great to meet up with an expatriate Pirate at both events. *Darren Gum* lives in Singapore and coaches the local Southern Cross Dragons club.

Bob Kalaf and I don't hesitate to recommend Singapore as a venue for international masters competition. Any Australian visitors will receive the friendliest of welcomes and will be delighted with the warmth of Singapore hospitality. The Singapore Masters web site

(www.singaporemasters.org) carries details of other events already planned for later this year.

⌘



Bob & Malcolm's Singapore Adventure



REFEREES' & STARTERS' WORKSHOP

On Sunday 14 January, NSW held a workshop for Referees and Starters at the new Sport and Recreation rooms at Homebush Bay. It was rewarding to note that all except one of our Referees and most of our Starters were able to attend. Their participation set them well on the way to re-accreditation as Masters officials. Everyone appeared to enjoy the workshop very much and there was great contribution from all participants.

A total number of 35 people participated, including officials from the ACT which is now part of our branch members of the National Technical Committee from WA, Victoria and QLD and two other Qld officials. A few of the Starters left after the lunch break but the rest of the participants stayed until the 5pm close.

The content and delivery of the workshop was a joint effort of *Marilyn Earp* and *Di Partridge*, both of whom are teachers, and Referees, *Gary Stutsel* and myself (*Fran O'Hara*). We would like

to pass on our thanks and appreciation to *Di Coxon Ellis* for arranging morning and afternoon tea and a fabulous lunch and to her helpers for setting up the room and arranging for all the things we needed in the room to be there – including all the handouts! We would also like to thank the NSW Board for covering all these costs and the participants for giving up a full Sunday to be there.

We feel that we achieved the objectives of the workshop which were that all Referees and Starters:

- Increase their knowledge of their responsibilities (led by Marilyn)
- Are aware of changes to the rules and are able to apply them (Gary's contribution)
- Understand the differences in roles played by officials and are aware of changes to common forms and how to use them (again Marilyn)
- Are aware of Common Rule infringements and mythical rules (*Di Partridge's* piece).

My contribution was an interactive

session on Communication where groups were asked to state challenges facing us as officials in regards to our dealing with swimmers, other officials and trainees and then solutions to these challenges. This is a key part of the General Principles of Officiating course and an essential part of officiating.

The use of different facilitators and open discussion kept everyone's attention and helped make the workshop more meaningful to us all. We anticipate that swimmers will gain from the workshop through having better informed officials and more consistent officiating. An added bonus for swimmers is that the participation of our interstate attendees gave us insights into how some branches do some things a little differently and will help bring us all closer together as a national group of officials rather than just being the branch boys (and girls).

Fran O'Hara,
NSW Officials Training

BIRTH OF THE GOLDEN TURKEY TROPHY ~ by Tony Tooher

On the 11th day of the 11th month of 2006, 11 Warringah members swam at the first Novocastrian carnival for some three years, with *Colin Casey* providing his usual valuable assistance as a referee and also *Kathy Phelan* officiating as a starter as well as swimming.

The club finished 3rd in the overall and average point scores, with the host club 1st and Cessnock 2nd in both.

While we all enjoyed the carnival and the large amount of space offered by the New Lambton pool complex, the highlight was dinner afterwards at a very pleasant restaurant called Cha Chazâ with some of the Novos members, organised by the Novos president, *Carl Wallace*. The genesis of the get-together was the fact our respective clubs had had a good

tussle in the 2004 and 2005 Interclub Point Score (now Branch Point Score, or "BPS") competition.

During the dinner, Carl



presented me with the Golden Turkey Trophy, a unique award for Masters Swimming, in that it's awarded to whichever of the Novocastrian and Warringah clubs finishes behind the other in each BPS carnival. As Novos beat us and continued to do so at the remaining carnivals for 2006 (Port Macquarie and Raymond Terrace) as well as winning the 2006 BPS, almost 3500 points clear of Warringah in 2nd place, we kept the Trophy for the rest of 2006. That was, UNTIL the Central Coast Combined carnival on 20 January 2007, hosted by Gosford (welcome back after a break of some 2 years since their last carnival), Wyong (their first carnival) and Ettalong. In finishing 1st, with Novos 2nd, I was able to

(Continued on page 14)

BIRTH OF THE GOLDEN TURKEY TROPHY ~ by Tony Tooher

(Continued from page 13)

re-present the Trophy to Carl until the next carnival in which we finish behind Novos.

On present indications, Warringah will have the Trophy back by the end of the next carnival, i.e. Seaside Pirates on 3 February. In order to allow Novos the pleasure of keeping the Trophy for more than 2 weeks, I urge as Many Warringah members as possible to swim at the BPS

during the year.

A reminder that the BPS competition is to encourage people to attend the carnivals hosted by other clubs and you should also see if you can arrange additional time to "see the sights" on top of getting together with your fellow club members and those of other clubs following each carnival. Also, as I have said repeatedly over the years I have been the club's captain and then president, "the best training

for racing is racing".

And now we have an additional incentive to go to BPS carnivals - the Golden Turkey Trophy. I congratulate Novos on this initiative. As *Carl Wallace* said, it is a unique award in Masters Swimming, but it also in my view epitomises the "fitness, friendship and fun" motto of the organisation. ☘



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(We try to give all members a fair say in their own Magazine, and welcome the views and correspondence from ALL members.)*

~ NSW & AUSTRALIAN RECORDS ~

State Long Distance Championships

Women

1500m Free	Ann	Campbell	NNC	55-59	23.45.38	#
1500m Fly	Vanessa	Beddie	NBT	25-29	48.52.77	#
1500m Fly	Rhonda	Brossman	NNC	40-44	35.42.87	#
1500m Back	Noemi	Domonkos	NSP	35-39	22.28.78	#
400m Back	Lynette	Stevenson	NBT	60-64	7.02.82	#
400m Breast	Wendy	Gordon	NNC	50-54	7.14.03	#
800m Free	Ann	Campbell	NNC	55-59	12.29.44	#
800m Fly	Vanessa	Beddie	NBT	25-29	24.57.16	#
800m Back	Noemi	Domonkos	NSP	35-39	11.57.01	#

Men

1500m Free	Peter	Thiel	NTS	35-59	18.39.53	#
1500m Free	John	De Mestre	NTS	40-44	19.01.82	#
1500m Free	Barry	Seymour	NML	55-59	21.17.75	#
1500m Fly	Warren	Smith	NDB	45-49	29.34.69	#
1500m Fly	Lann	Dawes	NCS	60-64	32.18..29	#
1500m Back	Drew	Millar	NBT	25-29	22.56.08	*
1500m Back	Steve	Lamy	NML	55-59	23.42.85	*
800m Fly	Bill	Walker	NNC	75-79	23.24.12	*
800m Back	Drew	Millar	NBT	25-29	11.57.21	*
800m Back	Steve	Lamy	NML	55-59	12.30.66	*
800m Back	Paul	Wyatt	NCR	60-64	12.57.60	*

Gosford. - 20th January 2007

Women

200m IM	Kathryn	Dobson	NBM	50-54	2.59.55	#
50m Fly	Marilyn	Earp	NWG	55-59	36.01	#

Men

200m Free	Alan	Godfrey	NTS	50-54	2.15.70	#
200m Free	Barry	Seymour	NML	60-64	2.28.21	#
50m Fly	Tony	Goodwin	NML	70-74	37.89	#
100m Back	Alan	Godfrey	NTS	50-54	1.09.62	*
100m Breast	Tony	Goodwin	NML	70-74	1.30.93	*
100m Breast	Tony	Goodwin	NML	70-74	1.30.86	*
(split time)						
50m Breast	Tony	Goodwin	NML	70-74	40.14	*
(split time)						
50m Breast	Tony	Goodwin	NML	70-74	39.19	*
200m Breast	Tony	Goodwin	NML	70-74	3.21.15	*

Seaside Pirates - 3rd February 2007

Women

200m Free	Liz	Wallis	NML	80-84	3.57.54	#
50m Breast	Kim	Brennan	NBT	50-54	40.62	#

Men

200m IM	Alan	Godfrey	NTS	50-54	2.32.54	*
200m Free	Barry	Seymour	NML	60-64	2.24.72	#
50m Fly	Alan	Godfrey	NTS	50-54	29.15	#
50m Fly	Tony	Goodwin	NML	70-74	37.53	#
200m Breast	Tony	Goodwin	NML	70-74	3.13.37	*

North Sydney - 10th February 2007

Men

50m Fly	Alan	Godfrey	NTS	50-54	29.43	#
50m Fly	Tony	Goodwin	NML	70-74	35.93	#
50m Breast	Stuart	Ellicott	NHS	55-59	35.38	*
50m Breast	Tony	Goodwin	NML	70-74	38.76	*

* National Record

State Record

2006 AGE GROUP CHAMPIONS

Womens 20-24

1. Kasey Shepherd NBT
2. Bethany Phillips NNC
3. Emma Whitley NBT

Womens 25-29

1. Vanessa Beddie NBT
2. Jade Mifsud NWY
3. Jodie Moate NBT

Womens 30-34

1. Belinda Hall NSP
2. Naomi Watson NCK
3. Karen Terry NBM

Womens 35-39

1. Jacqueline Arnold NNC
2. Yvette Cotton NRY
3. Wendy McMurtrie NPM

Womens 40-44

1. Michelle Stonehouse NBT
2. Rhonda Brossman NMS
3. Martina Eyre NWO

Womens 45-49

1. Kay Donnan NNC
2. Kim Moxon NNC
3. Jane Noake NSP

Womens 50-54

1. Wendy Gordon NNC
2. Sue Johnstone NWL
3. Chris Golby NCT

Womens 55-59

1. Biff Grindley NSP
2. Ann Campbell NNC
3. Dianne Clarence NNC

Womens 60-64

1. Bev Giveen NWG
2. Glenda Gardner NCK
3. Cheryl A'Dison NNC

Womens 65-69

1. Robin Carson NNC
2. Mel McCallum NSW
3. Suzanne Levett NWG

Womens 70-74

1. Jan Finn NCK
2. Margaret Billing NCK
3. Faye Seeney NML

Womens 75-79

1. Diana Moore NWG
2. Liz Wallis NML
3. Eria McGregor NCM

Womens 80-84

1. Opal Eddy NET
2. Barbara Vickers NML
3. Jan Allport NML

Womens 85-89

1. Hilda Lindfield NHL



Total Club Points for 2006

2006 AGE GROUP CHAMPIONS

Place	Points	Club
Division 1		
1	12326	NNC Novocastrian Masters Swimming Inc
2	8867	NWG Warringah Masters Swimming Inc
3	6718	NCK Cessnock Masters Swimming Inc
4	6239	NSP Seaside Pirates Inc
5	5862	NML Manly Masters Swimming Club Inc
6	4749	NBT Blacktown City Masters Swimming Inc
7	2906	NNS North Sydney AUSSI Inc
8	2779	NPM Port Macquarie Masters Swimming
9	2282	NRV Ryde AUSSI Masters Swimmers
10	1762	NWO Wett Ones Swimming Club Inc
11	1618	NRI Ripples AUSSI Masters Swimming Inc
12	1284	NCS Cronulla Sutherland AUSSI Inc
Division 2		
1	2766	NCT Campbelltown Collegians AUSSI MSC
2	2310	NCR Coogee-Randwick Masters Swimmers
3	2167	NHS Hornsby Masters Swimming Club Inc
4	2052	NCM Clarence River Masters Swimming
5	1561	NMS Lake Macquarie Crocs Masters
6	1465	NSW Swansea Masters Swimming Inc
7	1385	NET Ettalong Pelicans Swimming Club Inc
8	1306	NOF Oak Flats AUSSI Masters Inc
9	1097	NWL Wollongong Masters Swimming Inc
10	1012	NWS Wests Auburn Masters Swimming Club
11	552	NRT Raymond Terrace AUSSI Masters Swim
Division 3		
1	1556	NWY Wyong Wobbygongs Swimming Club
2	1351	NHL Hills Masters Swimming Inc
3	1165	NMT Maitland AUSSI Masters
4	1119	NBM Blue Mountains Phoenix
5	820	NTR Trinity AUSSI Masters Swim Club
6	759	NSH Shoalhaven Seahawks AUSSI
7	695	NDB Dubbo Redfin AUSSI Masters
8	660	NCB Caringbah AUSSI
9	576	NSG St George Masters Swim Club Inc
10	523	NMM Myall Masters Swimming Club
11	499	NLP Liverpool AUSSI Masters
12	277	NSA Sandberns/Aquadot Masters
Division 4		
1	900	NGS Gosford City Seagulls AUSSI Masters
2	777	NTS Tattersalls Club Swimming
3	559	NCP Cook & Phillip Masters
4	349	NHN Hunter Masters Swimming Inc
5	286	NLC Lane Cove Masters Inc
6	235	NMB Murrumbidgee AUSSI Masters
7	88	NAM Armidale AUSSI Masters Swimming
8	63	NOP SOPAC Masters Swim Team
9	58	NBR Bush Rangers

Mens 20-24	
1. Joel Radnidge	NCK
2. Cameron Jones	NWG
3. Sean Mason	NSP
Mens 25-29	
1. Clint Starkey	NCK
2. Andrew Dorrington	NBT
3. Shane Shepherd	NHS
Mens 30-34	
1. Daniel Beltrami	NTS
2. Gavin Drayton	NSP
3. Sam Wallace	NNC
Mens 35-39	
1. Scott Hay	NBT
2. Graham Hill	NTS
3. Mark French	NBT
Mens 40-44	
1. Tony Tooher	NWG
2. Hiroto Homma	NNS
3. Ross Cummins	NPM
Mens 45-49	
1. David Sloan	NSP
2. Mark Patterson	NSP
3. Peter Halliday	NCK
Mens 50-54	
1. Mark Hepple	NHL
2. Michael Cockrem	NNC
3. Stephen Thomas	NNS
Mens 55-59	
1. Russell Pinkerton	NNC
2. Ron Giveen	NWG
3. Dennis Moore	NCK
Mens 60-65	
1. Carl Wallace	NNC
2. Ted Nebauer	NCK
3. Terry Mortimer	NWG
Mens 65-69	
1. Gordon Creek	NMS
2. Gary Stutsel	NML
3. Alan Moore	NNC
Mens 70-74	
1. Robert Kalaf	NNC
2. Phil Baird	NCK
3. Bill Atkinson	NCS
Mens 75-79	
1. Malcolm Harrison	NNC
2. John Lorang	NCK
3. Bill Walker	NNC
Mens 80-84	
1. Ernie Emmett	NNC
2. Kevin Vickery	NSP
3. William O'Neill	NNC
Mens 85-89	
1. Jack Mathieson	NSH
2. Morton Bagley	NNS



Average Club Individual Points for Season 2006

Place	Average Points	Total Points	No. of Members	Club
1	204.43	1431	7	NSW Swansea Masters Swimming
2	156.17	10776	69	NNC Novocastrian Masters
3	136.14	5990	44	NCK Cessnock Masters Swimming
4	89.38	1430	16	NWY Wyong Wobbygongs
5	75.05	4203	56	NBT Blacktown City Masters
6	74.19	2003	27	NHS Hornsby Masters Swimming
7	72.00	5112	71	NML Manly Masters Swimming
8	70.72	2546	36	NCT Campbelltown Collegians
9	70.00	1470	21	NRI Ripples AUSSI Masters
10	69.80	1047	15	NMT Maitland AUSSI Masters
11	69.27	7689	111	NWG Warringah Masters Swimming
12	62.11	1180	19	NOF Oak Flats AUSSI Masters Inc
13	57.40	2411	42	NPM Port Macquarie Masters
14	54.95	1099	20	NBM Blue Mountains Phoenix
15	54.47	817	15	NGS Gosford City Seagulls AUSSI
16	51.48	1184	23	NCS Cronulla Sutherland AUSSI
17	50.60	1265	25	NHL Hills Masters Swimming Inc
18	50.05	1051	21	NWL Wollongong Masters
19	49.26	2118	43	NCR Coogee-Randwick Master
20	44.96	5485	122	NSP Seaside Pirates Inc
21	43.26	1471	34	NMS Lake Macquarie Crocs Masters
22	39.00	663	17	NDB Dubbo Redfin AUSSI Masters
23	38.93	584	15	NCB Caringbah AUSSI
24	38.88	972	25	NWS Wests Auburn Masters
25	35.80	1790	50	NCM Clarence River Masters
26	32.15	2090	65	NRV Ryde AUSSI Masters
27	30.21	725	24	NSH Shoalhaven Seahawks AUSSI
28	29.88	1285	43	NET Ettalong Pelicans Swimming
29	25.94	467	18	NLP Liverpool AUSSI Masters
30	25.41	2668	105	NNS North Sydney AUSSI Inc
31	24.10	1663	69	NWO Wett Ones Swimming Club
32	20.56	514	25	NRT Raymond Terrace AUSSI
33	20.53	349	17	NHN Hunter Masters Swimming Inc
34	18.93	757	40	NTS Tattersalls Club Swimming
35	16.80	756	45	NTR Trinity AUSSI Masters Swim
36	16.36	540	33	NSG St George Masters Swim Club
37	15.75	63	4	NOP SOPAC Masters Swim Team
38	15.36	215	14	NMB Murrumbidgee AUSSI Masters
39	14.58	481	33	NCP Cook & Phillip Masters
40	12.37	507	41	NMM Myall Masters Swimming Club
41	11.00	286	26	NLC Lane Cove Masters Inc
42	5.04	277	55	NSA Sandbern/Aquadot Masters
43	4.89	88	18	NAM Armidale AUSSI Masters
44	3.87	58	15	NBR Bush Rangers

100 CLUB

This is an award which was initiated at State level from an idea from the Cessnock club for swimmers who compete at numerous swim meets. An award will be given to a swimmer when they swim at their 100th carnival in recognition of that achievement and their support of Masters Swimming.

The swimmers on the top of the list are very close to reaching their 100 Swim Meets, so we will see some awards soon.

The first 50 in this award are as follows:-

Jane Noake (97), Margaret Billing (90), Graham Campbell (87) Dennis Moore (86), Sue Johnstone (85), John Lorang (84), Malcolm Harrison (83), Helen Rubin (79), Jan Finn (79), Tony Tooher (77), Ernie Emmett (73), Bev Giveen (71), Les McCarthy (69), Carolyn Wood (67), Mel McCallum (67), Wendy Gordon (67), Ron Giveen (66), Ian Davis (65), Jack Lewin (62), Vanessa Beddie (62), Robert Kalaf (60), Robin Carson (60), Kay Donnan (59), Phil Baird (59), Carl Wallace (58), Suzanne Levett (58), Kathy Phelan (57), Shirley Lewin (57), Bill Walker (56), Bill Cambridge (56), Jack Welch (55), Zena Blackwell (55), Ruth Wall (54), Kim Moxon (54), Peter Long (54), Mark Hepple (54), David Sloan (53), Alan Moore (53), Louise Stovin Bradford (52), Terry Mortimer (52), Gordon Creek (52), Denise Casey (52), Mark Wood (51), Anita Saviane (50), Lawrence Powderley (50), Stephen Thomas (48), Gary Stutsel (48), Ted Nebauer (48), Jodie Moate (48), Scott Hay (48), Val Lynch (47), Maureen Woodcock (46), Janelle Newman (46). ☼

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

Rates for club flyers are \$45 for 1 sixth of a page.



FROM THE ADMINISTRATOR'S KEYBOARD

Registrations

At end of 2006 we had 1670 registered members in 47 clubs in NSW, once again the largest branch in Australia. All NSW clubs have re-affiliated in 2007. At the end of 2006, two new clubs joined – Picton Masters and Can Too. In 2007, we also welcome the two ACT clubs who have now affiliated with Masters Swimming NSW. To end February 2007, over 1300 registrations have been processed in the Branch Office.

Competition

In 2007, five State swims will be spread over the year. We commence with the NSW Open Water Swim on Easter Saturday in April and the NSW Long Course Championships later in April. The MSNSW Relay Meet will be held in July, the MSNSW Long Distance Championships in August and the MSNSW Short Course Championships in October. We hope that all swimmers will enjoy the variety of competition and also support the host clubs of the BPS meets throughout the year. This year, the Long Distance Championships will be a short-course meet.

Print Result Certificates Online

You, or your race secretary, can now print result certificates online for all BPS and Branch Championship Meets since January 2006. Simply go to the **Swimmer Profiles** from the **Results** page, search for your name and select the meet. You will then see a "Print Certificate" button for that meet.

Registrations for carnivals

Once again I must remind you that, to be eligible to swim in any NSW

Carnival, you must be registered and the club payment must be received at the Branch Office by the closing date of the meet. If you are not registered by the closing date, you must then be registered by the date of the swim to swim for NO POINTS. Your times are eligible for Top Ten and records.

Awards

Age Group Champions, Aerobics winners, and the Club of the Year are determined by the Branch Recorder's calculations, the Board and the relevant Committees. Other awards, such as the Coach of the Year, Ian McPhail Memorial Official of the Year, the Administration Award, the Gary Stutsel Award and the Betty Grant Award, all require a nomination from a club. It has been rewarding to see that a few clubs hold their administrators, coaches and officials in high regard and nominate them for awards. On the other hand, many go without any recognition.

Open Water Swimmers

Thanks to *Peter Gregory* of North Sydney for the compilation of the results MSNSW Ocean Swim Series Awards for 2007. Winners will be announced at the State Long Course Championships.

Jean & Jack's Gems

Competition for the stunning topaz stones will commence at the Campbelltown meet on March 10, then at Manly on March 25 and Blacktown BPS on April 1. Those swimming closest to nominated times in the 100m Freestyle in the women's age groups will be invited to swim off for the gems at the

MSNSW Long Course Championships. Good luck ladies, and thank you, *Jack Mathieson!*

Annual General Meeting

Our Annual General Meeting will be held on Saturday, June 16, 2007 in the Ken Brown Room at our new premises at Sydney Olympic Park. Nominations are being sought for the NSW Board, Committees and appointed positions. If you would like to assist in the conduct of Masters Swimming NSW, ask your Club Secretary for the nomination sheet. Nominations must be in by Friday, May 18, 2007. Each Member Club must appoint a Registered Member as their delegate and notify the State Office prior to the AGM. All Registered Members are welcome to attend and may speak at the meeting although voting is done by club delegates only.

Note to Registrars

It is important that batches should not be submitted until all details are correct and the payment is ready to be sent. If you are having problems with printing the Membership Transaction Summary, you need to turn off your pop-up blocker. In Windows Internet Explorer, click on "Tools" and the "Pop-up Blocker" and turn it off.

Housekeeping Items

A reminder once again that all cheques sent to the Branch Office should be made out to

"Masters Swimming NSW".

Di Coxon-Ellis



NSW BOARD FOR 2006/07

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

AUSSI RULE CHANGES FOR 2007

John Marshall, National Technical Committee

Changes to the AUSSI rules were adopted in October 2006 to bring them into line with the Swimming Australia rules. Previously the AUSSI rules had different numbering and often different wording. For those who wish to look at the detail, any AUSSI rules which differ from the Swimming Australia rules are now clearly identified with an "M" after the rule number, see website:

www.home.aussimasters.com.au.html/rules__regulations.html

There were some FINA/SAL changes which had not been adopted by AUSSI and some other issues which have been addressed as part of the same update.

Most of the differences between SAL and AUSSI rules relate to the key differences in the way the respective competitions are run such as AUSSI working with age groups and timed finals and a few Masters variations such as the starts and allowing breaststroke kick in butterfly. There are some significant changes which only affect officials or Meet Directors. They will be addressed by your Branch office.

So what are the changes from an AUSSI swimmers perspective?

General:

Sitting on the block or pool edge for the start is considered unsafe

and is no longer an option in the rule. Swimmers can start in the water, standing on the block or standing on the pool edge. Swimmers should take up their starting position on the long whistle from the referee. There is no requirement to advise the referee or starter about the type of start.

SW 10.15:

Is new to AUSSI and reads "No pacemaking shall be permitted, nor may any device be used or plan adopted which has that effect." I understand that in FINA competitions wristwatches are considered pacemaking devices and can not be worn. This currently does not apply in AUSSI but I suggest that those swimmers in the habit of wearing watches during events should cease doing so. Quite clearly, any swimmer wearing a watch who reads the watch during the turns can be considered pacemaking and will be disqualified.

Breaststroke:

During the single dolphin kick which is permitted at the start and after each turn, the feet may break the surface.

Backstroke:

The wording changes bring this rule into line with SAL and the clarification on turning now reads "Kicking of the legs while on the

breast is allowed provided it is part of the continuous turning action." The focus is on the word "continuous" which still leaves it open to the officials judgment. In practice, if you misjudge the point at which you roll over for the backstroke turn, kicking on the breast to get to the wall is not part of the "continuous" turning action and you can expect to be disqualified.

Butterfly:

The arm stroke in butterfly must be continuous. This has now been clarified for those choosing to do a breaststroke kick in butterfly by limiting it to two kicks per stroke.

Relays:

It is no longer possible for a swimmer who breaks to recover by going back to the starting point. Each team member must be in the water or standing on the block or pool edge immediately prior to their start. Running starts are not permitted. ☹



BREASTSTROKE COMPETITION

All swimmers should note that the overriding principle to Breaststroke (see Rule SW 7) is the cycle of "one arm stroke followed by one leg kick".

The downward dolphin kick allowed at the start and at the turns is not part of the cycle (see SW 7.4M) so at the start and turns the swimmer is allowed one arm stroke then one leg kick underwater and must then surface before the arms reach the widest point of the second stroke.

That stroke is then followed by kick, stroke, kick etc throughout the race.

At the turns and in the race as you approach the end wall you cannot break the cycle and do a second short stroke and take a second kick to touch the wall no matter how close you are. Practice stretching out if you are scared of being caught just short of the wall. Likewise at the start and turns you cannot do more than one breaststroke kick while you are

underwater.

If you are in any doubt talk to your club coach or one of the Referees.

Gordon Ferguson, Referee



GET YOUR NEWSLETTER ELECTRONICALLY!

As you know, Splash costs about \$1.50 for each copy of each issue. About 4,000 copies are typeset, printed and mailed out each year (1,000 copies every three months). This costs us about \$7,000 a year. Every issue of Splash is put on the MSNSW website.

To help us cut down some of these costs, why not get your copy

of Splash on-line? **Simply tick the email notification box on your registration renewal. Your Club Registrar will then arrange for you to receive notification electronically!**

We will let you know by email as soon as Splash is on the website so that you can look at it (and download and print it if you like)

when it suits you. We will take your name off the mailing list. Fewer paper copies means lower printing costs, lower postage and more trees.

So remember to tick that box when you renew!
⌘



“SPLASH”

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

SPLASH DEADLINES FOR 2007

Our branch newsletter “SPLASH” will be **distributed** to each individual member in the week ending:

Friday	22 June
Friday	14 September
Friday	7 December

“Splash” will be sent by mail or a notification can be sent to you electronically by ticking the box on your renewal form.

Please submit copy strictly by the following dates or preferably beforehand:

ISSUE 2	June 1
ISSUE 3	August 24
ISSUE 4	November 16

Copy received after these dates will not be included.

Please send your contributions to:

JANE NOAKE, 11 Tomah Place, WESTLEIGH 2120

Phone 9848 1195 (w), 9484 8837 (h) Fax 9875 4221 (h), 9848 1155 (w)

Email: splasheditor@aussimastswimnsw.org.au

OR TO:- The State Office one week prior to this date.



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