Newsletter of the
Malvern Marlins
AUSSI Masters
Swimming Club Inc.,
PO Box 20, Malvern 3144

March 1998

MALVERN MARLINS

LAP TALK

PRE-LONG COURSE TRAINING SESSION
4:30 pm on Saturday March 21st 1988

RELAYS AT KOROWA
Wednesday 25th March 1998

STOP PRESS STOP PRESS!!!! NATIONAL RESULTS ENCLSOED

President & Vice President's report

by Peter Niere

Long Course
Its great to see our largest team for many years gearing up for the Long Course on March 28. I hope we can see most of you the Sports & Aquatic Centre the week before for our traditional warm up session. This is a chance to swim in the pool, get used to the facilities, practice on the blocks and get your turns right. The session starts at 4:30 pm on March 21. Those not competing are also most welcome to come and join in.

We have another important warm up will be held at Korowa on March 25. This session will focus on dives and relay change overs so we'd like to see as many swimmers as possible there. It would be idea if we could get a few of the actual relay teams together to practice as a team.

What's after Long Course???

If you are feeling flat after the Long Course, don't stay out of the water for the next six months come to our "Long Course Letdown". This will be on April 1 at Korowa. You can enjoy a relaxed training session and follow it up with pizza and yarns at MumSma Mia's in Malvern road. We may even have some points results from the event to announce.

Aerobic Swims
If you're looking to stay fit through the winter but want to wind back the number of sessions then try the Saturday morning aerobic swims. You can swim a long distance at your own pace and contribute to the club by earning points at the same time. You can also try long distances in strikes other than freestyle.

Korowa

As the weather starts to cool off and the thought training outdoors in the cold puts you off., don't forget we have sessions on Wednesday night at Korowa. We have the indoor 25m six lane pool to ourselves and as its less crowded than Harry's you get more opportunity to work with the coaches on stroke correction.

Monday Nights

Monday night sessions at Caulfield Pool will finish at the end of March when the pool closes for the winter. We are looking for an alternative venue for a Monday night session...if you have any suggestions please let us know!

Recorders Report

By Gerry Tucker

Aerobics are now well under way for the Marlins with 32 swims for the month.
New faces included Murray Helmer, John O'Dowd, Viv Merrill, Michael O'Flaherty, Cathy Ryan, Julie Johnson, and Wayne Woods.
No new points this month. However some did their second of five, four hundreds, so, we are building!
Swims to date are:

name	# of swims	pnts to date
the recorder!	8	
Sharon Newstead	5	
Kathy Selig	4	
Leonie Sandercock	3	15
John O'Dowd	3	
Michael O'Flaherty	3	
Murray Helmer	3	
Wayne Woods	3	
Cathy Ryan	2	
Jan Jeffrey	2	
Viv Merrill	1	
Julie Johnson	1	
Total	**38**	**15**

Thanks again to Ed Bond for his help with the timekeeping every Saturday in February.
If you would like to join in, come down to Harry on Saturday morning at 9:30am for a leisurely swim and cup of coffee or orange juice. Its a great way to get fit!
To score points, you need to:
Swim 400 metres of any of the four strokes or an IM, five times in any five different months during the calendar year;
the same for 800 metres;
.wim, just once, any or all of the following in either freestyle, backstroke or breastroke:

1500 metres
1/2 an hour
3/4 of an hour
1 hour

The maximum possible number of swims over the calendar year is 62 and the maximum possible number of points you can earn is 390. If you were to do the lot (but of course you don't have to!) you would swim 30 kilometres over the year in 400's and 800's and another 20 to 30 kilometres in the longer swims. And none of it sprinting!!! Now that is a great way to get fit.
Please note that there will not be an aerobic session on Saturday 28 March, due to the State Long Course Championships being held on the same day. There will be a session on Easter Saturday.
See you at the pool!

Aerobic Stats

Swimmers in February	12
Swims for February	32
Swimmers this year	12
Swims this year	38
Points this month	0
Points this year	15

Facts and Figures

By John O'Dowd, Registrar

Memberships numbers are still going along at a healty rate. With re-registrations at 80% of our 1997 membership, we are well above previous years figures. Good to see that we have six (6) new members in the first two months of 1998.

Figures for this year are as follows:-

	Feb 1998	- 1998 to date
New	5	6
Reregistered	2	76
Transfered	0	2
Total	7	84

Female members 50
(60% of our membership)
Male members 34
(40% of our membership)

New Members:
Welcome to Jennifer Bowden, Eva Salomon, Murray Helmer, Moira Bainbridge and Peter Howat.

1998 Diary
09 May, Ringwood Interclub.
26 April, Masters Games, Ballarat.
13 June, Frankston Interclub.
27 June, Syndal Long Distance Interclub, PLC, 25m pool.
05 July, Eaglehawk Interclub.
19 July, Sale Interclub.
01 August, North Lodge Interclub, Monash Pool.
16 August, State Short Course (Sunday), MSAC.
Note - NEW DATE!!!!

1999
27 February, Proposed NEW date for Marlins Interclub.

2000
World Masters, Munich, Germany

2002
World Masters Games, Melbourne

The Marlins Anthem

(sung to the tune of 'Colonel Bogy's March')

Marlins
We always swim to win
Marlins
They're going to chase our fin
Marlins
The Malvern darlin's
We're all together
for fitness and fun

(Words by club closet lyricist Leigh Rodgers)

STOP PRESS!!!!

NATIONAL LONG COURSE RESULTS
HOBART – 11th TO 14th March '98

Ian Dear 55 – 59 years

50m	Breastroke	5th	45.25
200m	Backstroke	5th	3.52.96
100m	Backstroke	?	
200m	Breastroke	4th	3.52.96
100m	Breastroke	6th	1.43.17

Patrick Divine 50 – 54

50m	Breastroke	1st	37.20
200m	Backstroke	1st	*2.48.69
100m	Ind. Medly	1st	6.09.08
50m	Backstroke	1st	*33.33
100m	Butterfly	1st	*1.12.73

Elizabeth Gibson 35 – 39

100m	Freestyle	6th	1.21.87
200m	Freestyle	8th	3.03.32
50m	Backstroke	6th	50.02
50m	Freestyle	8th	36.88
400m	Freestyle		6.28.94

Julie Johnson 55 – 59

100m	Freestyle	2nd	1.29.72
200m	Freestyle	4th	3.28.95
50m	Backstroke	6th	50.69
50m	Freestyle	2nd	39.26
400m	Freestyle	DNS	

Vivian Merill 50 – 54

50m	Breastoke	4th	51.96
100m	Freestyle	3rd	1.29.02
200m	Ind. Medly	1st	3.42.63
50m	Freestyle	2nd	38.59
50m	Butterfly	1st	38.37

Peter Rainey 30 – 34

100m	Freestyle	1st	57.86
400m	Ind. Medly	1st	5.26.61
100m	Butterfly	2nd	*1.02.83
50m	Freestyle	1st	26.20
50m	Butterfly	2nd	28.38

Caroline Tusker 35 – 39

200m	Backstroke	5th	3.53.04
200m	Freestyle	11th	3.13.14
50m	Backstroke	5th	49.20
50m	Freestyle	9th	39.26
100m	Backstroke	?	

Derryn Thomas 45 – 49

100m	Freestyle	7th	1.25.05
50m	Backstroke	7th	46.28
200m	Ind. Medly	DNS	
50m	Freestyle		

Daniel Wallace 30 –34

200m	Backstroke	1st	2.38.47
100m	Freestyle	6th	1.02.78
200m	Freestyle	4th	2.23.72
50m	Backstroke	1st	32.86
100m	Backstroke	1st	1.12.19

Kate Wallace 25 – 29

50m	Breastroke	3rd	55.98
100m	Freestyle	4th	1.26.98
200m	Freestyle	4th	3.17.79
50m	Freestyle	DNS	
400m	Freestyle	3rd	6.49.04

TOP PERFORMERS

1. Patrick's Five Gold Medals and Three Victorian Records
2. Elizabeth's 200m and 400m Freestyle
3. Kate's 400m Freestyle
4. Viv's 200m Individual Medly and 50m Butterfly
5. Julie's 50m an 100m Freestyle
6. Peter Rainey's 3 Gold Medals and 1 Victorian Record
7. The Party at Peter and Anne Roach's House on Satuday Night. A good time was had by all!!

**** Denotes Victorian Record***

LONG COURSE LETDOWN

After training session at Korowa Pool on Weddnesday 1st Aprl 1998

Training session: 7 – 8pm
(Eassyy!! – so Dan says!)

Followed by Pizza/ pasta at

"Mama Mia"
1450 Malvern Road
Glen Iris

BYO!!

Come along and brag about your P.B's
or come and listen to what you've missed out on.

Malvern Marlins Committee 1998

President
Viv Merrill
AH: 9596 5463
BH: 9532 2401

Vice-President
Peter Niere
AH: 9557 7188
BH: 9286 5776

Treasurer
Karyn Gaudin
AH: 9391 0115

Secretary
Kate Wallace
AH: 9592 6637
BH: 9790 3361

Club Captains
Elana McNeil
AH: 9570 2829
BH: 9278 4766

Wayne Woods

Recorder
Gerry Tucker
BH: 9666 6208
Mobile: 0419 595 528

Registrar
John O'Dowd
AH: 9571 9749
BH: 9576 0111

Head Coach
Daniel Wallace
AH: 9592 6637
BH: 9528 5777

Social Secretary
Glenda Kerridge
AH: 9885 3943

Public Relations and New Members Officer
Sue Murray
AH: 9531 1681

Lap Talk Editor
Elizabeth Gibson
BH: 9825 1166
FAX: 9825 1010

MALVERN MARLINS - MASTERS CLUB

FINANCIAL MEMBERS AS AT 10 MARCH 1998

SURNAME	CHRISTIAN NAME		SURNAME	CHRISTIAN NAME
ALBERT	Jo-Anne		MCKAY	Julie
ALLENDER	Bruce		MCMILLAN	Clyde
BAINBRIDGE	Moira		MCNAMARA	Dianne
BANERD	Brad		MCNEIL	Andrea
BAYLISS	John		MCNEIL	Elana
BOWDEN	Andrew		MERRILL	Vivien
BOWDEN	Jennifer		MURRAY	Sue
BROWN	Richard		MYERS	John
CAVALLO	Anissa		NEVINS	Sue
COSGRAVE	Liz		NEWSTEAD	Sharon
DART	Geoffrey		NIERE	Peter
DAVIS	Brian		NORTH	Carol
DE BOMFORD	Sarah		O'DOWD	John
DEAR	Ian		O'FLAHERTY	Michael
DENEHY	Linda		RAINEY	Peter
DEVINE	Patrick		ROBERT	Vanessa
DEVINE	Jenni		ROBERTSON	Debra
DICKEY	Janette		RODGERS	Leigh
DIXON	Bruce		RYAN	Catherine
DOW	Chris		SALOMON	Eva
DUDLEY	Janine		SALTER	Geoff
GAUDIN	Karen		SANDERCOCK	Leonie
GIBSON	Elizabeth		SELIG	Kathleen
HADGKISS	Nigel		SELIG	Steve
HELMER	Murray		SKINNER	Trevor
HERON	Gayle		SMITH	Karen
HOLT	Megan		STANFORD	Sally
HORAN	Simon		STEER	Kay
HOWAT	Peter		TASKER	Caroline
JACKSON	Helen		THOMAS	Deryn
JAMES	Tani		TOOGOOD	Gayle
JEFFREY	Jan		TURNBULL	Gordon
JOHNSON	Julie		TUCKER	Gerry
KERRIDGE	Glenda		VAUGHAN	Roger
KLEMM	Megan		WALLACE	Daniel
L'HUILLIER	Dominic		WALLACE	Kate
LAND	Richard		WATKINS	Sue
LINGUEY	Tracey		WATSON	Grant
MACCANA	Mary		WILLETT	Robyn
MCDONNELL	Richard		WOLF	Serry
MCDONNELL	Brian		WOODS	Wayne
MCGINNESS	Janine		WUCHATSCH	Patricia

84 @ 10/3/98

1998 Long Course - Relay Summary Sheet DRAFT

10	WOMENS MEDLEY	80	02:29.04
Back	WATKINS, SUE	31	
Breast	DEVINE, JENNI	25	
Fly	McNEIL, ELANA	33	
Free	HOLT, MEGAN	21	
	Total	110	

10	WOMENS MEDLEY	120	02:39.00
Back	DICKEY, JANETTE	38	
Breast	MURRAY, SUZANNE	40	
Fly	NEWSTEAD, SHARON	33	
Free	GAUDIN, KARYN	32	
	Total	143	

10	WOMENS MEDLEY	160	02:33.50
Back	KLEMM, MEGAN	38	
Breast	KERRIDGE, GLENDA	39	
Fly	DENEHY, LINDA	44	
Free	RODGERS, LEIGH	43	
	Total	164	

10	WOMENS MEDLEY	200	02:53.00
Back	JEFFREY, JANETTE	48	
Breast	STEER, KAY	51	
Fly	MERRILL, VIVIEN	50	
Free	JOHNSON, JULIE	55	
	Total	204	

10	WOMENS MEDLEY	240	04:27.27
Back	JACKSON, HELEN	78	
Breast	SANDERCOCK, LEONI	49	
Fly	THOMAS, DERYN	48	
Free	WUCHATSCH, PATRIC	66	
	Total	241	

11	MENS MEDLEY	80	02:31.73
Back	NIERE, PETER	33	
Breast	BAYLISS, JOHN	44	
Fly	TURNBULL, GORDON	46	
Free	DART, GEOFFREY	47	
	Total	170	

11	MENS MEDLEY	120	02:06.90
Back	WALLACE, DANIEL	31	
Breast	RAINEY, PETER	33	
Fly	HORAN, SIMON	36	
Free	BANERD, BRAD	40	
	Total	140	

11	MENS MEDLEY	160	02:14.49
Back	SELIG, STEVE	46	
Breast	WOODS, WAYNE	41	
Fly	TUCKER, GERRY	49	
Free	SKINNER, TREVOR	50	
	Total	186	

11	MENS MEDLEY	200	02:32.99
Back	ALLENDER, BRUCE	54	
Breast	DEAR, IAN	57	
Fly	DAVIS, BRIAN	57	
Free	DIXON, BRUCE	48	
	Total	216	

17	MIXED FREE	80	02:06.95
	DEVINE, JENNI	25	
	HOLT, MEGAN	21	
	HORAN, SIMON	36	
	SKINNER, TREVOR	50	
	Total	132	

17	MIXED FREE	120	01:59.00
	McNEIL, ELANA	33	
	WATKINS, SUE	31	
	WALLACE, DANIEL	31	
	RAINEY, PETER	33	
	Total	128	

17	MIXED FREE	160	02:03.50
	RODGERS, LEIGH	43	
	HERON, GAYLE	42	
	BANERD, BRAD	40	
	DEVINE, PATRICK	51	
	Total	176	

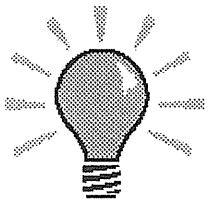
17	MIXED FREE	200	02:13.00
	TUCKER, GERRY	49	
	ALLENDER, BRUCE	54	
	JEFFREY, JANETTE	48	
	STEER, KAY	51	
	Total	202	

17	MIXED FREE	240	03:32.41
	WUCHATSCH, PATRIC	66	
	JACKSON, HELEN	78	
	DIXON, BRUCE	48	
	O'DOWD, JOHN	53	
	Total	245	

*** Note relay events 10, 11, expected in the middle of the day and 17 at the end of the day
If you are listed in a relay and can't swim please contact Wayne Woods on 9888 9428 ASAP
*** Remember relay practice session on Wed 25th at Korowa if you can make it!

Up-coming events

Note these dates in your diary



Have you checked the tin duty roster in this copy of *Lap Talk*?

1998	
21 March	**Training session, MSAC 4.30 p.m.**
22 March	Prahran One Hour Classic
28 March	Victorian State Long Course Championships MSAC (Entries now closed)
9 May	Ringwood Interclub
13 June	Frankston Interclub
21–30 June	World Masters Swimming Champs, Casablanca, Morocco
27 June	Syndal Long Distance Interclub, PLC (25m pool)
5 July	Eaglehawk Interclub
19 July	Sale Interclub
1 August	North Lodge Interclub, Monash pool
16 August	**Victorian State Short Course Championships, MSAC Note: New date!**
August	World Masters Games, Portland, Oregon, USA
2000	World Masters, Munich, Germany
2002	**World Masters Games, Melbourne**

PUBLIC SECTOR GAMES
M.S.A.C on 17-18 APRIL 98.
Call Alan Davis on 9841-8624 (A/H)

BRUNCH AFTER TRAINING AT HAROLD HOLT

Sunday 22nd March 1998

Muffins, orange juice,
the ususal good stuff.

"Club Gear" will be on sale, just in time for Long Course.
Bring cash or your cheque book.

Bargains on old Club Gear
MUST BE SOLD!!!

For more details, phone Glenda Kerridge on 9885 3943

We have placed a few "typos" just to see how alert you all are.

If you found them, just be thankful that our regular Editor, Elizabeth Gibson, will be back for the next issue of 'Laptalk'

JDavid