

NSW Master Athlete of the Year

Tony Goodwin

The NSW Sports Federation held the 2012 Sports Awards on Saturday 1st December. The Awards Ceremony, held at the Sofitel Wentworth Hotel, recognised the outstanding achievements of those involved in sport in NSW.

For the award of Master Athlete of the Year, there were two MSNSW members nominated – Tony Goodwin and Paul Lemmon. On the night, Paul Lemmon watched as his friend, Tony Goodwin from Manly, won the award for Master Athlete of the Year.

At age 75, Tony has had an incredible year. In January 2012, Tony set a World Record for the 200m breaststroke (long course). His record setting swim took 6.54seconds off the previous record. A few months later, in May, he set another FINA World Record, this time, in the 200m Breaststroke (short course), taking 6.48seconds off the old record.



Tony Goodwin and Paul Lemmon who were both nominated for the 2012 Master Athlete of the Year

Tony also travelled to Italy for the FINA World Masters Championships, coming home with three Gold Medals for the 50m, 100, and 200m breaststroke. Whilst he was unlucky and just missed out on records in the 50 and 100m breaststroke, he was part of a Relay Team who came home with two medals. He was also awarded with a bronze in the 100m butterfly.

Not only were records set at a world level, but at a national level as well, showing his strength in the breaststroke. Tony set new national records in his age category (75 - 79) in all 6 long course distances from 50 to 1500m Breaststroke, plus 100 Fly, and 3 new national records in 3 Breaststroke short course distance events. In February this year he again broke

the 400m, 800m and 1500m breaststroke records in one swim, having achieved the same outcome in 2007 in his previous age group.



Tony Goodwin in Italy at the 2012 FINA World Championships

Tony is a very motivated swimmer, training 3 sessions a week. He is determined to continue to improve and not shy to ask for help to better his performance. As a very passionate man, he also holds official roles and acts as a mentor for other MSNSW members.

Congratulations to Tony on an outstanding and well deserved achievement.