



**MASTERS
SWIMMING**
Australia

AUSSINEWS.COM

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As we start the new year, many will be planning their trip to Perth for the Nationals, others will be thinking about the Australian Masters Games and the rest of us will be quite happy to turn up for training, compete in local events and start accumulating aerobic points.

Whatever your choice for this year, let's hope it is a happy and successful year.

You may not be aware that everything you need to know about the National Swim can be found on the National website including the newsletter, program information and entry forms. The format for this swim is slightly different as there is no restriction on the number of individual entries, however there is a limit on the number swum on any one day and of course after the basic entry fee, each event has an additional entry fee. It will make choosing the Swimmer of the Meet quite interesting.

I've included an article from Al Prescott (New England Masters, USA) on the non-elite swimmer attending a national swim. A reply article would be well received and Al would be only too happy to print this article in his state's newsletter.

An article published by USMS on the importance of CPR has also been included with some incidents that are perhaps all too real.

The usual National records—they just seem to be endless these days. The National Top 10 for 2002 has been aired on the website. However if you find an error, please check with the Club recorder, then Branch before questioning the National recorder about an error or omission. The NRec relies on the submission of the Branch and in turn the Club has usually supplied this information. And times don't necessarily appear by osmosis, sometimes you have to let the Club recorder know of a swim worthy of inclusion.

Our congratulations to David King and Stu Fitch who have achieved the 10 million mark and are still swimming—there are articles about both swimmers.

And I've found some short stories which I thought were worthy of Lane 9—that's been missing for a few editions as it seemed that Tassie swimmers were the only ones who got up to mischief!!

There are profiles on two swimmers from Hobart, Ris and Steve Wilkinson (a husband and wife) - two wonderful people and considered assets to their Club and one from the Western Alligators, John Patterson. It would be great to hear about other AUSSI swimmers or will it be just Tassie and Vic swimmers who are extraordinary.

Pauline Samson
Editor

THE EXCITEMENT IS BUILDING!

It is less than 3 months to the big event to be held in Perth on 23-27 April 2003 and excitement is in the air. The organisation for the event is on track and the entries are rolling in - we even have our first one from overseas.

We are particularly pleased about the terrific support from our sponsors, namely:

Healthway, our naming rights sponsor, using the health message, Be Active Every Day, is sponsoring the event as part of their broader support for AUSSI Masters Swimming in Western Australia.

The Department of Sport and Recreation, as part of their ongoing support for AUSSI Masters Swimming in Western Australia.

Our 2 Premium Sponsors for the event, RetireInvest and Mayne Health.

Our 2 major suppliers, Best Western Australia (accommodation and function) and Recherché Software Development (computers and support).

The 2 National sponsors, ZOGGS and Sports Travel.

Dale Alcock Homes, for their support for the Open Water Swim.

Don't forget entries close on 21 March 2003 and we are looking forward to seeing you in Perth.

Bob Dunstan

Chairman

Organising Committee

BE ACTIVE AUSSI National Swim 2003



Mayne Hospitals, Committed
to delivering quality care



Serious swimmers prefer



Department of Sport
and Recreation

Be Prepared for Cardiac Emergencies

This article appeared in Streamlines.... from the National Office of USMS with a note suggesting that this could be included in club newsletters.

Within the past year, the Baltimore Sun ran a story about a very fit male swimmer and runner in his mid-40s who passed out after a workout, in the locker room. It took more than 20 minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a Masters coach sent an email to a list of friends describing an incident in which a man who she described as 'an extraordinarily fit runner' passed out in the pool after warm-up with no prior symptoms. He had had a cardiac arrest and, once again, luckily recovered. How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximise the chances that your friend will survive his or her cardiac episode? Although most of us don't like to think about these situations, incidents do occur. One way that Masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money.

Ask your Club Safety Officer to arrange a course for members of your club. Although most of us swim at pools which have trained staff on deck, you may have to support a swimmer in the water/and or alert the staff to a incident that may have occurred—you need to know what to do in this situation.

Nationals for the Non-Elite

This article appeared in the New England Masters Newsletter, July 2002—written by Al Prescott.

As the Nationals are to be held soon in Perth, WA, I thought you might enjoy reading about the experience Al has had.

I'm a compulsive liar, (but don't believe that).

Well, it's official, I've been to yet another nationals (the first one was Baltimore for the LC in 2000). I've scouted the scene for my fellow non-elites and I have to tell you, the situation is very grim.

First, don't expect anyone to be friendly. As soon as you get of the complimentary shuttle bus, the greeting staff can immediately peg you as non-elite. Sure they are all smiles, and tell you exactly where to go to check in. Sure, they walk with you out to the pool and hand point all the areas of interest, from the multiple lavatory facilities to the on site snack bar and grill. Sure, they say if you have any questions, feel free to ask, but I could see through all of that. I knew they knew I didn't belong.

And then there was the facility. The dinky little 20 lane pool (2 warm up/cool down pools, and two competition pools running simultaneous). The food was outrageous and expensive (burgers and fries a fraction of the MacDonaldis cost), and if you want to figure out what to do in Hawaii when you are not at the meet, forget it (onsite outfitters were available to book anything, anytime, and on any island).

And then there were the races. Don't expect any support from anyone during your race. Even my own teammates were of little help. Oh sure, they crowd the ends of the lanes and shout at the top of their lungs, "Go! Go! Faster! You've got him!", but they aren't fooling me. I know that is another way of saying, 'Hurry up, swim faster, your holding up the whole meet.'

And lastly, don't expect to place in anything. Especially in the long distance races and relays. (Al Prescott took 2nd in his age group in the 1650. Obviously the National Committee of 30-34 year olds was having its annual meeting in Uganda during the same week. He also got a medal in a relay).

In closing, going to a National Championship meet just isn't for the non-elites. Stay at home, train hard, and leave the medals, oopps, I mean the hell of attending these meets to me. I'll try to hold my head high amidst the laughter (mostly mine as I run from the medals table).

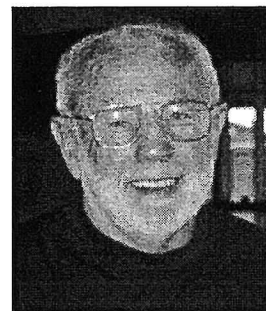
See you all in the water.

Perhaps one of our 'non-elite' swimmers would like to write of their experiences at the National Swim in Perth (or previous Nationals) and I'll publish in this newsletter and send a copy on to Al.

- **The Medical Disability Form**—to Branch Secretaries/Administrators, Club Secretaries and you the swimmer.
- I seem to have written several articles over the years, re the use this form, therefore
- this is another reminder that the form is **only** to be used if the swimmer cannot comply
- with aspects of the either Breaststroke or Butterfly or both eg the touch, kick, the
- position of the hands/arms.
- Please do not use this form for any other reason. The Technical Committee has often
- received forms for a variety of reasons—memory loss, deafness, need wheelchair access to the pool, require an outside lane etc.
- If you do have a special requirement for a swim meet, then this should be attached to
- the entry form as a consideration by the Recorder, Marshal and Referee.

John Patterson

The Western Alligators are very proud of their oldest member, John Patterson. For his voluntary work in health and other areas, John was recently awarded the Order of Australia Medal in the Australia Day honours list.



At an age when most people have retired, John 'Banjo' Patterson has no such intention. At seventy-two, he continues to work full-time managing the successful plumbing business that he built up from scratch. Work is one of the things that keeps him young, he reckons. Another is the challenge of being on the board of the Peter MacCallum hospital. This is his third year there, after serving on the boards of several other hospitals. He puts a lot of effort into this

and other voluntary roles. Working at the Peter MacCallum brings him face to face with the stark injustice of children and young people suffering from cancer. The needs of the less fortunate are never far from his mind. 'Putting back into the community' is a way of expressing his appreciation of his own good fortune—his success in business, his health and most important life itself.

John learnt to swim at the Brunswick Baths before he even started school and like many older Victorians went on to get his Herald certificate. At tech school he did swimming at the City Baths and gained his Bronze Medallion. After that, swimming did not feature much in his life until about fifteen years ago when he started going to the Altona Pool, where he would swim for an hour or so for relaxation. There he met Heidi Doyle, who encouraged him to join the Alligators (then the Altona Alligators). He's been a regular at the Thursday night training sessions ever since!

Some of the activities that our coach, Jan Walker, asks us to do are a bit beyond him, he admits, but he has a go, or just quietly does his own thing, always careful not to impede others who are a bit faster. His swimming's improved a lot in the time he's been with the Alligators but he's thinking of private lessons to further develop his stroke technique.

What he may lack in speed he certainly makes up for in perseverance. When it comes to the Alligators' 12-hour-relay, he always swims an hour block, when many of us younger swimmers struggle to complete half an hour.

As well as the actual swimming, the social aspect of AUSSI Masters is important to John as he enjoys meeting and chatting to younger people. He attends all the social functions and loves the way we all get on together and accept each other despite widely differing ages, jobs and reasons for swimming.

He's not interested in competitive swimming himself – that would get him too tense and destroy the point for him, which is relaxation and enjoyment. And despite living on Williamstown's waterfront, from where he could walk out in his bathers to take a dip, he's no ocean swimmer—too worried about 'the Noah's Arks'.

He enjoys a swim at times other than the Alligators training sessions, but not first thing in the morning – 'The pools don't open early enough', he tells me. John's day begins at 3.30 am with a walking routine. Two days a week he climbs the stairs of a local high rise block of flats, not once but ten times, and three days a week he walks for an hour around Williamstown. He began this as preparation for a trek in Nepal which he did last year. He loved the Nepalese people – 'They're just like us', he says. This trip, as well as other travels and working holidays in various parts of the globe have convinced him that whatever our race or creed, we all have the same needs and wants. He hates war and the destruction it brings to the lives of ordinary people on both sides.

For many of us 'younger ones' (some of us not so young in our own eyes), John is an inspiration and living proof that you're not old unless you think you are.

Article written by Barbara Beaumont, Western Alligators.

Worthy of Lane 9

'When he swims in our lane it is like the daddy swan pulling along all the baby cygnets behind him.'

Yes, he's a big chap. A man for whom almost every meaning of the term 'troughing' could have been invented.

I am re-learning swimming fly. It is not quite as easy as it was. I am still at the stage where being called a fitness swimmer is a compliment. I am the one who will attend swimming competitions to make the others feel better about themselves.

I am not tall enough, and do not have the background of a youth spent in the water, and will never be a proper swimmer. I do love the feel of the water, and the feel, every now and then, of making a connection with it, when suddenly, and for a few short metres, it all becomes easy, and I go nearly as fast as the slowest swimmer in the next lane.

He feels the rather desperate need to keep slim and trim. The result? He swims like a madman, churning the water away like he needs to burn off whatever excess fat he might have acquired. Having finished his swims, he then needs to compensate by eating rather more than decency would allow, and then drinking just a little bit too much, on too many nights of the week in a determined, nay desperate effort to preserve what little extra fat his wife will allow. A sad case indeed.

She is one of those former club swimmers who has maintained her glory. *She can swim*. She likes back stroke, so she can have no surviving sense of smell. She is also reputed to have a 'differential biology'. She doesn't sweat; she doesn't even glow. She merely asks if she is racing or training. If training, she swims within a well established comfort zone. If racing, the water turns to steam before her. No warm up required!

She is the very graceful, but evidently mad swimmer with a penchant for fly swimming 'just for the fun of it'. She is happiest swimming 200 fly repetitions. When asked why, she shrugs her shoulders. You can almost see those shoulders saying 'Because it is there' - but we all know shoulders can't talk!!

Swimming is full of people who are excessively tall, excessively thin, and excessively young. Some of us have to rely on skill and determination. She is petite and blonde. She is clearly someone who swam with a club when she was younger. It shows in her style, and the frustration she generates in those who are taller and occasionally younger as she floats by them in training.

His free-style is best described as lop-sided, and when in the next lane, we used to surf down

'Go for Gold' Scholarships—an MS Society of Victoria initiative to encourage people with multiple sclerosis to follow a dream. Scholarships to the value of \$2,000 are awarded in areas of education, music, sport, travel and the arts. Winners represent all people with MS who share their passion, skills and talents.

Over the last 3 years, Carol Cooke from the Roughies Masters Swim Club has been involved with her club to raise money for the scholarships. What started out as a relay for 1 team to raise \$2,000 has snowballed into the 24-hour Mega Swim. In 2002, more than 250 swimmers lined up for the swim with 14 teams at the Fitzroy Pool. Some teams raised over \$3,000, with one team swimming 104 kms. The event raised more than \$33,000 which will greatly assist the scholarships as well as other lifestyle programs for the Victorian MS community.

It's great to hear about AUSSI swimmers out there assisting the community and what a way to chalk up long distance aerobic swims—never one to miss an opportunity!

AUSSI NATIONAL RECORDS

The following performances have been approved as National Records, December 2002

LONG COURSE WOMEN

Helen Whitford NSP 35-39 yrs
50m Backstroke 00m33.01 10 Oct 02
100m Backstroke 01m10.77 11 Oct 02
100m Butterfly 01m08.83 08 Oct 02
Jan Fowler QWS 40-44 yrs
100m Breaststroke 01m21.61 29 Sep 02
100m Breaststroke 01m20.55 09 Oct 02
200m Breaststroke 02m54.47 07 Oct 02

Janet Bolton NWO 45-49 yrs
1500m Freestyle 20m55.15 08 Nov 02
Jennifer Noonan NSW 45-49 yrs
200m Breaststroke 03m10.42 07 Oct 02
Shane Gould WMR 45-49 yrs
100m Freestyle 01m02.74 08 Oct 02
50m Butterfly 00m30.88 07 Oct 02
Dee Sheffrin VDC 45-49 yrs
1500m Breaststroke 27m54.46 10 Nov 02
Kathy Heenan SAM 45-49 yrs
50m Butterfly 00m33.03 07 Oct 02
Jan Jeffrey VMV 50-54 yrs
50m Backstroke 00m37.51 10 Oct 02
100m Backstroke 01m21.96 11 Oct 02
Penny Steele QFH 55-59 yrs
50m Backstroke 00m36.81 28 Sep 02
100m Backstroke 01m24.06 27 Sep 02
Diane Bockisch VMV 55-59 yrs
200m Butterfly 03m26.66 11 Oct 02
Jannie Thomson CDW 60-64 yrs
800m Breaststroke 16m30.63 25 Oct 02
Gerda Willaims CDW 60-64 yrs
200m Indv. Medley 03m24.79 07 Oct 02
400m Backstroke 07m09.92 25 Oct 02
800m Backstroke 14m30.26 25 Oct 02
Pam Hutchings NSP 65-69 yrs
50m Freestyle 00m33.69 11 Oct 02
200m Freestyle 02m53.88 10 Oct 02
Tricia Legge QTT 65-69 yrs
50m Breaststroke 00m47.60 29 Sep 02
50m Breaststroke 00m47.49 08 Oct 02
Ailsa Duncan QSC 70-74 yrs
800m Butterfly 22m12.83 20 Oct 02
Margo Bates QHB 90-94 yrs
50m Freestyle 01m08.20 28 Sep 02
100m Freestyle 02m42.62 29 Sep 02
100m Freestyle 02m40.77 08 Oct 02
200m Freestyle 06m01.41 27 Sep 02
200m Freestyle 01m57.29 10 Oct 02
400m Freestyle 04m19.04 09 Oct 02
200m Freestyle 02m21.80 10 Oct 02
50m Breaststroke 00m38.18 08 Oct 02

LONG COURSE MEN

Jared Clarke VNA 25-29 yrs
200m Freestyle 01m57.29 10 Oct 02
400m Freestyle 04m19.04 09 Oct 02
Simon Leighfield VYR 25-29 yrs
50m Breaststroke 00m29.60 08 Oct 02
100m Breaststroke 01m04.49 09 Oct 02
200m Breaststroke 02m20.25 07 Oct 02 **
David Coyne NWO 30-34 yrs
50m Breaststroke 00m33.00 04 Nov 02
Ronald Massaar NSA 40-44 yrs
100m Backstroke 01m09.09 11 Oct 02
Stuart Meares NWG 40-44 yrs
200m Backstroke 02m30.37 27 Oct 02
Mark Smedley SAM 40-44 yrs
100m Breaststroke 01m14.21 09 Oct 02
200m Breaststroke 02m43.74 07 Oct 02
200m Indv. Medley 02m26.45 07 Oct 02

John Stacpoole NSA 45-49 yrs
50m Freestyle 00m26.03 28 Sep 02
100m Freestyle 00m58.74 29 Sep 02
Richard Dill-Macky NHH 45-49 yrs
200m Backstroke 02m28.18 08 Oct 02
Hugh Bradlow VPP 50-54 yrs
50m Freestyle 00m26.95 11 Oct 02
Graeme Armstrong VSP 50-54 yrs
100m Backstroke 01m11.28 11 Oct 02
Robert Patterson VNA 55-59 yrs
50m Freestyle 00m27.44 11 Oct 02
100m Freestyle 01m02.55 08 Oct 02
Patrick Devine VMV 55-59 yrs
50m Backstroke 00m33.86 10 Oct 02
Tony Straun VDC 60-64 yrs
50m Freestyle 00m28.26 11 Oct 02
100m Freestyle 01m02.45 08 Oct 02
200m Freestyle 02m21.80 10 Oct 02
Michael Moloney VPP 60-64 yrs
50m Breaststroke 00m37.61 08 Oct 02
100m Breaststroke 01m23.33 09 Oct 02
200m Breaststroke 02m58.92 07 Oct 02
Brian Davis VMV 60-64 yrs
400m Butterfly 07m40.24 10 Nov 02
Chris Bell QTV 65-69 yrs
800m Freestyle 11m33.29 11 Oct 02
Tony Goodwin NML 65-69 yrs
50m Breaststroke 00m38.18 08 Oct 02
John Crisp QMM 65-69 yrs
50m Butterfly 00m34.02 29 Sep 02
Bob Barry NWL 70-74 yrs
200m Indv. Medley 03m16.72 07 Oct 02
John Mills NCH 75-79 yrs
50m Freestyle 00m32.52 11 Oct 02
100m Freestyle 01m16.97 08 Oct 02
200m Freestyle 02m53.87 10 Oct 02
400m Freestyle 06m21.53 09 Oct 02
800m Freestyle 13m25.99 11 Oct 02
John Scarr QTT 80-84 yrs
800m Breaststroke 23m48.59 20 Oct 02
Arthur Thomas QTV 85-89 yrs
800m Freestyle 18m19.58 11 Oct 02
Alfredo Cherchi NTR 95-99 yrs
100m Backstroke 03m45.01 26 Oct 02 **
200m Backstroke 08m19.55 27 Oct 02 **

LONG COURSE RELAYS

Ryde AUSSI NRY 120-139 yrs
Female Medley 4x50m 02m13.84 27 Oct 02
Vivienne Locke Natalie Hamilton
Catherine Chatterton Jenny Whiteley
Doncaster Dolphins VDC 200-239 yrs
Female Freestyle 4x50m 02m12.52 10 Oct 02
Susan Harbottle Margaret Moore
Kaye Jarrott Bryn Nangle
Adelaide Masters SAM 200-239 yrs
Male Freestyle 4x50m 01m52.38 10 Oct 02
Mark Smedley Bronte Edwards
Andrew Loose Ron Hardie
Adelaide Masters SAM 200-239 yrs
Male Medley 4x50m 02m07.78 7 Oct 02
Mark Smedley Bronte Edwards
Andrew Loose Ron Hardie
Seaside Pirates NSP 280-319 yrs
Mixed Medley 4x50m 02m54.13 9 Oct 02
Pam Hutchings Elvera Dunn
Allan Duffly Kevin Vickery

SHORT COURSE WOMEN

Ailsa Duncan QSC 70-74 yrs
400m Butterfly 10m37.94 05 Oct 02
Margaret Cunningham QWY 75-79 yrs
100m Butterfly 02m12.16

SHORT COURSE MEN

Tony Goodwin NML 65-69 yrs
100m Breaststroke 01m22.83 16 Nov 02

SHORT COURSE RELAYS

Nil

** World FINA Masters record pending verification.

David King

David was a racing cyclist from the age of 16 until the birth of his first daughter in 1983. During those years he raced on both road and track and represented N.S.W. at National level. After leaving cycling David ran in two marathons and then decided to take up the triathlon. To do this he needed to learn how to swim more than one lap of the pool. To this end he started swimming on 9th January 1985 managing 20 laps (1 kilometre) in just over 30 minutes. David's initial objective was to get his time down to less than one minute per 50 metres for the 20 laps. He joined Ryde Aussi a few months later and managed the following times in his first race.

50 Free	38.71
50 Back	47.00
50 Breast	1.00.29
50 Fly	47.78

After two months of training he finally managed to swim 1 kilometre in 20 minutes.

David found he enjoyed swimming more than the running and cycling and eventually concentrated on just swimming. He found that it is one of the best activities for keeping fit with the minimum of training time. David has continued to improve his times to the extent that he has set state and national Aussi records.

Being a computer programmer, David has kept a record of every racing and training time he has done as well as the distance swum each day. As of 20th September 2002 he has swum 11,312,663 metres. This is the equivalent of swimming one quarter of the way around the world!

The Darwin Stingers have a computer program which is excellent at working out age group relay teams in the best combination, taking seconds instead of hours. The Club would like to market it to other (large) clubs to recoup their development costs. John Pollock showed it to Atlantis swimmers at the Alice Springs Games and they were very interested, so other clubs might also be interested.

For more information contact John Pollock
jpw@octa4.net.au.

Stu Fitch

The headlines in the Canberra Times in December stated—*Fitch sets sights on completing lazy lap of the earth.*

Stu plans to keep swimming until he has at least swum enough kilometres in the pool to equal the earth's circumference.

Stu was presented with the 10 million metre swimming award at Canberra North's AUSSI Masters Swimming Club Christmas Party.

It has taken Stu 9 years (1992-2001) swimming an average of 3km every day to achieve this target... most days he averaged 4.5km.

To complete the 'lazy lap' of the earth, he will need to maintain his current program, he will be 74 years old and it will be 2027. (*What's he going to do for the next 26 yrs—take a rest—yeah right!!*)

Stu is a keen competitor winning medals (mostly gold) in various swim meet here and overseas, has held world rankings and set a number of Australian records.

Launch of the 9th Australian Masters Games

A launch for the upcoming Games was held at the AIS with a celebrity swim.

Swimmers were made to carry the number nine as they swam, some tucked the 'nines' into their caps and left the field in the wake. Many struggled with side stroke and backstroke—just shows you that you just have to be a bit more creative—or as others might say—crafty!!

The launch was also a reminder for people to 'get into training'. The Masters Games are for everybody not just the ageing elite athlete.

Swimming is one of the 51 sports or activities planned for the Games to be staged from October 31 until November 9.

Apart from the World Masters Games, this event will be the biggest multi-sport event held in Australia.

Congratulations to AUSSI Masters NSW

At the recent NSW Sports Awards—
Winner of the Event of the Year
27th AUSSI Masters National Swim
(award accepted by Jane Noake & Jeff Price)

Pam Hutchings was one of the three finalists for Masters Athlete of the Year.

AUSSI PROFILE

Sometimes we have to go to extraordinary lengths to produce an AUSSI Profile including traveling 140kms to the East Coast, overlooking Freycinet to talk to Ris and Steve Wilkinson (Talays AUSSI), I've nicknamed the Novelist and the Surgeon.

Ris and Steve were both non-swimmers before joining AUSSI. They met in Sydney over 20 yrs ago (Ris described Steve as a 'tragic fashion statement'), Ris had studied for a B.Ed and Steve was a doctor. They spent 4 yrs in Scotland, as Steve pursued his career and Ris looked after their 2 little boys, Paul and Philip. They arrived in Hobart 17 years ago.

Ris has always loved to run (probably a greyhound in a former life—the 'lure' being the wind in the hair and the freedom of running). She was a non-swimmer, terrified of deep water, however after many running injuries and one time of 8 weeks of shin splints, Ris took up swimming. She was spotted at the pool and encouraged to try a variety of strokes and to join a masters club.

Steve would keep fit in the gym; swimming was something he tried to learn as a child, however it wasn't until he discovered goggles that 'breathing' wasn't so traumatic.

Ris was so determined to improve her all round swimming, she set herself a challenge and became the 1st woman in Tasmania (4 yrs ago) to complete all the aerobic swims. The top points alluded her for 2 years until she tried double arm backstroke for the longer distances. She has also set some branch records in butterfly and breaststroke and collected individual medals at Branch and National Swims. Of course she's still running—often seen pounding the pavement from Sandy Bay to the Shot Tower, as 23km return trip.

Steve started out as a very basic freestyle swimmer, however he has extended his strokes and in 2000 completed all the aerobic-swims. His butterfly has been described as 'slow and spacious'. He believes that gym has improved his upper body (for the fly) and the legs in breaststroke.

More recently they both completed in the Point to Pinnacle (Wrest Point to Mt Wellington) a distance of 21.4km; touted as the toughest 1/2 marathon in Australia. Ris finished 23rd overall and Steve was pleased to finish the distance within the 3hr time limit.

Ris will run most mornings, swim 2-3 times a week and will immerse herself in her passion for writing anytime between 2-10pm daily. She enjoys reading the classics, biographies, 10 best sellers and has completed her MEd, has written numerous poems and worked on over 20 novels. She was runner-up in 2001 in the Emma Darcy Award to recognize exceptional talent in writing romance. Ris is currently working with an editor from Harlequin Mills and Boon. (*Since writing this—Ris has sold her 1st novel and signed a contract*)

Steve goes to gym 4 mornings a week and works with a personal trainer 1 morning a week, before setting off to his work as a surgeon. Although he is a general surgeon, he has a particular interest in assisting people with obesity. And after a long day being on his feet in theatre, there's nothing more relaxing than experiencing sensory deprivation of the water and following that black line.

He enjoys reading Science, History and Stargazing the southern skies—on the deck on the East Coast, it's breathtaking,

For both Ris and Steve, club swimming has become a focal point of the family recreational activities eg water confidence with water skiing, developed a good network of friends and while walking to a pool in Sydney, discovered a college for their eldest son. They say you can't hide behind equipment, it's an intimate atmosphere—'what you see is what you get'.

Steve has used his strength and confidence to rescue Patti (the cocker spaniel) who was swimming about 1.5km from shore chasing a seagull and to tow in a stalled jet ski—something not possible 5 yrs ago.

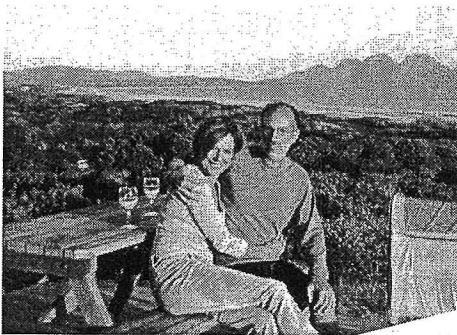
They have encouraged their children in their creativity, to reach their full potential and inspire them in a thirst for knowledge of Science and History of the world.

Ris wants to be rich and famous, tour the world book signing, perhaps fill the void left by the late Barbara Cartland—she also loves everything pink!!

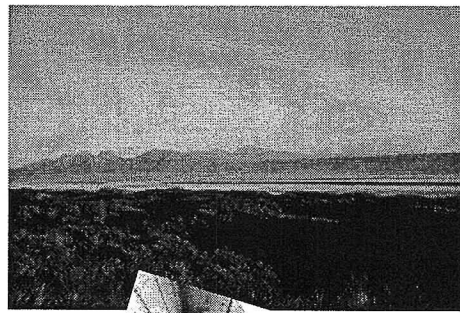
Steve plans to slow down by 60, take on less until 70 and maybe retire between 75-80—that will leave plenty of time for swimming.

Congratulation to Steve in being recognized in the Australia Day Awards with an OAM for services to medicine as a surgeon, researcher, administrator and teacher and to the community as a promoter of a healthy lifestyle for children.

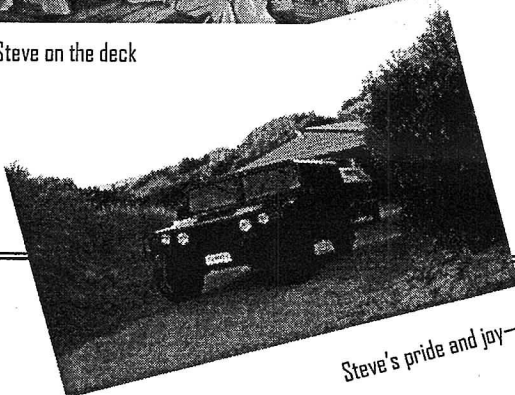
My club, Talays AUSSI is proud to have both Ris and Steve as members of the club.



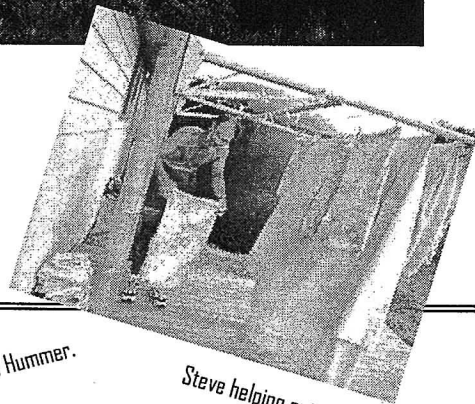
Ris & Steve on the deck



View across to Freycinet.



Steve's pride and joy—The Hummer.



Steve helping out with the laundry.