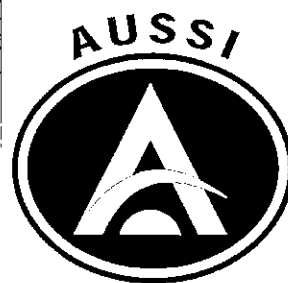


AUSSI

masters news

vol 4 number 2 July 2006

Issn 1448-3580



**MASTERS
SWIMMING**
Australia

National President

John Pugh



Unfortunately official 'duties' in Shanghai kept me from the National Swim in Canberra, although I managed to be there to hand out awards at the Presentation dinner. The high spirits at the dinner showed that the swimmers present had enjoyed it immensely. Well done ACT!

If you enjoy National Swims, you should arrange to be in Darwin next year. Minutes from the organising committee show that the only likely problem may be a lack of shade, so take your biggest hats and sun cream. It will be a change to compete in a warm

outdoor pool. Book your accommodation soon because the Arafura Games follow our swim and there will be lots of visitors in Darwin.

As many of you know, my visit to China was to help present a bid to FINA to host the 2008 World Masters Swim in Perth, WA. Thanks to some excellent preparation by Graham Moss and Tom Hoad, our bid succeeded which compensated for the dose of Shanghai flu' I brought back! Preparation has started and the swim organising committee in Perth has matters in hand. Lynne Malone is National's representative on this committee and I know that she will do her usual thorough job.

The AGM and Board meetings in Canberra ran smoothly and the agendas were covered in good time. Highlights were the award of Life Memberships to Pauline Samson and Mary Sweeney and you will read more about both of them on page 4. The corporate governance project is progressing well and we look forward to

seeing the first draft of a new constitution at the board meeting in October. Two productive workshops were held after the formal meetings and we made good ground in revising the strategic plan and streamlining the Swim Meet Guide.

At the end of July Lynne Malone and I will be in San Francisco for the World Swim and to help publicise our own swim in Perth in 2008.

International Sports Tours, our official travel agent, has 35 people in its party and there are many more Australians travelling separately, so we will be well represented. I wish all competitors good swimming and a dash of luck.

John Pugh

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AUSSI NATIONAL OFFICE

From the Desk of the CEO Stephen Cardiff



We're already half way through the membership year; isn't it amazing how quickly time flies?

For the national body, the highlight of recent months was definitely the 31st National Swim in Canberra. Only a few months down the track and we're already looking forward to Darwin in early May next year.

For those of you planning to attend, please visit the event page at www.home.aussimasters.com.au/html/32nd_aussi_masters_national_sw.html. It contains lots of information on travel, programme, venue and much more. Please keep an eye on the page for updating information such as the post swim tours IST is currently putting together. With the Arafura Games taking place less than a week after the National Swim, it is recommended that you book your accommodation early.

Speaking of events, a keen group of around 92 AUSSI members are traveling to San Francisco, USA in August for the XI FINA World Masters Championships. A preview of the event appears on page 6. The National President John Pugh and

Lynne Malone (WA) will be representing the national body to promote the XII FINA World Masters Championships to be held in Perth in 2008, while Ken Liddy (Qld) and Alan Davis (Vic) are the AUSSI officials at the event.

Around 54 AUSSI members are competing in either or both of the VII World Gay Games in Chicago from 15th to 22nd July and the 1st World Outgames in Montreal from 26th July to 5th August.

Finally, in regard to events, the 2006 Melbourne University Sport AUSSI Masters National Swim Camp will be held in Melbourne on September 23 and 24. It focuses on preparation and execution of a four day National Swim programme, and targets both swimmers and coaches. Registration closes on 1st September and, as places are limited, don't delay if you are interested in attending. More details are on page 17.

Communications is an area that is receiving increased attention of late. I am working on ways to improve communication through to members.

The national body's two main communication tools are the national website (www.aussimasters.com.au) and national newsletters.

The next time you visit the website, you may notice that the content has been updated in a number of areas. My aim is for the website to speak directly to members, providing news on what's happening and all the information you need. In addition, it will be a marketing tool for prospective members.

Both of these areas are improving and I invite you to visit the site if

you have not been there for a while. Please note that further changes are planned!

The publishing of this newsletter marks an exciting change in the way it's distributed. While hard copies have been and will still be sent to Clubs with the intention that it is passed around to members, I believe many members do not always have the opportunity to read it.

From this issue on, an email will be sent to every member who has provided an email address and indicated on the Registration Database that they wish to receive national newsletters electronically.

Members wishing to receive the newsletter in this manner who do not receive an email this time should contact their club registrars to update their details on the Registration Database. Of course, the national newsletter is also posted on the national website.

Continuing the theme of communication, a revised communication policy was circulated to Branches, National Committee Chairs, Board Members and Life Members on 6th June. Your Club should have received it from your Branch.

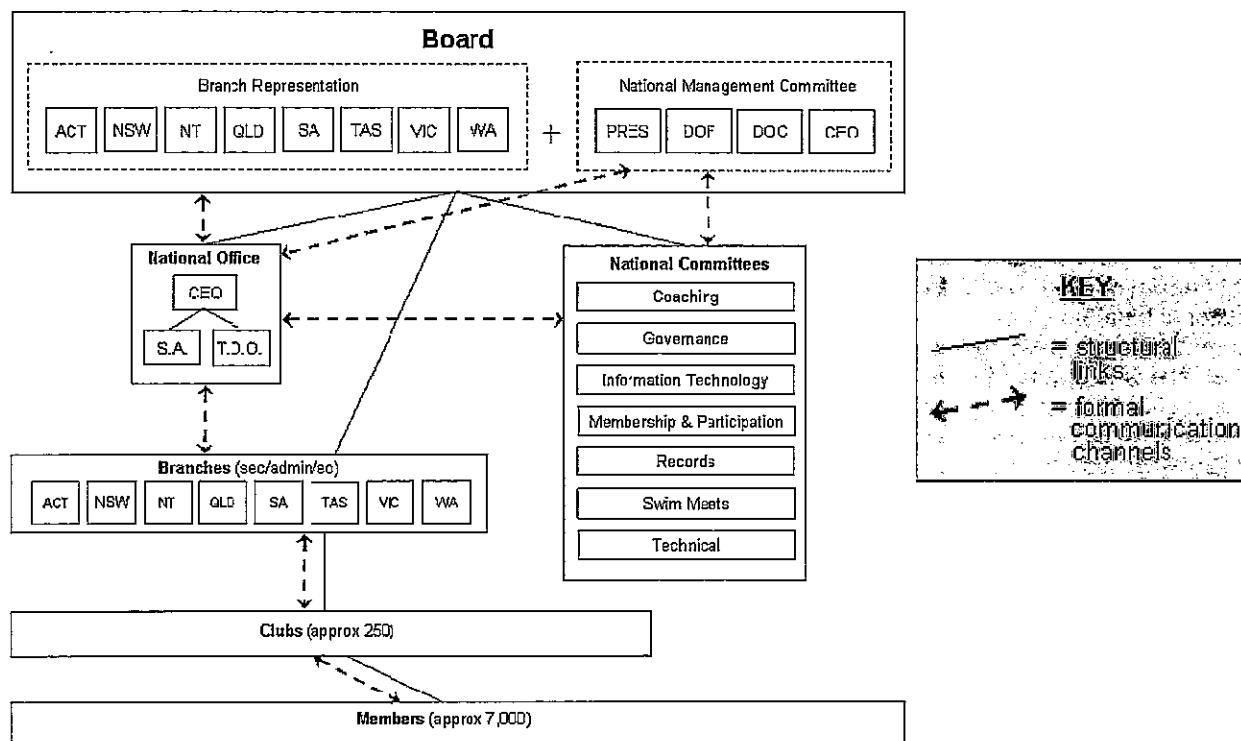
As can be seen from the diagram on the next page, official communication lines exist between members and their clubs; clubs and their Branch; with the national office playing a central role in co-ordinating communication between the Board, National Committees and Branches.

If you are interested in reading the full policy, please contact your club or Branch.

Stephen Cardiff

AUSSI NATIONAL OFFICE

From the Desk of the CEO (cont.) Structure and Communication Channels



AUSSI Sponsorship Opportunities

Current sponsorship opportunities exist in the following areas:

- National Swim (National Championships)
- National Swim Camp (September 2006)
- Grassroots:
 - ◆ Sponsor a club coach or network of coaches
 - ◆ Sponsor a group to do officiating courses
 - ◆ New member / New club kits
 - ◆ Uniforms for volunteers, officials, coaches, board members, staff
- Providing discounts and/or products to members
- National Aerobics Championships
- Website advertising
- Merchandise – shirts worn by staff; National Swim; sales via national website
- Other Swim meets
- Newsletter (printing, advertising or distribution)

- International Swim teams
- Handbook Printing

Why not harness the potential of our membership base to:

- ✓ Expand your business?
- ✓ Achieve a change in perception of your organisation or brand?

We can customise products and services to meet your needs.

Get involved now!

For a confidential chat, contact the CEO, Stephen Cardiff on:
(03) 9399 8861
or by email at:
ceo@aussimasters.com.au



FEATURES

Life memberships

At the Annual General Meeting of AUSSI Masters Swimming Australia in Canberra in April 2006, the honour of Life Membership was bestowed upon two very worthy recipients.

One was immediate past President **Mary Sweeney** (Qld). After joining Brisbane Northside Masters in 1984, Mary first became active at national level when she chaired the National Masters Games Committee from 1995 to 1997. In 1996 she was appointed the Queensland Branch Delegate to the National Board, and in 1999 was elected as President. She held this position for 3 terms or 6 years.



Above: Mary Sweeney is presented with National Life Membership by David Ryan (Qld President).

Mary was President of the Qld Branch from 1992 to 1994 and is a Qld Branch life member.

Mary was instrumental in the appointment of a new National Executive Director and relocation of the National Office to Melbourne in 2001.

Later that year she suggested changes to the portfolio system where Branches handled national functional areas, such as Coaching and Technical. These changes replaced the portfolio system with sub-committees, allowing people with the right skills to sit on a

national committee irrespective of where they lived, and improving the quality of those committees work.

For the first time, AUSSI witnessed the signing of a Memorandum of Understanding with Swimming Australia in 2001, a landmark agreement put in place to ensure there was a co-ordinated approach with Swimming Australia to areas such as marketing, coaching and technical development. Mary was a major player in this, as she was in other areas throughout her time as President.

Mary was also the national archivist from 2001 to 2005, a task that illustrates the typical dedication and commitment that she is known for.

In 2005 she received an Exceptional Services award for 10 years of continuous service to AUSSI National.

Pauline Samson (Tas) first joined Talays AUSSI Masters in Tasmania in 1989, quickly assuming positions of responsibility within the club and Branch. 1993 saw her represent the Tasmanian Branch as national delegate; a role she still holds. If one thing stands out about Pauline's contributions at national level, it is that she willingly accepts positions of responsibility in a variety of areas.

Pauline was the Director of Communications from 1993 to 2003; a role which included production of national newsletters, and the national website which she launched in 1999 and maintained until 2005. She was the Director of

Programmes in 1993, and the Chair of the Technical Committee from 1994 to 1999. Pauline was a member of the IT Committee from 2002 to 2003 (and again since November 2005) as well as chairing the Technical Committee from 2003 to 2005. She is the current chair of the Records Committee.

Not surprisingly given the many positions she has held, Pauline's achievements are impressive. She was awarded the inaugural Official of the Year award in 1995. Her technical and organisational pedigree saw her become Convenor of the 1998 National Swim in Hobart. Again in 2005 she became Chief Referee, Program Manager and Recorder for the 30th National Swim in Hobart. Expertise gained here naturally led her to conduct a successful major review and realignment of Rules against By Laws in 2005. She has been an accredited referee since 1995, the year in which she gained accreditation for AUSSI technical courses with the National Officiating Accreditation Scheme. AUSSI was one of only 12 sports nationally recognised in that first year.

Like Mary, Pauline received an Exceptional Services award in 2005. My sincere congratulations go to **Mary Sweeney** and **Pauline Samson**.

Stephen Cardiff



Above: Pauline Samson receives her National Life membership from National President, John Pugh.

FEATURES

2006 FINA World Masters Preview

Held every two years, this is the major Masters Aquatics championship of the world. While swimming is by far the biggest of the disciplines, athletes also compete in Diving, Water Polo and Synchro. This year, the event is being staged in the San Francisco areas of the USA from August 4 to 17.

AUSSI will be enthusiastically represented by 103 members, with over 30 people traveling with our official sponsors, IST. It is shaping up as not only a superb high-end competition, but also a great cultural experience for those attending.

The event differs slightly from the format we are used to seeing in swim meets here in Australia. At the Worlds, swimmers must meet qualifying standards in order to enter. They are still seeded according to their expected finishing time. However, each event is swum in age groups and by gender. In this respect, swimmers have a more instant idea of how they have fared against competitors in their age group. Also, individual finishers in the top 10 of each event receive a medal.

Heading AUSSI's campaign is World Record holder in 50m free for the 60-64 age group, **Lynette Stevenson** (NBT). She is also seeded 1st in 50m back, 2nd in 100m free, 3rd in 100m back and 4th in 50m fly. Her rivalry with **Kaye Beer** (NSH) will be one to watch.

George Coronas (QTT; 85-89) enters the meet seeded 1st for 50m free and 100m free; 4th in 200m breast and 7th in 50m and 100m breast. "I'm hoping to be medal material for my age group at San Francisco", George said after the National Swim in April. It's looking good, George.

Tony Goodwin (NML; 65-69) broke the World Record at a previous in-

stallment of the FINA World Masters Championship, so his pedigree is good. He goes in the 100m breast seeded 1st, and is also seeded 2nd in 200m breast and 3rd in 50m breaststroke; an impressive CV given that at 69 he is right at the top end of the 65-69 age range.

Leslie Marton (NNS; 80-84) is top seed in the 50m breast and is also seeded 3rd in 100m back, 4th in 50 fly, 5th in 50m back and 8th in 50m free.

Other AUSSI members seeded in the top 10 for individual events are:

Patricia Liddy (QTT; 70-74): 2nd 200 IM, 3rd 200 back, 3rd 400 IM, 4th 100m fly and 100m back.

Barbara Vickers (NML; 80-84): 2nd 100m and 200m breast, 3rd 50m fly, 50 breast and 200 IM.

Jan Jeffrey (VMV; 55-59): 2nd 200 IM and 400 IM, 4th 100m and 200m back, 7th 50m back.

Alan Brown (NTS; 60-64): 2nd 50m free, 4th 100 free, 5th 200m free.

Valerie Lincoln (NGS; 80-84): 3rd 400m and 800m free, 4th 200m back, 4th 200m free, 6th 200m breast.

Dorothy Dickey (VDC; 75-79): 3rd 800m free, 4th 100m and 400m free, 5th 200m free, 6th 100m back.

Paul Wyatt (NCR; 60-64): 3rd 200m fly, 4th 200m breast, 5th 400 IM, 7th 200 IM.

Kaye Beer (NSH; 60-64): 3rd 50m free, 5th 100m free, 6th 200m free and 10th 400m free.

Max Van Gelder (NWG; 75-79): 3rd 50m free, 5th 100m free and 6th 50m fly.

Cyril Baldock (NCR; 60-64): 3rd 400m free.

Ann Todd (QTW; 80-84): 5th 200 back and 200m breast, 8th 50m free, 8th 100m free, 8th 200m free.

Pauline Wingate (WMH; 65-69): 5th 400m free, 6th 800m free, 10th 50m free.

Larry Forsyth (QCS; 45-49): 5th 50m free, 7th 100m free.

Tracy Clarkson (QBN; 55-59): 5th 400 IM.

Frances (Bobbie) Lea (CDW; 70-74): 6th 200m fly, 7th 100m fly, 8th 50 fly.

Suzanne Levett (NWG; 65-69): 6th 50m free and 9th 200m free.

Mark Taylor (VSP; 50-54): 6th 200m breast.

Lesley Buchanan (NHS; 55-59): 6th 200m fly.

Cecily Cooke (QTW; 80-84): 7th 100 breast, 8th 200m breast, 9th 50m free and 50m breast.

Bill Walker (NNC; 75-79): 7th 200m fly, 8th 100m fly and 10th 400 IM.

Belinda Drayton (NSP; 30-34): 7th 200 fly, 9th 400 IM.

Peter Joseph (NTS; 65-69): 7th 200m breast, 9th 100m breast.

John Fussell (WOP; 60-64): 7th 50m back, 9th 100m back.

Dawn Gledhill (NML; 55-59): 7th 200m fly.

Ian Carrick (QTE; 55-59): 8th 200m breast.

Dave Lovelace (NNS; 30-34): 10th 200 back, 10th 400 IM.

John Wynberg (NNS; 55-59): 10th 100m free, 10th 200m free.

Ivan Wingate (WMH; 65-69): 10th 200m fly.

Annie Cooke (NCT; 60-64): 10th 50m back.

The largest club contingents are from Tattersalls (16) and Seaside Pirates (12). Not surprisingly then, the Branch with the most representation is by far NSW with 51 swimmers, followed by Qld with 16. There is at least one swimmer from every branch except for ACT.

Good luck to everyone traveling to San Francisco. Have fun and do us proud!

-Ed

FEATURES

Commonwealth Games

The Commonwealth Games were held in Melbourne in March of this year. This great event could not happen without Volunteers, and as usual AUSSI members played their part in assisting in varied roles before and during the Games.

Below are just a few of those that participated in some way at the Games.

Baddaginnie

Below: Shirley Mc Farland, Sport Specific Information Assistant – Weightlifting



Casey Seals

Steve Thompson -Driver.

Janette Gooley - Volunteer, Vodafone Arena (Multipurpose Building)



Above: Kathryn Marmara, Media Services Photo Assistant - MSAC



Above: Opening Ceremony

Doncaster Dolphins:



Left: Tony Strahan participated in the Baton relay.

Julie Fechner - Driver.

Rod Clarke - Volunteer.

Helen Scott - Closing Ceremony.

Brian Walsh - measured the pool.

Sarah Posner - media box at the Swimming.

Right: Pam Pedesen not only ran in the Baton Relay but was also one of those swimmers in beautiful pink at the Opening Ceremony.



North Lodge Neptunes

Barb Brooks - Spectator Services Officer at MSAC.

Harold Gusdorf - Driver.

Gloria Hardy - ran in the Baton Relay.

Nunawading Orcas

Right: Peter Bunker, sport specific volunteer - Triathlon.



Western Alligators

Michelle Thompson – Interviewer (Pre Games); Bahamas team Assistant based in Village working (Games time).

Malvern Marlins

Viv Merrill - pool deck volunteer (MSAC)

Below: Deryn Thomas



Deryn Thomas - Supervision of the competing swimming teams at Richmond and MSAC pools.

Sharon McDonald - Interviewer (Pre-Games 2005); participated in Queen's Baton Relay; Medal Ceremonies team at MCG (Games Time)

Right: Sharon McDonald

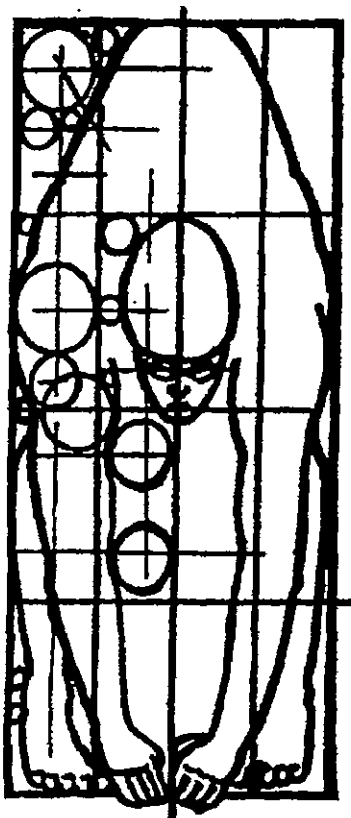


Talays Masters

Kris Apps - Interviewer (Pre-Games); Participated in Opening Ceremony; Nigerian Team Assistant based in Athletes Village (Games Time).

COACHING

Coaching Adult Swimmers Training Program - Q&A



Now that the first pilot of the Coaching Adult Swimmers Training Program will be run in August, some members have expressed concern about a few things. In the last newsletter we explained how the Training Program was going to work with the combination of the Coaching Adult Swimmers Training Program and Swimming Australia's (SAL's) Training Programs. In this edition I would like to answer a few questions that have been asked and explain the reason why we are moving along this path.

Masters Swimming Australia (MSA) has recognised that Masters coaching needed some rejuvenation within its Training Programs to maintain its quality in comparison to SAL's Coach Training Programs. With the help of the 2004 survey of Masters Coaches, course evaluation

surveys completed by candidates, and feedback from Course Administrators, we were able to ascertain that we were not giving our potential coaches enough information regarding coaching adults. Most coaches who had previously completed their SAL Green and Bronze Training Programs gave feedback that we covered similar topics in the MSA L1M Course.

Whilst the L1M Course was already extensive, we needed to enhance the topics to make them more adult specific, as well as provide a pathway for current SAL qualified coaches to gain the adult specific knowledge and a recognised adult specific qualification. To achieve this, we firstly worked with SAL to match competencies between the SAL Coach Training Programs and the MSA L1M Course. This process highlighted the differing topics and allowed us to start designing the Coaching Adult Swimmers Training Program as a recognised pathway toward achieving the L1M qualification.

The pre-requisite for the Coaching Adult Swimmers Training Program is the SAL Bronze Training Program. The SAL coaching accreditation structure is such that the Green License teaches the first steps towards training principles and the Bronze License has more in depth information regarding biomechanics, energy systems and training principles. The analogy is:

Green Training Program = Primary School (teaches you the overall basics);

Bronze Training Program = High School (teaches you more broad information with a specific subjects);

Coaching Adult Swimmers Training

Program = University (teaches you specific information for specific subjects).

Q&A

Q: How do currently qualified coaches update their L1M qualification?

A: There is no difference in the updating process.

Q: Do I still have to have a current CPR qualification for the 4 years of my coaching qualification for it to be active?

A: A current CPR qualification is still a requirement for the L1M Course. You must have a current CPR qualification at the time of accreditation and re-accreditation.

Q: Will there be fewer opportunities to gain my coaching qualification?

A: No. There are many more Green and Bronze Training Programs than L1M Courses. In the future we will partner with SAL to run our Coaching Adult Swimmers Training Program to follow on from SAL Bronze Training Programs.

Q: I don't want a qualification; however I wanted to do a L1M Course to learn more about my stroke. Will I still be able to sit in on the Coaching Adult Swimmers Training Program?

A: No. You must either have your Bronze License or you must be registered to sit your Bronze license before participating in the Coaching Adult Swimmers Training Program.

David Chambers
National Coaching Director

For more information on the different coaching qualification pathways for Masters Coaches, please visit the Coaching page of the National Website:

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

COACHING

Coaching Adult Swimmers Training Program - Overview

The Masters Swimming Australia (MSA) Coaching Adult Swimmers Training Program has been developed as the preferred pathway for Coaches to gain the Level 1M Swimming Coach Accreditation.

The course builds on the pre-requisite knowledge of the Swimming Australia Ltd (SAL) Bronze Training Program and aims to relate basic swim coaching knowledge and skills with adult specific considerations to enable candidates to effectively coach adult swimmers.

This is achieved by developing a candidate's competence in:

- Recognising and promoting the benefits of swimming for adults.
- Providing a safe environment for adult swimmers with specific medical conditions and/or health issues.
- Applying the basic training principles to the development of an adult swimmer.
- Providing an environment and approach conducive for adult swimmers to learn new skills.
- Observing and evaluating the adult swimmer's technique and performance.
- Facilitating learning of the rules of Masters Swimming Australia.
- Planning, preparing, conducting and evaluating training sessions that cater for the varying needs of adult swimmers.
- Planning, implementing, monitoring and adapting a yearly plan for adult swimmers of varying levels.
- Guiding adult swimmers to self-manage their development by sourcing additional information to improve their swimming

performance.

- Effectively communicating the details of Masters Swimming Australia programs and events to adult swimmers.
- Applying self-reflection methods.

The Coaching Adult Swimmers Training Program has the following **Assessment and Accreditation Requirements:**

Theory:

- Attend all 9 hours of the Level Coaching Adult Swimmers Training Program
- Undertake the pre-course and post-course units (3 hours nominal duration)

Workbook & Practical Task:

- Satisfactorily complete the Candidate Assessment Workbook
- Satisfactorily complete the eight theory assessment tasks
- Satisfactorily complete the one practical task (60 hour Coaching Experience Log or 30 hour Coaching Experience Log for candidates who hold a current SAL Bronze Coaching Licence or have satisfactorily completed Practical Assessment Task 9 of the Bronze Licence course)

Resuscitation:

- Provide evidence of a current cardio-pulmonary resuscitation (CPR) certificate from a training group recognised by the Australian Council for Resuscitation.

Code of Ethics:

- Sign and submit the Masters Swimming Coach's Code of Ethics Agreement Form

Timeframe:

- Sign and submit the Masters

Swimming Coach's Code of Ethics Agreement Form

The **MSA Coaching Adult Swimmers Training Program** consists of the following units:

Course Introduction; 15 mins; delivery in training program

1. Coaching the Adult Swimmer; 45 mins; delivery in training program
2. Health and Medical Aspects of Swimming for Adults; 90 mins; delivery in training program
3. Training the Adult Swimmer; 90 mins; delivery in training program
4. Teaching New Skills to Adult Swimmers; 90 mins; delivery in training program
5. Rules for Masters Swimming Australia; 30 mins; delivery Pre-training program; 15mins delivery in training program
6. Planning for the Adult Swimmer; 90 mins; delivery post training program
7. Nutrition for Adult Swimmers; 30 mins; delivery Post training program
8. Coaching Better; 30 mins; delivery post training program
9. Practical Coaching; 60 hours (minimum 10 hours supervised); delivery post training program

Course Conclusion; 15 minutes; delivery in training program.

Upon successful completion of all components of the Coaching Adult Swimmers Training Program, the candidate will be issued with the MSA Level 1M Swimming Coach Accreditation.

The Coaching Adult Swimmers Training Program has been submitted to the National Coaching Accreditation Scheme for registration. Victoria is due to conduct the first course in August.

Loren Bartley
Technical Development Officer

NATIONAL COMMITTEES

Technical

CONFUSION RULES

The title of this article is a twist of the old saying "confusion reigns supreme". When it comes to our Rules of Swimming, this is almost a true statement.

A major source of confusion is our current Rule SW 14.7. This is the breaststroke rule allowing the use of a single downward dolphin kick at the start and at each turn. In the December 2005 issue of this newsletter we reprinted a series of photos that illustrated the use of this dolphin kick supplied by ASCTA. Unfortunately some of our referees, (and many others around the world) thought that these photos illustrated the only way or time that the dolphin kick could be used. They assumed that the kick had to be done at the same time as the first stroke, even though the rule does not say this.

To clarify the situation, FINA added an Interpretation of the Rule to their website earlier this year. It reads:

"A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick."

This clarifies that the dolphin kick can be done at any time between the start of the underwater arm stroke and the start of the breaststroke kick. Note also the "wholly submerged". I have seen a swimmer (rightfully) disqualified for breaking the surface with their feet at the start of the downward dolphin kick. Note that our Rule SW 14.5 strictly forbids this.

Another major source of confusion is the backstroke tumble turn. How many kicks should we allow as "part of the continuous turning action" (SW 13.3)? When is a kicking action merely a steadying of the body? The new FINA backstroke turn rule does not even mention kicks. Your comments on this are welcome.

A final one for referees is Libby Lenton's jumping out of the pool at the end of a relay at the Commonwealth Games, before the last swimmer for Singapore had finished. I for one was waiting for the team to be disqualified, but they weren't. Why? Because nowhere in the FINA Rules nor in our Rules does it say that the last member of a relay team must stay in the water until all teams have

finished. So why do some of our referees insist on applying this non-existent rule?

If you are aware of any other rules that are causing confusion, please let me know. Please check that you are using the October 2005 ver. 1.3 set of rules.

Gary Stutsel,
Chair, National Technical
Committee.

Below: Gary Stutsel



Visit the National website to
see the new Technical
page:

[www.home.aussimasters
.com.au/html/technical.html](http://www.home.aussimasters.com.au/html/technical.html)

Membership

The Membership Committee is working slowly but surely on several projects which should be finalised by the end of this year.

Stephen is continuing to work on securing a Patron for Masters Swimming. Unfortunately, the original person that we approached, who seemed very keen initially, appears unable to fulfil the role so we plan to approach another candidate in the near future.

The national membership card proposal will be put to the October Board meeting. The concept is

based on giving members discounts at national retail stores. A number of options are still being pursued by both Stephen and myself.

The website, pamphlet and a new national Masters Swimming Australia poster are being updated and reprinted. We aim to have professional and targeted resources to distribute to the community.

Any Masters swimmer who has worked in the public relations or marketing industry and would like

to be involved in these specific projects should contact Stephen at the national office on (03) 9399 8861; ceo@aussimasters.com.au.

Therese Crollick,
Chair, National Membership and
Participation Committee

You are invited to visit the
National website to look at
the new membership
page:

[www.home.aussimasters
.com.au/html/membership.
html](http://www.home.aussimasters.com.au/html/membership.html)



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BRANCH NEWS

South Australia

The SA Branch held its Annual General Meeting on May 17.

Craig Smith (President), Dick Freeland (Secretary) and Phil Beames (Treasurer) completed their terms as key officers for the Branch. Mike Walker (Henley and Grange Club) was elected as the new President. John Gamlen (Tea Tree Gully club) returned for another stint as Secretary after a two year break. Phil Beames is continuing as Treasurer for a further one year. All positions were filled at the meeting and we are looking forward to another exciting year of swimming.

Phil and Leanne Beames were both awarded Branch Life Memberships at the AGM. Phil and Leanne are well known in Masters Swimming around Australia and have given tremendous service to the SA Branch. Phil has held a number of positions but is best known as our most experienced Referee and has

been Chief Referee at 2 Australian Masters Games and 1 National Swim in recent years. He also officiates at country venues such as Mildura as well as Regional Masters Games in SA.

Likewise, Leanne has officiated for 10 years as SA Branch Recorder with an equally impressive list of official duties and events.

Below: Phil & Leanne Beames



Congratulations to Phil and Leanne who will receive their certificates and badges later this year.

Sadly, one of our Life Members passed away recently; Florence Walker. Flo was almost a founder of Masters Swimming in SA with duties extending back to our very early years. In recent years, Flo moved to Canberra to be with her daughter Gillian Laughton; another well know AUSSI referee and official. Flo received her Life Membership in 1989 – the second person awarded the honour in SA.

The Australasian Masters Games, incorporating the Australian Masters Games, will be held in Adelaide in October 2007. The Games are from October 5 to October 14. The SA Branch hopes to conduct another highly successful event. Keep an eye out for the swimming dates and mark them on your calendar as a "Must Do". For further information contact secretary@aussisa.org.au.

John Gamlen,
Branch Secretary

BRANCH NEWS

Western Australia



Above: Wendy Holtom,
Executive Officer.

EXCITING THINGS HAPPENING IN THE WEST

Albany AUSSI takes the lead

In a recent article of ACTIVE News, the Albany AUSSI Club was featured for their history-breaking achievements in their local community.

Three intellectually disabled swimmers have joined the Albany Club and are training every Wednesday under the coaching of Tony Stanton, a long-time coach and supporter of swimming in Albany. Club members have been giving them hints to improve their style. However, the real focus is on the fact that they are now swimming competitively. The arrangement with Albany AUSSI is a pilot project and, if successful, could open up opportunities for membership for people with intellectual disabilities with other clubs around the State.

Project Co-ordinator back on board

With special incentive funding and sponsorship from Healthway under the BE ACTIVE health message, WA secured a part-time employee in 2005 to work on several membership growth projects. The BE ACTIVE Sandgropers Club, which is for country swimmers and is administered in the State office, commenced in 2005 and will crank up again in September this year in time for the summer country pools

season.

The Project Coordinator's position has just been re-filled after being vacant since March this year, and we have been fortunate to secure Trina Lane, who is a Physical Education teacher with postgraduate qualifications in Health Promotion. A bonus is that Trina was an elite swimmer in her youth and still has a passion for swimming; we hope to get her back into the water very soon!

Trina is working 10 hours per week on several new projects which involve partnerships with other organisations. Trina's priority at present is our Joint Club Project whereby clubs which are affiliated with Swimming WA are offered the opportunity to affiliate with Masters Swimming WA to enable their older members to participate in MSWA events and activities. Another key strategy is educating the current younger members of SWA Clubs so that when they are in their twenties or thirties and are keen to get fit again, they know what Masters Swimming is all about – not just for old-ies!

Attracting parents of the younger swimmers is the other strategy within this project, especially amongst the outer-lying Clubs which have families swimming together.

Trina will also be working with the WA Disabled Sports Association on an Inclusion Program whereby disabled swimmers have a pathway into our Clubs (those which can accommodate them) when out of elite competition. Albany AUSSI is leading the way here!

Westcoast Team to conquer the English Channel

Six members of the Westcoast Masters Club have been hard in

training for their July crossing of the English Channel. They will swim as a relay under the coaching of Pauline Pratt who has previously taken a group of young high school swimmers on the same journey. Masters Swimming WA members wished them good luck at the recent Annual Awards Function on Sunday, 18 June.

2006 Awards Function

This annual event was held at the Swanbourne Nedlands Surf Life Saving Club on a delightful Sunday afternoon, with the ocean looking good enough to swim in!

Many members were recognised for their efforts in the past year including winners of the annual Dale Alcock Open Water Swims Series.

The highlight of the function was the re-presentation of the National Coach of the Year Award to Armadale AUSSI's Nicole Badani.



Above: Nicole & Director of Marketing Sally Bell.

Nicole's outstanding achievements were presented to the 100 plus audience which included key stakeholders from the Heart Foundation, Department of Sport and Recreation and Swimming WA as well as new sponsor Jeff King from RIVAL Swimwear.

Wendy Holtom,
Executive Officer

BRANCH NEWS

New South Wales

In NSW, we are seeing an increase in membership numbers and also an increase in the members participating in both State and club meets.

By 1 July, we had held 11 Branch Point Score meets, and our Long Course State Meet, which we held at the Olympic Pool at Homebush. The numbers of Swimmers competing at the Long Course State Championships was a record number. It was so popular that the Board has decided to hold it at the Olympic Pool where possible.

On 23 July we will hold our State Relay Meet at the same venue, and we have over 450 entries, also a record. This Meet is extremely popular and is seen as a great "fun" event on our calendar. The 25 metre

relays in particular mean we have many swimmers who can compete at this Meet who rarely swim at regular swim meets.

Many of our swimmers are headed for San Francisco and we look forward to joining up with many AUSSI swimmers and enjoying the World Meet. Good luck to everyone who has entered; we hope you all perform to your expectations.

2006 will probably be a year of change in NSW. It looks like we will finally move our Branch Office to new premises at Olympic Park (after many years of talk), and we will also see a drastic cut in our funding from the NSW government (after many years of battles).

However, as a Branch we are

thriving, our numbers are increasing and we are enticing younger swimmers to join our ranks. We have a wonderful number of volunteers who work on our Committees and work as officials at Meets, and as long as this continues the Branch will prosper.

Below: NSW President, Ian Davis



Tasmania

A small but keen group of Tasmanians attended the National Swim in Canberra in April – the following is an excerpt from their 'official report' of the swim:

"The ACT ran an excellent 31st National Swim and everyone had a fabulous time throughout the week. The Tasmanian shoot-out relay team had the most fantastic result for Tassie being the winning team to swim just .27secs outside our nominated time. The bottle of Yellowglen bubbly we each received for our winning effort went down superbly".

From a results point of view, Diane Perndt led the way and came home with 3 gold, 2 silver and 2 bronze medals. Annette Perry won a silver and 2 bronze, Alex Branch 2 bronze, and Hector Beveridge won his first medal in the 22 years he has been attending National swims.

The Branch hosted the annual Short Course Long Distance Championships in May at the Hobart Aquatic

Centre. The meet commenced with the National President presenting Life Membership to Pauline Samson for her many years of service to the National body. The meet was an exciting affair, with Di Perndt of Talays setting a national record in the 50-54 1500m freestyle, and Sue Mayne of Talays swimming an amazing 1500m breaststroke in the 70-74 age group and setting new national records in the 100m, 200m, 400m, 800m and 1500m distances.

Another swim of note which we will be monitoring is Anne Steele's attempt at the English Channel in August 2007. She will be the first Tasmanian woman to ever attempt to conquer the Channel and if successful, will become the first Tasmanian to complete the distance. Anne has been planning this for some years, but put her training on hold for a few years when she had her two children. She is now back in serious training, currently swimming 35 to 45km a week but by this time next year will

be looking at 60 to 80km. The shortest distance across the Channel is 31km but she can expect to swim up to 50km depending on the weather and tides. Of the 600 attempts made last year, only 47 successfully made it across.

AUSSI Tas wishes her well!

Anne Horner,
Publicity



Above: Sue Mayne (Talays) - Swimmer of the Meet, Summer Championships.

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From the desk of AUSSI Masters' Official Travel Agent



The IST Team wishes all our Tour Members every success in the pool and Open Water events, plus of course our ever important crew of supporters who will be doing all the cheering on!! Enjoy, be happy, have fun and tell all your friends about the trip when you return!

Yours in Masters Swimming,

Brian L. Travers



32nd AUSSI Masters' National Swim
4th – 7th May 2007

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AUSSI PROGRAMS

Million Metre Awards

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First Name	Surname	Club	State	Distance
Gerald	Kirkham	Port Augusta	SA	1 million
Lynette	Newman	Geelong Catfish	VIC	1 million
Margot	Milne	Geelong Catfish	VIC	1 million
Beatie	Norris	Stadium Snappers	WA	1 million
Robert	Birch	Belmont	WA	1 million
Clifford	Ryan	Noosa AUSSI Challengers	QLD	1 million
Thomas	Macindoe	Redcliffe Peninsula	QLD	1 million
Bonnie	Gow	Twin Towns Services	QLD	1 million
Stephen	Grey	Toowoomba	QLD	1 million
Mike	Dooley	Brisbane Northside	QLD	1 million
Geoff	Lander	Noosa AUSSI Challengers	QLD	1 million
Ray	Brien	Launceston	TAS	3 million
Robyn	Brown	Marion	SA	3 million
Roy	Swan	Coogee-Randwick	NSW	3 million
Diana	Fabijan	Adelaide Masters	SA	5 million
Stan	Jacobs	Brisbane Southside	QLD	5 million

Congratulations to the above people, who have achieved their Million Metre Awards since March 2006. Any AUSSI club member who has received one of these awards may purchase additional personalised garments at cost price from the National Office.

Please direct all enquiries to:
sportadmin@aussimasters.com.au
or phone (03) 9399 8861.

*Right: Roy Swan
(NCR) with his 3
million metre
certificate, plaque
and polar fleece.*



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EVENTS

Postal Swims - 2006

1 Jun – 31 Aug	Ripples Winter Challenge - PS06/01 400 IM, 200 Kick, 400 Br, 200 Feet Drill, 400 Ba	Nerida Murray nerida.murray5@ bigpond.com
1 Jun – 30 Sep	Baddaginnie AUSSI Animal Event (20th Year) - PS06/02 800 Fr, 200 Br, 200 Ba, 200 Bu, 400 IM - all in one day	Shirley McFarland mcfarls@ alpha-link.com.au
1 Sep – 31 Oct	Aqua Jets (QLD) The Taskmaster - PS06/06 800m, 1500m, 1/2 hr, 1 hr, any stroke, 25m or 50m pool	Sharen Smith ssmit175@ eq.edu.au

EVENTS

2007 National Swim, Darwin (NT)



The 32nd National Swim will be held between **Friday, 4th May and Monday, 7th May, 2007**. This is a long weekend with Monday 7 May the Labour Day holiday in the NT.

All current details on the 2007 National

Swim can be found on the national website event page at:

www.home.aussimasters.com.au/html/32nd_aussi_masters_national_sw.html

Members wishing to attend should book accommodation as soon as possible. The National Swim takes place at the start of the dry season and only one week before the Arafura Games, which attract several thousand visitors to Darwin.

The best accommodation rates in town are being offered by one of the Swim's major sponsors, the Quality Hotel Frontier Darwin – (08) 8981 5333 or 1300 363 854 (national number), email reservations@frontierdarwin.com.au.

National sponsor IST is also offering accommodation packages, flight bookings and post swim tours. Please see page 13 for more details.

Entry forms will be distributed to clubs and branches in **January 2007**. The closing date for entries will be Friday, 23 March 2007.

For further information, contact John Pollock on: phone - (08) 8981 5919 or 0431 671 871 email - natswim2007@iinet.net.au

Please note that the draft program distributed at the recent National Swim was revised by the National Board in light of experience gained from the running of events in Canberra.

2007 NATIONAL SWIM REVISED PROGRAM

Friday 4 May

1. 400 IM
2. Opening Ceremony
Branch Relay
3. 50m Backstroke
4. 50m Breaststroke
5. 100m Freestyle

6. 200m Butterfly
7. 4 x 50m Mixed Medley Relay
8. 4 x 50m Mixed Freestyle Relay

Saturday 5 May

9. 200m IM
10. 200m Backstroke
11. 400m Freestyle Women *
12. 400m Freestyle Men *
13. 100m Butterfly
14. 4 x 50m Women's Medley Relay
15. 4 x 50m Men's Medley Relay

Sunday 6 May

16. 200m Freestyle
17. 100m Backstroke
18. 200m Breaststroke
19. 50m Butterfly
20. 4 x 50m Women's Freestyle Relay
21. 4 x 50m Men's Freestyle Relay

Monday 7 May

22. 50m Freestyle
23. 100m Breaststroke
24. 800m Freestyle Women *
25. 800m Freestyle Men *

* The 400m and 800m Freestyle events will be deck-seeded, two swimmers per lane. Form strokes will not be permitted. They will be swum as separate men's and women's events to conform with the FINA rule that prevents men and women swimming in the same lane.



Above: **Casuarina Swimming Complex**; venue for the 2007 National Swim in Darwin.

EVENTS

ational Swim Camp 2006



AUSSI Masters Swim Camp

The Melbourne University Sport 2006 AUSSI Masters Swim Camp is designed for those swimmers who are interested in improving their performance at the National Swim.

The course will give you extended knowledge that will help you become more confident in choosing and training for the right events at the National Swim.

Details of the Swim Camp are:

When: Saturday 23rd and Sunday 24th of September 2006

Where: University of Melbourne

Price: \$150 Per Person. The price includes

- 2 days of Presentations
- Refreshments and lunch for two days
- Guest speaker
- Free use of pool on Friday 22nd and Monday 25th.

Registration Closing Date: Friday 1st September.

Deposit Due (\$50): With initial registration .

Balance Due Date: Friday 1st September.

The Swim Camp is targeted at both swimmers and Coaches.

Places are restricted and registrations are now open so if you would like to attend, book now!

1st World Outgames



1st World Outgames Montreal July 26 to August 5, 2006

The 1st World Outgames bring together lesbian, gay, bisexual and transgender (LGBT) athletes from around the world in unprecedented numbers for a celebration of sport, culture and human rights. In the spirit of true inclusiveness, the Outgames are open to all, regardless of sexual orientation.

12,000 participants from 109 countries have registered for the sports, culture and conference events. In total there are 93 clubs and 800 swimmers.

Masters Swimming Australia will be represented by a contingent from the Glamourhead Sharks (VIC) and the Wett Ones (NSW).

The Glamourheads are sending 42

swimmers; the largest non-Canadian team and equal 2nd biggest team overall! They raised just over \$10,000 through a fashion parade, quiz night, wine night and ongoing wine sales. These fund-raising efforts have resulted in the target being reached, which supports participants with club uniforms, club merchandise and taking coach Anna Carruthers to the Outgames.

As entries in the 35-39 and 40-44 age groups are very high, members in older age groups are expected to do well. John Marriott is touted as a medal chance in some of his events, as are James Cahill and Olivia Kozar. The Glamourheads have entered 42 relay teams across approximately 10 relay events.

For the Wett Ones, the 14 swimmers traveling to Chicago started training for this event two

years ago. Haydn Wood (40-44) is considered a medal chance in the 50m and 100m back, 50m fly and 50m free. Cath Rogers (50-54) looks strong in all the freestyle events from 200m up to 1500m, and Cecily Black (55-59) is expected to perform well in her breaststroke and backstroke events.

This event is far from just sporting though. Competitions will take place during the same week as the city's Pride celebrations and during the Just for Laughs Comedy festival.

Both clubs are also planning on supporting the performance of the Australian entrant in the Montreal International Fireworks Competition on 26th July.

Good luck to all swimmers!

-Ed

NATIONAL RECORDS

Short Course - Individual as at 24th May 2006

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Female	20-24	25M	BREASTSTROKE	ANGELA SMALL	18.03.2006	000:23.78	QTM
Female	20-24	25M	BACKSTROKE	MELINDA UNWIN	18.03.2006	000:22.77	QTV
Female	20-24	25M	BUTTERFLY	MELINDA UNWIN	18.03.2006	000:19.12	QTV
Female	20-24	25M	FREESTYLE	MELINDA UNWIN	18.03.2006	000:17.27	QTV
Male	20-24	1500M	BREASTSTROKE	RICHARD GARD	20.05.2006	026:06.39	TSB
Male	20-24	25M	BREASTSTROKE	ROGER WHITE	18.03.2006	000:13.90	QTM
Male	20-24	25M	BUTTERFLY	ROGER WHITE	18.03.2006	000:12.37	QTM
Male	20-24	25M	FREESTYLE	ROGER WHITE	18.03.2006	000:11.45	QTM
Male	20-24	25M	BACKSTROKE	SAM PUPLETT	18.03.2006	000:19.43	QCA
Female	25-29	25M	BREASTSTROKE	ALANA AMOS	18.03.2006	000:17.79	QBB
Female	25-29	25M	BUTTERFLY	ALANA AMOS	18.03.2006	000:15.68	QBB
Male	25-29	25M	FREESTYLE	CHRIS SMITH	18.02.2006	000:12.64	QCN
Female	25-29	25M	FREESTYLE	COLLEEN ASHFIELD	18.03.2006	000:14.40	QRT
Female	25-29	25M	FREESTYLE	DEANNE EDWARDS	18.03.2006	000:17.36	QSM
Male	25-29	25M	BACKSTROKE	GLEN MATTHEW	18.03.2006	000:15.93	QAT
Male	25-29	25M	BACKSTROKE	GLEN MATTHEW	18.02.2006	000:17.01	QAT
Male	25-29	25M	BREASTSTROKE	GLEN MATTHEW	18.02.2006	000:17.36	QAT
Male	25-29	25M	BUTTERFLY	GLEN MATTHEW	18.03.2006	000:13.86	QAT
Male	25-29	25M	BUTTERFLY	GLEN MATTHEW	18.02.2006	000:14.03	QAT
Male	25-29	25M	FREESTYLE	GLEN MATTHEW	18.03.2006	000:12.52	QAT
Female	25-29	25M	BACKSTROKE	KIM SECCAFIEN	18.02.2006	000:20.13	QCN
Female	25-29	25M	BUTTERFLY	KIM SECCAFIEN	18.02.2006	000:17.93	QCN
Female	25-29	25M	FREESTYLE	KIM SECCAFIEN	18.02.2006	000:16.47	QCN
Female	25-29	25M	BACKSTROKE	PIA BRASHER	18.03.2006	000:18.08	QRT
Female	25-29	100M	FREESTYLE	STACIA RIDDLE	01.01.2006	001:00.13	WSM
Male	25-29	25M	BREASTSTROKE	STEPHEN MILLER	18.03.2006	000:16.01	QAL
Male	30-34	25M	BREASTSTROKE	ALEX TAURANY	18.02.2006	000:15.60	QRT
Male	30-34	25M	BUTTERFLY	ALEX TAURANY	18.02.2006	000:13.56	QRT
Male	30-34	25M	FREESTYLE	ALEX TAURANY	18.02.2006	000:12.89	QRT
Female	30-34	25M	BREASTSTROKE	KAREN PATRICK	18.03.2006	000:20.68	QTE
Female	30-34	25M	FREESTYLE	KAREN PATRICK	18.02.2006	000:15.80	QTE
Female	30-34	25M	FREESTYLE	LYNNE HAYES	18.03.2006	000:13.95	QEN
Male	30-34	25M	BACKSTROKE	SCOTT PRENZLER	18.03.2006	000:14.48	QAL
Male	30-34	25M	FREESTYLE	SCOTT PRENZLER	18.03.2006	000:11.98	QAL
Female	30-34	25M	BACKSTROKE	THERESA DONNELLY	18.03.2006	000:19.17	QCN
Female	30-34	25M	BACKSTROKE	THERESA DONNELLY	18.02.2006	000:19.32	QCN
Female	30-34	25M	BREASTSTROKE	THERESA DONNELLY	18.02.2006	000:21.43	QCN
Female	30-34	25M	BUTTERFLY	THERESA DONNELLY	18.03.2006	000:16.35	QCN
Female	30-34	25M	BUTTERFLY	THERESA DONNELLY	18.02.2006	000:16.63	QCN
Male	35-39	25M	BREASTSTROKE	DOUG TELFORD	18.02.2006	000:23.24	QTE
Female	35-39	25M	FREESTYLE	HEATHER MACDONALD	18.02.2006	000:17.19	QCN
Female	35-39	25M	BUTTERFLY	HELEN CHESSWAS	18.03.2006	000:16.19	QBN
Female	35-39	25M	FREESTYLE	HELEN CHESSWAS	18.03.2006	000:14.91	QBN
Female	35-39	25M	BACKSTROKE	JANET THOMAS	18.03.2006	000:17.94	QTL
Female	35-39	25M	BREASTSTROKE	KAREN BENNETT	18.03.2006	000:19.90	QCD
Female	35-39	25M	BACKSTROKE	KAREN UHLMANN	18.02.2006	000:21.94	QRT
Male	35-39	25M	BACKSTROKE	KEN KOH	18.03.2006	000:15.43	QAL
Male	35-39	25M	FREESTYLE	KEN KOH	18.03.2006	000:12.95	QAL
Female	35-39	25M	BUTTERFLY	KERRY SAHNER	18.02.2006	000:20.66	QIF
Female	35-39	25M	BREASTSTROKE	LESA HANSEN	18.02.2006	000:23.30	QTE
Male	35-39	25M	BREASTSTROKE	MICHAEL ANDERSON	18.03.2006	000:15.54	QAL
Male	35-39	25M	BUTTERFLY	PETER SMITH	18.02.2006	000:21.15	QAT
Male	35-39	25M	FREESTYLE	PETER SMITH	18.02.2006	000:17.73	QAT
Male	35-39	25M	BUTTERFLY	VASSILI EFIMOV	18.03.2006	000:13.90	QAL
Male	40-44	25M	BACKSTROKE	BOB QUIRK	18.02.2006	000:16.99	QCN
Male	40-44	25M	BUTTERFLY	BOB QUIRK	18.02.2006	000:15.11	QCN
Male	40-44	25M	FREESTYLE	BOB QUIRK	18.02.2006	000:13.55	QCN
Female	40-44	25M	BACKSTROKE	CHRISTINE DENNIS	18.03.2006	000:19.22	QTT

NATIONAL RECORDS

Short Course - Individual (cont.)

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Male	40-44	25M	BACKSTROKE	IAN ROBINSON	18.03.2006	000:15.16	QNA
Male	40-44	25M	BREASTSTROKE	IAN ROBINSON	18.03.2006	000:15.07	QNA
Male	40-44	25M	BUTTERFLY	IAN ROBINSON	18.03.2006	000:13.23	QNA
Male	40-44	25M	BREASTSTROKE	JOE EVERT	18.02.2006	000:17.01	QTL
Female	40-44	25M	BUTTERFLY	MAREE SKENNERTON	18.03.2006	000:17.18	QPR
Female	40-44	25M	BACKSTROKE	MAREE TAYLOR	18.02.2006	000:20.54	QTE
Female	40-44	25M	BREASTSTROKE	MARGARET KAY	18.03.2006	000:17.93	QYP
Female	40-44	25M	FREESTYLE	MARGARET KAY	18.03.2006	000:14.20	QYP
Female	40-44	25M	FREESTYLE	MELANIE LITTLE	18.03.2006	000:17.27	QPR
Female	40-44	25M	BUTTERFLY	MONICA STEPTOE	18.02.2006	000:17.83	QTL
Female	40-44	25M	FREESTYLE	MONICA STEPTOE	18.02.2006	000:15.43	QTL
Female	40-44	25M	BREASTSTROKE	RACHEL BOWATER	18.02.2006	000:19.01	QRT
Male	40-44	25M	FREESTYLE	RICK VAN DER ZANT	18.03.2006	000:12.89	QYP
Male	45-49	25M	BREASTSTROKE	BRAD JARROTT	18.02.2006	000:18.09	QCN
Male	45-49	25M	BUTTERFLY	BRAD JARROTT	18.03.2006	000:15.15	QCN
Male	45-49	25M	BUTTERFLY	BRAD JARROTT	18.02.2006	000:15.59	QCN
Male	45-49	25M	BACKSTROKE	DAVID MACKAY	18.03.2006	000:15.60	QMM
Male	45-49	25M	BREASTSTROKE	DAVID MACKAY	18.03.2006	000:15.50	QMM
Male	45-49	25M	FREESTYLE	DAVID MACKAY	18.03.2006	000:12.37	QMM
Female	45-49	25M	BACKSTROKE	DEANNE ATKINSON	18.03.2006	000:18.13	QNB
Female	45-49	25M	BREASTSTROKE	ELISA BURKE	18.03.2006	000:18.23	QNB
Female	45-49	25M	BUTTERFLY	ELISA BURKE	18.03.2006	000:16.43	QNB
Female	45-49	25M	FREESTYLE	KATHARINE CLEVELAND	18.03.2006	000:14.46	QBN
Female	45-49	25M	BACKSTROKE	KATHY DAWNEY	18.03.2006	000:25.50	QNB
Female	45-49	25M	BACKSTROKE	NERRYL ROESZLER	18.03.2006	000:25.13	QSC
Female	45-49	25M	BACKSTROKE	PAM RUTLEDGE	18.02.2006	000:22.36	QAT
Female	45-49	25M	BREASTSTROKE	PAM RUTLEDGE	18.02.2006	000:21.07	QAT
Female	45-49	25M	BUTTERFLY	PAM RUTLEDGE	18.02.2006	000:19.26	QAT
Female	45-49	25M	FREESTYLE	PAM RUTLEDGE	18.02.2006	000:17.57	QAT
Male	45-49	25M	BACKSTROKE	TED BUNT	18.02.2006	000:17.69	QCS
Male	45-49	25M	FREESTYLE	TED BUNT	18.02.2006	000:13.53	QCS
Male	50-54	25M	BREASTSTROKE	BILL SMITH	18.02.2006	000:18.02	QCN
Male	50-54	25M	FREESTYLE	BILL SMITH	18.02.2006	000:15.08	QCN
Male	50-54	25M	BREASTSTROKE	CLIVE ROBINSON	18.03.2006	000:15.35	QMM
Male	50-54	25M	FREESTYLE	CLIVE ROBINSON	18.03.2006	000:12.80	QMM
Female	50-54	1500M	FREESTYLE	DIANE PERNDT	20.05.2006	022:12.66	TTL
Female	50-54	25M	BREASTSTROKE	JANE CHARUBA	18.03.2006	000:19.65	QTE
Female	50-54	25M	BREASTSTROKE	JANE CHARUBA	18.02.2006	000:19.97	QTE
Female	50-54	25M	BUTTERFLY	JANE CHARUBA	18.03.2006	000:17.38	QTE
Female	50-54	25M	BACKSTROKE	JEFFREY BENJAMIN	18.02.2006	000:24.14	QMA
Female	50-54	25M	FREESTYLE	JULIE STUART	18.03.2006	000:15.00	QMM
Male	50-54	25M	BUTTERFLY	KEVIN JACKSON	18.03.2006	000:14.59	QRT
Female	50-54	25M	BACKSTROKE	MICHELE MOBBS	18.02.2006	000:23.35	QMA
Female	50-54	25M	BUTTERFLY	MICHELE MOBBS	18.02.2006	000:20.32	QMA
Female	50-54	25M	FREESTYLE	MICHELE MOBBS	18.02.2006	000:18.15	QMA
Male	50-54	25M	BACKSTROKE	PAUL DREWE	18.03.2006	000:15.53	QNB
Female	50-54	25M	BACKSTROKE	TONI MACDONALD	18.03.2006	000:20.68	QYP
Male	55-59	25M	BACKSTROKE	BRUCE HUTTON	18.03.2006	000:15.68	QYP
Female	55-59	25M	BREASTSTROKE	COLLEEN BURT	18.02.2006	000:22.18	QMA
Male	55-59	25M	BREASTSTROKE	DON TAYLOR	18.02.2006	000:17.80	QTE
Male	55-59	25M	FREESTYLE	DON TAYLOR	18.02.2006	000:14.10	QTE
Female	55-59	25M	BACKSTROKE	HEATHER MCDONALD	18.03.2006	000:19.66	QSM
Female	55-59	25M	FREESTYLE	HEATHER MCDONALD	18.03.2006	000:15.29	QSM
Female	55-59	25M	BACKSTROKE	JUANITA HENRY	18.02.2006	000:22.92	QAT
Female	55-59	25M	BUTTERFLY	JUANITA HENRY	18.02.2006	000:17.91	QAT
Female	55-59	25M	FREESTYLE	JUANITA HENRY	18.02.2006	000:16.72	QAT
Female	55-59	25M	BREASTSTROKE	MARGARET BLOMELEY	18.03.2006	000:20.37	QHB
Male	55-59	25M	BACKSTROKE	OWEN WILLIAMS	18.02.2006	000:19.67	QIF

NATIONAL RECORDS

Short Course - Individual (cont.)

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Male	55-59	25M	BUTTERFLY	PETER EMERY	18.03.2006	000:14.07	QYP
Male	55-59	25M	FREESTYLE	PETER EMERY	18.03.2006	000:12.91	QYP
Male	60-64	50M	FREESTYLE	ALAN BROWN	29.04.2006	000:27.39	NTS
Male	60-64	25M	BREASTSTROKE	HOWARD MULLINS	18.03.2006	000:16.68	QSM
Female	60-64	25M	BREASTSTROKE	JAN WICKS	18.03.2006	000:18.01	QPR
Female	60-64	25M	BUTTERFLY	JAN WICKS	18.03.2006	000:16.01	QPR
Female	60-64	50M	BREASTSTROKE	JAN WICKS	18.03.2006	000:40.47	QPR
Female	60-64	50M	BUTTERFLY	JAN WICKS	18.03.2006	000:36.31	QPR
Female	60-64	25M	FREESTYLE	JEN THOMASSON	18.03.2006	000:15.00	QSM
Male	60-64	25M	BACKSTROKE	LYLE ACWORTH	18.03.2006	000:16.95	QSM
Male	60-64	25M	FREESTYLE	LYLE ACWORTH	18.03.2006	000:14.04	QSM
Female	60-64	100M	INDIVIDUAL MEDLEY	LYNETTE STEVENSON	29.04.2006	001:23.42	NBT
Female	60-64	50M	BACKSTROKE	LYNETTE STEVENSON	29.04.2006	000:37.08	NBT
Female	60-64	50M	FREESTYLE	LYNETTE STEVENSON	29.04.2006	000:32.13	NBT
Female	60-64	25M	BREASTSTROKE	MARJ DUFFIELD	18.02.2006	000:30.65	QMA
Male	60-64	25M	BUTTERFLY	MICHAEL RICKENS	18.03.2006	000:16.74	QPR
Female	60-64	100M	BACKSTROKE	PENNY STEELE	18.03.2006	001:24.58	QFH
Female	60-64	25M	BACKSTROKE	PENNY STEELE	18.03.2006	000:16.87	QFH
Female	60-64	50M	BACKSTROKE	PENNY STEELE	18.03.2006	000:37.71	QFH
Male	60-64	25M	BREASTSTROKE	ROB DUNCOMBE	18.02.2006	000:21.94	QAT
Male	60-64	25M	BUTTERFLY	ROB DUNCOMBE	18.02.2006	000:21.55	QAT
Female	60-64	25M	BACKSTROKE	WENDY MCLEAN	18.02.2006	000:28.09	NBR
Female	60-64	25M	BUTTERFLY	WENDY MCLEAN	18.02.2006	000:35.62	NBR
Female	60-64	25M	FREESTYLE	WENDY MCLEAN	18.02.2006	000:22.95	NBR
Male	65-69	25M	BREASTSTROKE	ANGUS VON DOUGLAS	18.03.2006	000:19.84	QMA
Male	65-69	25M	BREASTSTROKE	ANGUS VON DOUGLAS	18.02.2006	000:21.02	QMA
Female	65-69	25M	BREASTSTROKE	ANNE MCKENZIE	18.03.2006	000:25.92	QSC
Female	65-69	25M	BACKSTROKE	BARBARA WILLIAMSON	18.02.2006	000:23.62	QCN
Female	65-69	25M	BREASTSTROKE	BARBARA WILLIAMSON	18.02.2006	000:30.73	QCN
Female	65-69	25M	FREESTYLE	BARBARA WILLIAMSON	18.02.2006	000:19.81	QCN
Male	65-69	25M	BUTTERFLY	CHRIS BELL	18.02.2006	000:18.18	QRT
Male	65-69	25M	FREESTYLE	DAVID MISSON	18.03.2006	000:15.85	QTT
Male	65-69	25M	FREESTYLE	FRANK MATTHEW	18.02.2006	000:16.00	QAT
Female	65-69	25M	BUTTERFLY	INEKE BELL	18.02.2006	000:27.59	QMA
Female	65-69	25M	BUTTERFLY	ISABELLE MORRIS	18.03.2006	000:25.97	QWY
Male	65-69	25M	BACKSTROKE	LES BECK	18.02.2006	000:19.88	QCN
Female	65-69	25M	BACKSTROKE	MINNIE SMITH	18.03.2006	000:23.02	QTT
Female	65-69	25M	FREESTYLE	MINNIE SMITH	18.03.2006	000:18.60	QTT
Female	70-74	25M	BACKSTROKE	DENISE ROBERTSON	18.03.2006	000:22.76	QMM
Female	70-74	25M	BREASTSTROKE	DENISE ROBERTSON	18.03.2006	000:24.58	QMM
Female	70-74	25M	FREESTYLE	DENISE ROBERTSON	18.03.2006	000:18.40	QMM
Male	70-74	25M	BACKSTROKE	DENNIS LEE SYE	18.02.2006	000:22.79	QAT
Male	70-74	25M	FREESTYLE	DENNIS LEE SYE	18.02.2006	000:17.89	QAT
Male	70-74	25M	BREASTSTROKE	GRAHAM MCCALLUM	18.02.2006	000:24.03	QCN
Male	70-74	25M	BACKSTROKE	JOHN CRISP	18.03.2006	000:18.74	QMM
Male	70-74	25M	BREASTSTROKE	JOHN CRISP	18.03.2006	000:20.00	QMM
Male	70-74	25M	BUTTERFLY	JOHN CRISP	18.03.2006	000:16.31	QMM
Male	70-74	25M	FREESTYLE	JOHN CRISP	18.03.2006	000:14.82	QMM
Female	70-74	25M	BACKSTROKE	RELMA BLANDFORD	18.02.2006	000:31.24	QAT
Female	70-74	25M	FREESTYLE	RELMA BLANDFORD	18.02.2006	000:27.25	QAT
Female	70-74	25M	BUTTERFLY	SHIRLEY KERR	18.03.2006	000:23.16	QBN
Female	70-74	100M	BREASTSTROKE	SUE MAYNE	20.05.2006	001:56.17	TTL
Female	70-74	1500M	BREASTSTROKE	SUE MAYNE	20.05.2006	031:41.97	TTL
Female	70-74	200M	BREASTSTROKE	SUE MAYNE	20.05.2006	004:02.95	TTL
Female	70-74	400M	BREASTSTROKE	SUE MAYNE	20.05.2006	008:19.19	TTL
Female	70-74	800M	BREASTSTROKE	SUE MAYNE	20.05.2006	016:47.32	TTL
Female	75-79	25M	BREASTSTROKE	AGNES TAIT	18.03.2006	000:35.18	QIF
Male	75-79	25M	BREASTSTROKE	BOB MCCAUSLAND	18.03.2006	000:25.83	QNA

NATIONAL RECORDS

Short Course - Individual (cont.)

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Male	75-79	25M	BACKSTROKE	DAVID MORTLOCK	18.03.2006	000:26.25	QHB
Male	75-79	25M	BACKSTROKE	NOEL PRICE	18.02.2006	000:30.12	QCN
Male	75-79	25M	BUTTERFLY	NOEL PRICE	18.02.2006	000:28.01	QCN
Male	75-79	25M	FREESTYLE	NOEL PRICE	18.02.2006	000:21.77	QCN
Male	75-79	100M	BUTTERFLY	PAUL GOENER	18.03.2006	001:46.33	QMB
Male	75-79	25M	BUTTERFLY	PAUL GOENER	18.03.2006	000:19.56	QMB
Male	75-79	25M	FREESTYLE	PAUL GOENER	18.03.2006	000:15.80	QMB
Female	75-79	25M	BACKSTROKE	THELMA BRYAN	18.02.2006	000:24.65	QCN
Female	75-79	25M	BUTTERFLY	THELMA BRYAN	18.03.2006	000:29.41	QCN
Female	75-79	25M	BUTTERFLY	THELMA BRYAN	18.02.2006	000:30.16	QCN
Female	75-79	25M	FREESTYLE	THELMA BRYAN	18.03.2006	000:20.37	QCN
Female	75-79	25M	FREESTYLE	THELMA BRYAN	18.02.2006	000:20.38	QCN
Female	80-84	25M	BACKSTROKE	AMY MULCRONE	18.03.2006	000:28.54	QSM
Female	80-84	25M	BACKSTROKE	AMY MULCRONE	18.02.2006	000:29.23	QSM
Female	80-84	25M	BREASTSTROKE	AMY MULCRONE	18.03.2006	000:28.72	QSM
Female	80-84	25M	BREASTSTROKE	AMY MULCRONE	18.02.2006	000:28.83	QSM
Female	80-84	25M	FREESTYLE	AMY MULCRONE	18.02.2006	000:28.90	QSM
Female	80-84	50M	BREASTSTROKE	AMY MULCRONE	18.03.2006	001:03.78	QSM
Female	80-84	25M	BUTTERFLY	ANN TODD	18.03.2006	000:44.35	QTW
Female	80-84	25M	FREESTYLE	ANN TODD	18.03.2006	000:23.50	QTW
Female	80-84	100M	BREASTSTROKE	BARBARA VICKERS	29.04.2006	002:18.16	NML
Male	80-84	25M	BREASTSTROKE	BOB APPLETON	18.03.2006	000:32.75	QPR
Male	80-84	25M	BUTTERFLY	GEORGE STEWART	18.03.2006	000:23.47	QSC
Male	80-84	25M	FREESTYLE	GEORGE STEWART	18.03.2006	000:19.59	QSC
Male	80-84	25M	BACKSTROKE	JIM NIMMO	18.03.2006	000:26.50	QCN
Male	80-84	25M	BUTTERFLY	JIM NIMMO	18.02.2006	000:27.53	QCN
Male	80-84	25M	FREESTYLE	JIM NIMMO	18.02.2006	000:20.01	QCN
Male	85-89	25M	BREASTSTROKE	GEORGE CORONES	18.03.2006	000:26.71	QTT
Male	85-89	25M	FREESTYLE	GEORGE CORONES	18.03.2006	000:19.55	QTT
Female	85-89	100M	FREESTYLE	JOYCE FAUNCE	18.03.2006	002:02.93	QNA
Female	85-89	25M	BACKSTROKE	JOYCE FAUNCE	18.03.2006	000:30.44	QNA
Female	85-89	25M	FREESTYLE	JOYCE FAUNCE	18.03.2006	000:23.07	QNA
Female	85-89	50M	FREESTYLE	JOYCE FAUNCE	18.03.2006	000:52.17	QNA

Long Course - Individual as at 24th May 2006

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Female	30-34	100M	BUTTERFLY	LISE M MACKIE	06.04.2006	001:05.58	VYR
Female	30-34	100M	FREESTYLE	LISE M MACKIE	06.04.2006	001:00.25	VYR
Female	30-34	100M	FREESTYLE	LISE M MACKIE	01.04.2006	001:01.99	VYR
Female	30-34	50M	BUTTERFLY	LISE M MACKIE	06.04.2006	000:29.68	VYR
Female	30-34	50M	BUTTERFLY	LISE M MACKIE	01.04.2006	000:29.99	VYR
Female	30-34	50M	FREESTYLE	LISE M MACKIE	06.04.2006	000:27.59	VYR
Female	30-34	50M	FREESTYLE	LISE M MACKIE	01.04.2006	000:28.17	VYR
Male	30-34	50M	BREASTSTROKE	TYSON YOUNG	30.01.2006	000:29.67	NTS
Female	35-39	800M	BACKSTROKE	HELEN WHITFORD	19.02.2006	011:25.44	VPP
Female	35-39	200M	BUTTERFLY	JACQUI ROBINSON	06.04.2006	002:32.58	NCR
Female	35-39	200M	BUTTERFLY	JACQUI ROBINSON	18.03.2006	002:32.95	NCR
Female	35-39	200M	FREESTYLE	JACQUI ROBINSON	18.03.2006	002:13.32	NCR
Male	40-44	100M	BACKSTROKE	ANDREW GILCHRIST	06.04.2006	001:08.77	VDC
Male	40-44	200M	BACKSTROKE	ANDREW GILCHRIST	06.04.2006	002:29.56	VDC
Male	40-44	100M	BREASTSTROKE	ANTHONY DUNNE	06.04.2006	001:12.96	WCM
Male	40-44	200M	BREASTSTROKE	ANTHONY DUNNE	06.04.2006	002:43.72	WCM
Male	40-44	100M	BREASTSTROKE	STUART MOFFAT	03.01.2006	001:13.43	VPP
Male	40-44	50M	BREASTSTROKE	STUART MOFFAT	06.04.2006	000:31.98	VPP
Male	45-49	100M	BACKSTROKE	ALAN GODFREY	06.04.2006	001:08.27	NTS
Male	45-49	400M	BACKSTROKE	ALAN GODFREY	25.02.2006	005:23.28	NTS

NATIONAL RECORDS

Long Course - Individual (cont.)

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Female	45-49	200M	BACKSTROKE	JOANNE SUTCLIFFE	12.03.2006	002:49.54	SAM
Male	45-49	100M	BREASTSTROKE	MARK SMEDLEY	06.04.2006	001:13.89	SAM
Male	45-49	200M	BREASTSTROKE	MARK SMEDLEY	06.04.2006	002:43.76	SAM
Male	45-49	200M	INDIVIDUAL MEDLEY	MARK SMEDLEY	06.04.2006	002:23.56	SAM
Male	45-49	50M	BREASTSTROKE	MARK SMEDLEY	06.04.2006	000:33.14	SAM
Male	50-54	400M	FREESTYLE	GRANT SIMPSON	06.04.2006	004:50.44	SAM
Male	50-54	800M	FREESTYLE	GRANT SIMPSON	06.04.2006	009:54.45	SAM
Male	50-54	50M	FREESTYLE	JOHN STACPOOLE	06.04.2006	000:26.02	NSA
Male	50-54	100M	BREASTSTROKE	MARK TAYLOR	01.04.2006	001:17.84	VSP
Male	50-54	800M	INDIVIDUAL MEDLEY	MARK TAYLOR	19.02.2006	012:25.23	VSP
Male	50-54	50M	FREESTYLE	ROSS CLARKE	25.02.2006	000:26.03	QBB
Female	50-54	1500M	BREASTSTROKE	WENDY GORDON	18.02.2006	029:03.76	NNC
Female	55-59	400M	BACKSTROKE	JANETTE JEFFREY	05.03.2006	006:21.08	VMV
Female	55-59	100M	BUTTERFLY	MARILYN EARP	19.03.2006	001:25.90	NWVG
Male	55-59	400M	BACKSTROKE	PATRICK DEVINE	05.03.2006	005:52.20	VMV
Male	60-64	50M	FREESTYLE	ALAN BROWN	18.03.2006	000:27.74	NTS
Male	60-64	50M	FREESTYLE	ALAN BROWN	11.02.2006	000:28.15	NTS
Female	60-64	50M	BREASTSTROKE	JAN WICKS	06.04.2006	000:39.25	QPR
Female	60-64	50M	BREASTSTROKE	JAN WICKS	04.02.2006	000:40.79	QPR
Female	60-64	50M	BUTTERFLY	JAN WICKS	06.04.2006	000:36.01	QPR
Female	60-64	50M	BUTTERFLY	JAN WICKS	04.02.2006	000:37.11	QPR
Female	60-64	50M	FREESTYLE	JEN THOMASSON	25.02.2006	000:33.23	QSM
Female	60-64	100M	BACKSTROKE	LYNETTE STEVENSON	18.03.2006	001:25.18	NBT
Female	60-64	100M	FREESTYLE	LYNETTE STEVENSON	19.03.2006	001:12.82	NBT
Female	60-64	50M	BACKSTROKE	LYNETTE STEVENSON	06.04.2006	000:37.40	NBT
Female	60-64	50M	BACKSTROKE	LYNETTE STEVENSON	19.03.2006	000:37.49	NBT
Female	60-64	50M	BUTTERFLY	LYNETTE STEVENSON	18.03.2006	000:36.81	NBT
Female	60-64	50M	BUTTERFLY	LYNETTE STEVENSON	11.02.2006	000:39.03	NBT
Female	60-64	50M	FREESTYLE	LYNETTE STEVENSON	06.04.2006	000:31.40	NBT
Female	60-64	50M	FREESTYLE	LYNETTE STEVENSON	06.04.2006	000:31.82	NBT
Female	60-64	50M	FREESTYLE	LYNETTE STEVENSON	18.03.2006	000:31.89	NBT
Female	60-64	50M	FREESTYLE	LYNETTE STEVENSON	21.01.2006	000:32.59	NBT
Female	60-64	50M	FREESTYLE	LYNETTE STEVENSON	11.02.2006	000:32.90	NBT
Male	60-64	100M	BUTTERFLY	PAUL WYATT	06.04.2006	001:14.95	NCR
Male	60-64	100M	BUTTERFLY	PAUL WYATT	25.02.2006	001:15.77	NCR
Male	60-64	200M	BUTTERFLY	PAUL WYATT	18.03.2006	002:56.52	NCR
Male	60-64	200M	INDIVIDUAL MEDLEY	PAUL WYATT	18.03.2006	002:44.94	NCR
Male	60-64	400M	INDIVIDUAL MEDLEY	PAUL WYATT	06.04.2006	006:02.06	NCR
Male	60-64	50M	BUTTERFLY	PAUL WYATT	25.02.2006	000:32.09	NCR
Male	60-64	100M	BUTTERFLY	VICTOR PAUL	06.04.2006	001:14.69	WBP
Male	60-64	200M	BUTTERFLY	VICTOR PAUL	06.04.2006	002:53.03	WBP
Male	60-64	400M	FREESTYLE	VICTOR PAUL	06.04.2006	005:13.49	WBP
Male	60-64	400M	INDIVIDUAL MEDLEY	VICTOR PAUL	06.04.2006	005:57.69	WBP
Male	60-64	800M	FREESTYLE	VICTOR PAUL	06.04.2006	010:38.64	WBP
Female	65-69	100M	BREASTSTROKE	GLORIA HARDY	06.04.2006	001:44.44	VNL
Female	65-69	50M	BREASTSTROKE	GLORIA HARDY	06.04.2006	000:46.64	VNL
Male	70-74	100M	FREESTYLE	JOHN CRISP	06.04.2006	001:09.34	QMM
Male	70-74	400M	FREESTYLE	JOHN CRISP	25.02.2006	005:24.85	QMM
Female	70-74	100M	BACKSTROKE	PAM HUTCHINGS	18.03.2006	001:36.65	NSP
Female	70-74	100M	BACKSTROKE	PAM HUTCHINGS	06.04.2006	001:37.87	NSP
Female	70-74	100M	BACKSTROKE	PAM HUTCHINGS	04.02.2006	001:39.65	NSP
Female	70-74	100M	FREESTYLE	PAM HUTCHINGS	04.02.2006	001:23.99	NSP
Female	70-74	200M	BACKSTROKE	PAM HUTCHINGS	06.04.2006	003:31.30	NSP
Female	70-74	200M	BACKSTROKE	PAM HUTCHINGS	25.02.2006	003:33.83	NSP
Female	70-74	50M	BACKSTROKE	PAM HUTCHINGS	06.04.2006	000:42.35	NSP
Female	70-74	50M	BACKSTROKE	PAM HUTCHINGS	18.03.2006	000:42.70	NSP
Female	70-74	50M	BACKSTROKE	PAM HUTCHINGS	04.02.2006	000:43.09	NSP
Female	70-74	50M	FREESTYLE	PAM HUTCHINGS	06.04.2006	000:36.23	NSP
Male	70-74	800M	BUTTERFLY	ROBERT KALAF	18.02.2006	022:16.19	NNC

NATIONAL RECORDS

Long Course - Individual (cont.)

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Female	70-74	100M	BREASTSTROKE	TRICIA LIDDY	25.02.2006	001:50.66	QTT
Female	70-74	100M	BREASTSTROKE	TRICIA LIDDY	04.02.2006	001:54.58	QTT
Female	70-74	100M	BUTTERFLY	TRICIA LIDDY	19.03.2006	001:55.41	QTT
Female	70-74	100M	BUTTERFLY	TRICIA LIDDY	04.02.2006	001:57.37	QTT
Female	70-74	200M	BREASTSTROKE	TRICIA LIDDY	19.03.2006	004:03.71	QTT
Female	70-74	200M	INDIVIDUAL MEDLEY	TRICIA LIDDY	18.03.2006	003:44.94	QTT
Female	70-74	200M	INDIVIDUAL MEDLEY	TRICIA LIDDY	25.02.2006	003:47.90	QTT
Female	70-74	50M	BREASTSTROKE	TRICIA LIDDY	25.02.2006	000:48.39	QTT
Male	75-79	100M	BACKSTROKE	BOB BARRY	18.03.2006	001:33.04	NWL
Male	75-79	200M	BACKSTROKE	BOB BARRY	06.04.2006	003:23.38	NWL
Male	75-79	200M	BACKSTROKE	BOB BARRY	19.03.2006	003:29.13	NWL
Male	75-79	200M	FREESTYLE	BOB BARRY	18.03.2006	002:52.50	NWL
Male	75-79	200M	INDIVIDUAL MEDLEY	BOB BARRY	18.03.2006	003:25.60	NWL
Male	75-79	400M	BACKSTROKE	BOB BARRY	14.01.2006	007:00.69	NWL
Male	75-79	400M	FREESTYLE	BOB BARRY	25.02.2006	006:09.64	NWL
Male	75-79	800M	BREASTSTROKE	DON COUPE	19.02.2006	018:59.19	VGP
Male	75-79	100M	BREASTSTROKE	JONATHAN DAVIES	06.04.2006	001:46.42	SAM
Male	75-79	100M	BREASTSTROKE	JONATHAN DAVIES	12.03.2006	001:46.55	SAM
Male	75-79	50M	BREASTSTROKE	JONATHAN DAVIES	06.04.2006	000:44.65	SAM
Male	75-79	50M	BREASTSTROKE	JONATHAN DAVIES	12.03.2006	000:46.12	SAM
Male	75-79	200M	BUTTERFLY	PAUL GOENER	11.03.2006	004:26.93	QMB
Female	80-84	100M	BUTTERFLY	MARGARET CUNNINGHAM	06.04.2006	002:43.09	QWY
Female	80-84	800M	FREESTYLE	MARGARET CUNNINGHAM	06.04.2006	017:47.58	QWY
Female	80-84	1500M	BACKSTROKE	OPAL EDDY	18.02.2006	048:00.58	NET
Female	85-89	100M	FREESTYLE	JOYCE FAUNCE	04.02.2006	002:08.05	QNA
Female	85-89	50M	FREESTYLE	JOYCE FAUNCE	11.03.2006	000:52.25	QNA
Female	85-89	50M	FREESTYLE	JOYCE FAUNCE	04.02.2006	000:53.44	QNA
Female	85-89	100M	FREESTYLE	JOYCE O'FARRELL	12.02.2006	002:08.05	WSM
Male	85-89	1500M	BREASTSTROKE	ROBERT MCCABE	05.03.2006	053:07.23	VNL
Male	85-89	50M	BREASTSTROKE	SID KRASEY	01.04.2006	001:00.73	VNL
Female	90-94	800M	FREESTYLE	CLARICE ARTIS	06.04.2006	029:48.74	VNL

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www.portal.aussi.org.au

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PUBLICATION INFORMATION

SUBMISSION DEADLINE

AUSSI Clubs and members are encouraged to contribute to "AUSSI masters news". Contributions may include articles, photos, letters to the editor.

AUSSI Masters News can be sent to:
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 post to the national office at 148A
 Ferguson Street, Williamstown Vic 3016

ADVERTISING RATES

"AUSSI masters news" has a distribution of approximately 700 hardcopy newsletters, obtaining a readership of over 7,000 via print, e-mail and website. The advertising rates for future issues of the AUSSI Masters News are as follows:

Full page	\$500
Half page	\$275
Quarter page	\$195

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- 20% for four or more consecutive issues.

For further details, contact Stephen Cardiff, Chief Executive Officer, on (03) 9399 8861 or ceo@aussimasters.com.au.

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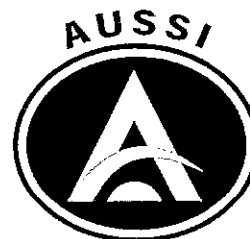
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