

AUSSI

masters news

vol 4 number 3 October 2006

Issn 1448-3580



**MASTERS
SWIMMING**
Australia

National President John Pugh

The main 'happening' in the period since the last newsletter was the XI FINA World Masters Championships held from 4-11 August at Stanford University, Palo Alto. I was lucky enough to attend, compete, and observe first hand an international meet that had about 5500 competitors in the swimming events. Observing the meet in action, being part of it and talking with the organisers gave insights that will be useful when we stage the XII World Masters Swim in Perth in 2008.

Part of my reason for being at Stanford was business. Together with Ken Liddy, I attended the meeting of the FINA Masters Technical Congress with members of 25 other National Federations. The meeting gave a feel for how FINA operates and was a model for dealing efficiently with rule changes. It was over within an hour. Ivan Wingate (Mandurah AUSSI; FINA Masters Committee) introduced us to FINA committee members and I shared

experiences of Masters Swimming with delegates from the UK, Canada and New Zealand. Less formal discussions were held at a cocktail party for the FINA committee by John Kobelke, Minister for Sport in WA, and also



Above: L to R, Ken Liddy, Ivan Wingate and John Pugh.

around the poolside during the meet.

Other business was conferring with FINA about the development of swimming in the Oceania Block of countries, holding Oceania Masters swims every two years, and speaking at length with the meet organiser, Michael Moore about his experiences in organising this huge event.

Meanwhile Leah Lord and

Lynne Malone were on duty daily at the WA booth, and gave out information and answered questions about the Perth swim. Interest was constant from all countries (and in all languages!).

The meet itself ran smoothly and efficiently without the 'officiousness' that sometimes occurs. The two 50 metre pools were excellent and the warm up and swim down facilities adequate. I found the marshalling relaxed and efficient, the timekeepers friendly, and the 'over the top' starting worked well. Except for the first day, all sessions ended in the late afternoon to allow us to get shuttles to our hotels and relax and socialise.

There were a few things that should not happen in Perth. For example: there were too few change

Inside this issue:

National President	1-2
National Office	2
Features	3-9
Branch News	10-12
Sponsors	13-14
AUSSI Programs	14
Events	15-16
National Committees	16
National Records	17-19
Letter to the Editor	19
Contacts Details	20
Publication Info.	20

Published by

Masters Swimming Australia
148A Ferguson Street Williamstown VIC 3016
ABN 24 694 633 156 Reg No A00429451
Editor: Stephen Cardiff

Opinions expressed in this newsletter do not necessarily represent the opinions of Masters Swimming Australia

AUSSI NATIONAL OFFICE

National President (cont.)

rooms and toilets; on site catering was very basic; it was difficult to find and get near results when they were posted; there was no programme so there was a scramble for heat sheets each day; and it was difficult meeting other AUSSI swimmers in the crowded seating areas, but these did not lessen the good experiences of the meet.

The swimming concluded with a 3-kilometre open water swim in a 'protected' cove off San Francisco Bay (the water was a warm 21

Celsius). Again the organisation was slick and the 900 odd swimmers went off in waves, by age and gender, at five-minute intervals. Electronic ankle tags made sure that times and places were accurate.

The post-meet tour organised by IST took 20 of us to Yosemite National Park, Death Valley in the Mojave Dessert, Las Vegas and Los Angeles. It was excellent, but that is another story.

The next Board Meeting is in Melbourne on 28-29 October. Apart from normal business there are workshops scheduled for the second day on governance (to clear up outstanding issues), ideas for a marketing plan, roles and responsibilities of the Board in National Swims, and the budget process and the use of AUSSI reserves. We should have some lively discussion.

John Pugh

From the Desk of the CEO Stephen Cardiff



As I discussed in the last edition, "AUSSI masters news" is now being sent by email to every member who has provided an email address and indicated when joining or renewing their membership that they wish to receive national newsletters electronically. At that time, less than 20% of members were able to receive the newsletter.

While there are some people who don't have an email address, there is no reason why this percentage cannot be close to 90%. Many of those who didn't receive it had

provided an email address but did not have the box ticked beside "I would like to receive: National level e-newsletters".

Members wishing to receive the newsletter by email should contact their club registrars and ask them to update their personal details on the Registration Database. Of course, the national newsletter is also posted on the national web-site (www.aussimasters.com.au).

Without covering the same ground as other articles, it was pleasing to follow the performances of our members at the FINA World Masters Championships at Stanford University, USA in August. Congratulations to all who made the trip. I would encourage all members to get behind the next installment which takes place in Perth in April 2008. Masters Swimming WA has keenly taken on the mammoth task of organising the Swimming.

In other event news, the "Melbourne University Sport AUSSI Masters National Swim

Camp" took place in Melbourne on the weekend of September 23-24. The twenty-three attendees were treated to 2 days of in depth tuition from expert presenters from around Australia.

It well and truly delivered on the aim of helping Coaches and swimmers prepare for and execute a three or four day event programme such as the National Swim. But the proof will be in the pudding, come May 2007 in Darwin!

The highlight was having Olympic 1500m Gold medallist and AUSSI member, **John Konrads** as the guest speaker at lunch on day two. His speech was soul bearing, motivational, emotional and inspirational all at the same time.

Congratulations to National Coaching Director, David Chambers, on planning and delivering what everyone involved has called a very successful event. Many are already looking forward to the next National Swim Camp.

Stephen Cardiff

FEATURES

XI FINA World Masters Championship

Stanford University, California, USA. August, 2006.

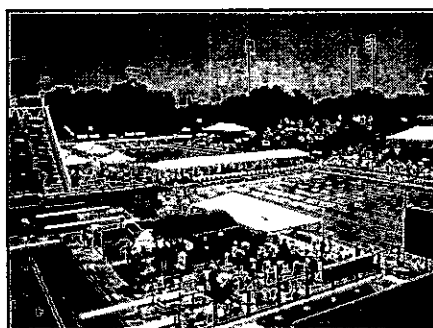
Our first visit to the pools where the XI World Championships was to be held was the day before the Meet began, Thursday 3rd August, for a warm up and familiarisation of the venue at Stanford University. Our first "wow" was the size of Stanford University - a city in itself. After finding a car park (there were many), we walked past the athletics ovals, football fields and the tennis centre (which the week before had been the venue for an ATP tournament) before coming across the pool complex, which was unlike any complex I had ever seen before - two 50 metre pools end on end (the Belardi pool and the Baker pool), the Avery Stadium pool which was 37 metres with stadium seating and the Maas Diving pool, a 25 metre pool also used for warmup.

The Registration centre was extremely well organised with many friendly volunteers making our first impression of the Meet a good one, and although there were many swimmers in the pools warming up (without the benefits of warm up signs) the lanes were terribly ordered and everyone seemed to be looking out for each other (even the slowest of us didn't get into too much trouble).

The Opening Ceremony was held at the pool early on Thursday evening and was well attended. There were over 75 countries represented at these Championships and it was great to see many of the countries dressed in the same colours and sitting together waving their flags. The official speeches were very short and the entertainment was light. Congratulations to the organising committee for a great ceremony, which can often get bogged down with speeches, thanks and endless patting on backs of many people. This was not the case, and

the loudest applause was reserved for Michael Moore, the Chairman of the Organising Committee, who had been the face (or pen) behind all communications between us (the swimmers) and the organisers.

The weather was brilliant for the seven days of competition. Sunshine each day and all day, but I did feel for the spectators who had no shade at all. The two 50m pools had no permanent seating, so temporary stands had been erected but with no shade, so it was not conducive to all day spectating.



Above: Both of the competition pools at Stanford University.

Even for the swimmers there was not enough shade, and we found it difficult to find a cool place to sit and wait for our race. The marshalling area was under temporary cover but there was very little other shade. Swimmers were only allowed into the pool area if they were swimming on that day, so you had to sit in the uncovered stands to watch your fellow swimmers if you were not racing that day.

The pools were alternated each day. On the first day the women swam in the Baker pool and the men swam in the Belardi pool. On day 2 the situation was reversed. There were slight differences in the depths of the pools, and swimmers seemed to favour one or other pool. I did not become attached to either pool they were both great to swim

in.

Day 1 of the Championships was the 800m event, a huge day, not only because everyone swam 800m, but also for the officials and organisers who crossed their fingers and hoped everything would flow smoothly. As I entered the pool complex on that first morning (being the first of my club to swim), I heard the first World Record being announced - Graham Johnston (USA, 75-79) had just smashed the record by 1min. 21 sec. What a phenomenal result but that was only the first of 161 World Records broken during the seven days of swimming.

800m was not a popular event for the AUSSI's, as only a handful of us swam on that day. Dorothy Dickey (Doncaster Dolphins, Vic; 75-79;) and Val Lincoln (Gosford, NSW; 80-84) flew the AUSSI flag with bronze medals. Medals are awarded to 10th place at World Championships, with Pauline Wingate (Mandurah, WA; 65-69) and National President, John Pugh (Launceston Lemmings, Tas; 65-69) successful.

Day 2 was much more popular amongst the AUSSI's, with 200m Backstroke, 100m freestyle, and 100m breaststroke on the programme. It was a great day for the AUSSI's. Tony Goodwin (Manly, NSW; 65-69) won our first gold medal in the 100m breaststroke in a great race which saw him beat his nearest rival by 0.76sec. Silver medals were won by George Corones (Twin Towns, Qld; 85-89) in the 100m free, Barbara Vickers (Manly, NSW; 80-84) in the 100m breast and Ann Todd (Toowoomba Tadpoles, Qld; 80-84) in the 200m back. Alan Brown (Tattersalls, NSW; 60-64) 100 free, Max Van Gelder (Warringah, NSW; 75-79) 100 free and Patricia Liddy (Twin Towns, Qld; 70-74) 200 back, won

FEATURES

World Masters Championships (cont.)

bronze medals on day 2.

Minor medals were won by Larry Forsyth (Qld), Jan Jeffrey (Vic), Peter Joseph (NSW), Lyn Stevenson (NSW), Kaye Beer (NSW), Suzanne Levett (NSW), Cecily Cooke in two events (Qld), Dorothy Dickey (Vic), George Coronas (Qld), Val Lincoln (NSW), David Lovelace (NSW), Ian Carrick (Qld), John Wynberg (NSW), Alfred Moufarrige (NSW).

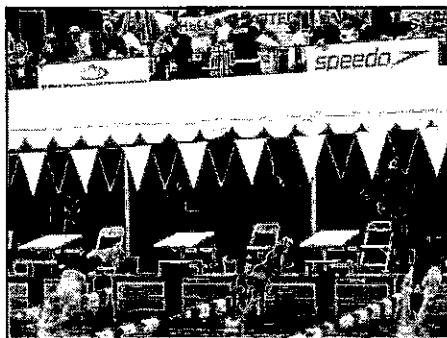
Sunday 6th August was the **third day** of competition, and the events were 400m IM, 200m freestyle and 50m fly. Jan Jeffrey (Malvern Marlins, Vic; 55-59) swam superbly to win silver in the 400IM, Max Van Gelder (Warringah, NSW; 75-79) and Barbara Vickers (Manly, NSW; 80-84) won silver in the 50m fly, and Paul Wyatt (Coogee-Randwick, NSW; 60-64) won bronze in the 400IM.

Paul Wyatt's last trip to the USA was 27 years ago, when he swam at the National Masters Swimming Champs in LA. At those championships he was 9th twice (just missed a medal which was awarded to 8th place), and at these championships he was swimming against many of those same swimmers. He said "Long warm up. All systems ready. Focus. Forget the lack of sleep. Forget I'm on antibiotics. Forget I haven't trained for 10 days. Psyche up. Get "in the zone" as they say. Swim my own race. Forget that the WORLD's best in my age group are doing the same thing right now. The result - euphoria! I swam 6.02.94 within a second of my National time, which was my best in 8 years and 10 seconds faster than when I came 4th in Christchurch 4 years ago and all on my 60th birthday! Hey what a Birthday present - a bronze medal and back here in the US!"

Top ten medal winners on day 3 were Dorothy Dickey (Vic), Val

Lincoln (NSW), Lyn Stevenson (NSW), Ann Todd (Qld), Suzanne Levett (NSW), Tracy Clarkson (Qld), Don Taylor (Qld), Bill Walker (NSW), Pauline Wingate (WA), Lesley Buchanan (NSW) and David Lovelace (NSW).

The **4th day** was probably the biggest day for the AUSSI's. The programme of 50m free, 200m IM, 100m fly and 50m breast produced some fantastic results. Our second Gold medal was won by George Coronas (Twin Towns, Qld; 85-89) in the 50m freestyle in 43.62. Silver medals were won by Jan Jeffrey (Malvern Marlins, Vic; 55-59), Tricia Liddy (Twin Towns, Qld; 70-74) and



Above: Racing at the FINA Worlds.

Barbara Vickers (Manly, NSW; 80-84) in the 200IM, Max Van Gelder (Warringah, NSW; 75-79) and Kaye Beer (Shoalhaven Seahawks, NSW; 60-64) in the 50m free, and Tony Goodwin (Manly, NSW; 65-69) added to his success in the 100m breaststroke by winning silver in the 50m breast.

Top ten medals were won by Lyn Stevenson (NSW), Larry Forsyth (Qld), Tricia Liddy (Qld), Ann Todd (Qld), Suzanne Levett (NSW) in 2 events, Peter Joseph (NSW), Paul Wyatt (NSW), Tracy Clarkson (Qld), Ian Carrick (Qld), Max Van Gelder (NSW), Leslie Marton (NSW), John Fussell (WA), Cecily Cooke (Qld), Don Taylor (Qld), Bill Walker (NSW), Alan Brown (NSW), George Coronas (Qld), Marion

Harrison (NSW), Pauline Wingate (WA), Kathy Heenan (SA) and Alfred Moufarrige (NSW).

Day 5 was Relay day and only six AUSSI clubs competed. Two Tattersalls (NSW) teams performed well in the pool winning top ten medals with 5th in the men's 200m freestyle relay (combined age of 240-279yrs), and 10th in the men's 200m medley relay (combined age of 240-279yrs), but the competition was fierce with many records falling. The World record broken by the Seaside Pirates women's 200-239 freestyle relay team at the National Swim in Canberra was broken by 6 seconds by an American team. In fact the first 3 teams broke the old world mark. Awesome swimming!

The rest of us could be found in San Francisco taking in the sites, eating the food, visiting Alcatraz and generally soaking up the American atmosphere.

The **second last day** of swimming saw the 200m breast, 100m back and 200m fly. Barbara Vickers (Manly, NSW; 80-84) won her fourth silver medal in the 200m breaststroke, bringing her tally to five medals. Tony Goodwin (Manly, NSW; 65-69) also added another silver medal to his collection in the 200m breaststroke, giving him one gold and two silvers in his three swims.

Bronze medals were won by Ann Todd (Toowoomba Tadpoles, Qld; 80-84) and George Coronas (Twin Towns, Qld; 85-89) in the 200m breaststroke, Tricia Liddy (Twin Towns, Qld; 70-74) in the 100m backstroke and Paul Wyatt (Coogee-Randwick, NSW; 60-64) in the 200m Fly.

Minor medals were won by Lyn Stevenson (NSW), Ian Carrick (Qld), Dorothy Dickey (Vic), Cecily Cooke (Qld), Leslie Marton (NSW),

FEATURES

World Masters Championships (cont.)

Dawn Gledhill (NSW), Peter Joseph (NSW), Bill Walker (NSW), Jan Jeffrey (Vic), Lesley Buchanan (NSW), Belinda Drayton (NSW), Mark Taylor (Vic), Don Taylor (Qld), Margot Milne (Vic) and Ivan Wingate (WA).

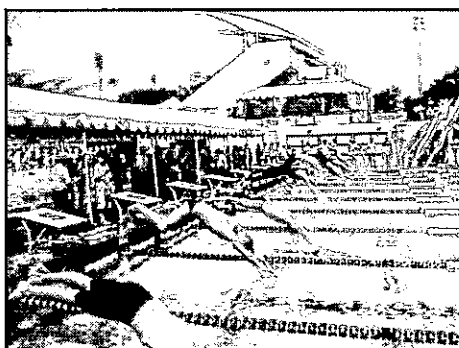
The **last day** of pool competition was relatively quiet as many AUSSI's had already begun their well earned holidays. Dorothy Dickey (Doncaster Dolphins, Vic; 75-79) won bronze in the 400m free, and minor medals were won by Lyn Stevenson (NSW), Val Lincoln (NSW), Pauline Wingate (WA), John Fussell (WA), Ann Todd (Qld), Kaye Beer (NSW), Jan Jeffrey (Vic) and Annie Cooke (NSW).

Although it was never easy to find anyone amongst so many people, one of the great things about the Worlds is the camaraderie amongst swimmers. It was wonderful to be able to cheer on the AUSSI's and I would like to personally acknowledge Louise Stovin-Bradford, twice AUSSI Coach of the Year who not only supervised her own Seaside Pirates swimmers during warmup but also worked with other NSW swimmers who appreciated greatly her time and effort. The Australian Swimmers appreciated the gift of an AUSSI swim cap from the National office, but this was not enough to make us "stand out in the crowd", so I believe we need to look at other forms of identification for future World Meets.

There were many remarkable results amongst our Australian swimmers, and I do hope I did not miss anyone. There were many other swimmers who gave it their all. Congratulations to them as well - they were part of a World Championship and learned many valuable lessons.

The Americans did a wonderful job of organising the meet and it ran

incredibly smoothly. They had some incredible performances amongst their officials. One of the lady Marshals was just great. On the first day during the 800m, I watched in awe as she marshaled swimmers, gave them a pep talk, got them enthused then sent them off to swim with a "Good luck"! I thought to myself that day, there is no way she can keep this up for 7 days. I wonder what she will be like on the last day? On the last day during the 400m freestyle I sat again and watched her. She was exactly the same; wishing everyone good luck before their swim. I congratulated her on her fine performances during



the

Above: More pool action

week, as fine as some of the swims. The Announcer also put in a fantastic performance. He watched over the two pools all week. He knew, and would announce when a World record was about to be broken and then would swing his attention back to the other pool, there were times when World records were being set in both pools almost simultaneously and he had that under control as well.

Two AUSSI's who did not win medals but deserved them were Alan Davis from Victoria (Referee) and Ken Liddy from Queensland (Starter), who worked extremely long hours in very hot conditions all week to make the meet possible. Thanks guys - we appreciate your

work!

Being part of a World Championship is a wonderful experience. The swimming at Stanford was awesome, but the best part is knowing you are part of a very large group of people all over the world who speak many languages but who all enjoy the "Fitness, Friendship and Fun" of our sport.

I would like to encourage all AUSSI's to think about becoming part of hopefully both the World Championships in Perth in 2008 and the World Masters Games in Sydney in 2009. Both events will bring the best in the world to Australia and it is great to be a part of this great stage!

Jane Noake
Seaside Pirates

For those that still had the energy, the Open Water Swim took place the day after pool events concluded. The course was a challenging one, crossing the choppy waters off Robert W. Crown Memorial Beach in San Francisco Bay, rounding an island and returning to the same beach.

Val Lincoln (NSW, 80-84) capped a great Championships with her fifth medal. She came home 2nd in 1.39.15.

Cyril Baldock (60-64), with 3rd place was our other major medalist, finishing in 49.37.

Top ten placings were achieved on the day were John Barrett (45-49) - 8th and John Baranoff (30-34) - 10th.

A big congratulations to all who swam at Stanford!!

Full meet results are on the Results, Records and Rankings Portal:

www.portal.aussi.org.au

-Ed

FEATURES

Interview - Lise Mackie

Masters Swimmers are of many different breeds. While AUSSI is rightly touted as predominantly for "fitness, friendship and fun" it should not be forgotten that some swimmers train hard and race to win. This issue's interview gets inside the mind of one such swimmer.

Which club do you swim for?

I currently swim for the Yarra Roughies, based in Fitzroy, Melbourne.

You are a two time Olympian. Which Olympics did you compete at, and in which events?

I swam in Barcelona (1992) in the women's 4x100m freestyle relay. We came ninth so obviously I didn't get to swim in the finals. I was only 16 years old then so it was a great learning experience, nevertheless.

I also swam in Atlanta (1996). I swam in the heats of the women's 4x200m free relay, in which the finals team ended up placing third (so I also got a bronze medal). I also swam in the heats and finals of the women's 4x100m free relay, in which we finished 6th.

Other international meets I competed in included the 1991 Pan Pacific Championships (Edmonton, Canada) and the 1997 World Swimming Short Course Championships (Gothenburg, Sweden).

What was the highlight of your elite career?

I guess I have a couple. The first was coming back to Australia in 1996 for the Australian Olympic Trials in Sydney. I had been living in the US for a year and a half, swimming for the University of Nevada, Reno, and had been told prior to going to the US that I would never make another Australian team again as most Aussie swimmers in the past who had gone onto the college circuit had pretty much hit the party scene and let their swimming slide. I

was determined to come back and prove everyone who doubted me wrong. I ended up having the meet of my life - I swam a best time in every single event, I made my second Olympic team, and although I got fourth in pretty much every event (50m, 100m and 200m free, and the 200m IM), I was extremely thrilled with how I swam. I also got to stick it to all the nay-sayers who didn't think I was capable of swimming any faster.

Another highlight was the 1997 national championships for the US college swimming circuit. Not many Australians compete on the US scene, but anyone who does will tell you there is some incredible swimming that takes place at these meets. In fact, if the meets were regularly swum in metres instead of yards there would be quite a few world records broken there. (They have swum two meets in short course metres and a couple of relay world records were broken.) At the 1997 meet I swam some incredible times and felt really proud of how I had swum and the hard work I had put into my swimming. At the end of my 200 yard IM I remember looking over at my coach and I could see how proud he was of what I had achieved as well. It was a very rewarding moment that I felt an enormous amount of satisfaction and it continues to motivate me in my swimming even now.

When did you retire from elite swimming?

1999 - I no longer was enjoying the racing or the training and I wanted to get on with other things in my life.

When and why did you start swimming again?

I never really stopped swimming, despite retiring from elite competition. I guess I just changed focus. I was out of the water completely for 6 months in 2000 while I worked at a ski resort on the North Island of

New Zealand. I got back into the water when I moved to Auckland for a couple of months and I haven't stopped swimming since. The most noticeable thing about that post 6-month break was that instead of associating swimming with being tired or sore, I noticed that my lungs were getting a work out and that I really started to notice and enjoy the sensation of floating - something I had completely ignored throughout my entire competitive career. I also started to swim open water events for something different to do - and also for bragging rights! Some of the events I've swum include an eleven mile relay across Lake Tahoe (California, USA) in which no one is allowed to wear a wetsuit, even though the water temp is about 13 degrees C, and the Coupe de Noel, a short but fun little event that takes place in Lac Lemman (Lake Geneva) in Switzerland in December - again, absolutely no wetsuits with the water temp running at about 4 degrees C!!

At the 31st National Swim in Canberra this April, you competed in 4 events, won 4 events, and broke 4 National records. 3 of those records were around 10 years old, and you smashed them! What's your reaction to that performance?

I was thrilled with my performances! To be honest, the records were an added bonus as my whole goal going into the meet was to have fun. I realise that sounds like an over used cliché but it really does mean something when athletes like Jodie Henry and Libby Lenton talk about it as well - there can be so much internal and external pressure that the whole reason for swimming in the first place - the enjoyment factor - starts to drip and then eventually gushes down the gutter with the rest of the pool's overflow. My previous swimming life was all about trying to go as fast as possible with little, if any, thought about enjoying myself - I

FEATURES

Interview - Lise Mackie (cont.)

only had fun if I had swum a personal best as swimming had become my occupation, not my hobby. Going into Canberra, I wanted to change that equation around - I wanted to have a good time and enjoy the nerves, enjoy trying to squish into my competition suits, enjoy trying to beat the guys in my heats. I figured that if I managed to do that, I would also probably be happy with the times I swam. In the end, some of my times weren't that far off my previous bests and I surprised the hell out of myself with a couple of them - my relay swims were within tenths of a second to my previous bests and my 100m butterfly was close to a best as well.

To what/who do you attribute your success in Masters Swimming?

I think it boils down to what Masters Swimming is - an opportunity for a group of oddballs who, for some strange reason, love the same crazy, chlorine-saturated sport and get together to have a fun and healthy time. It provides a positive atmosphere that consists of as much pressure as you want to make of it. Whether your goal is to get to the end of a 200m fly or to do a personal best time, it boils down to what you as the swimmer want to make of it. Unlike non-Masters competitive swimming, where coaches, team managers, National team coaches and the media are all questioning the minutia of your performances to the point of obsession, Masters swimmers are able to achieve as much or as little as they want while being accountable to one - and only one - very important critic - themselves. I think that allows for enormous room for people to swim well but also to make mistakes so they can learn from them and swim better the next time.

With only about 30% of AUSSI members competing in swim meets, what is your view on the

competitive side of AUSSI? i.e. should it be promoted more/less? Should more people be encouraged to compete?

As someone who gets a kick out of swimming fast, as well as swimming for health, I think there is definitely a positive side to competition. For some bizarre reason, there is something really satisfying about getting out of the pool short of breath, feet red with lactic acid, and your legs barely able to hold you up. I think it is a sense that you're always trying to go into personal uncharted territory, which can be a very scary but



Above: Lise Mackie at the AIS Pool in Canberra, April 2006.

also a very thrilling exercise. Training is the safe exercise we do to stay healthy and to prepare us for competition, but racing against fellow competitors, the clock and one's own personal expectations is the adventurous exercise where we push boundaries and learn something new about ourselves. While obviously we all enjoy safety, I think life can be pretty boring without a bit of adrenaline and uncertainty. So, yes, I would encourage more people to give competition a go - they have nothing to lose and so much to gain!

What is your advice for other elite swimmers, or those aspiring to win championships and break records?

My first piece of advice would be to not lose focus on the enjoyment factor - if you're not enjoying the chal-

lenge of trying to attain the goal, change your goal or change your priorities. That being said, have a good think about what you think it will realistically take to get to where you want to go and come up with a few guidelines to stick by e.g., number of training sessions per week, diet, stretching etc. Also try to be smarter in your approach to what you're hoping to achieve - it is not just about putting in lap after lap after lap. Visualising yourself swimming the time you want to swim and having faith in your ability to actually swim the time can be very difficult things to do - but perhaps even more important than the physical aspect of your training. Finally, just keep at it and enjoy the thrill of the chase, not just the end result. Don't give up if you didn't get it the first or second time - you will continue to learn from your mistakes and the race practice you'll be getting from continually trying to swim fast is also invaluable.

What's your advice to the non-competing members of AUSSI?

Aside from my earlier answer about giving competition a go, I would also encourage them to bring along their friends and family to give AUSSI a go as well. It is a fantastic way to stay healthy (especially for those of us with injuries that prevent us doing high-impact activities like running) and to find a new social outlet in which to meet friends, network and generally have a good time.

How long do you plan to swim with AUSSI for and why?

As long as I have a pool nearby and I still have a bung knee, I don't plan on retiring from Masters swimming anytime soon - I go stir-crazy without being able to crank out a couple of kilometres! And since I've yet to swim my "perfect" race, I've got plenty of competitions left in me to continue to learn from.

-Ed

FEATURES

Record English Channel Swims

WA Masters Swimmers Break English Channel Records

Sue Oldham (61, Westcoast Masters) from Perth recently became the oldest woman to swim the English Channel, a few weeks after being part of the oldest team to swim across the English Channel.

61 year old Epileptic Oldham, made the 46km crossing on 25/8/06 in 16hrs 3mins. Remarkably, she only took up swimming around age 40 in order to do the Rottneest Channel Swim in WA.

The team of Sue Oldham (61, Westcoast Masters), Tony Parbery (51, Westcoast Masters), Selwyn Jellie (49, Westcoast Masters), Les Stewart (70, Westcoast Masters), Dieter Loeliger (73, Margaret River AUSSI) along with Stan Davies made the crossing on 24/7/06 soon after arriving in England, in 13hrs 15mins. With an average age of 60, the team which had to swim for exactly 1 hour each in rotation was ecstatic to become the oldest team to make the crossing.



Above l to r: Stan Davies, Les Stewart, Tony Parbery, Sue Oldham, Dieter Loeliger & Selwyn Jellie before the record breaking team crossing.

Another of the team members, Selwyn Jellie (49, Westcoast Masters) also completed a rare individual crossing. Due to persistent bad weather, he swam

about a month after the team and finished in 17hrs 5mins on 22/8/06. The time was blown out after bad tides forced him to swim an extra 5 hours up the coast to Calais to finish.

All swimmers were coached by Pauline Pratt of the Barracudas (WA) Club. "It's incredible they made it once as part of a relay, let alone a second time – and all the way," Pratt said.

"It takes a lot of courage, determination and an iron will to make this crossing. People don't realise that more people have climbed Everest than have swam the English Channel. These swimmers are amazing, they put their heart and soul into the swim and have now achieved something incredible."

Pratt herself is building a reputation as a successful long distance swimming coach. She first coached a swimmer to a successful Channel crossing in 2003, then last year coached the youngest and fastest (regardless of age) team ever from Australia to make the crossing.

Considering there is only an 11% success rate at crossing the channel, needing for the right weather conditions, the cost of travel and fees for the crossing, and sea sickness for those on the boat, just getting across is a massive human achievement for a team, and even more so for an individual.

All swimmers trained specifically for the swim over the last 18 months, and the last 12 months for the relay. It was intensive training, mostly in the Swam River. On Sundays, they would do 4 hours in the pool, and on Saturdays, 2 hours in the pool then go to Hillary's boat harbour to practice relay swimming in the cold water.

For celebrations, the group had a bottle of French champagne and a French meal – French toast! Varne Ridge Caravan Park where they all stayed, put on a free barbeque to help celebrations along. The Caravan Park has a special wall where they put up a plaque for every person who stay there and successfully swim the channel.



Above: Les Stewart in front of the Varne Ridge Caravan Park board of successful Channel swimmers.

These swimmers, all of whom only took up the sport later in life and did not come from a swimming background, embody a lot of what Masters Swimming is all about.

In addition to this group of brave Masters swimmers, Penny Palfrey, 44 from Townsville Masters, conquered the channel in a solo effort earlier in 2006.

Her time of 9hrs 16mins meant she was the fastest female to swim the Channel this year with the Channel Swimming Association, and she received the Channel Swimming Association Ltd Centenary Trophy for the fastest swim by a British person, along with a host of other awards in their 2006 Trophies and Awards list. Well done Penny!

-Ed

FEATURES

1st World Outgames

Montreal, Canada hosted over 12,000 athletes from 110 countries in the first World OutGames from 26 July to 5 August, 2006.

Thirty-five disciplines were played, danced, swum and run throughout the well organised event. During the ceremonies, high profile celebrities came to show their support, including Martine Navratilova, Liza Minelli, K.D. Lang and Cirque Du Soleil.

The opening ceremony was held at the 1976 Olympic Games Stadium, and the swimming at the 1976 Olympic pool. It was very well attended with over 1000 swimmers from around the world competing, including 2 ex-Olympians; Mark Tewksbury and Daniel Veatch.

There were 60 swimmers representing Masters Swimming Australia from Brisbane (Aqualicious), Sydney (Wett Ones), Melbourne (Glamourhead Sharks), Perth and Adelaide.



Above: Some of the Glamourheads (Vic)

Of the 107 clubs represented, the Glamourheads were the third largest, and the largest non Canadian team. They brought home an impressive total of 43 swimming medals. 29 individual medals included 14 Gold, 8 Silver and 7 Bronze, and 14 relay medals - 3 Gold, 6 Silver and 5 Bronze. Special mention goes to Kay Gravell (12 medals), Olivia Kozar (9 medals), John Marriot (8 medals), Caroline Symons (7 medals) and

Coach Anna for the morning stretching session and for being a rock of support and encouragement!

For Aqualicious, Michael Anderson collected gold in the 50 breast and bronze in 200 breast. Rhyl Jones McCoy collected 4 bronze medals, in the 50, 100 and 200 fly, and 200 IM. Kenneth Koh won bronze in the 100 back behind Mark Tewksbury. Nathan Brett and John Linnane swam fast times but faced stiff competition in their events. They contributed significantly to the men's relay teams which recorded very good times in their two events. The swimmers thank coach Lawrie Fabian for the months of training effort which produced many personal bests.



Above: Swimmers from Wett Ones (NSW)

The swimmers from Wett Ones collectively swam 32 personal bests and won 31 medals. In individual events there were 14 Gold, 5 Silver and 5 Bronze, and the relays produced 6 Gold and 1 Bronze for the Sydney club. Special mention goes to Cath Rogers who won 11 golds from 12 races! Haydn Wood, swimming in the very competitive men's 40-44 age group had a fantastic meet winning 2 Gold, 2 Silver and 1 Bronze. Mark Burrows learnt to swim only months before the competition, but proved to be a natural, clocking 33.03 for 50m

free and 43.58 for 50 breast.

After the swimming, the Glamourheads took part in the Outsplash competition, an event where teams perform in and around the pool to music. They performed a politically slanted piece on gay marriage and the contrast between Australia and Canada, and won the event to thunderous applause from a packed house.

At the end of the week, participants could all look back exhausted but happy with their efforts and with a warm glow of having been part of it all. The atmosphere in the pool was one of tremendous camaraderie and a sense of a unique experience shared with friends. The team spirit and the friendliness of all the swimmers in the competition made it an experience to last long in all their memories.

Aqualicious would like to thank Queensland Masters Swimming for being supportive and welcoming the team since they began 3 years ago.

Everyone is now looking forward to competing in the World Outgames in Copenhagen, Denmark in 2009.



Above: To the victors go the spoils! Glamourheads relay gold medallists. L to r - Elke Lindner, Kay Gravell, Deb Kiper & Kath O'Connor.



BRANCH NEWS

Queensland

Although we have not had a regular column in the National Newsletter for some time, rest assured we have been very busy in sunny Queensland.

Early in the year, it became apparent that a major revamp of our administrative activities and financial recording system was necessary. After many months of weekend work, I am happy to say we have now achieved that goal.

We now have a far better organised office structure and are taking full advantage of the revised financial recording system that we have put into place. The effort put into this task has already paid off and we are now able to provide a much more professional approach to our clients.

Other more exciting events that have taken place include our traditional long course State Swim which was held in April this year. The venue was the Nudgee College pool (a private school pool located in the northern suburbs of Brisbane). The event was a great success thanks to the assistance of the local

Nudgee Brothers Masters Club.

However, the State Swim was also an opportune time for us to reflect on the hardships our members in the northern section of Queensland were enduring following the devastation caused by tropical Cyclone Larry. (Cyclone Larry crossed the coast just north of Cairns on 20th March.) We had organised an Art Union raffle as part of our 30th birthday celebrations this year (first prize – seven day return flight holiday to Vanuatu), and the winner was announced at the State Swim Event. We had not identified a specific project that would benefit from any profits from the raffle, so it seemed appropriate that considering the hardship facing our Clubs in the north, any profits would be put aside to help them with any replacement equipment damaged by the cyclone event. The announcement of that decision was well received at the State Presentation Dinner.

On the competition front, we are now gearing up for the Pan Pacific Masters games in November. Also

following discussions I have had with the CEO of Swimming Queensland, we will be combining forces with them to conduct our State Open Water Swim in conjunction with their Open Water Titles (to be held mid November). The venue is Lake Kawana on the Sunshine Coast, a newly developed rowing and recreational complex that is safe from marine predators (including stingrays). If the venue and event is as successful as is expected, we will be looking to use the complex on a regular basis to promote our open water swim events.

With 2007 fast approaching, we are also gearing up to promote the Regional Championships program starting January 2007. This program gives Clubs the option of purchasing the Meet Manager software rather than them being forced to purchase and use the software. From the feedback we have had to date, the idea is being well received.

David Ryan
President, Qld Masters Swimming

Tasmania

AUSSI Tasmania held its Winter Short Course Championships in August at the Hobart Aquatic Centre.

For the first time in over ten years the programme included 4 x 25m relays and 25m individual events so many records were either set as inaugural records or broken. Surprisingly, the 25m butterfly was the most popular event.

The meet was most enjoyable and was followed by a presentation lunch.

Sue Mayne (Talays) with 1 National record, 6 individual State records and 2 relay records, and Garth Slade (Launceston Lemmings) with

6 State records, were swimmers of the meet.

Another National record was set for the 280 - 319 years 4 x 25m Womens Medley relay by Hobart AUSSI (Tina Smit, Wilma Attrill, Margaret Clougher and Susan Vincent).

Special prizes were awarded to those who had travelled the greatest distance by different modes of transport to attend.

A Burnie Croc travelled furthest by road, two Lemmings flew in from Brisbane and another Lemming is a ship's captain working in the Mediterranean – he made it home by sea and air. Apparently he 'trains'

in the ship's on-board 8.5m pool. At least his tumble turns should have been excellent. John Pugh, National President (and Lemming) also flew in from the World FINA championships in San Francisco where he achieved 10th place and a medal in the 800m F/S.

The following week the Aquatic Centre also hosted the ASI National Short Course Championships where a number of world records were set. The Branch Treasurer Tracy Dobby, and Glenise Gale officiated at the meet. The next event on our calendar is the Long Course Long Distance Championships in November.

Anne Horner
Publicity Officer, Tasmania

BRANCH NEWS

South Australia

Interclub Series – 2006. This year the SA Branch increased the number of Interclub swims from 3 to 4 to provide more opportunities for swimmers to compete more often. As in previous years, the numbers at the early events were disappointing but they did build for the last Interclub where our 2 largest clubs – Adelaide Masters and Atlantis were competing hard to win the Interclub Series Cup. It was good to see Noarlunga Club fielded strong numbers throughout the series.

The final scores for 2006 were:

Adelaide Masters	2330
Atlantis	2059
Noarlunga	964
Tea Tree Gully	807
Henley and Grange	376
Marion	365
Aquadome Otter	93
Western Districts	31

FINA Top Ten - 2005. At the last Interclub, presentations were made (see photo below) by Branch President, Mike Walker (left), to four South Australian swimmers who achieved FINA Top 10 positions in 2005 – Mark Smedley, Carolyn Fleming, Joanne Sutcliffe and Stephanie Palmer-White.



2007 Australasian Masters Games (October 5 to 14). We are in the very early stages of planning. We intend to run the full range of events similar to 2005 with the addition of

an 800 m Freestyle, which was frequently requested. We are planning the swimming to be October 5-7 (Friday to Sunday). To avoid a fourth day of swimming we are intending to hold the 800m Freestyle as an evening event (6.00 pm to 9.30 pm). As the Official Opening Ceremony will be on Saturday October 6th, this event will have to be on Friday or Sunday night.

2006 Branch Presentation Night. The Branch Presentation Night will be held at the Royal Adelaide Golf Club on Saturday November 18th. Marj Muller (Adelaide Masters) has done a fantastic job organising this event for the last 2 years. All club trophies will be presented along with Life Memberships to Phil and Leanne Beames.

John Gamlen
Branch Secretary

New South Wales

During the last three months, NSW has held seven Branch Point Score Meets, two in the country area and four in Sydney all of which have been well attended and have produced a large number of record swims. Congratulations to all clubs who work extremely hard to run our Branch Point score carnivals.

The Hunter Festival of Sport was also held at the Kurri pool and this saw the first attempt at running Brace relays in NSW and was a tremendous success. Congratulations to the Cessnock club for trying something new.

Our greatest success during this time was our 4th State Relay Meet held on July 23 at Sydney Olympic Aquatic Centre. This Meet was by far the largest Relay Meet with 436 swimmers and 503 relay teams from 21 clubs throughout NSW. It is proving more successful each year, and one of the reasons is that it's a "Fun" meet with everyone being part

of a team. The 4x25metre events are the most popular, allowing those not used to swimming in carnivals the chance to swim in a 25m event with teammates.

There were around 45 State and National records broken at this Meet, adding to the belief that the Olympic pool is one of the fastest pools in which to swim. It was great to see many new faces, particularly young members who will be the future of Masters Swimming.

During August there was a break while around 50 of our NSW swimmers attended the World Championships at Stanford University in California. Congratulations to all who competed, but particularly to Tony Goodwin who won one of two gold medals by the AUSSI's as well as two silver medals in his three events, and Barbara Vickers who won 4 silver and 1 bronze medal in her five events.

Our Club Development Committee has been instrumental in gaining a new sponsor for NSW this year in Primo Wines, and we have a new Branch Coaching Director, John Kulhan who will head a totally new Coaching Committee in NSW.

Our next State event is our Short Course Championships at the new Peninsular Leisure centre in Woy Woy in October at which we will have the benefit of the new National sponsor Vorgee who will sponsor prizes for our NSW Male and Female Swimmer of the Meet. We also look forward to our Long Distance Championships at the Blacktown Aquatic Centre in November.

During the next month we hope to move our Branch office to the new Sports Central offices at Olympic Park, a new era for Masters Swimming in NSW.

Jane Noake

BRANCH NEWS

Victoria

The Victorian Branch held its Annual General Meeting in August with Paul Watmough now taking on the role of president. He vacates the Vice-President of External Affairs but keeps his other portfolios of Branch Recorder and National Board delegate. Returning are Colin McCraith (Vice President of Operations); Bruce Ripper (Director of Finance); John Marshall (Technical Director) and Rosa Montague (Publications Director). Stewart Nicoll is new to the committee and takes on the role of Coaching Director.

At the end of August 2006, the

Victorian Branch had 962 members in 33 clubs. This is the first time in many years that our numbers are this high at this time of the membership year. Only half of our clubs are using the registration database but we hope to increase that number for 2007.

The Branch has negotiated a contract with the premier sporting venue in Victoria, the Melbourne Sports & Aquatic Centre (MSAC), to conduct all our State Meets there for 2007-2009. This means we are aware of our pool hire costs for the year in advance & can budget appropriately.

Our Technical Committee recently held a course covering the topics for Time-keeping & Marshalling, the first for a long time. It is hoped those attending will continue on as our current officials are starting to get to the age where they would like to retire and new blood & numbers will help to distribute the workload.

The Branch is purchasing a Timing system to assist all clubs conducting Swim Meets. This will allow for electronic timing & reduce the volunteer overload of timekeeping duties.

Jeanette Holowiuk
Sport Administrator

Western Australia

The **2006 Open Water Swim (OWS) Seminar**, which was funded by the Department of Sport and Recreation through its joint officiating funding initiative as a joint project between Masters Swimming WA (MSWA) and Swimming WA (SWA), was conducted on Saturday morning 29/7 at Challenge Stadium.

Nearly 30 participants attended the seminar, conducted by FINA OWS Referee & OWS Event Director, Kevin Holtom, with support presentations by MSWA Technical Officer Judith Crawford and Surf Life Saving WA's Event Manager David Hunt.

The participants included OWS officials and event organisers from MSWA Clubs throughout the State and other groups.

Topics covered included:

- Update on OWS
- Event Management
- Event water safety and medical support
- Event management workshop
- 2006/07 OWS Calendar

As attendance was this year

included as part of event sanctioning for MSWA Clubs conducting OWS events, it was particularly pleasing to see all the relevant country clubs (Albany, Bunbury, Geraldton and Mandurah) participate.

Feedback received has all been positive and this augurs well for the up-coming OWS season to ensure all groups conduct safe and fair events, including the attending Surf Clubs who learnt a lot about OWS and what is really required! It was agreed that running a good event using continuous improvement strategies and the subsequent "word of mouth" promotion ensures events continue to serve the OWS community in WA.

The **BE ACTIVE Spring into Swimming project** was officially launched at the new Aqualife Centre in Victoria Park on Sunday 20 August by the Executive Director of Healthway Neil Guard. The Launch was held in conjunction with Somerset AUSSI's distance swim meet.

The BE ACTIVE Spring into Swimming project sponsored by Healthway is aimed at adults who are keen to try swimming regularly

and enjoy the benefits of what Masters Swimming WA (MSWA) clubs have to offer. Many Clubs are holding special activities or displays in the spring months to attract new members and provide awareness to the general public on Masters Swimming, as part of the discount membership period. As part of the sponsorship a new membership brochure has been produced for clubs to use in conjunction with their own promotional material.

Also at the same function the 2006/07 Open Water Swims calendar was officially launched with 7,500 calendars produced for distribution to members and across WA.

Six members of the **Westcoast Masters Club conquered the English Channel**, and created a world record for the oldest relay team to cross the English Channel in August. In addition two members of the relay team, Sue Oldham and Selwyn Jellie, completed solo crossings and Sue became the oldest woman to do so.

Wendy Holtom
Executive Officer

SPONSORS

International Sports Tours

From the desk of AUSSI Masters' Preferred Travel Agent



The IST Team wishes all our Tour Members a special "WELCOME HOME" and a big "CONGRATULATIONS"!

To our medal winners...you achieved a grand total of 37 medals in the Pool and Open Water events. A Golden handshake goes to George Coronas for taking out 1st Place in the 50m freestyle (M85-89).

Outside of the swimming, many of the group enjoyed a tour of San Francisco, including crossing the Golden Gate Bridge, visiting Hearst Castle, and the coastal drive from Carmel to Monterey.

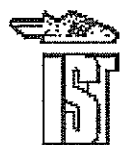
A good time was had by all on the 7 day post swim tour. We visited Fresno, Yosemite National Park, Death Valley, Las Vegas and Los Angeles.

The highlights were the magnificent Grand Canyon, the internationally famous Getty Museum in Los Angeles and the Night Show in Las Vegas.

Thanks to you all for travelling with IST.

Yours in Masters Swimming,
Brian L. Travers

.....SEE YOU IN DARWIN!.....



32nd AUSSI Masters National Swim May 2007 - Darwin



AIRFARES

From as low as \$626.00
per person ex
Sydney - including taxes!
Fares from other cities
also available

POST

CHAMPIONSHIPS TOUR
Kakadu, Katherine,
Litchfield National Park
\$1490.00 per person
share twin

ALSO...

Pre-Championships
touring for the independent
traveller, Ghan Railway, Ayres
Rock, Broome etc

ACCOMMODATION SPECIALS

Apartments and
standard rooms from
\$55.00 per person
per night



**International
Sports Tours**

FOR FURTHER INFORMATION PLEASE CONTACT:

Phone: (02) 9922 6166 Toll Free: 1800 242 887
Email: info@sportstours.com.au
Visit: www.sportstours.com.au



* Conditions Apply - please refer to Tour Brochure

AUSSI PROGRAMS

Million Metre Awards supported by



First Name	Surname	Club	State	Distance
Marjory	Muller	Adelaide Masters	SA	3 million
Kent	Nelson	Adelaide Masters	SA	1 million

Congratulations to the above people, who have achieved their Million Metre Awards since June 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.



Left: Robert Birch (Belmont) and Beatie Norris (Stadium Snappers) receive their 1 Million Metre Awards from Masters Swimming WA President Jack Busch.

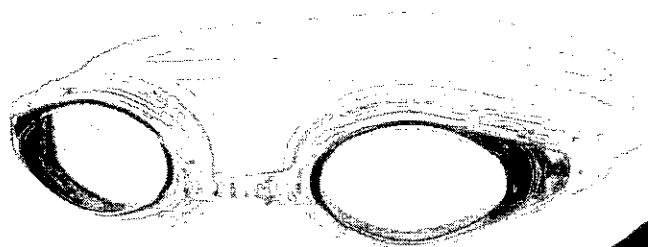
SPONSORS



mastering style & performance

for those who love
all things aquatic.

Vorgee's unique range of swimming goggles, caps, swimwear, training and competition equipment offer quality, performance and great style. If you're into all things aquatic then get into Vorgee.



www.vorgee.com

vorgee@vorgee.com | (07) 3843 1250

Available at leading aquatic centers
and Amart All Sports

endorsed by
Swin
AUSTRALIA

EVENTS

2007 National Swim, Darwin (NT)



The 32nd National Swim will be held in Darwin from 4 to 7 May 2007. This is a long weekend with Monday 7 May the Labour Day holiday in the NT.

Details of the event program and other information are on the National Website at www.home.aussimasters.com.au/html/32nd_aussi_masters_national_sw.html.

Members wishing to attend should book accommodation as soon as possible – this is 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. There is still a small number of rooms available for members to book direct with the hotel at \$99 per room per night.

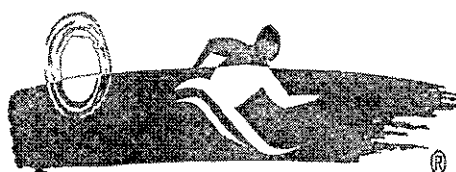
Members wishing to visit SE Asia after the meet will find cheap fares with Royal Brunei Airlines, Tiger Airways (online only and extremely cheap) and Jetstar Asia.

Those wishing to visit Kakadu or Litchfield will find numerous tour providers via Tourism Top End (see link on National Website). Advice: if you are looking at a one-day trip only, Litchfield is much closer than Kakadu and scenically more spectacular; Kakadu is more suited to at least two days.

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

For further information, visit the website (www.home.aussimasters.com.au/html/32nd_aussi_masters_national_sw.html), or contact John Pollock on (08) 8981 5919 / 0431 671 871 / natsswim2007@inet.net.au.

2008 FINA World Masters Championship



XII FINA MASTERS WORLD CHAMPIONSHIPS

In April 2008 more than 7,000 swimmers, divers, water polo players and synchronised and open water swimmers from around the world are expected to descend on Perth, Western Australia for the XII FINA World Masters Championships.

The very successful XI FINA World Masters Championships held in San Francisco in August 2006, saw

7,300 competitors from 72 nations participate including almost 100 AUSSI swimmers.

The record number of participants for the event is 8,130, held by Italy who hosted the Championships in 2004.

The 2008 Local Organising Committee hopes to smash this record – with help from AUSSI Masters members.

Tom Hoad, of the Local Organising Committee, encourages all AUSSI Masters members to support the Championships in Perth.

"This is a fantastic opportunity for Australian Masters swimmers to compete at the highest international level, without having the usual

barrier of expensive, long-distance travel to contend with."

It's not often that such an opportunity is presented. The last FINA Masters World Championships to be held in Australia were hosted in Brisbane back in 1988.

The Championships provide an opportunity for athletes from all over the world to enjoy the friendship and fitness of aquatic competition.

Further information regarding the XII FINA World Masters Championships, including registration for the event and subscription to regular newsletter emails, is available at www.2008finamasters.org.

EVENTS

Australasian Masters Games



The Australian Masters Games returns to Adelaide in 2007 after previously being held there in 1989, 1999 and 2005, but now known as the Australasian Masters Games. For the first time, the Games are going international. Join over 10,000 participants from all over Australia, New Zealand, Asia and Oceania in a celebration of mature age sport.

The Australasian Masters Games are open to anyone reaching the qualifying age. The Games has something for everyone, with over 50 sport and recreational activities on offer.

For the Swimming, the following details have been released:

Date: 5th – 7th October 2007

Venue: Adelaide Aquatic Centre

Programme:

Day 1 Session 1 - 5/10/07, 8.00am
200 Butterfly
100 Freestyle
200 Breaststroke
50 Backstroke
400 IM
...plus relays

Day 1 Session 2 - 5/10/07, 6.00pm
800 Freestyle

Day 2 Session 1 - 6/10/07, 8.00am
200 Freestyle
100 Butterfly
200 IM
50 Breaststroke
50 Freestyle

100 Backstroke
...plus relays

Day 3 Session 1 - 7/10/07, 8.00am
400 Freestyle
50 Butterfly
200 Backstroke
100 Breaststroke
...plus relays

The Welcome function takes place on Thursday 4th October, and there will be "Happy Hour" each night.

The event is sanctioned by Masters Swimming Australia, and proudly hosted by Masters Swimming SA.

For more information, visit www.australasianmasters.com, or contact John Gamlen on (08) 8263 9958 / secretary@aussisa.org.au

NATIONAL COMMITTEES

Technical

SWIMMING RULES towards UNIFORM INTERPRETATION

The National Technical Committee (NTC), in collaboration with Branch Technical Directors, is currently developing guidelines for a series of Referees' and Starters' workshops to be held by the Branch Technical Directors in each branch early in 2007.

The main thrust of the workshops will be to involve both Starters and Referees in discussions regarding those Rules of Swimming that are

causing confusion. Obvious examples are the backstroke and breaststroke turns, use of breaststroke kick in butterfly and who does what when a swimmer false starts.

The current proposal is that the new NTC, which becomes operative in November 2006, will develop an outline for the workshops and that the details will be fleshed out in each branch.

It is envisaged that the workshops will be part of the mandatory re-

accreditation process for referees. Other details of the process will be decided by the new NTC.

If there are any rules (other than those mentioned above) that you find confusing, please contact your Branch Technical Director or the National Office by the end of November so action can be taken to address your problems.

Gary Stutsel
Chair NTC

NATIONAL RECORDS

Long Course Individual 16/7/06 – 31/8/06

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
ANDREW R GILCHRIST	40-44	100M	BACKSTROKE	09.08.2006	001:08.71	VDC
JOHN A MCVANN	40-44	100M	BACKSTROKE	09.08.2006	001:08.72	SAM
MARK J TAYLOR	50-54	200M	BREASTSTROKE	09.08.2006	002:50.88	VSP
JANETTE J JEFFREY	55-59	200M	BACKSTROKE	05.08.2006	003:02.08	VMV
JANETTE J JEFFREY	55-59	200M	INDIVIDUAL MEDLEY	07.08.2006	002:56.89	VMV
SUE NEEDHAM	55-59	800M	BUTTERFLY	29.07.2006	016:40.37	QMW
ALAN F BROWN	60-64	100M	FREESTYLE	05.08.2006	001:02.08	NTS
JEN THOMASSON	60-64	800M	INDIVIDUAL MEDLEY	29.07.2006	014:04.07	QSM
JOHN A FUSSELL	60-64	50M	BACKSTROKE	10.08.2006	000:34.70	WOP
BRIAN J DAVIS	65-69	25M	BUTTERFLY	05.08.2006	000:18.06	VMV
JOHN (TONY) A GOODWIN	65-69	50M	BREASTSTROKE	07.08.2006	000:37.96	NML
JOHN CRISP	70-74	1500M	BACKSTROKE	29.07.2006	027:42.07	QMM
PATRICIA LIDDY	70-74	100M	BUTTERFLY	07.08.2006	001:50.70	QTT
PATRICIA LIDDY	70-74	200M	INDIVIDUAL MEDLEY	07.08.2006	003:40.49	QTT
PATRICIA LIDDY	70-74	400M	INDIVIDUAL MEDLEY	06.08.2006	008:03.09	QTT
TRICIA LIDDY	70-74	1500M	BACKSTROKE	29.07.2006	031:01.74	QTT
TRICIA LIDDY	70-74	400M	INDIVIDUAL MEDLEY	29.07.2006	008:03.44	QTT
MAX VAN GELDER	75-79	50M	BUTTERFLY	06.08.2006	000:40.33	NWG
ANN TODD	80-84	1500M	BREASTSTROKE	29.07.2006	045:38.96	QTW
ANN TODD	80-84	800M	BACKSTROKE	29.07.2006	023:36.76	QTW
JOYCE O'FARRELL	85-89	1500M	FREESTYLE	20.08.2006	040:33.36	WSM
JOYCE O'FARRELL	85-89	400M	BACKSTROKE	16.07.2006	014:02.45	WSM
JOYCE O'FARRELL	85-89	400M	FREESTYLE	20.08.2006	010:33.45	WSM
JOYCE O'FARRELL	85-89	800M	FREESTYLE	20.08.2006	021:36.47	WSM
JOYCE O'FARRELL	85-89	800M	FREESTYLE	16.07.2006	022:04.66	WSM

Short Course Individual 16/7/06 – 31/8/06

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
MITCHELL PATTERSON	20-24	100M	FREESTYLE	23.07.2006	000:51.04	NSP
EBONY L EBENWALDNER	25-29	200M	BACKSTROKE	19.08.2006	002:22.69	VCS
JANE SOLOMON	30-34	100M	BACKSTROKE	26.08.2006	001:10.18	QMM
JANE SOLOMON	30-34	1500M	BACKSTROKE	26.08.2006	020:29.39	QMM
JANE SOLOMON	30-34	200M	BACKSTROKE	26.08.2006	002:29.94	QMM
LEANNE BLANEY	30-34	25M	BACKSTROKE	26.08.2006	000:15.92	QPR
LEANNE BLANEY	30-34	25M	BREASTSTROKE	26.08.2006	000:18.76	QPR
AIDA TUCIUTE	35-39	50M	BUTTERFLY	19.08.2006	000:30.57	VPP
HELEN CHESSWAS	35-39	25M	FREESTYLE	26.08.2006	000:14.80	QBN
PHILIP ROGERS	35-39	100M	INDIVIDUAL MEDLEY	30.07.2006	001:03.14	SAM
PHILIP ROGERS	35-39	25M	BUTTERFLY	30.07.2006	000:12.63	SAM
GRANT PETERS	40-44	100M	FREESTYLE	23.07.2006	000:54.73	NTS
IAN ROBINSON	40-44	25M	FREESTYLE	26.08.2006	000:12.47	QNA
MAREE SKENNERTON	40-44	25M	BUTTERFLY	18.03.2006	000:17.18	QPR
SHANNON MACDONALD	40-44	25M	BACKSTROKE	26.08.2006	000:16.98	QMM
SHANNON MACDONALD	40-44	25M	BUTTERFLY	26.08.2006	000:15.40	QMM
STEPHANIE PALMER-WHITE	40-44	25M	BUTTERFLY	30.07.2006	000:15.72	SAM
JOANNE SUTCLIFFE	45-49	25M	BACKSTROKE	27.08.2006	000:16.94	SAM
MARK SMEDLEY	45-49	25M	BUTTERFLY	30.07.2006	000:13.15	SAM

NATIONAL RECORDS

Short Course Individual (cont.)

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
DARRYL HURLEY	50-54	25M	FREESTYLE	26.08.2006	000:12.71	QMM
GRANT SIMPSON	50-54	100M	BUTTERFLY	30.07.2006	001:07.97	SAM
GRANT SIMPSON	50-54	25M	BUTTERFLY	30.07.2006	000:14.25	SAM
MARK FITZ-WALTER	50-54	25M	BUTTERFLY	26.08.2006	000:13.28	QMM
MARK FITZ-WALTER	50-54	50M	BUTTERFLY	26.08.2006	000:28.68	QMM
PETER J EMERY	55-59	800M	FREESTYLE	26.08.2006	010:36.90	QYP
PETER MCMONAGLE	55-59	25M	BREASTSTROKE	26.08.2006	000:16.82	QTW
SUE NEEDHAM	55-59	800M	BUTTERFLY	26.08.2006	016:06.34	QMW
ALAN BROWN	60-64	100M	FREESTYLE	23.07.2006	001:01.30	NTS
JAN WICKS	60-64	25M	BUTTERFLY	26.08.2006	000:15.93	QPR
JAN WICKS	60-64	50M	BREASTSTROKE	26.08.2006	000:40.13	QPR
JEN THOMASSON	60-64	800M	INDIVIDUAL MEDLEY	26.08.2006	013:27.75	QSM
CHRISTIAN THIESS	65-69	25M	BREASTSTROKE	26.08.2006	000:19.45	QHB
MINNIE SMITH	65-69	25M	BREASTSTROKE	26.08.2006	000:25.43	QTT
MINNIE SMITH	65-69	25M	BUTTERFLY	26.08.2006	000:23.42	QTT
AILSA DUNCAN	70-74	200M	BUTTERFLY	26.08.2006	004:21.27	QSC
ALICE KINNAIRD	70-74	100M	BACKSTROKE	19.08.2006	001:42.26	VFR
ALICE KINNAIRD	70-74	50M	BACKSTROKE	19.08.2006	000:45.25	VFR
DENISE ROBERTSON	70-74	800M	FREESTYLE	26.08.2006	014:01.77	QMM
JOHN CRISP	70-74	1500M	BACKSTROKE	26.08.2006	025:42.59	QMM
JOHN CRISP	70-74	50M	BACKSTROKE	26.08.2006	000:39.77	QMM
SUE MAYNE	70-74	200M	INDIVIDUAL MEDLEY	19.08.2006	004:01.42	TTL
TRICIA LIDDY	70-74	800M	BACKSTROKE	26.08.2006	015:58.48	QTT
PAUL GOENER	75-79	25M	BUTTERFLY	26.08.2006	000:18.98	QMB
AMY MULCRONE	80-84	25M	BREASTSTROKE	26.08.2006	000:28.48	QSM
DOUG CAMPBELL	80-84	25M	BREASTSTROKE	26.08.2006	000:31.07	QTT
GEORGE STEWART	80-84	25M	BUTTERFLY	26.08.2006	000:23.16	QSC
GEORGE STEWART	80-84	25M	FREESTYLE	26.08.2006	000:19.56	QSC
KEVIN VICKERY	80-84	1500M	FREESTYLE	26.08.2006	030:35.31	NSP
KEVIN VICKERY	80-84	25M	BACKSTROKE	26.08.2006	000:25.03	NSP
JOYCE FAUNCE	85-89	200M	FREESTYLE	26.08.2006	004:51.32	QNA
JOYCE FAUNCE	85-89	25M	BREASTSTROKE	26.08.2006	000:37.28	QNA

Long Course Relays 16/7/06 – 31/8/06

Gender	Age Group	Distance	Stroke	Date	Time	Club
MALE	240-279	4 X 50M	FREESTYLE	08.08.2006	001:57.59	TATTERSALLS CLUB SWIMMING

Short Course Relays 16/7/06 – 31/8/06

Gender	Age Group	Distance	Stroke	Date	Time	Club
FEMALE	120-159	4 X 100M	FREESTYLE	23.07.2006	4:14.05	SEASIDE PIRATES
FEMALE	120-159	4 X 25M	FREESTYLE	23.07.2006	0:59.91	SEASIDE PIRATES
FEMALE	160-199	4 X 25M	MEDLEY	23.07.2006	1:08.08	SANDBERN/AQUADOT MASTERS
FEMALE	240-279	4 X 25M	MEDLEY	23.07.2006	1:22.85	RIPPLES AUSSI MASTERS SWIMMING
FEMALE	240-279	4 X 100M	FREESTYLE	23.07.2006	5:35.18	WARRINGAH MASTERS SWIMMING
FEMALE	240-279	4 X 50M	MEDLEY	23.07.2006	2:38.14	WARRINGAH MASTERS SWIMMING
FEMALE	280-319	4 X 25M	MEDLEY	20.08.2006	2:13.03	HOBART AUSSI MASTERS

NATIONAL RECORDS

Short Course Relays (cont.)

Gender	Age Group	Distance	Stroke	Date	Time	Club
MALE	120-159	4 X 100M	FREESTYLE	23.07.2006	3:40.07	SEASIDE PIRATES
MALE	120-159	4 X 50M	MEDLEY	23.07.2006	1:53.52	SEASIDE PIRATES
MALE	120-159	4 X 50M	MEDLEY	23.07.2006	1:55.91	TATTERSALLS CLUB SWIMMING
MALE	160-199	4 X 25M	MEDLEY	23.07.2006	0:54.35	SEASIDE PIRATES
MALE	160-199	4 X 100M	FREESTYLE	23.07.2006	3:47.44	TATTERSALLS CLUB SWIMMING
MALE	160-199	4 X 25M	FREESTYLE	23.07.2006	0:46.60	TATTERSALLS CLUB SWIMMING
MALE	200-239	4 X 100M	FREESTYLE	23.07.2006	4:19.01	NORTH SYDNEY AUSSI
MALE	200-239	4 X 50M	MEDLEY	23.07.2006	2:07.91	NORTH SYDNEY AUSSI
MALE	200-239	4 X 25M	FREESTYLE	23.07.2006	0:50.10	TATTERSALLS CLUB SWIMMING
MALE	200-239	4 X 25M	MEDLEY	23.07.2006	0:57.73	TATTERSALLS CLUB SWIMMING
MALE	240-279	4 X 100M	FREESTYLE	23.07.2006	4:26.41	TATTERSALLS CLUB SWIMMING
MALE	240-279	4 X 50M	MEDLEY	23.07.2006	2:16.50	TATTERSALLS CLUB SWIMMING
MALE	280-319	4 X 100M	FREESTYLE	23.07.2006	5:23.06	WARRINGAH MASTERS SWIMMING
MALE	280-319	4 X 25M	FREESTYLE	23.07.2006	1:00.82	WARRINGAH MASTERS SWIMMING
MALE	280-319	4 X 50M	MEDLEY	23.07.2006	2:49.52	WARRINGAH MASTERS SWIMMING
MIXED	120-159	4 X 100M	MEDLEY	23.07.2006	4:46.27	BLACKTOWN CITY MASTERS SWIMMING
MIXED	120-159	4 X 100M	FREESTYLE	23.07.2006	4:00.13	SEASIDE PIRATES
MIXED	120-159	4 X 25M	MEDLEY	23.07.2006	0:59.07	SEASIDE PIRATES
MIXED	160-199	4 X 25M	FREESTYLE	19.08.2006	0:51.89	POWERPOINTS
MIXED	160-199	4 X 50M	FREESTYLE	19.08.2006	1:49.49	POWERPOINTS
MIXED	160-199	4 X 100M	FREESTYLE	23.07.2006	4:06.90	SEASIDE PIRATES
MIXED	160-199	4 X 25M	MEDLEY	23.07.2006	0:57.89	SEASIDE PIRATES
MIXED	200-239	4 X 25M	MEDLEY	23.07.2006	1:02.63	BLACKTOWN CITY MASTERS SWIMMING
MIXED	200-239	4 X 25M	FREESTYLE	23.07.2006	0:55.44	SANDBERN/AQUADOT MASTERS
MIXED	200-239	4 X 100M	FREESTYLE	23.07.2006	4:31.68	SEASIDE PIRATES
MIXED	200-239	4 X 50M	FREESTYLE	23.07.2006	1:58.92	WARRINGAH MASTERS SWIMMING
MIXED	240-279	4 X 25M	FREESTYLE	23.07.2006	0:58.26	WARRINGAH MASTERS SWIMMING
MIXED	80-119	4 X 100M	FREESTYLE	23.07.2006	3:53.53	SEASIDE PIRATES
MIXED	80-119	4 X 100M	MEDLEY	23.07.2006	4:31.72	SEASIDE PIRATES
MIXED	80-119	4 X 25M	MEDLEY	23.07.2006	0:56.73	SEASIDE PIRATES

LETTER TO THE EDITOR

Beatie Norris

In 1994 my sister and I joined Snappers with the other sister travelling from Roleystone every Sunday morning to swim together. My mum used to come to watch and time if need be to make it a family outing. Unbeknown to her daughters she secretly started taking adult swimming lessons at the Stadium with a lady called Gill Murrish. Prior to that, I had never seen her swim. She started off with very small distances per swim and every stroke but has since concentrated on backstroke. She is only involved in the aerobic program, not competition, and has

completed the whole backstroke aerobic program in the last couple of years. A couple of years ago she even did a 3000m. Last year she swam the whole program twice over and called one lot freestyle.

My sisters have since stopped swimming, and I might add put on weight, while mum and I try to swim together two times during the week and again separately at the weekend. She is now 82 and has just been awarded her 1 million metre shirt. Bright red. She said if she's swum the distance she wants people to know, which is a strange attitude for someone who shies

away from any publicity. I think we'll have trouble getting it off her back.

Her quality of life will benefit due to the Fitness, Friendship and Fun.

Kind regards,
Pamela Walter (daughter and President at Stadium Snappers)

Well Beatie's secret is out now, and she can't complain because she asked for it! Well done Beatie for reaching the 1 million metre mark, and may there be many more metres to come.

Ed

BRANCH CONTACTS

Branch	Address	Phone	Website
National	148A Ferguson Street, Williamstown, Vic 3016	(03) 9399 8861	www.aussimasters.com.au
ACT	PO Box 113, Erindale ACT 2903	(02) 6294 4678	www.actaussi.org
NSW	PO Box 366, Glebe NSW 2037	(02) 9566 1223	www.aussimastswimnsw.org.au
NT	PO Box 418, Parap NT 0804	(08) 8981 5919	E-mail: ntaussi@inet.net.au
QLD	1st Floor, Corner of Castlemaine & Caxton Streets, Milton Qld 4064	(07) 3876 2822	www.aussimastersqld.com.au
SA	PO Box 219, North Adelaide SA 5006	(08) 8263 9958	www.aussisa.org.au
TAS	PO Box 659, Rosny Park Tas 7018	(03) 6223 1183	www.tas.aussi.org.au/
VIC	148A Ferguson Street, Williamstown Vic 3016	(03) 9399 8861	www.aussivic.com.au
WA	PO Box 57, Claremont WA 6910	(08) 9387 4400	www.aussiwa.com.au

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.

Submissions for the next edition of AUSSI Masters News can be sent to: sportadmin@aussimasters.com.au or post to the national office at 148A Ferguson Street, Williamstown Vic 3016 by **Monday 4th December**.

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

The following discounts on the above rates are available for the purchase of consecutive advertisements.

- 10% for two or more consecutive issues.
- 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.

CONTACT DETAILS



Masters Swimming Australia

148A Ferguson Street
Williamstown VIC 3016
Australia

Phone: +61 (0)3 9399 8861

Fax: +61 (0)3 9399 8863

e-mail:

sportadmin@aussimasters.com.au

web: www.aussimasters.com.au

