

AUSSI

masters news

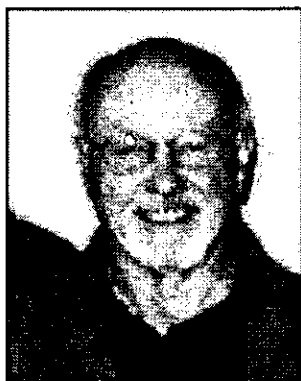
vol 4 number 4 December 2006

ISSN 1448-3580



MASTERS SWIMMING
Australia

National President John Pugh



There are better things to do over the Christmas season than read reports, so I will be brief. The Board meeting in October went smoothly and was over in a day. The most important part was a review of our strategic plan for the next three years and the finalising of an operational plan to achieve the agreed strategic objectives. The item of interest for the individual Masters swimmers is that the National membership fee was increased by a modest 10%, or \$2.75. This will help us balance our operating budget for 2007.

Most interesting were the discussions on topics brought up during the 'workshops' on the

second day. These were lively and sometimes robust, but nevertheless helpful. The CEO presented a Marketing Plan on behalf of the Membership and Participation Committee and some time was spent identifying marketing activities that were truly 'national' in scope and that the committee might undertake. Some monetary amounts were suggested for a marketing 'special project', and these will be considered by the Management Committee at its next meeting.

A second topic was the conduct of the National Swim. The CEO outlined several different models in which the National Office might take on some of the organisational tasks presently done by the host branch, and a tender system to replace the existing branch rotational approach. After some discussion the participants agreed that the present model was working well and should be kept.

The third topic was about the National budget

process and the policy for using the organisation's strategic cash reserve. There are often questions about the budget, especially when the membership fee is periodically increased! Firstly the budget process involves the Finance Director and the CEO preparing a draft annual *operating budget* that is reviewed by the Management Committee before being put to the Board for approval. Policy is to make this budget break-even, which means that fees received from members, plus some items of miscellaneous income, are spent on providing services to members. *We do not build up reserves from unspent member contributions.* The CEO manages this budget, has authority to

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Published by

Masters Swimming Australia
148A Ferguson Street Williamstown VIC 3016
ABN 24 694 633 156 Reg No A0042945L

Editor: Stephen Cardiff

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NATIONAL OFFICE

National President (cont.)

spend on identified line items up to the agreed limits and is accountable for doing so. This is common practice for not-for-profit organisations. If you are interested to see the budget and the budget-to-actual reports received from the Finance Director just ask your branch secretary or administrator. They are not secret documents!

A second, and often misunderstood, part of the budget process is about what we call the *strategic cash reserve*. This was set up in 1988 when the Queensland branch donated its 'profit' from the World Masters Swim to the national body, an amount of approximately \$118000. At that time the board resolved to hold this in reserve, invest it and contribute half of the interest earned to general income for the operating budget. This has been done to date. The above amount plus half of the annual interest compounded annually is

now approximately \$150 000, the amount of the present investment. In 1999 the Board agreed that any accumulated and unspent interest would be made available for important special projects of national importance, which are not operational in nature. In the December 2005 issue of this newsletter I reported that in the period from 1999 to 2004 the total spent on special projects was \$72,891. So some of the money does get spent.

An important question is, what are the criteria for a non-operational special project and who proposes one? The first criterion is that it should not be to pay for tasks that are a proper part of the administrative duties of the national office. The second is that the project is judged by the management committee to be of national significance and requires specialist services or special

products to be bought in. A branch, the management committee or one of the board's specialist sub-committees, can propose a project. Again, last December's newsletter gives examples on how money was spent in previous years.

A last word on this topic, I hope, is that the national body's cash reserve is very modest compared with amounts held by some branches and other not-for-profit organisations. Without it we would depend totally on member contributions, be restricted in what we can do for our members and be a poor financial risk to our creditors.

After all this serious financial talk, I wish you a happy festive season and some good swimming and fun in 2007.

John Pugh
President

From the Desk of the CEO Stephen Cardiff



As 2006 draws to a close and we approach Christmas, Masters Swimming activities are winding down and many are reflecting on the past year.

It was a busy year with many things

happening at the national level. Some areas of note for 2006 were:

- Membership numbers across Australia are fairly steady compared to 2005. At the time of writing, it appears that numbers will be down on 2005 by less than 100;
- Masters Swimming Australia was officially represented by the President at the FINA meeting in Shanghai that awarded Perth hosting rights for the 2008 FINA World Masters Championships, and at the 2006 FINA World Masters Championships in San Francisco, USA.
- Our members broke four World

- Records; three by Lynette Stevenson (NBT) (see interview on p.4) and one by the Seaside Pirates (NSW) women's 4 x 50m freestyle relay (200 - 239);
- The Coaching Adult Swimmers Training Programme was developed after many long hours of work by National Coaching Director David Chambers and Technical Development Officer Loren Bartley;
- There was a major re-write of Rules and By Laws led by the Chair of the National Technical Committee and Life Member Gary Stutsel. Rules are now split into General Rules, Swimming Rules and Open

NATIONAL OFFICE

From the Desk of the CEO (cont.)

Water Rules;

- A National Swim Camp was held in September. Again a great effort from National Coaching Director to pull this together and deliver such excellent information to the attendees;
- At the AGM in April, Life Memberships were awarded to Pauline Samson (Tas) and Mary Sweeney (Qld);
- A number of WA Masters Swimmers re-wrote the English Channel record books, with Sue Oldham becoming the oldest woman to make the crossing and a team crossing proved to be the oldest team to swim the channel;
- We welcomed Vorgee as a new national sponsor. Vorgee contributed cash and products to support the Million Metres awards, and products and prizes for the National Swim in Canberra and subsequently to a number of branches for their major branch Championship.

Looking forward to 2007, many people are counting down the days to the National Swim. Organisers in tropical Darwin are planning a fun and relaxed meet for May 4-7. See the article on p.6 for more. Entry

forms are included with hard copies of this newsletter.

In October the SA Branch will host the Australasian Masters Games. For the first time, these Games will attract entrants from all over Australia, Oceania and Asia Pacific. See the article on p.7 for more.

Aerobics Championship results for 2006 are eagerly awaited and I would also like to encourage members to take part in the Million Metres Awards. After logging 1 million metres (1,000km) in training and competition, members receive an embroidered shirt and certificate. There are further awards for logging 3, 5, 7 and 10 million metres. Some of these attract Vorgee products as prizes. Please see http://www.home.aussimasters.com.au/html/million_metres.html for more details.

Being the end of the year also means it is membership renewal time for most members. If you are happy with the organisation and your club, don't hesitate to re-join and spread the word about how good Masters Swimming is!

If there is something affecting your decision to re-join, talk to your club, branch or the national office. We may be able to do something about it!

When filling out your membership form, don't forget to provide an email address and tick the box indicating you would like to 'receive National level e-newsletters'.

If you have already joined as a 16 month member, simply provide your email address to your club or branch registrar and ask them to tick the box indicating you would like to 'receive National level e-newsletters' in your personal details on the Registration Database.

The sport of Masters Swimming simply does not run without the valuable input of staff and the many volunteers around the country. I'd like to say a big "thank you" to Jeanette Holowiuk (Sport Administrator), Loren Bartley (Technical Development Officer), Board and Life Members, President John Pugh and the National Management Committee, National Committee members and Branches for contributions of such passion that have driven this organisation throughout the year. May it continue into 2007!

My best wishes to you for a Merry Christmas and a safe and happy New Year.

Stephen Cardiff
Chief Executive Officer

Sponsorship Opportunities

We are **currently seeking national brands** to partner with Masters Swimming Australia on a new National Membership / Loyalty Card. You will receive regular national exposure and a continuous web presence in return for offering a discount to members who produce the card when purchasing from you. Contact the CEO for more details.

Other sponsorship opportunities include:

- National Swim (National Championships);
- National Aerobics Championships;
- Million Metres Awards;
- Website and newsletter advertising;

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

Interview - Lynette Stevenson

Lynette Stevenson is a member of Blacktown City Masters, NSW. She had a phenomenal 2006, highlighted by breaking three World Records in the women's 60-64 age group:

- 50m Freestyle (long course) - 31.40sec, 6/4/06, National Swim, AIS Pool, Canberra.
- 50m Freestyle (short course) - 31.39sec, 21/10/06, NSW State Short Course Championships, Woy Woy, NSW.
- 50m Backstroke (short course) - 36.27sec, 22/10/06, NSW State Short Course Championships, Woy Woy, NSW.



Above: Lynette Stevenson (NBT)

What's your reaction to the year of 2006 in which you broke 3 World Records?

Hard to believe. I always thought I had a chance of breaking one World Record - was close with the 50 free - but I never dreamed I'd manage three. Particularly I didn't think I'd break a backstroke World

Record.

How did you feel after breaking your first WR in Canberra at the National Swim?

At the time I didn't know whether to laugh or cry, so I did both. It's always something you think that you might do one day but you're never sure if it will actually happen, so it's very exciting when it does.

In October you broke 2 World Records in 2 days. How did you manage that?

I certainly have to give our clubs (Blacktown City, NSW) coach, Andrew Dorrington a lot of credit. He prepared us very well with a 6 month plan building us up to be ready for that particular weekend.

Of the 3 WR's, which performance are you most proud of and why?

The 50m Backstroke. The feeling of breaking the first one ever is indescribable, but Backstroke was my specialty when I was younger and was my coach's specialty.

My former coach as a teenager Pam Hutchings is now a National and World Record holder in Masters Swimming so it meant more to me in certain ways.

You swam when you were younger. What level did you reach and how old were you when you stopped swimming?

I was a good competitive swimmer but never swam at state or national level. But what I did that helped me a lot was that I played Water Polo for a few years and made state teams.

I basically only swam with Bondi Amateur Swimming Club and did

dives on Saturday mornings and some school championships and didn't get to the upper levels competitively, but the Water Polo helped me with the fast twitch muscles.

I think I'm swimming faster now than when I was a teenager and that the short sharp water polo sprinting must be helping me now.

I kept swimming through to late teens then played Water Polo till I was about 22 or 23 when I got married.

"I didn't know whether to laugh or cry, so I did both"

When did you resume swimming and why?

At the beginning of 2004, partly because my husband and I decided we needed to get fitter and slimmer as we both had weight to lose.

I meant to do it and I knew about Masters Swimming and thought I should look into Masters Swimming as I've always loved it.

I found out on TV that Pam Hutchings (my coach as a teenager) was heavily involved in Masters Swimming and had World and National Records. It inspired me to make enquires and I joined up. I'm really glad I did.

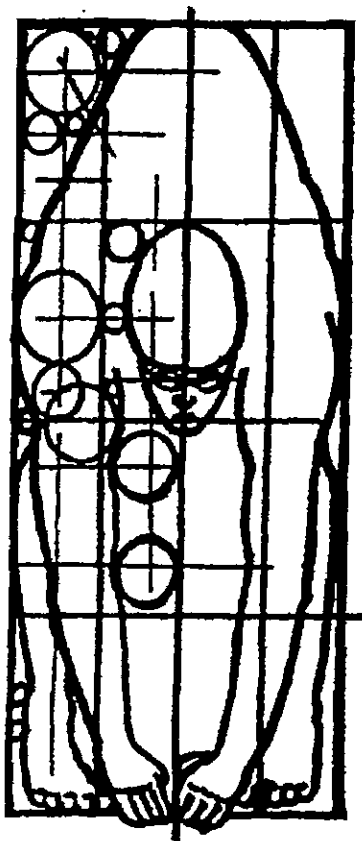
Lynette has been nominated for an Australian Sports Award in the category of 2006 Masters Athlete of the Year.

The awards take place in February 2007 and will be televised live on SBS.

Ed.

NATIONAL COMMITTEES

Coaching



Hydration

Hydration is an important part of any sport, even swimming. A lot of swimmers think because they do not feel like they are sweating then drinking is not required. In fact you sweat quite a bit, however because the water washes away the sweat you do not feel it.

The reasons for hydration are:

- to maintain cardiovascular health;
- to maintain body temperature during exercise; and
- to maintain muscle function.

If you loose 2% of your body weight (1.5 kg's for a 75 kg person) then your blood volume drops which makes it harder to move your blood through the blood stream. This puts a lot of stress on your cardiovascular system and can have long term

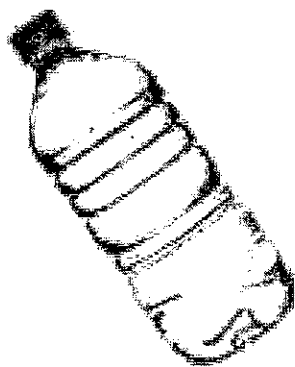
effects if you dehydrate on a regular basis.

The main causes of cramp generally are either dehydration or over heating of the muscles.

Therefore if you cramp regularly then you should try to drink more often and try different sports drinks products.

If you lose a kilogram during exercise then you must take in 1.5 litres of fluid within an hour of finishing training (this does not include alcohol and caffeine).

Research has shown if you are exercising for an hour or more then sports drinks are more beneficial then water.



A lot of people find it hard to drink enough water to hydrate because of it's bland taste. Also water does not have sodium (which helps the body absorb and retain water) and it does not have carbohydrate (energy) in it.

Ideally you want to have a sports drink that contains 6% of carbohydrate as well as sodium. Some drinks will also have potassium and magnesium.

If you dilute the sports drink then you will not get the full effect of the drink because chances are that you

have less then 5% of carbohydrate in your drink.

If you make your drink too strong (powder drinks) then you may have

a drink that contains 10% or more of carbohydrate which can have adverse effects such as stomach cramps, nausea and diarrhea.

Everybody will react differently to the different products that are on the market so it is important that you try them all and find the one that works best for you.

The best way to stay healthy is prevention. Ways you can prevent dehydration are:

- drink with meals;
- have a bottle of water handy all day and drink regularly from it;
- drink a glass of water for every alcoholic or caffeine drink you have, and
- take regular sips of your sports drink during training.

This is only a brief explanation so please speak to your health professional if you are unsure about what you should be doing. Also remember to get regular health checks.

Dave Chambers
National Coaching Director



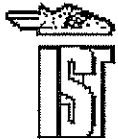
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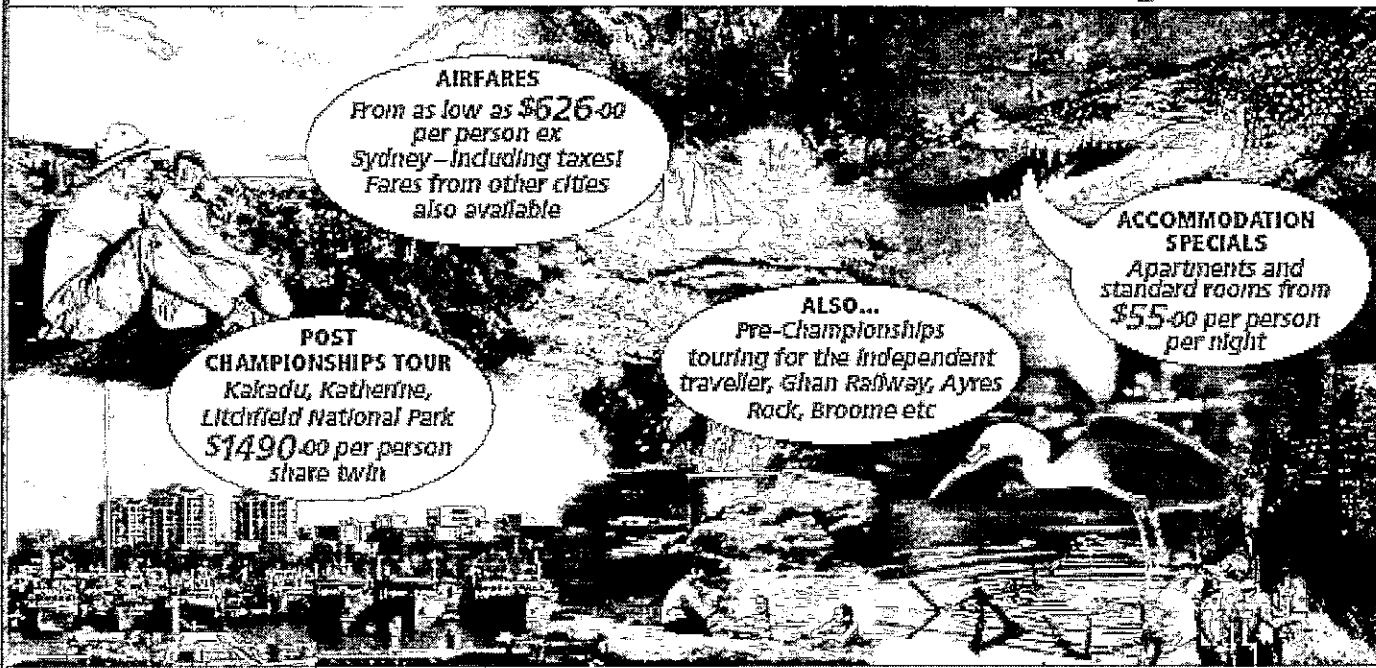
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All of our very best wishes for a safe & joyous festive season,
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32nd AUSSI Masters National Swim May 2007 - Darwin



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* Conditions Apply - please refer to Tour Brochure

EVENTS

2007 National Swim, Darwin (NT)



Entry forms for the 2007 National swim are included with this Newsletter. Closing date for entries is Friday 23 March 2007. On-line entry is available for the first time via the National Website www.home.aussimasters.com.au. Details of the event program and other information are also on the website.

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

The venue, Casuarina Swimming Complex, is a 30-year old 8 lane outdoor pool. It is a very pleasant pool environment but do not expect the facilities that you would find in a modern indoor aquatic centre.

EVENTS

2007 National Swim, Darwin (cont.)

One lane will be set aside for swim down (warm-up at the Meet Director's discretion) during the program and the whole pool will be available for warm-up for one hour prior to each day's program and for short periods during the program, but swimmers should not plan their entries in anticipation of being able to warm up immediately before every event.

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. There is no accommodation close to the pool; visitors are advised to stay in or near the CBD (e.g., Cullen Bay).

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 @ \$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 Jetstarasia.

Those wishing to visit Kakadu or Litchfield National Parks 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 from the ground;

Kakadu is more suited to at least two days.

When booking a tour, check out the size of the organisation and the type of transport they offer – buses are much more comfortable than troop carriers and large boats are more reassuring than dinghies on excursions such as watching jumping crocodiles on the Adelaide River.

Darwin also has a lot to offer the visitor – don't miss the NT Museum and Art Gallery, the sunset harbour cruises, the Botanic Gardens and the many pubs, cafes and restaurants.

For further information, visit the National Website or contact John Pollock (08) 8981 5919 or 0431 671 871, email natswim2007@iinet.net.au.

Australasian Masters Games



Preparation for the Games are moving along well. The Australasian Master Games Website (www.australasianmasters.com) is up and running and the Swimming page (www.sportingpulse.com/assoc_page.cgi?assoc=3765&pID=13) contains information including the program of Swimming events and the social calendar.

Once entries open, registering on-line is recommended. The

Registration Booklet will be out in early 2007 and contains entry forms etc. This will be particularly useful for those without internet access.

There are contact details on the website and any questions can be directed to the Organising Committee. Entries will officially close in August 2007. Late entries are not expected to be allowed so please aim to get your entries in on time.

We are calling for expressions of interest from Officials around the

country - details are on the Swimming link (www.sportingpulse.com/assoc_page.cgi?assoc=3765&pID=13). We have had great support in the past which has made our event very smooth running and enjoyable for all.

We hope to see you there next October!

Visit www.AustralasianMasters.com for all details.

John Gamlen
SA Branch Secretary

PROGRAMS

Million Metre Awards

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for water

First Name	Surname	Club	State	Distance
Jane	Bradley	Malvern Marlins	Victoria	1 Million
Kris	Apps	Talays Masters	Tasmania	1 Million
Steve	Pendlebury	Talays Masters	Tasmania	1 Million

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

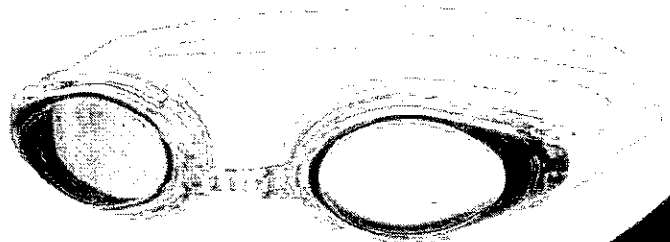
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NATIONAL RECORDS

Short Course Individual 1/9/06 – 30/11/06

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
LAURA A NICHOLS	20-24	400M	BACKSTROKE	16.09.2006	5:43.12	VSP
LAURA A NICHOLS	20-24	800M	BACKSTROKE	16.09.2006	11:49.04	VSP
ROGER WHITE	20-24	25M	BUTTERFLY	16.09.2006	0:12.08	QTM
ROGER WHITE	20-24	25M	FREESTYLE	16.09.2006	0:11.27	QTM
ROGER WHITE	20-24	50M	BREASTSTROKE	16.09.2006	0:31.47	QTM
ROGER WHITE	20-24	50M	FREESTYLE	16.09.2006	0:24.28	QTM
CHRIS SMITH	25-29	25M	BACKSTROKE	30.09.2006	0:14.56	QCN
CHRIS SMITH	25-29	25M	BREASTSTROKE	30.09.2006	0:15.42	QCN
CHRIS SMITH	25-29	25M	BUTTERFLY	30.09.2006	0:13.09	QCN
EBONY L EBENWALDNER	25-29	25M	BACKSTROKE	14.10.2006	0:15.67	VCS
EBONY L EBENWALDNER	25-29	400M	BACKSTROKE	16.09.2006	5:05.10	VCS
EBONY L EBENWALDNER	25-29	400M	BREASTSTROKE	16.09.2006	5:52.62	VCS
EBONY L EBENWALDNER	25-29	800M	BACKSTROKE	16.09.2006	10:23.34	VCS
PIA BRASHER	25-29	25M	BUTTERFLY	18.11.2006	0:15.40	QRT
WAYNE SCHNITZERLING	25-29	25M	FREESTYLE	16.09.2006	0:12.28	QWK
JANE SOLOMON	30-34	100M	BACKSTROKE	07.10.2006	1:09.95	QMM
JANE SOLOMON	30-34	200M	BACKSTROKE	07.10.2006	2:28.42	QMM
KATHRYN ROGERS	30-34	25M	BREASTSTROKE	14.10.2006	0:18.09	VMV
LYNNE HAYES	30-34	25M	BUTTERFLY	16.09.2006	0:13.75	QEN
LYNNE HAYES	30-34	25M	FREESTYLE	16.09.2006	0:13.48	QEN
SARAH JAMES	30-34	800M	BREASTSTROKE	16.09.2006	12:58.18	VYR
SCOTT PRENZLER	30-34	25M	BREASTSTROKE	07.10.2006	0:14.48	QAL
SCOTT PRENZLER	30-34	25M	BUTTERFLY	07.10.2006	0:12.88	QAL
SIMON HO	30-34	50M	BACKSTROKE	22.10.2006	0:28.55	NNS
STEWART GOUGH	30-34	100M	BUTTERFLY	02.09.2006	1:00.08	NBT
ANGELA THORPE	35-39	25M	BREASTSTROKE	18.11.2006	0:18.65	QNS
HELEN CHESSWAS	35-39	25M	FREESTYLE	07.10.2006	0:14.42	QBN
HELEN WHITFORD	35-39	25M	BUTTERFLY	14.10.2006	0:14.94	VPP
JACQUI ROBINSON	35-39	200M	BUTTERFLY	22.10.2006	2:30.57	NCR
NOEMI DOMONKOS	35-39	50M	BACKSTROKE	22.10.2006	0:32.30	NSP
SUE PERKINS	35-39	100M	INDIVIDUAL MEDLEY	21.10.2006	1:11.49	NSP
IAN ROBINSON	40-44	25M	FREESTYLE	07.10.2006	0:12.25	QNA
JENNIE BUCKNELL	40-44	25M	BACKSTROKE	14.10.2006	0:15.93	VPP
MARK ERICKSON	40-44	25M	BUTTERFLY	18.11.2006	0:12.94	QWY
MARK ERICKSON	40-44	25M	FREESTYLE	18.11.2006	0:12.24	QWY
STUART MOFFATT	40-44	25M	FREESTYLE	14.10.2006	0:11.92	VPP
LARRY FORSYTH	45-49	25M	FREESTYLE	30.09.2006	0:11.98	QCS
TRUDY FORD	45-49	25M	BREASTSTROKE	07.10.2006	0:18.08	QBB
DARRYL HURLEY	50-54	25M	FREESTYLE	07.10.2006	0:12.44	QMM
JANE CHARUBA	50-54	25M	BREASTSTROKE	30.09.2006	0:19.15	QTE
JOHN STACPOOLE	50-54	100M	INDIVIDUAL MEDLEY	21.10.2006	1:08.89	NSA
MARK FITZ-WALTER	50-54	25M	BUTTERFLY	07.10.2006	0:12.72	QMM
MARK FITZ-WALTER	50-54	50M	BUTTERFLY	07.10.2006	0:28.25	QMM
KAY HUTCHINS	55-59	25M	BACKSTROKE	18.11.2006	0:19.20	QRH
MARILYN EARP	55-59	100M	BUTTERFLY	21.10.2006	1:22.82	NWG
PETER MCMONAGLE	55-59	25M	BREASTSTROKE	16.09.2006	0:16.50	QTW
ALAN F BROWN	60-64	100M	FREESTYLE	22.10.2006	1:01.15	NTS
ALAN F BROWN	60-64	100M	INDIVIDUAL MEDLEY	21.10.2006	1:12.93	NTS
ALAN F BROWN	60-64	50M	FREESTYLE	21.10.2006	0:27.27	NTS

NATIONAL RECORDS

Short Course Individual (cont.)

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
JAN WICKS	60-64	25M	BREASTSTROKE	07.10.2006	0:17.80	QPR
JAN WICKS	60-64	25M	BREASTSTROKE	16.09.2006	0:17.93	QPR
JAN WICKS	60-64	50M	BREASTSTROKE	07.10.2006	0:39.77	QPR
JEN THOMASSON	60-64	200M	BACKSTROKE	07.10.2006	3:07.41	QSM
LYNETTE STEVENSON	60-64	100M	INDIVIDUAL MEDLEY	21.10.2006	1:22.92	NBT
LYNETTE STEVENSON	60-64	50M	BACKSTROKE	22.10.2006	0:36.27	NBT
LYNETTE STEVENSON	60-64	50M	FREESTYLE	21.10.2006	0:31.39	NBT
PAUL WYATT	60-64	100M	BUTTERFLY	21.10.2006	1:13.67	NCR
PAUL WYATT	60-64	200M	BREASTSTROKE	21.10.2006	2:55.92	NCR
PAUL WYATT	60-64	200M	INDIVIDUAL MEDLEY	02.09.2006	2:42.54	NCR
CHRIS BELL	65-69	25M	BUTTERFLY	30.09.2006	0:17.23	QRT
CHRISTIAN THIESS	65-69	25M	BREASTSTROKE	07.10.2006	0:19.14	QHB
CHRISTIAN THIESS	65-69	25M	BUTTERFLY	07.10.2006	0:16.92	QHB
GARY NICHOLLS	65-69	100M	INDIVIDUAL MEDLEY	21.10.2006	1:20.00	NCR
GARY NICHOLLS	65-69	50M	BACKSTROKE	22.10.2006	0:37.15	NCR
TONY KEOGH	65-69	25M	BUTTERFLY	16.09.2006	0:18.11	QFH
TONY KEOGH	65-69	25M	FREESTYLE	16.09.2006	0:14.28	QFH
JOHN CRISP	70-74	25M	FREESTYLE	07.10.2006	0:14.81	QMM
PAM HUTCHINGS	70-74	100M	BACKSTROKE	21.10.2006	1:36.72	NSP
PAM HUTCHINGS	70-74	100M	FREESTYLE	22.10.2006	1:22.57	NSP
PAM HUTCHINGS	70-74	200M	BACKSTROKE	22.10.2006	3:31.52	NSP
PAM HUTCHINGS	70-74	50M	BACKSTROKE	22.10.2006	0:43.23	NSP
PAM HUTCHINGS	70-74	50M	FREESTYLE	21.10.2006	0:35.86	NSP
TRICIA LIDDY	70-74	100M	BREASTSTROKE	22.10.2006	1:46.15	QTT
TRICIA LIDDY	70-74	100M	INDIVIDUAL MEDLEY	07.10.2006	1:41.03	QTT
TRICIA LIDDY	70-74	200M	BREASTSTROKE	21.10.2006	3:57.72	QTT
TRICIA LIDDY	70-74	200M	BUTTERFLY	07.10.2006	4:12.11	QTT
TRICIA LIDDY	70-74	50M	BUTTERFLY	22.10.2006	0:48.10	QTT
BOB BARRY	75-79	100M	BACKSTROKE	21.10.2006	1:32.11	NWL
BOB BARRY	75-79	200M	FREESTYLE	21.10.2006	2:49.98	NWL
BOB BARRY	75-79	50M	BACKSTROKE	22.10.2006	0:42.88	NWL
MAX VAN GELDER	75-79	50M	BUTTERFLY	16.09.2006	0:42.53	NWG
MAX VAN GELDER	75-79	50M	FREESTYLE	16.09.2006	0:32.79	NWG
PAUL GOENER	75-79	400M	BUTTERFLY	30.09.2006	10:33.27	QMB
THELMA BRYAN	75-79	800M	INDIVIDUAL MEDLEY	30.09.2006	20:56.91	QCN
MARGARET CUNNINGHAM	80-84	25M	BACKSTROKE	18.11.2006	0:25.41	QWY
MARGARET CUNNINGHAM	80-84	25M	BREASTSTROKE	18.11.2006	0:28.05	QWY
MARGARET CUNNINGHAM	80-84	25M	BUTTERFLY	18.11.2006	0:25.51	QWY
MARGARET CUNNINGHAM	80-84	25M	FREESTYLE	18.11.2006	0:19.20	QWY
RON ELGAR	80-84	25M	BREASTSTROKE	18.11.2006	0:23.06	QMW
GEORGE CORONES	85-89	25M	BREASTSTROKE	16.09.2006	0:26.40	QTT
GEORGE CORONES	85-89	25M	FREESTYLE	16.09.2006	0:19.10	QTT
JOYCE FAUNCE	85-89	100M	INDIVIDUAL MEDLEY	07.10.2006	3:15.99	QNA
JOYCE FAUNCE	85-89	25M	BUTTERFLY	07.10.2006	0:46.29	QNA
ARTHUR EVANS	90-94	100M	BREASTSTROKE	30.09.2006	3:40.27	QSC
ARTHUR EVANS	90-94	50M	BREASTSTROKE	30.09.2006	1:24.67	QSC
CLARIS ARTIS	90-94	25M	BACKSTROKE	14.10.2006	0:36.58	VNL
CLARIS ARTIS	90-94	25M	FREESTYLE	14.10.2006	0:46.74	VNL

NATIONAL RECORDS

Long Course Individual 1/9/06 – 30/11/06

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
FORREST BUTCHER	30-34	400M	BACKSTROKE	10.11.2006	5:02.59	QST
ANTHONY DUNNE	40-44	800M	BREASTSTROKE	07.10.2006	12:27.03	WCM
SHIRLEY KERR	70-74	400M	BUTTERFLY	10.11.2006	10:36.68	QBN
TRICIA LIDDY	70-74	400M	BREASTSTROKE	10.11.2006	8:29.46	QTT
BARBARA VICKERS	80-84	400M	BREASTSTROKE	10.11.2006	10:20.95	NML
JOYCE FAUNCE	85-89	50M	FREESTYLE	10.11.2006	0:51.36	QNA
MARGO BATES	95-99	100M	FREESTYLE	24.10.2006	3:09.64	SAM
MARGO BATES	95-99	50M	BACKSTROKE	25.10.2006	2:10.58	SAM

Short Course Relays 1/9/06 – 30/11/06

Gender	Age Group	Distance	Stroke	Date	Time	Club
FEMALE	120-159	4 X 50M	MEDLEY	21.10.2006	2:00.70	SEASIDE PIRATES
FEMALE	120-159	4 X 100M	MEDLEY	14.10.2006	5:43.21	POWERPOINTS
FEMALE	160-199	4 X 100M	FREESTYLE	14.10.2006	4:35.40	POWERPOINTS
FEMALE	160-199	4 X 100M	MEDLEY	14.10.2006	4:58.29	POWERPOINTS
FEMALE	160-199	4 X 25M	MEDLEY	14.10.2006	1:01.52	POWERPOINTS
FEMALE	160-199	4 X 50M	FREESTYLE	14.10.2006	1:58.79	POWERPOINTS
FEMALE	200-239	4 X 25M	MEDLEY	14.10.2006	1:12.55	DONCASTER DOLPHINS
FEMALE	200-239	4 X 100M	MEDLEY	14.10.2006	6:40.80	MALVERN MARLINS
FEMALE	240-279	4 X 50M	FREESTYLE	21.10.2006	2:28.00	SEASIDE PIRATES
FEMALE	240-279	4 X 100M	MEDLEY	14.10.2006	6:12.34	POWERPOINTS
FEMALE	320-359	4 X 100M	FREESTYLE	16.09.2006	9:24.68	TOOWOOMBA MASTERS AUSSI
FEMALE	320-359	4 X 25M	FREESTYLE	14.10.2006	2:01.41	NORTH LODGE NEPTUNES
MALE	120-159	4 X 100M	MEDLEY	14.10.2006	4:19.54	YARRA ROUGHIES MASTERS
MALE	160-199	4 X 100M	MEDLEY	14.10.2006	4:24.98	POWERPOINTS
MALE	200-239	4 X 50M	MEDLEY	07.10.2006	2:03.64	MIAMI MASTERS SWIMMING CLUB
MALE	200-239	4 X 100M	FREESTYLE	14.10.2006	4:17.41	POWERPOINTS
MALE	200-239	4 X 100M	MEDLEY	14.10.2006	4:52.44	POWERPOINTS
MALE	240-279	4 X 100M	MEDLEY	14.10.2006	5:57.80	MALVERN MARLINS
MALE	280-319	4 X 50M	MEDLEY	22.10.2006	2:39.31	MANLY MASTERS SWIMMING CLUB
MIXED	160-199	4 X 100M	FREESTYLE	14.10.2006	4:06.63	POWERPOINTS
MIXED	160-199	4 X 100M	MEDLEY	14.10.2006	4:28.20	POWERPOINTS
MIXED	200-239	4 X 50M	FREESTYLE	22.10.2006	1:58.79	BLACKTOWN CITY MASTERS
MIXED	200-239	4 X 100M	MEDLEY	14.10.2006	5:17.95	POWERPOINTS
MIXED	240-279	4 X 100M	MEDLEY	14.10.2006	5:39.62	POWERPOINTS
MIXED	280-319	4 X 100M	FREESTYLE	14.10.2006	6:45.54	DONCASTER DOLPHINS

Long Course Relays 1/9/06 – 30/11/06

Gender	Age Group	Distance	Stroke	Date	Time	Club
FEMALE	160-199	4 X 100M	MEDLEY	10.11.2006	6:35.50	NOVOCASTRIAN MASTERS
FEMALE	200-239	4 X 100M	MEDLEY	10.11.2006	7:22.97	NOVOCASTRIAN MASTERS
FEMALE	240-279	4 X 100M	MEDLEY	10.11.2006	8:24.50	NOVOCASTRIAN MASTERS
FEMALE	280-319	4 X 50M	MEDLEY	22.10.2006	3:29.51	DARWIN STINGERS
MALE	160-199	4 X 100M	MEDLEY	10.11.2006	6:26.95	NOVOCASTRIAN MASTERS
MALE	200-239	4 X 100M	MEDLEY	10.11.2006	7:24.82	NOVOCASTRIAN MASTERS
MALE	200-239	4 X 50M	MEDLEY	10.11.2006	2:06.84	MIAMI MASTERS SWIMMING CLUB
MALE	240-279	4 X 100M	MEDLEY	10.11.2006	7:30.22	CESSNOCK MASTERS
MALE	280-319	4 X 100M	MEDLEY	10.11.2006	9:06.81	NOVOCASTRIAN MASTERS

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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

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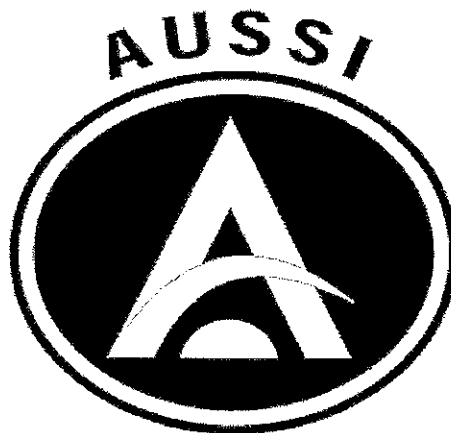
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