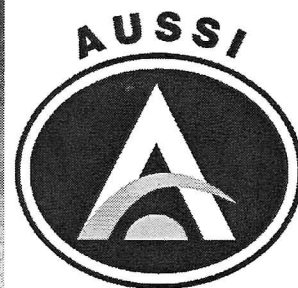


AUSSI

masters news

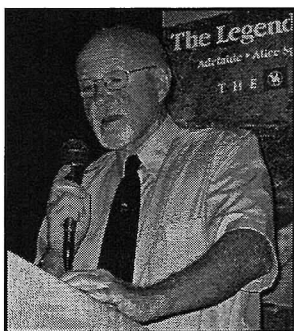
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**MASTERS
SWIMMING**
Australia

National President John Pugh



Not much has happened at National level since the AGM and Board meeting in Darwin, although I can see from branch newsletters that inter-club swims and branch championships are continuing as usual.

The national swim in Darwin was pleasurable in every respect. The weather was beautifully warm, the officiating efficient and relaxed and the swimming as fiercely contested as ever. In spite of equipment and merchandise being on trucks somewhere between Adelaide or Melbourne and Darwin, it all seemed to arrive in the nick of time to soothe the anxiety of the Meet Director and his helpers. Social functions were excellent and catered well for the larger than expected number of participants. If you have not experienced

a National Swim in Darwin I recommend that you resolve to do so the next time it is in the Northern Territory.

The meetings were focused and the agendas covered in record time, but nothing was neglected.

Life Membership was awarded to David Cummins (WA) for valuable contributions to Masters Swimming in Australia over many years. My congratulations go to him.

Lynne Malone and Geoff Upton also received Meritorious Service Awards for five years continuous voluntary service to AUSSI at National level.

Corporate governance is in its final stages of completion and as I write there are final drafts of the Constitution on my desk waiting to be read. If all goes well these new documents should be presented at the first board meeting in 2008.

The management committee's proposal to lower the age of membership of AUSSI to 18 years was not approved. I still believe this is something that we should do, but we

need to meet the concerns of the dissenting branches first. We will present the proposal again fairly soon.

Tasmania branch has expressed an interest in hosting the second FINA Oceania Masters Swim in June or July 2009, and I hope that the branch is able to do so. Apart from Australia and New Zealand, the Oceania region generally needs competition to increase the number of masters swimmers, and we need to play our part in providing it.

The board approved a modest increase in the national membership fee, which was foreshadowed at the board meeting last October. The amount is small and it is possible that some branches may choose not to pass on the increase! You may be lucky!

Meanwhile preparations are well in hand for the Australasian Masters Games in October, the National Swim in Melbourne next Easter and the World Masters Swim in Perth next April. I hope

Inside this issue:

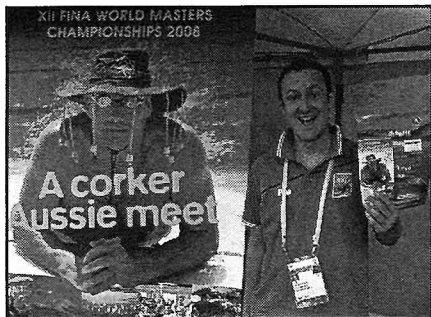
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to meet some of you at each of these events.

*John Pugh
President*

NATIONAL OFFICE

From the Desk of the CEO



What a fantastic last few months! Autumn means the National Swim and most Branch Long Course Championships.

Darwin played host to about 500 competitors at this year's National Swim. The opportunity of some top end travel proved a great lure for many, as over 400 traveled from interstate to compete. A full report is found on pages 4-5.

It seems that swimmers peak at this time of year and there is no better evidence than the breaking of World Records. Three swimmers from three different branches produced World Records between March and May this year. When talking to them

about their achievements, I found their thought processes to be very interesting. Read the full article on pages 6-7.

In the last issue (Vol.5 No.1), winners of the National Aerobics Trophy and Aerobics Award were announced. Sunshine Coast won their seventh National Aerobics Trophy in a row and I thought it was high time I had a chat to them to discover some of their secrets! This article is on page 3.

On the sponsorship front, I am pleased to announce that Vorgee has committed to an enhanced two year sponsorship deal. Vorgee has assumed naming rights status for the Million Metres, which are now known as the "Vorgee Million Metre Awards" and are continuing their in-kind support of the National Swim.

The new deal represents a significant increase in financial support while the already generous in-kind support continues.

As you may know, Vorgee are a young company compared to some of the other swimming equipment companies. They produce an extensive range of high quality swimming goggles, caps, swimwear and training equipment which are available at Amart All Sports Stores and many pools and aquatic centres.

I am very pleased for Masters Swimming to be associated with Vorgee and I encourage members to buy Vorgee next time you need swimming gear.

The re-vamped national website is under construction and it is hoped that this will be launched in the coming months. As well as a new visual image, keep an eye out for the new features that are planned.

The new visual image will be used on posters and flyers to be distributed to clubs around the country to promote Masters Swimming.

Stephen Cardiff
CEO

Club Development Network

The feedback received through the recent Club Database Project Questionnaire indicated that not only were the majority of Masters Swimming Clubs not members of the Australian Sports Commission's (ASC) Club Development Network, most weren't even aware of what it was or its potential benefits for their clubs.

The ASC Club Development Network is a free, web-based program that supports the development and management capacity of sporting clubs.

It aims to assist clubs across Australia identify ways to develop their clubs to provide the best possible service to their members.

To have a successful, well run club, you need a clear understanding of

leadership, planning, people and organisational performance, while maintaining a strong member focus. The Club Development Network emphasises these areas.

Benefits of participation in the Club Development Network include:

Checklist – On becoming involved in the network, a club completes an internal review using a simple checklist. This helps to identify how the club is performing in various aspects of its management and operations. In doing so, the club also identifies areas for improvement and develops an action plan to address those areas.

Resource Library - The club can then access the resource library

which has a wealth of club-friendly materials ranging from a strategic plan template through to a fact sheet on how to run a safe sausage sizzle.

E-news - Members also benefit from regular updates via the club development electronic newsletter which covers topics dealing with all aspects of running an effective club.

Membership Search - All member clubs are listed on the network directory and member clubs have access to the network's members badge which can be used on club stationery and promotional material.

For more information or to join, visit the Club Development Network section of the Australian Sports Commission at www.ausport.gov.au.

FEATURES

National Aerobic Trophy Winner

A few months ago, Sunshine Coast (Qld) were announced as the 2006 National Aerobic Trophy champions. Incredibly, this is their seventh win in a row.

I thought there may be some sort of Aerobics secret held by the club - a magic potion that they add to the pool water before each Aerobics session; even a drill sergeant like figure leading the charge to win the National Aerobic Trophy?

But it turns out it comes down to many members enjoying this form of swimming, and the club organising appropriate aerobics sessions and aerobics recorders.

"It's just what people choose to do" says Ailsa Duncan, Sunshine Coast Aerobics Recorder from 1989 - 2005.

"We do allocate specific times for aerobics swims. Some people join for aerobics, social or competition. Maybe because we're an older club...the older swimmers prefer the longer distances - it's easier as they don't have to sprint.

We have about 7 or 8 people that get through all swims, including myself. More older people actually complete more swims, but now there are some in their 40's and 50's doing it."

A lot of people in the club don't compete in carnivals, according to club secretary Anne McKenzie. Aerobics is the main things they do. Sundays is the main day for Aerobics and it's estimated that 60% of members do the aerobic swims.

The club uses Caloundra and Cotton Tree pools on Sunday mornings for Aerobic swims. There's another

session at Caloundra on Wednesday evenings, and a group of about 6 goes to another pool on Wednesday mornings because they can get lanes.

Mrs McKenzie allocates most of the club's Aerobics success to Mrs Duncan. "She's always really encouraged people to do it and it's not been too much trouble to time keep and do the recording part".

But Mrs Duncan has a more prag-

Noosa everglades trip to name a few.

The club firmly recognises that different people have different goals. Some want to get fit, some like the social side and the younger ones are often interested in competing.

They tell potential members all the options and welcome them to come along and try it out.

There are less people competing now as the cost of traveling, staying overnight and entry fees take their toll. But members do take part in Postal Swims, and swim meets such as the recent National Swim in Darwin and next April's FINA World Masters Championships in Perth.

The responsibility for harnessing the club's enormous Aerobics talent has now shifted to the new club Aerobics Recorder, Margaret Marsh. Being on such a roll, one may wonder if expectations are high for the winning streak to continue. Mrs Duncan's level headed style shines through again with her view:

"We stand a good chance. Some never do anything, but if they don't want to, that's their right. But we're hoping."

Stephen Cardiff

Full Aerobics Trophy results can be accessed on the national website: www.aussimasters.com.au

For more information on the Sunshine Coast club, visit their website: www.geocities.com/qscmasters



Above: Robyn Hughes (Sunshine Coast) is presented with the National Aerobic Trophy by Rob Montague, NT Representative, Hardy Wines at the National Swim Presentation Dinner.

matic view. "I was talked into taking it over", she said. "I just enjoyed it and it's a bit of a challenge to get the whole 62 swims done over the year."

The club actively follows the national motto of "Fitness, Friendship & Fun". They put a strong emphasis on the social side because this helps to keep people interested. They have organised beach walking, climbed Mt Coolum and done a

FEATURES

32nd AUSSI Masters National Swim

The 32nd AUSSI Masters National Swim was a huge success, attracting over 500 competitors to Darwin in the Northern Territory. The four days of competition produced 18 individual and 6 relay National Records.

Official proceedings were kicked off with the Welcome Function at Parliament House on Thursday 3 May. The NT Minister for Sport & Recreation, Hon Kon Vatskalis MLA hosted over 500 competitors, partners and friends. In welcoming everyone, the Minister emphasised the friendly and hospitable nature of the Territory.

The President of AUSSI Masters NT Branch, Justice Sally Thomas, thanked the Minister for his welcome and noted with gratitude the ongoing high level of financial support that Masters Swimming and sport in general receive from the NT Government.

The function was a great social success.

The next morning at Casuarina Pool on Day 1 of competition, National President, John Pugh introduced the Administrator of the Northern Territory. His Honour Ted Egan AO, performed the official opening, welcomed competitors to the picturesque outdoor venue and wished all present enjoyable competition and social activities. Also present were the NT Minister for Sport & Recreation, Hon Kon Vatskalis MLA, and the Acting Lord Mayor of Darwin, Alderman Heather Sjoberg.

Day 1 saw competitors getting used to conditions at the venue. The 33 degree temperature meant lots of drinking water needed to be taken on board, lots of sun cream used and spending as much time as possible under the ample shade provided.

In these conditions it's probably no

surprise that the three individual National Records broken were in sprint events. Arthur Thomas (90-94; QTT) took more than three seconds off the old National Record with a swim of 1:03.01 in the 50m backstroke. Sue Kearney (50-54; NML) and Jan Jeffrey (55-59; VMV) took down 100m freestyle National Records, swimming 1:09.87 and 1:10.17 respectively.

In the relays, the Twin Towns Services (Qld) 320-359 Mixed Freestyle Relay team of Tricia Liddy, George Coronas, Del Margetts and Arthur Thomas took more than 8 seconds or about 4% off the old National Record, clocking 3:24.56.

Powerpoints (Vic.) also set a new National Record of 2:03.33 in the 160-199 Mixed Medley Relay.

Special mention must be made of the McGregor family from Clarence River (WA). In what has to be a rare occurrence especially at national level, father Barry, mother Erla, son Peter and daughter Robyn Wattus competed in the same medley relay team as a family. That really typifies the spirit of Masters Swimming!

On day 2, Sally Bell (45-49; WCM) showed that she was in great form by smashing the 200m backstroke National Record by more than eleven seconds, with 2:38.43. In the next event, Sue Kearney (50-54; NML) broke her second National Record of the meet with a swim of 5:13.99 in the 400m freestyle.

The local club, Darwin Stingers got in on the act with their own National Record. Jannie Thomson, Gerda Williams, Bobbie Lea and Christine Jeffs broke the Women's 280-319 Medley Relay record swimming 3:23.14.

Warringah (NSW) swam with precision to slice 0.15 seconds off the National Record in the Men's 280-319 Medley Relay. Their time was 2:45.82.

Day 3 showed that competitors had come to grips with the Casuarina pool as records tumbled. The following National Records were set:

- Sally Bell (45-49; WCM) 100m backstroke 1:12.88 - beat the old record by 3.8s;
- Staffan Wensing (40-44; NSP) 100m backstroke 1:08.33;
- Arthur Thomas (90-94; QTT) 100m backstroke 2:25.09 - his Second National Record of the meet;
- Jack Mathieson (90-94; NSH) 200m breaststroke 7:32.12.;
- Jennie Bucknell (40-44; VPP) 50m butterfly 30.51;
- Jan Jeffrey (55-59; VMV) 50m butterfly 34.84 - her Second National Record of the meet;
- John Fussell (60-64; WOP) 50m butterfly 31.53;
- Patrick Devine (60-64; VMV) 50m Butterfly 31.55;
- Seaside Pirates (NSW) Women 160-199 Freestyle Relay 2:00.95 - broke old record by over 3s;
- Warringah (NSW) Men 280-319 Freestyle Relay 2:15.06. John Pagden, David Ross, Arthur Lith and Max Van Gelder combined for their second national relay record in two days and broke the old record by 3.5s.

By the final day, competitors dragged their tired bodies to the pool, possibly looking forward more to the Presentation Dinner that night than the prospect of an 800m freestyle. Five National Records were set:

- Jennie Bucknell (40-44; VPP) 50m freestyle 27.76 - second National Record of the meet with both coming in sprint events;
- Jan Jeffrey (55-59; VMV) 50m freestyle 30.98 - third National

FEATURES

National Swim (cont.)

Records of the meet, and in a competitive age group;

- Stuart Ellicott (55-59; NHS) 100m breaststroke 1:19.11 - took almost 2s off the old record in a competitive age group;
- Georgene McKenzie-Hicks (80-84; NSG) 800 freestyle 16:30.46 - tore up the record books taking 1:17 off the old record;
- Arthur Thomas (90-94; QTT) 800m freestyle 24:04.65 - obliterated the record books by taking 14:10 or approximately 37% off the old record and establishing his third National Record of the meet.

With a challenging programme of events, nobody managed to score the maximum 120 points from individual events. The top three individual point scorers for women and men were:

1. Ebony Ebenwaldner (25-29; VCS) - 118 points
2. Karen Patrick (35-39; QTE) - 113 points
3. Belinda Hall (30-34; NSP) - 111 points
1. Andrew Dorrington (25-29; NBT) - 118 points
2. Patrick Devine (60-64; VMV) - 116 points
3. Mark Smedley (45-49; SAM) - 114 points.

In tallying up the individual results, the overall club picture starts to emerge. The top 3 clubs winning gold medals were Malvern Marlins (Vic; 37), Seaside Pirates (NSW; 33) and Blacktown City (NSW; 29).

In terms of total medals, Seaside Pirates (NSW; 80) tied with Powerpoints (Vic, 80) and Darwin Stingers (NT, 70) collected the third biggest haul.

Presentation Dinner and Trophy Winners

The Presentation Dinner was held at the Darwin Trailer Boat Club. The setting could not have been better - right beside the beach overlooking Fannie Bay.

Winners of the national trophies were:

Founder's Cup (for the national champion club):

Darwin Stingers (NT)

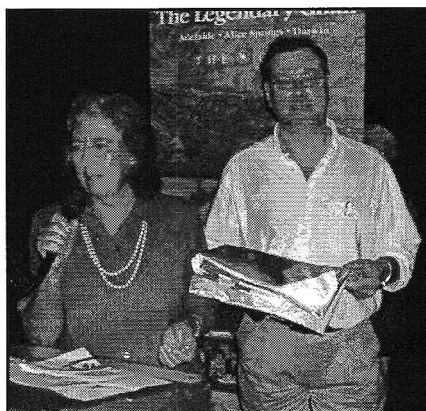
Runners Up Trophy (for the second highest scoring club):

Powerpoints (Vic)

Visitor's Trophy (for the top scoring visiting club):

Powerpoints (Vic)

Vorgee Male Swimmer of the Meet:



Above: AUSSI Masters Swimming NT President, Sally Thomas passes the National flag to Paul Watmough, Masters Swimming Victoria President.

Arthur Thomas (QTT)

Vorgee Female Swimmer of the Meet:

Jan Jeffrey (VMV)

National Heart Foundation Trophy:

Helen Murphy (CDW)

National Aerobic Trophy

Sunshine Coast (Qld)

National Aerobic Award

Talays (Tas)

Official of the Year:

Peter Maloney (WA)

Age Group Relay Trophy Winners:

80-119 years:

Blacktown (NSW)

120-159 years:

Casey Seals (VIC)

160-199 years:

Power Points (VIC)

200-239 years:

Doncaster Dolphins (VIC)

240-279 years:

Malvern Marlins (VIC)

280-319 years:

Warringah (NSW)

320-359 years:

Twin Towns (QLD)

With the Victorian clubs putting up such a strong showing, they are sure to be hard to beat at next year's National Swim in Melbourne.

In what should be a perfect warm up to the FINA World Masters Championships three weeks later, the 33rd AUSSI Masters National Swim will take place over the Easter weekend from Thursday 20 to Sunday 23 March.

The venue is the Melbourne Sports and Aquatic Centre where the 2006 Commonwealth Games Swimming was held.

Finally a big thank you goes to **John Pollock**, the **Organising Committee** and the **major event sponsors** of Darwin City Council, Northern Territory Government Department of Local Government, Housing & Sport, Frontier Hotel Darwin, The Ghan, Royal Brunei and Hardy Wine Company.

Stephen Cardiff

Full individual results are on the Portal - www.portal.aussi.org.au

All other results are on the event page -

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

The 33rd AUSSI Masters National Swim (Melbourne, March 2008)

page is at -

http://www.home.aussimasters.com.au/html/33rd_aussi_masters_national_sw.html

FEATURES

World Records Fall in 3 States

Autumn was a very productive season for Masters Swimmers around Australia. No less than three World Records were set by three different swimmers in three different states.

Here we find out a little about how these athletes prepare for and execute a World Record swim.

Tony Goodwin, Men 70-74 100m Breaststroke Short Course - 1:24.13 on March 25, 2007.

Which club do you swim for?

Manly (NSW) - 14 years

Who is your Coach?

Oleg Bytchenkov

Were you aiming to break the World Record?

Yes

Tell me about your thoughts as you warmed up?

I don't get terribly intense. The old story is that if you've done the work, the time will come. Just quickly go through in your mind, when you dive don't forget to do this, when you come up don't forget to do this, when you turn don't forget to do this. Just trying to compartmentalise each aspect of the race to ensure that as you come up to the turn, you're not worrying about what you're doing after the turn.

Coach says don't worry too much about the final time when you come to the race and get on the blocks.

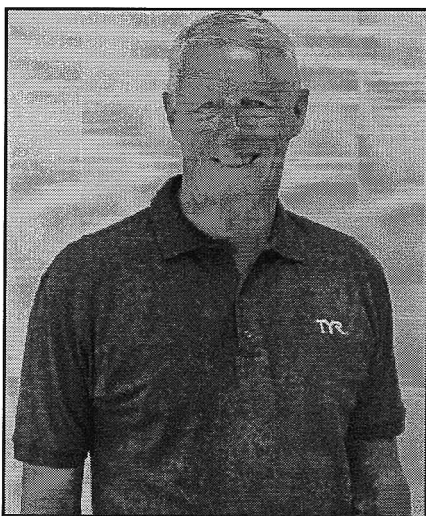
How did you feel when you realized you had broken the World Record?

It's a bit like Thorpie. He'd look up and smile, move his hands together - 1 for a National Record; 2 for a World Record. It's one of those internal things where you

say: "That's good...great".

My target for the previous 12 month period was to win in San Francisco (FINA World Masters Championships). When you get a record, you think "that's good", then you think what's next.

We write down all our goals. Oleg and I sit down together and map out the next 6 months and work out what we're going to try to do.



Above: Tony Goodwin

Have you broken any other World Records and is this the best?

Yes, back in 2002 - Christchurch. 100m breaststroke long course. The first is probably the best. Once again if you go back and think of the past, it's nice but you have to think about what's happening next. As you get older, you take these things in your stride.

What's your next goal?

A World Record in 200m breaststroke short course on Saturday 22/6. It will be hard as 3 seconds have just been knocked off (the old record). The last 12 months have been very competitive. There are 3 guys knocking off World Records in this age group.

On Aug 4 I will enter the 400m breaststroke and go for the 200m World Record.

I want to win all 3 events in Perth (2008 FINA Masters World Championships). I can only beat those who come to compete.

Margaret Cunningham, Women 80-84 100m Freestyle Long Course - 1:36.14 on April 07, 2007.

Which club do you swim for?

Whitsunday

Who is your Coach?

Mark Erickson

Were you aiming to break the World Record?

No, because I hadn't been swimming that well lately.

Tell me about your thoughts as you warmed up?

I just did a normal warm up and thought I'd go in and swim it and see what I can do. Nothing very specific and nothing very positive. I suppose I went in relaxed.

How did you feel when you realized you had broken the World Record?

When I was told my manual time, I thought "That sounds good". Then when I saw the official results I thought "Oh gracious". I was over the moon.

Have you broken any other World Records? If so, is this the best?

I've broken quite a few, probably about 20 World Records. I wouldn't have thought this was the best.

The first World Record I got was for 100m freestyle in 1989 - it was about 18 seconds faster.

They don't last long. You get new people coming up into your age group and they break them. It's a

FEATURES

World Records (cont.)

case of break them while you can.

What's your next goal?

I just don't know. Difficult to answer. At this time of year we don't get any swimming in as there's no pools open. The local pool closed at the end of March and stays closed until September. It takes a few months to get started again and get your stamina up again. I suppose when I go up to the next age group (I might break more World Records). It's tough in the middle of the age group as World Records come out of your reach as you slow down quite a bit.

There won't be anyone going to Perth from here. It's not easy. I might go but I doubt it. It will be my fourth year in this age group. You just go in and swim and there's nothing much to swim for, but if I do go I would expect to get in the top 2 or 3.

Editor's note: Margaret currently also holds the 80-84 Long Course Women's 200IM World Record of 4:25.05

Sally Bell, 45-49 200m Backstroke - 2:33.51 on (previous record was 2:36.03).

Which club do you swim for?

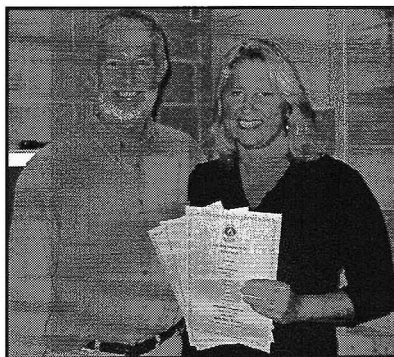
Claremont; for the last 15.5 years. I have had a total continuous involvement in Masters swimming for 20 years. When I broke my World Record, it was almost exactly my 20th anniversary of Masters membership. Having grown up in Sydney, I was a member of Warringah Masters from around April / May 1987 until October 1991 (4 and a half years), when I moved to Perth. I swam in World Masters in Brisbane in 1988 at the age of 25, and got one bronze medal and four 4th placings.

Who is your Coach?

Head Coach - Richard Hughes (previous winner of Heart Foundation Award). Elena Nesci also does a lot of coaching at the club.

You came close to the WR in Darwin. Tell me about that.

Backstroke in outdoor pools is very difficult. Another couple of weeks of taper would have helped. I hadn't quite got myself to the perfect peak in Darwin. Outside is not as conducive to swimming fast. Challenge Stadium is my home pool; I'm very comfortable there and have raced there many times.



Above: Jack Busch (Masters Swimming WA President) presents Sally Bell with national record certificates, May 2007.

Were you aiming to break the World Record?

Yes. I was aware of the time. An American woman has broken it since - I think she holds all the World Records in the age group. My only chance of breaking it is before she does them. We're in the same age group so there's limited opportunity. I was surprised and delighted that she hadn't swum it yet this year. I organised back up timekeepers, but tried to keep it quiet as didn't want everyone to know what I was doing. I didn't know if I could do it because of my time in Darwin, but was pretty confident.

Tell me about your thoughts as you warmed up?

Firstly, I was entered in a 200m butterfly two events before, so was stressing about whether to do it or not. I didn't do it, and the club came 3rd in the pointscore and would have come 2nd if I swum it! The World Record had been on my mind for weeks and I hadn't slept well. Once I got in the water I felt good, didn't feel so nervous and felt confident that I could do it.

How did you feel when you realized you had broken the World Record?

Firstly, standing right behind the blocks seeing 3 timekeepers could make you nervous, but I suddenly became very calm. In the next lane was a young guy whose entry time was significantly faster. But I was beside another guy who was closer to my pace. When I touched, there were a few people from my club screaming in the grandstand. The young guy asked "Have you broken some sort of record?" I told him I'd just broken the World Record.

Have you broken any other World Records?

This is my first. I came close 5 years ago just when I turned 40.

What's your next goal?

Worlds (FINA World Masters Championships) next year. The American World Record holder is coming and doing 200m backstroke, but not doing 100 backstroke. My goal is to get some medals in the worlds next year and if I could come away with a gold it would be great but tough.

All FINA Masters World Records are listed on their website at: www.fina.org/masters/wr.php

Stephen Cardiff

BRANCH NEWS

New South Wales

MSNSW had over 1550 registered members by the end of May.

The MSNSW Open Water Swim on Easter Saturday in April in Lake Macquarie only attracted a disappointing 30 swimmers. However, the NSW Long Course Championships held later in April saw 431 swimmers enjoy the competition at SOPAC. National sponsor, Vorgee, again donated raffle packs and prizes for Swimmers of the Meet. Thank you, John, for your great support of Masters Swimming.

The MSNSW Long Distance Championships will be swum over 1½ days in August at the short course venue at Mt Annan. We hope this will allow more swimmers to compete, more long distance swims to be swum and if time allows, to be swum as races (not staggered starts).

Our Branch Point Score continues with a further two competitions since end March, both held at country venues — Ettalong and Yamba (Clarence River Masters) — and both attracting high numbers. Records keep tumbling and mention must be made of Tony Goodwin of Manly who swam a World Record time when his own club hosted a

BPS meet in March.

Our Events Committee is conducting an invitational meet in August to fill in a 'gap' in the calendar and we hope to attract non-AUSSI swimmers to join up. It is also an opportunity to train officials and meet organisers in the southern part of the state.

Many MSNSW competitors made the journey to Darwin and enjoyed the camaraderie of the National Swim in early May. Congratulations to a small Branch for conducting such a large event so successfully.

Jane Noake is the first of the '100 club' achievers in the first quarter of 2007 and more are arriving at that fantastic milestone. Since this award was started in 2004, these swimmers will have competed at 100 meets. In 2007, non-swimming officials will be recognised for this award.

Age group winners for 2006 were awarded fabulous embroidered towels at the State Championships, and the Ian McPhail Memorial Official of the Year and the Coach of the Year trophies were awarded to Malcolm Heath and Leon Bobako

respectively.

Our Annual General Meeting is to be held On 16 June next. It is gratifying to see the enthusiasm we have in this Branch which has resulted in contested elections for the Country Vice-President and for the three positions of Ordinary Member of the Board. Quite a few people have already expressed an interest in continuing their hard work or offering to help for the first time on various Committees.

We are holding the AGM at the new Sports House at Sydney Olympic Park, where we have free use of meeting rooms. A presentation buffet lunch will follow the AGM, and annual awards for 2006 will be presented. They include the Swimmer of the Year - Male and Female; Club of the Year; Gary Stutsel Award (for significant contribution to NSW); Club Administration Award; Aerobic awards (again fabulous towels) for Maximum Points and for those who complete all swims; and all the BPS Division trophies. We congratulate all those winners and look forward to future successes.

Di Coxon-Ellis
Administrator

Northern Territory

After staging a very successful National Swim, the NT is back to "normal". The Swim and Darwin in general seemed to have been enjoyed by all and our thanks must go to the many visiting technical officials, without whom we could not run such an event. Thanks also to everybody who participated in such a great spirit of friendship and fun.

At the National Swim there were several queries raised and suggestions made that are outside the area of responsibility of organisers of the National Swim and need to be brought to the attention of the Na-

tional Board via State Branches.

For example — why do we have ribbons instead of medals for 2nd and 3rd places in relays? The answer is that it's specified as such in the General Rules (GR11.16) and any change must be via a motion to the Board. Another — why don't we have a trophy for the club that scores the highest number of points per swimmer? Again, the trophies to be awarded are listed in the General Rules (GR11.14 and GR11.18) and any additional ones need to be added via a motion to the Board.

With Alice Springs closed down for

the winter, all the swimming action is confined to Darwin.

The Darwin Stingers, inspired by the attendance of five members of Singapore Masters at the National Swim, are sending a team to compete in the Singapore Masters National Championships on 30 June — 1 July.

With fares from Darwin to Singapore cheaper than to any Australian city, this could be the start of an interesting relationship.

John Pollock
Secretary

BRANCH NEWS

Tasmania

Tiger Tales from Tassie

The Tasmanian branch has continued to cruise along this year. However, we had a record number of Tasmanians travel to Darwin for the Nationals – over 10% of our members took the opportunity to get some extra sun & fun - 17 competitors from Launceston and 15 from the Hobart area clubs made the journey north.

All reports speak of an excellent, well-organized event with some outstanding performances leading to a number of members gaining unexpected medals. National Life member and recorder extraordinaire Pauline Samson also traveled north to attend the National AGM and Board meeting and stayed on to

assist with the recording at the Nationals.

Recently, the branch conducted a Short Course Long Distance event (800/1500 swims), experimenting with a concurrent event in Hobart and Launceston to encourage participation. We had over 60 members take part - another record. Whilst those on the big island may scoff at only traveling 2 hours to a swim meet, we Tasmanians tend to stay in our own comfort zone on each end of the island.

Hobart based Talays club swimmer Kris Apps recorded a one-hour postal swim on Feb 4 for the British Long Distance Swimming Association and came in overall

winner (female) in her disability class and age group and overall winner of the disabled female swimmers taking part. She was 5th in her age group (able bodied) with fellow Australian swimmer Jen Thomasson the winner.

Anne Steele continues with her preparation for swimming the English Channel (see last National newsletter for details), but just a reminder that Anne is using the swim to raise funds for the Children's Cancer Institute, so if you wish to help Anne please visit www.swimforlife.com.au.

*Ray Brien
President*

Queensland

Our new Branch Management Committee has just spent a two day Face to Face meeting to consider the Operational and Strategic Plans for the years 2007/2008. Apart from three existing members, we were able to welcome new members to the BEC and BMC, including our president, Therese Crollick.

Our president for 2006/2007 and for the last few years, David Ryan stepped down from that position to pursue his business interests. David left the branch in an extremely healthy position after having worked tirelessly for the Queensland members in ensuring that the services being offered to our clubs and its members are carried out in a professional and credible way. For his enormous contribution, energy and efforts, I would like to acknowledge David's work and express our appreciation on behalf of the Queensland Branch.

In the meantime Daphne Pirie has

been compiling documentation on Queensland's Great Sportswomen. Three of our most successful female swimmers will no doubt feature in this document of sporting greats and they are: Jen Thomasson, whose swimming history dates back to the British Empire and Commonwealth Games, where she won a Bronze medal for the 440 yards individual medley in Perth 1962. As a multiple World Record holder in many strokes, we are privileged to still be able to enjoy watching Jen compete successfully at swim meets.

Jan Wicks is another World Record holder in the 50m Breaststroke. Like Jen, she is an accredited coach who last year fulfilled the role of Manager of Coaching Services for the Queensland Branch.

Our third success story amongst the women is Margaret Cunningham, a member of the Whitsunday club. She too is a World Record holder

and has been since she broke records in the 60-64 year age group and now, as a swimmer in the 80-84 year age group she is still breaking records.

Preparations for our Short Course State Titles, an Open Water Swim to be held in conjunction with Swimming Qld and some of our major events for 2008 and 2009 are already under way. With a new coaching manager on deck, the branch is keen to organise 3 swim camps: one in the north, one in the central area and one in the south.

Queensland is currently enjoying another successful swimming year, with an increasing number of younger men and women joining Masters swimming. No doubt the motto of 'Swimming for Life' is becoming meaningful to more and more people.

*Helga Ward
Administrator*

BRANCH NEWS

South Australia

2007 Annual General Meeting

The 2007 AGM was held at the Regal Park Motor Inn on May 16. There was excellent support from clubs and members and all positions were filled.

Doug Morton was re-elected as Vice President for a 3rd term. Jonathan Hooper has taken over the position of Treasurer from Phil Beames and Cate Quist has taken over as Volunteer Coordinator from Tim Calver. Incumbents are continuing in all other positions which is a great sign of strength for the Branch.

Congratulations to the new people and sincere thanks to Phil and Tim who've been tireless supporters of the Branch in their previous positions.

Interclub Series

By the time this Newsletter is published we will have conducted two of our four Interclub Swims Series.

The first was well attended with numbers up on 2006. Adelaide Masters are again the leading club followed by Atlantis. These 2 clubs are fiercely competitive over the series and we expect this will again be the case this year. Tea Tree Gully were impressive in holding down third position. Noarlunga have greatly improved their swimming numbers which was great to see.

Mildura Masters

This is a great event sanctioned by the SA Branch and there is always a strong contingent of SA swimmers in

attendance. Tubby Ramsey is the local contact and we would encourage swimmers to support this event. Dates this year are August 18 to 26.

National Swim

Congratulations to all the SA swimmers who attended the Darwin Nationals. Nine swimmers won Gold Medals with Mark Smedley leading the field with 6 Gold and 6 Silver.

Other Gold Medal winners were Sharon Beaver (3), Amy Stretton (6), John McVann (3), Jonathan Davies (5), Glen Walker (2), Tubby Ramsey (1), Peter Wolters (1) and James Burris (1).

*John Gamlen
Secretary*

Western Australia

More Celebrations in WA

There were celebrations all round from events held in Autumn - 2007 Dale Alcock State Open Water Swim (Sunday 4 March), BE ACTIVE State Swim (19/20 May), Carine AUSSI (and WA Branch) 30th Birthday on 27 April and several National Award presentations.

BE ACTIVE State Swim Results

Top Club – Osborne Park;
Top Country Club – Geraldton;
Top Club on Handicap – Swan Hills;
Female Swimmer of the Meet – Sally Bell (Claremont) with 1 World Record, 3 National Records and 4 State Records;

Male Swimmer of the Meet – William Scott (Swan Hills) with 4 State Records;

Have a Go Mixed Clubs relay – Elena Nesci (Claremont), Ken Robson (Osborne Park), Muriel Collis (Geraldton) and Neil Sutherland (Claremont) – which was the team closest to their nominated time even though all teams should have been disqualified!

In a surprise presentation, Peter Maloney was announced as the 2006 National Official of the Year and Lynne Malone (Carine) and Geoff Upton (Claremont) were applauded for their achievement of 5-year service Awards from the National body.



Left:
New Life
Members
Robert
Dunstan
(Melville)
and
Lynne
Malone
(Carine).

2007

Dale Alcock State Open Water Swim Results

2000m State Championship:

First male – Glen Meggs (Bold Park)

First female – Allison Hass (Perth City);

Top Club – Perth City;

1000m Novice Swim:

First – Kim Burkett (Westcoast Masters).

30th Birthday Function

As part of our 30th birthday celebrations it was very pleasing to have our Patron (and sponsor) Dale Alcock attend the function on the 19th May at the BE ACTIVE State Swim to present our newest Life Members Robert Dunstan (Melville) and Lynne Malone (Carine) with their badges. Healthway's Amy Baddock presented them with gifts on behalf of members and Robert and Lynne then joined the 3 Life Members (Kay Cox, Fred Johnson and Frank Mongan) in attendance to cut the birthday cake.

*Wendy Holtom
Executive Officer*



Above: Masters Swimming WA Life Members cutting the cake at the Branch 30th Birthday Celebrations.

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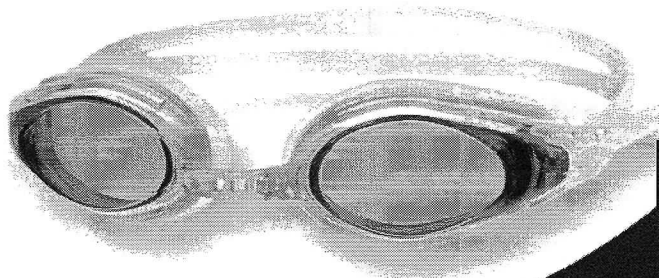
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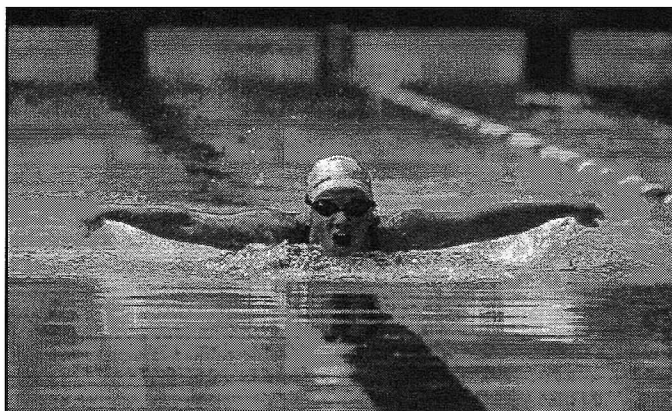
Swim
AUSTRALIA

EVENTS



Australasian Masters Games

Adelaide 5-14 October 2007



For further information please contact:

John Gamlen

ph: +61 (0)8 8263 9958

email: jgamlen@chariot.net.au

Swimming 5 - 7 October

Adelaide Aquatic Centre
Jeffcott Street, North Adelaide

Registrations are now open for the Australasian Masters Games to be held in Adelaide from 5-14 October 2007. The Swimming Program promises to be one of the best events on the Swimming Masters Calendar (minimum age 25).

Sport Fee: \$40.00 per person AUSSI Member
\$60.00 per person Non-AUSSI Member
\$15.00 per person Welcome Function

Participant Games Entry Fee: \$99.00 per person
\$75.00 per person (Over 70 years of age)

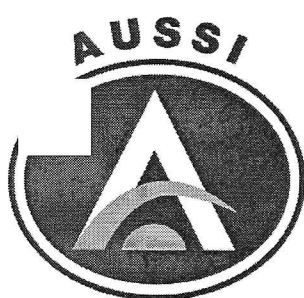
Accompanying Person Fee: \$60.00 per person

Please note: Participants do not need to be a registered member of a state/national body to take part.

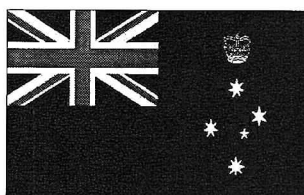
To register, simply complete the Participant Games Entry and Swimming Sport Entry Form found in the Games Registration Booklet or Register online at www.AustralasianMasters.com

Registrations close: 3 August 2007

2008 National Swim - Melbourne



**MASTERS
SWIMMING**
Australia



The Victorian Branch will be hosting the 33rd AUSSI Masters National Swim at the Melbourne Sports and Aquatic Centre over the 2008 Easter weekend.

The venue is 10 minutes from Melbourne's CBD in the beautiful surrounds of the Albert Park precinct. It has easy access to public transport and has on-site parking.

The Welcome Function will be conducted on Wednesday March 19th and the Presentation Dinner on Sunday March 23rd.

For further details please contact the Meet Director, Jeanette Holowiuk at:

148A Ferguson Street
Williamstown VIC 3016

Ph: (03) 9399 8861

Mob: 0411 876 790

Email: sportadmin@aussimasters.com.au

PROGRAMME

Day 1 - Thursday March 20th

1. 800m Freestyle Women *

1. 800m Freestyle Men *

Official Opening

3. 4 x 50m Women's Medley Relay

4. 4 x 50m Men's Medley Relay

5. 200m Breaststroke

6. 100m Backstroke

7. 50m Butterfly

Day 2 - Friday March 21st (Good Friday)

8. 400m Individual Medley

9. 100m Freestyle

10. 4 x 50m Mixed Freestyle Relay

11. 200m Backstroke

12. 50m Freestyle

Day 3 - Saturday March 22nd

13. 400m Freestyle Men *

14. 400m Freestyle Women *

15. 4 x 50m Women's Freestyle Relay

16. 4 x 50m Men's Freestyle Relay

17. 100m Breaststroke

18. 200m Butterfly

19. 50m Backstroke

Day 4 Sunday March 23rd (Easter Sunday)

20. 100m Butterfly

21. 200m Individual Medley

22. 4 x 50m Mixed Medley Relay

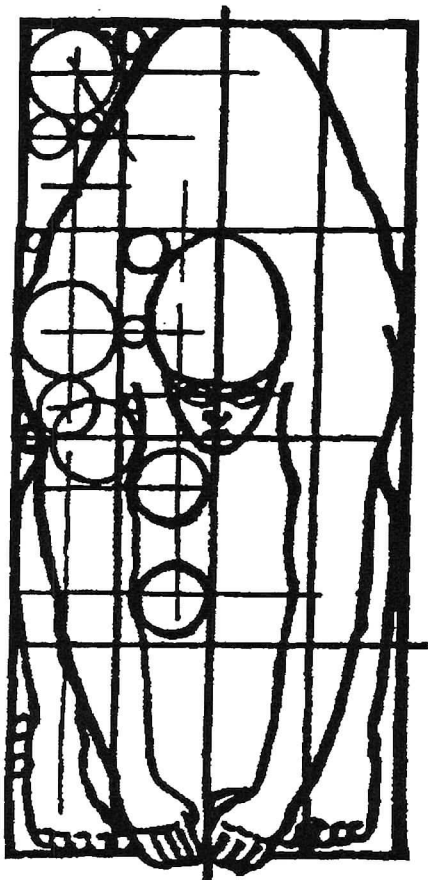
23. 50m Breaststroke

24. 200m Freestyle

* Swimmers 2 to a lane

NATIONAL COMMITTEES

Coaching



Goal Setting

Goal setting is perhaps the most researched and arguably the most widely used sport psychology technique used to enhance athletic performance today (Winter, 1995).

While goal setting is often thought of as a 'motivational tool', it can be successfully applied by coaches and swimmers to enhance concentration, self-confidence and the efficient management of time and other resources (Winter, 1995). To help you understand the subject, we first define goal setting and outline its benefits before explaining the types of goals, both process and outcome, and short term and long term. We use the acronym, 'SMART', as an aid to creating effective goals.

Definition of Goal Setting

A goal is defined as 'attaining a

specific standard of proficiency on a task, usually within a specific time limit' (Locke, Shaw, Saari & Latham 1981, p.145). Practically, goals focus on achieving a particular standard within a particular period of time.

Benefits of Goal Setting

The most important result generated from an extensive body of research is that goal setting clearly and consistently facilitates athletic performance.

Locke and his colleagues (1981) proposed that goals influence performance in four ways:

1. Goals give a focus that allows swimmers to direct attention and actions to important aspects of the task;
2. Goals help to mobilise effort;
3. Goals help to prolong effort and persistence;
4. Swimmers often develop and use new strategies through the goal setting process.

Process Versus Outcome Goals

Burton's cognitive theory (1983) focuses on how an athlete's goals are linked to their levels of anxiety, motivation and confidence. If the sole focus of a swimmer's goals revolves around winning, then any subsequent loss may result in disappointment and a detrimental impact on confidence and motivation.

Process Goals – focus on improvement in the process of performance. These goals are not determined by the arbitrary nature of winning or losing (Hogg, 1995).

Outcome Goals – are related to success or failure in terms of the final result (Hogg, 1995).

Because winning is not an outcome that is fully controllable, it is important to find a balance between outcome and process goals.

Short Term Goals and Long Term

Goals

Long Term Goals – are long-range objectives, such as achieving a Branch Top 10 time or breaking a particular Masters Swimming Australia National Age Group record. These are likely to occur at a point in time well removed from the present because significant improvement is likely to be needed as a precondition to achievement.

Short Term Goals – are more immediate than longer-term goals and can be thought of as sub goals that allow the swimmer to focus on the progression of skills needed to achieve long-term goals. It is important to set more immediate short-range goals to help ensure that longer term objectives are met (Gould, 1998).

SMART Goals

On the basis of previous research, the acronym SMART is now widely used as a guide for effective goal setting. SMART goals are specific, measurable, achievable, realistic, and time-phased.

Specific – goals are more effective when they are specific, tangible, direct and clear. Setting a specific goal provides a clear focus towards which to direct time and effort. Rather than saying 'I will be a better swimmer', which is general, a more specific goal would be 'I will improve my 100m freestyle time'.

Measurable – goals that are measurable are more effective in enhancing performance because it is possible to objectively gauge progress and determine successful attainment of the goal. Goals should be written or described in behavioural or observable terms.

Achievable – goals should be difficult and challenging but achievable. Importantly, goals should be regularly monitored so as to assess the swimmer's progress in achieving them and to allow for changing cir-

NATIONAL COMMITTEES

Coaching (cont.)

cumstances. For example, if the adult swimmer’s work commitments or physical limitations restrict the volume of training from one season to the next (say from four sessions a week to two), it is vital to adapt the swimmer’s goals to take this into account.

Realistic – goals should be realistic when taking into account not only current skill or performance levels, but also available time, coaching and other resources, and existing commitments and motivation. Coaches also have a role to play in ensuring that swimmers set realis-

tic goals that take into account the impact of physiological declines as a result of age. It is likely to be necessary for the coach to help the swimmer focus more on comparing age-based or yearly PB’s than on best ever past performances.

Time-phased – goals are likely to be more effective in motivating and focusing efforts if specific dates for achieving a goal are listed.

Although goals can be highly motivating when regularly reassessed and changed as necessary, they can also have a de-motivating ef-

fect if a swimmer is consistently unable to achieve their goals.

For example, if a swimmer sets goals that are consistently unrealistic, such as breaking Masters Swimming Australia National Age Group records, when other commitments or injury have prevented the required training, the coach can play a role in regularly monitoring progress towards these goals and adapt as necessary to increase the likelihood of successful goal achievement.

Shayne Hanks

Technical

WHO DISQUALIFIES THEMSELVES?

By Gary Stutsel, Meet Referee, 2007 National Swim.

You might ask, “Isn’t it the Referees who disqualify swimmers?” I prefer to believe that swimmers disqualify themselves by infringing the Rules - Referees just see them doing it and have the authority to complete the process.

So, who does disqualify them-

selves?

Popular belief is that young, finely trained swimmers commit most false starts. When you consider total disqualifications you would think that with an AUSSI membership of almost 50/50 male/female, the disqualifications would be split 50/50 also.

As the Meet Referee at the recent National Swim in Darwin one of my duties was to prepare the Referees’ Report. Part of that was an analysis

of the disqualifications and the results were eye opening.

There were a total of 42 disqualifications (DQ’s) posted in the results. Following enquiries from three swimmers it was found that three of the 42 DQ’s were data entry errors. The results for these were then reinstated.

Of the 39 Disqualifications, the breakdown by stroke and infringement was:

Age in 10 year age spans	False Starts		Relay breaks		Stroke/Turn Errors	
	Men	Women	Men	Women	Men	Women
40-49	1	0	1	0	1	0
50-59	3	2	1	0	3	2
60-69	6	0	1	1	6	0
70-79	4	1(2x)	0	0	4	1
	14	4	3	1	14	3

Table 1 - 2007 National Swim DQ’s by Age Range and DQ Type.

NATIONAL COMMITTEES

Technical (cont.)

The most frequent infringement was false starts with 18. Contrary to popular belief, the "young-guns" did not false start. The youngest swimmer to do so was a 42 year old male and most were males in the 60 to 79 age groups. Nearly four times as many men as women false started. Men also committed three of the four relay breaks.

When it came to stroke and turn infringements the men out numbered the women 14 to 3. As with

the false starts, most of the men were in the 60 to 79 year age span. Of the total 18 stroke and turn infringements, only three involved Backstroke turns. This surprised me. There were four DQ's in Breaststroke - none involving the underwater dolphin kick, and nine in Butterfly, with eight of these due to swimmers being unable to stroke throughout the race, even if they were swimming only 50m.

It seems that clubs, coaches and

swimmers need to work on starts, changeovers, backstroke turns and butterfly arms. There is no point in being superbly fit if you disqualify yourself at the start or can't turn or finish correctly.

To get back to my first question, as has happened more than once in the past, men disqualified themselves four times a frequently as women (31 times to 8 times). There must be the basis of a thesis in this for someone.

Membership & Participation

The new look website should be ready to launch in the coming months.

Our next project will be looking at

some new merchandise and seeing how we can maximise the coverage which will be given to the World Championships in Perth in order to

promote Masters Swimming.

Therese Crollick
Chair

PROGRAMMES



Million Metre Awards

First Name	Surname	Club	State	Distance
Jim	Milne	Yarra Roughies	VIC	1 Million
Christine	Porter	Geelong Catfish	VIC	1 Million
Clive	Griffin	Ipswich City	QLD	1 Million
Melva	Mc Carron	Wollongong	NSW	3 Million
Colin	Cliff	Wests Auburn Masters	NSW	7 Million



Left: Susan Bellamy presents Colin Cliff (Wests Auburn, NSW) with his Vorgee 7 Million Metre Award, June 2007.

NATIONAL RECORDS

ong Course Individual 12/2/07 - 31/5/07

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
MITCHELL PATTERSON	20-24	100M	FREESTYLE	22.04.2007	000:52.84	NSP
MITCHELL PATTERSON	20-24	50M	BUTTERFLY	22.04.2007	000:25.64	NSP
JOHN BATES	35-39	50M	FREESTYLE	22.04.2007	000:24.74	NSP
JOHN BATES	35-39	50M	FREESTYLE	21.04.2007	000:24.78	NSP
LYNNE HAYES	35-39	100M	BUTTERFLY	08.04.2007	001:05.22	QEN
LYNNE HAYES	35-39	100M	BUTTERFLY	17.03.2007	001:06.79	QEN
LYNNE HAYES	35-39	100M	BUTTERFLY	24.02.2007	001:07.32	QEN
LYNNE HAYES	35-39	100M	FREESTYLE	07.04.2007	001:00.60	QEN
LYNNE HAYES	35-39	50M	BUTTERFLY	08.04.2007	000:29.33	QEN
LYNNE HAYES	35-39	50M	BUTTERFLY	24.02.2007	000:29.36	QEN
ANTHONY DUNNE	40-44	400M	BREASTSTROKE	21.04.2007	006:01.99	WCM
DAVID O' BRIEN	40-44	800M	BACKSTROKE	24.02.2007	011:08.38	NHS
JENNIE BUCKNELL	40-44	50M	BUTTERFLY	04.05.2007	000:30.51	VPP
JENNIE BUCKNELL	40-44	50M	FREESTYLE	04.05.2007	000:27.76	VPP
JENNIE BUCKNELL	40-44	50M	FREESTYLE	22.04.2007	000:28.03	VPP
JENNIE BUCKNELL	40-44	50M	FREESTYLE	22.04.2007	000:28.21	VPP
STAFFAN C WENSING	40-44	100M	BACKSTROKE	04.05.2007	001:08.33	NSP
STAFFAN C WENSING	40-44	100M	BACKSTROKE	22.04.2007	001:08.50	NSP
SALLY BELL	45-49	100M	BACKSTROKE	04.05.2007	001:12.88	WCM
SALLY BELL	45-49	200M	BACKSTROKE	04.05.2007	002:38.43	WCM
SALLY BELL	45-49	400M	BACKSTROKE	21.04.2007	005:36.74	WCM
SALLY BELL	45-49	400M	BUTTERFLY	21.04.2007	006:34.46	WCM
SALLY BELL	45-49	800M	BACKSTROKE	21.04.2007	011:24.10	WCM
ALAN F GODFREY	50-54	100M	BUTTERFLY	21.04.2007	001:06.32	NTS
ALAN F GODFREY	50-54	1500M	BACKSTROKE	24.02.2007	022:03.89	NTS
ALAN F GODFREY	50-54	200M	BACKSTROKE	01.04.2007	002:28.99	NTS
ALAN F GODFREY	50-54	400M	BACKSTROKE	24.02.2007	005:34.89	NTS
ALAN F GODFREY	50-54	400M	FREESTYLE	10.03.2007	004:50.13	NTS
ALAN F GODFREY	50-54	800M	BACKSTROKE	24.02.2007	011:28.59	NTS
ALAN GODFREY	50-54	200M	INDIVIDUAL MEDLEY	03.02.2007	002:32.54	NTS
JANE CHARUBA	50-54	800M	BREASTSTROKE	24.02.2007	014:51.49	QAT
KATHRYN DOBSON	50-54	200M	INDIVIDUAL MEDLEY	21.04.2007	002:56.29	NBM
SUE KEARNEY	50-54	100M	FREESTYLE	04.05.2007	001:09.87	NML
SUE KEARNEY	50-54	100M	FREESTYLE	22.04.2007	001:10.59	NML
SUE KEARNEY	50-54	200M	FREESTYLE	21.04.2007	002:30.86	NML
SUE KEARNEY	50-54	200M	FREESTYLE	01.04.2007	002:31.36	NML
SUE KEARNEY	50-54	400M	FREESTYLE	04.05.2007	005:13.99	NML
WENDY GORDON	50-54	1500M	BREASTSTROKE	24.02.2007	028:48.30	NNC
ANN CAMPBELL	55-59	1500M	FREESTYLE	24.02.2007	022:23.96	NNC
JANETTE JEFFREY	55-59	100M	FREESTYLE	04.05.2007	001:10.17	VMV
JANETTE JEFFREY	55-59	50M	BUTTERFLY	04.05.2007	000:34.84	VMV
JANETTE JEFFREY	55-59	50M	FREESTYLE	04.05.2007	000:30.98	VMV
MARILYN EARP	55-59	100M	BUTTERFLY	21.04.2007	001:22.17	NWG
STUART ELLICOTT	55-59	100M	BREASTSTROKE	04.05.2007	001:19.11	NHS
STUART ELLICOTT	55-59	50M	BREASTSTROKE	22.04.2007	000:34.16	NHS
BARRY SEYMOUR	60-64	1500M	FREESTYLE	24.02.2007	020:43.64	NML
BARRY SEYMOUR	60-64	400M	FREESTYLE	10.03.2007	005:09.32	NML
JOHN FUSSELL	60-64	50M	BUTTERFLY	04.05.2007	000:31.53	WOP

NATIONAL RECORDS (cont)

Long Course Individual 12/2/07 - 31/5/07

Swimmer	Age Group	Distance	Stroke	Date	Time	Club
JENNY WILLIAMS	65-69	200M	BUTTERFLY	25.03.2007	004:26.25	WCM
JENNY WILLIAMS	65-69	800M	BUTTERFLY	21.04.2007	019:47.71	WCM
CHRISTIAN THIESS	70-74	400M	BUTTERFLY	08.04.2007	008:11.25	QHB
JOHN CRISP	70-74	50M	BUTTERFLY	24.02.2007	000:35.54	QMM
TONY GOODWIN	70-74	100M	BREASTSTROKE	21.04.2007	001:27.25	NML
TONY GOODWIN	70-74	100M	BREASTSTROKE	10.03.2007	001:27.30	NML
TONY GOODWIN	70-74	1500M	BREASTSTROKE	24.02.2007	028:42.27	NML
TONY GOODWIN	70-74	200M	BREASTSTROKE	10.03.2007	003:12.32	NML
TONY GOODWIN	70-74	400M	BREASTSTROKE	24.02.2007	007:25.74	NML
TONY GOODWIN	70-74	800M	BREASTSTROKE	24.02.2007	015:10.27	NML
THELMA BRYAN	75-79	800M	INDIVIDUAL MEDLEY	24.02.2007	021:53.19	QCN
GEORGENE MCKENZIE-HICKS	80-84	800M	FREESTYLE	04.05.2007	016:30.46	NSG
MARGARET CUNNINGHAM	80-84	100M	FREESTYLE	07.04.2007	001:36.14	QWY
ARTHUR EVANS	90-94	200M	BREASTSTROKE	24.02.2007	008:34.85	QSC
ARTHUR THOMAS	90-94	100M	BACKSTROKE	04.05.2007	002:25.09	QTT
ARTHUR THOMAS	90-94	100M	BACKSTROKE	22.04.2007	002:29.04	QTT
ARTHUR THOMAS	90-94	100M	FREESTYLE	07.04.2007	002:04.68	QTT
ARTHUR THOMAS	90-94	200M	BACKSTROKE	21.04.2007	005:10.41	QTT
ARTHUR THOMAS	90-94	200M	BACKSTROKE	08.04.2007	005:49.24	QTT
ARTHUR THOMAS	90-94	200M	BACKSTROKE	24.02.2007	006:20.21	QTT
ARTHUR THOMAS	90-94	400M	BACKSTROKE	08.04.2007	012:41.06	QTT
ARTHUR THOMAS	90-94	400M	FREESTYLE	24.02.2007	009:35.43	QTT
ARTHUR THOMAS	90-94	50M	BACKSTROKE	04.05.2007	001:03.01	QTT
ARTHUR THOMAS	90-94	50M	FREESTYLE	24.02.2007	000:50.50	QTT
ARTHUR THOMAS	90-94	800M	FREESTYLE	04.05.2007	024:04.65	QTT
JACK MATHIESON	90-94	1500M	BREASTSTROKE	24.02.2007	072:43.69	NSH
JACK MATHIESON	90-94	1500M	FREESTYLE	24.02.2007	072:43.69	NSH
JACK MATHIESON	90-94	200M	BREASTSTROKE	04.05.2007	007:32.12	NSH
JACK MATHIESON	90-94	200M	BREASTSTROKE	22.04.2007	007:39.77	NSH
JACK MATHIESON	90-94	200M	BREASTSTROKE	01.04.2007	007:52.78	NSH
JACK MATHIESON	90-94	200M	BREASTSTROKE	24.02.2007	009:12.89	NSH
JACK MATHIESON	90-94	400M	BREASTSTROKE	24.02.2007	018:47.12	NSH
JACK MATHIESON	90-94	800M	BREASTSTROKE	24.02.2007	038:14.90	NSH
JACK MATHIESON	90-94	800M	FREESTYLE	24.02.2007	038:14.90	NSH

Long Course Relays 12/2/07 - 31/5/07

Gender	Age Group	Distance	Stroke	Date	Time	Club
FEMALE	160-199	4 X 50M	FREESTYLE	04.05.2007	002:00.95	Seaside Pirates
MALE	160-199	4 X 50M	MEDLEY	21.04.2007	001:56.33	Seaside Pirates
MIXED	160-199	4 X 50M	FREESTYLE	22.04.2007	001:50.21	Powerpoints
MIXED	160-199	4 X 50M	MEDLEY	04.05.2007	002:03.33	Powerpoints
FEMALE	280-319	4 X 50M	MEDLEY	04.05.2007	003:23.14	Darwin
MALE	280-319	4 X 50M	FREESTYLE	22.04.2007	002:17.02	Warringah Masters
MALE	280-319	4 X 50M	MEDLEY	04.05.2007	002:45.82	Warringah Masters
MALE	280-319	4 X 50M	FREESTYLE	07.04.2007	002:14.26	Miami Masters
MALE	320-359	4 X 50M	FREESTYLE	24.02.2007	002:49.85	Twin Towns
MIXED	320-359	4 X 50M	FREESTYLE	04.05.2007	003:24.56	Twin Towns
MIXED	320-359	4 X 50M	FREESTYLE	25.02.2007	003:31.96	Osborne Park

NATIONAL RECORDS (cont.)

Short Course Individual 12/2/07 - 31/5/07

Swimmer	Age group	Distance	Stroke	Date	Time	Club
MITCHELL PATTERSON	20-24	100M	BUTTERFLY	25.03.2007	000:54.91	NSP
NICH O'REGAN	20-24	25M	BACKSTROKE	24.03.2007	000:19.12	QPN
PIA BRASHER	25-29	25M	BUTTERFLY	17.03.2007	000:15.35	QRT
SCOTT PRENZLER	30-34	25M	BACKSTROKE	24.03.2007	000:14.24	QAL
SCOTT PRENZLER	30-34	25M	BREASTSTROKE	24.03.2007	000:14.19	QAL
LYNNE HAYES	35-39	100M	BUTTERFLY	24.03.2007	001:06.23	QEN
LYNNE HAYES	35-39	25M	BUTTERFLY	24.03.2007	000:13.65	QEN
LYNNE HAYES	35-39	50M	BUTTERFLY	24.03.2007	000:29.81	QEN
MATTHEW BROWN	35-39	25M	BUTTERFLY	24.03.2007	000:12.62	QAL
MATTHEW BROWN	35-39	25M	FREESTYLE	24.03.2007	000:11.93	QAL
THOMAS J SCOTT	35-39	25M	BACKSTROKE	22.04.2007	000:15.23	SAM
HELEN CHESSWAS	40-44	25M	BUTTERFLY	12.02.2007	000:15.08	QBN
HELEN CHESSWAS	40-44	25M	FREESTYLE	12.02.2007	000:13.61	QBN
MARK STOCKWELL	40-44	25M	BUTTERFLY	24.03.2007	000:12.82	QYP
MARK STOCKWELL	40-44	25M	FREESTYLE	24.03.2007	000:11.74	QYP
KATHERINE CLEVELAND	45-49	25M	FREESTYLE	24.03.2007	000:14.39	QNB
ALAN F GODFREY	50-54	100M	INDIVIDUAL MEDLEY	25.03.2007	001:06.70	NTS
ALAN F GODFREY	50-54	200M	FREESTYLE	25.03.2007	002:07.77	NTS
ALAN F GODFREY	50-54	50M	BACKSTROKE	25.03.2007	000:31.66	NTS
CLIVE ROBINSON	50-54	25M	BREASTSTROKE	24.03.2007	000:15.04	QMM
MARILYN EARP	55-59	50M	BUTTERFLY	25.03.2007	000:35.25	NWG
TRACY CLARKSON	55-59	25M	BACKSTROKE	24.03.2007	000:18.76	QBN
BARRY SEYMOUR	60-64	200M	FREESTYLE	25.03.2007	002:19.33	NML
JAN WICKS	60-64	25M	BREASTSTROKE	24.03.2007	000:17.36	QAC
ANNE CRESSWELL	65-69	25M	BUTTERFLY	12.02.2007	000:22.35	VMV
ANNE MCKENZIE	65-69	25M	BREASTSTROKE	24.03.2007	000:24.79	QSC
COLIN MAYRHOFFER	65-69	100M	BUTTERFLY	15.03.2007	001:21.86	WCM
COLIN MAYRHOFFER	65-69	200M	BUTTERFLY	15.03.2007	003:13.59	WCM
DAVID DURRANT	65-69	25M	FREESTYLE	24.03.2007	000:14.06	QMM
JENNY SPRAGG	65-69	100M	BREASTSTROKE	24.03.2007	001:44.05	QFH
JENNY SPRAGG	65-69	25M	BREASTSTROKE	24.03.2007	000:21.67	QFH
JOY C PAGE	65-69	50M	BREASTSTROKE	22.04.2007	000:47.24	SAT
MICHAEL GRAY	65-69	25M	BACKSTROKE	22.04.2007	000:18.21	SMR
MINNIE SMITH	65-69	25M	BACKSTROKE	24.03.2007	000:22.21	QTT
JOHN CRISP	70-74	100M	INDIVIDUAL MEDLEY	24.03.2007	001:20.43	QMM
JOHN CRISP	70-74	25M	FREESTYLE	24.03.2007	000:14.62	QMM
JOHN CRISP	70-74	50M	BUTTERFLY	24.03.2007	000:36.24	QMM
JOHN CRISP	70-74	50M	FREESTYLE	24.03.2007	000:31.29	QMM
TONY GOODWIN	70-74	100M	BREASTSTROKE	25.03.2007	001:24.13	NML
TONY GOODWIN	70-74	50M	BREASTSTROKE	25.03.2007	000:38.12	NML
TRICIA LIDDY	70-74	200M	INDIVIDUAL MEDLEY	12.02.2007	003:45.63	QTT
TRICIA LIDDY	70-74	25M	BACKSTROKE	24.03.2007	000:22.25	QTT
AILS A DUNCAN	75-79	25M	BUTTERFLY	24.03.2007	000:27.71	QSC
PIETER VAALBURG	80-84	25M	BACKSTROKE	22.04.2007	000:24.65	SAM
ARTHUR THOMAS	90-94	100M	BACKSTROKE	12.02.2007	002:22.96	QTT
ARTHUR THOMAS	90-94	100M	FREESTYLE	12.02.2007	001:56.86	QTT
ARTHUR THOMAS	90-94	200M	BACKSTROKE	12.02.2007	005:38.54	QTT
ARTHUR THOMAS	90-94	200M	FREESTYLE	12.02.2007	004:26.25	QTT

NATIONAL RECORDS (cont.)

Short Course Individual 12/2/07 - 31/5/07

Swimmer	Age group	Distance	Stroke	Date	Time	Club
ARTHUR THOMAS	90-94	25M	BACKSTROKE	24.03.2007	000:30.01	QTT
ARTHUR THOMAS	90-94	25M	FREESTYLE	24.03.2007	000:22.09	QTT
ARTHUR THOMAS	90-94	400M	FREESTYLE	12.02.2007	010:33.74	QTT
ARTHUR THOMAS	90-94	50M	BACKSTROKE	12.02.2007	001:02.53	QTT

Short Course Relays 12/2/07 - 31/5/07

Gender	Age Group	Distance	Stroke	Date	Time	Club
MIXED	240-279	4 X 100M	FREESTYLE	25.03.2007	005:06.54	Warringah Masters
FEMALE	280-319	4 X 25M	FREESTYLE	12.02.2007	001:39.36	Darwin

POSTAL SWIMS

Date	Details	Contact
1 May – 30 Jun	Bunbury 3 x 400m Winter Postal PS07/01 400 FR, 400 Ba, 400 Bu/BR, 3 swims not required to be done at once	Gita Neumann Neumann@iinet.net.au
1 Jun – 30 Sept	Baddaginnie AUSSI Animal Event PS07/02 800 Fr, 200 Br, 200 Ba, 200 Bu, 400 IM- all in one day	Shirley Mc Farland mcfarls@alphalink.com.au
1 Jul – 31 Aug	Murrumbidgee Monster Medley PS07/06 2000m Medley swam as 500m of each stroke in medley order	Robert Trembath Robert_trembath@hotmail.com
1 Sep – 31 Oct	Aqua Jets (QLD) The Taskmaster PS07/03 800m, 1500m, 1 / 2 hr, 1 hr, any stroke. 25m or 50m pool	Sharen Smith ssmit175@eq.edu.au
1 Oct – 30 Nov	Swim Like a Legend PS07/08 Swim 7 events in which Australian swimmers won Olympic medals between 1900 & 1956 one after another.	Donna Anderson donna.anderson7@bigpond.com

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(03) 9399 8861

or by email at: ceo@aussimasters.com.au

BRANCH CONTACTS

Branch	Address	Phone	Website
National	148A Ferguson Street, Williamstown, Vic 3016	(03) 9399 8861	www.aussimasters.com.au
ACT	Refer to NSW Branch		
NSW	PO Box 6941, Silverwater NSW 2128	(02) 8116 9716	www.aussimastswimnsw.org.au
NT	PO Box 418, Parap NT 0804	(08) 8981 5919	www.nt.aussimasters.com.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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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 posted to the national office at:
148A Ferguson Street
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by 31 August 2007.

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CONTACT DETAILS



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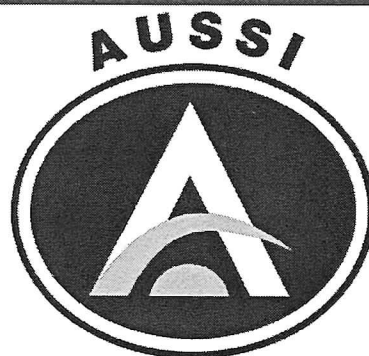
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