



# PLATYPUS PRESS

## - Moving ahead

### April 2017

FITNESS, FRIENDSHIP AND FUN

## Summers 2017 Roundup

Summers 2017 – a great meet with a growing participation of our masters friends from interstate.

Powerpoints and Malvern Marlins from Victoria and a team from NSW, the Warringah Masters, joined competitors from Tasmanian Masters Clubs for MST's 33<sup>rd</sup> Summer, Long Course Championships.

Personal bests were the highlights for many competitors at the championships.

The personal bests were complemented by the breaking of 33 individual and 4 MST relay records. Three Victorian records (story on page 4) added to the total record breaking haul.

On an age group basis, there were a total of 208 events contested. Of these, 63 were won by members of the Hobart Aquatic Centre team, 51 by Launceston, 41 by Tomatoes Swim and 21 by Hobart Dolphins. The remainder were shared

between Talays, Powerpoints and Malvern Marlins and Warringah Masters and the Van Diemens club.



Members of the Tomatoes Club had the highest average FINA points per swim followed by, Hobart Aquatic Centre and Launceston.

The champion club, for a 2nd year in a row was Hobart Aquatic. This is their 7th win. Launceston have previously won the trophy 11 times.

The new Norfolk trophy was won by Tomatoes swim the 2nd time in the last 3 years.

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## Summers 2017 Roundup

(continued from page 1)

Swimmers of the meet were Amanda Duggan (for the 7th time) from Tomatoes Swim and Maciej Slugocki (6th time) from Hobart Aquatic.

The top record breaking club was Hobart Aquatic with 19 of the individual records plus three relay records. Launceston club members broke 8 records plus 1 relay, Talays three and Tomatoes 3

Nine swimmers each broke three records while 6 broke 1 each.

### Individual Records by Club

Club	Records
TAC	19
TLC	8
TTL	3
TTS	3
<b>Grand Total</b>	<b>33</b>

### Club Relay Records

Club	Records
<b>TAC</b>	
<b>280-319</b>	
Male	
Freestyle	1
Mixed	
Freestyle	1
Medley	1
<b>TAC Total</b>	<b>3</b>
<b>TLC</b>	
<b>240-279</b>	
Female	
Freestyle	1
<b>TLC Total</b>	<b>1</b>
<b>Grand Total</b>	<b>4</b>

For a change this year there were more men's records broken, mainly because of the dominance of male swimmers from Hobart Aquatic.

### Individual records by Club and Gender

Club	Female	Male	Total
TAC	4	15	19
TLC	8		8
TTL	3		3
TTS	3		3
<b>Total</b>	<b>18</b>	<b>15</b>	<b>33</b>

Fifteen competitors at the Summers contributed to the record haul of 33.

### Individual Record Breakers

Competitor	Records
AMANDA DUGGAN	3
ANNE HORNER	3
ANNIE LATCHFORD	3
CONNIE FRYDRYCH	3
DAVID SPINKS	3
KAY NEILL	3
MACIEJ SLUGOCKI	3
TERRY SMITHURST	3
TONY FORMAN	3
ALLAN NICHOLS	1
ALWYNNE	1
MCMAHON	1
HARALD GATENBY	1
PHILIP TYRELL	1
ROS DILLON	1
SARAH LYONS	1
<b>Total</b>	<b>33</b>

For more Summers 2017 stories see page 6

## Our 2016 AGM

The Branch's Annual General Meeting was held on Saturday, 25 March at the Hobart Aquatic Centre.

Our new Branch President is Pauline Samson – Platypus Press extends its congratulation to Pauline on her election.

Don Reynolds served as our Branch President for the last four years, the Constitutional limit, so was unable to stand for re-election. We all thank Don for his contribution as President over the past four years. Don will continue his role with the Branch as our Technical Director.

The Committee welcomes John Pugh as our Coaching Officer. Philip Tyrell did not stand for re-election for family and business reasons. Before concluding his term, Philip shepherded through the Branch's new Coaching Development Strategy which will be launched in the 2<sup>nd</sup> quarter of this year.

The members of the 2017 Branch Management Committee are:

President – **Pauline Samson**  
 Secretary – **Mendelt Tillema**  
 Treasurer – **Maciej Slugocki**  
 Recorder – **Pauline Samson**  
 Coaching Officer – **John Pugh**  
 Safety Officer - **Mendelt Tillema**  
 Publicity and Promotions Officer (including Social Media) - **Maciej Slugocki**  
 Public Officer and Registrar - **Ray Brien**

## Some thoughts from MST's new Branch President PAULINE SAMSON

Welcome to another year of fitness, fun and competition. Some members have already participated in the National Championships on the Gold Coast and the Summer Long Course Championships in Hobart and some are well into their Endurance 1000 swims.

There was talk on the pool deck about the FINA World Masters Championships later in the year in Budapest and who was going, with one swimmer looking forward to celebrating a special birthday at this meet.

At the recent Annual General Meeting, a number of positions changed and the office bearers for 2017 are listed in this edition. These people will meet regularly to discuss what matters to masters swimmers, increasing membership and participation and coaching.

Recently, the constitution had a 'makeover' with some sections being updated to reflect what we actually do at Branch and Club level. This will be published on the website and can be perused along with a range of policy documents.

If you have any 'good ideas' on how the Branch and Clubs could do things better, then drop us a line on the Branch email address. For example, we had a request to allow swimmers to swim more than one event at the Long Distance meets (to make it economically viable and attractive for someone who has to travel) and after

some discussion, the Branch committee agreed to trial this idea at the next meet. See the article on page 8.

I wish you a successful and safe 2017 in and out of the pool and hope to catch up with many of you at the upcoming Short Course Long Course Championships in Launceston.

*Pauline*



## CLUB DEVELOPMENT AND MEMBERSHIP RECRUITMENT

At its meeting of 25 March, the Branch Management Committee discussed the issue of club development and membership recruitment.

Currently the Branch has neither a club development nor a membership recruitment strategy. The strategic and development work that has been undertaken points strongly for the

need to develop and put in place such strategies.

The Management Committee therefore decided:

- To seek and appoint a volunteer to develop, in conjunction with the clubs, a Club Development and Membership Recruitment strategy.

Club Presidents will shortly be asked to suggest suitable members to the MBC to undertake this development strategy.

In the meantime, if you are interested please contact Maciej Slugocki who is responsible for the Branch's Strategic and Development plan via the branch [email](#).

Development of this strategy will not be easy and is expected to take several months. In this circumstance, the Management Committee decided to implement an interim strategy called **e4E** – Swimming – Exercise 4 Everyone

Details of the e4E strategy are set out in full on Page 10 of this edition of Platypus Press.

## VALE MARGARET NEAL



**Masters Swimming (Tasmania) wishes to acknowledge the passing of Margaret Ann Neal, respected Tasmanian swimming coach, on 24 March 2017.**

Margaret was a silver level National swimming coach, who coached in Tasmania for over 50 years, and was named the Tasmanian Coach of the Year on three occasions.

Most often known for her involvement with the Sandy Bay Swimming Club, considered the oldest one in Australia, Margaret was its head coach from the 1960s until 2011. Margaret helped to instigate the establishment of the Sandy Bay Masters Swimming Club and coached the newly established club in its formative years.

She was a skilled, passionate and (at times) controversial coach, whose outstanding efforts resulted in her pupils winning countless state and National medals and records.

Margaret made an impressive and passionate contribution as a coach of beginners, national-level and masters swimmers, and made a lasting impression on the lives of many.

The number of swimmers and their families at her funeral was a testament to her commitment to our

sport, although also remembered fondly as someone who called 'a spade a shovel'.

Margaret could be at times be a bit unconventional and she had her way of doing things, but the reality is that she helped numerous individuals swim to their capacity and to excel.

While she spent a year training in the US with Charlie Sava, she turned down offers to coach at the Australian Institute of Sport and with the national team to the world championships.

Our thoughts are with Amanda, Carolyn, Geoffrey, Danny and their families, at this difficult time, and we thank them for letting swimming be such a big part of Margaret's and their lives.



Allan Nichols

**Hobart Aquatic Masters Swimming Club**

## August 2017 FINA Worlds in Budapest

*Open Water – 2-3 August 2017  
Pool – 8-14 August 2017*



[All the details](#)

## Advertising

Platypus Press provides an opportunity for clubs to list their events, training sessions and share some gossip.

We are not averse to some paid advertising but are happy to support, in a limited way, the commercial activities of our members.

# SUE MAYNE

## Tasmania's top individual record breakers

(1979 to 2016 inclusive)

**Sue Mayne is our Masters Swimming Tasmania top record breaker.** In her career as a masters swimmer, Sue has broken or set an amazing 241 branch records.

Sue broke her 1<sup>st</sup> record on the 23<sup>rd</sup> of February 1996 in the long course zoom freestyle. Since then, Sue has gone on to break another 240 branch records. Her records and versatility cover the full range of events from the 25s to 1500s.



**Sue Mayne (left) with Pauline Samson receiving her Swimmer of the Meet trophy Summers 2016**

Sue has also broken many national Masters records but that is a story for another time.

Our records data base stretches back to 1979 with the first recorded, (in the records portal) being by David Gerrand of the Launceston

Lemmings. David set this record in the short course 100 butterfly, 30-34-year age group in a time of 1:07.69.

Since that first record a further 5,251 records have been set and broken.

### Sue's Tasmanian records Year by Year

Year	Records
1996	14
1997	16
1998	13
2001	1
2002	14
2003	11
2004	2
2005	11
2006	23
2007	19
2008	25
2009	14
2010	9
2011	27
2012	15
2013	2
2014	1
2015	6
2016	18
<b>Total</b>	<b>241</b>

**Our second greatest record breaker is John Pugh** from Launceston Lemmings.

John's record tally is 210 records with his first recorded record dating back to 1987.

Sue and John are our two, record breaking, double centurions.

They are followed by six record breaking centurions. Maciej Slugocki (186), Garth Slade (114), Justine Bamford and Diane Perndt both with 108, Janet French (102) and Costan Magnussen (101).

Since that first recorded record in 1991, 449 Tasmanian Masters swimmers have broken our records. It will be interesting to see who our 500<sup>th</sup> record breaker will be.

### Sue Mayne – we salute you.

Your achievements in the pool are ones we are all proud of.



## Armstrong Blitzes Victorian Backstroke Records

In a tour-de-force of backstroke swimming, Graeme Armstrong once again set new Victorian records in the 65-69 year category at the Tasmanian Summer Championships.



Graeme's backstroke improves every week as he sets new records each time he gets in the pool. At the Tasmanian Summers he set new backstroke records in the 50 with a swim of 35.87, the 100 in a time of 1.20.24 and the 200 in 2:57.42.

The 50 and 100 records that Graeme broke were ones he had already broken five weeks earlier in the Victorian championships.

So far this year, Graeme has set a total of five new backstroke records. These were formerly held by Patrick Devine who is well known to Tasmanian masters swimmers.

Graeme has lowered the 50m record from 38.05, Patrick's old record, to 36.28 and now to 35.87.

Graeme also lowered the 100 m record twice, firstly from 1:23.28, set by Patrick Devine, to 1:21.81 and for a 2<sup>nd</sup> time to 1:20.24.

**Congratulations Graeme from  
MST and Platypus Press.**



## NSW and Victorian Clubs at the Tasmanian Summers

MST was very pleased to host three interstate clubs at the 33<sup>rd</sup> Tasmanian Long Course Summer Championships - Powerpoints and Malvern Marlins from Victoria and Warringah Masters from NSW.

MST thanks the clubs and members for their participation and we hope you enjoyed the meet and the Tassie experience.



### Powerpoints Visitors

**Yvonne Egan-Davidson, Erika  
Gosney, Brett Davidson, Graeme  
Armstrong and David Cowie**

## Summers news from the Hobart Dolphins



An enthusiastic team of Dolphins participated in the 2017 Summer championships. The nine member team was made up of the two Club Coaches, Steve Richards and Peter Tucker, together with Michelle Sampson, Annaliese Cousins, Katherine Daft, Di Gregory, Judi Adams and Jan Chew.

Congratulations and well done to all of those who competed, enjoying the friendly spirit and camaraderie amongst friends.

The HIGHLIGHT of the Meet for the Hobart Dolphins Club was, without a doubt, witnessing our fellow Dolphins rising and meeting the TASMANIAN IRON SWIM CHALLENGE set by Peter Tucker our fearless butterfly and Coach.

TEAM Tucker, Richards, Gregory & Sampson together with Ray Winstanley of the Tomatoes Club each swam the individual events of 50, 100 and 200m Butterfly with the 200m and 400m Individual Medley.

WHAT a mammoth and awe-inspiring effort!! They all completed the 5 swims and swam some good times with the "game on" now between each to better next time!

Peter presented a great TSHIRT to each commemorating the challenge. He then put it out there for other swimmers to participate next time round and hinted that maybe the SC Winters would be an ideal starting point.



With swimmers participating in Peters challenge, the presentation of Medals for the first three swimmers in their age-group made for an interesting turn away the predictable usual outcomes.

### Club Medal Winners

Female 40-44 yrs.: Michelle and Annaliese shared the GOLD

Female 55-59 yrs: Di Gregory SILVER

Female: 75-79 yrs : Jan Chew SILVER

Male: 60-64 yrs: Peter Tucker SILVER

Congratulations and WELL DONE to everyone.

Katherine Daft



**Fina**  
WATER IS OUR WORLD

## *New event arrangements at the Short Course, Long Distance Championship Launceston - 20 May 2017*

Our new Branch President, Pauline Sampson recently received a request from Rosa Montague from the Melbourne Powerpoints Club.

"I am going to suggest something that is probably out of bounds for a Victorian to be putting forward to a Tasmanian. But, if you don't ask, you don't get and I grew up in the north of England where people are very down to earth! So here goes:

I am hunting around for distance meets (400 and 800 swims) to compete in before Worlds but the sprinters have it all their way in most meets that are on between now and August. Then, I spotted the Tassie distance meet in May, but I know that Tassie lets swimmers enter only one event which makes for a very expensive 400 free. It would cost the same if I could do a 400 and an 800 free, of course, but somehow it would feel less profligate!

Is there any chance that swimmers could do two events? Especially if they were both free."

Well Rosa, the Tassie Management Committee considered your request and there is both good and bad news.

22nd short course  
long distance  
championships  
T A S M A N I A

Unfortunately, nothing is free so we still have to charge for entries to the long distance meet. (We know that that is not what you meant by "free" but Platypus Press decided to have a bit of fun.)

The good news is that we have a very special deal for you.

Our long distance program is made up of three events, 1,500m, 800 m and 400 m. The 400 was introduced a number of years ago to encourage competitors new to distance swimming who were daunted by swimming an 800 or 1,500. Their introduction to distance racing could therefore be a 400.

**We have decided that,** at the discretion of the meet director, **competitors may enter any two events if they so wish.**

Normally to enter our long distance meet we charge \$15 for an entry but if we allow additional entries then pool hire charges will increase. The entry fee structure will change in that there will be a \$5 registration fee plus \$10 per event. If you just enter one

event the charge, as in the past, will still be \$15.

This decision currently only applies to the 20 May 2017 long distance meet. The Branch Management Committee will review this new entry arrangement and, based on the experience of the May meet, decide on its continuation or otherwise.



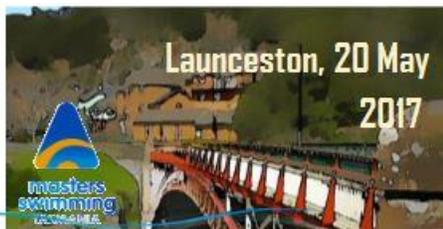
## **Back issues of Platypus Press and MSA E-News**

If this is your first time reading Platypus press, you can see our [back issues](#) on the MST web site.

Back editions [MSA E-news](#) are also available.



Newsletter of Masters Swimming Tasmania



## HUON VALLEY AQUATICS

*Our newest masters swimming club*



Huon Valley Aquatic, with an MSA club code of THV, is a regional swimming club based in the Huon Valley. We are proud of our claim to being the most southern swimming club in Australia. We provide a safe, fun, friendly and supportive environment for individuals to realize, and be recognized for, their personal, team and group goals and achievements.

Our aim as a club is to raise the profile of the sport of swimming in the Huon and Channel region by:

- Making swimming available and affordable to all families in our rural community
- Providing pathways for the development of -
  - Swimmers
  - Coaches
  - Officials
  - Committee members
  - Volunteers
- Developing friendships, teamwork and community spirit
- Engaging with the Huon and Channel community and local authorities to maximize our

opportunities for promotion of the sport of swimming.

HVA currently have around 60 swimmers between the ages of 8 and 16 years. Affiliating with Masters Swimming helps us to realize our aim by providing us with

the opportunity of expanding the age group of our members thus making swimming a sport for all the family.

We are lucky to have access to two pools in the Huon Valley – an outdoor 50m pool at Huonville for summer training and a 25m indoor pool at Port Huon which is open all year round and provides us our training facility for the winter season. Port Huon also has a fully equipped gym and courts for out-of-water training.

Winter training sessions will begin after the Easter break at the Port Huon pool on Mondays, Tuesdays and Thursdays from 6.00 pm. We are investigating the possibility of some early morning sessions as well but that will be dependent upon the level of interest.



We have two major club events on our annual calendar that are held at the Huonville pool – the Huon Medal Meet held in February and our club championships held at the end of March. This year's Medal Meet was a huge success with over 160 entrants including several older, unattached swimmers who we are targeting as potential members for our Masters group.



Our Head Coach Sharon Smith currently swims with Tomatoes in Hobart and has been the major force behind our decision to expand into the world of Fitness, Friendship and Fun. While we have a small number of swimmers who have been meeting and swimming together socially, registering as a Masters swimmer opens up a world of opportunity for new experiences and for HVA to be represented at official Masters events.

It is early days yet for THV Masters and we are slowly finding our feet. If you are in the Huon Valley and would like to know more about our club you can contact Tania Shilcock (Secretary) on 0408 321 714 or find us on [Facebook](#)

We **H**ave Fun

We **V**alue Commitment and Perseverance

We **A**chieve Our Personal Best



# e4E

## Swimming

### exercise 4 Everyone

#### What is e4E?

e4E is the Masters Swimming Tasmania, Community Swimming Outreach Program designed to increase adult participation in Masters Swimming.

#### Is there any funding available for outreach activities?

Yes! MST has a Club Development Grants program specifically designed to assist Clubs to explore their surrounding communities, engage with them and offer support for those that have not taken the initiative themselves to have a dip and start doing some laps.

#### What are the E4E target groups?

This is up to each individual club to determine but it is envisaged that clubs could engage with local health providers and associated clinics, community centers, even bridge clubs – it just requires some brain storming by club committees.

How does a club develop their own E4E program and how does a club take advantage of the funding made available by MST?

Step 1. Think hard about what your club is capable of offering, when and at what cost.

Step 2. Identify some target groups in your or nearby communities which

you think could be linked into your concept

Step 3. Design your strategy including any funding requirements which meet the guidelines of the Club Development Grants program.

Step 4. Document all of the concepts you have come up with in Steps 1, 2 and 3 and submit them for consideration at the next Branch Management Committee meeting.

#### What happens next?

Provided a club's submission is received by the BMC at least seven (7) days prior to a scheduled meeting, the proposal will be considered at the following BMC meeting. Ideas generated by clubs will also provide input into the Club Development and Membership Recruitment Strategy.



Next Edition

The deadline for contributions to the next edition of Platypus Press is Wednesday, 2 June 2017.

Platypus Press would like to publish more profiles of our members. Why not either write something up about yourself or write a profile of one of your club members and include some photos.

News of your club's activities and future plans is always welcome. Submit your contributions to the MST [mailbox](#).

### Between now and the end of the year

**WA State Long Course Championships – 29 & 30 April at HBF Stadium**

**The Great Barrier Reef Games on 26 & 27 May in Cairns**

**Tasmanian Winter Short Course Championships, 19 & 20 August in Launceston**

**SA Short Course State Cup, 22 October and SAALC**

# PHOTO GALLERY - FROM SUMMERS 2017



The winning club team  
Hobart Aquatic Center Masters SC



Female Swimmer of the Meet  
Amanda Duggan



While words of tribute were being paid to our  
outgoing Branch President Don Reynolds



Ben Carpenter accepting the New Norfolk Shield



**President Samson pushing John Pugh into accepting his age group championship medal from Meet Director Phil Tyrell**



**Maciej Slugocki  
Male Swimmer of the Meet**



**Steve Pendlebury, Pauline and the  
Endurance 1000 Trophy**



**Kay Neil wanting more!**



**Must have been a strong wind  
Mendelt Tillema and Phil**



**Congratulations Ray Winstanley**



**Well done Jan Chew**



**Michelle Brook. Is that a red rose Phil is holding?**



**Greg Newitt TVA**



**Well Done Diane Gregory**



**A fine pair of breaststrokes  
Steven Aird and Bill Woodworth**



**Connie Frydrych, Alwynne McMahon, both TLC,  
gold**



Michelle Sampson, Annaliese Cousins, THB

Congratulations Diana McHenry



Brothers in arms  
Tony Forman and Mendelt Tillema



And the last words go to Meet Director Philip  
“Thanks and congratulations on your participations in Summers 2017”