



PLATYPUS PRESS

- Moving ahead

March 2017

FITNESS, FRIENDSHIP AND FUN

Our 2017 AGM

Our 2017 Annual General meeting is being held in Hobart on Saturday 25 March at the Hobart Aquatic Centre.

We will be considering reports on our 2016 activities from our office bearers including the Branch's financial statements.

The office bearers on the Branch Management Committee (BMC) for 2016 were:

- President – **Don Reynolds**
- Secretary – **Ray Brien** (till 22 May 2016); and (from 23 May 2016) - **Mendelt Tillema**
- Treasurer – **Maciej Slugocki**
- Recorder – **Pauline Samson**
- Coaching Officer – **Phillip Tyrrell**
- Safety Officer - **Mendelt Tillema**
- Publicity and Promotions Officer (including Social Media) - **Maciej Slugocki**;
- Public Officer and Registrar - **Ray Brien**

Platypus Press thanks our 2016 office bearers for their work on behalf of all members of MST.

What you will notice is that several of our office bearers undertook the duties of more than 1 position during 2016.

As usual the BMC would like to see the work shared around a greater number of members so you should not hesitate to offer your services.

A number, if not all, of our office bearers, will be offering to take up roles in the Branch for 2017 but don't let that stop you from offering to assist.

Have a talk to your Club President or Secretary, or one of the current BMC members to find out how you could help grow MST in Tasmania by joining the management committee.

YOU ARE NEEDED

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Roundup of Nationals 2017



HOW GLORIOUS IS THIS

The team from Tasmania at Nationals 2017 was:

Eight Launceston Lemmings

Ashley Brook, John Towers, Robert Tucker, Sarah Lyons, Michelle Brook, Christine Brown, Diana McHenry and Ketrina Clarke;

Four Tomatoes Swim

Andrea Wolfert, Sophie Witter, Shelley Pooley and Sharon Smith;

Three Hobart Dolphins

Catherine Daft, Diane Gregory and Jan Chew; and

Two Hobart Aquatic Centre Masters

Maciej Slugocki and Philip Tyrell

Ketrina Clarke from Launceston had a fantastic meet and her triumphs would have been spread over 4 days had she not returned to Tasmania to look after her squad at the Swimming Tasmania Championships on days 3 and 4.

Here is a day by day recount of what went on.

Day 1 saw Katina win two national titles - 1st in both the 200 Butterfly

and 800 Freestyle events. Sarah Lyons (L'ton) achieved a 3rd in the 50 Backstroke, Christine Brown (L'ton) two 3rd's in the 50 Back and 800 Freestyle, and Maciej Slugocki (Hob Aq.) a 3rd in the 800 Freestyle.

Five Tasmania records were also broken on day 1, three by Maciej Slugocki (800 Free, 400 Free (split in the 800) and in the 50 Back), Ketrina in the 800 Free and Robert Tucker who broke the 50 Back record only to see it broken by Maciej in a later heat.

The team from Launceston followed up Day 1 with another great day of racing, medals and records.

There were seven individual podium finishes for the Launceston team lead by Ketrina Clarke with 2 golds (400 IM and 100 Fly). Christine Brown followed up with a 2nd in the 100 Free and a 3rd in the 200 Back.



AND THIS AS WELL

Sarah Lyons continued her good form with a 3rd in the 100 Free and Ashley Brooke recorded a 2nd in the 400 IM and 3rd in the 200 Back. Maciej Slugocki from Hobart Aquatic finished the day with a 2nd in the 200 Back and a 3rd (in the 100 Fly).

As for records, there were a few more broken on the 2nd day

Maciej Slugocki was prominent again with 2 records in the 200 Back and the 100 Fly, Ketrina Clarke with 2 in the 400 IM and 100 Fly, Ashley Brook in

the 400 IM and Robert Tucker in the 200 Back only to see it broken by Maciej in a later heat.

So now we turn to Day 3

Our podium finishers on the 3rd day were Sarah Lyons with two, a 2nd in the 100 Back and a 3rd in the 50 Fly, Christine Brown with a 2nd in the 50 Fly and Maciej Slugocki with a 2nd in the 100 Bk and a 3rd in the 400 Free.

There were two record breakers and 6 records broken on the 3rd day, both by members of the Hobart Aquatic club. Philip Tyrell broke two - 400 Free and the 200 at the split. Maciej swam in a later heat and subsequently broke both the of the new marks set by Philip. In addition, Maciej broke a further 2 Tasmanian records in the 100 Bk and the 200 Br.



Day 4 saw a gold to Sarah from the Launceston Lemmings on her 1st place in the 200 IM.

Our other podium finishers on the final day of Nationals were from Launceston Christine Brown with a 2nd in the 200 Free, Ashley Brook with a 2nd in the 200 Free and a 3rd in the 200 IM and Maciej Slugocki from Hobart Aquatic with his 2nd in the 200 IM.

Our record breakers on the last day of Nationals were Maciej Slugocki with 3 (200 Free, 200 IM and 100 Br). Robert Tucker (200 IM and 50 Free) and Philip Tyrell (50 Free).

Congratulations to all members of the club teams from Tassie!!!!

5,746 Branch Records (1979 to 2016 inclusive)

That is the impressive tally of records set and broken by our club members over the years 1979 -2016.

Of these, 494 are relay records while 5,252 there were individual records. In all probability, there are more records that should be recorded as data from the very early years is incomplete.

In future editions of Platypus Press we will tell you a bit more about our individual record breakers. In this edition, we want to cover the record breaking efforts in a general way.

On a national basis, MST club members have broken 284 national records but that is a story for another edition.

Over the years our record breakers have come from all our 11 constituent clubs. (Sandy Bay, Oceana and New Norfolk are the clubs that no longer exist).

During the early years, 1979 – 1987, the dominant record breaking club was Devonport whose members broke 82 of the 185 records broken over that period.

Over the last ten years Hobart Aquatic Masters has emerged as the leading club with the most records broken in eight of the last ten years.

Over those 10 years, 2007-2016, 2,011 records were broken with Hobart Aquatic topping the list with

783, followed by Launceston with 451, and Talays with 418.

The most prolific years for record braking was 2008 when 326 individual records were broken. In a remarkable effort in 2008, Hobart Aquatic members broke 158 of those records. The next most prolific year was 2007 with 302 records broken followed by 2010 with 231, 1997 with 221 and 2005 with 218 records broken.

Data shows that over the very early years between 1979 till the end of 1986, members of MST clubs had broken 75 records - Launceston 35, Devonport 33, Hobart Dolphins 5 and Talays 2.

During 1987 to 1991 Hobart Dolphins were the dominant club with its members setting 307 records over that period. Launceston members broke 201 and Devonport 162. This period saw the emergence and rise of Talays with 38 records and New Norfolk with 11 as powerful clubs. Over these years, MST data indicates the members of the Sandy Bay club broke 2 records and Oceana 1. Those 5 years saw a total of 722 records broken.

The years 1992-1996 saw Hobart Dolphins rise to become the most powerful club with its members breaking 300 records. Launceston members broke 186 records, Talays 141 and the quickly developing Sandy Bay 120 contributing the bulk of the remaining records. New Norfolk members broke 48 records,

Devonport 18 and Burnie 2. A total of 816 records were broken in that 5-year period.

By the end of 1997 Hobart Dolphins members had broken a total of 699 records with Launceston on 449, Talays 235, Devonport 218, Sandy Bay 164 and New Norfolk 63.

1997 saw the emergence of the newly formed Hobart Aquatic Masters, based at the new Tattersalls Hobart Aquatic Centre, with a modest 2 records.

The years 1997 to 2001 saw 830 records broken with Hobart Dolphins 223, Talays 211, Launceston 124 and Sandy Bay with 121. The growth of Hobart Aquatic commenced to take shape while Oceana members broke 41 records. Devonport started to fade out with 13, Burnie 9 and New Norfolk ended 1998 with 5.

Over the years 2002 – 2006 Talays rose to dominance with its members breaking 294 records, Launceston 165, Hobart Dolphins 111, Sandy bay 98, and the now emerging Hobart Aquatic with 66, Oceana 58, Burnie 4 and New Norfolk with 1 record in it's last year as a club.

The next 5 years saw Hobart Aquatic rise to the top with a massive 518 records. Talays members contributed 312 records and Launceston 301. Hobart Dolphins (81), Sandy Bay (32), Oceana (15) who by 2008 had merged with Hobart Aquatic, and Sandy Bay (18) members continued their record breaking. In the years 2007 - 2011 a total of 1267 records were broken.

Over the years 2012-2016 Hobart Aquatic continued its dominance with 265 records, followed by

Launceston with 150, Talays 106, Van Diemens 100, The emerging Tomatoes with 80, Hobart Dolphins 30 and Burnie 13. A total of 744 records over this five year period.

So, what were the record tallies at the end of 2016?

By the end of 2016 our top record breaking club was Launceston whose members had broken 1,162 branch records, followed closely by Talays with 1,104, and Hobart Dolphins with 1,057.

In our next edition, we will see whether the fairer sex (am I allowed to say that?) has been dominant over the years and who our top individual record breaker is.

A clue is that the top record breaker is female with a total of 241 records.



**Masters Swimming
Tasmania**

You can contact us by email.

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DONNA OAKLEY

A profile in her own words



As an adult, I began to swim again after I had back surgery in 1993.

The swimming not only strengthened my back but also reminded me how much I loved the quiet time in the pool, following the black line. This was a busy time in my life, staying home but raising three very active children.

It was 2006 before I began to swim with Masters, I had completed a few open water swims and caught up with Anne Steele at these and she encouraged me to join a Masters club.

I had swum as a child but only for a few years and not terribly successfully. I nervously emailed a few but it was Harold Gatenby who answered me first and so enthusiastically!

Masters' swimming for me is naturally about personal fitness but a very important part is the social side. Some of my closest friends are now the people I swim with several times a week, a few I've known since I swam for Glenorchy all those years ago but many are new friends.

An important part of our week is always the coffee and treats we share every Saturday morning.



A lot of the highlights are the swimming trips we have enjoyed together, visiting most Australian capitals, although Darwin remains a favorite. It was also wonderful to be able to compete in the FINA world championships when they were held in Perth, Western Australia in 2008. Swimming competitively is not the daunting experience I remember from my youth, there is a lot of encouragement and support from fellow swimmers.

I swim most days during the school holidays and still manage between three and five sessions a week in term time. I have been a member of Hobart Aquatic Masters for ten years and look forward to many more years and many challenges in the future.



Thinking of a break? Try the National Swim Series 2017

The National Swim Series is one of MSA's premier national competitions aimed at participation and performance.

If you are, looking for a break, why not match it up with some racing and making new friends at one of the National Series meets.

The structure of the series is the MSA National Championships, this year held in Queensland at the Gold Coast Aquatic Centre and one nominated event from each of the states.

Two national series events have already been held. The first were the Victorian Long Course Championships with the second being our National Championships.

Three of our members feature in the series so far. **Sarah Lyons** from the Launceston Lemmings is holding down 2nd place in her category, **Katherine Daft** from the Hobart Dolphins is in 4th place while **Maciej Slugocki** is holding down 2nd in his age group.

Still a long way to go in this this year's National Series.

Between now and the end of the year

Northern Territory Championships, 1 & 2 April in Darwin

NSW Long Course Championships – 8 and 9 April at SOPAC entries close on 31 March

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

Club update from



The club concentrates mainly on the E1000 program.

- Twice a month the club hires 2 lanes on Saturday morning at the Collegiate Pool. This is usually followed by a social morning tea at the Sandy Bay Bakery
- Tuesday nights at the Clarence Pool

Members undertake informal E1000 sessions at other times, mainly at the Hobart Aquatic Centre on Monday, Wednesday Friday and Sunday mornings.

Through encouragement by Kris Apps, several members are again participating in the British one hour postal swims.

Members either train on their own or train with other clubs.

The following are contacts for the club:

Steve Pendlebury – President
0428 584 080

Perri Brereton - Vice President
0408 946 660

Pauline Samson - Recorder
0401 197 079

Feel like doing some aerobic swims?
– you are most welcome to join in.



The 3 Million Meter Man Steve Richards from the Hobart Dolphins'

Congratulations to Steve Richards who became the third member of the Hobart Dolphins to join the 3 million meter club. Steve joins Club stalwarts, Les Young and Margie Clougher in achieving this award.



Steve has been a Masters swimmer since 2011 and has recently started applying his significant technical knowledge of the sport as the Club's Sunday Coach. His personal swimming philosophy is "the longer the better" so combined with his talent for recording data, integral to his profession as a research scientist; the Vorgee million meters program presents the perfect challenge for him.

Steve was awarded the 3m meter award in 2016 but was away enjoying a family holiday at the time of the club

Xmas party so we held a special presentation at a recent post Sunday training coffee session. In fact, not only was Steve presented with the 3m meter certificate he also took home his Bunbury swim certificate, a gift to acknowledge his contribution as a coach in 2016, the club Booby prize award for 2016 (but what gets said at the Xmas party remains at the Xmas party) and to top it off he took 2nd prize in the club raffle, quite a haul.



Steve with his
3 million-meter award
Not a bad year's work!

Branch AGM Saturday, 25 March 2017

MST is holding its AGM on Saturday, 25 March 2017. The meeting will be held immediately prior to the 33 Summer Long Course Championships.

The main item on the agenda, in addition to the normal reports and election of office bearers will be consideration of an update to the Branch's Constitution.

There will be no significant changes to our structure, rather the intention is to just tidy up the current constitution, update it to make sure contemporary terminology is used, to reflect current practice and to delete those aspects that are now out of date. You can view the current version of our constitution [here](#).

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.

[Developing our Officials –
Policy details](#)

Thailand Swim Camp



As winter settles in Australia in 2017, join MSA's swim training camp in tropical Phuket. Award winning coach Alan Godfrey will assist you to attain your swimming goals. Whether you want to improve your stroke and swimming efficiency or have a goal to swim the English Channel this camp is for you.



To secure your place on this trip [complete the online booking form](#) – you will then be sent we will then sent an invoice for a \$500 deposit with the balance due April 2017. Cousins Tours & Travel are a fully licensed travel agency and can assist with your airfares, travel insurance and any pre- or post-travel arrangements.

**SAFETY
IS A
PRIORITY**

HUON VALLEY AQUATICS

*Welcome to our newest masters
swimming club*

MST welcomes the Huon Valley Aquatic Club as the newest Masters Swimming Club in Tasmania.

Club members will be training at the Huon Valley and Port Huon Pools.

The club has only been affiliated for a couple of weeks and is now busy signing up its members and setting itself up.

The club will of course be eligible for some financial assistance from the MST Club Development program.

We look forward to their official launch and as those details are finalised we look forward to supporting the club at the launch.

In the meantime, we wish the club productive recruitment and large numbers at their training sessions.

From all of us at Platypus Press and MST we look forward to meeting and seeing your members compete and helping-out in any way we can.

More in our next edition.



**National
Series
Event**

Club



Pages

[Devonport Devils](#)

[Hobart Aquatic Centre](#)



[Hobart Dolphins](#)



[Launceston Lemmings](#)



[Tomatoes Swim](#)



Membership renewal



When was the last time you checked to see whether your details on the membership portal are correct?

The details there may be out of date so it's wise to check. If you can't remember your password, check with your club President or Secretary as they have administrator access and can check for you.

Once you have your user name and password this is how you can check and update your details. From <https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=3397> select RE-REGISTRATION.



Once you log in there is an option on the menu line to update your details.

Scroll to the bottom of that screen and change your Subscriptions preference to "Yes" and then click update. **Simple as that.**



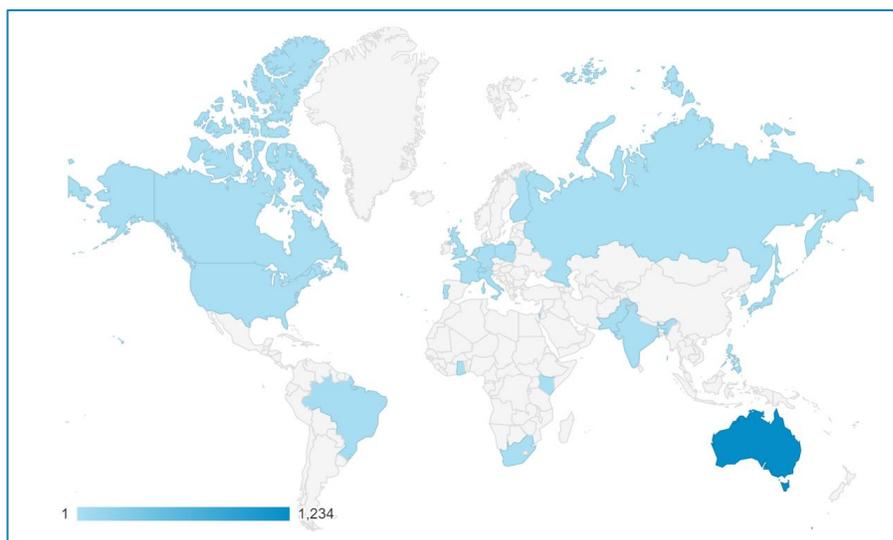
MST web site readership profile

Ever wondered where people that access the MST website live?

Google analytics provides the answer

And of course, the languages spoken in these countries – it's not hard to pick the countries that speak a form

MST website readership by location



of English –Australians, Canadians, British and South Africans but also Portuguese, French, German, Polish, Italian and Japanese.

Wouldn't it be great if this readership translated into membership?



Advertising and events

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.

August 2017 FINA Worlds in Budapest

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



[All the details](#)

SHARING THE EXPERIENCE OF A TRANS-DERWENT SWIM BY STEVE RICHARDS



The Regatta Day public holiday (13 Feb) was not the sunny, windless affair of recent years, and swimmers in the Trans Derwent slogged into a stiff westerly chop for the 1.5km, with a 16,000 tonne Navy vessel smack in the middle of the course providing an additional challenge.

Three (fool?) hardy Dolphins fronted for the swim: Pete (minus wetsuit), Michelle and Steve, with a very welcome cheer squad of Di and Kath.



With 110 swimmers and a great deal of safety to consider, the support boats ferried swimmers to Montague Bay in fairly small lots, so most swimmers were shivering before getting into the water! The majority of the field swam to the north of the Navy vessel, then curved around to the finish line, lengthening the course, although Pete says he swam pretty close to the ship and hence a lot straighter. (I swam almost directly across, taking the southern side of the boat, but it was a lonely and fairly slow swim with no company).

The obstacles and rough conditions made for slower times, with a winning time of 18 min 58 secs compared to the usual 16 min or so in past years. Times for the Dolphins were: Pete 36 min 02s (an excellent time without a wetsuit); Michelle 32 min 47s and Steve 25 min 55s.



Next Edition

The deadline for contributions for the next edition of Platypus Press is Wednesday, 29 March

Contributions are encouraged and always welcome.



Safety

**Your
Responsibility**



Our National Safety Policies

- Safety
- Heat
- Sun Smart
- Risk Management



PHOTO GALLERY - FROM OUR ARCHIVES



Sue Mayne and Pauline Samson
Presentation lunch Summers 2016



Members of Hobart Aquatic Masters
Celebrating - Summers 2012



Kris Apps in action
Winters 2015



Les Young
Masters in the Pool – July 20013



Our interstate guests from Winters 2016



Jenny Napier and Clair Slade
Checking the results – Winters 2003