



Platypus Press

July
2022

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2022 National Championships

The 2022 MSA National Championships were held at the famous 2000 Sydney Olympics pool at Homebush in Sydney 20-23 April. With the last two Nationals having been cancelled due to COVID-19, it was great to be back swimming amongst many familiar faces from interstate. There were big contingents from the mainland eastern states, with smaller numbers from SA, WA and NT. Tassie was represented by five swimmers – John Towers from Launceston Lemmings, Elisa McMillan from Hobart Dolphins, Maciej Slugocki from Tomatoes, and Brent Walker and Philip Tyrell from Hobart Aquatic.

Our swimmers did outstandingly well and figured prominently amongst the medallists. The medal summary for Tassie swimmers was 14 golds, 5 silvers, and 5 bronze, and Maciej Slugocki set three national records as well. Individual results are on the [MSA results portal](#).



Dolphins member Elisa McMillan with one of her (several) golds at the 2022 Nationals.

INDIVIDUAL RECORDS – National Championships

National records

Maciej Slugocki	200m, 400m, and 800m freestyle (70 – 74)
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MSA National Championships are a great celebration of Masters swimming, providing an opportunity for swimmers at all levels to participate. There are no qualifying times, and they are run much the same as our Summer and Winter Championships, albeit on a larger scale because of the larger number of swimmers involved (usually about 500 to 600). Typically spread over four days, they provide swimmers with an opportunity to warm up, swim an event and swim down between events without rushing from one event to the next. This gives everyone a chance to swim at their best level in each event entered, and most swimmers enter between 7 and 10 events. Nationals also provides an opportunity to watch the top-level Masters swimmers in all age-groups compete and maybe pick up some technique hints from them, or just be inspired by what they are capable of doing in the water. Nationals are also a very social occasion, allowing swimmers from all over Australia to catch up and chat about all manner of things, not just swimming.

2023 Nationals will be in Hobart on 18 to 22 April. This will be a long course meet, with 800 metres freestyle only on day 1. The rest of the program includes all the usual events from 50 metres to 400 metres as well as 4 X 50 relays for club teams. The full program will be available on the Masters Swimming Tasmania website soon. 2023 Nationals will be a great chance for our swimmers and clubs to join in with swimmers from around Australia and celebrate the sport that gives us fitness, friendship and fun.

2022 Short Course Long Distance Championships

MST members had a successful (and very enjoyable!) time at the 2022 Short Course Long Distance Championships in Launceston in June.

Swimmers came from across Tasmania and beyond to test themselves in a 25m setting. Long distance races can be intimidating, especially for those of us who are new to competition, so it was fantastic to see so many people giving it their all.

We were once again thrilled to be joined by fellow swimmers from across Bass Strait and even across the Tasman. New Zealand swimmer Brent Forster (who by now must be close to being crowned an honorary Tasmanian) put in a very impressive showing with a time of 16:59:70 in the 1500 freestyle. For those of you

counting along at home, that's a world record for Brent's age group!

We also had a number of interstate swimmers achieving national records on the day. South Australian Maryanne Heffernan, who broke records in the 800m and 1500m breaststroke, reported having a great time with MST's friendly swimmers and welcoming atmosphere, despite the "freezing cold!"

INDIVIDUAL RECORDS	
World records	
Brent Foster (NZ)	1500m freestyle (55-59)
National records	
John Cocks (Vic)	400m backstroke and 1500 freestyle (85-89)
Maryanne Heffernan (SA)	800m and 1500m breaststroke (65-69)
James Belstead (Vic)	800m and 1500m breaststroke (20-24)



Devils (above) and Orcas (below) out in force at the SCLDs.



"Just One More" Grant Program

Congratulations to Devonport Devils, Hobart Aquatic, Hobart Dolphins and Huon Valley clubs, who have been successful in gaining funding grants through the MSA Just One More grant program.

The Just One More grant program was designed to encourage club to look at ways to increase membership and attract swimmers to join the Masters swimming community. As we all know whether swimming for health and wellbeing or for competition and training, Masters swimming clubs are a great place to start or to continue the swimming journey.

The grants will support Masters swimmers across Australia in a variety of ways, and the success of the four Tasmanian clubs is testament to their innovative and novel ideas for projects to attract new members. Devonport Devils funding will support their upcoming Interclub meet, the Tasmanian Masters Games, planned for October this year. Hobart Aquatic and Huon Valley clubs will soon be resplendent on pool deck in their new club T-shirts, while the Hobart Dolphins plan to purchase new equipment to attract new swimmers and support current members.

Congratulations to all clubs – and particularly to those who prepared the grant applications.



The Hobart dolphins are looking forward to purchasing new equipment with their grant.

Tasmanian Masters Games: save the date!

The inaugural Tasmanian Masters Games is a carnival of sport, bringing together weekend warriors from around Tasmania and the nation to enjoy an extensive sport and social program on the North-West Coast. It is hoped the Games will take place in a different region of Tasmania every 2 years.

The Devonport Devils club have been asked to host the pool swimming events at their home pool during these games. This will be a big venture to undertake with a small membership of only 38 and the Devils will be looking for volunteers outside of the club to fill the technical official roles. Our non-swimming partners may want to compete in one of the other many other sports such as golf, horse riding, bocce or table tennis. To volunteer, get in touch with Lucy at lucy_cochrane_2012@hotmail.com.

This first-ever event will take place on the 21st – 23rd October, so add the date to your diary and maybe start looking for some accommodation now if you don't want to miss out! Some of the Devonport Devil members may even be in a position to host a swimmer from down Hobart way.



Devonport Devils ambassador Wilma Aherne chatting with Premier Jeremy Rockliff and TMG representatives at the launch of the Tasmanian Masters Games.

Open Water Winter Challenge: progress

After a month of feverish swimming in the open water, we can report plenty of activity 2022 Dolphins Open Water Winter Challenge. As Beth says ‘the funny thing is the more I do, the more I feel I want to do. But then life gets in the way sometimes’. Although he also gets hampered by ‘a bit of life’ at times, James is otherwise untroubled, aided by his beautiful Blue 70 Fusion wetsuit. James and Pia both report that the biggest challenge they face so far is getting changed in the BB carpark. Fortunately, though, says James, ‘that nasty woman hasn’t been back to sneak a look at my beautiful body’. Enough said!!

Joe, Auro and Megan decided to head straight for Bass Strait (97klm) and while Megan is about halfway there, we think Joe and Auro are hoodwinking us and are likely to veer north and head straight for the Adriatic Sea (162klm). As the Italians say, ‘non puoi avere la botte piena e la moglie ubriaca’. Right Auro?

Fiona Z and Allan have completed their 32 klm lap of Magnetic Island and are kicking back on the beach near the Arcadia pub with a tropical cocktail. Well-deserved they claim. Hot on their heels though, is a pack consisting of Pia, Beth, James, Mark and Weedies member Tony Forman (and a few others) who are making their way down the western side of the island whilst running the gauntlet with the local creatures – all with big teeth.



Dolphins out in the wild at Bellerive beach.

A new branch archives page for MST

An overview of MST history, including records and awards, is now available to view on our new [branch archives page](#). This page is the result of the work of Pauline Samson, so please give her a big thanks for her tireless efforts next time you see here.

We’d love to include any relevant history in the archives, so please get in touch if there’s something you’d like to share.

Upcoming Events 2022

Winter Championships: Launceston 20-21 August

Tasmanian Masters Games: Devonport 21-23 October

Long Course Long Distance: date to be decided

Recent photos

A selection of recent photos can be found at the [MST website Photo Gallery](#).

Contribute to the Platypus Press!

We would love to feature new stories about all the watery achievements and adventures taking place across Tasmania, so we want to hear from you! Have an idea, a fabulous photo, a story you want to share? Get in touch.