

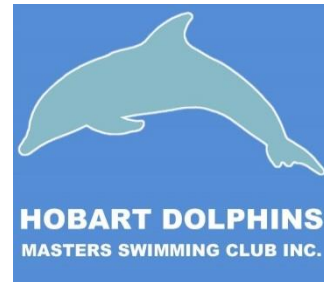
## HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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September 2025

Hi Dolphins,

As Di mentions in her post, it has been a tough month for many of us. We naturally need to celebrate our great performances in Launceston, and look forward to a busy month of social events, and guest lectures. We are also now in the planning stages and looking forward to a celebration of our 40<sup>th</sup> Anniversary. However, this has all been tempered by the sad loss of our dear Al. Al had been planning to compete in Launceston this year, and in the week before his passing, he was looking forward to getting home and back into the Friends' pool. But sadly, it was not to be. You can read a little more about Al later in the newsletter, but please make sure you mark your calendars with the social events coming up this month. These are highlighted on the Noticeboard on the last page of the newsletter.

In particular, make sure you mark the **11<sup>th</sup> October** in your diary. Judi is organising a Cocktail Party to mark the **Club's 40<sup>th</sup> Anniversary**. You are being asked to dust off your glad-rags and dress to impress!!! It will be a chance to look back over the history of the club and catch up with many past members who are being invited to help us celebrate.

On a more sombre note, **Al's funeral** is on this Saturday (6<sup>th</sup>) at the Graham Family Funerals at 2.00 pm. The Service will be live-streamed if you cannot attend. We ask members to wear the club tops and to be prepared to form a guard of honour at this celebration of Al's life.

Cheers,

Fiona

### IN THIS NEWSLETTER

- September Calendar
- President's Report
- MST Winter Championships
- Coaches Corner
- World C'ship Stars
- Winter Challenge
- Guest Lecture (Dietetics)
- Vale Allan Nichols
- Noticeboard
- Photo Gallery.

After training breakfast Saturday  
6<sup>th</sup> September – Spencers in  
Lindisfarne.



### Training times and venues

**SATURDAYS** 8-00am at Clarence pool, cost \$10 using Club 10-pass card, purchased from Pia.

**SUNDAYS**, 10:00am at Clarence, cost \$10, also with Club 10-pass card, all welcome.

**WEDNESDAYS** – early morning open water swims – check WhatsApp for times and locations

**REMEMBER:** Please arrive in time to have your Pass Card clipped by the committee member on duty. Also – come early on Saturdays so you have time to stretch and warm up!

## SEPTEMBER CALENDAR



Tuesday 2<sup>nd</sup> September 6.00 pm; Guest Lecturer – Rosny Library:

Dietary Requirements for Swimmers as they age – Hannah Richmond

Saturday 6<sup>th</sup> September 8.00 am Clarence Pool

Saturday 6<sup>th</sup> September (After training): Breakfast at Spencer's, Lindisfarne

Saturday 6<sup>th</sup> 2.00 pm Graham Family Funeral Home, New Town:

Farewell to Allan Nichols

Sunday 7<sup>th</sup> September 10.00 am Clarence Pool

Wednesday 10<sup>th</sup> Sept 7.00am Open Water Swim - Bellerive Beach

Saturday 13<sup>th</sup> September 8.00 am Clarence Pool

Saturday 13<sup>th</sup> – after training: CLUB BBQ at Clarence Pool

Sunday 14<sup>th</sup> September 10.00 am Clarence Pool

Wednesday 17<sup>th</sup> Sept 7.00 am Open Water Swim - Bellerive Beach

Saturday 20<sup>th</sup> September 8.00 am Clarence Pool

Sunday 21<sup>st</sup> September 10.00 am Clarence Pool

Wednesday 24<sup>th</sup> Sept 7.00 am Open Water Swim - Bellerive Beach

Saturday 27<sup>th</sup> September 8.00 am Clarence Pool

Sunday 28<sup>th</sup> September 10.00 am Clarence Pool

## From the Presidential Suite:



I must admit it has been quite difficult to write a piece about last month. Firstly we had the fabulous weekend in Launceston which was full of the essence of Masters Swimming “Friendship, Fitness and Fun”, only to return to the horrid news on Tuesday that Allan had lost his battle with Prostate Cancer, after such a long and sometimes difficult fight. Our thoughts go not only to Allan’s family, but also to the many club members who were very close, in some cases lifelong friends of Allan’s, as we recognise the acute loss they are feeling at this time. Allan’s Funeral is planned for Saturday 6th September at 2.00pm at Graham Family Funerals in Risdon Road. It has been suggested that those of us attending wear our club shirts as we did for Anne Speed’s Funeral. A tribute to Allan is included elsewhere in this Newsletter.

The weekend away in Launceston was a huge success, with everyone seeming to enjoy themselves and be happy with their swims. I think all that racing preparation at training in the lead up weeks really paid off. It was great to retain the relay trophy and thank you to all those swimmers who did those crazy double relay swims...in some cases after the double 25m swims.... in the middle of the program. I know everyone loves swimming relays but that was probably testing the friendship a bit☺.

Congratulations to Amanda for winning Female Swimmer of the Meet and on her 6 State records, particularly as all her eight swims were done on Saturday.

Lastly huge thanks to Katherine for not only Chief Timekeeping for the 2 days but also organising the accommodation and the Saturday night dinner, and to Mary, Gary and Sophie for coming along to time-keep. It makes it so much easier when swimmers are called on to cover the timekeeping duties.

Training will revert to more longer distance sets in the next few weeks as we lead up to the Long Course Long Distance Meet on 1 November. For those that don’t know, this Meet is held at the Hobart Aquatic Centre and includes 400m, 800m and 1500m events. It’s a good opportunity to test yourself over these longer distances.

A reminder that a presentation by Dietitian Hannah Richmond will be held on Tuesday 2 September at 6pm at the Rosny Library. It looks like we will have a good turn up so get your questions ready. On the social front we have a Breakfast BBQ coming up on September 13<sup>th</sup> and Judi is putting together a special birthday celebration for Mid-October.

See some of you at Breakfast at Spencer’s on Saturday,

## 41<sup>st</sup> Masters Swimming Tasmania Winter Short Course Championships



The 2025 Winter SC Championships were held over the weekend of the 23/24<sup>th</sup> August and hosted by Launceston Lemmings.

95 entries were received including 7 from interstate members. 16 Dolphins travelled north, 5 Men and 11 Women. With 42 Relay teams in total, the Dolphins were represented in all the Relay

events. With a slightly different program of events over the two sessions, swimmers and officials found little rest time with the pace of the meet.

New member **Sandra Neubauer** (60-64Y) swam in her first Masters competition and competed in two Relays with 5 individual events in FR & BR. Members **Emma Ikin** (40-44Y) and **Jacqui Carsons** (50-54Y) having previously swam in competitions, decided to enter more events this Meet. Emma competed in FR and BA events with 2 Relays. Jacqui swam in the 25,50,100 & 200M FR with a 25M BA. Well done ladies!

Not afraid of a swimming challenge, **Linda Walsham**, **Annie Gillian**, **Pia Peterson** and **Judi Adams** entered the 100M IM having swum this event at the 2024 Christmas Friendly meet at Oatlands. Under the keen eye of the pool deck technical officials, all the ladies admirably completed their swim. For the record, Linda (55-59Y) 2:07.33, Annie (60-64Y) 2:21.88, Pia (70-74Y) 2:08.57 & Judi (70-74Y) 2:44.95. For Annie it was her first time travelling north to compete and she was heard to say, "I'll be back."

**Phil Venables** and **Amanda Duggan** swam side by side in the 200M Freestyle event-the fastest heat. Both swimmers finished under their nominated times, showing friendly rivalry with Phil in 2:32.96 and Amanda in 2:33.17.

Head Coach **Steve** (60-64Y) led the Pod, by "swim" example with a mammoth program of events. Steve swam in 4 relay teams and 7 individual events. His events included a 200M of each form stroke, along with the 400M IM & the 400M FR. The name of the game was to aim for maximum points toward the Club Trophy. Steve's best individual time was 200M BR with 4:05. Steve shared this "takeaway" from the weekend: "...that it takes a competition to REALLY see what times you're capable of. More so as we get older! (and fonder of comfort and ease!)"



**Peter Tucker** (70-74Y) was out to break numerous Club Records in SC set in the mid 1990's. Not to be shy in tackling the IM's & FLY in 100,200 & 400M distances with a couple of 25M swims to take Peter up to the 7 individual events.



The Club would like to recognize those non-swimmers who take time to sit with the stopwatch at the ready over the two sessions of the Meet. Huge thanks to **Gary Peterson, Mary Cousins and Sophie Ikin** (Emma's daughter). Thank you also to **David May** who also time kept and swam!

Thank you to President Di Gregory for her leadership, encouragement and support from the pool deck keeping us all on track and focused. When it comes to the relays, Di had entered the teams to maximize the age group and capabilities of each team. Di also produced some great photo shots of members in the pool. The Dolphins' green caps were a definite standout.

#### MEDAL WINNERS

- Auro Almeida 65-69Y GOLD
- Fiona Ziegeler 60-64Y GOLD
- Amanda Duggan 65-69Y GOLD
- Phil Venables 60-64Y GOLD
- Annaliese Cousins 50-54Y SILVER
- Pia Peterson 70-74Y SILVER
- Peter Tucker 70-74Y SILVER
- David May 50-54Y BRONZE
- Steve Richards 60-64Y BRONZE



#### INDIVIDUAL STATE RECORDS

- Amanda Duggan 65-69 Y- 50,100,200 &400M FREE, 25&50M BR, 25M FLY,100M IM.

**SC WINTER Championship Trophy** was awarded to Launceston Lemmings with 1648 points, Hobart Orcas 1215 pts and Hobart Dolphins 1109 points.

**STATE RELAY Trophy** was awarded to **Hobart Dolphins**. This being the combined relay scores from the LC Summer and SC Winter meets.



**Congratulations** to Amanda Duggan awarded FEMALE Swimmer of the Meet, with her 200M FR swim earning the highest number of FINA points.

*And Happy Birthday for the 24<sup>th</sup>  
Amanda – our only September  
Birthday!!!*



Male Swimmer of the Meet: Brent Walker from Hobart Orcas

### **SOCIAL NOTES**

With the Club booking apartments at the Elphin Apartments on Racecourse Rd, 7 members enjoyed the facilities on offer and close location to the pool. 25 members and family enjoyed dining out at The Metz on Saturday evening. With meals being pre-ordered there was plenty of time for a chat in relaxed surroundings. We were well looked after, and the meals were delicious.

All results may be found on the MSA website at <https://mastersswimming.org.au/>

*Katherine Daft*

*Club Secretary August 2025*

Thanks, Leisl for the list of new Club Records established during the championships:

#### **Annaliese Cousins (50-54)**

- 25m Butterfly: 21.75 seconds
- 

#### **Fiona Ziegler (60-64)**

- 200m Backstroke: 3:31.44
- 

#### **Amanda Duggan (65-69)**

- 200m Freestyle: 2:33.17
- 50m Freestyle: 35.69
- 100m Freestyle: 1:14.47
- 400m Freestyle: 5:24.77
- 25m Breaststroke: 20.59
- 50m Breaststroke: 44.05
- 25m Butterfly: 17.87
- 50m Backstroke: 43.17
- 100m IM: 1:26.49

#### **David May (50-54)**

- 25m Butterfly: 16.54 seconds

#### **Phil Venables (60-64)**

- 200m Freestyle: 2:32.96
- 25m Backstroke: 19.22
- 50m Backstroke: 40.71
- 100m Backstroke: 1:24.10
- 200m Backstroke: 2:58.78

#### **Auro Almeida (65-69)**

- 25m Freestyle: 15.00
- 50m Freestyle: 31.89
- 100m Freestyle (twice): 1:14.67 & 1:11.56
- 200m Freestyle: 2:37.03
- 25m Butterfly: 16.76

#### **Peter Tucker (70-74)**

- 50m Butterfly: 1:02.98
- 100m Butterfly: 2:36.10
- 200m IM: 5:01.69
- 400m IM: 10:55.92



## COACHES CORNER

### Everything, everywhere, all at once: but NOT if you're fixing your freestyle!

Assessing a swimmer's technique involves moving down through a **checklist of components of a good freestyle**. These are, in order of priority:

1. **Body position** (including head, hips, legs and feet) aligned with the water surface; streamlined
2. **Breathing** – avoiding breath-holding, not lifting the head, timing of the breath with the stroke
3. **Kick** – in particular, does the kick “balance” the movement of the arms? From the hip not the knee? Toes pointed, but ankles floppy? Do the feet flare out to the side (trudgeon kick)
4. **Arm catch and pull** – Is the hand-forearm pressing down or back on the water? Power diamond?
5. **Timing & rotation** Front quadrant swimming? Brief pause to “anchor” the hand on the catch? Timing the kick with the arm movement – whole body cross-over (serape effect) used to pull – more efficient

The priority order is used to determine which aspect of the stroke should be worked on first, ie a kind of “triageing” to deal with the most important aspects first.

This is for two reasons:

1. *Improving body position will generally give bigger speed gains than fine adjustments to the shape of the arm stroke, for example.*
2. *We can only “fix” one thing at a time, and as humans we are more effective if we focus on getting one thing right before moving onto the next thing!*

Considering the time investment to lock in a new movement, or a change to a movement (ie 25,000 repetitions), we want to make sure we pick the right thing to work on!

### So how do we decide what's the best thing to work on?

Brenton Ford of Effortless Swimming recently published a video that takes different freestyle swim speeds and suggests what is most likely to be the best thing to work on at each speed range, in order to progress to the next level. I am a big fan of this video, because he provides a simple way for you to work out where on the road to progression to are,

simply by looking at your sustainable speed per 100 m over a 1 km swim (this is roughly similar to your CSS or critical swim speed; or Zone 4). You can find the video at:

<https://www.youtube.com/watch?v=49ESD3n-po>

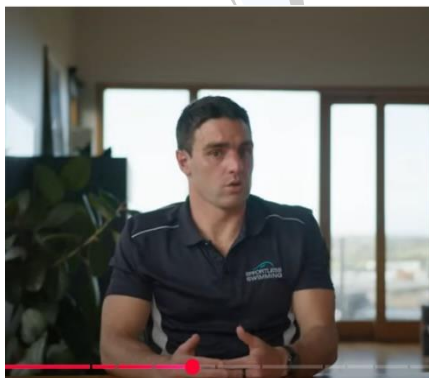
He defines the 5 most common pacing levels, according to what he has seen from coaching thousands of swimmers and triathletes trying to improve their open water swim times. The numbers below are for someone in the 20-40 age range, so I'd suggest that **if you are over 50 add 5-10 sec** to these times to see where you fit in:

- **2:30+/100m:** Struggling to stay afloat and breathe calmly
- **2:00/100m:** Still fighting the water despite decent fitness
- **1:45/100m:** Plateaued and unsure what to fix next
- **1:30/100m:** Swimming well but minor refinements needed
- **1:15/100m:** Chasing fine margins, maintaining technique under pressure

(Remember, speeds are what you can sustain for 400 to 1000 m, ie Zone 4 in our programs)

In the video he indicates what you can focus on based on your current speed to improve and suggests drills to address these. For example:

- **2:30+/100m:** Try **Sink Downs** and **Body Position Kick (with snorkel)** for confidence and balance.
- **2:00/100m:** Do **6-1-6 Drill** to time your rotation and fix that dropped elbow.
- **1:45/100m:** Use **Single Arm Drill** to isolate catch and improve coordination.
- **1:30/100m:** Add **Long Dog Drill** to boost catch and pull and connection.
- **1:15/100m:** Mix in **Sculling Drills** and **Single Arm** for maximum water feel.



(Masters Swimming Australia frequently borrows from Brenton in its coaching advice, so it is not too different from what our coaches would advise. More individualised advice would require extra analysis, eg filming your stroke. From time to time we do this – just talk to me if you'd like to go further).

I highly recommend watching the video. It's 27 minutes long, so grab a coffee and find a comfy chair.

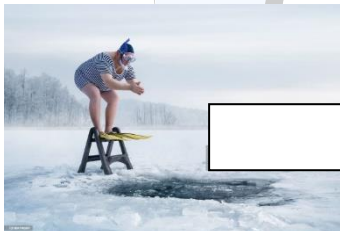
Steve out



## Our World Aquatics Stars:



Well done to Jayde, Leisl and Elisa who proudly represented us in Singapore last month. Jayde featured in our last newsletter for her Open Water swims, before Leisl and Elisa took to the pool. Both ladies achieved new PBs, showed themselves to be highly competitive on the world stage, and met some interesting characters on the way!



### WINTER CHALLENGE

**It doesn't finish till the end of this month!!**

**Eligibility:** Masters Swimmers and their friends!

**The Challenge:** Participants complete the challenge between 1 April 2025 and 30 September 2025. The swims must be undertaken in open water, that is in the ocean, in a river or in a lake. At least 80% of the distance claimed must be swum in Tasmania. This year we thought we would try and make it a little more interesting with the level of the Challenge being based on a points system rather than just the distance swam. Base points will be awarded for the distance swum, and bonus points for the locations where the swimming took place.

There are two distances to swim:

If you swim:	27km	5 points allocated
	55km	10 points allocated

In addition, there will be bonus points for the locations you have swum in:

Location 1 = 2 Different Beaches

Location 3 = 1 Lake/Lagoon Swim

Location 2 = 1 River Swim

Location 4 = 1 Channel/ Island Swim



See previous Newsletters for more details or contact of our coaches for more details.

**This Tuesday (2<sup>nd</sup> September):**

## **Guest Lecturer: Hannah Richmond, Dietitian**

The club has organised a presentation on Sports Nutrition to be held on **Tuesday 2<sup>nd</sup> September at 6pm at the Rosny Library.**

The session is being presented by Hannah Richmond, who is currently working as a Dietitian at the RHH. She has a particular interest in Sports Nutrition and works in the area of nutrition in older adults.

Hannah plans to cover a broad range of topics, including nutrition for Masters athletes, in particular the implications of increasing age on performance and training, specific dietary considerations, including protein, carbohydrate, fats, calcium, Vit D, fluid and hydration requirements, pre-exercise nutrition, recovery nutrition and nutritional supplements. There will also be an opportunity to ask lots of questions on the basis of her presentation but if you have any specific questions that may need some thought on Hannah's part it would be helpful to send those in beforehand to give her time to think about an appropriate response.

We know that Diet and Nutrition is of particular interest to many members and we hope that many of you can attend. If you are interested in coming along, please let Beth know by **18 August**, if there is room we will open up the presentation so it would be good if you could let us know as soon as possible.

RSVP to Di on [grediane@gmail.com](mailto:grediane@gmail.com) or Beth on [bmul2000@gmail.com](mailto:bmul2000@gmail.com)

For those who can't attend, Beth will offer a summary of the key "take home" messages in our next newsletter



# Vale Allan Nichols



Some friendships stand the test of time – they are the ones that mean the most to us, and the ones by which we measure our lives. Some in our club have enjoyed a friendship with Al from our very earliest swimming days back in the 1960s, and many more have come to know and love Al in recent years since he joined the Dolphins in 2021. Al was a lifelong swimmer – it was a passion, not just a recreational pursuit - and he gave it his all. He could be a prankster, and certainly loved a good time with husband Pete and his innumerable friends. They enjoyed a social life that knew no bounds!! But he was also an incredibly determined swimmer. He was always a remarkable breaststroker as testified by his many State records and his National rankings in recent years where he was usually ranked in the top 5 in all breaststroke events from 50m to 800m.



Living in Lenah Valley, he often trained 4-6 times per week at the Friends pool with Megan, Linda, FiZi, Amanda or Joe, sometimes me, and in more recent times, joined by Jennifer. This would be followed frequently with a coffee and a chat. The Friends Pool group was a tight-knit training pack, celebrating their hard slogs with good coffee, great companionship, and decadent delights of Daci and Daci many times each week. In recent years Al had even braved the cold ocean waters of Randall's Bay to get himself into shape for race meets, and when he was down at his shack, he and I would meet up sometimes at Huonville Pool. Swimming was his world...

alongside Pete, his family, friends, animals, and his treasured grandson, Kurt.

In his younger swimming career he trained with Glenorchy Club, learning to swim with Fran Clark before joining Geoff Dowsley's Tiger Squad – which was where Megan and I trained with him for a number of years. He left Glenorchy to join the Sandy Bay swim club where he joined Margaret Neale's squad, alongside Amanda, and a number of others who have remained his firm friends over time.



I am not sure when Allan came back to Masters swimming, but from the records on the MST website it appears that he swam with Sandy Bay Masters from 2001-2005. At that time, he was swimming with others from his youth, like Susan Cure and Glenise Gale, Leanne Adcock, and for a brief while Megan and I also trained alongside him with Margaret. From 2001 Allan still holds the 400m Butterfly Tasmanian Masters Record for 45-49 year olds, a Record that has stood now for 24 years!

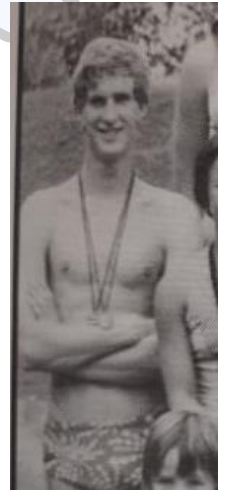
From Sandy Bay, he moved to the Talays Club where he swam from 2005 – 2007 before transferring again to the Hobart Aquatic Club from 2008 – 2021. In 2021, Al Joined the Dolphins – and we can thank Megan for enticing him over!! He was then in the 65-69 year age group, and proceeded to rewrite the Hobart Dolphins Record books. He currently holds our long course 50 & 100 FR, 50 & 100 BA 50,100,200, 400, 800 & 1500 BR, 50 FLY and 200 IM records in that age group.



In the short course events, he also features heavily with 25 & 50 FR, 25, 50,100, 200 and 400 BR, 25 & 50 Fly, and the 100 and 200 IMs for 65-69 yrs, and 25 FR, 25 BA, 25, 50, 100, 200 BR. 25 FLY and the 100 IM.

Always happy to be a part of our club relay teams, Di tells us that he also features in some mighty team records!!

While not so competitive over the last couple of years while battling with his health, he still claimed the 70-75 year club records in 50 FR, 100 BA, 50, 100 and 200 Back, 50 FLY.





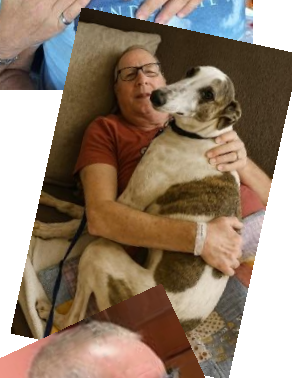


Al was a good friend of Macjey Slugocki, and enjoyed fierce rivalry against him in the Breaststroke events. Friendships aside though, Al loved nothing better than to re-claim, or retain his Breaststroke dominance against a well-credentialled competitor!! And those who were at the memorable Launceston race meet in 2022 will remember that time Al fluffed his backstroke turn and ended up in Macjey's lane... and literally met him head on!!!

Al was a champion in many senses of the word. He was a Tasmanian under-age Breaststroke Champion in his youth who travelled many times to the mainland to represent his clubs and to represent Tasmania in State Teams. He was a Masters Swimming Champion who regularly walked away from race meets with swags of medals, and in 2021 he was our Dolphins Swimmer of the Year. He was simply a champion guy, a champion friend, and a wonderful husband, father and grandfather. His passing has left us all deeply saddened, and the poolside will never quite be the same, but no doubt he has left memories that will be cherished and records that will stand the test of time. He will live on in our hearts and in the records books of the Dolphins club! RIP Al.



We will all miss you Al!



Current TAS Records: Male - All - LC				
Age Group 45-49				
Distance Stroke	Name	Club	Date	Time Location
400m Butterfly	ALLAN NICHOLS	TSB	09.06.2001	7:27.87
Age Group 55-59				
Distance Stroke	Name	Club	Date	Time Location
100m Freestyle	ALLAN NICHOLS	TAC	21.03.2008	1:05.91 MELBOURNE MSAC
100m Breaststroke	ALLAN NICHOLS	TAC	22.03.2008	1:26.19 MELBOURNE MSAC
200m Breaststroke	ALLAN NICHOLS	TAC	20.03.2008	3:10.57 MELBOURNE MSAC
Age Group 60-64				
Distance Stroke	Name	Club	Date	Time Location
50m Breaststroke	ALLAN NICHOLS	TAC	21.02.2015	40.20
100m Breaststroke	ALLAN NICHOLS	TAC	25.03.2017	1:28.61 HOBART AC
200m Breaststroke	ALLAN NICHOLS	TAC	21.02.2015	3:12.74
Age Group 65-69				
Distance Stroke	Name	Club	Date	Time Location
50m Breaststroke	ALLAN NICHOLS	THB	21.03.2021	40.79 HOBART AC
100m Breaststroke	ALLAN NICHOLS	THB	20.03.2021	1:30.06 HOBART AC
200m Breaststroke	ALLAN NICHOLS	TAC	14.03.2020	3:22.74 HOBART AC
400m Breaststroke	ALLAN NICHOLS	THB	23.10.2021	8:07.20 HOBART AC
800m Breaststroke	ALLAN NICHOLS	THB	23.10.2021	16:23.14 HOBART AC
1500m Breaststroke	ALLAN NICHOLS	THB	23.10.2021	30:26.18 HOBART AC
Current TAS Records: Male - All - SC				
Age Group 50-54				
Distance Stroke	Name	Club	Date	Time Location
100m Breaststroke	ALLAN NICHOLS	TAC	25.08.2007	1:22.53 HOBART AQUATIC
200m Breaststroke	ALLAN NICHOLS	TAC	25.08.2007	3:03.61 HOBART AQUATIC
Age Group 60-64				
Distance Stroke	Name	Club	Date	Time Location
50m Breaststroke	ALLAN NICHOLS	TAC	11.04.2015	39.02 HOBART AC
100m Breaststroke	ALLAN NICHOLS	TAC	09.04.2015	1:25.10 HOBART AC
200m Breaststroke	ALLAN NICHOLS	TAC	10.04.2015	3:06.23 HOBART AC
400m Breaststroke	ALLAN NICHOLS	TAC	21.05.2016	7:09.18 LAUNCESTON AQUATIC
800m Breaststroke	ALLAN NICHOLS	TAC	21.05.2016	14:18.40 LAUNCESTON AQUATIC
Age Group 65-69				
Distance Stroke	Name	Club	Date	Time Location
25m Freestyle	ALLAN NICHOLS	TAC	25.08.2019	14.72 LAUNCESTON AC
25m Breaststroke	ALLAN NICHOLS	TAC	19.08.2018	18.19 LAUNCESTON AC
50m Breaststroke	ALLAN NICHOLS	TAC	25.08.2019	39.97 LAUNCESTON AC
100m Breaststroke	ALLAN NICHOLS	TAC	25.08.2019	1:28.58 LAUNCESTON AC
200m Breaststroke	ALLAN NICHOLS	TAC	19.08.2018	3:18.44 LAUNCESTON AC
400m Breaststroke	ALLAN NICHOLS	THB	04.06.2022	7:38.72 LAUNCESTON AC
800m Breaststroke	ALLAN NICHOLS	TAC	01.06.2019	15:39.47 LAUNCESTON AC
1500m Breaststroke	ALLAN NICHOLS	TAC	01.06.2019	29:19.78 LAUNCESTON AC
100m Individual Medley	ALLAN NICHOLS	THB	22.08.2021	1:23.13 LAUNCESTON AC



## NOTICEBOARD

Please note these dates for our forthcoming social events:



- Breakfast on 6<sup>th</sup> September – Spencers in Lindisfarne
- 2<sup>nd</sup> September 6.00 pm Guest Speaker, Dietician Hannah Richardson, Rosny Library
- 13<sup>th</sup> September Club BBQ at the pool to celebrate our success at Winter Championships.
- Hobart Dolphins' 40<sup>th</sup> Anniversary Celebrations



11<sup>th</sup> October 5.30 pm – 8.00: Cocktail Party

Please dress to impress!! Platters will be provided by the club, and you can purchase drinks at the bar. It will be a night of memories and memorabilia....

- Christmas Party 12.00 noon 7<sup>th</sup> December



Waterworks Reserve

# ROGUES GALLERY

## Happy snaps from Winter Championships



A sea of green hats!

(and one without!)



All smiles in the grand stand....

And Pete's pretty popular!!





Winners are Grinners

..and the Dolphins are the 2025 Tasmania Relay Champions (again)!





And thanks again to Katherine Daft for organising a great evening meal on the Saturday night...



...and the team scrubs up pretty well!!!