



PLATYPUS PRESS

- Moving ahead

June 2016

FITNESS, FRIENDSHIP AND FUN

John Bryce and Justine Bamford Farewell to two stalwarts of masters swimming

It is with deep sadness that Masters Swimming Tasmania farewells two stalwarts of our swimming family.

Vale - Justine Bamford and John Brice.

Neither Justine nor John competed in recent years but there is one certainty that we all share – we all want to compete for as long as Justine and John did and to celebrate the Fitness, Friendships and Fun, just as they did during their masters' years.

We all join in celebrating their lives and extend our deepest condolences to their families and close personal friends.

In this edition we publish tributes of their lives and thank them for the time they spent with us and our memories of them.

From all of us in Masters swimming Tasmania

Justine and John - rest in peace.



Ahead in 2016

Welcome to the 2nd edition of Platypus Press for 2016.

We have together achieved some fantastic result in our 2016 Summer Championship, experienced some great swimming at our Short Course Long Distance championships and participated in fun times and hard racing at the National Championships in Melbourne.

A special thanks to those that helped out on deck as officials and timekeepers - without your contributions we could not stage these events, so thank you.

We now have two more major events. Our Winter Short Course Championships in Launceston on Saturday 20 August and Sunday 21 August. Entries for the championships are open.

Our Long Course Long Distance Championships will be held in Hobart on Saturday, November 19.

To make these events more enjoyable the more members compete the merrier things are (at least the afters). While you test yourselves against others when you race, remember that you always test yourself against yourself. These meets are a great chance for you measure your personal improvement and to set some personal benchmarks.

For those looking forward to the open water season our Long Course Long Distance meet is a great opener.

If you have never competed in a distance event, you should try one – don't be daunted by the word "distance". The 400 m on the program is there as an introduction for new members who are competing in a distance event for the first time, and are concerned that 800 or 1,500 m is a stroke or two too daunting. Give it a go.

[Enter here for the Winter Short Course Championships](#)

Vale - Justine Bamford

Hobart Dolphins recently lost a good friend in Justine Bamford. Justine who was a founding member of the club remained active until some 4 years ago.

Justine made a huge contribution during her 26 years of active participation with the Hobart Dolphins both as an administrator and as an active competitor. Masters Swimming was a huge part of Justine's life and Justine was an integral part for the club for many years. She was one of those people that readily pitched in whenever a job needed doing.

Justine was a beautiful breaststroker, apparently one of that rear breed who swim breaststroke faster than freestyle. A personal highlight in the pool was her silver medal at the World Masters Games in Edmonton. in 2005 and a quick look at the database shows she still holds 2 National Records and over 20 Branch Records.

Although Justine will be sadly missed by her friends in the Masters Swimming Community, her life was truly one to be celebrated as she always did.



IN THIS ISSUE

Farewell to two stalwarts Ahead of us in 2016	Page 1
Vale - Justine Bamford	Page 2
Branch Management Committee for 2016 New Branch Secretary	Page 3
How far do you have to go to catch up? Advertising and events	Page 4
Farewell to Mavis	Page 5
Try a World Masters Swim and make Budapest your next destination	Page 6
A tribute to John Brice	Page 7
For your diary	Page 8
Photo Gallery	Page 9



1998 Winter Championships
in Lancaster
Justine (front left)



2010 Hobart Dolphins
30th BIRTHDAY
Justine cutting cake



Branch Management Committee for 2016

The Branch's AGM was held on Saturday 19 March.

The Branch Management Committee (BMC) for 2016 is:

- President – Don Reynolds
- Secretary – Ray Brien (till 22 May 2016); and Mendelt Tillema (from 23 May 2016)
- 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.

After many years of service as the Tasmanian delegate to the National Board Pauline retired from that role. Maciej Slugocki was elected to replace Pauline. We thank Pauline for her many years of service as our delegate.

BMC meetings are currently held on the same day as our four swim meets – Summers Long Course, Winters Short Course, Short Course Long Distance and the November Long Course Long Distance meets.



New Branch Secretary

After distinguished service as the Branch Secretary for many years Ray Brien retired from the position at the May Branch Management Committee meeting. Ray continues as our Registrar and Public Officer.

We now welcome our new Branch Secretary Mendelt Tillema. Mendelt doubles up his roles on the BMC as he is also our Safety Officer. We thank Mendelt for taking on this additional role.

The BMC has also separated out the minutes taking function from the secretary's role – this will in future be taken up by a volunteer minute secretary.

This change has the additional benefit of also exposing other masters to the work of the BMC.

The BMC is always looking for additional assistance so if you would like to contribute let one of the committee members. You will be more than welcomed.



**Branch Management Committee:
Roles and Responsibilities.**



How far do you have to go to catch up? 8,600 km?

No, we are not talking about a freestyle catch up drill. You need to go to Shikoku.

Why Shikoku?

Because that is how far our two intrepid masters, Ray Brien and Diane Perndt travelled to catch up with each other.

In Ray's words "an amazing coincidence - one Launceston and one Hobart masters riding in Shikoku, meeting on the road. A quick coffee before we headed in different ways, swimmers will do anything to get out of swimming." Well some will!



Chance Encounter - Ray and Diane

Want to know more about Shikoku? Read on.



Shikoku*

Shikoku is the birthplace of revered Buddhist ascetic Kōbō Daishi (774–835). It is synonymous with natural beauty and the pursuit of spiritual perfection. It's home to the 88 Temple route, Japan's most famous pilgrimage, even if some henro (pilgrims) today bus it rather than hoof it. But Shikoku is not just for the seeker of enlightenment – the island's stunning Iya Valley, rugged Pacific coastline, gorgeous free-flowing rivers and mountain ranges all beckon to be explored with hiking boot, kayak, surfboard and your own earthly vessel. Your physical incarnation will feast upon the historic castles and gardens, excellent regional cuisine and modern pleasures of Kōchi, Matsuyama and Takamatsu.

Easy to access from Honshū via two bridge systems – glorious feats of engineering – Shikoku offers an adventurous retreat from the outside world. Just like Kōbō Daishi would have wanted. *

So Shikoku is where our two masters' members caught up with each other

*With thanks to Lonely Planet from which this has been plagiarized.

Advertising and events

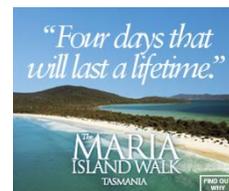
Platypus Press provides an opportunity for clubs to list their events, training sessions and share some gossip.

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

For Nationals 2015 we received financial and in kind support from a number of commercial organisations.

Just so we don't forget their contribution and support here is a reminder of some of them

The Maria Island Walk



Sport and Recreation Tasmania



Balloon Magic



Farewell to Mavis

Mavis Fisher is leaving Australia to join her family in Great Britain in the next few weeks.

Mavis was one of the early members of Hobart AUSSI Masters Swim Club in the late 1980s. That's almost 30 years ago now and that's what Hobart Dolphins were known as then. Dolphins was the only Masters club in Hobart at the time, and now the sport has grown to several clubs around the state.

Mavis together with her brother Peter Fisher made for a great team within the Club. There were many competitions where Mavis did her beautiful backstroke and led the relays. She was a socially active club member and was a great example of the FUN FITNESS and FRIENDSHIP that exemplifies Masters swimming.

Mavis served the Club in many and various roles on the Club Committee, including some 10 years as President, as well as many roles at a branch level. Her latest role within the Club was as a coach, and this is how she earned her title of "Madame Lash". She provided programs that made everyone work hard, as well as lots of tips to improve members swimming strokes.

She has a fierce, independent determination of which everyone is well aware. This determination stood her well when some years ago the Club was on the verge of folding. Somehow through that sheer determination Mavis kept things afloat and the club survived!

We all wish Mavis every happiness as she begins her next adventure, and she will be truly missed in the world of Masters Swimming in Tasmania.

Here's what some Dolphins remembered about her:

Always ready to give helpful tips for your technique. (Margie)

Barbara remembers how welcoming and accepting Mavis was when she first joined the Club.



The soul of the club for the last 10 years. (Di)

Long-time Masters Swimmer, Super coach, always fun to be with. (Wilma)

Very brave, taught me how to do butterfly in my 60's. (Lesley)

Duncan remembers some swear words flying when he touched with enthusiasm at the end of a breast stroke swim and accidentally splashed Mavis as she stood on the pool deck.

Masters Swimming Tasmania wishes Mavis many years of health, happiness and great times with her family.

Bon Voyage Mavis



You can contact by email.

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Try a World Masters Swim and make Budapest your next destination

by John Pugh

Why is it that so few Tasmanians go to FINA World Masters Swimming Championships?

It would be nice to encourage fellow Tasmania masters to venture outside Australia and join the wider world community of Masters swimmers.

I have been to seven World Masters Swims and enjoyed all of them. Two were in Australia (Brisbane and Perth) and the other five 'abroad'. In chronological order - Casablanca, Christchurch, San Francisco, Gothenburg and Kazan and in each case I travelled with an organised group with an excellent post-competition tour of a week in each host country.

Apart from Perth in 2008, where Tasmanians were strongly represented, only a few of us have ventured outside of Australia. Why is this? In trying to encourage my friends to compete some recurring reasons (excuses?) are offered. These include, 'it costs too much' not up to that standard'; 'I'm not competitive'; 'I don't like going on my own, or with strangers'; and 'organising travel is too stressful and I can't speak Arabic (Swedish or Russian)'.

A main issue also seems to be the perception of the title 'world' and that the competition is too strong or that you are not good enough.

World swims are not much different from local competitions in Hobart or Launceston, or the Nationals. The events are the same, qualifying times are very generous (and good guidelines to your own ability) and heats are swum by gender and by age group (so you are only swimming against your real peers). There are always people who are slower than you are. If you are honest with yourself, you are the only person who really focuses on your performance or placing; everyone else is equally self-focused.



The 'I'm not competitive' argument is really an excuse. We all are competitive in our own ways, but often try to hide this. I see this in training and in every inter-club competition in this state; yes, we get nervous until we hit the water and that is quite normal.

The competition is no fiercer than in State and National championships and there is a good chance that you will get a top ten. If not, you will pick up a few admiring/envious glances at the next local meet. Best of all is the look you get when you wear the souvenir T-shirt.

An added bonus is the camaraderie of fellow Australians and making new friends. If I can get to Kazan on two reconstructed shoulders, you can do even better on two good ones – give it a try!

Is the financial cost really that great? Well, the event is only staged every second year so there is time to save up, a good tour operator keeps costs to a minimum and there is always a 'twin share' option. It beats going to Bali for two weeks!

The tour afterwards is optional and some don't take it, but doing so provides the chance to see some interesting places. In Morocco I visited Marrakech and Rabat and rode a camel on the edge of the Saharan Desert. In New Zealand I walked on the Fox Glacier and white water rafted while in California I got to Yosemite and Death Valley, and had a helicopter ride into the Grand Canyon. Sweden introduced me to Gothenburg and Stockholm and Russia offered Kazan and stunning Moscow and St Petersburg. You can be certain that the tour will never disappoint.

Finally, there is no need to panic about the language – you are a tourist with dollars so someone will always speak English!

If Budapest interests you have a chat to Maciej Slugocki, Costan Magnussen or myself. You won't regret a World Masters Swim!

A tribute to John Brice

by Pauline Samson

For almost 10 years I would refer to John as my favorite octogenarian but that came to a halt when we celebrated his 90th birthday. (In masters swimming terms he had already been a 90-year-old for 5 months from the beginning of that year.) He then became my favorite oldest swimmer.

At a meet I would search him out in the crowd, usually up in the stands close to the diving pool, and he was always up for a hug and a kiss.

John may have had his secret minders, but he was always ready before his heats and I don't recall ever having to look for him so that he didn't miss his races.

After some research on our master's records/results portal John's listings can be seen from 2002 until his last meet in March of 2014.

John started masters swimming in Tasmania with Sandy Bay (until 2010) and was 'coached' by Margaret Neal at the Clarence Pool. He was an early riser and always got to training in plenty of time.

His preferred stroke was freestyle, although he did venture into short distance butterfly, breaststroke (not his best stroke) and backstroke and the odd 100 m individual medley.

In 2011 he joined Talays and competed in short and long course meets in Launceston, Devonport and Hobart. He still wanted to be a member of masters after he almost stopped swimming, so to keep him happy we signed him up with the 'virtual club' Van Diemens.

In 2008, John competed in the FINA Masters World Championships in Perth, WA, where he won a bronze in the 100 free, a silver in the 200 free and gold in both the 400 and 800 free. I think he was convinced that he had won a medal in the fly, but Anne (his daughter) was sure he was disqualified as he wasn't on the results list. He wanted an investigation into the matter sometime after the event was well and truly done and dusted.

In 2009 he competed at the World Masters Games in Sydney where he won gold in the 800 free, beating Jack Matheson, although he always saw George Coronos as his rival, George being a world record holder and in another age group.



Our youngest competitor, Thomas Snook (18) meets the oldest competitor, John Brice (95) at the 30th Long Course Summer Championships. — with Lindsay Brice at [Doone Kennedy Hobart Aquatic Centre](#).

In the last few years of his swimming career, John was encouraged to participate in the longer distance swims when he wasn't swimming in actual competitions and that's when we noticed he was starting to slow down and some of his times were double the time from when he first started. That didn't stop him. He would turn up and then say he had

swum his 20 laps – well to him, it probably felt like that and took just as long!

John would disappear to the change rooms and seemed to take forever to get changed after swimming and would always emerge wearing a thick jacket and his beret – the rest of us would be waiting, having had our coffee and feeling the heat of the pool surrounds – not John. One day he was found 'sleeping' in the spa at the aquatic centre.

In his swimming career John set 8 national records, 6 in 2007 to 2010, with 1 of those in the 25 m fly and 2 as a 95-year-old during the 2014 Long Course championships. Five of his records still stand – 3 from 2009.

John also set 49 Tasmanian short course records (15 in the 80-84 age group, 18 in the 85-89 age group and 16 in the 90-94 age group); 24 long course records (10 in the 80-84 age group, 12 in the 85-89 age group, 8 in the 90-94 age group and 4 in the 95 – 99 age group). In some of these age groups John was in an age group on his own but "someone has to set the records and get there first" and that's what I used to tell him.

John featured in a great article in *The Mercury* in 2005 about our nationals held in Hobart where it mentioned that 2 of his children (Lindsay and Anne) were also competing. It was about 2 years later that one his grandsons, Andrew, also competed as a masters swimmer in Tasmania – and his son-in-law Graham is an active participant in long distance pool swims.

John proudly showed me an article at one of our Saturday morning teas that had been published in one of the nursing home's magazines and I had to laugh at some of the information, as he had obviously given a bit of an interview and the

author must have embellished the story of his swimming career – well so John said – never the less it made for good reading and showed that you could still be active and enjoying a sport/activity for as long as you were able.

John was once most concerned that he might win the Swimmer of the Meet award, and had told Anne that wouldn't be something he should win and would be very embarrassed but was assured that it probably wouldn't happen.

He was however very proud of his medals, he got more kisses from the presenters and plenty of cheers from the crowd, piles certificates and of course the badges that he acquired from his many rankings in the FINA Masters World Top 10. These would end up being displayed on his swimming jacket, thanks to Anne.

I think he would be very chuffed or would that be stunned? to know that he is currently listed in the World Top 10 Best All Time rankings from 1986 to 2015 in the 1500 m freestyle Short Course event for 90-94 age group and ranked 9th in world in the 200 m Freestyle and 7th in the 400 m freestyle for the 95-99 age group, long course.

One of my favorite memories of John was when I organised a photo of him with Thomas Snook from Launceston. Thomas was swimming in his first masters meet as an 18-year-old and the youngest at that meet while John was the oldest. This was John's last competition meet in March 2014. (See the photo on the previous page)

John was quite bemused and I'm not sure if he quite understood the significance of that photo and what the fuss was about.

John is part of Masters Swimming Tasmania history.

John, we celebrate your life and achievements.



For your diary

Winter Championships	Launceston 20 & 21 August
Long Course, Long Distance Championships	Hobart 19 November
Pan Pacific Masters Games	Gold Coast 4-6 November
Nationals 2017	
2017 FINA World Masters Championships	August 2017 Budapest, Hungary Story in this edition.



PHOTO GALLERY



Berlin 1936 Olympic Games Pools

FINA World Masters Swimming Championships 2017 - Competition Centre



Check out the Facebook page:

<https://www.fina-budapest2017.com/masters>

And the web site.

<https://www.fina-budapest2017.com/masters>



Andy Dickinson receiving her Vorgee 5 Million Meters award.

