



# PLATYPUS PRESS

- Moving ahead

December 2017



FITNESS, FRIENDSHIP AND FUN

Welcome to the 5<sup>th</sup> and final edition of our journal, Platypus Press.

**MST wishes all its members, their families and friends all the best for the festive season. We sincerely hope that severe penalties do not apply in the new year for any seasonal over-indulgences.**

This year we have brought you stories on three of our championship events and in this edition, we publish a roundup of our Long Course Long Distance Championships with the results including a National record and 20 Branch records.

The focus of Platypus Press is the capture and recording of the history of the Branch, reporting on the results of meets recognizing the achievements of its members in their capacity as MST members and including news from the clubs. Club news articles originate from material provided by the clubs with the

2017 contributions from the Hobart Dolphins being outstanding.

The stories of our events are generated from researching event results and from statistics generated from our record database.

Platypus Press gives priority to covering Masters Swimming Australia and Tasmania events, and members competing at other Branch events around Australia and Internationally.

Other events and activities are covered when the resources to do so are available. If an activity is undertaken where the participation is clearly identified with Masters, then Platypus Press makes every effort to prioritise those stories.

Check out the stories in this issue.



## IN THIS ISSUE

Season's greetings:	Page <a href="#">1</a>
Thank you to MST 2017 office bearers: MST Legacy Funds:	Page <a href="#">2</a>
Branch Records- 2017: Our National Record breakers:	Page <a href="#">3</a>
MST 2018 Championship events:	Page <a href="#">4</a>
Long Distance Championships:	Page <a href="#">5</a>
National Long Distance Events: New MSA Swim Rules:	Page <a href="#">6</a>
Meters for Melanoma:	Page <a href="#">7</a>
MST Club FINA Points 2017:	Page <a href="#">8</a>
MSA Traing Camp 2018: Thank you YMCA:	Page <a href="#">9</a>
Nationals 2018: The FINA Points System:	Page <a href="#">10</a>
Liability Cover for Coaches:	Page <a href="#">11</a>
Our Swimming Volunteer:	Page <a href="#">12</a>
Photo Gallery:	Page <a href="#">13</a>

## *Thank you to MST's 2017 office bearers*

Platypus Press thanks our 2017 office bearers for their work on behalf of all members of MST.

During the year the day to day activities of the Branch are in the hands of the management committee's office bearers who do the vast bulk of the work to keep the Branch functioning.

President – **Pauline Samson**  
 Secretary – **Mendelt Tillema**  
 Treasurer – **Maciej Slugocki**  
 Recorder – **Pauline Samson**  
 Coaching Officer – **John Pugh**  
 Safety Officer – **Don Reynolds**  
 Publicity and Promotions Officer  
 (including Social Media) - **Maciej Slugocki**  
 Public Officer and Registrar - **Ray Brien**  
 Delegate to the National Board **Maciej Slugocki**  
 Technical – **Don Reynolds**

These are the office bearers that keep masters swimming together. They make sure that your pool achievements are recorded, that our operations and finances are open and transparent. They make sure all the other jobs that are generally unseen by members are also done.

To this group we add the delegates from the clubs who keep things happening at the pool deck level and in their communities.

Sometimes the jobs get done as well as they should, at other times non-critical jobs don't get done at all.

One thing is certain however at both the club and Branch levels – the more members help-out, the easier it is for everyone. Those jobs that don't get done as well as they could can get done better and some of those jobs that don't get done at all can get done, or at least started on.

As a Branch we don't have the financial resources to hire staff, even for one day a week. The workload therefore falls on the volunteers and we need more.

The question to all members is therefore – "besides being a member and training what do I do to help out?"

The challenge for 2018 is to ask your club what you can do to help, ask one of the office bearers if they need a hand, volunteer for a position on the Branch's management committee, organize some officials training or even undertake a coaching course.

The Branch's financial position is very sound and a legacy fund is in place to assist with development of masters swimming in Tasmania.



## **MST LEGACY FUNDS**

Just what are MST's legacy funds?

The Tasmanian branch has been fortunate to have generated surplus funds from the conduct of National Championships.

The surpluses are the Branch' reward for the effort that has been put into organizing the championships. In the past, these surpluses have been used to fund the normal annual operating deficits incurred by the Branch.

Over the past two years the Branch has adjusted its affiliation an membership fees so that, commencing in 2018, additional funding will not be required to support normal day to day operations. The Branch has also eliminated its document storage requirement thereby making considerable annual savings.

Our accumulated, investments have now been freed up to fund the costs of developing our coaches, supporting club development by making a grants program available and to support and develop the professionalism of our officials.

**[CLUB DEVELOPMENT GRANTS](#)**  
**[DEVELOPING OUR OFFICIALS](#)**  
**[DEVELOPING OUR COACHES](#)**

The accumulated funds are a legacy left to the current branch administrators by previous administrators to be used for the growth and development of its members.



## 2017 – 173 Branch Records Broken

A total of 173 branch records were broken by members in 2017.

The top branch record breaking club for 2017 was the Hobart Aquatic Centre Masters club (TAC) with 85 records.

This is the third year in a row that TAC has topped the record breakers list and the 8<sup>th</sup> time in the last ten years.

The Devonport Masters club returned to the record breaking list for the first time since 2011. This is the most record broken by club members since 1991.

All clubs shared in this year's record breaking efforts.

### 2017 Records by Club

Club	Records
The Hobart Aquatic Centre Masters	85
Launceston Aussie Masters	47
Talays Masters	21
Devonport Masters	9
Tomatoes Swim	7
Van Diemens	3
Hobart Aussie Masters	1
<b>Total</b>	<b>173</b>

The Launceston Lemmings still top the all-time record breakers list with 1209 individual records. They retain their position from Talays on 1126, Hobart Aussie on 1058 and the fast closing Hobart Aquatic Centre Masters club who this year broke the 1000 record barrier to finish on 1017 records.

A total of 5,425 Branch records have now been broken since records were first added to the database from 1979.

### All-time Records by Club

Club	Records
Launceston Aussie Masters	1209
Talays Masters	1126
Hobart Aussie Masters	1058
The Hobart Aquatic Centre Masters	1017
Sandy Bay Aussie Masters	373
Devonport Aussie Masters	229
Oceana Aussie Masters	115
Van Diemens	109
Tomatoes Swim	87
New Norfolk Masters	65
Burnie Aussie Masters	28
Devonport Masters	9
<b>Total</b>	<b>5425</b>

A total of 36 members broke records this year. This is up by 9 members from the 7 that broke branch records in 2016.

In 2017 there were 107 male and 66 female records broken. This compares to 66 female and 65 male records in 2016.

The January 2018 edition of Platypus Press will highlight the individual branch record breakers of 2017.

## NATIONAL RECORD BREAKERS

2017

### Congratulations to

**Terry Smithurst**  
and  
**Maciej Slugocki**

Our two national record breakers this year were Terry Smithurst and Maciej Slugocki who both broke National Long-Distance records.

Terry Smithurst broke the National 1,500 m breaststroke record at the Long Course Long Distance Championships conducted at the Clarence Aquatic Centre. (See our article on the Long Course Long Distance Championships in this edition of Platypus Press.)

Maciej broke the National 1,500 m Short Course record at the Knox Grammar pool, Sydney in November. This was Maciej's own National record, broken for a 2<sup>nd</sup> time in 2017, having set the previous mark at the Tasmanian Short Course Long Distance Championships held in Launceston in May.

Masters Swimming Tasmania congratulates Terry and Maciej on their national records. Their record certificates will be presented during the presentations following the 2018 Summer Championships.

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*For your diaries - 2018 MST Championship events*

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# 2018 Masters Swimming Tasmania Championship Events

Summer Championships  
Hobart

17 & 18 March

Short Course Long Distance  
Championships  
Launceston

2 June

Winter Championships  
Launceston

18 & 19 August

Long Course Long Distance  
Championships  
Clarence

24 November

The most up-to-date  
details are available on  
the MST events page.





## Long Distance Championships Clarence YMCA Aquatic Centre

What a great afternoon of racing at the 22 MST Long Course, Long Distance Championships held at the YMCA Clarence Aquatic Centre on Saturday 11 August.

It was fantastic to see that the number of competitors was slightly higher than last year. and that MST meets are attracting interstate entries.

We hope that Catherine Rogers (NSW) Paul Gibson (NT), John Cocks and Don Taylor (Vic) enjoyed the meet.

Terry Smithurst (Tas) was our National record breaker at this meet in the 1500 m Breaststroke. Terry also broke the 400, 800 and 1,500 m Tasmanian breaststroke records.



**Terry Smithurst**

20 Branch records broken at the MSTas Long Course Long Distance Championships. Congratulations to our record breakers!!

Mendelt Tillema topped the Branch record table with four records. Anne Horner and Terry Smithurst broke three records each while Jade Richardson and Ricky Homan each broke two records.

Records were also broken by Annie Latchford, Megan Wells, Kay Neill, Tony Forman and Maciej Slugocki.

Masters Swimming Tasmania congratulates three of our interstate competitors at the - John Cocks, Paul Gibson and Don Taylor on breaking multiple records in their respective Branches.



The top five FINA point swimmers were:-

Maciej Slugocki, 1500 Freestyle, 804 FINA points.

Megan Wells, 1500 Freestyle, 642 FINA Points

Philip Tyrell, 1500 Freestyle, 623 FINA points

Megan Wells, 400 Freestyle, 549 FINA Points

Annie Latchford, 800 Freestyle, 482 FINA Points



### Our Branch Long Course, Long Distance Record Breakers

25-29	Female	Jade Richardson	800 Free, 1500 Free	2
30-34	Female	Megan Wells	1500 Freestyle	1
65-69	Female	Annie Latchford	800 Freestyle	1
65-69	Female	Anne Horner	400 Back, 800 Back, 1500 back	3
70-74	Female	Kay Neil	800 Freestyle	1
40-44	Male	Ricky Homan	800 Breast, 1500 Breast	2
65-69	Male	Maciej Slugocki	1500 Free	1
70-74	Male	Tony Forman	1500 Free	1
70-74	Male	Mendelt Tillema	400 Back, 800 Back, 1500 Back, 800 Breast	4
75-79	Male	Richard Langman	1500 Breast	1
80-84	Male	Terry Smithurst	400 Breast, 800 Breast, 1500 breast	3

## *New National Events page With a Focus on Long Distance Events*

It started in a discussion between Maciej Slugocki (Tasmania) and Michael Bradford (NSW) at the FINA World Masters Swimming Championships in Budapest.



**Michael Bradford and Maciej Slugocki after a tough battle in the 800 Freestyle**

Maciej and Michael were bemoaning the limited opportunities they had to compete in long distance pool events.

From this conversation, and after talking to other competitors, the concept of developing a single national web page that provided the entry point to long distance events across the country emerged.

Maciej proposed this idea to the National Board discussion group where the proposal was supported.

The concept then evolved even further to cover branch championship, national series and other significant events with a national focus.

It is a quickly evolving world, where requirements change periodically, it is critical that affected competitors know the exact conditions for a meet that they may be entering.

It is now mandatory that for world records to be recognised, automated timing equipment must be used.

Not all pools and not all events have automated timing facilities either available or used. In Tasmania, it costs event organizers \$550 to hire automated timing equipment.

Dependent on the meet, it may not be economically prudent for Automated timing equipment to be used.

The introduction of a national, single-entry point to a consolidated listing of distance events across the country makes it easy to plan for those wanting to race distance events.

It is early days but here is that one-stop-entry point to [Long Distance](#) events across Australia.

## **2018 MEMBERSHIP REGISTRATIONS NOW OPEN**

**It is easy to re-register.  
Just click on this link and  
complete the process**

### **MEMBERSHIP REGISTRATIONS**

## **New swim rules apply from 1 January 2018**

A number of FINA rule changes come into force from January 1, 2018

The rule changes affect the use of timing equipment, video timing, changes in the reporting of infractions, breaststroke and medley turn rules updater and clarifications, elimination of terminology regarding timing to 1/1000<sup>th</sup> of a second.

You can read the full rules from this [link](#) and the explanatory memorandum from [here](#).

## Meters for Melanoma - Doing good for others

Masters swimmers often get caught up with their training sets (or the coffee after with friends), racing at carnivals, setting PBs, record breaking, or just enjoying an open water swim and having fun at the beach.

In many ways masters swimmers are blessed having developed those aquatic skills and with it the confidence to have fun in the water.

Those skill also provide an opportunity- an opportunity to help others and this is exactly what Anne Steele has recently done.

Anne is a member of the Hobart Aquatic Centre Masters Swimming Club and she recently managed an enormous fundraising effort by leveraging off her aquatic skills (and the tolerance she has developed for cold water).

to remove Anne's malignant melanoma was a success.

The incidence of melanoma among masters swimmers is Anne's cause and it is a swimmers' cause as well.

In Anne's words "We all think we are invincible and it won't happen to us."

Anne's experience is a salutary warning – get those "freckles" checked out.

So, in 2018, both to celebrate a very fast English Channel crossing ten year earlier, and to raise awareness and funds for Melanoma Tasmania, Anne returned to the U.K to swim the length of Loch Earn, Scotland.

Anne created a blog to record her journey and it traces her training and preparation for her challenging swim. For the curious reader the water temperature in Loch Earn is cold .....

So, on the 9<sup>th</sup> of September at 10.00 am Anne started her swim.

"2 hours 55 minutes and 11.4 km swum in bathers, Loch Earn was conquered." Sounds easy saying it like that? Well the swim was not easy at all.

"The swim itself was the hardest thing I have ever done, both physically and mentally. 13.9 degrees in a freshwater Loch is very different to the same temperature in the ocean" said Anne.

It is best that you hear directly from Anne whose journey is recorded in her [mycause](#) blog.

Platypus Press congratulates Anne on her swim and her fantastic fund-raising effort.

At the time of writing Anne's effort has raised over \$13,000 for Melanoma Tasmania.

More information about melanoma is available on the [Melanoma Tasmania](#) web site.



© Bluepatch Photography

Anne has a cause that is very close to her heart. "5 years ago, a routine skin check saw a suspicious "freckle" which looked perfectly normal to the naked eye be biopsied." said Anne. The diagnosis was of a malignant Melanoma. The surgery



## Top FINA points for 2017 swims to the Hobart Aquatic Centre Masters Swimming Club

Now that racing for the 2017 season is over, the opportunity presents itself to consider the racing quality aspect of MST members over the year.

Masters Swimming Tasmania congratulates the Hobart Aquatic Centre Masters Swimming Club (TAC) and all its members on showing, once again, that the quality and depth of its competition swimmers is the highest in Tasmania.

TAC has topped the FINA, average points per swim table with its members averaging 392 FINA Points per swim.

### FINA Points by Club

Club	Average Points
TAC	392
TTS	371
TLC	362
TDP	353
TBU	350
THV	279
TTL	266
THB	241
<b>Tasmanian Average</b>	<b>345</b>

The internationally recognised comparison of results and times, based on gender and event, and across the age groups, is to use the FINA points calculator. (For the technically minded a mathematical explanation of how points are calculated is set out on page 10 of this edition of Platypus Press.

All results achieved by members, whether swum in Tasmania, in other states, at nationals or at international meets have been used in to calculate the average FINA points achieved by members of MST.

As the number of meets conducted in Tasmania is small, and therefore competitive opportunities are restricted, the tables include split times where these have been recorded in the database.

The highest female point scores were achieved by members of the Launceston club (TLC) with 394 and by the men it was TAC members who averaged 404 points.

### FINA Points by Club by Gender

Club	F	M	Average Points
TAC	377	404	392
TTS	379	361	371
TLC	394	324	362
TDP	378	325	353
TBU	350		350
THV	279		279
TTL	235	319	266
THB	260	175	241
<b>Tasmanian Average</b>	<b>347</b>	<b>342</b>	<b>345</b>

Platypus Press also calculated the points based on course length.

Members of TAC came out on top in both categories as well scoring 390

points in short course racing and 390 when racing in Long Course mode.

### FINA Points by Club by Course

Club	Course		Average Points
	LC	SC	
TAC	390	394	392
TTS	374	350	371
TLC	388	351	362
TDP	292	385	353
TBU	354	344	350
THV		279	279
TTL	292	224	266
THB	242	240	241
<b>Tasmanian Average</b>	<b>355</b>	<b>337</b>	<b>345</b>

Congratulations to all the members of the TAC club on the quality of their competitive efforts throughout 2017.

The question can then be asked as to whether members of MST want to improve and if the answer is "yes" what can be done about it.

A place to start is to ensure that all our clubs have qualified coaches on deck to look after and develop our swimmers.

In early December under the direction of board member, John Pugh, that step was taken. A coaching course was conducted and facilitated by former Olympian Peter Tonkin.

The aspiring coaches who attended are now doing their practical work and by the middle of 2018 MST will have a new set of qualified coaches on deck. John is now working on making available access to professional development material and a Coaching page has been set up on the MST website.



## MSA Swim Training Camp Thanyapura, Phuket 10-17 June 2018

As the brochure says:

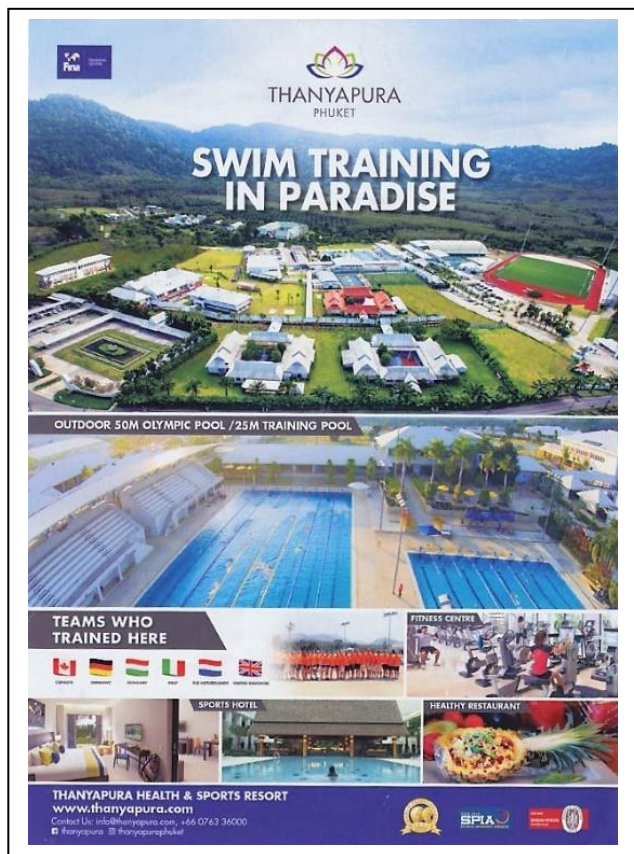
### Swim training in Paradise

As winter settles in Australia in 2018, 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.

Your home for the week is the world class Thanyapura sports complex in Phuket. Alan will coach 2 training sessions daily in the state of the art 50 m pool. During the day, you will have time to explore the area, sit by the pool or head to the beach with Alan for Open Water skills and training. Or you might want to sign up for one of the cooking courses on offer.

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.

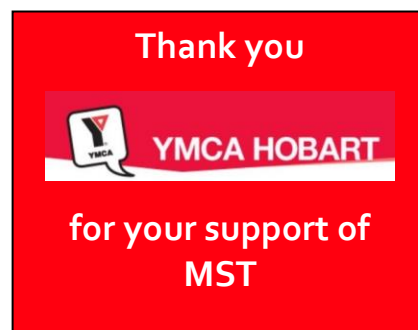
Full details on the [MSA](#) and the [Cousins Tours](#) web pages



## MST Coaches Clinic Thank you YMCA

Masters Swimming Tasmania acknowledges and thanks YMCA Hobart for their support of the MST Masters Club Coach Accreditation Program.

MST is extremely appreciative of the hospitality and arrangements provided for us.



The YMCA Clarence Aquatic Centre is an old-style swimming complex. – It is a viable and affordable facility for our long-distance championships and with the support provided to MST by the YMCA we hope to continue the relationship.

It is so refreshing, to MST, to see the YMCA recognising that groups such as ours enhance the viability of and promote the sport of swimming.

The YMCA's approach is one of looking to ways of working together with MST to achieve objectives that are common to both organisations.





The National Championships are the premier event on the Masters Swimming Australia calendar.

The 2018 MSA National Championships (N18) will be held in Perth from 18-21 April at HBF Stadium, Western Australia's leading aquatic facility.

The focus of N18 is on participation and creating a supportive environment for swimmers to achieve their personal goals.

All the details of the championship are on the [N18 web site](#).

To enter you will need to be a financial and active member of your club at the time you enter. It can take up to 7 days for your club to make you active and then up to 2 days for your membership to update the entry system database.

Contact your club president, secretary or registrar to check that you have been made active on the system before you escalate your query to the championship organisers.

Before you enter you should check out the functions and get your ticket early just in case the event sells out.



## All about the FINA Points System

Have you ever wondered how the FINA points system is calculated and what it means? Read on to find out.

It all started when competitors and fans tied to compare the relative standard of results between events and genders.

For instance, how do we compare the standard of a 100 m freestyle sprint by a male to that of an 800 m time achieved by a female competitor.

The starting point is to find out the the world record time for each event, in the age group and gender.

But don't world records change during a year? Not all but some do so how does the pints system deal with this eventuality?

In each case the base world record time is established at a specific date.

For long and short course events the base time is the world record at 1 November of the previous year.

Those records then establish the base times for those events.

Once we know the relevant world record and the time swum, the data is fed into a formula.

The formula is a straight forward cubic curve with the base (B) and swim (T) times converted to seconds with the calculation establishing a points (P) value expressed as a whole number.

The formula is

$$P = 1000 * (B / T)^3$$

One additional piece of information is also needed to understand the result. If a time is swum that equals the world record the number of points will be 1000.

From there it flows that where the result of that points calculation is less that 1000 points the time swum is slower that the world record.

Where the points calculation results in a value over 1000 points, this does not necessarily mean that a new world record has been set.

A value of over 1000 points only means that the time swum is faster than the world record at the relevant date from the previous year.

Knowing that, Platypus Press hopes that you are better able to understand the points column in our records database.

You can check out some of the points at the following links.

[Top 100 women in 2017](#)

[Top 100 men in 2017](#)

It should be noted that these table only show the individuals best points, irrespective of the event. For example, Tony Goodwin has 15 swims where his point score is over 1000 points, has broken 9 world records but only appears in the list above once.



## MSA LIABILITY COVER - COACHES

Now that MST is implementing its coaches' development policy it is important that there is an understanding across the branch of the liability cover for our coaches.

The General Liability Policy covering Masters Swimming Australia and all its affiliates provides both Public and Professional Liability cover for all its members.

Under Section One the General (Public) Liability cover is provided for Coaches as follows.

Coaches are defined as a member of an Insured Club who is accredited and qualified in accordance with the requirements of Masters Swimming Australia. Cover is also provided for a person with a minimum of coaching experience in the sport of swimming. (Section 1 Definitions 3)

Under this section, cover is provided for any registered member of a Club, in this case a Coach, but only whilst acting in connection with Club activities and whilst conforming to Club rules and by-laws. The cover extends only if the member is not entitled to cover under any other policy of Insurance. Cover is also extended to voluntary workers such as an unpaid Coach. (Section 1 Definitions 8c)

Under Section Two the Professional Indemnity section cover is provided as follows.

Coaches are defined as a qualified person appointed by the Club to act in that capacity and only whilst acting within the scope of those duties. (Section 2 Definitions 2.4)

The term Qualified means having the appropriate qualifications or registration or accreditation or authorisation from Masters Swimming Australia or its affiliates. (Section 2 Definitions 2.6)

In summary the scope of the cover provided by the MSA Liability provides cover for all Coaches whilst acting only within their appointment as authorised by the Club.

As such it is also recommended that Coaches who engage in activities that may not fall within these boundaries should for their own protection seek to obtain their own insurance cover. This can be arranged through the Professional Coaches Association (ASCTA).



### 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

Are your membership details up to date?

Make sure they are correct on the membership portal.

Remember to check them when you renew your membership

### Our National Safety Policies

Safety  
Heat  
Sun Smart  
Risk Management

### Next Edition

The deadline for contributions for the next edition of Platypus Press is 11 January, 2018.



## Our Swimming Volunteer – Diane Gregory

### Doing good for others

Talents and skills – we all possess them. It is how we use those talents and skills that is so important and the way we harness them to leave a positive impact on our world.

Oceania swimming recently celebrated the UN's International Volunteer Day.

Lo and behold there we find our own, or at least the Hobart Dolphin's, Dianne Gregory – Doing good for others

Diane recently returned from Fiji where she was a member of the Australian Volunteers program.

Fiji Swimming conducts a program called "Let's Swim" which is a grassroots swimming for social development program funded under the Pacific Sports Partnership program by the Australian Government.

Diane's role for Fiji swimming was the development of financial policy for the organisation and streamlining their accounting processes.

Diane's fantastic work was recently featured in an article published by the Oceania Swimming Federation.

Before reading the complete article, and just in case some time in the future the link to the article disappears, the following tribute needs to be preserved in Platypus Press.

She has left a long-lasting impact on the organisation. "Diane has left a huge footprint that would be hard to fill. She has helped put financial operating systems in place. Because of her I now know what I am doing and most importantly why I am doing it. She has given me a sense of direction when it comes to finance," said Lydia Sogotubu, Diane's counterpart."



Diane on deck in Fiji

Read all about Diane's contribution in "[Behind the Scenes of Swimming](#)" in this Oceania Swimming Federation article.

Masters Swimming Tasmania congratulates Diane Gregory on her contribution – Talents and skills applied to doing good for others.



### Devonport Devils



### Hobart Aquatic Centre



### Hobart Dolphins



### Launceston Lemmings



### Tomatoes Swim



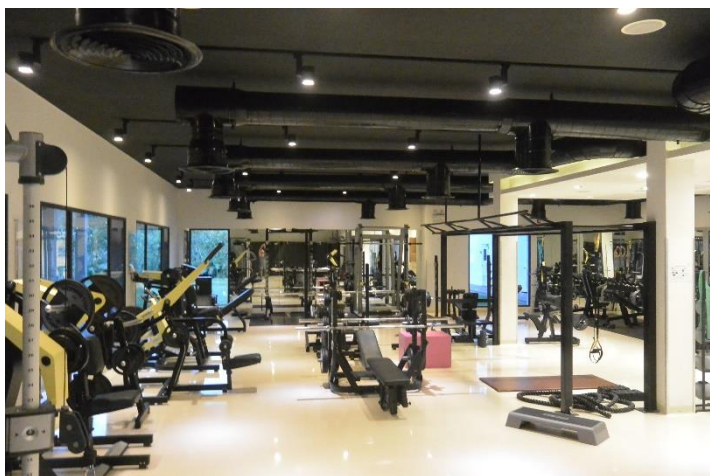


## PHOTO GALLERY

Our December gallery photos have been randomly selected from various events both local and international.



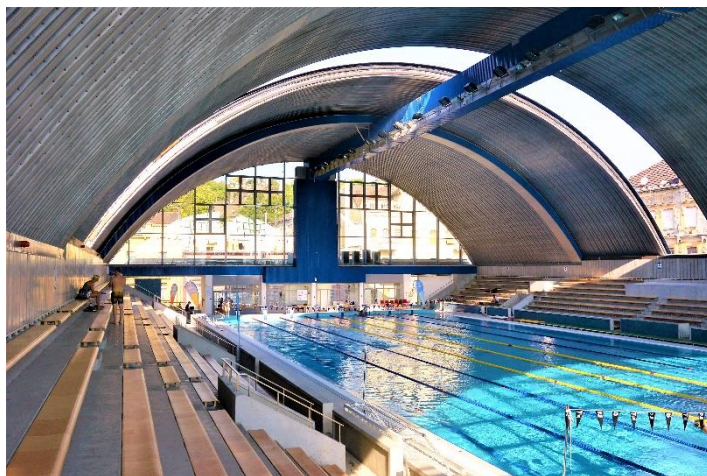
FINA World Championships – Budapest August 2017



MSA Thanyapura Training Camp – One of the Gyms



FINA World Championships Budapest August 2017  
Post closing ceremony and national day fireworks



FINA World Championships – Budapest August 2017  
Worlds Training Pool



Launceston Lemmings Celebrating