



FITNESS, FRIENDSHIP AND FUN

PLATYPUS PRESS

- Moving ahead

November 2017

An exciting but challenging 2017

This year has seen our members compete in Tasmanian Masters' conducted summer and winter championships our short course long distance championships, National and World Championships and Masters meets in Victoria and NSW.

MST members have also competed at the World and Australian Masters Games.

On the record front by the end of September there have been 126 individual Tasmanian records broken by 28 of our members. At the national level one record has been broken.

In our next and final edition for 2017 we will cover some of the fantastic adventures some of our masters members indulged in this year including swimming across a Scottish Loch and the challenges of the English Channel.

Nationally, progress is being made on developing agreements with Swimming Australia on the dual sanctioning of meets.

Progress is also being made on the introduction of Multiclass classifications into Masters swimming events.

MST is always looking for leaders and members to nominate themselves for positions on Branch and Club committees, undertaking coaching and officials course. The new year will shortly be upon us so why not talk to your club president and volunteer to do something more for masters swimming.

The last Tasmanian Masters swimming event for 2017 is our Short Course Long Distance Championship being held at the Clarence Aquatic Centre on 11 November. MST conducts 4 meets each year and their future depends on strong club and individual support.



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Australian and Tasmanian records fall Short Course Long Distance Championship Launceston, 20 May 2017

5 National and 11 Tasmanian records were broken at the 22nd Tasmanian Short Course, Long Distance Championships at the Launceston Aquatic Centre on 20 May.

31 keen competitors, including three from interstate, the meet organizers from the Launceston club and officials from around the state gathered at the Launceston Aquatic Centre for the championships.

Platypus Press congratulates National record breakers:

- John Cocks (Malvern Marlins, 80-84) for his national records in the 800 and 1500 m backstroke
- Rosa Montague (Power Pts, 70-74) for her national 800 m freestyle record;
- Ian Young (Marion Masters, 65-69) for his 800 m freestyle record; and
- Maciej Slugocki (Hobart Aquatic Center Masters, 65-69) for his 1500 m freestyle record.

The racing highlight of the meet was the 1500m duel between Maciej Slugocki of the Hobart Aquatic Centre Masters Club and Ian Young from Marion Masters.

Competing successfully and breaking a record in a 1500m event relies very heavily on great pacing.

Ian set his National 800m record as a split in the 1500. Ian's time at the 800 was 10:37.98 That meant Ian had broken the national record by 1.66 seconds. At that stage of the 1500 Maciej was 9.4 seconds behind Ian.

Over the next 700 m Maciej's significantly more consistent pacing enabled him to catch and overtake Ian to the finish the 1500 in a new National Record of 20:26.88.

Maciej's time was 13.88 seconds faster than the record set by the great West Australian Masters Swimmer Victor Paul in 2009.

A total of 11 Tasmanian Branch records were also broken at the meet by 7 of the competitors.

Members of the Hobart Aquatic Centre club, Kay Neil (1), Tony Forman (1), Philip Tyrell (2) and Maciej Slugocki (3) broke 7 records.

Talays members Terry Smithurst (2) and Kris Apps (1) combined for a club total of total of three records.

Marcia Watkinson from Devonport completed the total with her record in the 1500m freestyle.

Masters Swimming Tasmania congratulates the Launceston Lemmings club and all participating competitors on staging this championship meet.

The full results are on the records and results [Information Portal](#).



FINA World Masters Open Water Swimming Championships Budapest Our podium finishers



Lake Balaton

Amanda Duggan and Maciej Slugocki are our 2017 FINA World Masters Swimming Championships podium finishers.

Masters Swimming Tasmania congratulates Amanda and Maciej for their fantastic efforts at the 2017 FINA World Masters Swimming Championships held in Budapest, Hungary on 10 August 2017.

Our first medalist at these championships was Maciej Slugocki who finished in 2nd place in the 3 km open water event which was held on the magnificent Lake Balaton.

Later on the same day, Amanda Duggan came in 3rd in her 3 km event.

Amanda said that "Swimming at Balatonfured for the open water event was certainly an experience! It was my first International open water swim, so I was very keen to participate and experience all it had to offer."

"The water was so different to our pristine (most of the time) waters in Tasmania. This water was milky! There was no visibility beyond 10 cm. Having overcome the psychological effect that had, I was very proud to finish 3rd in my age group" Amanda said.



**Amanda Duggan -
Open Water Podium Finisher**

"We were very lucky as the weather conditions and water temperature was ideal for our swims" Maciej said.

"The course was quite straight forward but sighting on each of the



three, approximately 1 km legs, was not easy because of a lack of land based features and sighting confused by boats and yachts." Maciej said.

Maciej said that "sighting and navigation skills are paramount in open water swimming and unfortunately, those are two skills that I have not developed. I'll have to learn those skills this summer. "

There is an enormous variation in the type of venues used for FINA open water championships.

In 2015 in Kazan the championships were held on a very wide river in Kazan where you had to swim across the river and back.

In Montreal the championship event was held on a lake based rowing course while in 2012 in Riccione, Italy the course was in the sea, under a glaring sun and the course was parallel to a beach.

The next FINA Masters Open Water Championships are scheduled to be held on Lake Jangseong, Gwangju, South Korea in August 2019



John Pugh - The Early days

In March 2011, at the National Championships in Perth, WA, John Pugh was awarded Life Membership by Masters Swimming Australia.

John had just completed 12 years of service to the association, six as Finance Director and six as President – in his own words 'this came as a total surprise'.



By the time John achieved his positions on the National Board, he had a great and deep understanding of the financial issues and 'politics' in the Australian context.

There is always a back story to the recognition awarded to John by Masters Swimming Australia.

John has a strong swimming administration history with about thirty years' worth from his previous life in Rhodesia (now Zimbabwe) and South Africa bringing over 20 years of experience in swimming, water polo and coaching from Southern Africa.

With an accounting background John's entre to administration often began as Treasurer (not a job many people aspire to!) and led to leadership roles as President.

This professional and academic background in finance has served swimming exceptionally and enabled John, in voluntary capacities, to contribute as treasurer in the Rhodesian Crusaders Swimming Club and the Matabeleland Swimming Board in of Bulawayo and in Cape Town, South Africa on the Western Province Swimming Association and the Rhodes University Sports Union in Grahamstown.

John's administrative positions have included President of the Union-Mitchell Swimming Club of Cape Town, Secretary and later President University of Cape Town Swimming Club, Secretary and President of the South African Universities Swimming Association, President and founder of the Grahamstown Dolphins Swimming Club and Vice President of Eastern Province Swimming Association.

Along the way John also received Meritorious Service Awards from Crusaders Swimming Club, and South African Universities Swimming Association.

Not a bad way to hone your skills and develop a repertoire when starting a new life in a new country.

By this time, and to say it as an understatement, John was equipped and ready with a wealth of experience behind him to make his contribution to Masters Swimming in Tasmania and on the national scene.

Since migrating to Tasmania in 1987, John had been Treasurer of the Country Water Polo Association, Treasurer and President of the Launceston Masters Swimming Club (the Lemmings) and President of Masters Swimming Tasmania. John is now the Tasmanian Director of coaching and is on the national panel.

There is more to say on John's contribution in Australia but that is another story. What is quite clear is that John has had an outstanding record of activism and contribution to swimming.

John has also left his mark on the record books having, by the end of October 2017, broken 210 branch records and, as we can see from the picture opposite, has earned and achieved his Vorgee Ten Million Meters Award.

The 1st record on our books

The MST data base contains details of over 5,000 records that have been broke over the years, or at least those that have been tracked down. The oldest of these was by David Gerrard, a member of the Launceston Lemmings. David set the 100 m butterfly, short course record in a time of 1:07.69 in 1979.

Here we reproduce an article about David from one of our very early editions of Platypus Press

IS THERE A DOCTOR IN THE POOL?

BY BILL ROBINSON

Behind the cover of David Gerard's pleasant, easy to get along with and jovial nature, is an extremely determined, goal oriented and dedicated competitor.

Dave's swimming story began in Auckland, New Zealand, as a chubby 12-13-year-old when he walked into the Mt. Eden Swimming Pool and asked the then coach at the Centre, Morrie Doidge, if he could try out for his squad. Doidge duly tested the young enthusiastic Gerrard and found that he had not a lot of talent as a freestyler, backstroker and especially breaststroke, which he almost went backwards in, but thought that he could probably do something with his butterfly.

This was in the late 1950's and it wasn't long before Dave displayed his greatest asset, his dedication and determination to succeed. Dave trained tirelessly, according to Doidge, and it wasn't long before swimming followers were beginning to sit up and take notice as Gerrard began to break N.Z. Junior Records in his specialist butterfly stroke.

Dave's first major success came in 1960 when he won the 220 yards butterfly at the N.Z. Championship.

This was a title that Gerrard was to win an amazing 10 years in a row spreading from 1960 to 1969. Gerrard also won the 110 yard butterfly several times, but this was not his favored event.



DAVID GERRARD

In 1962, Dave swam for N.Z. in the Commonwealth Games in Perth and although not winning any individual medals, gained valuable international experience. The next

big moment in the Gerrard story was his gaining selection for the 1964 Tokyo Olympic Games. The New Zealand A.S.A. had set very tough qualifying times for its team for the Tokyo Olympiad. Dave made many qualifying attempts to try and secure a spot in the team. In their wisdom, the N.Z. selectors decided to send Dave who made it through to the semis for the 200 butterfly in a time of around 2.15.0 and only narrowly missed the final.

This was the encouragement needed for Dave who was looming as a definite gold medal prospect for the Commonwealth Games in 1966 to be held in Jamaica.

By this time Dave was in his second year as a physiotherapist and had adopted Dunedin as his base during the year and back to Auckland for training during the summer vacation months to train with coach Doidge.

Doidge's very tough, no nonsense approach to training was building a very strong group in Auckland and Dave seemed to thrive in this environment

1966 was to be a big year for the tough Gerrard and the hard work paid off when Dave won the Commonwealth gold medals for the 200 butterfly in the record time of 2.12.8.

(Continued on the following page.)

The David Gerrard Story Continued (from Page 5)

This was one of the closest races in recent Commonwealth Games swimming with Australian Brett Hill leading Gerrard for most of the race but Dave, now renowned in swimming circles for his incredible strength and tenacity, out finished Hill to take the gold.

Dave continued on swimming at N.Z. National level but was beginning to become more involved in his own very successful physiotherapy practice in Auckland specialising in sports injuries.

Physiotherapy was beginning to frustrate Dave as he wanted to know more about the workings of the body as so decided he would sell his physiotherapy practice and move his wife Barbara and son Brett (named after Brett Hill) back to Dunedin where he would begin a Bachelor of Science degree in order to gain entry to Medical School.

David, displaying the same dedication to his studies as he had in his swimming, graduated as a Doctor of Medicine in 1977.

As a measure of the sort of respect Dave is held in N.Z. swimming circles, Dave was selected as Manager of the very successful N.Z. Commonwealth Games swimming team in 1974.

Dave is now a doctor in Launceston, Tasmania, and it is definitely New Zealand's loss and Australia's gain.

Masters Training Camp 2017



THANYAPURA PHUKET

Lawrence Watt (Tallays) and Maciej Slugocki (Hobart Aquatic Center Masters) attended the 1st National Masters Swimming Australia training camp held on the island of Phuket, Thailand in early June 2017.

"This is the first training camp that I have ever attended, and I loved every minute of the 8 days I spent training there" said Maciej

The accommodation was 1st class, the food was dangerous (enormous risks of overeating it was so good), and the training facilities were superb.

Locker and change rooms were impeccable with towels provided.

The pool was great to train in being FINA accredited – the only drawback was that it was a bit warm for most of the week.

The gyms, yes there was more than one, were top class and included equipment designed for stretching and strengthening.

A running track, spa, saunas and ice baths, and plenty of classes to take advantage of – all included in the camp cost.

Maciej managed to get in a 2,000 m training set before the official daily morning sessions which started at a reasonably civilized 6:45 am. Sessions commenced with a 15-

minute dry land stretching session and was followed by a 90 minutes pool training session..

During the day, a gym session and in the afternoon at 3:45 another 90-minute pool session.

"We learnt and did a lot of drills, swum main sets each day and did some sprint work" said Lawrence.

Lawrence said that he "certainly learnt a lot from coach Alan Godfrey and am very indebted for his patience, guidance and advice."

As for food, you could even get Brain, Alkaline and Clean food selections from the Bar???

Will I go back? Will I ever!!!! I'm already looking up air fares and hotel deals to go back.



Lawrence Watt
Ready to take off



33rd winter short course championships T A S M A N I A



Launceston Lemmings on top and Records tumble at the 33rd Winter Short Course Championships

Congratulations to the Launceston Lemmings on their club Championship victory at the 33rd Masters Swimming Tasmania Short Course Championships.

Eight interstate clubs from Queensland, New South Wales and Victoria joined the eight Tasmanian clubs at this meet.

An even 100 competitors shared great racing over the two day Nationals Series and Tasmanian Branch Championship meet at the Launceston Aquatic Centre.

It would be a long time, if ever, that the Branch has hosted competitors from 8 interstate clubs other than National Championships.

It was a resounding victory for the Launceston (TLC) team smashing the club competition with 2,139 points to the Hobart Aquatic Centre Masters club's (TAC) 1,153 points. This near 1,000 point advantage to the Launceston club is a fantastic tribute for the enthusiasm and support for the meet by it's club members. Well done the Lemmings.

At the end of the championship meet the top club trophy was awarded to the Launceston

Lemmings Masters Swimming Club (TLC).

MST congratulates our Male and Female Swimmers of the Meet.

The **Female Swimmer of the Meet was Ketrina Clarke (TLC)** with 3,117 FINA Points, followed by Anne Steele (TAC) on 3,055 points and Christine Brown (TLC) on 2,822 points.

The **Male Swimmer of the Meet was Costan Magnussen (TVA)** with 3,069 points, followed by Philip Tyrell (TAC) with 2,926 points and Ashley Brook (TLC) on 2,787 points.

The **best swim of the meet by a Tasmanian was by Philip Tyrell (TAC)** in his 400 m Freestyle on 694 FINA points.

A total of 44 individual Tasmanian records were broken at the meet.

Member of TAC once again showed their considerable record breaking water (fire?) power by breaking 20 of the 44 state records.

They were followed closely by the Launceston Lemmings (TLL) with 16, Talays with four, Van Diemens with three, and Devonport Masters with 1.

Individual Records by Club

Club	
The Hobart Aquatic	
Centre Masters	20
Launceston Aussi Masters	16
Talays Masters	4
Van Diemens	3
Devonport Masters	1
Total	44

Uniquely at this meet, it was the males that led the record haul by breaking 27 of the 44 records.

Individual Records by Gender

Club	F	M	Total
TAC	3	17	20
LTC	13	3	16
TTL		4	4
TVA		3	3
TDPs	1		1
Total	17	27	44

The top record breaker at these Championships was Philip Tyrell (TAC) club with ten.

Records by Individuals

Row Labels	
PHILIP TYRELL	10
TERRY SMITHURST	4
TONY FORMAN	4
COSTAN MAGNUSSEN	3
SARAH MERRIDEW	3
CHRISTINE BROWN	3
DAVID SPINKS	3
ROBERT TUCKER	3
TAHNEE HODGETTS	2
KETRINA CLARKE	2
SARAH LYONS	2
MEGAN WELLS	1
ANNIE LATCHFORD	1
ROS DILLON	1
DONNA FRENCH	1
KAY NEILL	1
Total	44

Winter 2017 SC championship roundup

Continued from previous page

Other multiple record breakers were Tony Forman (TAC) with 4, David Spinks (TAC), Christine Brown (TLC), Sarah Merridew (TTC), Robert Tucker (TTC) all with 3, Ketrina Clarke, Tahnee Hodgetts, and Sarah Lyons (TTC) with 2 each.

Individual records were also broken by Ros Dillon, Donna French, Kay Neill (TAC), and Annie Latchford (TLC) and Megan Wells (Devonport).

Platypus Press congratulates all of our record breakers. Well done!

The Tomatoes Club was to the fore with the quality of their swims averaging 434 FINA points.

Congratulations Tomatoes.

Club	Average FINA points per swim
TTS	434
TAC	388
TDP	374
TLC	335
THV	294
TTL	256
THB	225
Total	325

[Editor's Note: TVA, MST's virtual club, not included.]

The Relay trophy for 2017 was won by the Launceston club.

Individual club gold medalists at the Winter Championships were:

Devonport Devils

Megan Wells and Ricky Homan.

Hobart Aquatic Centre Masters

Jo Burke, Ros Dillon, Kay Neil, Allan Nichols, Phil Tyrell and Tony Forman.

Hobart Dolphins

Annilese Cousins, Pia Peterson and Jan Chew

Launceston Lemmings

Christine Brown, Sarah Lyons, Tahnee Hodgetts, Merodi Jack, Alwyne McMahon, Bill Woodworth, Lawson Hardy and John Pugh.

Tallays

Terry Smithurst

Van Diemens

Costan Magnussen



And static ones from the Presentation Lunch



Some action Photo's from the pool



Rottnest Channel Swim Challenge



Many of those who take up early morning swims find it quite addictive, and over the years a number of local swimmers have swum the Rottnest Channel in Western Australia and even the English Channel*.

The Rottnest Channel swim is one of the highest participant ocean swims in the world, with nearly 4000 swimmers entered either as solo swimmers or in relay teams of 2 or 4.

The event started this year at dawn (as it usually does) on Saturday 25th February with the Western Australian Premier firing the starting gun on Cottesloe Beach. The event finished in the mid afternoon when the last of the swimmers reached Rottnest Island. The fast swimmers make the crossing in just over 4 hours, and for the slower swimmers it might take up to 10 hours.

The swim has many challenges apart from the distance: stingers, sunburn, dehydration and hypothermia, not to mention the thought of being attacked by a shark (most unlikely and has never happened during the event) and the potential of being run over by one of the 1000 support

boats that make up the flotilla on the day.

For those plucky swimmers reaching the island their personal sense of achievement is enormous and far outweighs any physical discomfort they might be feeling after having touched the beach at Rottnest.

This year the challenge was undertaken by a number of Masters Swimming Tasmania club members, swimming in their private capacities.



Before Pat (2nd from left) and Ian (far right) left for their challenge they were farewelled by regular open water training friends from the TAC club.

After spending nearly a year swimming anywhere between 15-40km per week in open water and the pool, three local swimmers, Pat Fitzgerald, Ben Carpenter and Ian Johnstone headed to Perth to take on the 19.7 km Rottnest Channel as solo swimmers.

Masters Swimming Tasmania at the outset congratulates Jan and Pat from the Hobart Aquatic Centre Masters Swimming Club (TAC) and Ben from the Tomatoes Masters Swimming Club for even attempting the challenge and Anita Northrop and Steve Muir from Launceston Lemmings for their duo attempt.

(More on the results later in this story.)

Talking about his preparation for the big swim, Ian Johnstone said "I personally found regular swimming to be really transformative for my health and outlook on life. As early morning swimmers, cyclists, joggers, walkers and gym junkies would know, it can be tough getting out of bed in the morning but once you get into the rhythm it's a great way to start the day and the camaraderie amongst fellow swimmers is been great".

Ian added that "Only a few years ago I would have struggled to swim the full length of the pool without holding onto the lane ropes and now my mates and I are ready to swim non-stop for between 6 and 9 hours to achieve our big goal".

Platypus Press is pleased to say that despite some tough and challenging conditions, Pat, Ian and Ben successfully finished the swim in what turned out to be a tough swim in challenging conditions.

Anita Northrop and Steve Muir also successfully completed their swims in a time of 6 hrs 20 minutes.

Ian was swimming well at the halfway mark and on track for about 7 hrs 30 minutes finish but in the second half conditions changed and became really tough with strong adverse currents and lumpy seas making it tough going.

Ian said that for about 2 hours at about the 13-15 km. mark he hardly made any progress and lots of swimmers became demoralised and withdrew. "In the end the crossing

[\(Continued on the following page\)](#)

Rottnest Channel Swim (Continued from previous page)

took me 10 hrs and 1 minute, Pat did it in 9 hours and 23 minutes while Ben Carpenter, completed his crossing in 7 hours and 32. minutes.

"I was so pleased to reach the finish line and now [Ed. a few hours after finishing] I am nursing a sore right shoulder and left wrist but enjoying the sunshine on Rottnest with family and Justin our skipper." said Ian.



**Individual Rottnest Channel
2017 conquerors**

**Ben Carpenter, Pat Fitzgerald and
Ian Johnston**

The cold, clean ocean waters of Tasmania have a deserved reputation for developing hardy ocean swimmers. Even though the local water temperature can drop as low as 10 degrees in winter, the Hobart based Weedy Sea Dragons swim year-round, as do the Coffee Club swimmers in Bicheno.

**A fantastic effort by all!
Congratulations Ben, Patrick, Ian,
Anita and Steve.**

See also Ben's story later in this edition and Anita and Steve in our Photo Gallery.

*Editor's note: The next edition of Platypus Press will feature an article on MST member who have participated in the English Channel swim in 2017.

Club News -Hobart Aquatic Center Masters SC

Congratulations to everyone who swam for the club at the Winter Championships in Launceston over the weekend. Everyone was in great form and joined in the fun of the competition.

It was terrific to see swimmers expand their repertoire and take on new events.

One standout in this regard was Suzanne Terhorst who completed her first ever 400 IM. What a fantastic effort Suzanne.

There were plenty of PBs and great racing, especially between team members (even when it was a case of mistaken identity, Anne).



With only 17 swimmers we were not going to be in the hunt for the championship trophy against Lemmings with over 40 swimmers. Nevertheless, we came second which was a great result in the circumstances.

With our numbers down, it meant the lead we had established in the relay aggregate trophy at Summers

was going to be under threat. We entered the maximum number of relays teams we could, but in the final result came second to Lemmings by just 10 points!

Well done to everyone who swam in our relay teams. The consolation is that if there was a trophy for champion team at Saturday night dinner we would have won it by a mile.

In the end no-one qualified for the Marcus award. Doing one breaststroke stroke before getting the butterfly going was a contender, and wearing a ribbed condom instead of a swimming cap was certainly amusing, but neither of these efforts met the strict Marcus criteria. Better luck next time.

Congratulations to our age group gold medalists: Anne Steele, Jo Burke, Michelle Kline, Alan Nichols, Ros Dillon, Kay Neill, Tony Forman and myself. Well done also to Anne Steele for coming second in the women's Swimmer

of the Meet.

Huge thanks also to our timekeeping team: Val, Suzie, Pete and Anthony. Congratulations and thanks also to Alex Branch, who is now a fully qualified meet referee. Well done Alex!

Commonwealth Games Queen's Baton Relay

Master Swimming Tasmania
congratulates

Anne Steel and Kris Apps

on their selection to be member of the Commonwealth Games Queen's Baton relay which will be held in the run up to the Gold Coast 2018 Commonwealth Games.

Anne and Kris will be part of a 3,800 baton relay team made up of people from across Australia*.

Well done Anne and Kris!

(*Editor's note: There may be other MST members who had been selected so let us know and we can update in the next edition.)



CO-SANCTIONING OF MEETS

Co-sanctioning of meets by Masters Swimming Australia and Swimming Australia is on the way.

What does this mean for masters competitors?

Once arrangements are finalised, there will be a range of Swimming Australia meets that Masters members will be able to enter as masters swimmers, swimming for their masters clubs and using their master membership numbers. Provide of course that there is a demand and that your branch sanctions that meet.

Victoria and South Australia have already implemented local arrangements.

For Tasmanian masters, this means that there will be greater range of events that members will be able to compete in. MST does not expect there to be a large number of members wishing to race more but for those that do, the opportunity will be there. MST is not in a position to stage more than the four official meets that it currently does – the Summers, Winters and Long and Short Course Championships so this way MST can more comprehensively cater for member's needs.

Flash back and focus on Glenise Gale



The recent success of Ariarne Titmus at the Swimming Australia, National Championships and the 2017 FINA World Championships in Budapest reminded Platypus Press of the achievements of a former Tasmanian Masters member Glenise Gale.

Glenise, who you see in the recording room at our Summer Championships in Hobart, was a swimming superstar in her open swimming days. Glenis was coached by Margaret Neal (Dec'd – see Platypus Press 2017 April Summers Editions).

Glenise still holds 29 Branch records which were set between 1994 and 1998 so they are standing the test of time. In total Glenise broke a total of 73 branch records.

Glenise also broke 37 National records. One of these record, 400 Breaststroke set on 11 February 1994 still stands to this day. Glenis is in good company as her record stands there with those of former Olympian Linley Frame.





FINA WORLD MASTERS SWIMMING CHAMPIONSHIPS BUDAPEST AUGUST 2017

Amanda Duggan, Marcia Watkinson and Maciej Slugocki competed at the FINA World Masters Swimming Championships which were held in Budapest, Hungary in August 2017.

Budapest!

What a fantastic location for these championships. What fantastic facilities, what great hospitality, what great fan zones and what great pools, fantastic public transport, and fantastic atmosphere at pool side and in the fan zones. As for the weather - fantastic.

World Championships also come with a free public transport pass once you register and which this year extended for a week after the end of the championships

At world championships, and indeed at all international meets, just as at state or national championships, masters swimmers compete for their own clubs but their countries are always on display.

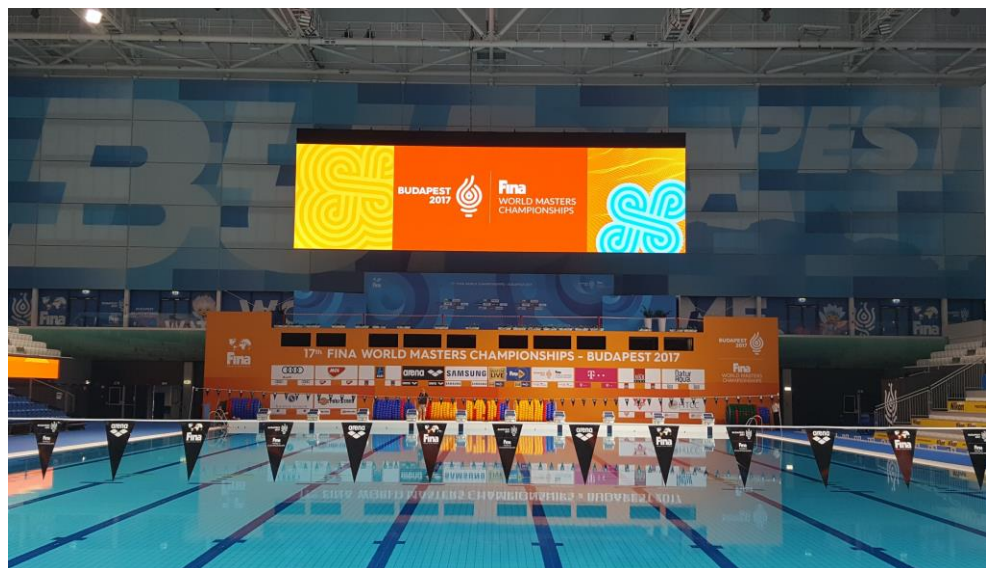
Just the range of club T-shirts is astounding and it the atmosphere can be very tribal.

In an earlier story we covered the Open Water competition of the championships so now we turn to the pool.

The championships were staged in two separate locations – on the historic Margaret Island, Alfréd Hajós Complex, where competition

excuse for not warming up adequately. Transport to the Margaret island pools was straightforward because of the convenient bus and tram service to the island.

The Hungarian government then built the new Duna arena swimming



was held in a fantastically refurbished and updated 8 lane pool and an adjacent newly built 10 lane pool. These pools were then complemented by two additional ones for warming up in – an indoor 8 lane 25 m pool and another new 10 lane outdoor pool -so there was no

complex, once again easily accessible by both the metro and bus systems. The complex included a main 10 lane racing pool with an adjacent 25 m wide dive pool, and a 2nd indoor 10 lane, Olympic standard pool. There were also two more 50 m [Continued on following page]

FINA World Masters Swimming Championships

Continued from previous page

outdoor pools, one of which, together with the indoor dive pool, were used for warming up and swimming down. Once again, no excuse for not being able to adequately prepare for racing.

The pool championships were held over a period of 7 days. Budapest had the enormous advantage of having superb facilities and racing was held at 4 pools, whereas usually it is only 2. The advantage of having 4 pools was that competition would finish mid-afternoon rather than stretching into the evening. That provided competitors with extra recovery time and meant that there was more time to socialize.

MST had one podium finisher in Maciej Slugocki from the Hobart Aquatic Centre Masters Swimming Club.

Maciej made very significant improvements in his times from those he swam at the National Championships.

He raced swum himself into two 3rd placings, one in each of the 800 m and 400 m Freestyle events and broke Tasmanian records in each of these events.

The small contingent from Tasmanian acquitted themselves exceptionally well at these Championships

The next world championships are in 2019 in South Korea and, while a long time away it is well worth starting the planning for those championships.

The results of each of our competitors are summarized below

Marcia Watkinson – Devonport Devils - 60-64

100 Freestyle – 1:28.06
50 Freestyle – 40.02
50 Butterfly – 52.15
400 Medley – 8:14.24, 14th
50 Backstroke – 53.22

Amanda Duggan - Tomatoes Swim - 55-59

800 Freestyle – 10:53.45 5th
100 Freestyle – 1:11.16 13th
100 Breaststroke – 1:36.60 16th
200 Freestyle – 2:33.17 10th

Maciej Slugocki - Hobart Aquatic Centre Masters – 65-69

800 Freestyle – 10:56.09 3rd
200 Backstroke – 3:09.84 13th
200 Individual Medley – 3:02.77 9th
400 Freestyle – 5:16.57 3rd

There were 4 Tasmanian records broken at the Worlds

Amanda Duggan

800 Freestyle – 10:56.09 and
100 Freestyle – 1:11.16

Maciej Slugocki

800 Freestyle - 10:56.09 and
400 Freestyle – 5:16.57

FINA has published [all the results](#) and a separate listing of all the World and Championship records broken. You can download the [Records broken at the Worlds](#)

The 2017 championships this year could be watched live on YouTube so here are the time-stamped links to the individual swims.

Marcia:

[50 Freestyle](#), [100 Freestyle](#),
[50 Backstroke](#), [50 Butterfly](#) and
[400 Individual Medley](#)

Amanda:

[800 Freestyle](#), [200 Freestyle](#),
[100 Freestyle](#), [100 Breaststroke](#)

Maciej:

[800 Freestyle](#), [400 Freestyle](#),
[200 Backstroke](#); 200 Medley

[Editor's note: Both Maciej and Amanda have now attended a number of these championships as well as our evergreen John Pugh and swim hardened competitors like Anne Steele. There are now club members across the state that are in a position to chat with about World Masters Championships. If you are thinking about going to next ones have a chat with your coach to work out a long-term preparation strategy.]

Your guide to watching replays of events at the Championship

If there is anyone in particular that you would like to watch swimming at the worlds here is how you can do it.

Start by checking out the program which will let you know which events, by age group, were swum at which of the four pools.

[Program.](#)

Once you know the pool, [this link](#) will take you to the YouTube listing of the videos

2016 FINA World Top Ten Rankings

The FINA World Top Ten rankings for 2017 were released by FINA earlier this year.

MST congratulates our club members who achieved these ranking in their world class swims in 2016



FINA World Top Ten Rankings 2016

Sue Mayne
Kay Neill
Anne Steele



Sue Mayne and John Brice (Deceased) also hold top ten ranking in the All Time (1986-2016) listing.

These listing are prepared by the FINA bureau based on a collation of times submitted by the World Recorder.

To achieve a World Top Ten ranking, FINA rules, set out on page xxx, need to be met.



The 18th FINA World Master Championships will be held in Gwangju, Korea between July 29 and 11 August 2019

The latest details are on the are on the FINA-Gwangju site. A separate masters site will be published in 2018

http://www.fina-gwangju2019.com/resources/site/SITE_00001/html/master.html



A bit about Swimming's Master Sleuth

Pauline Samson

There are many titles that could be conferred on Pauline Samson, but super sleuth is probably the best one to sum up the volunteer work and the diligence that Pauline has provided to masters swimming in Australia.

Over the years Pauline has devoted unimaginable hours to chasing up results, records and corrections in our Results Portal, so that the information for our swimming community is as accurate as possible.

Pauline became a member of MSA in 1989 (28 years ago) as a member of Talays AUSSI club in Tasmania. She started as a non-swimmer, but was soon attracted to competing, aerobic swimming and becoming more involved in her new Club.

Pauline became the Talays Recorder in 1989, the Branch Recorder in 1992, Tasmanian Delegate in 1993 and she joined the National Recording Committee in 2003.

In 2005 she took over the reins as the National Recorder from Darryl Hawkes when the results were loaded online. She retired as the Tasmanian Delegate to MSA (and became MST President) in April 2016 but still retains all her other roles.

Tasmania has a small number of clubs and therefore members, so Pauline soon found herself on deck as a technical official and often Meet Director of state and national events. She chaired the National Technical Committee 2003 – 2005 and was a member of the National IT Committee in 2002, '03 & '05.

Pauline was awarded a Life Membership of Masters Swimming Australia in 2006

for her service and contribution to the sport.

Pauline is now one of the few existing members that has a long knowledge of the history and journey of the association through the years and very well placed to assist in getting its archival material in good shape in the Results Portal and digitised so that it is not lost.

This task began in 2015 and 16 by tackling the boxes and filing cabinets that have been in a storage facility in Williamstown Victoria for many years.

Eventually the documents and records were reduced to a level so that they could be brought into the National Office; and this year Pauline devoted two days in scanning all the relevant pages for data file storage.

Historically there were many records that were never accredited to swimmers and this information has also been sent to the World Recorder and several records have been added, dates upgraded and names for relay teams included.

This information has come from swim meet flyers, event programs and results.

The World Recorder, in the USA, has also 'raided' our records and results portal to gather information and updated his records as well.

All of this work has been undertaken while Pauline continues to receive all the current MSA national and world record applications, manage the Vorgee Endurance 1000 portal and results and assist club recorders and swimmers around Australia with their tasks and queries.



On behalf of all the members, the Masters Swimming Australia Board acknowledges Pauline for all the work and thanks her for her diligence and persistence in keeping our records and results as "clean" as possible.

On Pauline and the Board's behalf all club and branch Recorders are asked to do good handovers to their successors, emphasizing the importance of loading perfect data, so that the information that is stored on the MSA Portal remains as clean and reliable as possible.



[Reprinted from MSA eNews September 2017]

NEW REFEREE ON THE BLOCK ALEX BRANCH



Alex Branch is MST's brand spanking new, fully qualified, Referee.

Congratulations from all of us!

Alex is pictured here receiveing his Referee Badge from MST President Pauline Sampson



WORLD RECORDS AND TOP TEN RANKINGS FINA RULES

At various times National, Branch or club committee members are asked why certain results are ineligible for a world record or a FINA top ten tabulation.

One of the factors that governs eligibility of the result is the type of Masters meet at which the time was set.

The following provisions, set out in FINA Masters Rules, govern the recognition of World Records (Masters Swimming Rules 5) and Masters Top Ten tabulations.

Results that are valid for the FINA Masters Top Ten results can only be established in a Masters meet: / World Records can only be established in a Masters meet:

- a. formally sanctioned by a FINA Member federation and
- b. organised for or on behalf of a club or an organisation, which is a member of this FINA Member Federation or recognised by FINA and
- c. conducted under the rules of FINA (and specially those relevant to Masters Swimming) and
- d. in which only swimmers registered in a club member of a FINA Member Federation participated.

These rules are detailed and specific. Based on them the recent swimming events at the World Masters Games held in New Zealand would not qualify because they would not meet the requirements of sub clauses "a" and "b"

VORGEER MILLION METERS AWARD



Congratulations Mchele Kline on your Vorgee 5 million meter award – polo top, plaque and certificate

Congratulations Michele – at 50m a lap that is 100,000 laps!

Michele is pictured here in her new polo top with her plaque and certificate

2018 Nationals

Read all about them from here

N18

Rottnest Channel Swim

The Ben Carpenter story

Of my four consecutive crossings of the Rottnest Channel this year's was well and truly the most challenging.

Preparation for the crossing was constantly hindered by shattering circumstances in my personal life.

The tussle between my need for reflection time in the ocean and the sheer lack of free time, lasted right up until my flight to Perth. The support of sponsors, family and close friends Nathan Godfrey, John McDougall, Lucy Michaels, and the guidance of my coach and friend Ray Winstanley were the only reason I made it through to February's crossing.

When making the crossing from interstate, there's more to a Rottnest that getting to the other side.

Western Australians all know the crossing and it's punishing waters, and as such all bask in each local participant's achievement, but as an outsider you are forced to form a support team who will share your suffering and triumph with you.

The mad Scott Graeme Johnston, a 6-crossing veteran, who first goaded me into this ridiculous sport, and his amazing family form the base of my support in Perth.

This year I was lucky enough to have long-time friend and colleague Kaj Collin as the skipper of my boat. Without him and his unparalleled knowledge of the waters around Perth and Rottnest I would have

ended up in hell with my torn shoulder battling the second half of the event into the tide. He ignored my complaints and kept me far north of the fleet knowing that the second north-south run of the tide would wash me straight into Thompson's Bay.



Ben and the start of his most challenging crossing of the Channel

At the start line this year I had no nerves, only excitement. I knew where I was going, I knew the crew I had would find me, I knew all too well how far it was, it was a beautiful morning and the forecast was magnificent.

I can't put into words the excitement on Cottesloe before as the horn sounds for the solo swimmers.

It's as if everything is running in slow motion.

The huge crowd of spectators cheering for the 300 mental soloists coming together to conquer the channel.

The first hour of swim was taken very slowly. I had spent a good half an hour on the shore warming up my injured shoulder and I wasn't going to destroy it in the first few kilometres.

Pace times coming back from the support crew were all over the place and way too slow.

As an open water swimmer, swimming over a thousand kilometres a year, you become very attuned to how fast you are swimming. Taking into account adrenalin, I still knew I had started out at around a 1:45 – 1:50 per 100m yet the times coming back from the crew were in excess of 2:00/100m.

In mild frustration of not being able to make the calculations in my head I kept accelerating.

From 5-10km into the race, each time I began to push the feedback from my crew was becoming even more debilitating.

At around 7km I had reached a pace that I knew in my head to be around 1:20-1:25/100m (completely unsustainable). Kaj was telling me I was only in the late 1:50s.

This will make complete sense to a swimmer, but for anyone who is not, what all this equates to is me being completely stuffed at the 10km mark.

Now that I was half way I could finally make the equation in my head as to my actual pace.

The Ben Carpenter story continues

A wave of terror came over me as I wondered how on earth I would swim another 10kms.

I had sprinted my way to halfway at a snail's pace. Why? Because I was swimming at 35 Deg, heading north of Rottnest in a battle with the ever-increasing tide. At this halfway point a wave of terror came over me as the realisation hit me.

There is nothing positive to say about the 10-17km stage of the crossing.

Pain, exhaustion, pain, exhaustion.

Two years earlier crazy Kym, a regular at Vic Park pool and a Rotto mega veteran, was talking to Graeme and me about our upcoming Solo crossing attempt in 2016. His words were, "after 2 hours of swimming when everything feels wonderful, resist the urge to sprint." Graeme and I laughed out loud. I wasn't laughing now. I had done exactly what Kym said not to and I was paying for it, Big Time.

With all these distractions in my head I almost failed to notice I was in some seriously rough tidal chop.

Not long after 12km my right shoulder began to give way after it had been protecting my injured left. I then had to engage my left arm to breathe on my right side in order to rest the other and then back again.

This palaver, coupled with the increasing chop, was beginning to wear thin.

I then discovered a new encumbrance - swim with you goggles full of water for long enough and you feel like you are drowning. Give it a crack. It was a minor positive replacing goggles to ones that didn't leak. You must take pleasure in the small things.

So hello 15km buoy, I remember getting to you, I remember stopping for a drink, and I remember you drifting away from me in the wrong direction.

The tide now was going moving at a rate of knots in the wrong direction. It took me 5 minutes to swim back to the buoy after having my drink at which point I cried a little and told Kaj I had had enough and we should go to the pub. Kaj ignored me.

Its funny. At 17km you can see the beach at Rottnest and everything changes.

Suddenly the pain in your shoulders subsides, your stroke rate increases and the internal dialogue goes from suicidal to halleluiah.

The hundreds of strangers out on the water cheering you though the last few kilometres is nothing short of heart-warming inspiration.

In the final sprint down into Thompson's bay, 4 other white caps joined me for the race to the line.

One got away... having to engage legs to run on land after swimming for 7 and a half hours is also no small task.

Nothing left in the tank, just the will to finish fuelling your body up the finishing ramp and across the line. Just the way I wanted it.

As the wave of excitement began to pass I suddenly began to feel a little disappointment in my performance.

Almost the same time as last year after 1,000kms of training??, but as more and more people congratulated me I realised that nearly everyone else had the same unexpectedly gruelling crossing.

I managed to finish 84th out of the 300+ soloists who began the journey. 50 soloists didn't make it.

What a swim to finish! I was so proud to see both Pat and Ian completing their crossings on what was by far the most difficult of my 4 crossings.

Oh well, I'll just have to return again to smash this illusive sub 6 hour swim I keep dreaming of.



Ben Carpenter – RCS 1080

President of Tomatoes

And proud TOSSA



Anita and Steve at Rotto

Duo, Duet – it was a Duo, or was it a duet across the Rottneest Channel for Anita Northrop and Steve Muir.

Here is their story in Anita's words from her perspective.

"This was Steve's second Rotto Swim and my inaugural. He did a successful foursome a couple of years ago.

He knows I love ocean swimming as it's much more interesting than just swimming the black line.

I love the psychology of swimming out there, having time to think about the bigger things in life.

Steve had a mate in WA with a boat, the required kayakers, his terrifically supportive wife Tracey and free accommodation at his mate's million dollar beachside home.

How could I say no?

Race day was a 4:30am rise time for us all.

Steve started the race from Cottesloe Beach and I went out with the skipper in the boat. We took 10 minute turns until the chute, to finish the race off together.



Although the air temperature in WA on the day was 35-40 degrees, I did get very cold- shivers/ chattering teeth over the last 5 or so changeovers. I also sustained a rotor-cuff injury from the approximate 20 lifts up the ladder onto the boat. Steve hurt his shoulder too.

Would I do it again and would I recommend the swim to others?

YES, it's a magical feeling to finish it.

Would I do anything different next time?

Probably try to eat and drink EVERY break. Towards the end of the swim I couldn't eat anymore, but needed to!!

I'd also probably try insulating my body more to stave off the cold.

Would I like to try it solo sometime?

Yes- if I could arrange the support crew.

The cold mornings spent training with just the pair of us at Trevallyn dam and Greens Beach were well worth it.



Next Edition

The deadline for contributions to the next edition of Platypus Press is Tuesday 5 December 2017.

Platypus Press would like to publish more profiles of our members. Why not either write something up about yourself or write a profile of one of your club members and include some photos.

News of your club's activities and future plans is always welcome. Submit your contributions to the MST [mailbox](#).

Club News -Hobart Dolphins in the MS Swimathon

Three eager Dolphins participated in the MS 24 hour Swimathon which ran from 12 noon on Saturday 14th October until 12 noon on Sunday 15th of October at the Hobart Aquatic Centre.

It was a great event and not as daunting as I expected but that was probably because we were able to

Our team swam a total distance of 65km, there were 14 recorded swims for the E1000 series and our team raised \$1,750.00 in sponsorship.

Michelle and Steve both recorded 3,300m in 60 minutes and I recorded 2,800m in 45 minutes (I was interrupted with a kids noodle race as part of the festivities but didn't



swim at a "respectable" time and not during the graveyard shift!

Michelle, Steve and I swam as part of the Tassie Masters Team (22 Swimmers) and we all opted for an hour swim.

It's amazing how many laps you can fit into a session when you don't talk!

mind the break and lollies before I got in again to continue).

Michelle also got third on the Top Individual Leader board with \$410 of sponsorship.

The whole event raised \$12319.00 which was excellent. When this event comes around again it would be great for others to get involved as

you can swim as much or as little as you like - half an hour, an hour, more than an hour, multiple times over the 24 hours or as part of a relay and you can have a drink break when you need it as long as someone from your team is always in the pool.

My children don't realise they are already signed up with their Nan for 2018!

Many thanks go to Mendelt for organising this and for the smooth operation of the event.

Congratulations to the Team – it was a job well done!

Annaleise

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.



Newsletter of Masters Swimming Tasmania

PHOTO GALLERY – SHOTS FROM THE WORLDS

BUDAPEST
2017



Fina
WORLD MASTERS
CHAMPIONSHIPS

Amanda Duggan
Chilling out in
Budapest but
feeling homesick?



Maciej Slugocki
Bronze at the 17th
FINA
World Masters
Swimming
Championships

