



# PLATYPUS PRESS

## - Moving ahead

### November 2018

#### FITNESS, FRIENDSHIP AND FUN

### A November (its warming up) welcome

The 2018 year is rapidly drawing to a close.

The last MST championship event for the year is our Long Course Long Distance Championships being held at the Clarence Aquatic Centre.

On the national scene, MSA has finalised its open water rules which provide for the use of wet suits where water temperatures are under 20°C, approved the introduction of Multi-Class into MSA competitions under certain conditions including the Branch capacity to do so and with the consent of the relevant meet director. We also now have a policy covering Hypothermia within the MSA safety policy.

In this edition we have a roundup of the results of our members who competed at the Pan Pacific Masters Games. We continue profiling our members with a mini interview with Devonport's Greg

Hales and a profile of one of our Life Members, Hector Beveridge.

2019 is shaping up as an enormous year for masters swimming in Australia.

In Tasmanian we will once again conduct our four championship meets, continue our funding for the development of our coaches, introduce and fund uniforms for our officials and continue to make funds available for club development.

The National Championships, being held in Adelaide will see the introduction of 1.5 km and 3 km open water events. The MSA training camp is once again on at Thanyapura in Phuket and the FINA World Masters Championships are being held in August 2019 --- a full year indeed.



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## 2017 World Top Ten Patch Presentations



*FINA World Top Ten rankings are released each year in March or April for the previous year.*

*2017 Top Ten rankings were achieved by*

*Ketrina Clarke of the Launceston Lemmings*

*Amanda Duggan from Tomatoes Swim, and*

*Maciej Slugocki from Hobart Aquatic Centre Masters*

In 2018 Masters Swimming Tasmania commenced presenting members who received FINA Top Ten ranking with an MST certificate and FINA Top Ten and Year patches. The certificate is an in-house design and is based on MST branding.

Sometimes the presentation is delayed, either because MST does not

have a suitable opportunity, FINA is late in releasing the rankings or there is a wait for the patches to arrive from FINA's headquarters in Lausanne Switzerland.

For timing reasons, World Top Ten presentations for 2016 (released April 2017) were made at the 2018 Summer Championships to Anne Steele and Kay

Neil, both from the Hobart Aquatic Centre Masters Swimming Club and Sue Mayne from Talays.

**Listing of the 2017 rankings are set out on [Page 10](#)**



## Pan Pacific Masters Games 2019- The Pool

A multi-talented team of club members from MST clubs competed at the Pan Pacific Masters Games pool events held in November on the Gold Coast.

MST clubs were represented by Megan Wells and Ricky Homan from Devonport, Philip Tyrell, Tony Forman and Gabrielle Osborne from Hobart Aquatic, Ketrina Clarke from Launceston and Amada Duggan from the Van Diemens.

Between them this group managed 6 individual and 4 relay gold medals, 19 Branch and 3 Pan Pacific Games records. Additionally, members participated in winning and record-breaking relay teams.

**MST congratulate all our competitors on their achievements at the Games.**

Our top individual gold medal, podium finisher was Tony Foreman winning the 50, 100, 200 and 400 backstroke events. Tony also came 2<sup>nd</sup> in the 1500 freestyle. Congratulations on a great meet Tony.



*Tony Forman with a small part of his medal haul*

Ketrina Clarke had five of the top ten highest FINA point swims at the meet with her best event being the 400 Individual Medley scoring 727 points. Ketrina's swims also achieved the highest average FINA points per swim of 685.



*Ketrina Clarke - our top FINA performer*

The iron-person of the meet had to be Ricky Homan who competed in 12 events including 4 relays.



*Ricky Homan following his record breaking 200m breaststroke swim*



Swimmers from the Devonport club topped the record breakers list with 8.

### Tasmanian records by Club

Club	Records
TDP	8
TLC	6
TAC	4
TVA	1
<b>Total</b>	<b>19</b>

The top individual record breaker was Ketrina Clarke from Launceston with 6 records.

### Tasmanian Individual record breakers

Name	Records
KETRINA CLARKE	6
RICKY HOMAN	4
MEGAN WELLS	4
GABRIELLE OSBORNE	2
TONY FORMAN	2
AMANDA DUGGAN	1
<b>Total</b>	<b>19</b>

And on a gender basis it was the women that came out on top.

### Tasmanian record breakers by gender

Gender	Records
F	13
M	6
<b>Grand Total</b>	<b>19</b>

*[Continued on page 4]*

## Pan Pacific Masters Games 2019- The Pool (Continued from Page 3)

Seven competitors and 29 podium finishers – a fantastic achievement by the Tasmanian contingent.

**Tony Forman's** 4 golds were all hard won backstroke races where there was no hiding or getting away from the intensity of the glare of the sun and the wind.

Tony's 4 backstroke wins included a 400 m backstroke record while his 2<sup>nd</sup> placing in the 1,500m freestyle also earned him a Tasmanian record in that event.

**Ricky Homan** again proved himself a "master" breaststroker breaking records in each of the 50, 100, 200 and 400m events. All but the 400 m breaststroke record times bettered the records he had broken earlier in the year, two of which had been previously held by Olympian Peter Tonkin.

**Megan Wells**, in an outstanding debut at the Pan Pacs, achieved three podium finishes and 4 records in the 200, 400, 800 and 1500 freestyle, the 800 record broken as a split of the 1,500 – now that is

It just goes to show what can be achieved once the nerves settle down, you relax and let the stoke stretch out what can be achieved. Another single word perhaps – Wow! Both of



Gabrielle's podium finishes were in the 50 and 10 breaststroke events.

**Participation in relays** at the Pan Pacs often does not require a full team from an individual club. The nature of the competition is based on participation and teams often have members drawn from several clubs.

**Philip Tyrell** was a member of two Pan Pacific record breaking and winning relay teams while Megan Wells was a member of a record breaking and gold medal winning team as well. Philip won his third gold as a member of a third gold medal team. Ricky Homan's teams had three podium finishes.

As for open water, see our story on page XXXXX. More photos from the games are in the photo section on the back pages of this edition

[Editor's note: What have we missed? Let us know and, if needed, we will publish an update in the next edition.]

### Individual podium finishers at the PanPacs 2018 (pool)

Row Labels	1	2	3	Total
Tony Forman	4	1		5
Amada Duggan	1	2	1	4
Ketrina Clarke	1	5		6
Gabrielle Osborne		2		2
Ricky Homan		4		4
Philip Tyrell		4	1	5
Megan Wells		2	1	3
<b>Grand Total</b>	<b>6</b>	<b>20</b>	<b>3</b>	<b>29</b>

**Amanda Duggan's** win was in the 200 breaststroke and that too came with a Tasmanian record.

**Ketrina Clarke** won the 50 m butterfly in a Tasmanian record time of 34.57. Ketrina's other 5 records came in the 100 and 200 butterfly, 200 and 400 individual medley and the 1,500m freestyle in which she went under 21 minutes.

Ketrina's time in the 400 Individual medley of 6:18.57 is the highest 2018 FINA point scoring swim in Tasmania.

fantastic pacing. Megan's new 1,500 m record took 41 seconds off the record time she set in 2017. Even more dramatically Megan has now reduced the 1,500 Freestyle record by a massive 4 min 3.19 seconds.

And, what can be said about **Gabrielle Osborne**? In a remarkable 100m record breaking breaststroke swim, Gabrielle managed to break the 50m record she had broken earlier in the meet as a split. One word perhaps – special.



## Mini Member Interview

### Greg Hales

#### Devonport Devils

Emerging from the rejuvenated Devonport Devils is Greg Hales. Some of us have seen Greg on deck so here is more about the person.

#### How did you first get involved with swimming/masters swimming Greg?

I first became involved in Masters Swimming when I was at Splash doing my own swim training and started chatting to four people in between spells. I didn't know the people at the time, but they introduced themselves and they were Marilyn Barack, Sonya and Graham Philp and Roo. That's how it all began, and I thank them for that conversation.

#### What were your first impressions of masters swimming?

My first impression was that it was an enjoyable time as I had met some lovely people. The club was only just beginning so there were only a handful of members.

#### What has surprised you about the club?

I have been pleasantly surprised by the improvements shown by so many members. Improvements in skills, endurance, technique and the number of people who are not only competing in events but attaining success with PBs and podium finishes.

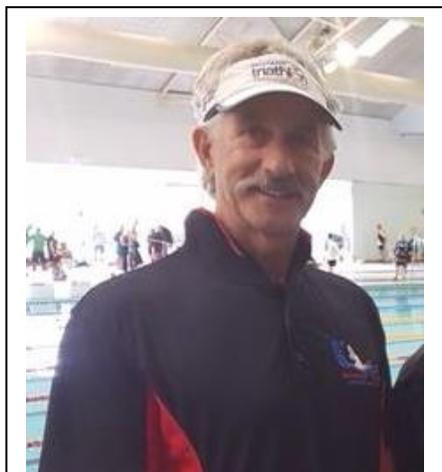
#### What do you find most challenging about masters swimming?

My greatest challenge is trying to keep up with those in my age group. I only came to competitive swimming as a

result of racing in triathlons, so I am not a natural swimmer, and nor did I learn to swim with good technique when I was younger.

#### What's the best/worst thing to happen since you started swimming again?

The best thing about Masters Swimming is getting to meet a host of new people and having a fun time at training and social events.



*Greg Hales*  
*Devonport Devils*

#### When you last trained, how did that make you feel?

I always feel much better after training!! That feeling doesn't always happen whilst training mind you, but then again it can't always be perfect

#### Tell me about some of the people you've met whilst a member of the Devonport Devils.

Some of the people I have met are amazingly great swimmers. What interests me about our members is the wide variety of ages and the diversity in our sporting experiences and the journey that people have taken before coming to Masters Swimming.

#### When your friends/family find out that you swim with masters what do they say or ask?

When friends found out that I was swimming with a Masters group I had the usual teasing and ribbing that goes with the connotation of "Masters". That was okay though. A few mates did ask if everyone was as old as me and then laughed at me. They weren't too supportive! Interestingly though, none of those mates can swim so my aim is to get them to join- I won't hold my breath!

#### What might we be surprised to know about you?

People might be surprised to know that I was born at Hawthorn, Victoria and moved to Tassie when I was about yrs. old, so that's quite a few years ago now. They may not realise that I have been a Hawk supporter all those years!

#### What do you do when you are not swimming?

When I am not swim training, I spend time in the gym at Splash and on my road bike. I am still teaching Swimming and Water Safety for the Department of Education and I teach PE and classroom in primary schools on a relief basis. I also spend time travelling within Australia and overseas.



## Governance of MST and Succession Planning

Like most voluntary organisations MST thrives, or perhaps more accurately, survives, on the contributions of its volunteers.

Governance of MST is in the hands of its elected office bearers, some of whom carry the load of a multiple number of positions within the Branch and some add to their workloads by making significant contributions at the national level.

Take for example our President. Not only does Pauline Samson provide leadership and chairmanship of the Branch, she is also the Branch recorder. In the recorder role Pauline organizes the meet entry system, supervises the recording of times at our championship events, marshals on deck and then ensures that results are processed, uploaded to the results portal and then processes the records. And that is probably only the half of it at the Branch level.

Pauline then loads up with her club work and tops all of that off with responsibilities at the national level in her role as the National Recorder.

Other members find themselves in the same situation.

Have you ever wondered therefore why there may be things that you would like to see happen in the Branch that don't? The answer is quite simple and straight forward.

They say that an army marches on its stomach. MST swims on the efforts of it's volunteers.

Sometimes there are just too few of us to do all the jobs that need to be done.

A look back to our records shows that if we count the various jobs that our current "executive" members have performed we see that topping the list is Pauline Samson with a branch contribution equivalent to 55 years. Ray Brien's contribution reaches 35 years, John Pugh, who was our Director of Caching for the first part of 2018, has contributed a combined 14 years Maciej Slugocki, 13 and Mendelt 5 years - a combined equivalent of 122 years of service to the Branch.

While the current committee still generates ideas, does a heap of work, grapples with a changing environment and develops the new skills required (how well is debatable) there is always room to ease the burden on them.

The next Branch AGM will be held on Saturday 30 March. Put your hand up to help out.



## MST and Social Media

We are slowly catching up.

MST now has a presence on four social media platforms.



Being on these platforms is just the first step. We now need to make the content interesting and relevant. That will be a lot harder than just setting up the accounts.

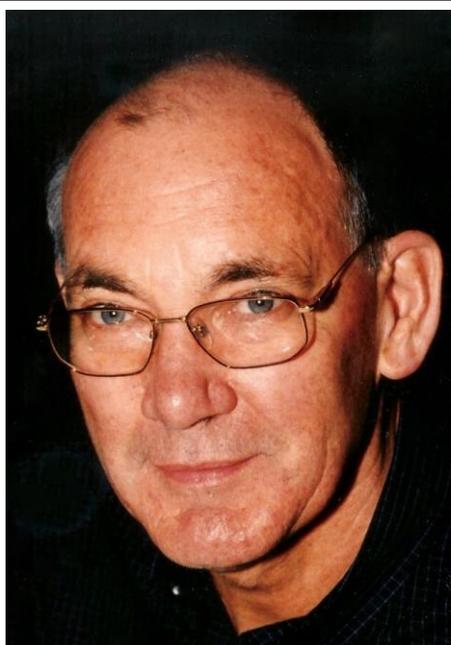
Content is KING, or so they say.

**MST is looking for social media posters. It would be fantastic if we had one from each club, especially for our Instagram and Twitter feeds.**

Let us know by [email](#) if you would like to be part of the "posters" group and we will quickly provide you with the access details.

## *Introducing* *MST Life Member* **Hector Beveridge**

Hector Beveridge was a founding member of Devonport Devils in 1981.



*Hector Beveridge*

**In recognition of his contributions to Masters Swimming Tasmania, Hector was awarded Life Membership in 1995 and was a recipient of the Australian Sports Medal in 2000.**

The first swimming meet Hector attended was the National Championships in Melbourne in 1984 and that inspired him. Always ready to volunteer, Hector helped organize the first Tasmanian Summer Championships in 1985

and by the time he left Tasmania in 2013 he had competed in all 29.

Hector was President of the Devonport Devils in 1982, 1983, and 1984 and then again in 1995 and was the Club's Publicity Officer 1986 and 1989 and on their committee until 1995 when he moved to Launceston.

At the Branch level, Hector was President of (the then) AUSSI Tasmania between 1985 and 1987 and then again in 1990 to 1993. He was also the Branch's Fitness and Coaching Director in 1993. Hector contributed at the national level as the Tasmanian delegate to National Conference for four years and compiled the National Aerobic Trophy results over the period 1998 to 1992.

As an organizer in Tasmania, Hector was the Meet Director of the 1st Australian Masters Games Swimming competition in Devonport in 1987, and the Meet Director of Tasmanian Masters Games Swimming competitions in 1989, 91, 94 and 96.

Hector was also a member of the organizing committee for AUSSI National Championships in 1991 and Director of the open water swim, cooperating with Swimming Australia to conduct the Australian

Swimming and Masters open water championship concurrently. [Editor's note: to MST's knowledge the only time that has happened.]

Hector was the Meet Director of numerous Tas Summer and Winter Championships and competed in all Summer Championships up to 2013 as well as most of the Tasmanian Winter and Long-Distance championships and at 12 National Championships.

Following his time with the Devonport Devils, Hector joined the Launceston lemmings club in 1995 and was a club committee member for many years and President for several. He was made a life member of Launceston in 2011.



## **NEXT**

- 24 November 2018**  
**Long Course Long Distance Championships**  
**Clarence, Tasmania**
- 19-23 March 2019**  
**National Championships**  
**Adelaide, South Australia**
- 30-31 March 2019**  
**Tasmanian Long Course Championships**  
**Hobart**
- 1 June 2019**  
**Tasmanian Short Course, Long Distance Championships**  
**Launceston**

# The MST photo library

In most edition of Platypus Press we feature photos from the MST archives.

Have you wondered what the source of the MST archive is? Probably not, but we will tell you anyway.

MST's document record keeping is now 100% digital and is stored in Dropbox, our cloud storage system.

MST would like to increase its photo archive, but our only other source is the photographs our members take.

Transferring photos via email is very resource intensive. The best and simplest way of MST collecting the photos is for us to provide anyone who is interested a Dropbox link into which copies can be saved to directly.



Last year, our President Pauline Samson completed the digitization of all our records. Prior to then our records were all kept in a secure storage facility for which we paid a fortune each year.

Our digital storage costs are now less than 10% of what we paid in the past.

About 95% of the 1,411 photos we have were taken by current Platypus Press Editor, Maciej Slugocki who kindly donated his collection to MST.

Send us an [email](#) and we will provide you with a link to a folder (in your name) into which you can just drag and drop your photos.

Simple, isn't it



## The earliest photo in our archive



Winters Launceston August 1999

(L to R) Judy Hyndes, Perri Brereton Maciej Slugocki and Janet Bradley



## 2019 FINA World Championships

Are you thinking about going to the next FINA world Championships?

Even if the thought hasn't struck you yet perhaps this article will.

FINA championships are great fun. You get to go to places you may not have thought of, experience other cultures and pay the tourist while you are there.

If you are interested but would like to know more about what it is like at the championships its worth having a chat with MST members who have attended in previous years.

In recent years championships have taken members to cities like Budapest, Montreal, Gothenburg in Sweden, Riccione in Italy and Kazan in Tatarstan, Russia.

Keep thinking about it and read on.

**In 2019 the championships are being held in the South Korean City of Gwangju.**

Gwangju is the 6<sup>th</sup> largest city in South Korea and is a very, very old city having been established over two thousand years ago in 57 BC.

The city has a fascinating history. 1980 for example, saw a popular uprising against the South Korean military rule which eventually led to the democratization of South Korea.

MST will continue to provide details of the championships in Platypus Press and through our social media posts.



*While in Gwangju you could check out the city's magnificent Asia Cultural Palace (above) or take a hike on Geumbongsan Mountain (below).*



### Our Past FINA World Championships Medalist

	Open Water			Pool			Total
	Gold	Silver	Bronze	Gold	Silver	Bronze	
<b>Maciej Slugocki</b>	1	1		1	2	3	<b>8</b>
<b>Shane Gould</b>			1		3	1	<b>5</b>
<b>Ketrina Clarke</b>			1		2	1	<b>4</b>
<b>John Brice (dec'd)</b>				2	1	1	<b>4</b>
<b>Amanda Duggan</b>			1			2	<b>3</b>
<b>Neil Hickey</b>	1		1				<b>2</b>
<b>Anne Steele</b>		1				1	<b>2</b>
<b>Justine Bamford</b>						1	<b>1</b>
<b>John Pugh</b>			1				<b>1</b>
<b>Diane Perndt</b>					1		<b>1</b>
<b>Total</b>	<b>2</b>	<b>2</b>	<b>5</b>	<b>3</b>	<b>9</b>	<b>10</b>	<b>31</b>



## FINA 2017 Top Ten Listings

(continued from page 2)

MST's FINA World Top Ten listers for the year 2017 were:



**Ketrina Clarke**  
Launceston Aquatic

10th in the LC 400 Individual  
Medley

**Amanda Duggan**  
Tomatoes Swim

10th in the LC 800 Freestyle

**Maciej Slugocki**  
Hobart Aquatic Centre Masters

4th, 1500 Free SC  
5th, 1500 Freestyle, LC  
8th, 800 Freestyle, SC  
8th, 800 Freestyle, LC  
8th, 400 Individual Medley, SC  
9th, 400 Freestyle, SC  
9th, 400 Freestyle, LC  
10th, 400 Individual Medley LC



MST Congratulates Ketrina Clarke, Amanda Duggan and Maciej Slugocki on their 2017 achievements.

## Pan Pacific Masters Games 2019- Open Water

(Continued from Page 3)

More congratulations are in order for Megan Wells, Philip Tyrell, Amanda Duggan and Ricky Homan on their open water racing exploits.

Our absolute top of the podium finisher was Amanda Duggan with a gold in the 5KM event. Amanda's time of 1:28.23 placed her 10<sup>th</sup> overall.

Megan and Philip also competed in the KM event. Both were podium finishers with Philip in 2<sup>nd</sup> and Megan in 3<sup>rd</sup>.

Adding to the list of podium finishers was Ricky Homan who came in 2<sup>nd</sup> in the 2.5 KM event.

Congratulations for your fantastic results - 100% podium finishes.



*Ricky Homan (1<sup>st</sup> left)  
after his 2.5 KM Open  
Water event at the  
championships*



## Twitter for the Branch

Don't know what Twitter is?

It is easy! Twitter is an online news and social networking site where people communicate in short messages called tweets.

Our Twitter account is only new. It follows the Masters Swimming Australia twitter feed.

It is easy to set up a Twitter account and if you already have one, follow MST on Masters Swimming Tasmania.



Newsletter of Masters Swimming Tasmania

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

## MS Swimathon 2018

by Mendelt Tillema

The 2018 Hobart Swimathon was well organised and a pleasure to participate in. Some took advantage of a massage on the Sunday morning. This year there were nine teams taking part.

As well as the "Tassie Masters" team, some masters swimmers also participated in the "Mermaids" team and a team from Huonville. There was also a group of swimmers from the Tomatoes Club who decided to have a change of diet and fielded a team called "Zucchini's".

Congratulations to all the swimmers especially those who were willing to fill the graveyard shifts. Many thanks to those who helped with the timing especially to Diane Gregory, Katherine Daft, Pauline Samson

and Steve Pendlebury. It was good to have company at all times while on the pool deck.

A total distance of 77.5 km was swum by the team.

The following swimmers were eligible for inclusion in the Vorgee E1000 Program

- Margie Clougher, 800 Free
- Sue Vincent, 800 Free
- Lesley Gould, 800 Free
- Wilma Attrill, 800 Free
- Annaliese Cousins, 60-min Free (3km Top 10 ranking)
- Katherine Daft, 1500 Free, 30-minute Free, 800 Free, 400 Breast
- Diane Gregory, 2 x 30- minute Free

- Tony Forman, 60-min. Free 3km (Top 10 ranking)
- Jenny Lain, 400 Back, 400 Free (twice), 800 Back, 800 Free, 400 Back
- Emily Lee, 800 Breast, 800 Breast, 400 Free
- Peter Muller, 60-min. Free
- Phil Tyrell, 60-minute Free (3km Top 10 ranking)
- Steve Pendlebury, 60-minute Free
- Annie Michell 60-min Back
- Josie Tillema 60-minute Back
- Mendelt Tillema 60-minute Back
- Ian Johnstone 60-minute Free
- Kris Apps 60 minute Free
- Sue Mayne 60-minute Breast
- Michelle Peck 60-min Free (3km Top 10 ranking)

[Continued on following page]



*Lesley Gould, Wilma Attrill and Margie Clougher  
at the 2018 MS Swimathon*



*Annie Michell and  
Steve Pendlebury*



*Mendelt Tillema*

## MS Swimathon 2018

(continued from pervious page)

- Diane Perndt 45-min. Free, 800 Back

Other notable swims were

- An hour relay by Toby Reynolds, Sana Friend and Catherine Forman
- A 1500 metre swim by Jack Hocking –Cousins
- A 45 minute swim by Jared Khu
- A 90 minute swim by Steve Richards with pull buoy
- A 60-minute swim by Kath McKinty/Alan Carter
- A 30-minute swim by Jill Mann
- An hour relay by Jenny Lain, Emily Lee and Mendelt Tillema



## 2019 -MSA Training Camp Thanyapura Phuket, Thailand



The MSA training camp in Thanyapura, Phuket in Thailand is on again in 2019.

Four Tasmanian members attended the 2018 camp. Tony Forman, Lawrence Watt, Terry Smithurst and Maciej Slugocki.

For those that had never experience a camp before the twice daily session were tough to get used to.

Of greatest benefit for the group were the drills that were taught and practiced. Nearly 6 months following the camp, the drills are still being practiced so the takeaway has proved it's value.

The coach at the last two camps was Tony Godfrey who most willingly and effectively conducted the training sessions

and passed on his great depth of knowledge.

The coach for the 2019 camp will be Colin Shugg. You can read all about Colin on the event site.

Full details of the training camp are on the [MSA site](#).



## Our 2019 Championship Events Poster

MST has produced a Championship events poster for 2019 – a limited number will be made available to clubs at the next face to face MST meeting on 24 November. The poster is available electronically on request in PPT, PDF and/or JPG formats.



The poster features a dark background with vibrant, flowing abstract shapes in shades of red, orange, yellow, green, and blue. The text is white and centered. At the bottom, there are logos for 'masters swimming TASMANIA' and 'MST Events', along with contact information.

# 2019 Masters Swimming Tasmania Championship Events

35 <sup>th</sup> Summer Championships Hobart	30 & 31 March
24 <sup>th</sup> Short Course Long Distance Championships Launceston	1 June
35 <sup>th</sup> Winter Championships Launceston	24 & 25 August
24 <sup>th</sup> Long Course Long Distance Championships Clarence	23 November

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

 MST Events

 **masters  
swimming**  
TASMANIA

Enquiries to: [mastersswimmingtasmania@gmail.com](mailto:mastersswimmingtasmania@gmail.com)

## Club Facebook Pages



### Devonport Devils



### Hobart Aquatic Centre



### Hobart Dolphins



### Launceston Lemmings



### Tomatoes Swim



## More from the Pan Pacs



*Location for the 2018 Pan Pacific Masters Games*



*Megan Wells and Ricky Homan with Australian Olympian Jessicah Shipper*



*Meghan Wells, Gabrielle Osborne and Amanda Duggan doing the selfie at the Pan Pacs*



# FROM THE MST PHOTO ARCHIVE



*Dianne Perndt and Jane Connolly  
Short Course Winters in 2003*



*Remember the full body racing suits?  
Garth Slade, SC Winters in 2003*



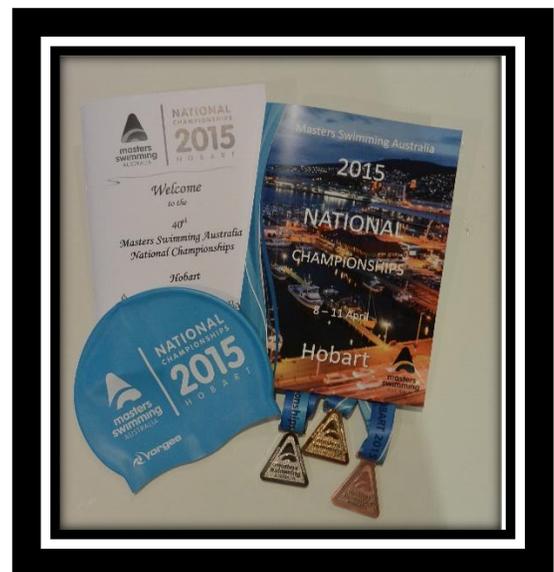
*Donna Oakley and Penny Lucas  
Winters 2008*



*Penny Lucas, Hector Beveridge, Jenny  
Napier and Rod Oliver  
Vorgee Million Meter awardees  
Summers 2011*



*Brenton Ford Coaching Workshop  
May 2013*



*Nationals 2015*