

PLATYPUS PRESS

Edition 11

March 1992

AUSSI Masters Swimming in Tasmania

SUMMER CHAMPIONSHIPS

The AUSSI Tasmania Long Course Summer Championships were held on Saturday and Sunday 22nd and 23rd February at New Norfolk. The water was beautiful, and this must have helped with the swimming, because the record book has been almost completely re-written!

The Club Championship shield was won for the fifth year in a row by Hobart, with Launceston following a close second.

Final point scores in the club competition were:

Hobart	1940
Launceston	1694
Talays	1187
Devonport	729
New Norfolk	678

In addition, the New Norfolk Trophy was won by Hobart. This trophy was inaugurated by New Norfolk Whales as an incentive to the smaller clubs in the competition. It is won by the club with the greatest number of total points PER REGISTERED MEMBER of their club as at close of entries for the competition. It is designed to encourage club participation.

On this basis, points scored per member were as follows:

Hobart	30
Launceston	29
New Norfolk	21
Talays	20
Devonport	15

The Royce Bracken Perpetual Trophy for the 60-64 Age Group Champion, was won by John Isles (THB)

New individual records achieved during the Summer championship were as follows:

Julia Allston THB
(Womens 35-39)

50M Free	31.14
100M Free	1:09.14
200M Free	2:31.79
50M Fly	35.36
200M IM	3:01.10

Perri Brereton TTL
(Womens 45-49)

800M Free	16:13.46
-----------	----------

Michelle Chaffey TLC
(Womens 20-24)

800M Free	13:17.36
-----------	----------

Margaret Clougher THB
(Womens 60-64)

200M Free	5:08.41
-----------	---------

Stephen Commene TNN
(Mens 35-39)

200M Back	2:59.46
-----------	---------

Ted Cross TTL
(Mens 70-74)

50M Back	1:09.42
----------	---------

Ivan Cunningham THB
 (Mens 30-34)
 100M Free 1:01.47
 200M Free 2:18.88

Ros Dillon THB
 (Womens 40-44)
 50M Breast 44.78
 100M Fly 1:42.75

Christine Duda TTL
 (Womens 25-29)
 800M Free 15:22.38

Conrad Gleeson TLC
 (Mens 55-59)
 200M Free 3:29.13
 800M Free 14:42.72

Darren Gosnell TTL
 (Mens 25-29)
 200M Free 2:25.33
 50M Breast 36.81
 100 Breast 1:22.48

Peter Goss TLC
 (Mens 40-44)
 50M Free 28.11

Neil Hickey THB
 (Mens 40-44)
 200M Free 2:22.73
 800M Free 10:29.17

John Isles THB
 (Mens 60-64)
 800M Free 17:00.26
 50M Breast 45.67
 100M Breast 1:42.38

Gitta Jensen TTL
 (Womens 50-54)
 50M Breast 59.63
 200M Breast 4:51.34

Doug Job THB
 (Mens 70-74)
 50M Free 1:03.35
 200M Free 5:55.16

Michael Lawrence TTL
 (Mens 45-49)
 50M Back 36.30
 100M Back 1:27.23
 200M Back 3:23.92

Kenneth Lawson TLC
 (Mens 50-54)
 50M Free 29.72
 200M Free 2:38.47

Rod McGregor THB
 (Mens 40-44)
 100M Fly 1:24.54

Peter Munnings TNN
 (Mens 30-34)
 800M free 11:13.02

Edna Murphy THB
 (Womens 50-54)
 200M Free 4:02.19
 800M Free 17:01.95

Brett Nossiter TNN
 (Mens 20-24)
 50M Free 29.19
 100M free 1:04.34
 50M Fly 29.01
 100M Fly 1:08.41
 200M Fly 3:35.14

Peter Ockerby TLC
 (Mens 30-34)
 200M Breast 3:15.17

Ian Porte TLC
 (Mens 35-39)
 50M Free 28.18
 100M Fly 1:17.23

Janet Pugh TLC
 (Womens 20-24)
 100M Free 1:06.85
 200M Free 2:24.29
 100M Breast 1:26.69
 200M Breast 3:06.91

John Pugh TLC
 (Mens 50-54)
 800M Free 11:57.58
 50M Fly 34.01

Fiona Redgrove TNN
 (Womens 35-39)
 100M Back 1:24.30
 200M Back 3:08.00
 50M Breast 42.87
 100M Breast 1:33.37
 200 Breast 3:21.19

Talays AUSSI Masters

invites you to participate in a

MASTERS INTERCLUB SWIM COMPETITION

Saturday 9th May 1992, 9.00 am - 11.00 am

Programs available and warm-up 8.30 am

St Michaels Collegiate Swimming Pool

times available from Club Secretaries

\$3.00 per competitor (Late entries - late fee \$1.00)

Entries close Saturday 3rd May

Entries restricted to two (2) events

EVENTS: 50, 100, 200 Freestyle
50, 100, 200 Backstroke
50, 100, 200 Breaststroke
50, 100 Butterfly
100 OR 200 IM

Luncheon, Soup and Sandwiches, at the 'Rob Roy'
TRADE TABLE, Biscuits and Cakes etc.

Space to let

It pays to advertise your
club functions etc.

Contact Ron Bloomfield
(002) 43 6746 for further details

Talays AUSSI Masters
invites you to an

EASTER DINNER

Friday 10th April, 7.00 for 7.30 pm
at the ROB ROY

"Easter Bonnets and Mad Hats"
\$23 per person

4 courses, 3 piece band

Tickets from Dorothy Armstrong
PO Box 530, Sandy Bay, 7005
by 3rd April

AUSTSWIM

AUSSI Level 1M Coaching Course

Course Contents

The adult swimmer
Effects of Age on Performance
Coaching the Adult
Coaching methods
Coaching techniques
Organization of Training
Basic bio-mechanics of Swimming
Basic anatomy and physiology
Training the Adult swimmer
Nutrition for Swimming
Medical problems in Swimming
Swimming injuries
Freestyle techniques and practical
Backstroke techniques and practical
Breaststroke techniques and practical
Butterfly techniques and practical

Where? Collegiate Pool, Hobart

When? Friday night, and the
weekend of 15-16-17 May

Who? The course is for coaches,
swimmers and intending coaches

Further Information? can be had
from

AUSTSWIM Development Officer
Adam Pickvance ☎ (002) 30 3564

or
AUSSI Publicity and Promotions officer
Ron Bloomfield ☎ (002) 43 6746

SWIMMING WITH MEDICAL
DISABILITIES

The AUSSI rules of swimming state that the Referee may, at his discretion, take medical disabilities into account.

The AUSSI rules of swimming also state that the entry cards of competitors who require medical disabilities to be taken into account by the referee, must be prominently marked with the initials "MD".

Finally, the AUSSI rules of swimming state that swimmers with non-manifest disabilities shall provide a medical certificate stating the medical disability, the range of motion/activity that is impaired, and the swimming stroke(s) that may/will be affected.

It is the SWIMMERS RESPONSIBILITY to see that these are done before any swim meet. In Tasmania, medical disability forms are now being kept by the BRANCH RECORDER, who will bring them along to meets for reference by the Referee. Meet directors should ensure that these forms are passed on to the right person after a swim meet.

SWIMMERS should still ensure that their entry cards are marked "MD", and that the BRANCH RECORDER has a copy of their medical disability form. Our Branch Recorder is Mrs Pauline Samson, Phone (002) 43 5665.

FROM THE ANNUAL REPORT

We have just completed the most successful year in the Branch's ten year history.

One of the major reasons for our success was the long and thorough preparation for the previous year by the National Swim Meet Committee, so ably led by Meet Director Brian Edwards. The event was well received by everyone who attended, and quickly became known as the friendly Nationals.

In addition to the Nationals, we have also enjoyed the 1991 Tasmanian Masters Games at Clarence, the Winter Championships at Launceston, and the Relay Championships at Devonport. All three were outstanding successes, involving members from each centre in the organization. Devonport's innovative relay championship program should not go unrecognized. The elite relays, the novelty events and safety demonstrations added new dimensions to the relay meet, which I believe is unique in Australia.

A highlight of the year was the visit of National Coaching Director, Anita Killmier, who presented a lecture and gave a coaching demonstration at the pool.

Hector Beveridge

Mary Reynolds TTL
(Womens 55-59)
50M Free 48.32
50M Back 59.23
50M Breast 1:02.13

Pauline Samson TTL
(Womens 40-44)
800M Free 20:33.96

Marion Skarratt TTL
(Womens 70-74)
200M Back 5:01.44
50M Breast 1:16.05
100 Breast 2:51.60
200 Breast 6:20.74

Garth Slade TNN
(Mens 30-34)
100M Breast 1:21.99
50M Fly 29.62
100M Fly 1:09.57
200M IM 2:38.61

Tina Smit THB
(Womens 65-69)
200M Back 4:57.49
50M Fly 1:14.16

Kathy Smith TDP
(Womens 30-34)
200M Free 2:27.82
800M Free 12:47.14

Peter Smith TLC
(Mens 35-39)
800M Free 13:10.02

Bill Stewart THB
(Mens 60-64)
200M Free 3:32.09

Megan Stronach TNN
(Womens 35-39)
800M Free 12:47.14
200M Fly 3:35.14

Mike Webb TLC
(Mens 50-54)
50M Breast 47.39
100M Breast 1:46.83

Ernie Webster THB
(Mens 80-84)
50M Free 1:10.23

Les Young THB
(Mens 65-69)
100M Free 1:52.26
800M Free 18:58.10
50M Fly 1:06.13
200M IM 5:19.17

RELAY RECORDS

The following records were broken at the New Norfolk State Summer Championships

4x50M Mixed Freestyle 120+
Hobart 2:00.05

4x50M Mixed Medley 120+
Hobart A 2:20.42

4x50M Mens Medley 200+
Launceston 2:40.22

4x50M Womens Freestyle 240+
Hobart 4:04.89

4x50M Womens medley 240+
Hobart 4:32.22

4x50M Mens Medley 240+
Hobart 3:39.68

4x50M Mixed Freestyle 240+
Hobart A 3:07.88

Copies of the complete results of the Summer Championships can be viewed through your club secretary, or you can purchase one for yourself by writing to Pauline Samson, PO Box 242, RDSNY PARK, Tasmania 7018, enclosing \$3.00 to cover postage, photocopying, etc.

**KETTERING Open Water
Swim**

Hobart Masters Swimming Club organized an open water swim on 2nd February. The weather was absolutely out of the box for the race, which was 2.5 km in length, around the marina in Little Oyster Bay, at Kettering.

There were 41 entrants, 16 ladies, and 25 men. A staggered start enabled swimmers to get away with out the hassles of being in a crowd in the early stages of the race.

Results were:
Ladies:

K Menadue	37.00
J Allston	38.18
S Bowman	43.49
B McArthur	45.02
S Alcock	46.47
S Kregor	48.38
S Dick	53.05
L Carlton	55.00
N Smit	55.48
H Binet	56.19
R Hey	58.11
M Barker	58.12
T Smit	67.06
J Chew	67.39
S Lynch	69.53
M Clougher	74.18

Gents:

D Marsh	31.20
M Blake	32.46
S Sellers	34.21
N Bamford	34.26
R McGregor	34.48
R Sargison	38.16
D Haywood	40.38
M Innes	40.45
K Naden	41.23
M Bourke	43.16
R Woodworth	44.25
B Fraser	46.54
K Ryan	47.46
A Douglas	50.07
C Gleeson	50.07
C Denton	50.59

M Binet	51.46
B Stewart	52.16
S Kregor	52.46
G Perkin	53.33
S Webb	54.47
L Young	55.30
A Carlton	56.43
E Dorney	61.29
D Job	82.59

Medals were awarded to Kim Menadue and Don Marsh, and all other competitors were given certificates and ribbons for their participation. Swimmers ages ranged from 21 to 72 years.

**TASMANIAN LONG DISTANCE
SWIMMING CHAMPIONSHIPS
TREVALLYN DAM
8th February 1992**

Events for the Tasmanian Long Distance Swimming Championships were held on Saturday 8th February at the Trevallyn Dam.

The course was a 1 km circuit, and both the course and the start were very simple and straight forward for competitors and officials.

Events included one, five and eight kilometres, and were designed for the novice long distance swimmer as well as the seasoned veteran.

The water was much warmer than Kettering, and the swim was very enjoyable. Competitors returned home rather sunburnt!

Ulverstone Surf Life Saving Club patrolled the course on surf skis.

It is hoped that next year, the event will be supported by a few more AUSSI swimmers.

55 Yards? 50 Metres?
What is it all about?

The New Norfolk Pool is a 55 yard pool, and AUSSI normally competes in 50 metre olympic sized pools.

Rule 9(f) of AUSSI Masters Swimming in Australia (1989) states that "For times recorded to be accepted for Top Ten recording, meets must be conducted in bath type swimming pools of 25 m, 33 1/3 m, 50 m, or 55 yards length."

55 yards is exactly equivalent to 50.292 m. This is 29.2 centimetres longer than a 50 m pool. (An extra 11.5 inches!)

OR, if you are swimming 880 yards, it is 4.672 metres more than 800 metres!

Judging from the number of records broken in the 55 yard pool, the extra distance hardly seems worth commenting on!

ANNUAL GENERAL MEETING

The Annual General Meeting and election of office bearers was held on Saturday 22nd February at the Old Colony Inn just after the afternoon swimming session of the Tasmanian Summer Champion-ships.

The Branch Officers for 1992-93 are as follows:

President -
Hector Beveridge (TDP)

Secretary -
Pam Gray (TLC)

Treasurer -
Caroline Walker (TNN)

Recorder -
Pauline Samson (TTL)

Publicity Officer -
Ron Bloomfield (THB)

Coaching Director -
To be nominated (TXX)

Registrar -
Fiona Redgrove (TNN)

Safety Officer -
Bill Stewart (THB)

National Board Member -
Trish Beveridge (TDP)

Reports were received and read from the Branch President, the Treasurer, the Branch Recorder, the Branch Registrar, the Publicity Officer, and the Safety Officer. Reports were also received from the five AUSSI clubs in the State.

Copies of the reports are available from Club Secretaries for your perusal.

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

\$12 per annum
30 pages per quarterly
issue

Send your cheque to
AUSTRALIAN MASTERS COACHES
NEWSLETTER
44 Warnccliffe Road,
IVANHOE EAST
VICTORIA 3079

WORLD MASTERS SWIMMING
CHAMPIONSHIPS

June 25 - July 5 1992

Indianapolis Indiana, USA

Details from
IV World Masters
901 West New York St,
Room 204
Indianapolis,
INDIANA 46202 USA

1993 Darwin Nationals
4th - 8th May 1993

There has been lots of
interest in the
forthcoming tour to
Darwin/Singapore. If you
require further details,
please contact

PO Box 389
KENMORE, Queensland 4069

*See you there!

PRODUCTS FROM AUSSI

Handbook (Rules, and
constitution) \$10

Club Guide \$10

Guide for Referees \$5

Aerobic trophy rules and
pointscores \$5

AUSSI Lapel Badge \$3

AUSSI Coaching manual \$5

Contact your Branch
Secretary Pam Gray, if you
want any of the above
items.

CALENDAR OF EVENTS

March 11-15 1992
AUSSI National Swim
Melbourne, Victoria

March 27-29 1992
Swedish Open Masters
Gavle, Sweden

June 26-July 4 1992
Fina MSI World Swim
Indianapolis, USA

August 1992
Tasmanian Winter
Championships
Mowbray, Launceston

October 18-27 1992
Central Australian
Masters Games

March 14-21 1993
Wagga Wagga Veterans
Games

April 10-15th 1993
PanPacs Swim and Dive
Hamilton, NZ

April 24-May 2nd 1993
Aust. Masters Games
Perth WA

May 4-8th 1993
AUSSI Nationals
Darwin, NT

Note to Clubs

Send details of any events
you want known, articles
of general interest,
member profiles, etc. to
Ron Bloomfield, 8 Elwood
Drive, Lindisfarne 7015.

I am hoping that this
format will enable clubs
with newsletters to
enclose a copy of Platypus
Press *inside* their own
newsletter, thus cutting
down on distribution