

PLATYPUS PRESS

Edition 13

September 1992

AUSSI Masters Swimming in Tasmania

EDITORIAL

The Winter Championships are over, and congratulations go to Launceston AUSSI for their excellent swimming. THREE National records broken! (An especial congratulations to Janet Pugh for her magnificent effort. Not many would know that Janet nearly broke two other National records at the same time!) And Launceston won by a very convincing margin. Final club scores were:-

| | |
|-------------|------|
| Launceston | 2567 |
| Hobart | 1190 |
| Devonport | 941 |
| Talays | 863 |
| New Norfolk | 170 |

The club trophy is a handsome banner, which has provision for the names of the winning clubs to be written on it. So far, Launceston has had its name on the flag five out of the seven times the flag has been awarded. Not a bad effort in a competition which depends as much on club participation as it does on the excellent swims of its members.

RESULTS

Medal winners and point scores for each age group are shown below. Details of other swimmers point scores are available from the "AUSSI Tasmania Branch Short Course Winter Championships results" booklet, which

was circulated to all clubs at the recent Branch Meeting. See your club secretary for a quick glimpse!

WOMEN

20-24

| | | |
|-------------|-----|-----------|
| Janet Pugh | TLC | 60 points |
| Kim Menadue | TLC | 58 |

25-29

| | | |
|------------------|-----|-----------|
| Julie Westbrook | TLC | 60 points |
| Michelle Chaffey | TLC | 56 |
| Jeanine Briggs | TTL | 16 |

30-34

| | | |
|------------------|-----|-----------|
| Katherine Daft | THB | 60 points |
| Stephanie Bowman | TTL | 57 |
| Jill Deavin | TDP | 55 |

35-39

| | | |
|-----------------|-----|-----------|
| Julia Allston | THB | 60 points |
| Pam Gray | TLC | 59 |
| Margaret Taplin | TLC | 58 |

40-44

| | | |
|--------------------|-----|-----------|
| Catherine Smith | TLC | 58 points |
| Patricia Beveridge | TDP | 55 |
| Liz Gillian | THB | 55 |

45-49

| | | |
|----------------|-----|-----------|
| Ruth Langman | TTL | 60 points |
| Perri Brereton | TTL | 59 |
| Tosie Tillema | TTL | 45 |

50-54

| | | |
|-------------|-----|-----------|
| Jan Chew | THB | 60 points |
| Judy Hyndes | TTL | 56 |

| | | | |
|-------------------|-----|-----------|--|
| 55-59 | | | |
| Mary Reynolds | TTL | 50 points | |
| Dorothy Armstrong | TTL | 9 | |
| 60-64 | | | |
| Margaret Clougher | THB | 60 points | |
| 65-69 | | | |
| Justine bamford | THB | 60 | |
| Tina Smit | THB | 60 | |
| Hilda Murfet | THB | 56 | |
| 75-79 | | | |
| Madge Gaussen | TLC | 40 points | |
| MEN | | | |
| 20-24 | | | |
| Guy Windebank | TLC | 50 points | |
| 25-29 | | | |
| Philip Keam | TLC | 57 points | |
| John Rawson | TLC | 48 | |
| 30-34 | | | |
| Peter Ockerby | TLC | 56 points | |
| David O'Neile | TLC | 51 | |
| Garth Slade | TNN | 50 | |
| 35-39 | | | |
| Ian Porte | TLC | 60 points | |
| Robert Woodworth | TLC | 51 | |
| Ian ROberts | TDP | 48 | |
| 40-44 | | | |
| John Pemberton | THB | 60 points | |
| Paul Johannesen | TTL | 52 | |
| Peter McKenzie | TLC | 52 | |
| 45-49 | | | |
| Michael Lawrence | TTL | 60 points | |
| Nico De Bruyn | TLC | 58 | |
| Mendelt Tillema | TTL | 53 | |

| | | | |
|-------------|-----|-----------|--|
| 50-54 | | | |
| John Pugh | TLC | 60 points | |
| Brian Davis | TLC | 56 | |
| Paul Lowry | TDP | 53 | |

| | | | |
|----------------|-----|-----------|--|
| 55-59 | | | |
| Conrad Gleeson | TLC | 60 points | |
| Geerald Breen | TTL | 56 | |

| | | | |
|--------------|-----|-----------|--|
| 60-64 | | | |
| Bill Stewart | THB | 59 points | |
| Doug Atkins | TLC | 56 | |

| | | | |
|------------|-----|-----------|--|
| 65-69 | | | |
| Ken Davies | TLC | 60 points | |
| Les Young | THB | 57 | |

| | | | |
|----------|-----|-----------|--|
| 70-74 | | | |
| Doug Job | THB | 60 points | |

NEW RECORDS

Many records were broken at the Winter Championships this year. Congratulations go to the following swimmers, who have made it into the AUSSI "Hall of Fame"; and an especial congratulations to Janet Pugh for her three AUSTRALIAN NATIONAL RECORDS!

AUSTRALIAN NATIONAL

20-24 Womens
100 Metres Breaststroke
JANET PUGH (TLC) ... 1:23.41

20-24 Womens
400 Metres Freestyle
JANET PUGH (TLC) ... 4:49.81

20-24 Womens
400 Metres Individual Medley
JANET PUGH (TLC) ... 5:41.68

TASMANIAN BRANCH

20-24 Womens

| | | |
|-----------------|------------|---------|
| J Pugh (TLC) | 200 Free | 2:15.92 |
| J Pugh (TLC) | 400 Free | 4:49.81 |
| K Menadue (TLC) | 50 Back | 38.72 |
| K Menadue (TLC) | 50 Breast | 42.05 |
| J Pugh (TLC) | 100 Breast | 1:23.41 |
| J Pugh (TLC) | 400 IM | 5:41.68 |

30-34 Womens

| | | |
|----------------|----------|----------|
| S Bowman (TTL) | 800 Free | 12:41.52 |
|----------------|----------|----------|

35-39 Womens

| | | |
|-----------------|------------|----------|
| J Allston (THB) | 50 Free | 30.72 |
| J Allston (THB) | 100 Free | 1:08.36 |
| J Allston (THB) | 200 Free | 2:27.14 |
| J Allston (THB) | 400 Free | 5:18.11 |
| M Taplin (TLC) | 800 Free | 11:21.08 |
| P Gray (TLC) | 50 Back | 37.27 |
| P Gray (TLC) | 100 Back | 1:24.81 |
| M Taplin (TLC) | 100 Breast | 1:35.34 |
| M Taplin (TLC) | 200 Breast | 3:26.10 |
| J Allston (THB) | 50 Fly | 35.09 |
| J Allston (THB) | 100 IM | 1:22.21 |

40-44 Womens

| | | |
|-------------------|----------|---------|
| M Cousins (THB) | 100 Free | 1:23.10 |
| M Cousins (THB) | 200 Free | 3:12.85 |
| P Beveridge (TDP) | 400 IM | 8:23.60 |

45-49 Womens

| | | |
|------------------|----------|----------|
| P Brereton (TTL) | 800 Free | 16:19.01 |
|------------------|----------|----------|

50-54 Womens

| | | |
|----------------|------------|---------|
| G Jensen (TTL) | 50 Breast | 56.80 |
| G Jensen (TTL) | 200 Breast | 4:34.75 |

55-59 Womens

| | | |
|-------------------|-----------|---------|
| M Reynolds (TTL) | 50 Free | 46.23 |
| M Reynolds (TTL) | 100 Free | 1:56.06 |
| M Reynolds (TTL) | 50 Back | 58.20 |
| D Armstrong (TTL) | 100 Back | 2:29.09 |
| M Reynolds (TTL) | 50 Breast | 57.31 |

M Reynolds (TTL) 100 Breast 2:13.82

65-69 Womens

| | | |
|--------------|----------|----------|
| T Smit (THB) | 800 Free | 18:47.46 |
| T Smit (THB) | 50 Fly | 1:10.59 |
| T Smit (THB) | 100 Fly | 2:39.88 |
| T Smit (THB) | 400 IM | 10:35.56 |

20-24 Mens

| | | |
|-------------------|----------|---------|
| G Windebank (TLC) | 400 Free | 6:13.50 |
|-------------------|----------|---------|

G Windebank (TLC) 800 Free 12:54.09

30-34 Mens

| | | |
|-----------------|------------|---------|
| G Slade (TNN) | 200 Free | 2:15.49 |
| D O'Neile (TLC) | 400 Free | 5:11.42 |
| G Slade (TNN) | 100 Back | 1:12.32 |
| S Hay (TLC) | 200 Back | 2:59.08 |
| G Slade (TNN) | 50 Breast | 37.46 |
| P Ockerby (TLC) | 100 Breast | 1:26.15 |
| P Ockerby (TLC) | 200 Breast | 3:10.30 |
| G Slade (TNN) | 100 Fly | 1:07.74 |
| G Slade (TNN) | 100 IM | 1:08.89 |
| M Doran (TLC) | 400 IM | 7:11.48 |

35-39 Mens

| | | |
|-----------------|----------|---------|
| S Commene (TNN) | 200 Back | 2:58.29 |
| I Porte (TLC) | 50 Fly | 32.65 |
| I Porte (TLC) | 100 Fly | 1:11.07 |
| I Porte (TLC) | 400 IM | 6:26.20 |

40-44 Mens

| | | |
|-------------------|------------|---------|
| J Pemberton (THB) | 100 Back | 1:15.39 |
| J Pemberton (THB) | 200 Back | 2:48.34 |
| P McKenzie (TLC) | 100 Breast | 1:21.93 |
| P McKenzie (TLC) | 200 Breast | 3:00.31 |

45-49 Mens

| | | |
|------------------|------------|----------|
| M Tillema (TTL) | 800 Free | 13:24.17 |
| M Lawrence (TTL) | 50 Back | 37.20 |
| M Lawrence (TTL) | 100 Back | 1:23.27 |
| M Lawrence (TTL) | 200 Back | 3:07.78 |
| N DeBruyn (TLC) | 50 Breast | 40.62 |
| N DeBruyn (TLC) | 100 Breast | 1:32.42 |
| N DeBruyn (TLC) | 200 Breast | 3:29.40 |

50-54 Mens

| | | |
|--------------|----------|----------|
| J Pugh (TLC) | 400 Free | 5:32.54 |
| J Pugh (TLC) | 800 Free | 11:27.88 |
| J Pugh (TLC) | 200 Back | 3:06.63 |
| J Pugh (TLC) | 400 IM | 6:36.85 |

55-59 Mens

| | | |
|-----------------|----------|---------|
| C Gleeson (TLC) | 100 Back | 2:00.28 |
| C Gleeson (TLC) | 200 Back | 4:25.75 |

60-64 Mens

| | | |
|-----------------|------------|----------|
| B Stewart (THB) | 100 Free | 1:28.35 |
| B Stewart (THB) | 800 Free | 16:21.02 |
| J Isles (THB) | 50 Breast | 42.27 |
| J Isles (THB) | 200 Breast | 3:36.24 |

65-69 Mens

| | | |
|----------------|------------|----------|
| K Davies (TLC) | 50 Free | 40.47 |
| K Davies (TLC) | 100 Free | 1:34.33 |
| K Davies (TLC) | 200 Free | 3:57.36 |
| L Young (THB) | 800 Free | 18:28.40 |
| L Young (THB) | 50 Back | 1:04.71 |
| L Young (THB) | 100 Back | 2:19.95 |
| K Davies (TLC) | 50 Breast | 58.66 |
| K Davies (TLC) | 100 Breast | 2:23.04 |
| L Young (THB) | 100 Fly | 2:34.67 |
| L Young (THB) | 100 IM | 2:15.32 |

70-74 Men

| | | |
|-------------|------------|---------|
| D Job (THB) | 50 Free | 1:00.00 |
| D Job (THB) | 100 Free | 2:18.70 |
| D Job (THB) | 100 Breast | 2:25.50 |

MEDICAL DISABILITY FORMS NOTICE

Swimmers should note that there is a new disability form which must be completed prior to competing in AUSSI events.

This form must be submitted to the meet director in duplicate (photocopies are acceptable) with your entry.

All club secretaries have copies of this form.

MEMBER PROFILE

Perri Brereton.

Perri is a member of Talays AUSSI Masters Swimming Club, and has a daughter, Nadine (who is looking forward to joining AUSSI). Perri has played a large part in the formation of AUSSI in Tasmania - she was a foundation member of TWO clubs, and has been a member of the National Council of AUSSI.

Perri learnt to swim at eight years of age, in the Derwent River. Her coach was Harold "Nunky" Ayres, at the old Wrest Point Swimming Pool.

At thirteen, Perri moved to Melbourne, where she represented her school in swimming, diving, and Royal Life Saving.

Perri moved to Sydney when she was twenty, and for a while, only swam socially. During this time, as an Air Hostess, Perri moved to Port Moresby for a short while. (No swimming there - too many crocs!) Then she moved to Melbourne, where she was married. She and her husband were transferred to Perth, where there was more Water Skiing than swimming! Perri's daughter, Nadine, was born in Perth. The family was transferred to Singapore, where (joy of joys!) there was a swimming pool at the bottom of the garden.

In Singapore, swimming became a daily event, and Perri was able to have Nadine properly taught.

On returning to Hobart, Perri found that the Clarence Pool had been built AND covered. Both she and Nadine became heavily involved in Royal Lifesaving.

It was in 1986 that Perri was asked to assist in forming a Masters Swimming Club. Ted Preshaw, Judy Brown, Garry Kearney, Nan Lewis, and Perri became the first executive committee of the Hobart AUSSI Masters Club. These people, with support from other originals, Marion Skarratt, and Maureen Pepper to name two, got the club off the ground. Colours, Logo, Name, Uniform, and Regular meetings were all organized at this time.

Fortunately, Hobart Masters grew, and eventually, after the Winter Titles of 1988, Perri, Nan, Maureen and Marion were able to leave. These four ladies, with incredible support from Paul Johannesen at the Glenorchy Pool, and the backing of Talays Running Connection, started off the Talays AUSSI Masters Swimming Club.

At Club level, Perri has served as Vice President, and Club Captain of Hobart Masters, President, Treasurer, Publicity Officer, and coach of Talays. (Perri has National Level 1 Coaching Accreditation).

At Branch level, Perri has been State Publicity Officer and club delegate to the Branch.

At National level, Perri was one of two State Delegates to National Council of AUSSI.

Perri has swum in all State AUSSI swims, including the Masters Games and the Bicentennial National Swim. She has also swum in the First AUSTRALIAN MASTERS GAMES, the WORLD MASTERS CHAMPIONSHIPS, and

twice in the National AUSSI Championships.

Perri has recently learnt to swim butterfly stroke, and this year, completed the million metres award.

IV WORLD MASTERS INDIANAPOLIS 29 June to 5 July 1992

Over 3000 athletes (including 2400 Masters Swimmers) representing 45 countries, attended the IV World Masters in Indianapolis this year. Competitions were held in Swimming, Diving, Water Polo, Synchronized Swimming, and Long Distance Swimming.

THE POOL

The competition was held at the Indiana University Natatorium. The complex has two 8 lane 50 metre swimming pools and a Diving Tower with its own pool and spa. Both the swimming pools have a sliding bulkhead which divides it into halves when required. The bulkhead also allows the Americans to swim in either 50 metre or 55 yard events as required. (The US is still using yards feet and inches!)

The warmup pool has a floor that can be raised to any depth to assist in learn to swim. There is also an observation window which coaches can use to view their swimmers from underneath.

The pool was used for qualifying for the olympic swim team by the USA It was a top venue.

THE 5K OPEN WATER SWIM

This was held at the Eagle Creek Reservoir, 20 minutes North of Indianapolis. 345 swimmers, ranging in age from 25 to 79 years, took off in groups of 50, two minutes apart. With the water temperature at 27 degrees Celsius, (rather warm for swimming!) many exciting swims were observed by the crowds.

Lynn Marshall of Canada was the overall winner (1:02.51.08) and won gold in the 30-34 age group. Two men were neck and neck at the finish - Gerry Rodrigues (1:03.00.0) and Robert Hudek (1:03.01.4) and both won gold - they were 29 and 30 years old, and competed in different age groups!

Neil Hickey (Hobart Masters) was 37th overall, and came 11th in the 40-44 age group.

AT THE POOL

"All you can ask for is your best." "I have put in the hard training - now this is the judgement day!" These were the thoughts that ran through Ivan Cunningham's mind as the time for his 100 metres freestyle drew near. Ivan, of Hobart Masters, competed in the 30-34 age group. He had found that amongst his rival competitors was Rowdy Gaines, the US Olympic and World record holder from the 1980 Olympic Games.

The night before the event, Ivan was extremely nervous. His final time for the 100 metres was 59 seconds. This was low for Ivan, and it reduced his ranking to 18th overall. Rowdy Gaines won both the 50 and 100 metres freestyle - not bad for a bloke who was sick with a mystery illness for 18 months just previously!

The swim of the meet was won by Tom Lane. Tom won the 100 metres backstroke in a little over 3 minutes, and received a standing ovation when he finished. Not bad for bloke that learned to swim in 1898, was 98 years of age, and is legally blind. Tom trained twice a week for the six to eight months prior to the World Masters. His goal in swimming is to beat the slow heat of the 75-79 age group again at the V World Masters in Canada in two years time. (He will then be 100!)

Both Neil and Ivan shaved their bodies from shoulders to toes to give them that "competitive edge". Because Ivan used a safety razor, he thought he could save time by using hair removal cream. He bought one called "NAIR" from the local pharmacy, and set to work. It took two tubes of cream, over four hours of time, and lots of screaming with the burning pain, just to get the hair on his chest removed! (Mind you, Ivan confided, his screaming was nothing compared to the honeymooners in the motel room next door!)

Ivan's best swim was the 200 metres freestyle. By the time this event came along, he was feeling rather tired, but as he believes in swimming in your events if you have entered, he swam. He had lane 2, and was seeded in the late 20s, but came 12th in his age group with a time of 2:11.79. This broke his personal best by over 5 seconds. (In fact, all of Ivan's times for the competition were PB's.)

Both Neil and Ivan made many good swimming friends at the World Masters. They are both looking forward to Canada so that they can see them again. It should be a great event, even if you are going

just to see a 100 year old swimmer!
They both recomment it to anyone.
Their next competition will be a sprint
carnival at Hawaii later this year, where
Ivan and Neil hope to meet Randy Gaines
again, and attend some coaching lectures
with him.

AUSSI MASTERS COACHING SEMINAR 14th and 15th November 1992

By now, swimmers should all have
received notice that Trish Beveridge has
organized a coaching seminar with
Buddy Portier. (See your Club Secretary
for a flier if you haven't heard!)

The seminar will take place at
Devonport beginning at 10ish on the
Saturday morning, and finishing at
2ish on the Sunday afternoon.

Devonport have also organized their
interclub Relay Carnival for that
weekend, so if you want to compete -
take the whole team, see the seminar, and
join in all for the one price!

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

\$16 for 4 issues

Each issue 30 pages cram packed with
swimming tips, the latest guidelines in
health (swimming during pregnancy,
cholesterol ratios, etc) resources
available (videos, books for sale or hire)
news from clubs (on the mainland)
coaches, and ideas.

Cheque (to "AUSSI") c/- Australian
Masters Swimming Coaches Newsletter,
44 Warncliffe Road, IVANHOE EAST,
Victoria 3079

VACANCY National Board Representative

If you would be interested in serving
AUSSI Masters (Tasmania) as their
representative on the National Board,
then here is the opportunity.

The commitment is for two years, and
you would have to attend meetings of the
Board twice each year. One meeting is
held at the Nationals (wherever that is)
and the other in Melbourne or Adelaide,
as decided by Board members.
(Transport and accommodation is paid
for by AUSSL.)

For further information, see Trish
Beveridge at one of the coaching
seminars.

AUSSI MASTERS SWIMMING CLINIC

A swimming clinic for all AUSSI Masters
swimmers has been arranged by Branch
Coaching and Fitness director, Trish
Beveridge. Southern swimmers can
attend on Saturday 12th September, and
Sunday 13th September.

Saturday 12th 7:00-9:30 Kirksway
House

Sunday 13th 9:00-10:30 Collegiate Pool
Work to be covered includes each of the
strokes, skill drills, and at the pool,
practical water work. (Bring your
bathers!)

The course is aimed at Novice to
intermediate swimmers, and also anybody
who coaches novice or intermediate
swimmers.

The Olympic Games RESULTS SWIMMING

The following is a summary of the results obtained by our Australian athletes at the Olympic Games in Barcelona this year.

1 GOLD
3 SILVER
5 BRONZE

GOLD

Kieren Perkins - 1500 metres freestyle in 14:43.48

SILVER

Kieren Perkins - 400 metres freestyle in 3:45.16

Glen Housman - 1500 metres Freestyle in 14:55.29

Hayley Lewis - 800 metres freestyle in 8:30.34

BRONZE

Philip Rogers - 100 metres Breaststroke in 1:01.76.

Hayley Lewis - 400 metres freestyle in 4:11.22

Samantha Riley - 100 metres Breast stroke in 1:09.29

Susan O'Neill - 200 Butterfly in 2:09.03

Nicole Stevenson - 200 metres backstroke in 2:10.20

'93 Nationals DARWIN

A suggested itinerary for the Darwin Swim which was published in AUSSI's National Newsletter:

Monday 3rd May 1993 - depart on morning flight for Darwin.

Tuesday 4th - Friday 7th swim at the Casuarina Pool in the AUSSI Nationals.

Saturday 8th - Open water swim and Presentation evening.

Sunday 9th - Day trip to Kakadu National Park.

Monday 10th - Depart Darwin mid-afternoon for Singapore.

Tuesday 11th - Afternoon tour.

Wednesday 12 - Thursday 13th - optional tours (eg. Malaysia)

Friday 13th - Day use of room until late afternoon departure.

Saturday 14th - Arrival in your capital city.

Tour cost: \$1590, which includes return economy class air fare from your capital city to Singapore with a stopover in Darwin; four nights twin share accommodation at the Plaza Hotel in Singapore, including breakfasts; Return coach transfer between Singapore airport and hotel; Half day sightseeing tour of Singapore.

For further information, contact Bren Catchpole and Associates, PO Box 398, Kenmore, Queensland 4069.

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