

PLATYPUS PRESS

Edition 17

March 1993

AUSSI Masters Swimming in Tasmania

EDITORIAL

This is the "after the Championships" edition of Platypus Press, and contains much of what happened at our annual Long Course Meet.

The meet was a great success from all sides. Many, many Branch records were broken, and we had the privilege of being present while two National Records were set. Congratulations to all swimmers, and particularly to those who swam personal best times.

We all know how much effort goes into getting a "PB" - the hours of up and down, up and down the pool, watching the black line, practicing turns, tuning in our strokes, and polishing up our styles.

A special congratulatory note and thankyou to the officials - all those time keepers and marshalls who made the carnival what it was. Did you notice our Pauline Samson in her "Whites" as she assisted with the judging of turns and strokes?

Of course it goes without saying, that we owe a debt of gratitude to Peg Shearing and her team of STSA officials.

You might have also noticed the "Man from St John". He sat quietly at the end of the pool waiting for the jobs that never came. Thankyou St John Ambulance for your support.

And a special thankyou to Hobart AUSSI Masters, who hosted the meet. Quite a number of them gave up their swims to ensure the success of the week-end.

Another event which occurred on the weekend of the summer championships was the Annual General Meeting and election of Office Bearers for the Branch.

The AGM was an affair of mixed feelings. While we welcome the new office bearers, and wish them well in their port-folios, it is with sadness that we all noted the passing into history of the "Beveridge era". Trish and Hector, who have both faithfully served AUSSI Tasmania over ten years, sat in the side lines to allow others to "put their imprint" on AUSSI over the next few years.

Many of our swimmers will never know how much this family team did for AUSSI in Tasmania.

AUSSI NATIONALS

18th AUSSI National Swim and Club Championships

To be held at Darwin from 4th May to 8th May 1993.

Entries closed on 5th March.

Good luck to all who have entered. May all your times be PB's.

AWARDS

AUSSI Tasmania Summer Championship shield for the club with the highest aggregate number of points: **HOBART AUSSI MASTERS**

New Norfolk Shield for the club with the highest number of individual points per registered member:

LAUNCESTON AUSSI MASTERS

Royce Bracken Shield for the winner of the Mens 60-64 age group:

**JOHN ISLES
BILL STEWART**

AUSSI Tasmania State Relay Championships shield for club competition, this year staged in a Postal Event: **HOBART AUSSI MASTERS**

State Aerobic Award for the highest aggregate club aerobic swim total:

HOBART AUSSI MASTERS

LOST - One Stopwatch

At the summer championships, Hobart Masters managed to lose a stopwatch. It wasn't stolen, or anything like that. What we think happened is that one of the timekeepers put the watch they were given into a bag with a lot of other watches, and it went off to the wrong club! Could club custodians please check their stopwatches, and if they find Hobart's watch, (it is named on the back) could they send it along to the Branch meeting on 4th April with their club delegate.

The Raffle:

The swim meet raffle was drawn by Mary O'Brien of Talays club at the Presentation dinner. Winners have been notified, and have collected their prizes.

First prize (A weekend for two at the Fox and Hounds, in Port Arthur) was won by Sheree Alcock of Talays.

Second Prize (A side of Lamb donated by Berry's Butchery, Sandy Bay) was won by Jan of Talays.

Third Prize (a carton of Stubbies donated by the Cascade Brewery) was won by Jean Webster, of Hobart Masters.

The following is a list of all those who broke records at the Summer Championships.

Event 1 400 Metres Breaststroke

LADIES

20-24 years

Ketclair Karin (DEVONPORT) 8:15.12

30-34 years

Hawkes Kathy (HOBART) 6:37.66

35-39 years

Redgrove Fiona (NEW NORFOLK) 6:59.70

40-44 years

Dillon Ros (HOBART) 8:28.91

45-49 years

Langman Ruth (TALAYS) 8:44.05

50-54 years

French Janet (HOBART) 8:22.90

55-59 years
Reynolds Mary (TALAYS) 10:54.35

65-69 years
Bamford Justine (HOBART) 9:16.32
National Record.

70-74 years
Skaratt Marion (TALAYS) 13:08.09

MEN

25-29 years
Goanell Darren (TALAYS) 6:24.83

30-34 years
Ockerby Peter (LAUNCESTON) 6:59.00

35-39 years
Doran Michael (LAUNCESTON) 7:33.50

40-44 years
McKenzie Peter (LAUNCESTON) 6:30.60

60-64 years
Isles John (HOBART) 8:22.12

65-69 years
Eizzele Athol (HOBART) 10:58.00

Event 2 800 Metres Freestyle

LADIES

20-24 years
Pugh Janet (LAUNCESTON) 10:47.10

25-29 years
Chaffey Michelle (LAUNCESTON)
12:48.17

35-39 years
Allston Julia (HOBART) 11:23.60

40-44 years
Stronach Megan (NEW NORFOLK)
12:46.82

45-49 years
Breerton Perri (TALAYS) 16:00.18

55-59 years
Armstrong Dorothy (TALAYS) 23:48.12

60-64 years
Clougher Margaret (HOBART) 21:28.32

65-69 years
Smit Tina (HOBART) 24:06.42

70-74 years
Murfet Hilda (HOBART) 24:55.54

MEN

25-29 years
Naden Karl (HOBART) 12:27.70

30-34 years
Slade Garth (NEW NORFOLK) 10:30.11

45-49 years
Lawrence Michael (TALAYS) 12:57.03

55-59 years
Pugh John (LAUNCESTON) 11:43.01

60-64 years
Stewart Bill (HOBART) 16:03.43

Event 3 200 Metres Freestyle

LADIES

40-44 years
Stronach Megan (NEW NORFOLK)
2:49.92

50-54 years
Murphy Edna (HOBART) 3:55.85

55-59 years
Chew Jan (HOBART) 4:09.56

60-64 years
Clougher Margaret (HOBART) 4:58.95

70-74 years
Murfit Hilda (HOBART) 5:31.08

MEN

25-29 years
Rawson John (LAUNCESTON) 2:14.88

55-59 years
Pugh John (LAUNCESTON) 2:36.68

60-64 years
Stewart Bill (HOBART) 3:31.71

65-69 years
Eiszek Athol (HOBART) 4:46.09

Event 4
50 Metres Butterfly

LADIES

20-24 years
Pugh Janet (LAUNCESTON) 0:31.85

40-44 years
Stronach Megan (NEW NORFOLK) 0:39.25

55-59 years
Fisher Mavis (HOBART) 1:42.57

MEN

35-39 years
Lucas Ron (HOBART) 0:31.59

55-59 years
Pugh John (LAUNCESTON) 0:35.33

Event 5
100 Metres Breaststroke

LADIES

20-24 years
Pugh Janet (LAUNCESTON) 1:25.05

30-34 years
Hawkes Kathy (HOBART) 1:27.80

35-39 years
Redgrove Fiona (NEW NORFOLK) 1:32.56

50-54 years
Reynolds Mary (TALAYS) 2:21.11

MEN

25-29 years
Gosnell Darren (TALAYS) 1:21.32

65-69 years
Eiszek Athol (HOBART) 2:15.14

Event 6
50 Metres Freestyle

LADIES

20-24 years
Pugh Janet (LAUNCESTON) 0:29.78

MEN

35-39 years
Lucas Ron (HOBART) 0:28.01

80-84 years
Webster Ernie (HOBART) 1:03.23

Event 7
200 Metres Butterfly

LADIES

65-69 years
Smit Tina (HOBART) 6:18.35

MEN

40-44 years
MacGregor Rod (HOBART) 3:02.12

50-54 years
Innes Mal (TALAYS) 3:22.62

Event 8

100 Metres Backstroke

LADIES

35-39 years

Rodgrove Fiona (N. NFOLK) 1:21.67

MEN

30-34 years

Slade Garth (NEW NORFOLK) 1:10.84

35-39 years

Lucas Ron (HOBART) 1:11.85

55-59 years

Fisher Peter (HOBART) 1:37.46

65-69 years

Eizzle Athol (HOBART) 2:44.31

Event 9

400 Metres Individual Medley

LADIES

25-29 years

Douglas Victoria (LAUNCESTON) 5:51.73

35-39 years

Gray Pam (LAUNCESTON) 6:38.16

50-54 years

French Janet (HOBART) 8:13.59

65-69 years

Smit Tina (HOBART) 11:26.20

MEN

35-39 years

Porte Ian (LAUNCESTON) 6:29.26

40-44 years

MacGregor Rod (HOBART) 6:21.65

45-49 years

Guesdon Chris (HOBART) 9:50.90

50-54 years

Innes Mal (TALAYS) 7:05.73

55-59 years

Pugh John (LAUNCESTON) 6:43.44

Event 13

200 Metres Backstroke

LADIES

30-34 years

Brown Christine (DEVONPORT) 2:59.77

35-39 years

Rodgrove Fiona (NEW NORFOLK) 2:59.08

55-59 years

Armstrong Dorothy (TALAYS) 5:25.29

MEN

30-34 years

Slade Garth (NEW NORFOLK) 2:41.33

35-39 years

Lucas Ron (HOBART) 2:43.83

40-44 years

Pemberton John (HOBART) 2:45.87

55-59 years

Fisher Peter (HOBART) 3:35.64

Event 14

100 Metres Butterfly

LADIES

40-44 years

Stronach Megan (NEW NORFOLK)
1:33.61

50-54 years

French Janet (HOBART) 1:59.87

65-69 years

Smit Tina (HOBART) 3:03.02

MEN

35-39 years

Porte Ian (LAUNCESTON) 1:15.30

40-44 years

MacGregor Rod (HOBART) 1:18.03

55-59 years

Pugh John (LAUNCESTON) 1:24.83

Event 15**200 Metres Breaststroke****LADIES**

30-34 years

Hawkes Kathy (HOBART) 3:13.36

55-59 years

Jensen Brigitta (TALAYS) 5:09.49

MEN

25-29 years

Gosnell Darren (TALAYS) 3:02.96

30-34 years

Ockerby Peter (LAUNCESTON) 3:13.02

40-44 years

McKenzie Peter (LAUNCESTON) 3:04.93

50-54 years

Webb Mike (LAUNCESTON) 4:25.63

65-69 years

Eiszle Athol (HOBART) 5:11.84

Event 16**50 Metres Backstroke****LADIES**

35-39 years

Gray Pam (LAUNCESTON) 0:37.33

MEN

30-34 years

Slade Garth (NEW NORFOLK) 0:31.43

35-39 years

Lucas Ron (HOBART) 0:31.77

55-59 years

Fisher Peter (HOBART) 0:42.23

Event 17**100 Metres Freestyle****LADIES**

20-24 years

Pugh Janet (LAUNCESTON) 1:03.23

National Record

40-44 years

Stronach Megan (NEW NORFOLK)

1:16.67

55-59 years

Chew Jan (HOBART) 1:52.12

MEN

35-39 years

Lucas Ron (HOBART) 1:03.21

Event 18**50 Metres Breaststroke****LADIES**

30-34 years

Hawkes Kathy (HOBART) 0:40.55

35-39 years

Redgrove Fiona (NEW NORFOLK) 0:42.81

MEN

25-29 years

Gosnell Darren (TALAYS) 0:36.03

60-64 years

Ides John (HOBART) 0:45.08

Event 19
200 Metres Individual Medley

LADIES

40-44 years
Stronach Megan (NEW NORFOLK)
3:10.94

MEN

30-34 years
Slade Garth (NEW NORFOLK) 2:35.25

55-59 years
Pugh John (LAUNCESTON) 3:08.56

65-69 years
Eiszle Athol (HOBART) 5:15.37

V World Masters
Championships
July 2-10 1994
MONTREAL
CANADA

3rd World
Masters Games
Brisbane
QUEENSLAND
26 Sept - 8 Oct
1994

Level 1M
coaching
Accreditation
course
DARWIN

SO! You've been disqualified?

Rest assured that you're not the only one and won't be the last.

As with all sports, there are rules to ensure that there is a fair competition for ALL. When records are being broken, they are only credible if the rules have been adhered to.

An officials function is to protect the interests of all swimmers. The integrity and impartiality of the official is most important.

It should be noted that an official does not in reality disqualify, the swimmer disqualifies himself; the official has only observed the infraction and informed the Referee.

Rules are there as standards and are enforced as much as is practicable and reasonable. Disqualifications are for clear cut infractions of the Rules.

For example:

- Broke on the second start.
- Freestyle kick in Butterfly
- Touched with one hand (Breaststroke)
- Wrong stroke in medley.

There are a total of 54 infractions listed on the disqualification sheet used by officials at swim meets.

Even the "Elite" swimmers get disqualified so you are in good company. Even the World Breaststroke Champion was disqualified in Madrid for freestyle kicking off the wall at turns. The officials weren't sure at the first turn, but he did it again at 150m ... what's more, he knew he was breaking the rule!

Medal Winners

20-24 years

Women

Gold	Janet Pugh	TLC
Silver	Karin Katselaar	TDP
Bronze	Nadine Blythe	TTL

25-29 years

Women

Gold	Victoria Douglas	TLC
Silver	Michelle Chaffty	TLC
Bronze	Julie Westbrook	TLC

Men

Gold	Darren Gosnell	TTL
Silver	Kari Naden	THB
Silver	Scott Beynon	THB

30-34 years

Women

Gold	Kathy Hawkes	THB
Gold	Christine Brown	TDP
Bronze	Carolyn Reiper	TLC

Men

Gold	Garth Slade	TNN
Silver	Peter Ockerby	TLC
Bronze	Craig Hazi	TNN

35-39 years

Women

Gold	Fiona Redgrove	TNN
Gold	Julia Alliston	THB
Bronze	Pam Gray	TLC

Men

Gold	Ron Lucas	THB
Silver	Ian Forte	TLC
Bronze	Peter Smith	TLC

40-44 years

Women

Gold	Megan Stronsch	TNN
Silver	Jenny Breen	THB
Bronze	Catherine Smith	TLC

Men

Gold	Peter McKenzie	TLC
Gold	John Pemberton	THB
Bronze	Rod McGregor	THB

45-49 years

Women

Gold	Perni Brereton	TTL
Gold	Ruth Langman	TTL
Bronze	Jose Tilkema	TTL

Men

Gold	Chris Gudsdon	THB
Gold	Mendel Tilkema	TTL
Bronze	Hector Beveridge	TDP

50-54 years

Women

Gold	Janet French	THB
Silver	Edna Murphy	THB
Bronze	Judy Hyndes	TTL

Men

Gold	Mal Innes	TTL
Silver	Brian Davis	TLC
Bronze	Tom Edwards	TDP

55-59 years

Women

Gold	Jan Chew	THB
Silver	Mavis Fisher	THB
Bronze	Mary Reynolds	TTL

Men

Gold	John Pugh	TLC
Silver	Peter Fisher	THB
Bronze	Conrad Gleeson	TLC

60-64 years

Women

Gold	Margaret Clougher	THB
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Men

Gold	John Isles	THB
Gold	Bill Stewart	THB
Bronze	John Menadue	THB

65-69 years

Women

Gold	Justine Bamford	THB
Gold	Tina Smit	THB
Bronze	Maureen Pepper	TTL

Men

Gold	Athol Eiszele	THB
Silver	Roger Wallace	TLC

70-74 years

Women

Gold	Hilda Murfet	THB
Silver	Mary O'Brien	TTL
Bronze	Merion Skaratt	TTL

80-84 years

Men

Gold	Ernie Webster	THB
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LONG COURSE SUMMER CHAMPIONSHIPS CLUB SCORES

Club	Comp entries	Indiv points	Relay points	Total points
TDP	23	662	148	770
THB	39	1663	446	2109
TLC	34	1497	430	1927
TNN	10	356	102	458
TTL	34	1088	212	1300

The New Norfolk Trophy

Winner in 1993 - Launceston AUSSI Masters Swimming Club. Individual points of 1497 divided by number of registered members as at close of entries 7th February 1993 (54) = 27.72 points per member.

Extent of Insurance Cover

A letter clarifying the extent of insurance cover on our members has been received. (Clubs will have a copy) The main point of the letter is that guests and prospective members are covered for only three training sessions. After that, no insurance.

A CANDID PROFILE of an AUSSI MEMBER

Gerald Breen has been a member of Talays AUSSI Masters Swimming Club since March 1989.

He learned of AUSSI from Nan Lewis who was attempting the almost impossible task of teaching him to swim. He had had some lessons through Adult Education at a small pool in Glenorchy (not wanting to be outdone by some of his colleagues). Then he found Nan Lewis at a 13 metre pool on the Lindsifarne Esplanade.

Nan was very patient, and I guess she thought he wasn't entirely hopeless, just the biggest challenge she'd ever had.

Gerald's swimming career reads more like a comedy rather than the serious stuff you read in the early careers of the superfishes, who win titles, medals, go to overseas swim meets, and so on. Gerald has really taken the motto of AUSSI literally to be Fitness and FUN!!!

Although Gerald coped well with the 13 metre pool, the 50 metre pool at Glenorchy was a little more daunting. We all remember Gerald "swimming" along the wall - 10 metres, stop, hang on, gasp, deep breath, swim 10 metres, same again.

Gerald took on the position of Publicity Officer for Talays AUSSI Masters in 1989, produces the newsletter every month, as well as being Public Officer.

His first competition was at the Masters Games in Launceston in 1989. However, the moment of glory didn't eventuate as

in the confusion he missed swimming his only race. He was determined to make amends, and at the Summer Championships in 1990, he swam a full program of five events including the 400 metres freestyle. He wanted to stop at 300 metres, but felt the pain of finishing was preferable to "copping it" from Perril

Club times would be rather dull without Gerald and so we often say - "What about the time ..."

♥ At an Interclub meet at New Norfolk, Gerald flopped into the pool, thought it was a false start, tried to turn around, then tried to start swimming again. Some thought he was drowning. The Talayans just ignored him.

♥ He ripped the back of his bathers on the timing boards in Launceston while entering the pool for the start of the Medley Relay. This caused such a commotion near the Marshalls that they started shouting at us to be quiet. His family did not find the photos of the bathers amusing!

♥ Recently when he asked Pauline if she could time a 400 metre Back stroke, she looked at her watch and said casually that there was enough time to have a shower and a coffee in between the 100 metre laps. Someone overhearing this remark commented "Don't be awful!", but after the first 100 metres, realised that Pauline was quite serious.

♥ The time the club coach shook his head and said, "He would have to be a coaches' worst nightmare!", then tactfully said, "I think I can help you improve that Backstroke of yours, Gerald!"

♥ When the club goes away for a competition, Gerald has to have a room to himself. His snoring actually makes the furniture move and the windows rattle. (His son John doesn't complain about this when they are camping on one of their shooting expeditions)

♥ We were watching him on the kickboard. He kicked on the same spot for a while and then started moving backwards. So now he uses flippers - apparently they help.

Gerald is a great supporter of AUSSI and tries to be involved in as much of the program as possible.

He has tried just about everything on offer including Life Saving. He passed everything except the big one - mainly because he can't float.

Gerald completes as much as he can in the aerobic trophy, and has threatened Pauline with a 400 metre Breaststroke some time in the future. (She'll take her cross stitch that day!)

But on the other side, Gerald is just like a big bear, all heart, always a smile, takes an interest in new members and makes people feel welcome, loves a good joke, food, lots of cuddles, food, talking, food, taking photographs, historical (or was that hysterical) militaria, playing hockey, and swimming of course ... where else would he get so much attention? .. And although he claims he is deaf, and you have to whisper messages in his ear, we all think he's wonderful and the Club wouldn't be the same without him!

POOL COURTESY

An article by David Hammelton, of Connecticut Masters, USA, who has been having trouble training during Lap Swimming Hours for more than a decade.

It's been a quarter of a century since a man first set foot on the moon. Since that time, miracles have become common place. So why is it difficult to find a pool where people can circle swim in harmony?

Since many of us run into problems while trying to train during recreational swimming, let's look at some of the conventions of courtesy for lap swimming.

Conventions of Lap Swimming

1. Swimming pools are usually set up with certain lanes reserved for faster swimmers and others for use by medium speed and slower swimmers. These are usually indicated with signs at the end of each lane or posted on a bulletin board. Most often the middle lanes are reserved for faster swimmers, and the outer lanes for slower swimmers.

2. The terms "faster" and "slower" are *relative*. Check out the speed of the other swimmers and select a lane that is appropriate for *you*. Then notify the swimmers in that lane that you will be joining them.

3. With two swimmers per lane, swimmers may opt to keep to one side or the other of the lane.

4. Three or more swimmers in a lane must circle swim, keeping to the *left* at all times.

5. If there is a workout set in progress, a swimmer may enter that lane only as a part of that set.

6. Swimming within a lane is by agreement of the majority. Swimmers should arrange themselves in speed order, fastest to slowest.

7. Slower swimmers should yield to faster swimmers.

Rules of courtesy

1. Don't stand in front of the pace clock.

2. Don't interrupt a workout set.

3. Warm up in a slower lane.

4. At all times, be aware of what is going on in your lane! If a swimmer behind you looks as though he or she may overtake you on the next lap, stop and wait at the wall. Let that swimmer pass first. (If this happens frequently, then you are probably in the wrong lane.)

5. If you need to stop, squeeze into the right hand corner of the lane so that the other swimmers have ample room for turns. Likewise, at the end of a set, squeeze into the right so that other swimmers can swim into the wall.

6. Push off underwater to avoid making waves for oncoming swimmers.

7. Keep your fingernails and toenails trimmed.

8. Make sure that your sidestroke kick stays in its own lane.

[I'll bet that all you AUSSTs follow these rules anyway! ... Ed.]

THE DATE LIST

[For what it's worth - I've consulted the oracle at Delphi, the Mercury Star Guide (last Saturday's edition) and Chris Guesdon (TSI Development Officer), so you can choose which are correct. If you want further information about TSI coaching or officials courses, contact Chris Guesdon on (002) 31 2201 ...Ed]

April 10 - 17

1993 PanPac Masters Swimming
HAMILTON - NZ

April 24 - May 2

4th Australian Masters Games
PERTH, WA

May 1

Level O Coaching Seminar (TSI)
(Ulverstone)

May 4-8

AUSSI Nationals and IM
coaching seminar Darwin

May 22

Officials seminar (TSI)
(Ulverstone)

May 30

Port Huon Inter club Meet
(Hobart AUSSI)

June 12-13

Level 1 Coaching seminar (TSI)
(Launceston)

July 3

Officials seminar (TSI)
(Launceston)

July 11

Collegiate Interclub swim
(Which Club?)

July ???

Club Admin course (AIS)
(2 days in Hobart)

August 7-8 (or 14-15)

AUSSI Winter Championships
(Mowbray pool)

October 2

Level O coaching seminar (TSI)
(Hobart)

October 30-31

Officials seminar (TSI)
(Hobart)

November ???

AUSSI Club Relay meet
(Where, Which club?)

November 13-14 (2 days)

Level 1 Coaching seminar (TSI)
(Hobart)

February 6

Long Distance Swim (TSI)
(Trevallyn Dam)

February 13

Keettering Open Water Swim
(Hobart AUSSI)

February 19-20

AUSSI Summer Championships
(Devonport?)

• Clubs who would like to have dates added to this list in the next edition of PP, please let me have details.

• Contributions are sought from all swimmers, particularly if you have been to any of the Panpacs, Masters Games, or AUSSI Nationals.

Platypus Press is edited and published by Ron Bloomfield, PO Box 659, ROSNY PARK, Tasmania 7018, on behalf of AUSSI Masters Swimming in Tasmania Incorporated.

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