



Swimmers with Coach Brenton Ford at a Swim Clinic in Hobart in August organised by MST

Platypus Press

September 2022

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2022 Winter Championships

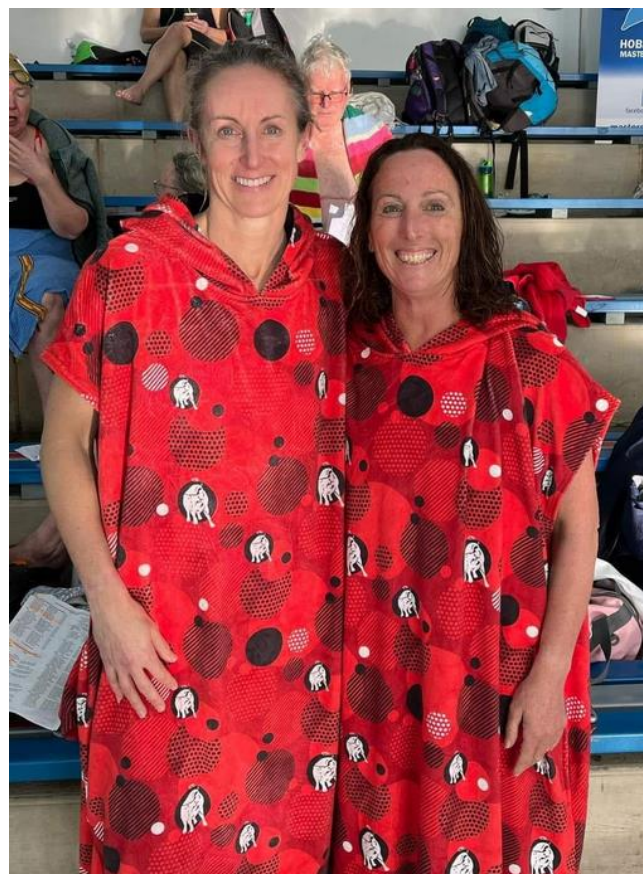
What an excellent weekend of swimming in Launceston - the 38th MST Winter Championships, over the weekend of 20 & 21 August. Full results are on the MST website in the Archives section. Well done Meet Director Kay Bailey and Launceston Lemmings, for a well conducted meet and an excellent luncheon. It was so good for us all to be back together again in Launceston.

We had 125 entries (including 25 swimmers from interstate) from a total 22 clubs. There were 6 National Records:

- Darius Schultz, VPP 400 IM
- Graeme Armstrong, VPP 25, 50 and 100 Back
- John Cocks, VMV 50 Free, and 100 Back

The outstanding club of the meet was Hobart Aquatic, who won the Club Trophy and the Relay Trophy. Swimmers of the meet were Anne Henderson and Brent Walker, both from Hobart Aquatic.

Tasmanians broke 22 MST individual and 4 MST relay records.



Two of Hobart Aquatic Club's outstanding swimmers Gabrielle Osborne and Anne Henderson at the Winter Championships.

Relay Records

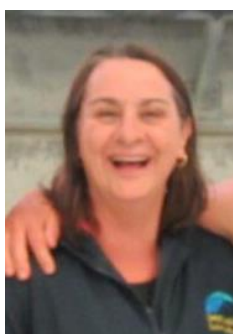
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|---|-----|---------------|
| ELISA MCMILLAN, KATHRYN OSBORN, FIONA ZIEGELER, AMANDA DUGGAN | THB | 4 X 25 Free |
| TONY FORMAN, GLENN MILLER, PETER MICHAJLOW, PHILIP TYRELL | TAC | 4 X 25 Free |
| TONY FORMAN, PETER BROWN, PHILIP TYRELL, IAN SHUEY | TAC | 4 X 25 Medley |
| GABRIELLE OSBORNE, ADRIAN PETRIE, JODIE BENNETT, DAVE RUSSELL-GREEN | TAC | 4 X 25 Free |

| Individual Records | | |
|--------------------|-----|---|
| LUCY COCHRANE | TDP | 25M Free, 400m Back |
| ANNE HENDERSON | TAC | 400 IM |
| PENNY LUCAS | TAC | 25 Free, 50 Back |
| KATHRYN OSBORN | THB | 25 Breast, 50 Breast (x2), 100 Breast, 200 Breast, 200 IM |
| FIONA ZIEGELER | THB | 50 Fly |
| MEGAN STRONACH | THB | 25 Free, 50 Fly, 100 IM, 200 IM |
| WENDY WINZENBERG | TDP | 50 Free |
| JAMES BELSTEAD | TVA | 25 Fly |
| BRENT WALKER | TAC | 50 Free |
| PHILIP TYRELL | TAC | 50 Free, 100 Free, 25 Back |
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Vorgee Million Metres Program

The [Vorgee](#) Million Metres Awards Program is open to all registered members of Masters Swimming Australia. The program aims to stimulate all members to strive for greater fitness and recognises swimmers' progressive milestones. The program has expanded over the years since its inception in the late 1970s and now recognises swimmers who achieve one, three, five, seven, ten, fifteen, twenty and twenty-five million metre milestones.



Our latest Award recipients are Donna French (TAC,) 4 million metres, and Michelle Sampson (THB), 2 million metres. The girls receive a polo shirt, plus a Million Metres cap and certificate for their efforts. Well swum ladies!!

Dolphins Open Water Winter Challenge: Final report

It's all done and dusted for another year and we are all feeling fit and proud of ourselves. Final results are:

Challenge 3: Swim from Lignano to Ravenna in Italy's Adriatic Sea, 162 kms.

Completed by: Joe Askey Doran

Challenge 2: Take on Bass Strait: King Island to Apollo Bay, 97 kms.

Completed by: Megan Stronach

Challenge 1: Swim around Magnetic Island, North Queensland, 32 kms.

Completed by: Fiona Ziegeler, Allan Nichols, Pia Peterson, Beth Mulligan, Auro Almeida, Megan Stronach, Maddy Brasier, Joe O'Malley, Melanie Webb & Amanda Duggan



Pictured with Joe are Beth, Mark, Auro, Darryl, Pia, Allan, Megan and James

Congratulations to all those who participated, even those who didn't quite get there. Your support by just being there, walking the beach, or providing coffee, cake and encouragement was much appreciated.



And the Award for picture of the year goes to this one, showing Allan and David in the wild seas off the usually calm Waub's Bay, Bicheno.

See you all in 2023!!

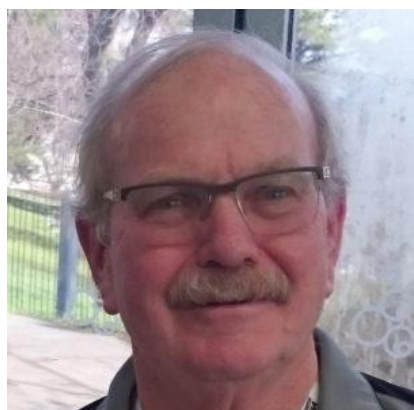
Wanted: Branch Treasurer and Secretary.

Due to our succession rules, after 4 years in their positions, two of our Executive members will be standing down from their roles at our next AGM in March 2023 so we are looking for people to step up to take on these positions.



Out-going Secretary, Tony Forman

The Secretary is responsible for the day-to-day administration of the Branch.



Out-going Treasurer, Ray Brien

The Treasurer manages Branch finances.

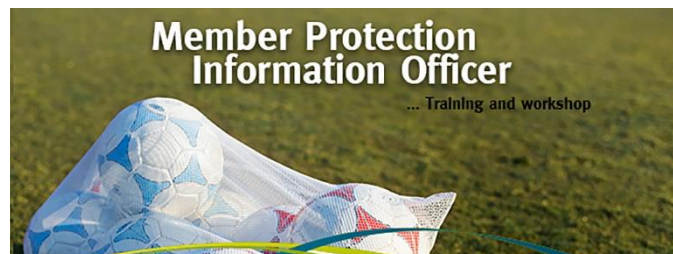
As well The President, the Treasurer and the Secretary constitute an Executive sub-committee to deal with the day-to-day matters and matters of urgency during intervals between Committee Meetings.

Without people in these key roles MST cannot function. Please don't wait to be asked. If you are interested do let us know as the current incumbents are happy to work with you to provide some advance training.

MST Member Protection Information Officers

All MST clubs have a legal obligation to their members and the community in relation to harassment, discrimination and child protection under the anti-discrimination and child protection laws. There is also a legal responsibility under the new Work Health and Safety laws in relation to the physical and mental safety of their employees and volunteers.

The MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern, as well as support during the process. They do not investigate matters, advise or advocate for the complainant. Any incidents of concern that may have been raised within MSA are confidential.



There are currently four MST MPIO Officers that have completed the training and registered with the National MPIO Registry. They are Tony Forman, Megan Stronach, Katie Marx and Rebecca Laletin. An MPIO from another sporting organisation can also be contacted if the person does not want to use someone within their own sporting organisation.

Please feel free to contact any of the MPIO Officers for further information or clarification on the role.



MST Protest Procedures

Unfortunately, there are a few untoward incidents at Winter Championships with some swimmers wishing to protest on rulings. Should swimmers wish to protest, they should follow the steps outlined in General Rule 6.15 which is available on the MST website.

All protests regarding irregularities of a Meet shall be submitted in writing on the Meet Protest Form (PR1) and shall:

GR 6.15.1: if prior to the meet, be forwarded to the **Meet Director**;

GR 6.15.2: if during the meet, be forwarded to the **Meet Director** for attention by the **Meet Referee** who shall follow the procedures detailed in the document Meet Protest Procedures (PR 2);

GR 6.15.3: be lodged within 30 minutes of the results being posted for the event. The time of posting must be written on the result sheet.

GR 6.15.4 if through exceptional circumstances, arising subsequent to the meet, be forwarded to the **Branch Executive** within 48 hours of the official results of the meet becoming available.



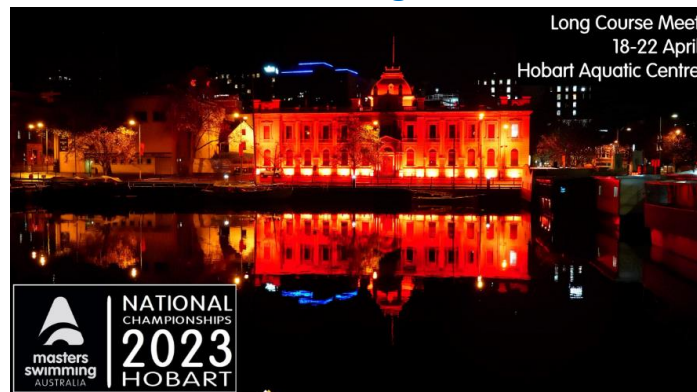
Contribute to the Platypus Press!

We would love to feature new stories about all the watery achievements and adventures taking place across Tasmania, so we want to hear from you! Have an idea, a fabulous photo, a story you want to share? Get in touch.

Recent photos

A selection of recent photos can be found at the [MST website Photo Gallery](#).

The Nationals are Coming!



Masters Swimming Tasmania are proud to host the 2023 Masters Swimming Australia National Championships at the Doone Kennedy Hobart Aquatic Centre from 18 to 23 April 2023

Registrations will open Monday 12 Dec 2022 and close Monday 27 March 2023. The Presentation dinner will be on Saturday evening 22 April.



Upcoming Events 2022/2023

Tasmanian Masters Games: Devonport 21-23 October

Long Course Long Distance: Hobart 12 November

Pan Pacific Masters Games: Gold Coast 4-13 November

National Championships: Hobart 18-22 April 2023

FINA World Masters Championships: Fukuoka, Japan 2-11 August 2023