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Your Branch needs YOU!

2023 Nationals are being hosted by Masters Swimming Tasmania in Hobart 18 to 22 April at Doone Kennedy Hobart Aquatic Centre. Tassie last hosted Nationals in Hobart in 2015 and it was a successful event financially and organisationally. This was due in no small way to the people who helped make the championships run smoothly, including technical officials and timekeepers, and the various volunteers who looked after things such as the registration and merchandise table, and the medals table.

The Branch needs this level of volunteer support again. If you are a technical official or timekeeper, or can help out in another supporting role, please register your interest via the 2023 Nationals website at: <https://mastersswimmingtasmania.com.au/2023-national-championships/volunteers-officials/> Your family members and friends are also welcome to participate as volunteers.

Being involved in this way enables you to be part of this significant event and part of the Masters Swimming Tasmania team. If you are a swimmer, you will be able to schedule your volunteering tasks around your events.

Masters Swimming Tasmania: P O Box 5229, Launceston 7250
Contact: >> mastersswimmingtasmania@gmail.com

Tasmanian Masters Games *by Lucy Cochrane*



Devonport Devils swim buddies and Wilma and Maz wanted a "keeper" photo of just them with medals from the TMG held in Devonport in October. Looking good girls!

The TMG were held in Devonport, on October 22 and 23 and were a very successful meet! The joys of hosting a meet in an outdoor pool were realised as we set up in the pouring rain, by the end of Saturday we needed sunscreen and sunglasses, and by Sunday we all needed our puffer jackets! We cancelled the relay on Sunday as the consensus was that everyone was too cold to hang around for them!

We had 38 swimmers come along for the weekend, including 3 who were unattached to any Masters Swim Club. Nearly everyone went away with a medal of some description! It was a very friendly and supportive atmosphere. There were several swimmers competing at their first competition ever or their first in a very long time. We know one of those people has signed up to a club now and has plans to train for Nationals in April. Once everyone had warmed up after swimming on Sunday, we finished the meet off with a barbecue and medal presentations.

A big shout out needs to go to Cradle Coast Aquatic, as without them we wouldn't have been able to run the meet. They provided the timing equipment, computers, starting equipment and the timekeepers. Thanks also go to Ray Brien for coming along specially to referee and for Bill helping him when he wasn't swimming. Thanks to Splash Aquatic and Leisure Centre for letting us use their pool and being so accommodating to our requests. And finally, thanks to all my fellow Devils who helped organise both prior to and on the weekend itself.



Liesl, Linda and Penny, medallists in the Women's 50-54 age group at the TMG.

MST/ST Dual Sanctioned Events



In response to requests from members over some considerable time, MST is happy to announce a series of four swim meets order to trial a system of dual sanctioning. The following four events have been sanctioned by MST for Masters swimmers to participate as members of their Masters club.

- 12 Nov 2022 LC Qualifying Trial, Hobart
- 12 Nov LC Qualifying Trial, Launceston
- 3 Dec 2022 LC Qualifying Trial, Hobart
- 10 Dec 2022 LC Qualifying Trial, Launceston

Additional events will be announced early in 2023. Please see the MST website for a step-by-step guide of how to enter these events.

As with any new arrangement there may well be some 'teething problems' so we ask members who may wish to participate in these events to be patient while we smooth out any glitches which may occur. MST thanks the Executive officer and staff at Swimming Tasmania for their cooperation and on-going assistance.



Thanks to Gabrielle Osborne who trialled the system for us and swam at the first dual sanctioned event on November 12th. No doubt she gave the kids a lesson or two!

MST LCLD Championships



The smiling Tomatoes crew (and a couple of ring-ins)

Some sizzling times and performances at the LCLD Champs in Hobart on Saturday 12 November, including 2 national records (Terry Smithhurst, TTL, 1500 Breast and James Belstead, TVA, 1500 Breast), 1 Victorian record (Frank Braun, VDC, 400 Back) and no less than 17 Tasmanian individual records.

Tasmanian Individual Records		
DIANE PERNDT	TAC	800M Back, 400m Back
GLENN BRYAN	TLC	400m Breast
LOU HILL	TTL	800m Breast, 400m Breast
KATHRYN OSBORN	THB	400m Breast
TERRY SMITHHURST	TTL	1500m Breast
MEGAN STRONACH	THB	800m Back, 400m Back, 400m IM
MACIEJ SLUGOCKI	TTS	1500m Free, 800m Free
JAMES BELSTEAD	TVA	1500m Breast, 800m Breast, 400m Breast, 800m Back, 200m Back

Thanks as always to our amazing officials, some of whom do their work under extraordinary conditions.



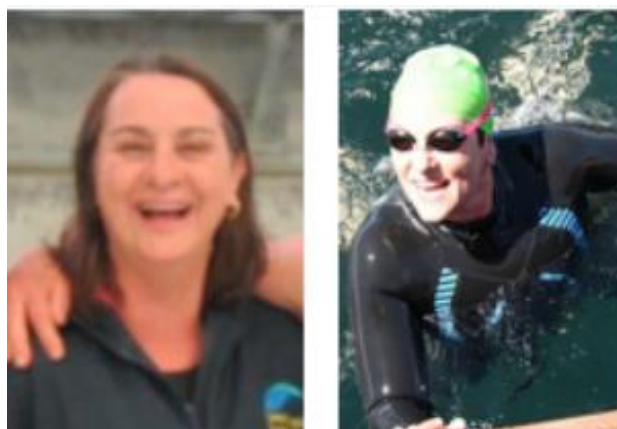
Mendelt on pool deck, looking a little the worse for wear.



Josie and Ruth hard at work at the LCLD Champs in Hobart.

Vorgee Million Metres Awards

Do you know about the Vorgee Million Metres Awards Program? The program is open to all registered members of Masters Swimming Australia. It 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!!

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.

News from the Pan Pacific Masters Games



Exciting news from the Pan Pacific Masters Games held last week on the Gold Coast. Congratulations to Hobart Dolphins member Jayde Richardson, who finished second overall but fastest female in the 4klm open water swim, as well as winning 4 golds, 2 silvers and a bronze in the pool. Teammate Liesl Wylie also swam well at her first big meet, winning a silver in the 800 Breaststroke and smashing all her nominated entry times.



Jayde celebrates an outstanding performance at the PPMG.

Recent photos

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

MST Christmas Friendly Time Trial - Oatlands



MST will conduct a Christmas Friendly Short Course Sprint Time Trial on the afternoon of Saturday 3 December 2022 at the Oatlands Aquatic Centre, 1:00 pm warm-up, 1:30pm start – 4:00 pm. Entries online will be available from Saturday 5th November 11:59am until 11:59am on Saturday 26th November. Full details on the MST website.

MST 'Oceans Treble' OWS Awards



MST is keen to recognise and support the ever-growing number of our members participating in Open Water events around the state. In conjunction with the popular Tasmanian Ocean Swim Series and in co-operation with Surf Life Saving Tasmania, MST will conduct an Open Water Mini-Series, the MST 'Oceans Treble'. This will be conducted between Dec 2022 and Feb 2023. It will comprise any three of five nominated Ocean Swim Series events.

The event will not be sanctioned by MST, but award(s) will be made to MST members who gain first, second and third in their age/gender groups in aggregate scores. In addition, there will be an Award for the highest point-scoring MST club. This will recognise the efforts of our members in these events and we hope to encourage more masters swimmers to participate.

Full details of the **Oceans Treble** mini-series will be available soon on the MST website.

Feature Story: Darryl's big day out at Kona

by Peter Tucker



It's not often Tasmania produces a national champion who is also in the world top ten, but we have one in Hobart Dolphin swimmer Darryl Smith.

Darryl is an iron man athlete. He competed in the Australian Ironman championship at Port Macquarie in May this year, where he won his 65-69 age group. Being national champion qualified him for the 2022 Worlds, 6-8 October in Kona, Hawaii. There were 103 starters in the 65-69 age bracket, 84 finished, and Darryl crossed the line ninth! Top ten in the world!

We need to be clear what this entails: a 3.8km swim, 180 km road bike, and a 42 km run. Wow! Just to complete that in any time would be beyond most human beings, but to beat the best in Australia and be in the top 10% in the world is simply amazing.

Best to have Darryl to explain how it all transpired:

"I held it together throughout the race in Kona, just focussed on the moment. I have shown more emotion writing this and reliving the big day. My body has had no issues post-race, even the next day, although I am still a bit tired.

"Kona was very special. It was very, very hot. And hilly. The wind was also a bit of an issue, but not too much. My acclimatisation seemed to work very well, and 11 days seemed long enough. I got very good feedback from my longest lead-up run (12 kms on Ali'i Drive) and ride (60 kms through the lava fields). My heart rate was well within a 'comfortable' limit.

"I actually loved swimming in Hawaii. I bought a fluoro swim float to be visible when training and did lots of swims 400 metres out through the mild surf, awesome fish, and an occasional big green turtle, then onto the swim course. The water was 27 degrees and very salty, which wasn't a problem. The more floaty, the better!

"On race day my swim went unbelievably well. I have had the most awesome help from Joe Askey-Doran. My first ever triathlon without a wetsuit was always going to be a challenge, but Joe was up to the task, building on the great help that I have had from Peter, Steve and Megan at the Dolphins. In fact, the whole Dolphins squad and my training buddy, Cindi, have been very encouraging and supportive. I successfully drafted the entire way. Amazing!

"My longest previous swim was 97 minutes in Cairns five years ago, and that was in a wetsuit. So, 83 minutes without a wetsuit and being in the top half of my age group (39th of those who finished) was a blast. Not that I knew my place until later. My heart rate averaged 140, which is pretty high for me when swimming, although it was 150 at the Australian Champs at Port Macquarie in May.

"The ride went very well. I was a bit scared about it. I recalled horror stories of what can happen to you. I used Koda electrolytes and Cliff bars that I supplied myself and mostly their Maurten gels and their Gatorade (which has a lot more sodium than ours) that I had been training with, and the occasional banana bits and fig bars.

"It was mid-30s out in the lava fields, somewhat warmer than Tassie at that time. I learned to pour a bottle of water over myself at each aid station in order to keep my core temperature down.

"I felt pretty good at the end of the ride. My fabulous support crew of Bronwyn, Mike, and Elena said that I was coming 15th. Unlike Port Macquarie, where there are lots of opportunities to hear how you are going, it took about seven hours to get my first report. That was pretty exciting. I knew that there were 103 on the start list. An unusually high number, as the race had been Covid postponed the previous two years and lots of athletes had "rolled over". Overall, 92 nations were represented.



"Transition Two also went well. I think that I moved up a place! The run started 'well'. It was still very hot. I had decided to walk through each aid station, so as to take in a proper drink and also to lower my heart rate. They are about every 2 kms. I added a cup of ice blocks down the front and back of my tri-suit and another inside my cap at each station.

"My aim was similar to the bike leg; average 140 bpm on the run, but not to go over 145, even if it meant walking up Palani Drive, which came after about 10 kms. Fortunately, I didn't have to. Just before that spot, my wonderful support crew said that I was coming eleventh. Tenth and twelfth were running strongly apparently, but seventh and ninth were slowing. I had never even dreamt of being in this crazy race, and certainly had not dreamt that I would be in such a position. Wow!

"Actually, it took quite some time after Port Macquarie to believe that I belonged in the world championships. To win my age class was a massive surprise. I had been ready for a big rest and a bit of winter mountain biking. I got so much encouragement and support, which was fantastic. Thank you so much to so many people. Bronwyn would also have been ready for a bit of a normal life. She has been there every step of the way, supporting without complaint, even when I promised, 'just one will do', and then 'just one more'. Six done so far!

"They say that the real race starts after the dreaded Energy Lab, with about 10 to 12 kms to go. It is so true. That was where I started to slow. That was so much better than at Port Macquarie, where my body was over it all by halfway through the run.

"After the Energy "sucking" Lab, it just seems that you are going uphill constantly. I could no longer work hard enough to get my heart rate up to 140. It took so long to get to the famous finish line. It wasn't elation, not really relief. I was just cooked. Two volunteers assist you to walk and ask if you need medical help. A good question! I thought a bit before I said that I was ok. And I was ... by the very next morning. Unbelievable!

"Writing this down might be very handy, should I try to go around again in 5 years' time in the over 70s. Should I qualify again! It would be a great time to retire now, wouldn't it?! "I am planning on doing the Hobart half ironman in February.

"Best wishes, and thanks very much to you all.

Darryl

MST Archives



Are you looking for results? All results for 2022 (so far) are up to date in our Archives on the MST website, in 'About Us'. For the history buffs, you will also find information on the activities of this Branch dating back to 1982.

If you have any old documents (programs, reports, photographs etc.) that you might like to share, our archivist (Pauline) would be glad to hear from you.



Editors' Note: Thanks to everyone who contributed to this bumper edition of Platypus Press, and we hope all our members have enjoyed reading about the activities of our busy Branch.



Upcoming Events 2022/2023

- Christmas Friendly Sprint Meet:** Oatlands 3 December 2022
- ST/MST Dual Sanctioned LC Qualifying Trial:** Hobart, 3 December 2022
- ST/MST Dual Sanctioned LC Qualifying Trial:** Launceston, 10 December 2022
- MST Summer Championships:** Hobart 18-19 February 2023
- National Championships:** Hobart 18-22 April 2023
- FINA World Masters Championships:** Fukuoka, Japan 2-11 August 2023
- MST Winter Championships:** Launceston 19-20 August 2023