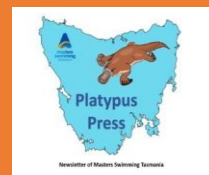




93-yr-old Margie Clougher – poster girl for the MSA National Championships (see pg. 2)

Platypus Press



April 2023

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MSA National Championships 2023

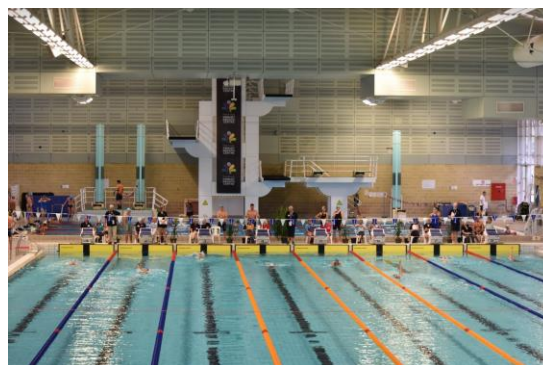


The 46th MSA Nationals Championships have now been and gone, and what a week it was! We are enormously proud of what we achieved. The championships ran smoothly and hit the mark in terms of being swimmer-friendly, and the presentation dinner was an outstanding success.

We have received much positive feedback at the pool and online and the fun that was had on Saturday night speaks for itself. We know how much hard work was needed over an extended period of time to achieve this level of success, and everyone should feel rightly satisfied and delighted. Congratulations to Co-Convenors Philip Tyrell and Pauline Samson and a huge vote of thanks to everyone who helped in so many ways.

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

A formal report will be available in due course, but in the meantime, below are a few reminders of what a wonderful week it was. And see page 6 for a summary of Tasmanian Branch records set during the event.



The Doone Kennedy Hobart Aquatic Centre at its best.



Fast and furious action during the 2023 MSA National Championships.



Revellers enjoying the Swing themed after party

Ref's Ramblings (Notes from the Nationals)

First of all, a big thank you to all the Tasmanian members who helped out as Technical Officials, Timekeepers and all the other jobs around the pool. Our Officials, Jose and Mendelt Tillema, Victoria Douglas, Tony Forman, Bill Woodworth and Di McHenry all played important roles in the overall Officials team. Personally, being assisted and mentored by experienced Referees from all around Australia was a great honour and has fine-tuned my knowledge of meet management and refereeing.

Secondly, I am pleased to say that we had a minimal number of Disqualifications over the course of the Nationals - no Tasmanians were involved. DQ's were random but very obvious - flutter kick for butterfly, swimming the wrong stroke in a medley relay, etc. We had two protests which were dismissed after investigation.

The meet ran very smoothly with people taking to self-marshalling and starting over the top without any issues. We only had two people swim in the incorrect heat, which we were able to rectify. I intend to continue with these practices for all out Tasmanian Championship events.



Several people approached me during the Championships saying they would be happy to be more involved at a Technical Official level, consequently I intend to conduct some TO training sessions prior to our Championship events. We would benefit from having extra people trained as Marshalls/ Clerk of Course, Chief Timekeepers and Starters. Who knows - by the next time we host a National Championships we could have the majority of home-grown Technical Officials running the show?

Meanwhile, keep up the training and I hope to see you in Launceston for the Short Course Long Distance swim on 10 June.

Regards, Ray Brien, MST Chief Technical Official

Margaret Clougher makes a splash at masters swimming titles Reproduced from ABC News Online

Anyone who knows Margaret Clougher knows she loves the water. It's why her neighbours no longer greet her with a standard "hello" when they bump into her — instead, they ask a simple question: "Are you still swimming?" The answer, she says, is always a resounding yes.

At 93 years of age, Mrs Clougher is the oldest Tasmanian taking part in the Masters Swimming National Championships underway in Hobart. In her heat of the 50-metre freestyle on Saturday she will battle it out against the others in the 90-94 age bracket. "I don't expect to place," she said. "I'm just here for my enjoyment. I just love it. I love to swim."



Mrs Clougher's love for the water began as a child, spending hours in the creek near her home in New South Wales and it has remained a key part of her routine ever since. To this day she still regularly takes a morning dip in the ocean, and in previous years pushed herself in long-distance swimming. She estimates she's been participating in events for more than three decades. However, she knows she couldn't have kept it up on her own — crediting her family and her local swimming club with keeping her in the water, by supporting her out of it. "They've been amazing," Mrs Clougher said. "I recently lost my licence and I told the president, 'you know, I'll be coming by taxi, I won't be coming every week'." And they went 'no, we'll arrange it.'

The club, the Hobart Dolphins, set up a roster ensuring that every week there was a friendly face ready to pick up Mrs Clougher in the morning, and drop her home. "They're lovely," she said. "And it's not just [for] me. It's everybody. It makes you feel good." Hobart Dolphins vice president Annaliese Cousins said it had been a no-brainer

to step in and assist when they heard Mrs Clougher was facing hurdles getting her sessions. "The ethos of our club is friendship," she said. "There's a lot of levels in there — there's recreational swimmers, there's competitive swimmers but at the end of it, we are all just one big, really happy team looking out for each other." Ms Cousins said it was also a clear demonstration of the importance of staying fit and socially connected. "For all of us, swimming — and turning up for training and being with our friends — is critical to our physical and mental health," she said. "We're conditioned to compete, we love to train — and we have that huge friendship base in the club as well."



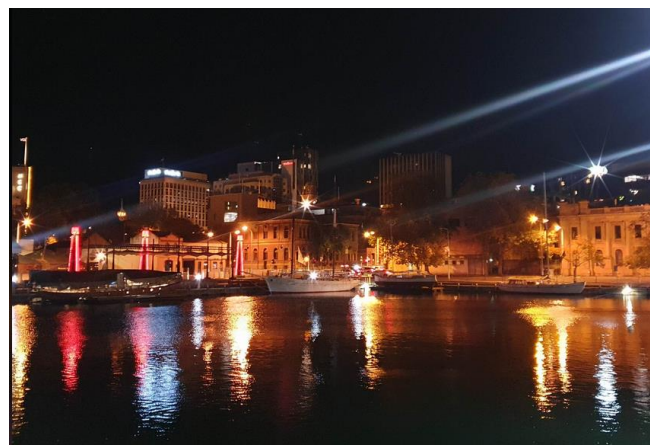
Meet director Philip Tyrell echoed Ms Cousins' sentiments, describing the Masters Swimming Australia motto of "fitness, friendship and fun" as more than just words. He said about 10 people competed in the 90-94 age bracket. That factor and there being no qualifying heats were what made the event so special. "The biggest cheers that go up at an event like this is for those competitors because everyone recognises everything they've put into their career as a swimmer, and celebrates it," Mr Tyrell said. He said occasionally, the goal could even be setting a world record. "When a 94-year-old jumps in the pool and sets a world record ... the level of pride just goes through the roof."



While Mrs Clougher might not have any world record ambitions, she does have a goal of swimming for years to come, the memory from a national competition years ago a constant motivator. "We were all together at [a world championship] in Brisbane, and there was a woman of 100, and her daughter — she was probably in her 80s — walking alongside her and going 'come one mum, come on mum!'. "We were only in our 60s and saying, 'we're going to do that'. And here I am."

Next year will come with the chance to get an edge on her competitors, with her birthday bumping her up into the next age category. "I'll be young in my age group, I'll be in 95 to 100," Mrs Clougher said with a grin. "It's the only sport where you look forward to your birthday."

Story by: Meg Whitfield: https://www.abc.net.au/news/2023-04-20/margaret-clougher-at-93-makes-splash-at-masters-swimming-titles/102242630?utm_campaign=abc_news_web&utm_content=mail&utm_medium=content_shared&utm_source=abc_news_web



And so, the sun sets on the incredibly successful 46th MSA National Championships

Changes to MSA Swimming Rules

Coaches and swimmers should be aware that MSA has recently approved Swimming Rules changes which will be published on the MSA website and take effect from 7 May 2023. This includes the backstroke finish.

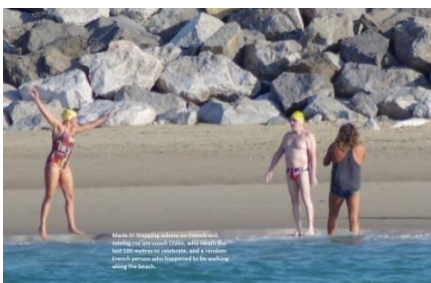
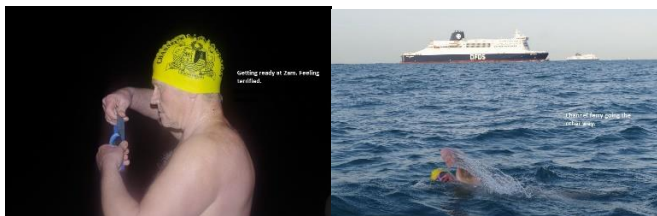
Rule SW6.3M now reads: *'Some part of the swimmer must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.'*

MST Media Director Peter Tucker

Everyone knows Peter Tucker – right? Isn't he that bloke who does the marathon swims? Well, yes, that's one thing he does. Pete completed a 33.5 km crossing of the English Channel from England to France on 21 August 2019 in 15 hours 38 minutes with for which he received the 2019 Channel Swimming Association Award for the Oldest Successful Swimmer.



Terry Smithurst speaks on Channel 7 news in February 2023



Getting ready, on the way and finally success as Pete reaches the French coast.

Not content with that, on 13 February 2022, Pete backed up to complete the 34 km Derwent River Big Swim from the New Norfolk to the Tasman Bridge in 12 hours 18 minutes 45 seconds, the oldest swimmer to complete the swim.

What you may not know about Pete is that he was appointed MST Media Director in late 2022, and since that time has worked hard to raise the profile of our organisation. This has resulted in a series of media articles, in print, online, and on both radio and television. Here's just a few items from Pete's portfolio.



Jayde Richardson, Megan Stronach and Gabrielle Osborne after their interview on ABC radio, April 2023.



Jayde, Gabrielle and Stuart Ellicott at the Nationals - The Mercury, 20 April 2023

And as if all of that wasn't enough, Pete has recently taken on the role of Chairman of the MSA National Governance sub-committee, charged with a full review of the organisation's governance procedures and protocols.



Left: Participants in the freestyle time trials. Centre: Elisa McMillan
Right: John Pugh Photos: Julia Jabour

Elisa McMillan and John Pugh in the Southern Midlands News, December 2022.



Thanks Pete – love your work!!

Talays – the little club with the big heart!



Established in 1988, the Talays club has a proud history. It was the second Tasmanian Masters Swimming club formed in Hobart. The club has been actively involved in Hobart swim meets from this time, be it organising, officiating, or swimming – and usually all three.



Talays 1992 Summers team – winners of the New Norfolk Trophy

Talays club has taken the E1000 (formally the National Aerobic Trophy) by the scruff of the neck, winning the Tasmanian Aerobic Club Trophy consistently since 2000. This has translated across to the National level with the club winning the National Vorgee Endurance 1000 Champion Club trophy each year from 2006 through to 2012, as well as the National Award for highest average points per member in 2007, 8, 10, 11, 13, 14, 15 and 18.



Talays members celebrate the 2007 National Top Scoring Club

In 2022, three members completed all 62 swims and achieved the top honour of 1005 points. This is a great achievement for both the individuals and the club. The Club has a participation rate above 80% in the E1000 event.

This helped us achieve 5th highest average points in the country and 8th position in the Top Scoring Club trophy. 2023 will see our tradition continue concentrating on the E1000 event. The E1000 swims are a great metric to see how age, injury and coping with general life affects our swimming and our health both physical and mental. The club camaraderie is strong, whether it's swimming a 400 free on a Sunday morning or a 50-metre dash at the Summers, maybe having a Saturday morning coffee and catchup or a BBQ at a member's home.

We are Talays and proud of it!

Lou Hill, President, Talays Masters Swimming Club

The Dolphins Open Water Winter Challenge 2023

The Challenge is on again with great new winter swims to challenge your resilience in cold waters and to keep you fit. Between 23 April and 30 September Masters Swimmers and their friends are invited to join in any or all of these virtual swims:

- **Challenge 1:** Swim Penguin to Point Sorrell, 38 km
- **Challenge 2:** Swim down the Ganges River from Jangipur to Berhampore in West Bengal, 81 km
- **Challenge 3:** Swim Hobart to Bicheno via Lauderdale and Dunalley Channels, 173 km

Challenge 2 is based on an annual Indian swimming extravaganza. The race starts at 5am on one morning every September, with a cut-off time for completing the 81 klm down the Ganges River of 12 hours. It is described as 'an inseparable part of every Murshidabadi's life'. Local officials claim it is high time for the event to be projected as 'a matter of pride to boost sport and tourism in this region of hoary history'.

Read more about the event at: <https://sportstar.thehindu.com/magazine/age-old-competition-in-an-ageless-river/article24864513.ece>

And for more details in the Winter Challenge see the MST website: <https://mastersswimmingtasmania.com.au/>

Records and more records at the Nationals!

Over the five days of Nationals competition there were 32 national records broken along with 4 world records: 1 to Paul Blackbeard (WCM) and 3 for Jennie Bucknell (VPP). Further, Jennie equalled a world record on the last day in the 50 Free. Tasmanian Branch records are listed below – too many to count. Congratulations to all!!

Hobart Aquatic	Records
Anne Henderson	200 Bu
Diane Perndt	800 Fr, 200 Bu, 50 Fr,
Brent Walker	100 Ba, 200 Fr, 100 Fr, 200 Ba, 100 Bu, 50 ba
Burnie	
Marcia Watkinson	800 Fr, 200 Bu
Devonport	
Rick Homan	50 Br
Wendy Winzenberg	200 BU, 200 Fr, 100 Fr, 50 Fr*, 400 Fr, 100 Bu, 50 Fr, 50 Fr*
Hobart Dolphins	
Donovan Castelyn	400 Me, 200 ba
Amanda Duggan	800 Fr, 400 Fr*, 400 Fr, 200 Me
Kathryn Osborn	50 Br, 200 Br
Fiona Redgrove	200 Br
Fiona Ziegler	400 Me, 200 Me
Huon Valley	
James Belstead	100 Br, 200 me, 200 Br
Launceston	
Christine Brown	100 Ba, 200 Fr, 100 Fr, 200 Ba
Talays	
Terry Smithurst	100 Br, 50 br,
Tomatoes	
Maciej Slugocki	800 Fr, 100 Ba, 400 me
Van Diemens	
Costan Magnussen	200 Bu, 100 Bu, 200 me
Timothy Belstead	800 Fr, 100 Fr
Relays	
Hobart Dolphins	240-279 4 x 50 F Me, 160-199 4 x 50 F Fr
Hobart Aquatic	200-239 4x50 F Me

Upcoming Events 2023

Swim Tas SC Qualifying Trial - MST dual sanctioned: Hobart 13 May

Swim Tas SC Qualifying Trial - MST dual sanctioned: Launceston 20 May

Swim Tas SC Qualifying Trial - MST dual sanctioned: Hobart 27 May

GBR Masters Games: Cairns 25-28 May

Swim Tas SC Qualifying Trial - MST dual sanctioned: Launceston 3 June

MST SCLD Championships: Launceston 10 June

Swim Tas SC Qualifying Trial - MST dual sanctioned: Hobart 22 July

Swim Tas SC Qualifying Trial - MST dual sanctioned: Launceston 30 July

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

Swim Tas SC Qualifying Trial - MST dual sanctioned: Hobart 5 August

Swim Tas SC Qualifying Trial - MST dual sanctioned: Launceston 12 August

MST Winter Championships: Launceston 19-20 August

Swim Tas SC Qualifying Trial - MST dual sanctioned: Launceston 26 August

MST State-wide Forum: Campbell Town 24 Sep t.b.c.

Swim Tas LC Qualifying Trial - MST dual sanctioned: Hobart 14 October

Swim Tas LC Qualifying Trial - MST dual sanctioned: Launceston 21 October

Swim Tas LC Qualifying Trial - MST dual sanctioned: Hobart 28 October

Swim Tas LC Qualifying Trial - MST dual sanctioned: Launceston 11 November

MST LCLD Championships: Hobart 18 November

MST Christmas Meet: Oatlands, 2 Dec 2023 t.b.c.

Swim Tas LC Qualifying Trial - MST dual sanctioned: Hobart 9 December

Editors' Note: Thanks to everyone who contributed to this edition of Platypus Press, and we hope all our members have enjoyed reading about the activities of our busy Branch. We would love to hear from YOU too!!

Recent photos

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