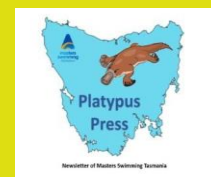


Platypus Press



August 2023



LOST: – the history of Masters Open Water Swimming in Tasmania (see page 5)

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MST Winter Championships 2023

The 39th Winter Short Course Championships were held at the Launceston Aquatic Centre and hosted by the Launceston Lemmings Club over the weekend of 19/20 August. Entries were received from 100 swimmers from 18 clubs, with 47 relay entries.

As well as running a very high standard, fun and well-organised meet, the Launceston Lemmings won the Championship Club Award. The relay trophy for the club with the highest aggregate relay points from both the Long Course and Short Course Championships was won by the Hobart Dolphins.

Amanda Duggan (THB) and Brent Walker (TAC) were named swimmers of the meet based on their accumulative WA point scores over their best 5 events.

There was one national record broken by Darius Schulz (VPP) for the 400m free (4.08.97), with 36 individual Branch records and one relay record broken (see page 7 for details).



Male Swimmer of the Meet Brent Walker with Launceston Lemmings President Adrienne McMahan



Female Swimmer of the meet Amanda Duggan

Sincere thanks to President Adrienne McMahan, Meet Director Kay Bailey, and the rest of the Lemmings team for an excellent weekend.

Ref's Ramblings - Winter (Short Course) Championships

A big thank you to all the officials and timekeepers for their efforts over the two days and an even bigger thank you to the competitors who took to self-marshalling and 'starting over the top' like ducks to water. We only had one person miss their heat, but they were accommodated in the next heat so did not miss out on their swim. Overall, I was very impressed, and it really made my job easier.

On the technical side: we had a couple of disqualifications - backstroke turns and also butterfly and breaststroke finishes. You must leave the wall after a backstroke turn on your back and also have no excessive glide or kick if you roll over to complete a tumble turn. The finishes for Butterfly and Breaststroke are simultaneous touches with both hands.

I would ask coaches to check people participating in butterfly events to ensure that the swimmer can complete the distance whilst recovering their arms over the water - as officials we are looking to see that the swimmers' elbows are clear of the water whilst moving the arms forward. It is a shame when someone puts a lot of effort into a longer butterfly event only to be DQ'd for not having their arms clear of the water.

One last thing to note: We are generally now starting over the top and as such you must remain in your respective lane, about 1 meter from the end of the pool, holding the lane rope until the next heat starts OR you are advised to clear the pool by one of the pool deck officials.

Thanks again for your efforts, hope to see you in Hobart in November and Oatlands in December.

Safe swimming. *Ray Brien - Meet Referee.*



Swimming with 'Skippy'



MST members enjoyed working with Olympian Geoff 'Skippy' Huegill at a series of swim clinics around the state over the weekend of 8/9 July. His butterfly swimming is still poetry in motion!! Geoff enthusiastically spoke about race strategies and jumped into the pool to demonstrate his favourite drills, focusing on the 3 R's: Range, Rhythm and Relaxation.

For those who missed out we hope to provide some more sessions with Geoff later in the year. Thanks to Gabrielle, Pauline and Pete T who worked with Geoff to help make these sessions happen.



World Aquatics Masters Championships – Fukuoka 2023



We were thrilled to follow the journeys of Maciej Slugocki (TTS) and Jayde Richardson (THB) as they competed at the World Aquatics Masters Championships in Fukuoka earlier this month.

Congratulations to Maciej for two podium finishes – 2nd in the 3klm Open Water event and 3rd in the 400 IM. The highlight for Jayde was a Top Ten (9th) in the 3klm Open Water event. Well done you two for flying the Tassie flag - you have done us proud.

Records to Penny Lucas, Costan Magnussen



Congratulations also to Penny Lucas (TAC) and Costan Magnussen (TVA) who swam new MST Branch records at the ST/MST dual sanctioned QT Trial in Hobart on 22 July. Penny's time for the 100 Back was 1.26.44 while Costan swam 9.54.39 for the 800 Free. Great swims by both!!

See our calendar of upcoming events for details of more dual-sanctioned events that MST members can enter.

Technical Official Training



Masters Swimming Tasmania is pleased to announce a collaboration with Masters Swimming NSW to enable additional Technical Officer training opportunities for MST members. As a result of this new arrangement, the following Technical Officer Training Courses conducted by MSNSW are available to MST members through the Zoom platform.

Date	Course Details	Time
Wednesday 23 August	Check Starter/ Clerk of Course	7.30 pm
Saturday 30 September	Chief Timekeeper	10.00 am
Thursday 26 October	Starter	7.30 pm
Tuesday 14 November	Inspector of Turns	7.30 pm

Further information is available at Masters Swimming NSW: admin@mastersswimmingnsw.org.au or register using this form: <https://forms.gle/Lmm9HXSg2XNnCQvX6>

MST members are reminded that the practical components of these courses can be undertaken at MST (club or branch) events AND/OR Swimming Tasmania events. If you wish to do some or all your practical training at ST events, please be familiar with the MST/ST Memorandum of Understanding between our two organisations:

<https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2023/07/MOU-MST-ST-TOs.-Final-2023.pdf>

Please also ensure that our Chief Technical Officer Ray Brien is informed of arrangements made for your training: rayonray64@icloud.com

New Coach on the Block: Peta Ajkunic: Devonport Devils



As a young swimmer, Peta was a talented all-rounder. At age 16 she displayed international potential in the 100m and 200m breaststroke. Although fastest in Australia in those events, she succumbed to glandular fever just before the trials for the 1996 Atlanta Olympics.

This, plus further health issues, resulted in Peta retiring from swimming. She didn't go near a pool for over 20 years until, in early 2022, when workmates insisted, she returned to swimming to improve her mental health. Whilst at the pool, Peta approached a group of swimmers who were having a heap of fun training together and inspired by this, she joined Devonport Devils. At present, the joy of swimming has returned, but Peta is trying very hard not to take her own swimming too seriously!

Peta became Devonport Devils club coach late last year after completing the MSA Club Coaching accreditation course. She reflected, 'Getting the qualification didn't take long, swimming with the Devils has been the best thing for my mental health and for making friends in Tasmania. The Devils are such an inclusive and welcoming club. Probably the hardest part of being a Masters coach is seeing everyone swimming and not being in the water with them. It's also hard to find time to swim and train for myself as I have a family and work full-time.'

By Marilyn Brack, Devonport Devils

Reminder: By 31 January 2024, all MSA coaches will need to be accredited. Make sure your club has an accredited coach(es) on deck.

Please select from the links in the MSA Coaching web page at <https://mastersswimming.org.au/become-a-club-coach/> for more information and registration.

More new coaches ...

Over at Hobart Dolphins, both Di Gregory and Kathy Osborn have recently completed the Club Coach Workshop program. Well done ladies!



World Aquatics Masters Championships – Doha 2024

World Aquatics has confirmed that the World Aquatics Masters Championships – Doha 2024 will take place from 23 February – 3 March 2024.



World Aquatics President Husain Al-Musallam is quoted as saying: 'At World Aquatics, our mission is providing people of all ages the opportunity to participate, compete in and benefit from aquatic sports. I can't wait for the competitions to begin in Doha.'



Tribute to Kris Apps

Masters Swimming Tasmania was saddened to hear of the passing of one of our members, Kris Apps, who passed away on 1 July. Kris was a valued member of our organisation and an active swimmer with the Talays Club until a little before lockdown.

After experiencing a severe car accident in the UK before migrating to Tasmania, Kris did everything within her power to manage and minimise her physical disability. She had a rigorous swimming training regime, more than most other senior swimmers. For many years she completed the full set of E1000 swims, and she achieved the seven-million metres award in 2015.



Kris with her Seven Million Metres award.

Kris was a coach for the Talays club, and also conducted regular coaching sessions for people with disability. She served on committees at club and Branch level and was MST Branch Safety Officer for several years. She competed regularly in Masters Swimming competitions in the pool and swam in open water events. Kris was an accredited official and in between swimming in events volunteered as Judge of Stroke and Inspector of Turns.

Kris contributed greatly to the Masters swimming community and is an inspiration to others on what can be achieved in life when living with disability.

Masters Swimming Tasmania extends our heartfelt sympathies to Kris' family and friends.

Thanks to Mendelt Tillema for compiling this Tribute.

Lost: the history of Masters Open Water Swimming

In recent years, open water swimming in Tasmania has experienced a resurgence in popularity sparked in part by pool closures during Covid restrictions. However, sadly we have lost much of the history of this activity by Masters swimmers in Tasmania. A trawl through the MST archives suggests that there has been significant activity in open water events over the years but little of it has been recorded. We cannot help but wonder why that was the case – were these events not valued or not considered worthy of being recorded? We would love to know more – who was it that organised these events, who participated, and how were they run, and it would be great to see any pictures that people may have. So, let's have a look at the little we DO know.

Some of the earliest recorded open water swimming events in Tasmania were conducted by Regatta associations. Swimmers would gather at popular beach destinations, such as Sandy Bay and Kingston Beach, and participate in races ranging from short sprints to long-distance challenges. For example, the 15 km course from Kingston Beach to Constitution Dock Hobart was once used as the Australian Championship race. Some of these Regatta swims continue today. One is the 1.5 km Trans Derwent Royal Hobart Regatta Race, which is the second oldest continuously run race in Australia, and popular with MST members.



MST (formerly AUSSI Tas) started with one club in Launceston in 1979. The then Launceston AUSSI Masters Swimming Club (now Launceston Lemmings) conducted the first Masters Open Water swimming event on Australia Day in 1987 at Lake Trevallyn. This was in conjunction with the Launceston Swimming Centre. At the time, Swimming Centre Superintendent, Paul Gambles hoped 'the event [would] be seen as being in the spirit of a fun-run, where entrants compete at all levels of ability'. Results of these swims are scant, but some

familiar names can be seen in this 1995 results list – one of the few that appears in the club’s Annual Reports:

Trevallyn Open Water Swim 5-Feb-1995	
Congratulations to the following swimmers who competed in the 4KM Open Water Swim.	
MEN	
1. S McNamara 35-39 Doncaster	61 min 01 secs
2. N Hickey 40-44 Hobart AUSSI	63 min 29 secs
3. J Pemberton 40-44 Hobart AUSSI	63 min 51 secs
4. M Innes 50-54 Talays AUSSI	72 mins 47 secs
5. N Hunter 35-39 Hobart AUSSI	74 mins 35 secs
6. S Struthers 40-44 D'port AUSSI	80 mins 39 secs
7. A Carlton 35-39 Hobart AUSSI	133 mins 17 secs
WOMEN	
1. J Allston 35-39 Hobart AUSSI	62 mins 56 secs
2. B McArthur 40-44 Hobart AUSSI	79 mins 10 secs
3. R Dillon 45-49 Talays AUSSI	71 mins 9 secs
4. D McHenry 40-44 L'cstn AUSSI	81 mins 51 secs
5. J Dickens 35-39 Talays AUSSI	87 mins 33 secs
6. T Smit 70-74 Hobart AUSSI	(3 KM) 110 mins 5 secs

Open water swimming was obviously a key activity for the Lemmings, and the Club’s 2006 Annual Report recalled a ‘shared purchase with AUSSI Tasmania of inflatable buoys for the conduct of some open water swims. Judging by the response we have every opportunity to develop a strong open water program.’

In 2010 the Club commented that ‘open water swims continued, organised by Ray Brien, [and] have been a great success with many members participating at various venues - tides etc. permitting’.

The Lake Trevallyn swim was held in 2011, but it is unclear when, if, or why the event was suspended, where the other events were conducted, and even where those buoys are today!



A lake full of Lemmings.
Last Launceston 'Club' swim for 2011 Lake Trevallyn 31/12/11
1500m Open water Photo by Rod Oliver

Ocean swimming was just as popular along the coast. In their 2000 Annual Report, the Burnie Club specifically thanked their coach Gavin Singleton for the time he dedicated to their open water training sessions.

In the south, Masters swimmers frequently participated in the Hobart and Nubeena regattas. In 1991, the Hobart Aquatic Centre club remarked that ‘the Nubeena regatta is a great ‘fun’ event, the ‘cross the bay’ swim being about 400 metres’. At about the same time open water swims were held regularly at Kettering. In 1992, the Hobart AUSSI Masters Club (later Hobart Dolphins) commended the ‘very successful open water swim [that] was conducted at Kettering, in which 43 swimmers competed over a 2.5 km course’.

However, in 1994, apparently due to pollution problems in the Derwent River, a new 2.5 km event at Carlton Beach was co-hosted by the Hobart AUSSI Masters and Carlton Park Surf Lifesaving clubs. Organiser Ron Bloomfield hoped that the water temperature might rise to 18 degrees in time for the event therefore making wetsuits unnecessary for swimmers.



John Pemberton, Tina Smit and Julia Allston preparing for the 1994 Carlton Beach swim.

Despite the pollution worries, the Kettering swim continued for some time and was later hosted by Talays club. Yet their 1997 Annual Report noted that ‘regrettably, we had to end our association with the popular Kettering open water swim. However, our members continue to compete at this event’. Why did this dissociation occur? Was it just the pollution issue or were there other factors?

While open water swimming in a Tasmanian winter is not for the faint-hearted there is a growing number of Masters swimmers doing it. The island’s stunning land and seascapes are highly desirable for swimmers looking for unique and challenging experiences. The activity has come a long way and has evolved into a sport that celebrates the island’s natural beauty and challenges swimmers to push their boundaries. Tasmania continues to be a haven for open water swimmers, ensuring that the sport will thrive for years to come.

Do you have any memories/stories/pictures of these and other early open water events? Please share with us at mastersswimmingtasmania@gmail.com



INDIVIDUAL RECORDS WINTER SC CHAMPIONSHIPS

TAC	Brent Walker	100 Ba, 50 Fr
	Penny Lucas	50 Ba
	Gabrielle Osborne	100 Br
	Anne Henderson	200 Ba, 200 Bu, 400 IM
THB	Amanda Duggan	100 Fr
	Megan Stronach	400 Fr, 200 Ba, 100 IM, 200 IM
THV	James Belstead	25 Fr, 25 Br, 400 IM
TTL	Mendelt Tillema	25 Bu, 100 IM
	Ruth Langman	200 Ba
TDP	Frank Webb	25 Fr
	Nina Edwards	100 Fr
TLC	Wendy Winzenburg	50 Fr, 100 Fr, 200 Fr, 200 Bu
	Ruth Timperon	200 Ba
TBU	Connie Frydrych	25 Ba, 50 Ba
	Christine Brown	25 Fr, 50 Fr, 100 Fr (x2), 200 Fr, 400 Fr, 25 Ba, 50 Ba

RELAY RECORD WINTER SC CHAMPIONSHIPS

TAC	Philip Tyrell, Peter Brown, Brent Walker, Tony Forman	4 x 25 Medley
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Recent photos

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

Upcoming Events 2023/4

MST Events

MST LCLD Championships: Hobart, 18 November

MST Christmas Meet: Oatlands, 2 December

MST State-wide Forum: Oatlands, 2 December

MST Annual General Meeting: 20 March 2024

MST Summer Championships: Hobart, 23-24 March 2024

MST SCLD Championships: Launceston 18 May 2024

MST Winter Championships: Launceston 17-18 August 2024

MSA National Swim Series

MSNT Long Course Championships: Darwin NT, 9 September

MSV SC Championships: Melbourne Vic, 24 September

2023 ACT Belong Commit Club Challenge Series Meet: Perth WA, 22 October

MSA National Championships: Darwin NT, 3–7 May 2024

ST/MST Dual Sanctioned Meets

Swim Tas SC Qualifying Trial: Launceston 26 August

Swim Tas LC Qualifying Trial: Hobart 14 October

Swim Tas LC Qualifying Trial: Launceston 21 October

Swim Tas LC Qualifying Trial: Hobart 28 October

Swim Tas LC Qualifying Trial: Launceston 11 November

Swim Tas LC Qualifying Trial: Hobart 18 November

See the MST website for details of more dual sanctioned events.

Other Events

Australian Masters Games: Adelaide SA, 7-8 October

World Aquatics Masters Championships: Doha Qatar, 23 February – 3 March 2024

And just to finish off:

1. How do open water swimmers clean themselves?
2. What kind of stroke can you use on toast?
3. What stroke do sheep enjoy doing?
4. What did Cinderella wear on her feet when she went swimming?

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!!

8. Glass Flippers.
7. The baackstroke!
6. BUTTER-fly!
5. They wash up on shore!

Answers: