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## Useful links:

[www.fina.org/](http://www.fina.org/)

[www.aussimasters.com.au/](http://www.aussimasters.com.au/)

[www.swiminfo.com/](http://www.swiminfo.com/)

<http://swimsearch.com/>

### Privacy Act

Under the requirements of the Privacy Act, members are to be aware that NZMS holds a database containing the following information – your name, age, address, date of birth, telephone number, email address and the club to which you belong.

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## SPRING ISSUE – SEPTEMBER 2005



### 1<sup>st</sup> Oceania Masters Champs, Suva, Fiji, 10-13 June 2005

The NZMS contingent of competitors' poolside in Suva, Fiji. NB: several were very laden down with medals!

At the 2004 FINA World Masters Championships in Riccione, Mustapha Larfoui, President of FINA, remarked that he was keen to see each of the continental organisations host a regional Masters Championships. The Oceania members of the FINA Masters Committee, Ivan Wingate (Aus) and Lyall Mortimer (NZ) saw this as a challenge and with the full support of the Bureau Liaison, Bill Matson the first Oceania Masters Swimming Championships was formulated. The aim was to promote and encourage participation in Masters Swimming in the Oceania region.

After some initial discussions a small organising committee was formed, comprising Dennis Miller (FJ), Lyall Mortimer (NZ), Ivan Wingate (Aus) and Ingrid Saxton (NZ). A draft budget and project plan was drawn up with a preliminary date. Fiji, in particular the capital city of Suva, was the preferred venue as Suva had recently hosted the hugely successful Oceania Swimming Championships

and had proved they had the staff and facilities to hold such an event.

Support for the event was also sought from the Executive of New Zealand Master Swimmers (NZMS) and AUSSI in Australia. NZMS gave their full support but unfortunately AUSSI would not support the event for a number of reasons. The support of the Amateur Swimming Association of Fiji (ASAF) was crucial, so it was pleasing when the organising committee received their commitment to support and host this event.

To give the event official status a proposal was put to the Oceania Swimming Association and at a meeting held during the Olympics in Athens a sanction was granted. The momentum increased from this point on and the two New Zealand members on the organising committee set about preparing promotional flyers seeking expressions of interest. This event was marketed in an extremely cost effective way through the use of Internet technology via the NZMS and ASAF websites. Promotional flyers were also distributed via email to club



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secretaries within the Oceania region asking them to disseminate to their members, mostly targeting New Zealanders as without the support of AUSSI, it was difficult to communicate directly with all club secretaries throughout Australia.

Within a few months over 100 expressions of interest were received from all around the Oceania region. An official entry book was developed and posted on the NZMS and ASAF websites. All interested competitors were able to download their own copy of the entry book without the organisers incurring huge expenses for the production and postage of hard copies of the entry book.

The close off date for entries was extended as many of the email addresses for club contacts were out of date and this impacted on some clubs not receiving the promotional information. This highlighted the importance of clubs having their website contact information up to date. By entry close-off date only 64 entries had been received, while disappointing, the significant reduction in administration costs and the event still being within budget, the decision was made to proceed with the running of this event. We were fortunate in having as our main sponsor, **House of Travel, Timaru**, who contributed greatly to the success of this meet. Competitors who took part in the 1<sup>st</sup> Oceania Masters Swim Champs came from New Zealand, Australia, Fiji and New Caledonia.

By late Friday afternoon swimmers and officials had arrived, the facilities were all beautifully set up and ready to

go. The ASAF provided a typically friendly Fijian team of local officials who at the start of each session, marched out in their smart white uniforms to the sounds of 'Fijian style' reggae music, much to the delight of competitors and spectators.



Dark stormy skies gathering over Suva Pool

All we needed was some Fijian sunshine, but as the torrential rain fell during the Friday night 800/400 events, the swimmers were well catered for under temporary covers along the length of the outdoor pool. Timekeepers unfortunately were not so well protected, having instead to use umbrellas. They never complained and the evening went off without any other problems.



Cherie Robinson, Trojans, after her successful win in the women 45-49 years 200 Backstroke.

The next day dawned fine with only a few passing showers but with the warm tropical temperatures it was very pleasant. With the reduced number of entries and a compressed programme, many swimmers had to double up one event after another but all took up the challenge and faced the extra demands without question. The competition programme was concluded by 3.00 pm Saturday.

The impressions we gained from talking to participants was that this was a very friendly meet with a number of "firsts" for the Oceania

region. It was the first time for a Master's event involving only swimmers from the Oceania region, and a first for country relays with very close finishes between the Australian and New Zealand teams.



John Pugh, President AUSSI Masters (middle in blue shirt) enjoying some NZ and AUSSIE female company while in Fiji.

The 3km open water swim was held at Pacific Harbour on the Monday, with 36 participants taking part. The water was a pleasant 27oC and with the assistance of the local community sufficient numbers of escort craft were on hand. The local officials once again carried out the timekeeping and recording duties and the event ran especially well without any incidents. At the conclusion of the OWS race everyone enjoyed the freshly cooked fish and local food prepared by the Pacific Harbour school committee. Medals were presented to age group winners and everyone ventured off on their way home or to one of the many beautiful resorts within the Fijian Islands.

It was a pleasure to be involved with this hugely successful event, the friendly atmosphere and wonderful people will provide all of us with some wonderful lasting memories. Competitors and spectators who came to Fiji and took part in this event, are already discussing where the next Oceania Masters Champs will be held. The challenge now is for NZMS and AUSSI to work together to formulate a project plan to hold this event on a regular two yearly schedule. We know it can be done successfully and are keen to see it continue.

Lyll Mortimer  
Organising Committee.



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## How to Survive an Overseas Masters Swim Meet without Your Clothes

### A cautionary tale

Jack and I planned our participation in the Oceania Champs in Fiji with great precision. We thought about what events we would swim, what type of clothing would be needed for the change of climate etc. And like all good travellers, we carefully checked our luggage straight through from Christchurch to Suva. What a mistake....!

We kept our carry-on luggage to a minimum, just one pair of bathers, goggles, nose clip, ear plugs, electric toothbrush and of course **the pills** - just as well.

As the saying goes, every thing we had carefully planned went awry. Firstly the plane was delayed for two hours so we finally arrived at our hotel in Suva at 4am minus our luggage, which we later found out was still in Auckland.

The Champs started at 5pm later that same day, so after a very short sleep in what we stood up in, we went along to the Airlines office where we were given a small allowance to purchase some necessities. Not an easy exercise. We bought what I thought we needed but didn't anticipate the rain which just poured down while waiting to swim and also during the swimming. Like a Gene Kelly song, "Just swimming in the rain". Thank goodness for the large soft hotel towels, one for

the head, one for the middle and one for the legs. With the swimming over and medals collected the bags of course finally arrived.

We survived and enjoyed the camaraderie and friendliness of the competitors, and yes, we would certainly go again but next time we would like to take all our luggage as carry-on.

All of this happened within what is called locally "FIJIAN TIME" it's time alright but in a sort of slow motion with a smile and a don't worry be happy feeling.

Patricia Farr



Jack Graham and Patricia Farr - thank goodness for the merchandise polo shirt and versatility of the yellow hotel towel / sarong.

## Thinking about competing at the New Zealand Masters Games?

If you are considering participating in the NZ Masters Games in Dunedin in February 2006, then you **MUST** include your travel permit/membership card if you want to be recognised as a Masters swimmer. Failure to include a copy of your permit with your entry

from this will make you ineligible to participate as a Masters swimmer and will mean that you will not be recognised for records or top ten swims.

### AUCKLAND CENTRAL MASTERS SWIMMING INC



### FULTON CUP 2005

Sunday 25th September 2005  
Roskill Aquasport Centre,  
Cameron Pool, Auckland.

Warm up 4.00 pm  
Start time 4.30 pm  
Supper 7.30 m approx

Each swimmer no matter what ability is awarded at least one point depending on placing. The club with the highest overall points is the winner of the Fulton Cup.

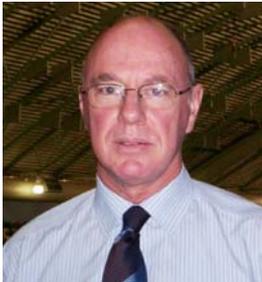
Entries close:  
Friday 16 September 2005

Contact: Viviana Colonna  
(09) 419-9438

Entry forms are available on the NZMS website  
[www.nzmastersswimming.org.nz](http://www.nzmastersswimming.org.nz)



## President's Update



### Don't give up on members

In the Winter issue of MasterScrawl I mentioned that a major challenge for us was to put a halt to the drop in our membership. Well there has been a little success. Although we dropped quite a lot of members last year, earlier this year we wrote to every member who had left NZMS in 2004 encouraging each of one to consider joining Masters Swimming again. We told them of some of the initiatives which we have planned and urged them to get in touch with their Club President or Secretary and let them know, or us know, if there were areas where their Club's performance could be improved or where it was felt that NZMS could provide a better service. The approach to former members was successful, and 77 subsequently joined up. So, for those Clubs which have shed some members, do not give up on them. Get in touch with these people and see if you can persuade them to come back to your Club. Find out why they left and whether you can offer a better service. If you try and we try, we can recapture a number of these former members back into Masters Swimming.

## SPARC

Back in 2003 SPARC promised us funding. It was to be \$3,500.00 per annum for the next three years. But we have had a terrible job trying to get the money from SPARC. Initially it was our drugs policy with which SPARC found fault. SPARC wanted us to have a strict drug policy even though no Masters swimming organisation anywhere in the world had such a policy. We circulated the Clubs and members, discussed it at two AGMs and, as you know, have decided to go with a strict drugs policy, but even this did not seem to bring about a release of funds from SPARC. However, after some further pressure from us, SPARC is now looking to release the first two payments to us. The funds should have come to hand by the time you read this column. A further payment will be made next year and this, along with the return of former members, will assist us financially. We are on the way to a good financial recovery, one of the main aims which the AGM endorsed in 2004.

## Events

Some 90 competitors attended the JASI-run South Island Short Course Championships in Christchurch on 29-30 July. This was a great Meet with friendly competition, records set, and an enjoyable social function held at the Russley Golf Club on the Saturday night. Thanks JASI for such a good Meet.

For those of you in the North Island, think about attending the North Island Short Course Championships on 14-16 October in Levin. Sue, Rachel and I will be there and we will look forward to meeting you.

Happy Swimming!  
**Roger Eagles**  
President

## From the Desk of the National Secretary



NZMS National Secretary  
PO Box 24 340  
Royal Oak, Auckland

P: +64 9 624 6552  
F: +64 9 624 6553  
M: 021 737 034

Hi everyone

Isn't the year just flying by – it seems so long ago that we were lying in the sun in beautiful Fiji for the 1<sup>st</sup> Oceania Swimming Champs. This event was a fantastic effort by Fiji Swimming and thanks must go to Lyall Mortimer for making this event happen. His guidance and perseverance to ensure this event took place was much appreciated by all those who attended. Although the numbers were low we made up for it in fun & friendship – true masters style.

I am continuing to update the membership database to ensure that everyone is kept informed about what is going on in your organisation. I am still waiting on quite a few of the Club Update forms to be returned that will provide Club Secretary contact information. We are also checking the database for missing membership information. Please check that your club secretary has the correct information on their membership list and please advise me of any changes, especially updating email addresses.

We still have some vacancies on our standing committees as follows:

Swimming Committee – Region 1

Editorial Committee – Region 1 & 3

If you are interested in filling one of these positions or would like to find out more please see our website under administration or contact the



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chair of the committee to discuss the role further.

The NZMS Website has just undergone a major revamp. Logon and have a look at the site, and feel free to send us your comments so that we can make the site as useful and user friendly as possible. It is a useful tool for all Masters swimmers.

It has been a busy first 6 months in the role of National Secretary and I am looking forward to the challenges ahead for Masters Swimming. Please contact me with your views, opinions, or ideas – it's great to receive feedback from you all.

My email address is

[secretary@nzmastersswimming.org.nz](mailto:secretary@nzmastersswimming.org.nz)

Kind regards  
Rachel Harris  
National Secretary

## Postal Swims

NZMS 800m / 1500m  
Winter Postal Swim  
September - October 2005

Durham Light Masters  
Postal Swim  
October – November 2005

Foveaux Sprinters  
Winter Drag Race – How  
Fast Are You?  
August/September 2005

Oceania Masters One Hour  
Swim  
January 1, 2006

Northland Masters - The  
Wall Postal Meet  
February 1, 2006

[See the website for details.](#)

## Births, Deaths and Marriages



**Gamble, Amanda** – Makino Masters, Fielding, gave birth to a wee girl on June 9th, Venice Madaline.. Both are well and with a name like Venice she is bound to be a swimmer.

**Shackleton, John** and Siobhan welcomed Ben to the world weighing 2345g (around 7lbs something). Ben is doing very well and big brother Luke is not totally sure where all his attention has gone, although the arrival of Grandma and Grandad has helped.

**Haywood, Roy**, Makino Masters, Feilding, passed away suddenly he was 69. Roy was a dedicated member of the club and lived the motto of Masters with fitness fun and friendship, he would step in if we needed a swimmer for a relay and was a real pleasure to be around, he will be sadly missed by our entire team.

**Kent, Paul** – Levin Masters, suddenly passed away on Tuesday 23<sup>rd</sup> August while swimming at Naenae Pool.

Paul was a wonderfully friendly man who will be sadly missed. Sincere condolences from those who knew Paul, goes to Lorraine, Dean, Andrew, David, Steven and the extended Kent family.

**Shaw, Arty** – Artie was one of the great supporters of Masters Swimming, and sadly passed away on 6 July 2005.

*Too much of a good thing can be wonderful.*

## Coaching Notes

### The Continuous Taper

Writing with one's tongue in cheek is tough enough. Swimming that way is downright impossible.

However, be that as it may, we do have to maintain a sense of humour through all of this, least it become drudgery. What follows is an imperfect, yet workable plan to avoid even the slightest hint of drudgery!

The master plan for workout avoidance came slowly at first. Over several seasons, I noticed one or two individuals showing up at meets and just blasting the suits off their competition. Now, these same "rockets" happen to be people I knew for certain had not worked out on a daily basis prior to the meet.

The question began to formulate in my mind: "Why am I bursting my draw string everyday?" "Why drag this poor old torso through the chlorine over and over, just to come in second?" Slowly the light dawned. These people were properly tapered. They were exactly and precisely honed to a razor sharp edge, while I, on the other hand was merely tired.

Now let's talk tapering. Firstly what is it? Tapering is the process of slowly reducing the amount of pain and destruction done to the body, so as to allow some semblance of rebuilding to occur. You know, muscles forming again, bones aligning properly and in short, normality for your body.

Next question is how do I taper? The steps are easy. After achieving the desired level of fitness, you begin to modify your workouts about two weeks before the big event. By modify I mean that you do less and less and do it less frequently and with less intensity. This way, when it comes time for the "big one", you are well rested and refreshed. You are strong, relaxed, confident, etc, etc ad nauseum. Got it?



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All right!! Now here is the revelation!! In your swimming area, there is probably one meet per month. Hold onto your flippers – this is heavy stuff!! Believe it or not, there are other areas in which to swim in a meet adjacent to your own area. Chances are only one in four that their monthly meets are in the same weekend as yours. Voila!! You have two meets per month to attend. Now, nowhere is it written that you can only taper once a year or three times per life time, so why not taper for every meet??

Bingo!! A continuous tapering process has been created. No more workouts, just stay on that razor's edge of pre - competitive readiness. Does it work??

Pseudo scientific tests are under way at this very moment to determine the effectiveness of continuous tapering. My guess is that you already know the answer. Just look around at the next meet you attend. There will be one or two "rockets" every time. They will be relaxed, tanned and too cool, too cool. They will also be faster than lightning whether it is during the swim, getting first place awards or being first in line at the post meet dinner. My guess is that they were properly "tapered".

The Continuous Tapering coaching notes are from the "1987 December issue of Masterscraw". It was contributed by "The Fantum" Connecticut Masters.

## FINA NEWS

Lyll Mortimer, Huia Masters, has been re-appointed to the FINA Masters Committee as Chairman.

Bill Matson has been elected as a VP of FINA. Bill is also staying on as the Bureau Liaison for the Masters Committee.

### Website Update

Changes to the website have now been made, and a new and improved model is now up on the internet at:

[www.nzmastersswimming.org.nz](http://www.nzmastersswimming.org.nz).

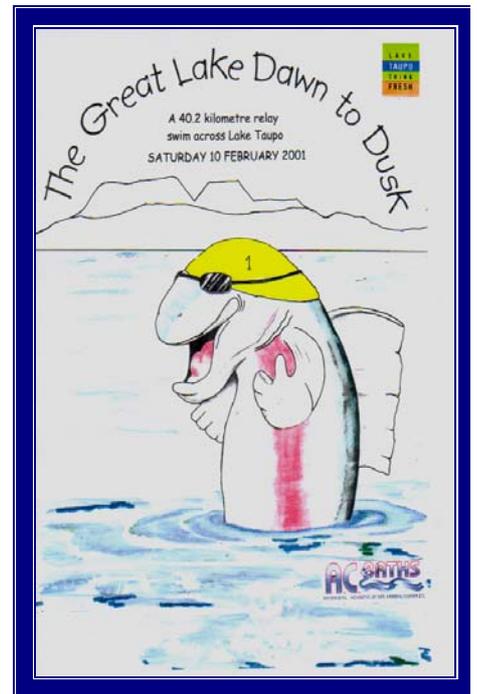
Those who are regular visitors to the site will be used to the wide range of information that was available to members and non members alike, including notification of upcoming events, results, and records among other things.

The website has a members only area that you can access. Your username will be the first letter of your first name, then your surname with no spaces, hyphens or apostrophes. Your password will be your clubcode, then your NZMS number in caps, again with no spaces.

If you have any news about your club's activities, event updates, promotion or results, or feedback about the website, then please send the details to either:

[webmaster@nzmastersswimming.org.nz](mailto:webmaster@nzmastersswimming.org.nz)  
(for inclusion on the website)

[editor@nzmastersswimming.org.nz](mailto:editor@nzmastersswimming.org.nz)  
(for inclusion in Masterscraw)



## 9<sup>th</sup> Lake Taupo Dawn to Dusk Relay Swim

**Saturday 11 February 2006**

Swim across Lake Taupo (40.2km)  
in teams of 2 to 6 swimmers  
Two race divisions - Open and Age  
(average age of 35 on race day)

### Trophies and prizes

For details and entry forms contact  
Ian Farquhar on [idfarks@xtra.co.nz](mailto:idfarks@xtra.co.nz)

Ph: (07) 378-1859 (d)  
(07) 378-1847 (n)



This event has been sponsored by:

**"FINN MACCUHAL'S IRISH PUB"**

**Go on – give it a go!**



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## Advertise your products or services

Advertising in MasterScrawl is available for members and non-NZMS clubs and organisations and other commercially related industry with an interest in targeting the members of NZMS. Rates are:

- **Narrow = \$200.00**  
(4.5 cm x 23 cm – first column)
- **Wide = \$250.00**  
(6.0 cm x 23 cm – other two columns)  
Prices are GST inclusive
- **Simple text box = \$100.00**  
(No logo's e.g. SWIMWEAR)

Advertising is also available on the NZMS website – see earlier notice.

## SWIMWEAR

By  
**Christine Kingsbeer**

Made to measure swimwear, cycle pants, aerobic wear in a wide range of fabrics, colours and styles for all shapes and sizes.

For swimwear, prices range from:

<b>Womens</b>	<b>\$35.00</b>
<b>Men</b>	<b>\$25.00</b>
<b>Children</b>	<b>\$15.00</b>

**Christine Kingsbeer**  
17 Trafalgar Street, Lower Hutt  
P: 04 5662 733  
[christine.kingsbeer@xtra.co.nz](mailto:christine.kingsbeer@xtra.co.nz)

## PROFILE: Martin Harris



Martin Harris is a new member of Wharenui Masters, Christchurch and a first time Dad.

Congratulations from us all go to Anna and Martin on the birth of their first child Max, a stunning 8lb.10oz, 57cm baby boy.

Martin joins Wharenui Swimming Club as Head Coach after retiring from a successful swimming career abroad. Born in London, Martin swam internationally for Great Britain for 15 years. He moved to NZ in 2004 and joined Wharenui at the beginning of 2005. Martin's specialty events are 50m, 100m and 200m backstroke. He has swum at 2 Olympics, 5 World Champs (short and long course), 4 Europeans and 3 Commonwealths, winning Commonwealth Gold in the 100m backstroke in 1994. His last major meet for Great Britain before officially retiring was the Manchester Commonwealth Games in 2002, at the age of 33, where he made two finals and was the fastest backstroker over 50m in Britain. Martin broke over 50 British records during his career, with his longest standing records being the 50m and 100m backstroke which he held for 12 years.

After retiring from competitive sport, Martin was appointed Head Coach at a well known London Swimming Club, still keeping a hand in Masters competition himself. He has also trained and prepared a number of triathletes for world class competition. Martin is UK ASA qualified and brings with him to our club a wealth of first

hand knowledge including skills and technique, land training application, mental preparation and nutritional education.

Welcome to the world of New Zealand Masters Swimming, Martin, we all look forward to seeing you around the pool.

## REGIONAL NEWS



### Report on Napier Masters Carnival. 2 July 2005

A smaller but just as keen group of swimmers met at the Ivan Wilson Pool for the annual Napier Masters sanctioned meet. There was a moment when the hard decision was needed to be made whether to hold the carnival or not. Entries were slow at coming in and at the close off date there were not the numbers to warrant holding the event. However, a flush of entries came in on the next mail and the decision was made to carry on.

One would have to wonder if it is the current format of entries on the web site that has seen the breakdown of entries into sanctioned events. It is also not helped by other events being held on the dates of sanctioned meets, and I refer in particular to the event being organised by the National Secretary in Auckland for a corporate team challenge. Isn't that why we sanction events so that there isn't a clash? We should look after our members first. I do realise we are beyond the Bombay Hills – however I had thought that we had moved on from that mentality. Of course, another factor for this year would have been the Edmonton Games.

We started the carnival with a minutes silence for two Master Swimmers who have passed away in June;



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Ray Haywood from Makino Club, and Jack McFarlane from Taupo.

It was a busy little carnival. Being able to swim in 5 events, plus the relays, made for a hectic weekend – even with slowing the programme down! Still, they seemed to be a happy little lot! Prize giving was held poolside at the end of the swimming which allowed those not attending the dinner to receive their age group towel prize prior to returning home.

Four records were confirmed as being broken – well done to Rebecca Perrott, Jo Matthews and Ngaire Bone for their new records!

The after match function was held at the RSA, and diners were torn between eating and rushing up to see the Lions (being beaten) on the big screen.

Will we hold our carnival next year? Not without the support of swimmers.

Di Crowley  
President Napier Master Swimmers

South Island Short Course Champs 2005

Christchurch turned on the mid-winter sunshine for competitors in the South Island Short Course champs hosted by Jasi Masters recently. It was great to see so many new faces at the meet including 10 swimmers from the North. The calibre of the swimmers attending was outstanding.

Jasi was very lucky to have the support of their club members, families and friends, as well as the willing assistance of Kaiapoi Swimming Club and Canterbury Swimming officials, to run this meet. This

meant that the two sessions ran like clockwork and it wasn't necessary to call upon the assistance of swimmers to timekeep.



John Howard and Chris Attwood, Jasi Club help out as Meet Marshalls

Fifteen New Zealand records were broken at the Champs and have since been ratified by the National Recorder. The outstanding swimmer of the meet was Heather Campbell from Hamilton. Swimming in her first Masters meet, Heather smashed five records in the 50-54 age group. Another notable record breaker was Lenore Sonntag from Dunedin who broke three records in the 65-69 age group – all by a considerable margin.

Local club, Wharenui, had a very strong team and produced two relay records and three individual record breakers, including Martin Harris who put on an amazing display, breaking both the 50 and 100m backstroke times in the 35-39 age group.

All swimmers and officials were rewarded with printed swim towels supplied by the meet sponsor, First Place Mortgages Limited. It was a nice touch and appreciated by all who received them.

This successful meet was rounded off by a dinner and dance with the prize giving on Saturday night at the Russley Golf Club. It was a top class venue and a fantastic social occasion.

Thanks to everyone who competed in Christchurch, from the positive emails received it sounds like you enjoyed yourself!



L to R: Len Wakefield, Jasi; Graig Beeby QE2. Lance Cleeve, Jasi

Jasi are looking forward to hosting the swimming at the South Island Masters Games on 14-15 October, see you there!

Jenny Carpinter  
Jasi Masters

Manukau Masters – Swim Camp

Have you ever sat there and watched a person swimming who looks like they are cruising and they end up doing millions of strokes less than you do per length? A few members of Manukau Masters recognised this and the opportunity to help others. We came up with the idea of a swim camp and since then the Club has run two successful camps for just over 50 people from around the country.

Although most are pretty tired by Sunday, it could be the swimming but



Staff at Lone Star: Brent Standen, Rachel Harris, Bevan Clark, Colleen Parkinson and Richard Smith.

more than likely the late night on Saturday at the local Lone Star, but everyone still managed a smile.

Manukau Masters are continuing to run a series of Masters swim camps, concentrating on improving a swimmers freestyle technique. The camp caters for swimmers at all levels, from beginners through to advanced swimming levels.

The camp environment is one that is relaxed and provides an ideal



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opportunity to help individuals improve their freestyle technique. At the camp we also provide insight on the often overlooked areas of nutrition, injury prevention, core strength training and flexibility which can help you improve your swimming.



Guest coach Dean Greenwood with the participants at the May camp.

A popular part of the course is the video analysis. Each swimmer is video taped from above and below the water. The coaches then sit down with each swimmer and point out areas where their stroke can be improved and then provide a series of drills that will help with the improvement of their stroke. At the end of the course each person can purchase a DVD of their stroke along with all of the drills taught at the camp.

The upcoming camps are on the following dates:

- 30<sup>th</sup> Sep to 2<sup>nd</sup> Oct 2005
- 24<sup>th</sup> Feb to 26<sup>th</sup> Feb 2006
- 19<sup>th</sup> May to 21<sup>st</sup> May 2006

Manukau Masters are also running a "Hard Yards" swim camp which will have an emphasis on completing long mileage to help build an endurance base at the beginning of the summer season. This is geared towards those people wanting to kick start the beginning of the season with an endurance base for events like open water swimming, triathlons, and pool swimming.

This camp will be run on:

➤ 26<sup>th</sup> November to 27<sup>th</sup> November 2005

Contact details for registration at any of the camps mentioned above are as follows:

Rachel Harris  
Phone: (09) 624-6552  
Mobile: (021) 737-034  
E-Mail: [furtles@orcon.net.nz](mailto:furtles@orcon.net.nz)

### Report from Shear Magic Masterton

#### New Genesis/Trust House Pool

The new Masterton pool is proving to be a very popular venue for swimmers of all ages. Masterton Masters now have 26 financial members, which is 11 more than 2004. All facilities are being well patronized by Masters Swimmers, which include the gymnasium and spa. We continue to meet every Friday evening under the watchful eye of our Coach Jiri Mikolas and Sunday morning for a social swim and spa.

#### Sheep Dip Carnival:

Many thanks for the tremendous support received from Harbour Capital, Huia, Levin, Wanganui, Makino, Old Devils Hastings, Napier and Masterton swimmers attending our Sheep Dip carnival held 23rd April in the new Genesis/Trust House indoor pool, which was a roaring success going by the comments from all who attended. The success of our 6 x 25m mixed relay team was a feature of the Shear Magic Sheep Dip carnival. A shield was at stake in the event and we were expected to meet strong opposition from Harbour Capital.



L-R: Paul Lovell, Jo Matthews, Kirsten Cameron, Richard Parkes, and Derek Smith : Missing - Ngaire Clarke

And so it was with Masterton clocking 1min 28.32 seconds and Harbour Capital 1 min 29.27seconds. We look forward to the challenge next year!!! The function held at the Masterton Club went very well with about 60 people attending. The lively crew from Harbour Capital and other clubs were eager to get up and dance, once we got the music right on the Duke box.



Where the best work gets done – Masterton Club Secretary Ngaire Clarke working out in the spa pool

It was Jo Matthews who provided the individual highlights for our club. She beat the National record for her age group (50-55) by 8secs in the 200 fly with a time of 3 min 3.09secs and her time of 1min 22.13secs for the 100m fly was also inside the national record.

Kirsten Cameron produced one of her best times in the 200m freestyle when she clocked 2min 12.27secs.

Enjoying their first meet were Carol Simons, Penny Duncan, Jemima Blatchford, Debra Brooking and Jeff Ryan.

The function held at the Masterton Club went very well with about 60 people attending. A large group came from Capital Coast. They were eager to get up and dance, once we got the music right. We had a few fun and games trying to work the duke-box and getting the right tunes on, luckily Kevin knew what to do.

Thanks to Paul Lovell for the donation of apples and Brian Bourke for the bottles of wine which were used as relay and spot prizes

Also thanks to everyone who assisted in the organisation of the meet, which was a great success.



How Kiwis see the World

Experienced in looking after the needs of NZMS. Specialists in group tours.

Carleena Stewart is available to assist with all your domestic and international travel needs including information on these upcoming events (including before and after tours) on the NZMS calendar.

- o **Christmas Markets 2005**  
treat yourself to a new Christmas shopping experience this December as you explore the famous European Christmas markets with Ingrid Saxton - your tour leader. Spend 2 nights in Prague, cruise the Danube from Nuremburg to Vienna on a six night deluxe cruise.
- o **Rendezvous Montréal**  
2006 worlds largest gay and lesbian sports event Montreal, Canada  
29 Jul – 5 Aug 2006
- o **X1 FINA World Champs**  
Stanford University, San Francisco, USA  
August 2006

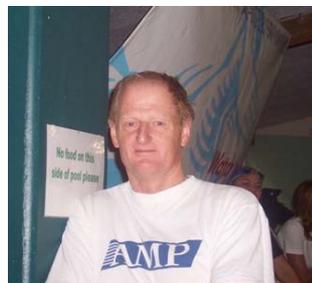
See me poolside at most NZMS sanctioned events for a free quote and/or to discuss your specific travel options.



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## Warm Welcome to Petone Masters



Petone Masters are pleased to welcome back into the swimming fraternity, Peter Attwell. Peter last swam competitively about 40 years ago when he was a member of the Hutt Swimming Club at the old Riddiford pool in Lower Hutt.

Back then Peter was a backstroke specialist but now he competes in the odd freestyle event due to the fact that during his break from the pool he dabbled in triathlons and marathons.

Peter excelled at the Nationals in Dunedin this year and has competed successfully in several local meets.

Keep a lookout for the new mean backstroke machine.

## International News

### World Masters Games, Edmonton

Results from the World Masters Games in Edmonton, Canada, that have been forwarded to the Editor are:

**Eleanor Pinfold** - swam for the Mexican women's relay team and won the silver medal, as she was the first swimmer she broke her previous 50m Freestyle NZ record that she had broken a couple of hours earlier in the day. NZ records broken by Eleanor:

50 Free	32.89	Gold medal
100 Free	1.13.02	Gold medal
200 Free	2.42.24	Silver medal
400 Free	5.52.52	Silver medal
50 Back	41.63	Bronze medal

but no record

**Sid Salek**, Durham Light was also successful in the mens 75-79 age group:

Bronze - 200IM  
Silvers – 400m, 800m free, 400IM  
Golds - 3km Open Water Lake swim and 200 Free, breaking 2 NZ records in the 800 free and 400IM. (Records 2B ratified by NZ)

It was a fantastic meet, run very well and supported by all of Edmonton with a total 21,400 competitors, 1400 of them swimmers. Congratulations to two Masterton Masters swimmers at the World Masters Swimming Canada.



Jo Mathews and Kirsten Cameron NZ record breakers

Jo Matthews broke two NZ long course records in the women's 50-54 age group in the 200m Butterfly in 3.18.13 and the 100m butterfly in 1.22.41.

### Jo Mathews 50 - 54 yrs

100 fly	1.22.41	5 <sup>th</sup> placing
200 fly	3.18.13	Silver medal

Kirsten Cameron also broke three NZ long course records in the women's 30-34 age group in the 200m, 400m and 800m freestyle events.

### Kirsten Cameron 30-34 yrs

200 free	2.10.52	Gold medal
400 free	4.34.89	Gold medal
800 free	9.26.57	Gold medal

**Richard Parkes** also from Masterton went to Edmonton and swam well in the mens 800m Freestyle 30 – 34 age group being placed 10th in a time of 12.21.83.



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## Calendar of Events

To ensure your club event is included in this calendar, send an electronic copy of your entry form to [editor@nzmastersswimming.org.nz](mailto:editor@nzmastersswimming.org.nz) and to [webmaster@nzmastersswimming.org.nz](mailto:webmaster@nzmastersswimming.org.nz) and we will arrange for a hyperlink from the calendar in this newsletter directly to your entry form on the [Calendar of Events](#) on the NZMS website.

There is no charge for this service for NZMS clubs.

A small fee is applicable to non-NZMS organisations. Please refer to our website for details [www.nzmastersswimming.org.nz](http://www.nzmastersswimming.org.nz)

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and keep it handy**

## NZMS Executive

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## Calendar of Events

ENTRY FORMS are on [www.nzmastersswimming.org.nz](http://www.nzmastersswimming.org.nz)

2005		Event and Contact	Location	
October	14 - 16	<a href="#">North Island Short Course Champs.</a> Horowhenua Aquatic Centre, Queen Street, Levin. Contact: <a href="mailto:Hening@xtra.co.nz">Hening@xtra.co.nz</a> or <a href="mailto:ihking@xtra.co.nz">ihking@xtra.co.nz</a>  Entries Close 26th September	Levin	NZL
2006				
February	11	Lake Taupo Dawn to Dusk Swim Ian Farquhar on <a href="mailto:idfarks@xtra.co.nz">idfarks@xtra.co.nz</a> Ph: (07) 378-1859 (d) (07) 378-1847 (n)	Taupo	NZL
February	18	Cambridge Masters Long Course Meet	Cambridge	NZL
	18	Foveaux Masters hosting the NZOWS – details on NZMS website.	Invercargill	NZL
March	24 - 26	33 <sup>rd</sup> NZMS Long Course Nationals Millennium Institute of Sport and Health. North Shore & Manukau Masters, contact Sue Pollard on <a href="mailto:nznf@nutrition.org.nz">nznf@nutrition.org.nz</a>	Auckland	NZL
Oct	6 - 8	North Island Short Course Championships 2006 Genesis Energy Recreation Centre, Masterton	Masterton	NZL

Editor MasterScrawl has not received notification of any Open Water Swim events for the coming summer, except that Foveaux Masters are hosting the NZ National OWS Championships on 18<sup>th</sup> February.

Please let the Editor know details and any swims will be included in the December issue of MasterScrawl.