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If the text has a blue line under it, then it's a hyperlink – just hit the key marked **CTRL + click on the link**

Useful links:

www.fina.org/

www.aussimasters.com.au/

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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NZMS SWIMMER OF THE YEAR 2004



The New Zealand Masters Swimmer of the Year for 2004 has been awarded to North Shore Masters' **Don Bidwell**.

What makes a "NZMS Swimmer of the Year" recipient? The North Shore Swimming Club thought that much of Don that they put forward his nomination for the Sport North Harbour Most Valuable Coach Award. The following is an excerpt from their letter of nomination:

"We want to nominate Don Bidwell as the Most Valuable Coach. There are heaps of reasons we think he is wonderful!

He has been coaching Special Olympians for eleven years. That's almost from the start of Special Olympics group on the Shore. And he does it for no financial reward – just the reward of seeing people with very special needs have opportunities and fun, gain skills and enjoy a healthier lifestyle.

Don gives up every Sunday night – when most people want to relax before the start of the week (Bank Holiday Sundays and the Christmas break excluded). He manages to coach around 18 swimmers at every session – that's a heck of a lot when each has a different level of ability to understand spoken instruction.

These are not quick learners! Their personalities and ability levels vary

widely, which means Don is dealing with a group of diverse individuals - not easy! And each has a childlike 'look at me, look at me, am I doing well?' attitude. Don somehow manages to give them all a touch of personal attention and build a team spirit too!

Photo of Don with three of the Special Olympians he introduced to North Shore Masters, Teresa Nicol, Rebecca Everard and Tim Fairhall.

With weeks, often months, sometimes even years of patient demonstration, modelling and encouragement Don has taught our 'advanced' swimmers correct stroke techniques, racing dives and turn techniques. 'Correct' is relative to our swimmers' individual abilities, both intellectual and physical.

Every one of our swimmers has a 'big achievement' story and a 'steady progress' story to tell. Through fun, encouragement and incredible patience Don has guided our 'developmental' swimmers to gain water confidence, learn to float, kickboard and eventually to swim. These swimmers will probably never conquer correct technique – but they are so proud of themselves. And this year, North Harbour won the Kennett Shield, the Auckland relays competition.



And a wee story that demonstrates the extra mile Don goes for our swimmers. When he took the team to

Hamilton recently for the Regional Games (June - mid winter) Andre lost his sleeping bag. Don lent his, and 'slept' (more or less) under a borrowed blanket. We recognise that he is the Most Valuable – and Valued coach!"

At a number of Masters events in 2004 Don Bidwell achieved the following successes:



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- World Masters Swimming in Riccione, Italy - two bronze medals, he also improved on the 100m NZ record
- Short Course Nationals in Taupo - three individual national records and two relay national records.
- National Long Course Champs in Hamilton - three individual breaststroke national records for his age group (70 - 74) and three long course relay records.
- Competed at the Roskill SC Meet, Cambridge Long Course, Hamilton Long Course meet and participated in Open Water swims.

The North Shore Club was formed in May 1981 and Don joined a month or so later. He was one of 4 members making up the first committee in 1988 and stayed on it till 1991. Has always given of his time to help out with coaching for individual members when asked - this is always done at the expense of his own training.



Don Bidwell being presented with his NZMS Swimmer of the Year Award by North Shore Club President, Luke Barnard.

As long as North Shore members can recall Don has swum in Lane 3, doing 3 sessions a week - each session at least 2km. Don is very competitive - even at training he is often the one who pushes the pace. He always used to say his aim was to still be swimming in the same lane when he got to 70 - well he's done that and some of us younger swimmers have moved down to a slower lane!!

The Editor gratefully acknowledges the wonderful contribution made by Carol Lake, Secretary of North Shore Masters.

Coming Events June and July

Wanganui –11 June
Fun meet
Entries close: 1 June

Napier – 2 July
Sanctioned meet
Entries close: 11 June

Christchurch – 29 – 30 July
South Island Short Course Champs
Entries close: 8 July

Contact details for these events are on the "Calendar of Events" on the last page of this magazine.

Entry forms are available on the NZMS website
www.nzmastersswimming.org.nz

President's Update



This is a first column for me and for those of you who have not met me before I am a 55 year old lawyer living in Invercargill,

and a long-standing member of the excellent Foveaux Masters Swim Club. I had a background in competitive swimming before "retiring" in 1978 and then joining Masters some years later in 1983. Since then I have swum more or less continuously, and love the sport.

New Executive

We have a new Executive this year. Sue Pollard of North Shore is the new Vice-President and Rachel Harris from Manukau the new National Secretary. We have regular meetings either by teleconference or in person but more and more business is being transacted by email. It is busy. In March, admittedly an active time with the Nationals coming up, I counted 142 inward and outward emails on NZMS business!

Numbers

One of our major challenges is the drop in membership numbers. Numbers are slipping a little, although we sense that they are probably now stabilising. If you allow for the fact that our population is ageing, we have slipped more than the bare figures indicate as our membership ought to be increasing. Although there are many other competing sports and activities we, the Executive, and you, as members of clubs, have got to do as much as possible to hang on to existing members and to get back those who might have left. We are going to write to all those persons who were members last year but not this year to see if we can persuade them to consider returning to NZMS. We



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will ask them to tell us in what way we can do our job better and will encourage them to be in touch with their old clubs.

Swimming NZ

On the positive side, we recently had a very satisfactory meeting with Paul Veric, CEO of Swimming NZ ("SNZ"). In recent years we have not worked closely with SNZ but this is about to change. We want to look at programmes where we can share expertise and knowledge and derive benefits. But it is not a one-way street. We can do quite a bit to help SNZ. One way is to encourage you to become timekeepers and referees and offer to help at your local swimming club. SNZ throughout New Zealand always needs timekeepers and referees, and people willing to assist. Our members are well-placed to do this and we encourage it.

Adult Learn to Swim – Follow-Up

Many adults learn to swim but, immediately afterwards, there is a dearth of opportunities for them. Masters Swim Clubs would be the ideal place to pick up these swimmers. So we have been in touch with SCAT (Swim Coaches & Teachers) and they are interested in working with us. Every club secretary will shortly receive a letter from us encouraging contact with local swim teachers and coaches in your area. We want you to speak to them and find out what sort of programmes would best suit adult swimmers who have just learned to swim. Then see if you can provide such

a programme within your club. We are looking at ways of obtaining programmes so we can disseminate those to clubs. This may mean a change of culture in your club to welcome and encourage these tentative adult swimmers. But we know it can be done because some clubs do it already. We want to expand the scope of Masters swimming so that it appeals to a broader range of adults so we can shift the perception, which we know exists widely, that Masters Swim Clubs are for top swimmers and only ex-competitive swimmers.

Drugs

As you know, the drugs issue was one which was forced on us. We did not really want to have to deal with it. But, we are facing the challenge and are looking at putting a system in place from next year so that most likely when you register, you will consent to the practical implications of the drug policy i.e. provide a consent to drug sampling if necessary. The prospect of sampling ever occurring seems completely remote but we need to get the systems in place. Hopefully, consent will occur at the time of registration and that will be it for the rest of the year. If we handle the matter correctly at that point then, assuming no suspicion of drug-taking such as to enhance performance, that is all we will ever hear of it and we will have satisfied SPARC and will have a system in place.

In the meantime, enjoy your training and Sue, Rachel and I hope to see you at the Meets being run in the balance of the year.

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

secretary@nzmastersswimming.org.nz

Hi everyone

Firstly, what a wonderful job Jan Fulton has done for NZ Masters over the last 11 years. I can now say from experience that she has done a fantastic job and that the transition has gone smoothly due to her ability to keep everything so organised. I am pleased to say that I have got my head around most of what the secretary position involves and I look forward to talking with you all and assisting you wherever possible.

I am in the process of updating the database of Club Secretaries and their contact information. So far I have had 11 of the 59 clubs return their information to me. Please do this as soon as you can so that I can make sure you are kept informed about what's going on in your organisation.

The AGM was held in Dunedin in March and a new executive was elected – Roger Eagles (President), Sue Pollard (Vice President) and myself as Secretary/Treasurer.

We are also pleased to be working with the following people who chair the Standing Committees:

- Swimming - Adrian Anderson,
- Open Water - Lyall Mortimer
- Editorial - Ingrid Saxton
- National Recorder - Jan O'Donnell
- Wellington Liaison - Rick McGovern-Wilson



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It's also great to have Colleen Parkinson looking after NZMS merchandise.

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

- Swimming Committee – Region 1
- Open Water Committee – Region 3
- 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 chair of the committee to discuss the role further.

It was agreed at the AGM to continue to produce MasterScrawl electronically although this is not necessarily an ideal format for everyone the costs of producing a hard copy version inhibit any benefit that we may gain from going back to hard copy. Club secretaries are requested to make a printed copy available for those members who do not have access to email.

For those who are still getting used to receiving MasterScrawl via email, information that you previously found in the hard copy version and you are not able to find here can we found on our website – this includes some great photo's, club contact details, entry forms and the Calendar of Events.

The NZMS website is a useful tool for all Masters Swimmers. 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 also great to see many of you venturing off-shore to compete at many of the international events on offer. It's great to travel as part of a team and to see the world at the same time. If you are one of the speedsters and manage to break a record while away, please make sure that you bring a verified copy of the results back to NZ and forward them on to the National Recorder, Jan O'Donnell. If you are expecting your record to be verified in NZ, it is your responsibility to ensure that this is done.

If you are considering travelling to the FINA World Champs in San Francisco next year log on to www.2006finamasters.org To be kept up to date with what NZ Masters are doing to assist with this event (including funding opportunities), please send your contact details to me so that I can add you to the mailing list. The Auckland (and two from Wellington) region are well into their fundraising activities and we are happy to share ideas for everyone to use to assist with travel costs etc.

I am looking forward to the challenges and opportunities facing NZ Masters in the future and I welcome your contact with your views, opinions, or ideas – it's great to receive feedback from you all. My email address is secretary@nzmastersswimming.org.nz

Kind regards
Rachel Harris
National Secretary

Births, Deaths and Marriages



No wedding bells?
No busy storks?
Sometimes ...
No news is good news!

It often nice to know if one of our members, past or present, has passed away so we can all remember with them fondness. Let me know.

LIFE AWARDS

At the NZMS AGM held in Dunedin in March, Life Awards were presented to the following distinguished members of NZMS.



Tom Logan
Durham Light

Positions held

- 1983–1989: Chairman/Secretary/Treasurer of Durham Light Masters
- 1984–1987: First Official Recorder for NZMS
- 1984–1990: NZ Delegate to Masters Swimming International (MSI)
- 1987–1990: Area Director Oceania Region – MSI
- 1987–1997: FINA Masters Swimming Committee (3 terms)
- 1989–1994: National Secretary/Treasurer of NZMS
- 1989–2004: Editor of MasterScrawl magazine (60 editions)

History

Tom Logan was elected Chairman/Secretary/Treasurer of the Durham Light Masters Club in May 1983, and held the positions until 1989. During this time he built the club up to be the then strongest Masters Club in NZ with over 180 members.

National Level

In 1984 Tom was appointed to a newly established executive position of Official Recorder, responsible for establishing a national recording system for both long and short course records. An immense amount of painstaking research was required and his expertise in this field carried him over into the international scene where he has had considerable influence in formulating the rules for the present World Records for Masters Swimming.



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In 1984 Tom was appointed as NZ's delegate to Masters Swimming International, a position held until 1990. During this period he attended MSI meetings in 7 countries.

In 1989 he took on the National Secretary/Treasurer position, and established a headquarters office at his own residence. At the same time, he also took on the editorship and publisher of the national newsletter MasterSrawl.

Tom has played a major role in the administrative reorganisation of Masters Swimming, including a new constitution based on Regions and affiliation to the NZ Swimming Federation. He instituted the in-house production of MasterSrawl and this resulted in a major upgrading of this publication. In 1985 he organised the postal Oceania One-Hour Swim championships and in 1991 a National Winter Postal 800/1500 meet. Both these events are now firmly established. In 1991 he attended the World Swimming Championships in Perth as NZ's delegate to the International Swimming Federation (FINA) Technical Congress. He was also appointed as a referee to the World 25km Championship event.

International Level

In 1987 Tom was appointed to the prestigious FINA Masters Swimming Committee, the newly formed controlling body of World Masters Swimming. He took over responsibility for Masters Open Water swimming and developed the rules for this discipline.

In 1993 he was responsible for initiating, editing and producing the FINA Masters News which involved among other things the publishing in an easily readable format the FINA World Masters Records updates and collecting and collating dates for international Masters Events.

In 1995 Tom was awarded the FINA Silver Pin for outstanding service during three terms of office on the FINA Masters Committee. He was the first active Masters swimmer in the world to receive this award.

Tom has competed successfully in international Masters Swimming in many countries since 1983. He is widely known and highly regarded by swimmers all over the world. This, combined with his extensive administrative and technical experience gave him a unique background to make a major contribution to the International Masters Swimming movement. He has also earned worldwide respect for NZ as editor and producer of the MasterSrawl magazine. This quarterly publication enjoyed international acclaim and its articles and material were reproduced in numerous swimming publications throughout the world.

**National Long Course Champs,
Dunedin, March 2005**

To view some great action photo's
just click on the link below.....

http://www.seenindunedin.co.nz/events/sporting/masters_swimming.html

**Deneice Marshall
(Napier)**



Deneice was first involved with swimming in 1985 for physio and joined Napier Masters early March 1986, just a week before entries

closed for the Long Course Nationals in Hamilton. The late Barry Anderson encouraged her to compete - first race ever was the 800m.

Progress was slow to start with but within 3 months she was swimming 3 km non-stop freestyle. She then became active within the Napier club, on the committee in 1987, and then began writing the monthly newsletter for the next 12 years

In 1988 Deneice was elected National Recorder and served on the NZMS Executive until such time as the National Recorder wasn't an automatic officer of the executive. In those days, NZMS was run by the President, the Secretary/ Treasurer and the National Recorder. She continued as National Recorder for 16 years and took much pride in extending the position, inaugurating NZ's Top Ten. Another significant milestone was inputting all the records (from the year dot) into an electronic format; these had previously been kept manually.

In March 2000 Deneice was awarded a Life Membership of Napier Masters Swimming.

Deneice has always enjoyed swim meets, and to date has attended 105 meets with the most special meet being the World Masters Championships in Rio de Janeiro in 1990, the only Worlds she was able to attend and the only time she has ever been out of NZ.



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2006 Bids

Is your club up to hosting one of the top events on the NZMS calendar?

Open Water Swim OWS Nationals 2006

Closing Date: 1 July 2005



Pool Events: South Island Short Course Champs 2006

South Island Long Course Champs 2006

North Island Long Course Champs 2006

Closing date: 1 August 2005

If your club is interested in hosting one of these event, please contact the National Secretary for more information.

You and your club will be provided with a written guideline on when, where, what, who and how to make the job easier.



Lyall Mortimer
(Huia)

Lyall has been involved in swimming administration for some years prior to 1982 when he decided to take up Masters Swimming so he could swim at the First International Masters meeting Christchurch in 1984. Lyall was one of the two starters used for that meet, also swam in three events. He holds national qualifications for starter and timekeeper and is also on the FINA Masters officials' list.

He joined Huia Masters in 1982 and has been an active club member since, being on the Committee for most of this time and is currently serving his second term as President of the Club and temporary Secretary. In 1986 he was appointed to a rules review committee to review and change the Constitution of New Zealand Masters Swimming, and this Constitution is used today.

Lyall was Vice President of NZMS 1989 to 1990 and President from 1990 – 1995. He represented NZMS on the Board of NZ Swimming Federation for the period of 1989 to 1999. He is currently chairman of the OWS Committee and is a member of the Swimming Committee.

Regional involvement

When the new constitution set up the regional structure Lyall was elected as Chairman of the Capital Region, a position he continues to hold. He has attended all National Council meetings since 1989, with the exception of 2004, as the Capital region delegate.

International involvement

During the period 1989 to 1993 he was the Oceania Area Director of Masters Swimming International and attended MSI congresses in Rio de Janeiro, Indianapolis and Montreal.

In 1997 he was appointed to the FINA Masters Committee and has been a member of this committee ever since. His work on that Committee has included reviewing the FINA Guidelines for running Masters swim meets, reviewing the present Masters rules, and contributing to the FINA management of the last four FINA World Masters Championships.

Competitive involvement

Lyall has attended all 10 World Championships since 1986 and has swum in all except Riccione where qualifying times precluded him swimming. He has attended two Pan Pacific Masters Championships and every NZ Long Course Nationals from 1984 to 2003. He is a regular swimmer at sanctioned and non-sanctioned meets in the area.

Organisation of International Swim Meets

Lyall was instrumental in having the Pan Pacific Masters Swimming Championships in Hamilton in 1993 and supported and encouraged the bid for the FINA World Masters Championships held in Christchurch in 2002. He is currently assisting in the organisation of the first Oceania Masters Swimming Championships in Fiji in 2005.

Lyall's work for Masters Swimming in NZ and internationally is extensive and shows his enthusiasm for the movement through his involvement in all spheres over a considerable number of years.

Postal Swims

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

Durham Light Masters
Postal Swim
October – November 2005

See the website for details.



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WANTED HONORARY SOLICITORS

NZMS invites interest from legally qualified Members for an appointment of a legal firm to act as honorary solicitors.

Although there is no frequent demand for legal services, from time to time legal assistance may be required particularly in the areas of sports law and employment law.

Interested firms should write to:

The National Secretary
NZ Masters Swimming
PO Box 24-340
Royal Oak
Auckland

Please provide details of your areas of special interest.

SERVICE AWARDS

Roger Eagles (Foveaux)

The Officer Bearer

- Foveaux Masters Swimmers formed 23rd May 1984 at 'Central Pools' Invercargill,
- First Club President
- Instigated setting up of Annual Scholarship and Trophy for a junior swimmer to Southland Swimming
- A member of a continuous roster formed by committee members to encourage, teach and train at club nights 1984
- First represented Foveaux Masters at NZMS AGM 1984.
- Encouraged and entered 'four' masters teams in the 'Business House-Office Relay' Sept 1985. A trophy the club won again during 2004.
- Organised first ever South Island Short Course event for Foveaux Masters Club in November 1985
- Involved with construction of Invercargill's 'Splash Palace' complex from November 1985
- A continuous committee member from April 1986.
- Again took up role of Club President 1996.
- Involved in fundraising, administration of 'Foveaux Strait Crossing Relay' 1996
- Club Secretary 1997 - 2004
- Involved and instigated purchase of 3 Ocean Bouys 1998 to facilitate the club's open water swim series.
- Involved and instigated purchase of 'Club Inflatable Dinghy' 2001
- Organiser and leader in all Foveaux Club Open Water Swims from 1998
- Organised and administered all requirements with Harbour Masters and Government

Agencies for Open Water Swims continuously from 1998.

- Organised and administered the 'Reunion' of all past Foveaux Strait Conquerors February 2003
- Organised and administered the inaugural Foveaux Masters Postal Sprint Meet 2003
- Appointed delegate to NZMS 1999.
- Region 5 Open Water Swimming Regional Delegate
- Elected Vice President 2003
- Appointed Privacy Officer 2003
- Administered 'NZMS Drug Policy' procedure 2004

The Swimmer

Roger has been a regular attendee at training sessions since 1984. He has attended numerous national and international swimming meets, the latest being the 2003 World Masters Games in Christchurch. Roger has also been a keen participant in Foveaux master's open water swims around Southland and Central Otago. He has been Club Open Water Swim Champion in his age group. Roger first broke a NZMS record in 1987 claiming the 50m Backstroke by '5' seconds and the 200 Backstroke by '17' seconds. He has continued to break records at various intervals during his 20 years service to swimming. Roger attended NZMS Nationals in Naenae in 1987 and came home with several golds, silver and bronze medals. Roger's dedication to swimming is reflected in his continuous attendance at NZMS Nationals, Long Course, Short Course and International Meets.

The Commitment

Roger has been a committed member of 'Foveaux Masters Swimming Club' since its conception in 1984. During this time he has steadfastly proven his ability to instigate, undertake and complete several administrative tasks. His dedication to the sport of swimming as an athlete and office bearer has put Foveaux Masters



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Swimming Club into one of the both financial and economical independent incorporated society with in NZMS.

Roger's vision, tenacity and compassion to swimming and its members, continues to provide the motivation for the committee to support the future progress and encourage members to remain part of the club. With the services that 'Roger' has undertaken and offered back to the sport 'Foveaux Masters' will be eternally grateful.

**Sharon Fergusson
(Foveaux)**



The Officer Bearer

- Foveaux Masters Club formed 1987
- Joined Foveaux Masters Swimming Club November 1987
- Club Committee member since 1987
- Club Secretary
- Club Treasurer
- Current Club Vice President
- Delegate to NZMS
- Sharon has also been the editor of the club's newsletter.

The Swimmer

Sharon has been a regular attendee at club nights and morning training sessions since 1987. She has attended numerous national and international swimming meets, the latest being the 2003 World Masters Games in Melbourne, Australia. Sharon has also been a keen participant in Foveaux master's open water swims around Southland and Central Otago. She was the Club Open Water Swim Champion 1996, 1997 and 1998.

The Commitment

Sharon is a vocal and eager participant in many swim events. The most well known and infamous competition being the Massey Ferguson/Front-end Loader Trophy. This trophy has been contested between Sharon and Peter Loader of Dunedin masters for many years and is a popular little tussle when these two meet.

Sharon has successfully secured community funding for club activities, organised social functions, and been the heart of the club since its inception.

Newall Smith (North Shore)



Newall joined North Shore Masters in the early 1980s. The first Committee was formed in 1988 with Newall as Secretary, a position he held until 1993 when he became Treasurer.

He still holds this position today. Newall quietly works away in the background taking care of club funds and investments in a very astute manner. At the same time he has created the club membership database and website, making good use of his knowledge of technology. Reminders of subscriptions due arrive by email, as does the confirmation that he has received payment. A truly valuable club member.

Margaret Francis (Huia)

In January 1988 Margaret joined the Huia Club and in July of the same year became the Secretary, a post she held for one more year. She then moved onto President for 3 years. In 1993 she became a Committee member for 3 years. In 1997 until 2003 she held the position of Treasurer. Margaret has also been Secretary/Treasurer of the Capital Region of New Zealand Masters Swimming since its inception in 1991. A valuable and tireless worker for her Club.

NZMS Archives

Did you know we have an archives specialist? If you are sick and tired of all that NZMS clutter, don't throw it all out, as often there is some excellent archival material floating around. With members passing on or moving to smaller homes this sometimes brings all sorts of stuff out of the woodwork.

Lesley Parkin is our National Archivist and she has received some wonderful and interesting things in the past which is now stored at her home. When she gets a few other things tidied up (such as her big move into the house next door) she proposes to sort through all these bits and pieces and put them into some logical order.

Lesley is keen to get as much memorabilia as possible so if you think you have something that should be kept and catalogued, then please send it to:

Lesley Parkin
385 Muhunua West Rd
Ohau. R.D. 20
Levin.



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www.nzmastersswimming.org.nz

The NZMS Website

NZMS have a website that is available for all clubs to use. You will find a range of interesting news articles, NZMS merchandise and support materials for clubs. You'll also find **entry forms for events**, and the latest Event Calendar. To get your event listed on the website email our Webmaster, Andrew Gabites on:

webmaster@nzmastersswimming.org.nz

The website, as well as this magazine, can also be used to advertise your products or services. Contact either the Webmaster or the Editor to find out about the very reasonable rates.

Profile: Nadine Royle



Nadine Royle's entry into the world of Masters swimming was purely accidental. After an elbow injury, she was given medical advice to use swimming as an exercise in the rehabilitation process. Nadine shared the early morning lanes with others she describes as "some really neat people", who invited her to join their club.

Today, as a member of Manukau Masters, Nadine has won five individual gold medals with her recent performances at the Nationals in Dunedin. Included was a New Zealand record (40-44yrs) in the 50m breaststroke.

Nadine is no novice swimmer. As a teen, in her native Victoria, Australia, she was identified as a promising talent. She became involved in competitive swimming and soon progressed through the system to represent her great sporting state with distinction. By her own admission she has always been competitive by nature and always tries to be the best that she can be. In those days, that competitiveness and accompanying anxiety at times led to an imbalance in everyday life, which she now clearly identifies, with the aid of hindsight.

The balance between competition and fun in the Masters' environment was something she immediately enjoyed and the outcome has been some really good times, in the pool and out.

Her previous swimming experiences as a state swimmer had demanded sacrifices and total commitment with no compromise. The inclusive, relaxed nature of the Masters' family has provided a new and friendly network of people for her own; her two children Mitchell (9) Maddy (6) and husband Mark. She has used the

opportunity to see and experience more of New Zealand. In her own words... "I really love the camaraderie of the other swimmers. My enjoyment of swimming has never been greater. Having had children I've learnt more about myself, what's important... and I've got a different perspective now, more balanced. The Masters environment and the neat people in the team ensure that a balance is maintained. I've really surprised myself!"

REGIONAL NEWS



South Island Short Course Champs, Christchurch 29/30 July

First Place Mortgages, Christchurch, is generously sponsoring this year's SISC Champs to be hosted by JASI Masters, at Jellie Park on the weekend of 29/30 July. We hope that you will come to Christchurch and can promise you a well-organised and enjoyable time.

The swim sessions are on Friday evening and Saturday afternoon. Then on Saturday night the prize-giving and dinner/dance will be held at the superb Russley Golf Club. It will be a night not to be missed with great music and food!

There will be lots of spot prizes and giveaways throughout the weekend, including printed swim towels and certificates for all competitors.

Entry forms are available on the NZMS website (or hyperlink from the Masterscrawl Calendar of Events) and **close on 8 July**. Paul McStay can also provide you with information on (03) 351 6837

We would love to see some North Island competitors too – why not combine it with a couple of days skiing!

JASI Masters Committee



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Foveaux Masters

completed their annual Open Water Swim series with a high number of participants over all three swims. The highlight of the Series was the very successful swim at Riverton which drew a large spectator crowd and a high number of participants.

Overall winners from Foveaux were:

- Derek Kooman - Over 40 yrs men
- Jenny Pascoe - Over 40 yrs women
- John van Leeuwen - Over 60 yrs men
- Anne van Leeuwen - Over 60 yrs men
- Wendy King - Swimmer of the Series

Congratulations go to Roger Eagles and Sharon Ferguson who both received NZMS Service Awards at the Nationals in Dunedin. John and Anne van Leeuwen, Heather Thompson, Sharon Ferguson and Jenny Pascoe came home with several Gold, Silver and Bronze medals. Condolences to Club President, Wayne Evans, who managed to break his arm just a few weeks out from the Meet while trying to outperform his children on a skateboard ramp.

Roskill Meet.

There were 120 swimmers, along with the usual amount of supporters who descended on the Roskill Aquasport Pool on Saturday 7th May for the annual Auckland Short Course sprint championships. It

was great to see the 'old' faces and the 'new' ones - some of whom were swimming at the meet for the first time.

A total of 10 records in all were broken - Alwyn Manley of Roskill accounting for 3 of these. Don Bidwell NS1, Nadine Royle MN1, Richard Lockhart RK1, Eleanor Pinfold HM2, Julie Gunthorp NS1 and Jo Matthews MS4 all returning record breaking swims.

After the swimming was finished, food laden tables greeted the swimmers, who made short work of the offerings, followed by a prizegiving to first, second and third placed swimmers.

2005 North Island Short Course Champs – Levin 14-16 October

Levin is a well-established club that has successfully held these championships twice before and the planning for this years event is well underway.

The entry form is available on the NZMS website and the Levin website levinmastersswimming.co.nz which also has a link from the NZMS website. A hard copies of this entry form is with your Club Secretary now and will be distributed at the various meets being held around the North Island over the next few months.

There has been a slight change in the usual order of events to allow time on the Sunday morning to hold some 'special challenge' events to highlight the talents of the Master Swimmers we are hoping to attract.

Negotiations are currently underway to have television coverage of a range of the championship events to take Masters Swimming out to the wider community.



Lorraine Kent and Lesley Parkin of Levin Masters. These talented gals really know how to put on an excellent after swim function.

So get your club together and join us in October for an event equal to any Levin Club has offered in the past – but with a special twist.



Welcome back Raumatī Masters – nice to see you at the Annual Levin Meet in May.

Levin Masters hosted another great Meet; we think it was their 23rd consecutive year. The 800 and 1500 are swum on the Friday night and were well supported. Again lots of fun and some new recruits enjoying their first meet. The 'after match' function at the local Cosmopolitan Club was attended by 60 swimmers and partners dancing into the small hours.

The club managed to keep the band playing until about 12.45am – people just didn't want to stop dancing so needless to say Lesley, Ron, Lorraine, Paul and Jane were rather late to bed that morning. In fact some even stayed over!!

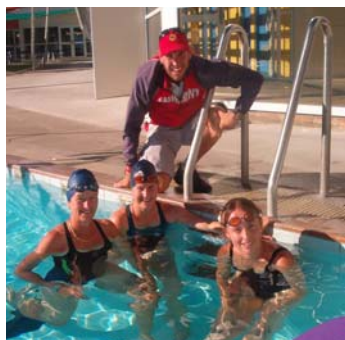


Believe it or Not

It is believed the 1966 NZ Age Group champion and NZMS, Ralph Curry, was spotted at a Harbour Capital Masters Wednesday club night training session. Rumour has it that Ralph is taking seriously a bet he has with John Morrison and Brian Newth that he can swim a 27 sec 50m freestyle. Watch this space!



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Iron Man professional, Bryan Rhodes with attentive Taupo Master Swimmers: Karen Gray, Lisa Rowland and Sarah Barnett. Bryan takes the Taupo Masters for a monthly "grunt" coaching session.

Wanganui & District Sports Masters Award Winner

The following article appeared in the Wanganui newspaper earlier this year.

Ron Richards is the recipient of the Wanganui & District Sports Masters Award Winner, 2004. Ron, a father of 7 children, 15 grandchildren and 2 great grandchildren has achievements in Masters swimming starting in 1981. He has in total 99 National records: 19 Australian and 80 New Zealand. In past years Ron has achieved silver and bronze medals at World Masters swimming meets. Ron is totally supportive of all swimmers, often sharing his lane with the slowest swimmer!

2004 Achievements include:

Aussie Postal swim Gold 800 Free, 100Bk, 200Bk, 200Fr;
Gold Winner 3x400

Bunburry Aussie Postal swim 200Bk, 200Br, 200Fr;

2004 Dunedin Masters Games - 5 Gold-50/100/200 Br, 100/200 Ind Medley

North Island Short Course Masters Champ Golds 50/100 Br, 50/100 Bk, 100/400 Ind Medley.

Well done Ron, receiving recognition in your local community is a wonderful achievement and raises the profile of Masters Swimming.

Masterton Swim Meet from an HCM member's perspective

Some might call it a swim meet. Others might call it a golf and booze meet. With approximately 7mins of swimming all up, 4 hours of drinking, an hour of appalling drunken ping-pong / snooker and 2 hours of some rather bad golf, you would be excused for thinking that the trip was not entirely focused on the swimming.

With 17 members of the Harbour Capital Club out of 46 total swimmers the club was ably represented. So too was it in the disqualification stakes and not by mere novices. In the fast lane alone, Tony Hickmore 2, Hayden Wilton 1, and Tim Whitehead 1, all ensured that the so-called guru's came away with something to work on. Some with more than others, and that's not touching on the golf, ay Tony. Special congratulations to Eve for a magnificent display in the Butterfly and the relay teams for getting both 2nd and 3rd places (out of three).

Perhaps one of the memorable aspects of the trip wasn't Barry and Sheryl's ballroom dancing, Roger's flair, or Hayden's bar stool flirting, but the club atmosphere that prevailed. While many regulars turned up, so too did other club members that due to the times of training and hectic lifestyles cannot make it on a Wednesday evening, or the weekends. It demonstrated the strength of the club and the need for such events to keep members in touch with one another.

So who did win the golf? That would be telling, but some credit has to go to

Peter Shanahan who proved that while drinking and driving don't mix, you can still drink lots of beer and hit the ball relatively straight during a hailstorm. Relatively Peter....

But watch out, next year the trophy will be back to it's real home, its home for the last seven years...that's if Peter's bothered to turn up for the taxi and Tony doesn't pack a sad when Suzie beats him at golf, or a girl beats him in the pool...again, twice, three times.

Thanks must be given to Sheryl for her persistence in organising people to enter, put down the right times, organize breakfast and nagging me to write this article. But most of all thanks must go to the Masterton Club for impressive organisation, the apples of sustenance, and the spot prizes; it was well structured and much appreciated. See you next year.

P.S. the author (and the Editor) takes no responsibility for the factual accuracy or any insinuations in the report and will subsequently remain unanimous.

Open Water Swims

The annual Somes Island to Petone beach swim, a distance of 3 km, was successfully held on Saturday 5 March with a total of 50 competitors starting the race. Seven swimmers had to be pulled out from the water. Whilst the weather was a lot kinder this year, the water temperature was cooler due to the windy conditions in the days leading up to the event. At the start from Somes Island, there were 1 metre waves but conditions improved and became less choppy as swimmers got closer to the beach.

The first swimmer home was Casey Glover, a 19 year old swimmer from the Wellington region. Casey's time was 44 mins 36 secs. The first Masters swimmer home was Robert Binney and the first female Masters swimmer was Kate Wareham, both swimmers are from Harbour Capital



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Masters (HCM). The oldest competitor to finish was also a Masters swimmer from HCM, Jim Cornish aged 75 years.

This year all swimmers had to be prepared to swim in a wetsuit however as the conditions on the day were fair those that wanted to could swim without a wet suit and twelve hardy souls chose to brave the conditions without a wetsuit. In all, a total of 23 Masters Swimmers took part in the event. The event, run by Lyall Mortimer of Huia Masters, was a great success and swimmers appreciated the hot food and drinks provided afterwards. Last year was disappointing as the event had to be cancelled due to bad weather and cold water conditions.

Lyall Mortimer
Huia Masters

NZMS Photo Gallery

Remember - we have a photo gallery so go and have a look at some of the wonderful photos taken at some of the Meets or at club night.

If you have some great photo's that you would like to share then send them to the Webmaster for inclusion on our website.

Click on the link below to view the [photo gallery](#).



Life in the Fast Lane

No 6 in a series of articles by John Shackleton



John Shackleton is one of Australasia and Europe's top sports psychologists and inspirational speakers. He is also a member of North Shore Masters Swimming club. John is a successful businessman, international sports coach, property developer, British and New Zealand Masters swim champion, executive coach to chief executives and managing directors. In April 2004, John became a father for the first time.

Listen to that little voice!

As some of you know I've been out of action for a few months firstly with a disc problem in my back and then with a mystery virus that attacked my liver and kept me feeling sick for some time. Well, after numerous trips to physio and endless blood tests, I seem to have come out the other side and have been back training for about 3 weeks.

Both of the problems surfaced at the end of a really intensive period of work when I spoke at 22 separate events in a month. During those four weeks I was desperate not to lose my fitness and being away so much meant that anytime I was able to get a session in at my home pool I jumped at the chance. On more that one occasion I can remember thinking how tired I was because of all the work and all the associated travelling but I was so focused on not losing my fitness that I ignored the signs and went training.

This is a great illustration of what not to do! The warning signs were there

but I ignored them, thought I knew best and wham – my subconscious rebelled, took a disliking to the fact that I was ignoring it and ensured that I got sick causing me to have a couple of months of complete rest.

Some of you will know that the subconscious is 30,000 times more powerful than the conscious mind. It's the thing that keeps you breathing at night, it's the thing that brings out your hand to protect you when you fall, the thing that drives your car for you in the mornings when you're still asleep! It sends messages to you about situations that occur in your life, it's the little voice in your head that suggests courses of action. I'm sure you've been in a similar situation to the following:

You are walking down the road one day and see someone approaching you that you know and suddenly you remember that you want to ask them a question. You start to form that question in your mind as you greet your friend and then you begin to ask them but half way through the question the following thought pops into your head: "If you ask that question right now you'll get a negative response." As soon as you realize this you start to have a conversation with your subconscious mind:

Conscious: "How do you know I'll get a negative response?"

Subconscious: "I've been watching their body language and comparing it to all your past experiences with this person and I can tell that right now they are not in a good state of mind to receive your question."

Conscious: "Well that's all very well but I've already started asking the question." **Subconscious:** "That's OK because I've come up with an alternative question that you could ask that fits in with the words you've already used. Try this"

And in the time it takes to blink an eye you've changed tack and the new question that your subconscious has suggested comes straight out of your mouth. Sometimes we don't listen to



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that voice, we ask the question and we stick our foot in our mouth!

My subconscious warned me I was overdoing things a little but I ignored it and carried on training. I can remember thinking that I really should take a break but I overruled those thoughts and decided that more training was the best route. If the subconscious mind is 30,000 times more powerful than the conscious mind then it must be a genius and we really ought to listen to it when it speaks to us.

This is something we can all use in our training, whatever standard we are at, and whatever goals we are aspiring to. If your shoulder has a niggle then lose the hand paddles for a while, if your ankles don't feel great, leave the fins off, if the set is long and you are tired then pick up your pull buoy. Recognise that sometimes it's your subconscious giving you the message that pushing harder is going to result in injury, and not your conscious mind giving the message that the set is really hard! Long term you will remain fitter and faster for many more years.

John Shackleton
www.johnshack.com

**Results of
THE WALL
postal swim are on
the NZMS website.**

Triathlon Training

Would you like to compete in a triathlon next summer? Now is the time for start preparing.

The following article has been written by Rob Searle, an active member of Tasman Gold Masters based in Nelson.



Rob is a former UK National Squad Triathlete with a First Class Honours Degree in Sport Science. (Editor, NZMS)

Winter Training Tips

The "off-season" is probably the most important time for improving your overall fitness, strength and technique. Yet is very difficult to ensure that a winters training gets the results you want. Time constraints, poor weather, lack of focus/motivation etc. can conspire to limit the results from your training.

Hopefully the following tips will help ensure you maximise your winter training and exceed your goals next year:

Length of your "off-season" - It is really important to decide how long you are going to take out from racing in order to work on your core fitness, technique etc. It is all too easy to race all-year round and not take time to improve. A winters training of 3 months or so is important if you want to improve your fitness. The time should be spent improving your VO₂ max and technique.

Strengths vs Weaknesses - It is much more enjoyable to focus on what you are good at. However, the biggest gains are going to come from the disciplines you are weaker at. You need to take a step back and think what are your strengths and weakness in each discipline. You can then think about addressing the

weaknesses before building on your strengths.

Time available - It is a good idea to set out a timetable showing what time you have available to train. There is no point in preparing a training programme that you can not fit in or one that does not leave enough time between sessions in order to recover. You need to ensure that rest days are included in the schedule. Training 7 days a week, every week, will only make you tired!

Type of training - Improvement in your VO₂ max, the effective ceiling of your fitness, is accomplished by long steady rides/runs working at around 80% max heart rate/70% VO₂ max. A lower intensity will not provide the required stimulus. This type of training should be the basis of your winter training programme. Your swim programme should be technique bias (as swimming is 80% technique/20% fitness) and use the winter period to get use to swimming longer distances at an even pace.

Goals and targets - Think about what you want to achieve in the next 6 and 12 months. This might include PBs for running off the bike, key races to come in the top 5 or to shave x number of minutes off an overall time. Once you have your goals, check to see if they are Specific, Measurable, Attainable, Realistic and Time bound.

Motivation - It can be difficult to keep motivated in the winter months. A good idea is to set goals for your training (eg time for your long run each week) and measure your improvements, whilst having a clear understanding of you overall goals. Training some of the time with other people of a similar ability will also ensure you do the training.

Winter races - It can be useful to include some races in the winter training months. These should be based on your weaker areas and treated as training (ie do not taper for them). This will keep an element of competitiveness and help your motivation whilst providing some feedback on your progress.



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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.



How Kiwis see the World

Carleena Stewart
Travel Broker
PO Box 26111, Christchurch
Ph: 03-322-1263
An independent broker for:
Kemp and Young
House of Travel Ltd
195 Stafford Street
Timaru, New Zealand
Ph: 3-684-8025
Fax: 3-684-6033
DX: WA31546
carleenastewart@hotmail.co.nz
www.houseoftravel.co.nz

Weight training – Using weight training to improve your strength and help reduce the risk of injuries is a proven fact. However, not everyone has time to fit three sports and weight training sessions into their week. Using weights less than three times per week will not get you the required benefits. It is more important to train in the three sports if you are short on time.

Your body knows best – It is really important to listen to your body. Take your pulse each morning to ensure that it no more than 10% over your usual resting heart rate. If it is, and you are heavy legged, always tired etc, then you are over-training. Do not be afraid to miss a training session and ensure that rest days are really rest days. Just because someone you know can train x number of sessions per week does not mean to say you can!

Consistency – The best results are likely to be seen if your training programme provides regular training, only increases distances slowly and provides adequate rest/recovery between sessions. The consistency of your training, vital for getting the optimal training benefit, is best achieved by following a set training programme.

The Schedule – Once you have considered the points above, write down your training programme. Do not keep it in your head. Keep a note of what training you have done and how it went/how you felt. Do not be afraid to amend the schedule to make more or less challenging.

In summary, the key to improvement over the winter period is to set clear goals, prepare a realistic programme and train consistently. The time spent focusing on your VO₂ max and technique will give you the base required in order to prepare for racing faster.

If you need advice on putting a winter training schedule together, please give me a call. To prepare a personal training schedule via email my fee is \$160 or for a \$200 fee I include two

one-hour face-to-face sessions (in the Nelson area). Both include ongoing support via phone or/and email for the length of the programme.

Rob Searle
Coach and Fitness Instructor
28 Dawsons Road
RD1, Upper Moutere
P: 03 540 2428
E: rob@in2net.co.nz

Cycling Challenge



Noel Smith is not only an excellent swimmer and long time member of Petone Masters,

but he is also a cycling devotee having already ridden in the past few months Lake Taupo, Martinborough, Masterton, Rotorua/ Taupo, Rainbow Rage and Mt. Taranaki, he is now planning a cycling ride from Geneva to Antibes over the Alps. It is the "Randonee Alpine" a long distance cycle route from Thonon on Lake Geneva to Antibes on the Mediterranean, approximately 740 kms. The plan is to cycle for 7 days at a rate of slightly over 100 kms per day. There is a group of about 8 riders, 5 Poms and 3 Kiwis plus a nominated driver/factotum, also a Kiwi, friend and neighbour who is volunteered to take care of the hotels, food and wine!

From the start of the ride at Lake Geneva the group immediately rise up to Megeve. They bike to Les Saisies and Le Grand Bornand which was part of the Tour de France in 2004. They will then ride on to Comet de Roselend, down to Bourg St. Maurice and up to Val d'Isere. After the Col de L'Isere there's a detour over the Col de Mount Cenis into Italy and then back to France to Briancon. After the Col de Vars it goes up to Cime de la Bonette which is the highest paved road in Europe and then finally onto Antibes. The scenery is beautiful and provided Noel is not sabotaged



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by exhaustion and the food and wine, he should have a great time.

The ride is planned for early June this year and we are combining it with a trip to visit our newly married daughter, Angela, in London. So watch this space for a report on the results of the ride.

Louise Smith
Petone Masters

NATIONAL LONG COURSE CHAMPS

by Russell Garbutt

The 32nd National Long Course Championships were held at Moana Pool, Dunedin over the weekend of the 18th – 20th March, 2005, and were, for the first time in memory, affected by low fog in Wellington.

It may seem strange that Wellington airport could be affected for more than a day with fog and mist which is usually pretty susceptible to wind, but nonetheless it was so greatly affecting the travel plans of many of the North Island contingent, and particularly those folks from Harbour Capital who simply couldn't get out of Wellington. In particular, it must have been galling for those who had trained hard for these Championships and were perhaps aiming for an opportunity to set National and even World records.

However, Friday was a pleasant evening in Dunedin – just another perfect day in Paradise really – and things kicked off right on time for the traditional self-flagellation otherwise known as the 1500/800. Two to a lane and a bit of frantic

shuffling of the electronic timing gadgetry as well as listening to Peter Loader sort out who was in which lane, and then on with the action. It came as some surprise to Ian Butterworth to learn that his projected time was such a good one, but the reality was that once you have good technique it is very hard to lose it, and so he went away smiling.



Photo: Catherine Prattley, Wharenuai - 100 Free

Racing was, as normal, conducted two to a lane, and this did mean some hold-ups while the timing gear was sorted, but once everyone got into the swing of things all went off surprisingly well. A really noticeable feature of the racing was that no-one really burgled their time nor were there any boasters. I'd say that everyone finished within a very small percentage of their seeded time, which really does lead to close honest racing.

Saturday morning saw the main group of competitors up bright and early with competition starting promptly at 8.30am with the 400 IM. It's not the easiest way to start the day, but Noel Saxton seemed to be in a relaxed mood in the first heat and gradually pulled away from the tussle behind him between Syd Salek and Lenore Sonntag, while in the second heat, the same thing happened with Steve Prescott staying well in front of Peter Johnston and Paul Abraas.

The 50 Fly saw some very close finishes in most of the heats and it seemed that there was either little chance for burgling or boasting in the mad dash for the deep end. There were 7 heats and the stand-outs for me were the impressive start from Lyn Milligan which must have hurt a bit, Stephen Clarke looking pretty good, Mary Olliver looking as though she could have just kept on going with an

excellent high hip position, the very even heat 5 that had all competitors touching within a body length, the huge struggle between Julien van Dyk and Catherine Prattley, and Mark Johnston who only took 3 breaths up the length of the pool in the final heat.

The 200 Backstroke remains a fairly popular event – goodness knows why – and popping up again was the perennial Jack Graham from Jasi Masters. Jack looks younger each year and seems to delight in a wide range of events. Also looking good in the water was John Van Leeuwen from Foveaux, and Merryn Maguire from Queenstown who was having her first competitive outing since giving birth just a month or so previously.

100 metres is not a long way to go for Breaststrokers, but for some reason or another, there was a load of grand pianos lurking in the roof of the pool which seemed to get released at odd intervals. Sandy Webb and Vicki Booth both were hit by these descending musical devices, but Duncan Salmond, despite comparatively recent major surgery, managed to stay clear and looked very comfortable winning his heat.

The 200 Free seems to attract all those that couldn't face a 1500, but think that a 100 is far too much of a sprint. A sort of bob each way sort of race. Again, some interesting good close racing in the 10 heats with Karen Anderson impressing with 5 or 6 stroke breathing, Syd Salek and Merryn Maguire looking ultra-smooth, Hap Sonntag competing in his first-ever 200, Penny Salmond and Eileen Searle going stroke for stroke over the last 50, Ellen Nijhof ticking over really really slowly but moving through the water really well, Brent Standen getting a real flier off the blocks, and Catherine Prattley moving as though she was being towed through the water by an invisible motorboat.



Catherine Prattley, Peter Johnston and Stephen Hickson before the 100 Fly

Seven teams fronted up for the 200 Medley relays to close the morning session with the Pioneer 160 – 199 years men's team of Paul Abraas, John Murray, Alan Calder and Robert McIntyre recording a pretty smart time of 2.17.45. Their time was 7 seconds faster than the team from Wharenuui whose combined age was 40 years younger!

The first race up in the afternoon session was the 200 IM and a good number of folk were determined to rattle things along a bit. Over the last year, Andy Adair, a coach at Moana has been working with a number of Masters, and it is quite noticeable that those in his classes have noticeably improved their fly, freestyle and backstroke. Amongst these students was Rosi Crane and while she still hasn't come to learn to appreciate the wonder of breaststroke, it was great to see a much higher rate of stroke in the other 3 disciplines, and a subsequent reduction of times. Vicki Booth was another who really has picked up the pace in her freestyle, but the pick of the whole bunch was the young flier from Wharenuui, Catherine Prattley who doesn't seem to have a

weak stroke in the medley at all. She was pushed a bit in the breaststroke leg by John Murray of Pioneer, but once the final turn was made it was all over bar the shouting.

Some of the Foveaux crowd had adopted some new-wave dietary pursuits over lunchtime with the hamburger and 3 large beers being just one of the newer and more radical diets pursued. It may catch on, but then again, it just may not....

The 50 Back saw cameo performances of both Ingrid Saxton and Lyall Mortimer with Ingrid taking out her heat, and Lyall looking very svelte with his classy zip fastener down his chest. In the same heat as Lyall was Denis Clarkson who opted for a very high speed double arm action which certainly got him down the pool in double-quick time which reminded me a little of Captain Ladd's commentary when taking off in his seaplane – "A cloud of spray and we're away!"

Nothing too much can, or should, be said about those that take on the 200 Fly, but a couple of real swims that caught the eye. Maurice Hall of Dunedin who is always a gutsy, enthusiastic swimmer had a good swim, and Bevan Clark of Manukau looked in fine form coming home in a shade over 2.32.

There were 11 heats of the 100 Free and Heat 4 saw one of the all-time Burglar performances. Peter Forman, no stranger to entering slow heats, put in an expected time of 1.35 and finished in 1.14. Now in my books, that is 21 seconds faster than his expected time leading me to believe that he should have been in about Heat 9 – perhaps if he was chasing someone he would go even faster? Ian Butterworth, the enduring gentleman of Master's swimming certainly hasn't lost much of his speed and grace in freestyle swimming, while Heather Osbourne cruised up and down with a 2 beat kick. The flier, as expected, appeared in the last heat and despite him giving at least 11

years to his opposition, Steve Prescott took out the fastest heat in a smidgeon over the minute.

Good to see the high number of entries in the 200 Breast, and such close competition. The second heat was a chance for Noel Saxton to display yet again his very smooth unruffled style, but just behind him Maree Pullar, Penny Salmond and Fritz Bohme were neck and neck over the last 50 with Maree opting for the long gliding stroke and Penny rating at least twice as fast. The next heat was a cracker! Probably no-one was going to catch Kim Sanderson in the middle of the pool, but during the race the tactics, and general avoidance of the descending pianos, meant that the minor places were changing hands as fast as a bent poker game. But nothing can be hidden in the final dash for the end of the pool and Darren Carter, Vicki Booth, Sandy Webb and Garry Van der Haven touched as closely as can be imagined. It was a great race to watch! The final heat was a bit of a walk-over for Trevor Cook of Katikati who came home in a bit over 2.45 – he really is a class act in this event, and many round the pool greatly admired his ability to get his upper body as tightly compressed as he did in order to smooth his way down the pool.



Jan Fulton receiving her bouquet of flowers from Roger Eagles, for our thanks for her hard work over the years as National Secretary.

The 200 Freestyle relays were a closely run affair with perhaps the closest result coming in the Men's 200 – 239 years. The two Christchurch



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clubs of Jasi Masters and QE2 really battled things out and although Jasi just sneaked in by less than a second, there was never much more than a body length behind the swimmers.

The Championship Dinner was held at Eltruscos and the initial fear of not having enough food for some really hungry people soon vanished with more-than-enough pasta, pizzas, breads all washed down with some brain-deadening liquids.

Sunday mornings are sometimes best spent either in church or praying for some sort of relief in a prone position, but none of that nonsense for the hardy, devout souls who fronted up bright-eyed and bushy-tailed for the 9am start and faced the starter for the 100 Fly. Mind you, it was nice to get another hour in bed when the clocks were put back.

Sid Salek had a good battle with Rosi Crane in the first heat chasing Morris Hall, and the following two heats saw some really close racing and excellent technique. Again Catherine Prattley really looked super-smooth while chasing some of the fast young bucks.

As the next race was assembling, the opportunity was taken for Roger Eagles to introduce the new members of the Master's executive to the swimmers and also recognise the long and valued contribution that Jan Fulton has made in her long connection with Masters.

The mad splash and dash 50 Free is great to watch for both the starting techniques and the way that some can

get up to speed really quickly and for those that seem to need to wind up a bit. It looked like Pat Owens-Bohme was reluctant to set off for a while while once again Peter Forman was in a heat about 5 from where he should have been. Bob Briston looked very determined in his heat while Peter Colbert was very quick in his. An interesting spectacle was Raewyn Winsley of Timaru who arrived at the pool just in time for her heat. The preparation for this race involved the liberal pouring of red wine in the general direction of down, but it didn't seem to slow her down too much.



The difference between a good start and a not-so-good start

Heats 7 and 10 were both blanket finishes, and I'm not sure just how easy it was for the timekeepers to separate out the 8 lanes. The electronic pads were not used for this event – I'm not sure why – and the only other quibble about the venue is the perennial problem of the Public Address system. For most of the time, announcements are simply unintelligible, and I'm sure that the problem could be easily fixed with larger numbers of smaller speakers over the pool deck and spectator areas instead of the 3 or 4 speakers on one side of the pool aimed at the other side.

The 100 Backstroke was famous for a couple of sartorial reasons. Firstly, Yvette Tucker has been busy through the year coming up with some more amazing costumes complete with matching caps, and then Heather Hardy apparently got dressed in the dark and managed to get her togs on inside-out. I guess she would have noticed if they were back to front.

The sprint Breaststroke is another popular event and its fascinating to see the two distinct styles used by swimmers. On one hand the smooth, comparatively little up-and-down movement, and on the other, the high body position recovery with accompanying forward lunge. I've got to say that if it looks right, it probably is, and the fact that most of the winners opted for the smooth style told an interesting story. Some wonderful racing in this event with Duncan Salmond looking sharp, Nadine Royle ticking over at a fantastic rate and a really close finish between Julien van Dyk and Trevor Cook. Trevor could have made it easier for himself if he had got off the blocks before the rest hit the water, but it did mean that he had to work a bit harder.

The 400 Free is long enough for some tactics I suppose, but its also a chance for those with good fitness levels to treat it like a sprint. In the early heats Marie McMahon Collins looked like she could have swum all day, but when there was a bit of a threat from Eulah Varty in the next lane over the final 50 there was a bit of urgency applied. Urgency was something Ian Butterworth could have done with on the blocks in his heat – the whistle blew, the rest of the field took off with some big splashes, Ian had a bit of a look round for a while, then the penny sank and he finally took off. For a while I thought he was going to wait until joining in at the 300 mark.

Another burst of relays to finish off starting with the Mixed Medley which saw yet another very close tussle between two Christchurch clubs. This time it was Wharenui and Jasi Masters in the 160 – 199 years event and again there was less than a second between them at the finish. The Mixed Freestyle relays were next on the blocks and again it was in the popular 160 – 199 age group that saw the tightest racing. While Jasi won the event, there was only 2 hundredths of a second separating the Seals and Tasman Gold for 3rd and 4th placings.



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The Flying Squadron relay was won convincingly by the Southern Region, and the Speight's Undie relay by Katikati proving either their well-known predilection for dressing up in ladies nether garments and/or their equally well-known thirst for brown sparkling liquid. Colin Clearwater probably blew it a bit when attempting to do Fly while carrying balls, beer etc etc.

Amongst the Trophies awarded were:

The Burglar's Trophy – easily won by a non-repentant Peter Forman of Dunedin

The Robert McClure Medal for the 400 IM – Noel Saxton of Jasi

The Peter Wilson Shield – Patsy Mason of Dunedin

Club Points – Dunedin

Best Performance Trophy – Eleanor Pinfold of Hamilton

The Ngaire Prentice Trophy – The Southern Region

Have a look at the following website for some of the amazing photos taken during the meet:

http://www.seenindunedin.co.nz/events/sporting_events.html

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:

Womens	\$35.00
Men	\$25.00
Children	\$15.00

Christine Kingsbeer
17 Trafalgar Street, Lower Hutt
P: 04 5662 733
E: christine.kingsbeer@xtra.co.nz

International News

Sun Moon Lake Swim: The World's Largest Aquatic Event

The World Swimming Champs are wonderful, the Olympic Games are incredible, but to watch the Sun Moon Lake Swimming Festival is absolutely amazing. With just on 17,305 participants from countries including Egypt, Korea, France, Germany, USA, Singapore, South Africa, Hong Kong, PRC, Japan and more, ages 8-84, crossing the 3,000 meter swim course for fun and fitness on September 26, 2004 in Taiwan.

That's right – it's not a race, it's a true happening, a celebration of swimming for all.

Sun Moon Lake is located in Nan Tau County in Central Taiwan. It is a mountain-fed lake with unparalleled water quality of 26 degrees Celsius. The organisation is exceptional with over 1800 volunteers including over 350 lifeguards. The river of participants, beginning with the disabled, commences at 7.30 am and finishes safely by 2.00 pm.

For this year's 22nd swim, eleven countries were represented. Whether an open water swimming buff or just a recreational bather, this outing is highly recommended as part of one's aquatic experience. Jin Chi, Deputy Secretary General of the Republic of China Swimming Association said, "You have to see it to believe it."

The annual swim is organised by the Taiwan Masters Swimming Association (TMSA) led by the Puli Four Seasons Masters Swim Club, their Chairman Tsai Shu-Chou and his team of devoted members. Sam Freas and Laurie Marchwinski from the International Swimming Hall of Fame (ISHOF) were honored to be the guests of the TMSA and the Taiwan government to chronicle this phenomenal event.

Article from Tom Logan: courtesy of International Swimming Hall of Fame Newsletter.

Letters to the Editor

Dear Editor,

In the MasterSrawl Calendar of Events, I think it would be helpful to have more closing dates where known. The March issue shows one closing date only, that for the National Long Course Champs in Dunedin in March. Clubs, or regions, who are hosting sanctioned meets knows the date of the meet, therefore should also know their closing date of entries.

Swimmers would then have a guideline, and in some cases, this could determine as to whether or not they could attend.

Deneice Marshall
Napier Masters
Reg # 3757.

Have your say. If you have any comments to make in regards to the world of Masters Swimming, please send them to the editor@nzmastersswimming.org.nz and we will publish at least three letters per edition, more if space permits. Letters must include the writer's full name, NZMS club and membership number. Not all letters will be published, but all letters will be forwarded to the Executive for comment.

Advertise your products or services

Advertising in MasterSrawl 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.



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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 and to 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

**Print this page
and keep it handy**

NZMS Executive

President:
Roger Eagles
president@nzmastersswimming.org.nz

Vice President:
Sue Pollard
vicepresident@nzmastersswimming.org.nz

National Secretary/Recorder:
Rachel Harris
secretary@nzmastersswimming.org.nz

All correspondence should be sent to:

NZMS National Secretary
PO Box 24 340
Royal Oak, Auckland
P: +64 9 624 6552
F: +64 9 624 6553
www.nzmastersswimming.org.nz

Calendar of Events

ENTRY FORMS are on www.nzmastersswimming.org.nz

2005	Event and Contact	Location
June 11	Wanganui Masters Swimmers Club Marie Baker (06 343 2677) Entries close: 1 June 05	Wanganui NZL
June 18	Durham Light Midwinter Meet Greerton Aquatic Centre Enter on the day between 1-2 pm. Tom Cowdell (07) 548-1023	Tauranga NZL
July 2	Napier Annual Sprint Carnival Glenn Able (06 844 3607) glennable@xtra.co.nz Entries close: 11 June 05	Napier NZL
July 2	Manukau Masters Team Challenge Contact Rachel Harris 021 737 034 or rharris@orcon.net.nz	Auckland NZL
July 29 - 30	South Island Short Course Champs JASI Masters, Christchurch Paul McStay (03 351 6837) mcstayjp@inet.net.nz Entries close: 8 July 05	Christchurch NZL
July 22 - 31	6 th World Masters Games www.2005worldmasters.com	Edmonton CAN
September 3	Taupo Masters Spring Fling Thing AC Baths, Taupo Mike Corkin (07 377 3111) mikecorkin@xtra.co.nz Entries close: 12 August 05	Taupo NZL
October 14 - 16	North Island Short Course Champs. Richard Hening Hening@xtra.co.nz	Levin NZL
2006		
February 11	Lake Taupo Dawn to Dusk Swim Ian Farquhar	Taupo NZL
March 24 - 26	NZMS Long Course Nationals North Shore & Manukau Masters Sue Pollard (09)	Auckland NZL
Oct 6 - 8	North Island Short Course Championships 2006 Genesis Energy Recreation Centre, Masterton	Masterton NZL