



Inside This Issue

- [From the Desk of the National Secretary](#)
- [Births, Deaths and Marriages](#)
- [Off the Blocks](#)
- [Life in the Fast Lane](#)
- [Regional News](#)
- [International News](#)
- [Swimming NZ Update](#)
- [FINA Masters Committee](#)
- [Swimming in Syrup](#)
- [Letters to the Editor](#)
- [Calendar of Events](#)

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.

Copyright

All copyright in this newsletter remains the property of New Zealand Masters Swimming Inc (NZMS) and may not be reproduced without the prior permission of NZMS.

AUTUMN ISSUE – MARCH 2005

Membership List:

The renewal of 2004 subs is now overdue. If any 2004 financial members mention they have not received this edition of Masterscraw! it may be that they have not renewed their subs.

Due to limited space, below is a breakdown of the 4 largest clubs per region and total numbers per region of financial members as at 22 February 2005:

Northern:	275
North Shore	65
Team Auckland	40
South City	37
Manukau	35

Districts:	139
Durham Light	38
Taupo	19
Hamilton	14
Katikati	14

Central:	124
Wanganui	27
Seals	25
Napier	18
Makino	16

Capital:	98
Harbour Capital	29
Levin	21
Masterton	15
Raumati	10

Southern:	178
Dunedin	43
Jasi	22
QEII	19
Wharenui	15

Thank you to all Club Secretaries who actively promote NZMS in their area – this may be reflected in the numbers above. To our new members – we hope you have lots of fun, make new friendships and gain a little fitness along the way.



From the Desk of the National Secretary



NZMS National Secretary
PO Box 57112,
Owairaka,
Auckland 1030
P: +64 9 626 6396

secretary@nzmastersswimming.org.nz

Greetings everyone – this is the last time as National Secretary. A change in my personal circumstances has meant that I no longer have the hours in the day necessary to do this job to my satisfaction. I have been a 'Secretary of something' for 50 years now and its time for "Jan time" – time to scan and catalogue 82 photo albums just for starters.

It's the beginning of February as I sit here writing this article and it's at this time of the year that I envy people who have a pool in their backyard. For months we have moaned about the temperature, wind and rain and now its time to grizzle about the heat and humidity – swimming is a great sport during the summer.

The *NZMS Swimmer of the Year* has been chosen and the trophy will be presented at the Nationals. Only 3 nominations were received which was disappointing but all three were of a high standard and the final choice was not easy.

Life and Service Awards were also discussed at the January Executive meeting and again the number of nominations received was disappointing. However all applicants were of a very high standard and I am pleased to announce that 3 Life Members and 4 Service Awards were granted. The recipients will receive their Awards either at the National Championships or through their Club Secretary. A list of awardees will be published in the June MasterScrawl.



Issue. 164 - Autumn 2005

Executive have been discussing the idea of providing Tee-shirts and/ or Polo shirts for sale to members, who, in turn, could arrange to have their club name printed below the NZMS logo. Ingrid Saxton has done the groundwork for this idea but she needs someone to take over and bring the project to fruition. Can you assist?

Arrangements for the 1st Oceania Masters Swim Champs in Fiji in June are progressing well with a good number of enquiries from around the Pacific for a copy of the [entry book](#). If you need any further information contact [Lyll Mortimer](#).

Executive understands that the present distribution of MasterScrawl is not to everyone's liking. Some of the emails received by the Editor and myself have been downright rude – its unbelievable that some members think they are the only people in our organisation. However we are investigating the cost of printing and distribution by several firms who specialise in this type of work.

If you feel that you could assist our organisation by spending approximately three days every three months organising labels, stuffing MasterScrawl and flyers in envelopes, then please contact me as I would love to hear from you before the AGM.

In order to have better communication with members, the decision has been made to put the Minutes of the Executive meetings onto the website. These will be posted approximately 1 week

before MasterScrawl comes out.

2005 AGM – this will be held from 9.30 am on Friday 18th March at the Pacific Park Hotel, Dunedin. If you wish to attend please do so – we would welcome your input.

The Open Water Swimming and Swimming Committee meetings have been held. A paper detailing symptoms and how to treat hypothermia and coaching clinics are in the pipeline with further details being discussed by members of the respective committees.

The National Open Water Swimming Champs set down for Nelson were postponed due to personal reasons of the organiser. It may be possible to reschedule for the end of March. Keep watching the NZMS Website.

I have enjoyed the last 11 years of my involvement as National Secretary and now look forward to having some spare time to indulge myself more in the pool and at the beach.

Jan Fulton
National Secretary

Editor: Jan, our sincere thanks for all you have done over the past decade, you have been the glue holding this organisation together.

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.

Births, Deaths and Marriages



Mick Shanahan passed away early in 2005. Mick had been involved with swimming both as a competitor and administrator for over 50 years and gave willingly of his time as Hon. Solicitor for NZMS.

Audrey Haynes, first Secretary/ Treasurer of NZMS from 1977-1980 passed away on the 2nd January. Audrey was a keen bowler, gardener and Master swimmer and will be missed by all her friends at the Roskill Club.

Richards / O'Donohue

Roberta Richards surprised long time partner Paul O'Donohue when she asked him to MARRY ME at the Hilton Hotel in Auckland on the 15th January. Roberta stood with a sign saying 'Marry Me' and of course, he said yes!!! He thought he was going to an anniversary dinner. Roberta and Paul were attended by Roberta's children, Grant was bestman, Lathan, gave her away and daughter Dayna was flowergirl.

Roberta says, "our surname is O'Donohue, but I am keeping the Richards surname in Swimming.

Congratulations to you both. And well done Paul – only a very silly man would say "No thanks, not tonight!"



International sign for 'Marriage'.



Issue. 164 - Autumn 2005

Off the Blocks

No 4 in a series of articles
by Rick Faulding



Rick, a member of Manukau Masters, is a PE teacher at St. Kentigern College in Auckland. He has a degree in Physical Education from Otago, majoring in Sports Physiology. He has a number of "Top 10" world rankings and NZMS records.

Previous articles in this series have dealt with training and fitness in the unending quest most of us have to swim faster, whatever the distance. Our preparation would be incomplete, however, without giving some attention to three areas of pool racing that can have considerable bearing on your performance: starts, turns and finishes.

With some important races ahead, including the Nationals, this article may serve as a 'starter-pack' for beginners and a refresher for others.

A search on the www.fina.org/swimrules site revealed the sequence of the correct procedure as follows:

➤ The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive. On the long whistle

from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

➤ The start in backstroke and medley relay races shall be from the water. At the referee's first long whistle the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

Knowing what to do is good, but knowing how to do it well is even better. So in the crouched position just prior to the horn going your weight should be as far forward as possible while retaining your balance. The one leg forward, one back, 'track start' along with the hands grabbing the edge next to your toes is generally regarded as a little quicker than the traditional stance of both feet at the front of the blocks. In the track start the back leg pushes hard, giving momentum, just before the front leg extends in an explosive manner driving the body forward..

Assuming a pike position once the body is in full flight ensures the body enters the water with a minimum of resistance to slow it down. The trick is to get the body to enter into the 'hole' created by the extended arms and hands. As the body enters the water it flows into the horizontal position remaining streamlined. The legs commence a vigorous kicking action as speed from the dive reduces. Stroking starts as the head emerges and it is particularly important to do at least 4 strokes before breathing,

especially if the event is 100 metres or less.

The big tip with starting, I believe, is being mentally ready, (otherwise known as anticipation) so that the body uncoils in a reactionary manner rather than a processed one.

Tumble turns are obviously quicker than any other method of changing direction so learning to do this efficiently is certainly time well spent. Legs should go over the body fully tucked which is quicker than the older method of keeping the legs relatively straight. Don't slow up before going into the somersault position. Once the feet make contact with the wall drive the legs forcefully against the wall while staying streamlined and resist taking a breath until at least a couple of full and powerful strokes are taken. Like most skilful actions, practice makes perfect. Thankfully you will get plenty of opportunity as you do your workouts. Don't underestimate the time advantage a slick turn can give you.

Finishing is something that has often been underrated by Master swimmers and can be an area where gains are to be found. Driving hard in to the wall over the last 5 metres or so can often mean the difference between a PB, or not. Restricting breathing, despite every instinct telling you otherwise, can help. This is because turning the head for a breath has a modest slowing down effect and because increased oxygen debt at that point can be repaid promptly once the hand has touched anyway. The final fling of the hand for the touch is crucial too. An added stretch (hyper-extending the shoulder) can be quicker than doing another stroke or half stroke. Again, this should be practised in training so it becomes instinctive. How many times have you completed an effort swim in training and just petered out as the wall approaches, rather than finishing with purpose. It is easy to slip into this sloppy practise, especially in a crowded lane. Do in training as you plan to do in your race and the results will come.

Rick Faulding



Issue. 164 - Autumn 2005

REGIONAL NEWS



Mid Winter Meet moved....

Hamilton Masters have changed the date of their Mid Winter Xmas Meet to **Saturday 18th June** so as not to conflict with the Napier meet in July.

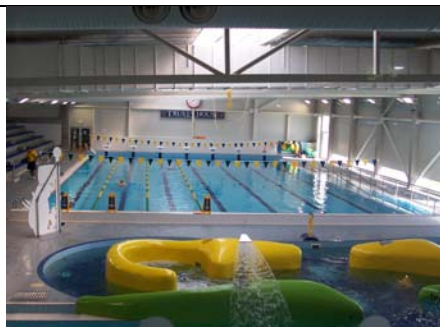
Entry forms are on the NZMS website or contact Carolyn Edwards on cedwards@hortresearch.co.nz

New Indoor Pool for Masterton – Hosts of 2006 NISCC

Genesis Energy Recreation Centre

Masterton will host the 2006 North Island Short Course Champs in its new indoor complex.

In 1999 the Masterton District Council identified the need for an upgrade at Masterton's indoor pools. From the very beginning the Council and associated contractors did their utmost to work with the community in developing a centre that would meet the wants and needs of the various user groups. Masterton now has a recreation centre that is something to be proud of and that will service the community for many years to come.



The design is by leading architects Warren and Mahoney; the firm behind Wellington's award winning Westpac Stadium, home of the HURRICANES.

Beca Carter Hollings and Ferner Ltd were the principal consultants from the project's inception, with the pool and complex being built by Mainzeal construction.

The complex now comprises 2 x 25 metre pools, one of which is the old 5 lane pool with a constant depth overall. The "new" 25 metre pool (Photo attached) is 7 lanes wide and varies in depth from 1.2 metres to 1.8 metres. Incorporated in the new facility is a rapid lazy river with 2 swirl pools, a leisure pool, which doubles as a learn to swim pool, an adult and children's spa pools, encompassing features, hydro slide and sauna. A wholly new 300m² Health and Fitness Centre now occupies a mezzanine floor above the reception area on the eastern side of the building, with views over the interior pool hall.



Brian Bourke, (at microphone) Chairman of Trust House (Principal Sponsor) and President of Masterton Masters Swimming at the opening of the new Masterton Pool.

The centre was opened on the 27 November 2004 by the Minister of Sport, the Hon. Trevor Mallard; Genesis Chief Executive Murray

Jackson; Brian Bourke, Chairman of Trust House (Principal Sponsor) and President of Masterton Masters Swimming. The day was even more special for Brian as he was also celebrating his birthday.

It is a credit to the Centre that so many businesses, swimming clubs, families and individuals offered their support for the Centre from the very beginning. While the entire project cost around \$7.7million, sponsorship contributed to \$3.6million of this figure. In essence, the recreation centre has been built by the community and that is something we are proud of.

Masterton Masters now enjoy training in the new pool and are looking forward to seeing our fellow Master swimmers at the **Shear Magic Carnival** on the 23rd April 2005, entry forms are now on the NZMS website. If you can't make this one, see you at next year's North Island Short Course Champs over the weekend of 5–7 October 2006.

Graeme Corrin
Masterton Masters

Camaraderie in Christchurch

NZMS clubs in Christchurch ran an interclub competition for all swimmers aged over 20 years old. The meet was initiated by JASI with a trophy donated by JASI club member Pat Farr, to be awarded to the club with the most points at the end of the series. Four clubs, JASI, Wharenui, Kaiapoi/Pioneer and QE2, each hosted a meet throughout the year, with points awarded for 1st, 2nd, 3rd and 4th for each event.

The key was for clubs to have at least one swimmer in every event so that points were gained for every race. This ensured as many swimmers as possible participated which hopefully encouraged more people to participate in other NZMS events. No timekeeping was required which kept things nice and simple.



Official Newsletter — New Zealand Masters Swimming Inc

MasterScrawl

Page 5

Issue. 164 - Autumn 2005

The hosting club bore the costs of the meet allowing free entry for everyone. Sponsorship and raffles helped to offset any costs incurred in running the meets.

Each meet comprised of 45 events in 10 year bands, male and female, with 50m and 100m of 2 strokes for one meet and alternate strokes for the following meet. It took approximately 2 hours to complete the meet, followed by a social function at a local bar with nibbles provided by the host club.

It was a closely fought series with Wharenui just pipping JASI in the final meet hosted by Wharenui. QE2 and Kaiapoi/Pioneer were also very evenly matched but suffered in the points tally by not having swimmers in every race. The number of swimmers participating varied throughout the series but generally around 75 swimmers took part. This coming year we hope to have over 100 taking part.

It was a lot of fun, with no pressure, and a perfect opportunity to foster club spirit and promote Masters swimming in the region. Many Masters Swimmers are generally not interested in competitive swimming but this type of event provides a different emphasis as you are competing as a team and not an individual.

My father has now taken up an annual membership at Kaiapoi Pool and trains at least 3 times a week. He says he feels much better for the regular exercise.

Julien van Dyk

Kaiapoi/Pioneer Masters



Above photo is of 3 generations of van Dyk, all competing at the final Meet. They are yours truly, my father John and my daughter Karena.

Under the Umbrella at Cambridge

It was a lovely New Zealand day, inviting pool and good friends! Who would exchange that for a trip to Italy?

Yes, Cambridge Masters 21st Sanctioned Long Course Meet had everything. The conditions were right, the water beautiful and no fewer than 12 Age Group records were toppled.

The morning programme started on time with the experienced Cambridge poolside team slipping gently into organised gear under the direction of Meet Manager John Overwater.

Good swimming saw an excellent 1500m result for Team Auckland's Steven Saxton whose time of 20.09 reflected his super style.

The lunch break was a lovely relaxed hour of eating, swimming and chatting whilst keeping in the shade! The afternoon's programme started a real record breaking rush.

Sid Salek: 75-79 yrs, Durham Light
1500m freestyle 29.05.51
800m freestyle 15.26.59
400m freestyle 7.01.26

Alwyn Manley: 80-84 yrs, Roskill:
50m breaststroke 2.16.00
100m breaststroke 2.03.95
200m breaststroke 4.36.95

Eleanor Pinfold: 55-59 yrs, Hamilton:
100m freestyle 1.15.83
200m freestyle 2.50.00

Jo Matthews: 50-54yrs, Masterton
200 butterfly 3.16.81

Nadine Royle 40-45yrs, Manurewa
50m breaststroke 40.34.0

Peter Wilkinson: 65-69 yrs, Nthland
100m freestyle 1.13.48

Julie Gunthorpe: 55-59 yrs, Nthshore
200 backstroke 3.14.50

The day finished with the usual prize-giving, ribaldry and fun induced by the Cambridge Club's 80 years young Patron John Ryan. The Competitor's Draw for a television set was won by Kim Sanderson of the Katikati Club. A barbecue rounded off the 21st Birthday Meet and the Cambridge Club now looks forward to number 22!

A full set of results will be available from the NZMS website shortly.



Pictured is Tom Logan (seated in white) and John Ryan (standing in blue) with friends.

Peggy Farr
Cambridge Masters

Taupo Masters Entertain Again

They just love a good party so much in Taupo that the club is hosting another sanctioned meet on the **3rd September** – this time it's a half day meet with a huge "Spring Fling" party on the Saturday night organised by none other than Mr Tony "party-on-down" Roddan. The feature event will be Taupo's famous six pack relay with the most amazing prizes for the "best dressed" club team.

Further details about the actual swimming will follow in the June MasterScrawl.

Mike Corkin
Taupo Masters



Issue. 164 - Autumn 2005

Norm Byrnes receives Rotary Club Award

Norm Byrnes of Makino Masters (Fielding) has been recognised by the Rotary Clubs of Fielding and Makino for his long service to the Dolphin Swimming Club. Norm has been an active member of the club since 1963 and was made a Life Member in 1982. In the time he has been associated with the club he has assisted with coaching improvers and competitive swimmers (including Masters) and has been a member of the Committee including a stint as President.

In 1970 Norm received a Manawatu Service Award, and then in 1984 he was awarded the Manawatu Honours Award. He was awarded Life Membership in 2000.

Norm, pictured below, was presented with a scroll with a clear etched plaque on a wooden base from his Worship the Mayor – Ian McKelvie (Manawatu District Council). Norm is still coaching Dolphin Club's top swimmers.



Congratulation Norm, we are very proud to have you in our ranks.

Pam Workman
Makino Masters

Capital Region Delegates Meeting @ HCM Fun Day Swim and BBQ

It was a record turnout this year, as 4 clubs representatives from the Capital Region got together to discuss issues such as how to vote at the up-coming AGM in Dunedin on 18th March.

On her first assignment as the newly appointed Editor for the Capital Region, Christine Kingsbeer captured the regional delegates at the meeting. Has your region had its meeting yet?



Around the table L-R: Tim Whitehead (in red), Jim Fraser, Kaye Whitehead, Andrew Gabites, Lyall Mortimer, Margaret Francis, Ingrid Saxton, Christine Kingsbeer (in white).



The meeting was held on Saturday 26th February at Thorndon Pool where Harbour Capital Masters hosted its Family Fun Day swim and BBQ. The weather was its usual "a perfect Wellington summers day" but a number of swimmers from around the region turned up to splash, dash and share in fun around the BBQ.

Some mistakes are too much fun to only make once.

Life in the Fast Lane

No 5 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.

First Timers

This one is for those of you that don't yet compete.

I was recently asked an interesting question by a person who trains with me but never competes. She said "I'd do a competition if it wasn't for the nerves, how do you make them go away?" It made me think about the whole "fear" aspect of competition and I discussed the idea with a number of other Masters swimmers. We all concluded that we were all nervous before a race irrespective of the event, the level of competition, the conditions or even our own fitness. What I think is even more significant is that we all agreed that we've never tried to make the nerves go away.

If we try to analyse what we are nervous about we'll come up with many different answers. Fear of losing, fear of being disqualified, fear of not being able to finish the race, fear of the pain we are about to experience, even the fear of looking foolish. I'm sure it's different for different people but I've recently done



Issue. 164 - Autumn 2005

an event where I was the only person competing in it and I was still nervous so I don't think I'm afraid of losing. I think the fear of being disqualified isn't one that worries me before a race - in fact it works in reverse because that fear makes me concentrate even more during training.

Sometimes the fear of the pain or the fear of not being able to finish (actually they are closely connected) are very real, especially if I'm doing a 400m or 1500m event which requires pacing. If you go out too hard then the second half of the race can be very painful, however, again, I think this fear motivates me to concentrate even harder on the pace work I do in training so I don't think that one troubles me much in races these days either.

That only leaves the fear of looking foolish or to put it another way the fear of being seen by other people to have failed in some way. If we look at what stops salesmen from selling it's usually either the fear of rejection (which fortunately as swimmers we don't have to contend with) or the same fear of failure. In fact in any walk of life the fear of failure is usually the thing that holds most people back from even attempting something. I put this to the woman who wanted to get rid of the nerves and she agreed that her problem was fear of failure.

Now the interesting thing here is she's had no experience of swimming a race.

In fact she'd never even been to a Masters event. She'd never done a swim

under race conditions so she had no personal best and didn't know the standard of any of the people she'd have to swim against. So just how would she know that she had failed? What experience is she drawing on to make the judgement that her attempt was not a success? When I questioned her at length she told me that she assumed that everyone at a Masters event was a super fit, ex-Olympic swimmer, who trained 5 times a week, swimming world record times at every competition they attend. Now those of you that do competitions regularly know that nothing could be further from the truth! Many Masters swimmers swim purely for the social aspect of the sport – the after event parties are great! Some even train and compete just so that they can go out and drink with the team! Even at the World Champs in Italy last year in some races nearly a third of all the people competing didn't even make the qualifying time.

This woman had made her judgement about her ability to achieve something based on guesswork and, as is usually the case, she'd made an extremely bad guess. I've heard fear described as **False Expectations Appearing Real** which applies perfectly in this case. This woman invented false information in her mind and then assumed that this information was real. She then made her decision based on this rubbish that she'd made up! The worst thing about this is that this is the way most of us work. If you are reading this and you haven't ever swum in a masters competition, let me ask you a question. Why not? Is it because you've assumed similar things to the woman I've been talking about? Are you scared that you'd make a fool of yourself amongst all these super fit ex-Olympians? If you think of yourself swimming in a race do you picture yourself coming last by 10 minutes and everyone laughing at you? Just how have you made that judgement? What information have you used to make your decision?

If that is a description of your thinking then perhaps you could try making

some decisions using the following ideas: Swimming in races at a Masters event might be fun. There might be a great social side to the events that I've never even considered before. I might meet some really nice people that have similar fears and aspirations to me. I might actually enjoy swimming and learning what I'm really capable of. Perhaps I won't come last in every event and one day I could even win a medal. I may even enjoy the concept of setting new personal best times and completing events that are new and challenging to me. It might give me a bit more motivation to go training more often which would help with my weight and fitness. It might even help my levels of motivation in other aspects of my life. Masters swimming competition could open up all sorts of doors to me that I'd never even considered before.

The woman who asked me the question eventually took the plunge, tried swimming in an event and now they can't keep her away. Perhaps you'd enjoy it too.

John Shackleton
www.johnshack.com

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



Issue. 164 - Autumn 2005

HOUSE OF TRAVEL

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.

- Oceania Masters Swim Champs, Suva, Fiji
10 – 13 June 2005
- World Masters Games Edmonton, Canada
22-31 July 2005
- Rendezvous Montréal 2006 worlds largest gay and lesbian sports event Montreal, Canada
29 Jul – 5 Aug 2006
- 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.

HOUSE OF TRAVEL

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

International News

1st Oceania Masters Swim Meet, 10-13 June, Suva Fiji

Bula - we're off to escape a cold NZ winter for 10 days in June. The tickets are booked, the entry form is ready to post and the girlfriends have their sarongs and bikini all colour coordinated.

What could be more sublime than to lie under a coconut tree, G&T in one hand, and a good book in the other? You too could combine a tropical island holiday in the sun with a little Masters Swimming at the Inaugural Oceania Masters Swimming Championships in Suva, Fiji over the weekend of **Friday 10 June to Monday 13 June 2005**.

Fly to Fiji, staying in Suva for a few days and be part of the 1st Oceania Masters Championships. Travel to one of the many wonderful resorts or exotic islands Fiji has to offer for a "before or after swim" holiday.



Hosted by Fiji Swimming Association with assistance from NZ Masters Swimming, under the auspices of the Oceania Swimming Association, this event is open to all registered swimmers 25 years and over. To date, this inaugural event is attracting competitors from the USA, Hawaii, New Caledonia, Japan, Australia and South Africa.

This will be a very relaxed and fun filled meet with plenty of time to mix and meet new friends in the beautiful surroundings of the National Aquatic Centre in Laucala Bay Road, Suva. The focus is to promote participation in Masters Swimming in the Oceania region.

The swim program will cover all strokes and distances from 50m to 200m plus 400m IM, 400m free and 800m free, with competition being held on Friday 10th, Saturday 11th and Sunday 12th June. The 800/400m freestyle pool event will be on Friday and due to tides, a 3km Open Water Harbour Swim will be held on the morning of Monday 13th June.

The official [entry book](#) is available from our website or contact [Lyall Mortimer](#) to arrange for a copy to be posted to you.

Entries for this event close on **Sunday 1st May** so please post your entry form in early.

As you know, Masters is not all about swimming – there will be a 'happy hour' or two, following each of the swim session which will give you plenty of opportunity to make new friends from far away places. A dinner, consisting traditional Fijian lovo, mixed with Chinese and Indian dishes will be held on the **Sunday** night.

We look forward to seeing you in Fiji.

Ingrid Saxton
Member of Oceania Masters
Championships Organising Committee

SNZ UPDATE

Dear NZ Masters Members



It's with pleasure that I provide this update to the NZMS members on recent happenings in world of Swimming NZ.

It was a great Christmas for SNZ with 4.5 million dollars (over 4 years) of guaranteed investment from SPARC in our stocking. This most certainly will lay the platform from which to seriously begin to make a difference to swimming in NZ.

A direct outcome of the high performance investment by SPARC



Issue. 164 - Autumn 2005

has been the recent signing of the Performance Centre (PC) in Tauranga and High Performance Centre (HPC) are a huge coup for SNZ. The PC and HPC concepts, developed by SNZ Director of Coaching Clive Rushton two years ago, is aimed at focused, high quality coaching programmes in a top shelf training environment. SNZ, in partnership with key local organisations and coaches, will provide significant investment and is the culmination of many months of planning and negotiation.

The innovative concept ensures swimmer-coach ratio is limited to eight swimmers per coach, and no more than 2.5 swimmers per lane. The training sessions begin later than the usual 5am squad times and with more access to better facilities. In return the programme receives direct funding support for the key resource - the coach - as opposed to bricks and mortar. Coaches are a fundamental part of the SNZ High Performance Plan and it's great to be able to recognise their efforts and contribution to swimming in NZ. The challenge has been set for other coaching programmes around NZ to create an environment worthy of future investment. This is an area that perhaps we can work on with NZMS.

The past few months have seen some exceptional swimming results from our High Performance swimmers. This is especially pleasing so soon after the Olympics. Elite and Youth swimmers are consistently improving their times and winning International races. Coaches and athletes

around the country are resolving to do better and bigger things in 2005. Numerous NZ records and relay medals at international meets are an indication of our sport programme is tracking in the right direction. Maintaining this momentum is the challenge.

Special acknowledgement also needs to be made to the Southern Trust who are contributing vital funding towards our education programmes. Without this support our education programmes could simply not be delivered.

SNZ are committed to the critical role we play in the NZ community upskilling swim teachers and coaches who in turn provide the life skill of swimming to hundreds of thousands of NZers! The exciting new Infant and Pre-School course is under development through another key partnership with Water Safety NZ. This is an example of SNZ's desire to continue to deliver the best swimming education qualifications in NZ. SNZ is working on some exciting new initiatives for swimming education and the 'living' side of our purpose. Watch this space!

One of the most enjoyable parts of my role is traveling to the regions to meet and talk with key stakeholders like NZ Masters Swimming. I'm looking forward to meeting the Executive and I am confident our organisations can work closer together in the future for the benefit of swimming in NZ.

Paul Veric
Chief Executive
Swimming NZ

FINA Masters Committee

I've been asked what Lyall Mortimer does on the FINA Masters Committee and how did he get onto this Committee? So, I decided to ask Lyall - here's what he had to say.

Editor: Lyall, can you please explain to our members what the FINA Masters Committee is all about?



Photo of Lyall Mortimer with Maria Zenk (Brazil) at the Masters International Swimming Hall of Fame Dinner in Riccione, Italy.

Lyall: The FINA Bureau has a number of '*standing committee*'s of which the Masters Committee is one. The Bureau appoints committee members every four years.

The FINA Masters Committee is responsible for the successful operation of the FINA Masters World Championships. It also makes recommendations to the Bureau on rules and other matters referred to it by the Bureau. The Committee consists of twelve members from the five regions that make up FINA, i.e. Africa, Europe, Asia, Americas and Oceania with some regions having more than one member. Currently the Oceania region has two members, Ivan Wingate from Australia and me. The Oceania representatives could come from any of the Oceania member nations i.e. American Samoa, Australia, Cook Islands, Federated States of Micronesia, Fiji, Guam, Marshall Islands, New Zealand, Northern Marianas, Palau, Papua New Guinea, Samoa, Tahiti.

Editor: If I understand this correctly, then you don't represent NZ as a delegate for NZMS?

Lyall: No I am one of the two Oceania members on the committee. I am on the committee for my expertise in swimming administration. Currently I am one of only four members on the committee who are active Master swimmers so I see my role as important to represent master's views.



Issue. 164 - Autumn 2005

Editor: If the FINA Bureau appoints the committee, how did you get to be nominated in the first place?

Lyall: My name was put forward, and supported by NZSF, as successor to Tom Logan when he stepped down in 1997. I am currently serving my second term on this committee. At the time of my appointment to the Masters Committee I was a member of the NZS Federation Board.

Editor: I believe that members of the Masters Committee are expected to have particular areas of expertise so that they can contribute in a "hands-on" capacity at major events. What are your areas of expertise and how much time do you spend on committee duties/business?

Lyall: Yes, members of the committee have to be knowledgeable in one of the disciplines (e.g. swimming, water polo, synchro, diving), and to be available to attend committee meetings. I hold national qualifications as a Timekeeper and Starter and have been involved in many different roles in swimming administration for over 30 years.

Throughout the year subcommittee work is undertaken by email. I am currently on a subcommittee reviewing the Masters rules and blending the elite rules into one Masters Section in the FINA Handbook. I am also involved in writing guidelines on Open Water Swimming. In my first term on the Committee I was responsible for rewriting the "FINA Guide for the Conduct of Masters Swimming Events".

Editor: How often does the Committee meet and what does it do?

Lyall: The most important meeting is at the FINA Masters World Champs where each member is involved in some official capacity at the Championships, often duration of the event, which can be up to thirteen days of competition. The Committee reviews the progress and organisation of the World Championships and is part of the Management Committee. This involves a lot of work supervising and advising the organising committee. The committee also makes up the Appeal Authority who deals with any protests at the Championships. In Italy last year, I worked as one of the pool supervisors at the main pool for the first five days until I went to set up and supervise the water polo competition at San Marino.

Another meeting is held during the years in-between the Championships. Attending these committee meetings involves taking considerable personal annual leave, as it can take five to six days, depending on how much travel is involved.

Editor: What are the benefits to NZMS by having a New Zealander on this committee?

Lyall: New Zealand, Australian and the USA Masters Swimming organisations are similar in the way they exist as an autonomous Masters organisation. They do not come under the National Swimming Federations. In most other countries the Masters organisation has a link to, and is often under the umbrella of the National Federation. Many pay subs directly to the National Federation. It is highly desirable for NZ to have a member on this committee as a voice for our type of stand-alone organisational structure.

Editor: What does it cost our members and/or NZMS for having you on this committee?

Lyall: There is no direct cost to NZMS. NZMS contributes to the share of the FINA affiliation fee paid by the National Federation – a sum of 200

Swiss francs per year. All other costs are either paid by FINA or met directly by me.

Editor: So where does Bill Matson, in his role as Bureau Liaison, tie into your role on the Committee?

Lyall: Bill is a member of the FINA Bureau, elected as an Oceania member through the Oceania Swimming Association. The Bureau is the decision making part of the organisation. All Committee decisions have to be approved by the Bureau before they take effect. Bill was appointed as the Bureau Liaison to the Masters Committee in 2000. He provides valuable advice and guidance to the Committee and reports on Masters Committee activities to each Bureau meeting. As you know, Bill is currently working with us on promoting Masters Swimming in the Oceania region through the swim meet in Fiji in June.

Editor: Thank you Lyall – this explains your role and the work of the Masters Committee nicely. We are fortunate in having your expertise and international knowledge to tap into. We wish you well.

Did you know.....

That our President for the past 2 years is actually a doctor? He's Dr Rick McGovern Wilson, and he has a professional interest in old things.



Rick holds a doctorate in archaeology and works for the NZ Historic Places Trust based in Wellington as one of their archaeologists.

No wonder Rick loves Masters Swimming – to him we're just another old relic!

If you know of someone in NZMS who has an interesting job or role in the community, then please write an article about them and include a couple of photos and we can print it here to share with others.



Issue. 164 - Autumn 2005

Swimming in syrup is as easy as water

You can swim just as fast in a pool of gloop.



Water: good for swimming in, but no better than syrup.

Do humans swim slower in syrup than in water? It's a question that has taxed generations of the finest minds in physics. And since you ask, the answer is no.

Scientists have filled a swimming pool with a syrupy mixture and proved it. "What appealed was the bizarreness of the idea," says Edward Cussler of the University of Minnesota, Minneapolis, who led the experiment. It's a question that also fascinated his student Brian Gteltfinger, a competitive swimmer who narrowly missed out on a place at the Athens Olympic Games in 2004.

Cussler and Gteltfinger took more than 300 kilograms of guar gum, an edible thickening agent found in salad dressings, ice cream and shampoo, and dumped it into a 25-metre swimming pool, creating a gloopy liquid twice as thick as water. "The fluid looked like snot. I don't know how to describe it any more poetically" says Cussler.

The pair then asked 16 volunteers, a mix of both competitive and recreational swimmers, to swim in a regular pool and then in the guar syrup pool. Whatever strokes they used, the swimmers' times differed by no more than 4%, with neither water nor syrup producing consistently faster times, the researchers report in the *Institute of Chemical Engineers Journal*.

Planning permission

The most troublesome part of the experiment was getting permission to do it in the first place. Cussler and Gteltfinger had to obtain 22 separate kinds of approval, including persuading the local authorities that it was okay to put their syrup down the drain afterwards.

But it was worth the hassle, Cussler says, not least because his quest for an answer made him something of a celebrity on campus. "The whole university was arguing about it," he recalls. "It was absolutely hilarious." But while it might sound like a trivial question, the principle is actually fundamental. Isaac Newton and his contemporary Christiaan Huygens argued the toss over it back in the 17th century while Newton was writing his *Principia Mathematica*, which sets out many of the laws of physics. Newton thought that an object's speed through a fluid would depend on its viscosity, whereas Huygens thought it would not. In the end, Newton included both versions in his text.

Hamstrung by their lack of access to guar gum or competitive swimmers, Newton's and Huygens' work was mainly theoretical. Cussler's demonstration shows that Huygens was right, at least for human-sized projectiles. The reason, explains Cussler, is that while you experience more "viscous drag" (basically friction from your movement through the fluid) as the water gets thicker, you generate more forwards force from every stroke. The two effects cancel each other out.

That's not always the case. Below a certain threshold of speed and size,

viscous drag becomes the dominant force, making gloopy fluids more difficult to swim through. Had Cussler done his experiment on swimming bacteria instead of humans, he would have recorded much slower times in syrup than in water.

But for humans, speed depends not on what you swim in, but on what shape you are. Once the effects on thrust and friction have been cancelled out, the predominant force that remains is 'form drag'. This is due to the frontal area presented by a body - try running with a large newspaper held in front of you and see how much more difficult it is.

So the perfect swimmer, whether in water or syrup, has powerful muscles but a narrow frontal profile. "The best swimmer should have the body of a snake and the arms of a gorilla," recommends Cussler.

Article provided by Mike Bodger

source: [Nature](http://www.nature.com)

<http://www.nature.com>

Results of Lake Taupo Dawn to Dusk Swim 12 February 2005

The results from this years relay are below. The open and age relay was won by a team from Melbourne namely the "Brighton Icebergers in a time of 8 hours 34m 30 secs. The team was made up of:

Andrew Miller
Terry Fox
Ian Lynch
David Verlinden
Robert Hooper
Paul Percy

The winning time was followed by a kiwi team the "Pukawa Bay Marlins" from Auckland in a time of 8.51.26, the team was made up by:

Matt Fox
Blair Gason
Charlie Veal
Brad Dixon
Janette Barrow



Issue. 164 - Autumn 2005

The event had two teams from Australia and one international team made up of an Aussie, Canadian English and Kiwi.

The event was also notable in that a team of swimmers from Hamilton with ages of 10, 12, 12, 12, 12 and 17 also finished close behind a team of mothers with an average age of 42.



Next years event will probably be held on **Saturday 11 February**, so mark your diary now.

Ian Farquhar
Event Organiser
IDFarks@xtra.co.nz

Birthdays are good for you. The more you have, the longer you live.

Letters to the Editor

Dear Editor

The following is a note to see if we can generate some interest amongst our members regarding the next World Champs in San Francisco, USA. As we noticed at the last World Champs, Kiwi's do fly - maybe we can entice a few more to join us.

FINA WORLD MASTERS SWIMMING CHAMPS San Francisco, USA – 2006

We at Manukau Masters are about to kick off our campaign for San Francisco. We were fairly successful in raising funds for those who traveled to Italy from our club and as I mentioned in a recent MasterScrawl I am keen on getting a 'national' campaign up and running to benefit all our members those want to travel to San Francisco from New Zealand.

I am more than happy to spearhead the campaign along with any others who wish to volunteer a bit of time and effort to get things going. We are asking people to register their names with us if they are interested in attending to the World Champs in SF.

We encourage people to register their interest early even if they are not sure whether they will go – it may be just a bit of an ambitious goal or pipe dream, but register anyway. It's amazing how a little commitment early on can make a big difference when it comes to financing a trip like this. We will then keep everyone in the loop with information and fundraising events etc. We have a website that we will use to detail information on the plans for San Francisco and an email mailout to keep everyone up-to-date.

Information will be available from www.flyingturtles.orcon.net.nz or you can contact us on the following email address at fturtles@orcon.net.nz

If any one has any questions they can also contact me on my mobile on 021 737 034. We look forward to having you involved!!

Rachel Harris
Manukau Masters

Flying Turtles
P O Box 24 340
Royal Oak
Auckland
Phone: 021 737 034
Fax: 09 624 6553
Email: fturtles@orcon.net.nz

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

Members advertising space is available at a special rate to any financial member of NZMS. Please phone or email the Editor.

Advertising and logo must be sent in electronic format to the Editor before **1 May 2005** for inclusion in the June MasterScrawl.

Commercial advertising in MasterScrawl is also available for 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.



Issue. 164 - Autumn 2005

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:

Rick McGovern Wilson
president@nzmastersswimming.org.nz

Vice President:

Roger Eagles
vicepresident@nzmastersswimming.org.nz

National Secretary/Recorder:

Jan Fulton
secretary@nzmastersswimming.org.nz

All correspondence should be sent to:

NZMS National Secretary
P O Box 57112, Owairaka
Auckland, New Zealand
P: 09 626 6396
www.nzmastersswimming.org.nz

Calendar of Events

ENTRY FORMS are on www.nzmastersswimming.org.nz

2005		Event and Contact	Location	
March	18 - 20	NZMS National Long Course Champs. Entries close 1 March runner_kerry@hotmail.com	Dunedin	NZL
March - Apr	30 2	30 th AUSSI National Swim flyingstart@vision.net.au	Tasmania	OZ
April	23	Shear Magic Sheep Dip Carnival Masterton Indoor Pool. Contact Graeme.corrin@seminis.co.nz	Masterton	NZL
May	7	Roskill Sanctioned Short Course Meet - Email: ij.malone@clear.net.nz P: Julie Malone on (09) 625 1571	Auckland	NZL
June	10 - 13	1 st Oceania Masters Swim Champs Contact Lyall Mortimer (04) 971 2978 or lmortimer@paradise.net.nz	Suva,	FIJI
June	18	Hamilton Masters 3rd Mid Winter Christmas Long Course Meet cedwards@hortresearch.co.nz	Hamilton	NZL
July	2	Napier Annual Sprint Carnival heystack@clear.net.nz	Napier	NZL
	29 - 30	South Island Short Course Champs JASI Masters	Christchurch	NZL
July	22 - 31	6 th World Masters Games www.2005worldmasters.com	Edmonton	CAN
October	14 - 16	North Island Short Course Champs. Contact Richard Hening on Hening@xtra.co.nz	Levin	NZL
2006				
February	11	Lake Taupo Dawn to Dusk Swim	Taupo	NZL
March	24 - 26	NZMS Long Course Nationals North Shore & Manukau Masters Contact Sue Pollard	Auckland	NZL
Oct	6 - 8	North Island Short Course Championships 2006 Genesis Energy Recreation Centre, Masterton	Masterton	NZL