



April 2011

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FROM THE EDITOR:

Deadline for content for next issue of MasterScrawl is:

15 May 2011

The next issue of MasterScrawl is due:

1 June 2011

If you have a great story about a member of NZMS or have an interesting article, with photos, or a copy of an event entry form, please send it to me no later than **15 May 2011**. Late material may not be included.



Ingrid Saxton

Editor, NZMS MasterScrawl

Click [here](#) or email:

news@nzmastersswimming.org.nz

GIRL POWER AT THE NATIONALS



Masters Swimming is about getting in and doing it as soon as you can for long as you are able. We saw a fine example of this at the NZMS Long Course Champs in Hamilton from Kath Johnstone (94) and Joan Bidwell (77) both from North Shore, Auckland. At the other end of the timeline is Claire Hobson (25) from Waitakere here being presented with her medal by Ronnie Stevenson.



It was great to see lots of new faces in the 20 – 24 and 25 – 29 age groups. We need these youngsters to carry on the tradition and with such talented swimmers as Rebecca Clarke and Lauren Greesheilds (Dunedin) and Wendy Oswald (Roskill). For more photos from Hamilton click [here](#)....

FROM THE SECRETARY'S DESK

Michael Bodger – NZMS National Secretary

Greymouth Masters Club: Greymouth Golden Gladiators (GG5) was one of four new clubs to join NZMS in 2010. Their secretary/treasurer is Owen Matheson and their President (and spokesman at the present time) is Peter Walls. Peter is an accomplished Masters swimmer and belonged to Lane 6 club, an offshoot of Wharenui club in Christchurch, and he set NZ records in the mid 1990's. Last year a new 8 lane, 25metre indoor pool opened in Greymouth and on April 30th 2011 Greymouth is hosting a Masters Swim meeting followed by an "after match" function at the Recreation Hotel. The entry form is available on the NZ Masters website www.nzmastersswimming.org.nz and I have sent the entry form to the secretaries of all Region 5 (SI) clubs. Greymouth is hoping that Masters Swimmers will support their inaugural meeting and for Christchurch swimmers it is a great opportunity to compete outside Christchurch while their pools remain closed or with limited access since the earthquake.



Financial Report 2010: The financial review was performed by Quay Accountants in Whakatane and the report can be viewed on the website under 2011 AGM Documentation on the Home page. Also 2010 reports from the President (Roger Eagles), Secretary (Mike Bodger), MasterScrawl Editor (Ingrid Saxton), Webmaster (Andrew Gabites), IT Officer (Lesley Clarke), Swim/Open Water Officer (Lesley Parkin) and the National Recorder (Jan O'Donnell) can be read on the website. These were presented at AGM2011 in Hamilton on 25th March.

2011 Membership: As of 15th March, 593 registrations and membership fees (599 in 2010) had been received.

REGION		TOP 5 CLUBS	
Northern	291	Roskill	52
Districts	125	South City	52
Central	45	North Shore	50
Capital	72	Manukau	35
Southern	60	Team Auckland	33

When paying memberships by direct credit into the NZMS cheque account please remember to send me by email or post, the names and membership numbers of the swimmers who make up the payment.

Overseas Swim Competitions: There are no restrictions on New Zealand Masters members competing in sanctioned Masters events overseas. A copy of their membership card may need to be included with the entry form. These cards may be obtained from the National Secretary (as you will be aware, since 2009 memberships cards have not been sent out routinely to financial Masters swimmers). NZMS is not responsible for organizing entry forms, travel and accommodation for Masters Swimmers competing overseas. Swimmers compete as members of their own Masters club and not NZMS. Nor does NZMS endorse any one travel agency for such events but any travel agency can advertise for business on the NZMS website providing an advertising fee is paid to NZMS



NZMS Delegates and newly elected Executive at the 2011 AGM

L-R: John Trubnick; Mike Bodger (National Secretary); Sue Pollard (President); Diane Crawley; Paul McStay (Vice President); Barry Lake; Roger Eagles; Graeme Corrin; John Fisher; Lesley Clarke and Lesley Parkin.

Regards
Mike Bodger
NZMS National Secretary
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Life Members

In recognition of their dedication, enthusiasm and years of service to NZMS, the following members have been awarded our highest honour:



2005	Tom Logan	(DL2)
	Lyall Mortimer	(HU4)
	Deneice Marshall	(NA3)
2006	Jan Fulton	(RK1)

All nominations for these awards must be made through your club secretary. If you think there is someone in your club who is worthy of an award, then discuss this with your club executive.

Life membership applications must be approved at the AGM. **Service Awards** must be approved by the NZMS Executive. For more information, contact the NZMS National Secretary.

Merchandise

NZMS Bathing Cap & Badges for Sale

Purchase one or two of the NZMS latex bathing caps and/or badges, from Mike Bodger, our National Secretary. These are great items to swap with other swimmers around the pool anywhere in the world.

First time members to NZMS will receive a bathing cap and badge as a 'Welcome to NZMS'.

Bathing Cap: Black latex cap with NZMS logo \$11 + postage

Badges: Gold pin badges with NZMS logo \$5 + postage.

FROM THE ARCHIVES

Why you should swim a 1500m event

Excerpts from an article by the late Wally Martin published in June 1988.

"An increasing number of Master Swimmers when asked "why this event?" will reply "I enjoy swimming the 1500m events" – the best of reasons for entering any event you must admit.

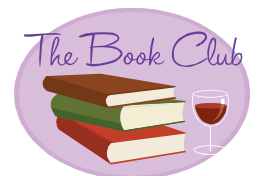
Master swimmers are not there to watch, but to swim, and no other event gives as much swimming for your money. For the host club running the championships these events are creating some problems.

1. Cost of pool hire time makes these events a big drain on finances.
2. An unexciting event for spectators.
3. An ordeal for timekeepers and officials due to time involved

So how best to cater for these opposing interests? Wally asked for feedback on how best to cater for this event as coaches advise distance swimming for health and improved performance. We all know now the popularity of distance events particularly open water with large numbers of swimmers enjoying a range of distances up to 10km. Cambridge Club took up Wally's suggestion to hold a 1500m at their annual event.

There are postal meets which cover this distance, but because of time/cost constraints the 1500m is not always being held competitively. I agree with Wally that every opportunity should be made to ensure the event is held regularly and repeat his words 'no other event gives as much swimming for your money.'

Lesley Parkin, Archives Officer, lesley.parkin@xtra.co.nz



Holiday homes

Waituna Homestead in Martinborough

If you're looking for an escape away from it all, then Jo Matthews has just the place for you.

Waituna is located at 1027 East West, Access Road, Martinborough and is absolutely beautiful. There's a self contained cottage in the gardens, which sleeps up to 6 and there are 2 B&B rooms in the homestead. Jo would love to welcome any NZMS members and their friends and family to stay. The rates are:

- 3 bed roomed cottage \$130 for 2 and \$30 per extra person or \$15 per child - sleeps 6
- Bedroom 1 in the homestead \$100
- Bedroom 2 in the homestead \$90



Make a booking at www.travelbug.co.nz/wairarapa-accommodation/martinborough/holiday-homes/waituna or contact Jo direct on (06) 307 7007 or 0275989039

Editors Note: If you have a holiday home you want to share with NZMS members, then please contact the Editor.

Using technology to improve your technique

As Editor of MasterScrawl I receive all sorts of information and this note from Jacque Ross may be of particular interest to those of you who want to improve your swimming technique using the latest software applications.

Jacque Ross was fortunate to be involved in the filming of a video coaching application for swimmers (used with iPhones, touch iPods and iPads). It's a great technique and training tool called Swim Coach Plus.

During training and competition video can be recorded on a phone then replayed in real time, slow motion and frame by frame and any two videos can be displayed side by side or overlaid to facilitate immediate technique comparison, analysis and discussion. The application recognises the importance of visual feedback in the development of better biomechanics and performance, has reference video clips of each stroke and brings the functionality of products like Dartfish (used in elite sports settings) to the realm of the humble phone. It has already created quite a buzz internationally with the US, Mexican and Canadian swimmers and coaches significant early adopters and a number of the governing body magazines are seeking information for stories.

If of interest for NZMS members, more info can be found at <http://www.c4e1.com.au/products/Swim-Coach-Plus.html>. Swim Coach Plus is available for download internationally from the iTunes App Store for NZ \$4.19. If you are interested then please contact Jacque directly as she may be able to forward you a free download coupon to view this product.



The picture in the box on the right provides an example of the product in use – “Expert” on the left and Australian Masters’ Swimmer on the right.

The photo on the left is from Jacque’s website, she is obviously a swimmer herself, so if you are interested, please contact Jacque directly at jacqueross@ozemail.com.au

Jacque Ross, *Developing High Performance People, Places & Programs*
<http://www.jacqueross.com.au/index.html>



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.

NZ's drowning toll a national disgrace

RICHARD BOOCK

OPINION: Here we go again. Another summer fades into autumn, another shocking drowning toll is swept aside, and yet another furious debate is packed up and stored away for another year.

And what a relief that is; now that we can forget the scandal that's unfolding around our waterways and pools, and concentrate on the upcoming footy season. It was becoming hard to ignore there for a while, with 30 fatalities already recorded in 2011. Awkward stuff indeed.

What's still blindingly obvious, however, is that New Zealand's drowning toll is a disgrace. At three times the per-capita rate of the United Kingdom and Canada and twice that of Australia, it remains the ugly stain on our acclaimed aquatic wonderland status. Fewer Kiwi kids can swim to save themselves, children from the poorest families have a greater risk of drowning, and Maori and Pacific Island victims are over-represented in the annual statistics.

The irony of course is that just the opposite applies to elite swimming in New Zealand, where the vast majority of our national representatives come from white, middle-class backgrounds. That's not to say it's a race issue; it's more to do with the socio-economics. Stands to reason that those children whose parents can afford private tuition are more likely to become competitive swimmers. Correspondingly, those whose parents can't are more likely to drown.

If you'd like to read the entire article click here for more the link is at <http://www.stuff.co.nz/sport/opinion/4680136/NZs-drowning-toll-a-national-disgrace>

- Sunday Star Times

Editors Note: Reproduced from the article in the Sunday Star Times written by Richard Boock: Check out Swimming New Zealand's comprehensive swim and survive programme (State Kiwi Swim Safe). Available to all New Zealand primary schools for free! It's a great programme and is a positive step in giving kiwi kids a great aquatic education. www.kiwiswimsafe.org.nz

And little humour to ponder when technology takes over...

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on. At a recent computer expo (COMDEX), Bill Gates reportedly compared the computer industry with the auto industry and stated, 'if Ford had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1,000 miles to the gallon.' In response to Bill's comments, Ford issued a press release stating:

"If Ford had developed technology like Microsoft, we would all be driving cars with the following characteristics (and I just love this part):

1. For no reason whatsoever, your car would crash.....twice a day.
2. Every time they repainted the lines in the road, you would have to buy a new car.
3. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
4. Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.
5. Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive - but would run on only five percent of the roads.
6. The oil, water temperature, and alternator warning lights would all be replaced by a single 'This Car Has Performed an Illegal Operation' warning light.
7. I love this one!!! - The airbag system would ask 'Are you sure?' before deploying.
8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.
9. Every time a new car was introduced car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.
10. You'd have to press the 'Start' button to turn the engine off.
11. PS I'd like to add that when all else fails, you could call 'customer service' in some foreign country and be instructed in some foreign language how to fix your car yourself!!!!

REGIONAL NEWS

From the 'Shaky' City



We are pleased to report that all swimmers at JASI Masters have survived the recent earthquake. Most of us live in the west of the city and have sustained relatively minor damage to our homes. Others have not been so lucky however with a couple of our members losing their homes completely.



It is times like this that we realise how important our swimming friendships are. It was wonderful to receive that first email of support from our club

Secretary enquiring of our welfare and if we needed any assistance. As well, many text messages were sent and phone calls made checking up on each other.

With Jellie Park closed it wasn't long before the first of many informal swim sessions was organised at Dudley Park Pool in Rangiora (approx 25 kms out of town). Some of our swimmers have even braved the cold waters of the St. Bede's College outdoor swimming pool for the odd swim. Needless to say we will all very much appreciate the close proximity of our own pool once we are back.

We are hopeful that Jellie Park has sustained little damage and should be up and running by the earliest target date of 21 March pending an engineer's report on building safety and damage to pools. There is some damage to one of the indoor pools, the full extent of which will not be known until the pools are refilled.

As there is no likelihood of QEII opening in the near future, there will be a lot more users to deal with. As a consequence of extra demand, we have been advised that our Club's twice weekly times and lane entitlement will change. This could very much be long term and we now wait anxiously to hear of pool management's decision.

Our thoughts are with other Masters swimmers in Christchurch who may still be without power, water, and sewerage and may have lost loved ones.

We are now looking forward to the **Greymouth Masters** swim meet to be held at the Grey District Aquatic Centre on Saturday 30 April. This will come as a welcome relief and a good opportunity to get away with friends and family.

Article by [Jenny Carpinter](#)

Cambridge Master Swimming

The 27th Cambridge Masters Long Course Meet held in a well prepared Cambridge Town Pool, saw 70 swimmers from 18 clubs enjoy a perfect day of competitive swimming during which 19 New Zealand Masters records were broken.

Excellent organization by the experienced Meet Manager, John Overwater, along with Programmer, Terry Braggins, ensured another enjoyable and efficient programme of 15 events run in the best tradition of Cambridge Master Swimming. The outstanding performer of the day was Alison Leach of the Roskill Club, Auckland with four Age Group records. All Cambridge swimmers swam well especially Christine Brown, David Garnonsway and Dot Patrick, while P.B's were recorded by Robyn Langsford, Pam Lemming and John Farr.

The local club welcomed new member, Anthony Chua, who travelled from the Philippines especially to participate in the Meet. His 50m Free time of 31.39 secs and Fly 50m of 35.9 secs made his journey worthwhile and he will return to swim in the New Zealand Masters National Championships in Hamilton.

John Farr, Press Person, Cambridge Masters Swimming Club

Editors Note:

Photos on next page are courtesy of Paul Garratt (Katikati) – who broke all records in the 1500 race - 400, 800 and 1500, but as he hadn't advised the organisers of his attempt on the 400M he had to swim the again the last event the 400M Free to claim the record and was one second slower that during the 1500! But he still got the record. Congrats Paul.



Kath Johnson 93yrs
Paul G - just 74!
Kath Johnson and Paul Garratt



Noreen Price



Eleanor Pinfold



Adrian Anderson



Tess Hennessey; Jane Beard, Leon Ruttersmith and Helen Rogers (Katikati)



Katikati Masters enjoying the sunshine in Cambridge

14th May is a busy weekend in Auckland and Levin

Roskill Masters 25th Auckland Short Course Champs Saturday 14th May

Roskill Masters is holding their Annual Short Course meet, an NZMS sanctioned meet, on Saturday 14th May at the Cameron Pool, Arundel Street, Mt. Roskill, near Keith Hay Park.

Come along for an afternoon of 50m and 100m races, awards, afternoon tea - follow the NZMS motto of Fun, Fitness and Friendship. Warm up is 1.00 pm with the first race at 1.30 pm.

Ribbons for 1st, 2nd and 3rd placings in age groups will be presented and refreshments will be available to all competitors and officials following the conclusion of Meet. There is a maximum of 4 events per person – all this for only \$30 entry fee.

The entry form is on the Roskill Masters Website www.roskillmasters.com and on the NZMS website. We look forward to seeing a lot of swimmers on the 14th.

For more information, please contact Jan Fulton Jan Fulton at janswims@clear.net.nz or Eugene Manko at webmasters@roskillmasters.com or by phone (09) 620 5529

ENTRIES CLOSE 8th May 2011

Editors Note: Jan Fulton should be as fit as a buck as she has recently completed a 150km cycle on the Otago Rail Trail. She did say it's the hardest thing she'd ever done which includes climbing Mt. Ruapehu, abseiling, canoeing down the Wanganui River and so on. But she made it. Well done Jan!

Levin's 29th Annual Autumn Swim Meet Friday 13th and Saturday 14th May



*Levin
Master
Swimmers*

If you haven't experienced a Masters event or it's been a while between races, then come to Levin for the club's Annual Autumn Meet on 13th – 14th May. It's all about sharing the fear and competing against the clock. And enjoy a heap of fun too. The distance events will be swum on the evening of Friday 13th May. If you'd like some information contact Lesley Parkin on lesley.parkin@xtra.co.nz or give her a call on (06) 368 8284 or 021 248 7677.

Where: Levin Aquatic Centre, Corner Queen & Salisbury Streets, Levin

Entries: Friday 13th May 2011, Warm-up 6pm start approx 6.45pm
400/800/1500m events - may be swum 2 swimmers per lane if necessary
Supper & refreshments will be available after the swim

Saturday 14th May 2011, Warm-up 4.30pm start 5.00pm
You will be allocated to a relay and advised on arrival.
No limit to events per swimmer
After Match Function at Murrayfield Café - tickets available at swim events.

Entries postmarked no later than Monday 2nd May 2011

North Island Short Course Champs – 2nd & 3rd September

Levin Masters will be hosting the 2011 North Island Short Course Champs over the weekend of 2nd – 3rd September so put this one in your diary and get a group organised and book a room or two at one of the many motels in the area. Levin Masters are renowned for hosting a great event and just (if not more) importantly, a good dinner afterwards. .

OPEN WATER SWIMS



EAGLE TECHNOLOGY GROUP LIMITED

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HARBOUR SWIM SERIES 2010 - 2011



SWIM 4

EAGLE TECHNOLOGY - Rangitoto Swim 4.6km

Rangitoto to St. Heliers Bay
Sunday 10th April 2011

Assemble 07:00am, Embark 08:00am, Sail 08:30am
Arrive Rangitoto 09:00am Start 09:50am, Tide 11:51am.

Finish and prize giving at St Heliers Bay

Entries close midnight Wednesday 06th April

FOR FURTHER INFORMATION go to www.aucklandharbourswims.org.nz or e-mail gcarter@xtra.co.nz

Foveaux Masters Southern Open Water Swim Series 2010-11

Te Anau

It was a fantastic day when Foveaux Master held their annual swim 'Across Lake Te Anau' on 8th January 2011. First home was Wayne Evans, after what seemed endless years or either attempts or cancellations, Wayne added another cup to his medal cabinet. Although not confirmed Wayne was one of the fastest home in a wetsuit. In the good old days wetsuits were not allowed, how times have changed! Second place went to Richard Jongens from Dunedin. Other Foveaux club members to complete the crossing included Don Frew, Roger Eagles, John van Leeuwen and Jenny Pascoe. A great day out and fantastic to see familiar faces back from competitive swimming in past years!



Don Frew exiting the water to run around the marker before completing another lap.

Lake Hayes

Entries were again at their highest and it was another fine day for a swim across and back on Lake Hayes with Wayne Evans taking out the overall winner of the approx 2km swim. Entertainment from the sidelines when watching Joyce Wiegersma (Foveaux) and Richard Jongens (Dunedin) really putting in the hard yards. Sprinting the last 20mtrs of the swim and running to the finish line. Joyce collapsing at the ribbon and Richard unsure if he could help her up because he needed to get air back into his own lungs. It was fantastic to see competitive spirit still alive with Joyce and Richard, very entertaining to the spectators on the shore. Foveaux Club member Don Frew showed he is back to top fitness after a break in his training program late last year because of an ankle injury. Don has gone from strength to strength in the last couple of years, showing that regular training pays off. Roger Eagles completed the club entries in 2km swim. Congratulations to all participants and looking forward to the 20 year anniversary in 2012

Jenny Pascoe, Foveaux Masters.

INTERNATIONAL NEWS

FINA MASTERS WORLD CHAMPIONSHIPS 2012

Riccione – Italy, 2 – 16 June 2012

Been there, done that, loved it so much we're going back.



To date we have around 30 New Zealanders and 2 Australians who have registered their interest in joining us in Riccione next year for the FINA Masters World Championships. We hope you can join us too.

Riccione, known as *"The Green Pearl of the Adriatic"* for its vast sandy beaches, is south of Venice,

on one of the most beautiful parts of the Adriatic coastline.

What could be more fun than being in the Italian sunshine with a fabulous group of NZMS members, family and friends? It's always more fun in a group.

Register your interest today – a hotel deposit is required when registering as accommodation in Riccione is quickly filling as other clubs and countries start securing the better accommodation deals for this big event. It is also the start of the summer season when many Europeans head off to the beach for their summer holidays. This event is now less than 15 months away, so register today to secure your accommodation.



We have secured accommodation at the Hotel Dory a highly rated quality hotel in the heart of Riccione. So come along as one of the support crew, with all the benefits and no agony in the pool!

Travel is coordinated through **Pam Young** from **House of Travel, Motueka**. Pam is familiar with Italy having been there numerous times and has secured some great accommodation for us.



We'll be travelling with Emirates via Auckland, Australia and Dubai. There are only two requirements; 1) we must all fly out on the same flight, (group travel discount) then it's over to you to do whatever you wish once you arrive in Italy, and 2) this is a package, must include airfare and accommodation while in Riccione. After that, we can assist to arrange additional travel to other destinations. Come on enjoy all that Europe has on offer and travel with the group, it's so much for fun! In fact we have a

delightful Villa in Umbria we can rent if a group wished to do so.

How convenient to have someone arrange your travel insurance, all travel is designed personally for each person, full payment is delayed until approx 60 days prior as opposed to instant purchase then a change of mind which is costly. Why book on the internet and get locked in now – especially as dates for this event are not yet confirmed. You will also have 24/7 availability pre and whilst travelling for assistance. We will send out updates on a regular basis.

Register today, ([Ingrid Saxton](#)) and Pam and I will keep informed by way of our monthly newsletter. First update has been sent out already, so ask us for a copy and be included in the next email. [Click here to find out more about Riccione.](#)

Ciao - Ingrid Saxton

CALENDAR OF EVENTS

All entry forms are on www.nzmastersswimming.org.nz

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

[Calendar of Events](#) are on the NZMS website. There is no charge for this service for NZMS clubs.

Please refer to the [New Zealand Masters Swimming](#) website for a detailed list of entry forms/events in the pool, sea, river or lake.

NZMS Executive

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EDITORIAL DEADLINE:

The next issue of MasterScrawl is

1 JUNE 2011

That will be my last issue as Editor of MasterScrawl, so please send articles, photos, copies of event entry forms early before **15 MAY**. Late material may not be included.

Ingrid Saxton

Editor, NZMS MasterScrawl

Click [here](#) or email:

news@nzmastersswimming.org.nz

Details and entry forms on
www.nzmastersswimming.org.nz

2011	Event Details	Entries Close
APRIL		
10	Auckland Central Masters Harbour Swim Series 4 - Rangitoto to St. Heliers Bay 4.6km	6 th April
16	State Ocean Swim Series King of the Bays, Auckland	14 th March
MAY		
13 – 14	Levin Masters Annual Swim Meet Levin Aquatic Centre, Queens St, Levin	2 nd May
14	Auckland Masters Short Course Champs Cameron Pool, Mt Roskill	8 th May
JUNE		
	TBA	
JULY		
	TBA	
AUGUST		
	TBA	
SEPTEMBER		
2 - 3	North Island Short Course Championships Levin Aquatic Centre, Queens St, Levin	TBC
OCTOBER		
	TBA	

Got an event coming up?

Send us a copy to news@nzmastersswimming.org.nz.