



Issue No. 200

New Zealand Masters Swimming

December 2011

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President's Update



We received a good response from our members to our on-line survey. This has provided some good data about what masters swimmers are currently doing and what you want from your organisation. These results will need some careful analysis, which we have been unable to do in time for this edition of Masterscrawl. Members also provided lots of comments and suggestions which need to be collated. I have started reading these and there are some very good ideas there.

Some of the preliminary findings are:

- 80% of respondents do their pool swimming with their club
 - 54% compete in sanctioned meets and about 40% in fun meets
 - About 30% receive coaching via their masters club.
- Masterscrawl is the most popular source of news and information.
 - The State Ocean Swim series appears to be the most popular choice for open water swimming. However, as you may have noticed, the survey had an error in this question in that you could only tick one option. Fortunately, most respondents did what I did – adding their other open water swimming activities in the comments box. This still has to be collated manually, so the relative popularity of the various options may change.

For those who did not complete the survey, it is not too late to make comments or suggestions. Email these to president@nzmastersswimming.org.nz before Christmas and they will be included in the survey results.

In the past we have not been able to conduct this type of survey due to time and cost, but now with Survey Monkey this is a quick and easy initiative. Our thanks go to those who responded. Masters Swimming is in good heart but faces challenges including increasing competition in the space we occupy, financial limitations and loss of members. Good information about our current membership will help us plan for the future. The final results will be presented in the next edition of Masterscrawl and will be used to inform a new Strategic Plan which we will discuss at the 2012 AGM.

The survey indicated about half of the respondents compete in sanctioned meets. In this edition of Masterscrawl we have included information about sanctioned meets (see page 17). We would like to encourage more participation in these events, both from potential competitors and from clubs contemplating holding a meet. We have a core of regular competitors in these events, including me, but many of you don't know what you are missing. These are great fun, give you new training goals and enable you to make new friends from around the country with people who share your love of swimming.

There are many events, both in and out of the pool, coming up this season and much of this edition is devoted to these. Also included is an article from a Whakatane member who lives in Sydney, describing her Australian Masters club and the pool she swims in, situated on the North Shore right next to the Sydney Harbour Bridge. I was recently in Sydney and swam there several times. I read about the local masters club at the pool but unfortunately did not make it to one of their sessions. After reading this article I certainly will make sure I do next time. I am very envious of all the great outdoor pools in Australia and this must be one of the best. Are there any to rival this in New Zealand? Send us your photos and some information for future editions.

All the best to masters swimmers for a Merry Christmas and New Year filled with good health, Fun, Fitness and Friendship.

Enjoy your reading

Sue Pollard

From the Secretary's Desk

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NEW MASTERS SWIMMING CLUB:

Welcome to the Trent Bray Swimming Club located in Mt Eden, Auckland. So far 8 new members have registered for 2012, one of these being Trent Bray, a former Olympian in 1992 (Barcelona) and 1996 (Atlanta) and a multiple World Surf Life Saving Champion in 1998. Rumours are that Trent may swim at the 2012 World Masters Swimming Championships in Riccione, Italy.

Also welcome back to Franklin Masters Swimming Club, Auckland, after a period of absence and their first registered swimmer for 2012, Jacqui Waldegrave.

2012 NZMS OPENWATER SWIMMING CHAMPIONSHIPS, WAITANGI DAY WEEKEND:

The race, over 2.5km, will be held at Tahunanui Beach, Nelson on Sunday 5th February at 9.10am. The race is hosted by Tasman Gold Masters and it will be run in conjunction with the local Multisport/Triathlon club's 3.8km swim. The 3.8km swim starts at Tahunanui beach at 8.40am and heads away from the beach parallel with Rocks Rd. The Richardson St steps are approx 1.3kms from the start and this is where NZ Masters swimmers will enter the water (at 9.10am) and begin their race following the same course as the others from this point. Entries for the Masters swim (\$15) can be made online on the

www.nelsonseaswims.co.nz Information about the event is also displayed on the NZMS website www.nzmastersswimming.org.nz and in this edition of Masterscawl.

2012 MEMBERSHIPS:

These can be paid to me by cheque or by internet banking. The fee remains at \$50. My postal address is 18 Toroa St., Whakatane 3120. If using internet banking please identify the club and send the registration forms by post.

2011 NZMS POSTAL SWIMS:

The results for the 800m/1500m and 1 hour swims are now on the website. The numbers of swimmers participating in these swims has decreased significantly during my tenure as Secretary. Two swimmers used their 800m/1500m freestyle times from the NI Short Course Championships which were held in October and this was quite legitimate. The executive would welcome any suggestions on how to make these swims more popular. It is a good way to test yourself over some longer distances without the pressure of competition.

LONG COURSE CHAMPIONSHIPS 2012:

Barry Lake from Harbour Capital Masters has confirmed that the 2012 Long Course Nationals will be held on Friday 13th and Saturday 14th April. There will be no competition on Sunday 15th. See Pages 14-15

Mike Bodger

National Secretary/Treasurer

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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)
Lyll 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.



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.

NZMS MasterScrawl

2011 North Island Short Course Championships

These Championships were once again held in Levin early in September. The number of competitors was well down on previous years but enthusiasm was present. The atmosphere around the pool was very relaxed and enjoyed by all although this did not mean performances were down.

Some 13 Individual and 1 Relay records were achieved.

Women			
50-54yrs		65-69	
Rebecca Perrott, LV4		Lynette Hines, DL2	
200m Back	2:41.88	50m Fly	00:45.49
100m Back	01:15.95	100m Fly	01:44.83
200m Free	02:21.19	200m Fly	03:58.48
400m Free	04:56.42	75-79yrs	
800m Free	10:33.94	Joan Bidwell, S1	
200m IM	02:42.16	100m Breast	02:09.09
60-64yrs		200m Breast	04:51.07
Eleanor Pinfold, HM2			
50m Fly	00:40.04	Relays	
		280-319yrs	
Mens		Womens Medley, NS1	
55-59yrs		Jenny McShane 46;	03:43.11
Murray Trott, MM4		Joan Bidwell 77;	
200 Breast	02:59.33	Julie Gunthorp 64;	
		Kath Johnstone 94	

Full details of results are on the NZMS website and Age Group winners were:

Age Group	Womens	Mens
25 - 29	Claire Hobson	Eru Whakatihi
30 - 34	Helena Boston	
35 - 39	Amelia McQueen	Alfredo Adler
40 - 44	Ange Bassick	Marco Cecioni
45 - 49	Sara Kennard	Nick Robinson
50 - 54	Rebecca Perrott	John Fisher
55 - 59	Jo Matthews	Tony Hickmore
60 - 64	Julie Gunthorp	Peter Attwell
65 - 69	Sue Pollard	Mike Hay
70 - 74		Peter Brown
75 - 79	Joan Bidwell	
80 - 84		Sidney Salek
85 - 89		Trevor Wilson
90 - 94	Kath Johnstone	

Thomas Cup 6 x 50m Relay: - Levin:
 Canterbury Trophy for top club points : - Levin
 Shear Magic Trophy for top club relative to number of entrants per club:
 North Shore



Congratulations to Julie Gunthorp, Jenny McShane, Kath Johnstone and Joan Bidwell who broke the NZ record for the 4 X 50m medley relay in the 280-319 year age group at the 2011 North Island Short Course Champs. This record had been held by the Trojans Club since 1996.

Club News



NZMS SERVICE AWARD

Congratulations to Jenny Pascoe of Foveaux Masters club in Invercargill who was awarded a service award by the NZMS executive on 11th October 2012.

Jenny has been a passionate, dedicated and talented member of Foveaux for over a decade. Apart from being a national Masters record holder she has worked tirelessly to promote the welfare of the club and has held the roles of President, Secretary and Treasurer. During this time this small club has held the New Zealand Masters Long Course Championships twice. She has proven invaluable as a fund raiser with the current healthy financial position of the club due in good part to this talent and her accounting skills.

In her youth Jenny was a Southland and New Zealand swimming champion and record holder. As a master swimmer since the late 1990s, she has been similarly successful at a national and international level.

2011 WORLD OPEN WATER SWIMMING WOMAN OF THE YEAR AWARD - NZ MASTERS SWIMMER NOMINATED



Nominations for the annual World Open Water Swimming Woman of the Year have been announced. Twelve finalists from 9 countries were selected from among the millions of athletes in the fastest growing sport in the world. Their stories, their exploits and their lifestyles are extraordinarily inspirational as they

are all passionately attracted and committed to a sport inherent with risks, challenges and beauty. These awards are not necessarily for the best athlete, but are meant to honour the individual who (1) best embodies the spirit of open water swimming, (2) possesses the sense of adventure, tenacity and perseverance that open water swimmers are known for, and (3) has most positively influenced the world of open water swimming in 2011.

Our congratulations go to New Zealand Master Swimmer and Rotorua club member Pamela Dickson who is one of the finalists. Pamela is a 56-year-old grandmother of ten who became the oldest person to swim 40.2K across Lake Taupo, in 13 hours 56 minutes. Vote for Pamela Online voting is available at www.openwaterswimming.com from November 1st to December 31st. The winner will be announced on January 1st and honoured at the Global Open Water Swimming Conference. For more information visit www.openwaterswimming.com

SOUTH ISLAND NEWS

Nelson

The New Zealand Open Water Champs are to be held in Nelson on Sunday 5th February 2012 (Waitangi Weekend). See the NZMS Website for details. A big thank-you, to Jude Vincent and the Tasman Gold Club for organising this event.

Christchurch

Generally things are starting to quieten down after our many earthquakes. QEII pool is to be demolished although this is not official as yet. Reports of damage to the Complex support this rumour.

Thanks once again to Barry Lake and Harbour Capital Masters for stepping in and taking on next year's NZMS Long Course Champs on behalf of the Jasi & Christchurch Masters Swimming Clubs.

It will be a number of years until we have a 50 metre competition pool once again in Christchurch. When the Christchurch clubs ran the Long Course Champs in 2007, funds were put aside for future events.

After a ring-around it was decided to donate the funds to Harbour Capital Club to help with the running of next year's event. With a further donation of \$200 from the Jasi Club we were able to present a cheque for \$900 to the Harbour Capital Club. (See photo).

Inter Club Competition – Pat Farr Trophy

The last Meet of the Four Meet Series was held by QEII at the Wharenui Pool. The Jasi Club won the Trophy closely followed by the other Clubs. There was a strong showing by North Canterbury Masters who have consistently improved each year.

Thanks to QEII for a very good social venue and food after the Meet.

NZMS Long Course Champs for Christchurch Swimmers

Now is the time to start training for this event. It would be great to see a good representation from Christchurch for this event.

Happy Christmas and safe travelling to all our members.

Paul McStay

On Behalf of Christchurch Masters Swimming Clubs



Jenny Carpenter of Jasi Masters presents Barry Lake, organiser of 2012 NZMS Long Course Champs with a cheque for \$900. Donated by Christchurch Masters Swimming Clubs to assist with running the Champs

MT ROSKILL CLUB NEWS

At the Roskill Masters Swimming Club's 2011 prize giving Steve Rainbow received the Joan Monahan trophy for the Most Meritorious Performance. He swam from St. Heliers to Rangitoto and then back to St. Heliers in 2 hours, 11 minutes, accompanied by club member Gerald Collett paddling a kayak. A feat even more outstanding in consideration that Steve, on the previous day, competed in the Mt. Maunganui swim.

John Lawson received the Most Improved Swimmer award - bringing down his times in the pool and attempting the other three strokes whilst training consistently at Club nights.

OBITUARY LINDEN KENYON



Linden started swimming when she was four in her best friend Marie's home pool in Wanganui. She swam competitively from primary school age until she did her "OE" in her late teens and early twenties. She took up swimming again when she came back to New Zealand after seven years.

Linden was a keen North Shore Masters club member, swimming regularly and competing in both pool and open water events. She had, at the age of 14 Linden suddenly developed diabetes, and this was an important way for her to keep fit and keep on top of the effects of her diabetes and subsequent kidney disease. Even in the last year or two when she was quite unwell, she would swim as often as possible.

Linden received a kidney transplant in the mid-90's and became eligible to compete at the World Transplant Games, which are held every two years. Linden was on the organising committee of the New Zealand team for several years, and pioneered their use of film premieres for fundraising. She also founded the team sponsorship for travel and uniforms.

She competed in England, Japan, Canada, Thailand and Australia, winning several gold, silver and bronze medals in her age and disability class. She was also part of the mixed Volleyball team. She used to say that, as well as the sports events, she regularly won gold medals in "socialising".

Around this time she met and married Wayne who had also received a kidney transplant. For some time they were actively involved as committee members of the New Zealand Kidney Society. Wayne also accompanied her to the several Transplant Games, and competed in swimming events. Sadly, Wayne passed away about four years ago. While that was devastating for Linden, her absolute determination to make the most of life enabled her to carry on and live her life as fully as possible.

She worked for the Salvation Army on the North Shore in Auckland for many years as a foodbank co-ordinator and budget adviser. She was highly regarded by her colleagues and clients for her contribution, and for her determination not to let her illness slow her down.

However, over the last two years, her transplanted kidney began to fail and Linden went back onto dialysis three times a week. It was while she was undergoing tests to get back on to the kidney transplant list that her heart condition was discovered. Sadly, while she was waiting to undergo an operation to repair the damage, she suffered the heart attack that ended her life at the age of 53.

This obituary was written by Linden's brother Peter Sammons

Linden was good personal friend of mine. We travelled together to many meets in Auckland and further afield and we always had great fun. Linden must be the most courageous and positive person I have had the privilege to know. She never seemed to let her many health problems get her down and she never gave up! We all miss her dearly at the North Shore Club. There was standing room only at her funeral, which is a testament to the number of people she touched.

Sue Pollard

Our Place

Helen White and
John de Vries

North Sydney pool, locally known as "the best address on earth", is where North Sydney Masters swimmers endeavour to keep fit and have fun! We have 100 plus members some of whom compete regularly in the pool and ocean, others swim for fitness and friendship.



We welcome visiting Masters swimmers to any one of our 4 training sessions per week.

Monday 7pm – 8pm

Wednesday 7pm – 8pm

Saturday morning 1030am – 12pm

Sunday 11am – 12pm

The 50 meter pool is outdoor, salt and heated all year. While catching your breath you can admire the view of the Harbour Bridge and Luna Park. There is a fast, medium and slower lane allocated for training. Our coaches are experienced and committed to preparing swimmers for competition or patiently persisting with drills and stroke correction. Alan Godfrey is an Australian Masters national and state record holder, Steve Badger competed in the 1976 Montreal Olympics as a 1500 meter freestyle swimmer and Hiroto Homma is a Japanese specialist in swimming technique and stroke correction.

Our club members represent a wide variety of ages and nationalities, Spanish, Italian, Canadian, American, Japanese, English, Irish, Scottish and of course New Zealanders. Some of you may remember Alvin Parr Whaley who swam for Waitakere Masters in West Auckland. Louise Stevenson is a North Sydney masters swimmer from Christchurch. Louise recently swam 40 kms in 10 hours from Fiji's Denarau Island to Beachcomber Island and back raising \$20,000 for the Christchurch earthquake appeal.

Historically North Sydney pool is a unique landmark on Sydney Harbour. The pool building is a decorative example of art deco Sydney and was officially opened on the 4th April 1936 when a harbour side revamp coincided with the construction of the Sydney Harbour Bridge. In 1938 the pool was the venue for the Empire Games. New Zealand's Mona Leydon won a bronze medal in the 440 yards freestyle in 5m 42s. Margaret Dovey, the future wife of Australian Prime Minister Gough Whitlam, came 6th in the 200 yards Breaststroke. Over the years 86 world records have been set in North Sydney pool by Australian swimming greats such as John and Isla Konrads, Dawn Fraser, Murray Rose, Judy Joy Davies, Lorraine Crapp, Shane Gould and Michelle Ford.

In late January this year the pool hosted the Summer Sprint Series,

an event showcasing today's best Australian swimmers in sprint and shootout races prior to the World Championships in Shanghai. For \$10 entry James Magnassun, Leisel Jones, Geoff Huegill, Stephanie Rice and plenty of others showed us how it's done.

Don't forget if you're in Sydney this January to check pool reception for events. They may repeat the Summer Sprint Series. Also North Sydney pool hosts a pool party and barbeque for families on New Years Eve. The main attraction is the 9pm fireworks on the harbour bridge. Tickets for families are about \$100.

Most importantly there is a coffee bar attached to Ripples restaurant at the pool and plenty of cafes and restaurants in the area. Public transport to North Sydney pool is easy. Take a ferry from Circular quay to Kirribilli or Luna Park then walk a few paces to the pool. The train station for the pool is Milsons Point and it's a 5 minute stroll down the hill towards the harbour.

It would be great to see you.

In the meantime you can visit us on

<https://www.facebook.com/NorthSydneyMasters>

John de Vries and I are New Zealanders. I was born in Whangarei and left New Zealand in 1985. I have belonged to North Sydney Masters for 4 years. John was born in Wellington and left New Zealand in 1962. He has resisted the temptation to become an Australian citizen and sits on the fence when it comes to Rugby!! He has been a North Sydney Masters club member for 6 years.

We recently joined Whakatane Masters to combine family catch-ups with competition.



Sunday morning squad at North Sydney pool. Coach Alan Godfrey teaching us the finer points of Breaststroke.

Calendar of Events

Dec 2011	Event details	Entries close
10	State Ocean Swim Series – Paihia Classic: www.oceanswim.co.nz	
11	Auckland Central Masters Open Water Swim, Series 2: Chelsea Sugar Swim 2.36km	07/12/2011
11	2012 Foveaux Masters Open Water Series - Riverton	
Jan 2012		
8	2012 Foveaux Masters Open Water Series – Lake Te Anau	
14-15	State Epic Swim, Taupo www.epicswim.co.nz/	12/01/2012
14	2012 NZ 33.3 Pool Championships, David Hume Pool, Katikati	06/01/2102
15	2012 Katikati Masters 2Km Open Water Swim, Waihi – see page 8-9	06/01/2012
15	2012 Foveaux Masters Open Water Series – Lake Hayes – see page 8-9	
22	Round the Mount, Mount Maunganui	20/01/2012
29	State Ocean Swim Series – Capital Classic: www.oceanswim.co.nz	
Feb 2012		
5	National Open Water Swimming Championships, Tasman Gold Masters, Nelson – see page 10	23/01/2012
5	2012 Foveaux Masters Open Water Series – Awarua Bay	
6	Lake Rotoma Open Water Swim 1.5km	6/2/2012
7-9	NZ Masters Games - Moana Pool, Dunedin	
12	Auckland Central Masters Open Water Swim Series 3: Eagle Technology Bays Swim 3.78km – St Heliers Bay	08/02/2012
18	Cambridge Masters Swimming Carnival Sanctioned Meet , Cambridge Pool – see page 11	
18	Huia Masters Outdoor Swim Meet, Wainuiomata Pool – see page 11	
19	State Ocean Swim Series – La Grande Swim, Akaroa: www.oceanswim.co.nz	
25	2012 Foveaux Masters Open Water Series - Gore	
26	Auckland Central Masters Open Water Swim Series 4: Eagle Technology Rangitoto Swim 4.45km	22/02/2012
Mar 2012		
4	Roskill Masters Red Beach Open Water Swim	
10	State Ocean Swim Series – Sand to Surf, Mount Maunganui: www.oceanswim.co.nz	
15-18	Taranaki Masters Games, New Plymouth (Swimming 16/3/2011) www.taranakielelectricitytrust.co.nz/	
31	State Ocean Swim Series – King of the Bays, Auckland: www.oceanswim.co.nz	
Apr 2012		
1	Hamilton Masters 5 Bridges River Swim, Hamilton – see page 12-13	
13-15	NZMS National Long Course Championships Wellington Regional Aquatic Centre, Kilbirnie – see page 14-15	
June 2012		
10-17	World Masters Swimming Championships Riccione, Italy – see page 16	

Got an event coming up?

Send us a copy to news@nzmastersswimming.org

Event information

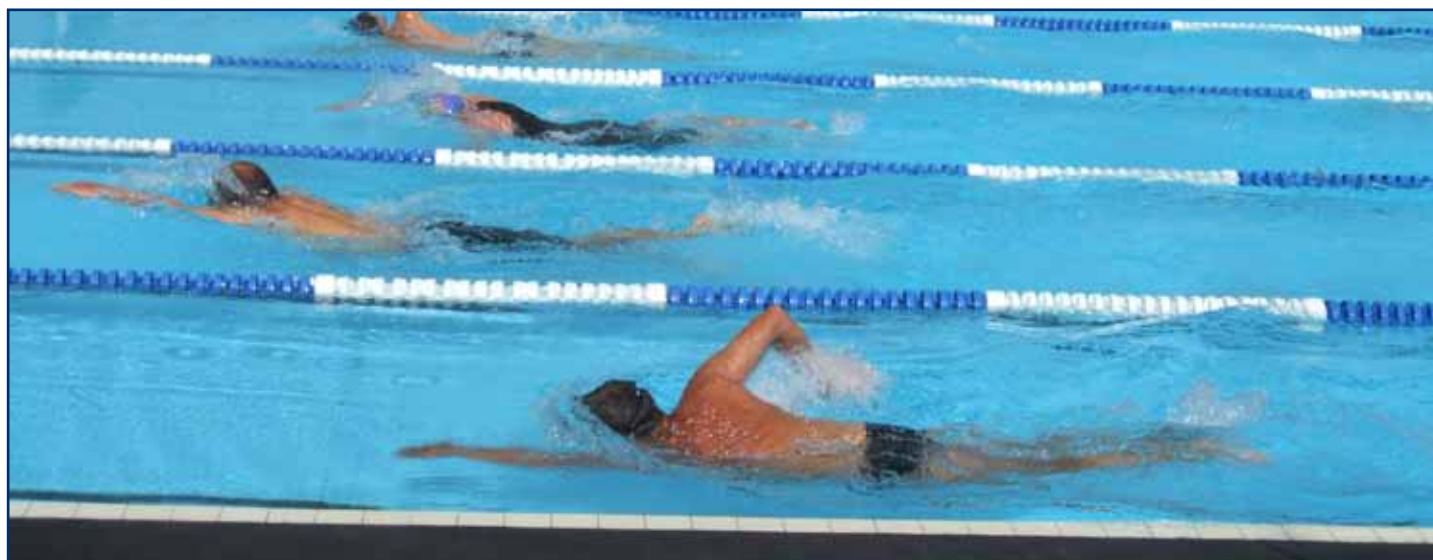


KATIKATI MASTERS SWIMMING CLUB NZ 33.3m POOL CHAMPS & 2km OCEAN SWIM 14th & 15th January 2012



Non Sanctioned Event - Information Sheet

EVENT INFORMATION	NZ33.3 Pool Champs Programme		
<p>NZ 33.3m POOL CHAMPS sponsored by "LASER PLUMBING WAIHI BEACH" Dave Hume Pool Carisbrook St, Katikati - Saturday 14th January 2012</p> <ul style="list-style-type: none"> • Warm Up From: 4.00pm, Races Start: 4.30pm. • Non-Registered masters swimmers very welcome, this event is open to swimmers 20yrs plus. Age is as at 31/12/12. • FINA rules governing Masters Swimming will apply. • Events are pre-seeded, slowest to fastest, according to submitted times. • Points will be awarded to determine individual masters age group (male and female) champions. • Medals then awarded to 1st, 2nd and 3rd masters age group points placing, maximum of 5 events per swimmer. • The pool champs event prize giving and BBQ will be at the Dave Hume pool following the conclusion of the event. • BYO (soft drinks provided) Absolutely no glass in the pool area, condition of pool hireage. 	Event 1:	400m	Freestyle / Individual Medley
<p>2km OCEAN SWIM sponsored by "WAIHI BEACH TOP 10 HOLIDAY RESORT" Waihi Beach Lifeguard Services, Waihi Beach - Sunday 15th January 2012</p> <ul style="list-style-type: none"> • Late entries accepted at surf club 7.30am to 8.15am. Absolutely NO entries after 8.15am on the day. • Mandatory briefing for everyone at 8.30am sharp at Waihi Beach Surf Club. • Official weekend event souvenir swim cap must be worn & competitor number must be visible on swimmers body. • Walk the 30min scenic track to Orokawa Bay or Surf Club IRB transport is available if assistance is required. • Race Starts 10am at Orokawa Bay swim back to Waihi Beach Surf Club. • This event is open to swimmers 14yrs plus of a capable ability. Swimmers 12 & 13yrs may apply to swim with proof of a capable ability eg: Swimming NZ or Surf Life Saving NZ Affiliation. Age is as at date of Ocean Swim. • The event Safety Officer has the final decision to cancel the ocean swim on the day due to uncontrollable circumstances compromising the safety of swimmers. • Ocean swim entry fee is non-refundable if cancelled by the event Safety Officer. • Prizes for winners of Masters & Open, Male & Female, Wetsuit & Non Wetsuit divisions. Prizes for Youngest & Maturest Male & Female divisions, Middle Time Male & Female divisions. To be eligible to enter the Masters division you must be a current financial member of a NZ Masters Swimming Club. • Great spot prizes. Swimmers must be present to collect at prize giving or prize will be redrawn. • The ocean swim event prize giving will be at the Waihi Beach Surf Club following the conclusion of the event. • A brightly colored swim cap must be worn. Limited supply of \$2 souvenir caps available, first in basis. 	Event 2:	200m	Breaststroke
	Event 3:	200m	Butterfly
	Event 4:	200m	Freestyle
	Event 5:	200m	Backstroke
	Event 6:	133.3m	Medley
	Event 7:	33.3m	Butterfly
	Event 8:	100m	Backstroke
	Event 9:	33.3m	Breaststroke
	Event 10:	100m	Freestyle
	Event 11:	100m	Breaststroke
	Event 12:	33.3m	Backstroke
	Event 13:	100m	Butterfly
	Event 14:	33.3m	Freestyle
2km OCEAN SWIM PROGRAMME			
2km Masters Female Wetsuit & Non-Wetsuit 2km Open Female Wetsuit & Non-Wetsuit 2km Masters Male Wetsuit & Non-Wetsuit 2km Open Male Wetsuit & Non-Wetsuit			
Leon Ruttersmith 07 8634430 or ruttersmith@slingshot.co.nz Sally Gibbs 021 1250096 or sallywrites@clear.net.nz			





KATIKATI MASTERS SWIMMING CLUB

NZ 33.3m POOL CHAMPS & 2km OCEAN SWIM

14th & 15th January 2012

Non Sanctioned Event - Entry Form



YOUR PERSONAL DETAILS			YOUR PAYMENT DETAILS	
Name:			Numbers:	Totals:
Address:			NZ33.3m POOL CHAMPS:	
			* Entry fee & BBQ for swimmer @ \$35 \$	
Phone:			* BBQ for non swimmers. @ \$10 \$	
Mobile:			2km OCEAN SWIM:	
			* on or before 06/01/12. @ \$20 \$	
E-mail:			* after 06/01/12. @ \$30 \$	
Date of Birth:			Entry fee proceeds to Waihi Beach Surf Club, Coast Guard, St Johns.	
Gender:	Male: Female:		Ocean Swim entry fee non-refundable if cancelled by the Event Safety Officer.	
Emergency Contact Name:			TOTAL PAYMENT:	
Emergency Contact Phone:			\$	
Medical Conditions List All:	1 2 3		Preferred method of payment is direct credit: 03 1550 0039481 00 use entry surname as reference.	
Masters Division *			Post entry form (& cheque if necessary) to:	
NZMS Club :			Katikati Masters Swimming Club	
NZMS Number:			C/- Leon Ruttersmith	
			48 Citrus Ave, Waihi Beach 3611.	
			Entries close: 06th January 2012	
NZ33.3m POOL CHAMPS ENTRY			YOUR DECLARATION	
Event Number:	Event Description:	Entry Time:	By completing & signing this entry form I agree to:	
			<ul style="list-style-type: none"> Acknowledge that I am aware of the NZMS Doping Policy & will comply in all respects with it & with the requirements of Drugs Free Sport NZ. Acknowledge that the organizing committee, officers, agents & members will not be responsible for any claims, proceedings & damage whatsoever & howsoever arising directly or indirectly out of or in connection with my participation in either one or both of these events. Acknowledge this information is collected by KKMSC Inc & may be forwarded to their sponsors. I understand I have the right to request access to & correction of this information, or to write to the organizers to request that my name is not passed on to any sponsors. Declare myself fit enough to compete in both events. Declared all my medical conditions on this entry form. Swim the official ocean swim course & attend the mandatory briefing session. Agree that these conditions are confirmed by my signature & the placement of this entry form. 	
2km OCEAN SWIM ENTRY				
			Tick Below:	
* Masters: Female	Wetsuit (MFWS):		SWIMMER SIGNATURE:	
	Non Wetsuit (MFNS):			
* Masters: Male	Wetsuit (MMWS):		PARENT/GUARDIAN SIGNATURE:	
	Non Wetsuit (MMNS):			
Open: Female	Wetsuit (OFWS):		(compulsory requirement if swimmer is under 16yrs old)	
	Non Wetsuit (OFNS):			
Open: Male	Wetsuit (OMWS):		DATE:	
	Non Wetsuit (OMNS):			
Is Surf Club IRB transport required to Orokawa Bay?				



2012 NEW ZEALAND MASTERS SWIMMING OPEN WATER CHAMPIONSHIP

SUNDAY 5th FEBRUARY 2012, NELSON

commencing at 9.10am : Distance 2.5km

- This event will be swum under FINA Rules.
- Age as at 31 December 2012
 - Medals will be awarded to male & female age group placegetters (5 year age groups) in the championship (non wetsuit) division and certificates will be awarded to wetsuit swimmers.
- Contact: Mike Bodger , Secretary NZMS m.bodger@xtra.co.nz or race host Jude Vincent of Tasman Gold chris.jude@slingshot.co.nz
- Link for full information on course and other events
www.nelsonseaswims.co.nz

ENTRIES

- All entrants must be current financial NZMS members
- Clubs or individuals may submit entries to: **Jude Vincent, 13 Red Stag Lane, RD1, Richmond 7081** or online at www.nelsonseaswims.co.nz
- Entries close **23th January**. No late entries will be accepted.
- Entry fee is **\$15.00** and must accompany entry form.
- Wetsuits are permitted for swimmers but the official championship event is a non-wetsuit swim.

Entry Form

Surname.....First Name.....

Club Code NZMS Reg. No. Age as at 31.December 2012.....

Address..... Phone No.....

EmailMobile:

Do you intend to compete in wetsuit Yes / No

Disclaimer

I acknowledge that by sending in an entry form, I declare myself to be fit enough to compete. I acknowledge that I am aware of the NZMS Doping Policy and will comply in all respects with the Sports Anti-Doping Rules.

The organisers, SNZ & NZMS officers, agents, contractors, land holders, sponsors and members will not be responsible for any claims, proceeding and damage whatsoever and howsoever arising directly or indirectly out of or in connections with my participation in this Open Water Event.

This information is collected by NZ Masters Swimming Inc., Swimming NZ and may be forwarded to the event organisers and sponsors.

You have the right to request access to, and correction of this information or to write to the organisers stating that you do not want your name to be passed onto any sponsor. Your agreement to these conditions is confirmed by your placement of this entry.

Signature:

CAMBRIDGE MASTERS 28th ANNUAL SANCTIONED SWIM MEET

Saturday 18 February, 2012

*Cambridge 50m Pool, Williamson Street
Entries close 12 February, 2012*



**Colour TV
major spot
prize**



Clubs please
assist with
timekeeping

Post entries to:
Pam Lemming
38 Hemans St
Cambridge

lemming@xtra.co.nz

Session	Distance	Event Name	Event Number	Ticket	Time		
					Min.	Sec.	100ths
One 8:30am warm-up, 9am start	1500m	Freestyle	1				
	800m	Freestyle	2				
Two 11:30 am warm-up, 12 noon start	50m	Butterfly	3				
	200m	Freestyle	4				
	50m	Breaststroke	5				
	100m	Backstroke	6				
	100m	Butterfly	7				
	50m	Freestyle	8				
	100m	Breaststroke	9				
	50m	Backstroke	10				
	100m	Freestyle	11				
	200m	Backstroke	12				
	200m	Breaststroke	13				
	200m	Medley	14				
	400m	Freestyle	15				
Relays	4 x 50	W-Freestyle	16	Relays will be organised on the day			
	4 x 50	M- Freestyle	17				
	4 x 50	Mixed Freestyle	18				

Limit of six events per swimmer (excluding relays)

Entrant details: (no copy of membership card required)					
Full Name:				Club code:	
Date of birth (dd/mm/yy)	/	/	Gender: M / F (circle)	Entry Fee:	\$ 25
Masters ID Number:				BBQ	\$
Your phone number:	()	Number attending		TOTAL	\$

ACC DISCLAIMER: The organising committee, officers, agents and members will not be responsible for any claims, proceedings and damage whatsoever and howsoever arising directly or indirectly out of or in connection with its participation in this meet or the provision by the organising of the meet. Your agreement to these conditions is confirmed by placement of this entry.

Hamilton Masters Swimming Club



5 Bridges River Swim

(Annual Event since 1939 – 73rd anniversary)

Sunday April 1st, 2012

(End of daylight savings)

Swim 7.1 kms under 5 central Hamilton bridges

Registration and Start: Hamilton Gardens, Hungerford Cr
Below car park **Finish:** Ann St Beach.

Registration 11.00am-12.30 pm Briefing 12.40pm Start 1.00pm

General Information: Swim Rules

Minimum age for participation: 19 years as at 31 December 2012

- Please make sure you read the safety instructions on this page and those at registration. Safety instructions will be read out before the start
- Bright swim caps must be worn throughout
- Wetsuits are permitted
- Kayaks and canoes will accompany swimmers for safety
- Competitors will be permitted to have their own safety kayak or canoe accompany them. All paddlers are required to wear a buoyancy vest or life jacket and attend boaters briefing
- All Marshals and Water Safety Personnel instructions must be followed
- Cup for first woman and first man
- Times will be recorded
- Organisers reserve the right to withdraw any competitor deemed incapable of safely continuing
- Start is at Hamilton Gardens, Hungerford Rd Below the carpark
- Finish line is Ann St Beach at designated site.
- Final times are taken at marked finish exit from river at Ann St Beach
- Most swimmers can expect to take approximately an hour to complete the swim, depending on the current on the day.
- Environmental cancellations will be by email, or phone us if you are uncertain.

We suggest that you park your car at the finish. Transport will be provided from finish to start and to transport belongings. Please let us know with your pre entry registration, if you require transportation.

Contact: Ele Pinfold: 07 854 9874 ele-ross@wave.co.nz 027 417 0211

ENTRY FORM

(Annual Event since 1939)

'Hamilton 5 Bridges River Swim' – Sunday April 1st, 2012

First name	Last name	D.O.B.	Age	M/F
		/ /		

Suburb

Phone

**Email address
(please print
clearly)**

Participant background (circle as many as appropriate):

Age Group	Swimmer	Lifesaver	Triathlete	Master Swimmer
Other				

If Masters swimmer - Membership no

Contact person for participants:

Name: _____

phone: _____

Comments for Media Results release: eg Swim Champ (year) or Ironman finisher (year)



Entry Fees: (circle one)

Early bird entry	\$ 20.00
-------------------------	-----------------

Late entry (after March 19th) **\$ 35.00**

I have included a payment of \$..... Please make cheques payable to

Hamilton Masters Swimming Club

OR: DIRECT CREDIT TO:

HAMILTON MASTERS SWIMMING CLUB: 03 1560 0047661 00

Direct payment = You must add your last name to the bank transaction

Post to:

**Hamilton Masters Swimming Club, P.O.Box 14013, HAMILTON
or enter on the day.**

Contact: **Ele Pinfold:** 07 854 9874 ele-ross@wave.co.nz 027 417 0211

I agree to comply with the rules of the 2012- '5 Bridges River Swim'. I intend competing entirely at my own risk. I waive all claims for liability against the event organisers, promoters and sponsors. I agree that any photographs, videos, or recordings taken may be used by the organisers, promoters or sponsors for publicity purposes. I consent to the collecting and storing of the information I have provided for the purpose of event administration, in accordance with the Privacy Act 1993.

Signed

Date / / 2012

Must have your signature



Harbour Capital Masters

NEW ZEALAND MASTERS SWIMMING

39th National Long Course Masters Swimming Championships

Wellington Regional Aquatic Centre, Kilbirnie, Wellington
Friday 13th & Saturday 14th April 2012

MEET INFORMATION

- The Brentwood Hotel is our preferred accommodation and also the venue for the Saturday evening function. Please quote reference **73139/40** when booking.
- FINA rules governing Masters Swimming will apply.
- Events are pre-seeded, slowest to fastest, according to submitted times.
- Age groups are determined by age on 31 December 2012.
- Swimmers are restricted to six individual events plus relays.
- Points will be awarded (6,4,3,2,1 points for placing 1st, 2nd, 3rd, 4th, 5th).
- Medals will be awarded to 1st, 2nd and 3rd place per age group per event (male and female).
- The 1500 and 800 events are two separate events. Those entering both will swim the 1500 and have the 800 split recorded as their finish time. Two swimmers per lane are most likely, except if a NZ record is being challenged.
- The prize-giving will be at the Saturday night dinner.
- Email enquiries to barryandsheryl@paradise.net.nz.
- Phone enquiries to Barry or Sheryl on (04) 976-7846.
- These and further details will be on the club website, www.hcmswim.org.nz.
- Warm-ups are of 30 minutes duration.
- Event 1, 6, 15, will begin at the times shown in the Swimming Programme. Please arrive 30 minutes earlier if you wish to have a warm-up. A second 20 metre pool is available for warm-up and warm-down.
- If you have difficulty entering or exiting the pool or hearing the starter please indicate on your entry form and assistance will be provided (e.g. positioned in outside lanes for easy exit).
- If you are attempting a NZ or World Record swim please indicate on your entry form next to the entry time.
- A finished programme will be available on the club website, www.hcmswim.org.nz, five days before the meet. Psych Sheets will be available 10 days before the meet.
- **Deadline is 05 March 2012.** No late entries will be accepted.

Session 1: Friday 13 April, warm-up 5:00pm, start 5:30pm

1	400m Individual Medley
2	50m Butterfly
3	100m Backstroke
4	1500m Freestyle
5	800m Freestyle

Session 2: Saturday 14 April, warm-up 8:30am, start 9:00am

6	4 x 50m Women's Medley Relay
7	4 x 50m Men's Medley Relay
8	100m Freestyle
9	200m Breaststroke
10	100m Butterfly

Morning tea break

11	50m Breaststroke
12	400m Freestyle
13	4 x 50m Women's Freestyle Relay
14	4 x 50m Men's Freestyle Relay

Session 3: Saturday 14 April, warm-up one hour after completion of morning session

15	50m Freestyle
16	200m Butterfly
17	50m Backstroke
18	200m Individual Medley

Afternoon tea break

19	200m Backstroke
20	100m Breaststroke
21	200m Freestyle
22	4 x 50m Mixed Freestyle Relay
23	4 x 50m Mixed Medley Relay



NEW ZEALAND MASTERS SWIMMING

39th National Long Course Masters Swimming

Championships

Friday 13th & Saturday 14th April 2012

ENTRY FORM

(Please print your details neatly in upper case. Thank you.)

Your Personal Details

Surname					
First name					
Postal Address					
Swim club code		Swim club name			
NZMS number		Date of birth		Age on 31/12/2012	
Home/cell phone			Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Email					
Assistance required	Hearing <input type="checkbox"/> Entry/Exit <input type="checkbox"/>				

Your Swim Entry Details

Event Numbr	Metres	Stroke	Record Attempt	Entry time min : sec
				:
				:
				:
				:
				:
				:

Your Payment Details

Fees Payable		No	Amount paid
Registration	\$35		
Per race fee	\$6		
Saturday packed lunch	\$7		
Vegetarian option	\$7		
Saturday Dine & Dance	\$40		
Shirt Male Size:	\$20		
Shirt Ladies Size:	\$20		
Total Payment Amount \$			

Payment Details

- ☐ **Cheque** payable to 'Harbour Capital Masters'
☐ **Direct Credit** to 03-0558-0088427-02, please use your name & NZMS Number as a reference.

Please send entry forms and cheques to:

Harbour Capital Masters - 2012 Nationals
 PO Box 11357, Manners Street, Wellington 6142

Declaration

By paying the entry fee and sending this form I:

- declare myself to be fit enough to compete; acknowledge that I am aware of the NZMS Doping Policy and will comply in all respects with it and with the requirements of Drug Free Sport NZ;
- acknowledge this information is collected by NZMS Inc. and may be forwarded to its sponsors. I understand I have the right to request access to and correction of this information, or to write to the organisers to request that my name is not passed on to any sponsors;
- agree that these conditions are confirmed by the placement of this entry.

PRINT NAME _____ SIGNATURE _____

FINA MASTERS WORLD CHAMPIONSHIPS

2012 Riccione – Italy, 2 – 17 June 2012

Pool events

Training:	June 7-9
Swim Competition:	June 10-16
Open Water Swim:	June 17

Other events

Water Polo	June 3-9
Diving:	June 4-8
Opening ceremony:	June 8
Synchronised Swimming:	June 12-17
Closing ceremony:	June 16
For more information go to:	www.fina.org.nz



Online sports tours

Roy & Colleen Skuse

Sports Travel Packages & Guided Tours



World Masters Swimming Champs

Riccione Italy 3-16 June 2012

Our accommodation at Riccione is excellent.

EX Australia

Bed & Breakfast Standard Room A\$3490 Single use, A\$3950

Full Board Standard Room A\$3845 that is 3 meals a day and they are good.

Deluxe rooms add \$16 a night per person. All with own balcony.

EX Auckland

Bed & Breakfast Standard Room share twin \$4695 Single room \$4948

Full Board Standard Room \$4995 Single room \$5390

Deluxe rooms add \$21 a night per person. All with own balcony

The Championship pool is a 20 minutes walk from the hotel which is 100m from the beach. Rooms have aircon are soundproof and have satellite TV. Free use of bicycles.

When we were there for the Track & Field in 2007 we had the free use of the hotel 10 seater mini van. Great people!

Contact me if you would like to join the group.

There is a 7 day cruise departing Venice on 17th June around the Greek Islands. If people wanted to do it and were doing the open water swim the cruise could be joined at Bari on the 18th June.

Contact Roy Skuse. Online Sports Tours

PO Box 57 Gisborne NZ

Phone: 64 6 8687700 Fax: 64 6 8678366

email: roy@netfares.co.nz www.onlinesportstours.co.nz

All About Sanctioned Meets

If you are interested in competing in the pool, this article will update you on what is available and how your club as an organiser or you as a competitor can get involved.

Sanctioned meets on offer

1. CHAMPIONSHIPS

NZMS National Long Course Championships

- This is an annual event, held in conjunction with the NZMS AGM, usually in March or early April. Traditionally there is a 3-year rotation of 2 years in North Island and 1 year in South Island.
- These have traditionally been held over 4 sessions: 1 Friday night; 2 Saturday (am & pm); Sunday am. In 2010 a 3-session event was tried; 1 Friday night; 2 on Saturday (am & pm), and this will be used again in 2012.
- The meet includes a full range of events from 50m upwards, including 800m and 1500m Freestyle and a full range of 4 x 50 m relays.

North Island Short and South Island Short Course Championships

- These are held annually in each Island at a convenient time between July and November
- The meets include a full range of events from 50m upwards, including a 100m Individual Medley and a full range of 4 x 50 m relays. They do not necessarily hold 800 and 1500m events.

2. NZMS CLUB HOSTED MEETS

Any NZMS club can apply to run a sanctioned meet. The meets we have enjoyed in the past few years include:

- Cambridge Club long course meet in February
- Roskill Club - Auckland Short Course Championships in May
- Hamilton Club Mid-Winter Christmas Long Course meet in mid-year.

3. NON NZMS HOSTED EVENTS

These are typically Masters Games-type events which may or may not include non-masters registered swimmers and which are conducted for a third party organisation. Local masters clubs may or may not be involved in running these meets. The main example is the NZ Masters Games, held alternately in Wanganui and Dunedin in early February.

So long as the meet has been sanctioned by NZMS and FINA conditions with regard to competition rules have been applied correctly, any competing NZ Masters Swimming registered/financial swimmers are eligible for NZ records – but not World Records.

Events cover 50m, 100m, 200m in all strokes, 400m Freestyle and 100 and 200m Individual Medleys. Relays are not official.

Process for Sanctioning a Swim Meet

1. A prospective host club is required firstly to apply to the National Secretary for the sanctioned meeting with relevant information such as dates and venue. Applications should be made at least six months before the meet. For the Nationals one year's notice is preferred.
2. Confirmation will be sent to the event organizer on approval of the NZMS executive.
3. A Memorandum of Agreement between NZMS and the hosting club is signed for the National Long Course Championships and a letter giving instructions is sent for all sanctioned meets.
4. Meets sanctioned by NZMS are also governed by the FINA Masters Swimming Rules.
5. The rules and other information for sanctioned meets have been published in the NZMS Information Manual (Section 9), including an extract from the FINA handbook 2009 – 13. This section is available from the National Secretary as a hard copy or can be downloaded from the NZMS website in the member's only section.
6. Those running meets should also obtain the FINA Handbook 2009-13, for additional rules, general rules, bylaws, stroke rules, rules re swimsuits etc. they should be aware of and to which they can refer if any queries or complaints arise during the meet. This can be downloaded from the FINA website, www.fina.org.
7. An invoice for the sanction fee will be sent to the host club by the National Secretary. This is \$500 for the National Long Course Championships, \$350 for the North and South Island Short Course Championships and \$200 for other meets, of which there usually are four.
8. The fee helps cover the cost of to the national body of their support of the organising club. This includes the use of Meet Manager software, (NZMS must re-license Meet Manager with the American suppliers each year) and support from NZMS Executive and Officers, as required.
9. The NZMS Swimming Officer, who at present is Lesley Parkin, is normally the first point of contact with the hosting club, once the event has been approved by NZMS executive. Other NZMS personnel such as IT Officer, National Recorder, Webmaster, Masterscraw! Editor are closely involved in working with the host club and NZMS Executive are to be kept fully informed.

For further information about these meets or to express an interest in running a sanctioned meet contact the National Secretary at secretary@nzmastersswimming.org.nz

NZMS MasterScrawl

NZMS APPLICATION SOUGHT FOR SANCTIONED MEETS

Applications are now called from clubs/regions interested in hosting the following Championship events in 2012/2013

It is important that plenty of notice is given for these Events so please consider them at the earliest opportunity and apply to the National Secretary.

The NZMS website has information on 'Hosting a Meet'
South Island Short Course Champs, 2012
North Island Short Course Champs, 2012
National Long Course Champs, 2013 – South Island

Clubs holding other events (annually) and wishing to be sanctioned must also advise at least 3 months prior to the proposed event. e.g. Cambridge; Masters Games; Auckland Short Course; Hamilton Mid Winter etc. All applications to go to National Secretary at secretary@nzmastersswimming.org.nz with copy to lesley.parkin@xtra.co.nz

EDITORIAL DEADLINE

for the next issue of Masterscrawl is February 15th, 2012. Send articles, photos, copies of entry forms.

Sue Pollard & Mike Bodger Editors, NZMS Masterscrawl.

email: news@nzmastersswimming.org.nz

Advertising in Masterscrawl Contact us at news@nzmastersswimming.org.nz if you are interested in advertising in our next edition

Prices*	Members	Non-members
1/4 page	\$50.00	\$100.00
1/2 page	\$100.00	\$200.00
1 page	\$150.00	\$300.00

*Discount of 5% for 2 editions, 10% for three and 20% for 4

If you are interested in advertising on our website, please contact our webmaster at webmaster@nzmastersswimming.org.nz to discuss what is available and prices.

FROM THE ARCHIVES

From time to time we will be reporting on the history of some of our clubs. This month it is all about Manukau Masters which has been around for 20 years, starting off as Manurewa Masters and slowly growing to where we are now. We promote "Fun, Fitness, and Friendship", the principles of NZ Masters. Our club ranges in age from 18-85 with most members living in the Counties Manukau region. We are the 3rd largest club in NZ with 60 plus members. We are very welcoming to new members and our growing membership is testimony to this.

We have a very friendly mix of swimmers at our training sessions. Some of us are simply swimming for fitness and fun, others are enthusiastic competitors in various disciplines who are aiming for personal improvement. Whatever our members goals, they find reward in their achievements and our members have known success in both the pool and open water competitions held throughout New Zealand.

Team practice times and locations are...

- Manurewa Aquatic Centre on Monday nights at 7.30-8.30
- Massey Park Aquatic Centre in Papakura on Tuesday and Thursday mornings from 5.30am – 7am and Saturday mornings at 6.30-8am

Received from Audry Dunlavy – May 2010. NZMS would like all clubs to record their history, however brief, and ask you to send a copy to the Archives Officer, lesley.parkin@xtra.co.nz

WEBSITE REVIEW: www.swimsmooth.com

Since August 2011 I have been receiving two weekly emails from www.swimsmooth.com

The Swim Smooth blog provides advice, tips, articles and training to improve your open water and pool swimming. To receive the Swim Smooth Blog you must complete the sign up, and this will enable you to receive the Mr Smooth Console. A link will be sent to you by email and the console can then be downloaded directly from the email and there is a version for PC or Mac.

The Swim Smooth page opens with an animated MR SMOOTH with an ideal Freestyle Stroke. Whatever your level; beginner, intermediate, advanced or coaching, the site will cater to you.

Mike Bodger



KIWANIS CLUB OF WHAKATANE LAKE ROTOMA OPEN WATER SWIM 6th FEBRUARY 2012

- Fully buoyed 1.5km course.
 - Medals for 1st place.
 - Certificates for 2nd and 3rd place and wetsuit finalists.
 - Participation Certificates.
 - Kayak and Power Boat Swimmer Support.
 - Great Picnic Atmosphere
 - 100m to 6k races
- Google 'Lake Rotoma Swim' Details and Entry Forms

Enquiries to: Leigh Baker

Ph: 07 308 7086

Fax: 07 308 7046

Email: catsandhens@xtra.co.nz

Kindly supported by: Radio 1XX Bay Rock 97.7 FM