



Inside this Issue

- 1 President's Update
- 2 From the Secretary's Desk
 - Privacy Act
 - Life Members
- 3 Obituary: John Watt
- 4 Fiji Swim
 - NZMS Applications Invited for Sanctioned Meets
 - The How and Why of Swimming Technique
 - Recent Records Pan Pacific Games
- 5-6 South Island Adventure Tour - aka, SISCC that never was
- 6 Recent records North Island SC Championships
- 7 Duel in the Pool
- 8-9 Vanuatu Swim
- 10-11 Katikati Masters Swim Meet and Ocean Swim
- 12-13 Huia Masters Swim Meet
- 14 How's your Russian - Future World Champs
- 15 Nutrition - Focus your fuel for a quality swim
- 16 Calendar of Events
 - Editorial Deadline
 - Advertising in Masterscrawl



President's Update



While thinking about what to write in this report I looked for inspiration at past President's reports for Masterscrawl and minutes of executive meetings.

It struck me we have been talking about the same things in masters swimming executive meetings for many years. I was Vice-President for six years and will complete, in April 2013, my second year as President. So what are the issues we have been trying to address over these eight years and how have we fared?

MEMBERSHIP

We have conducted membership drives and offered free membership for new members, both of these campaigns taking much time and energy, with no apparent results. Membership numbers continue to decrease as older athletes are now offered many different options for participation. Swimming for all ages has gone main-stream. Current membership is around 700, a decrease of about 100 on last year. So is our goal to increase membership unachievable?

MONEY

As our numbers shrink, and with it our income, the ability to offer support to our members from the central organisation also shrinks. We have kept our books balanced in 2012 only by executive taking on more work on a voluntary basis. Masters Swimming is not an easy cause to sell to potential sponsors and we have had little success.

COACHING

This is an interesting issue. Many clubs make their own arrangements but those who for various reasons do not have expressed a clear desire to have access to coaching. Various ideas have been mooted but the idea of a National Coach remains just an idea, logistically and financially out of reach.

So should we change our approach and concentrate on what we can do well with what we have, and not beat ourselves up about things that

in the end may not be that important for individual master swimmers? As I have said before, masters swimming is only as good as the club you belong to. I look forward to a fruitful discussion about this at the AGM in April.

At our last Executive meeting we reviewed progress with our Strategic Plan. There is some good news.

- We have some new events, (one featured in this edition) and new awards (see Secretary's report).
- We are offering paid subscriptions to printed copies of Masterscrawl for 2013. (See Secretary's Report)
- Our working relationships with Swimming NZ and commercial open water swimming event providers continue to improve.
- We have done some good work on updating the web-based Administration Manual and are working on a new and improved IT strategy.
- Past President, Roger Eagles is doing the mammoth job of compiling the history of New Zealand Masters Swimming. We may be able to offer this to members for \$20 per copy. If you have not been approached by your club secretary about this and are interested, please communicate this interest to your club secretary – and ask others to do the same. We need to know how many copies to print. We are indebted to Roger for the work he has put in. Please support this initiative. **Every master swimmer should have a copy.**

After eight years on Executive I am standing down at the 2013 AGM. I feel privileged to be involved at this level for so long but it is time for a change. My work and family commitments are part of this decision.

This means regions should choose their regional delegates carefully – we need to vote in a President and Vice-President from among the ranks at the AGM. Nominations for these positions sent prior to the AGM must be for members who have also been selected as regional delegates.

With best wishes to all members and their families for a happy, healthy and safe Christmas with lots of swimming. I look forward to seeing you all in the pool and in the sea in the New Year

Sue Pollard

NZMS MasterScrawl



From the Secretary's Desk

EXECUTIVE CONTACTS:

Sue Pollard (President)

president@nzmastersswimming.org.nz

Paul McStay (Vice President)

mcstayjp@xtra.co.nz

Mike Bodger (Secretary/Treasurer)

secretary@nzmastersswimming.org.nz

m.bodger@xtra.co.nz

2013 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.

VANUATU SWIM SAFARI

Paul Ellercamp of www.oceanswims.com is offering a prize (worth c. \$NZ2500-\$NZ3000) to a NZ Masters Swimmer for "promotion" of the Vanuatu open water swims throughout the Masters Swimming season of 2012/2013. The prize includes -

- Return airfares Auckland-Port Vila-Santo
- Accommodation in both Port Vila and Santo (at least three nights in each location, precise duration still to be determined)
- Entry to both Vanuatu Open Water Swim (Port Vila, June 15) and the Espiritu Santo Aore Swim (June 18) and associated event function
- Transfers

The NZMS Executive and Paul have discussed the terms of the prize and we have come up with the following criteria. Swimmers must be financial members for 2013 and must swim in at least two of the three following competitions:

- the Cambridge Long Course meeting on 16th February 2013
- the National Open Water Swim Championships in Auckland on 3rd March 2013. This is being held in conjunction with the Rangitoto Island to St Heliers swim in Auckland. The championship event is a non-wetsuit swim.
- The National Long Course Championships in Dunedin on 12th /13th April 2013.

The successful swimmer will be drawn from the list of eligible competitors.

FINA MAGAZINE

From FINA: here is another edition of the FINA Aquatics World Magazine, the last one of the year. We hope you will enjoy reading it and you will send the link on to any members or other swimmers who would be interested in reading it. Please find its link below: http://fina.wildom.com/fina/free?cmd=1&file=fina_aquatics_magazine_free_2012_06.zip

MASTERSCRAWL 2013

NZ Masters Swimming is offering subscriptions to 4 printed versions of Masterscrawl for 2013. Payment of \$20 with your NZMS membership fee of \$50 should be sent to your club secretary who will then forward the payment to the National Secretary. For those taking up this offer your mailing address is required. The deadline is 15th February 2013 and the first issue will be 1st March.

2013 NZMS OPENWATER SWIMMING CHAMPIONSHIPS

This is to be held on 3rd March 2013 in conjunction with the annual Rangitoto Island to St Heliers Beach hosted by Auckland Central Masters (ACM) Swimming. The swim is 4.5km. The championship event is a non wetsuit race. Information is available on the ACM website: www.aucklandharbourswims.org.nz but important details are:

Assemble: 7:15am outside the Maritime Museum on the corner of Quay St and Hobson St

Embark: 8:45am on Fullers' ferry at ferry terminal on Quay St. Sail for Rangitoto 9:15am, arrive 9:45am.

Start time: 10:20am

Tide: 12:21am

Prize giving: Vellanoweth Green, St Heliers Bay

LONG COURSE CHAMPIONSHIPS 2013

To be hosted by the Dunedin Masters Swimming Club in Dunedin on 12th/13th April. Information and entry form will appear on the NZ Masters Swimming website when available.

NEW TROPHIES FOR NZ MASTERS SWIMMING:

Foveaux Masters Swimming Club has donated two new trophies to NZ Masters Swimming. They are to be presented to the overall fastest male and

female swimmer in the 50m Freestyle event at the National Long Course Championships. They will be contested firstly at the 2013 Long Course Champs in Dunedin.

Mike Bodger

National Secretary/Treasurer

m.bodger@xtra.co.nz

Mobile: 0212500556

Phone: 07 3087185

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.

LIFE MEMBERS

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

2005	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.





Obituary: John Watt

President NZ Masters Swimming: 1982 – 1984

In 1982 John Watt from Wellington was elected President of NZ Masters Swimming. At this time the administration of Masters effectively moved to Wellington where the National Secretary Alister Holden also lived.

During the next two years NZ Masters was to change quite dramatically. Starting with a membership of just under 200 in 1981, by the end of 1984 the organisation had a financial membership of over 2000 swimmers. Whilst some of this increase could be attributed to the excitement generated by the upcoming World Masters Championships to be held in Christchurch in 1984, the greatest momentum came about because of the tremendous work being done by John and Alister with a lot of help from a number of keen and willing helpers in Wellington Masters.

Between them, they set about improving the promotion and the general organisation of NZ Masters swimming. Masterscrawl was produced and distributed on a regular basis and much of the previously loose arrangements around membership, record keeping and annual awards were formalised.

It sounds silly now but this was all done without the use of the computer systems easily available today. Throughout these two years John and Alister worked closely with the organisation that had been established in Christchurch to run the World Masters event.

John was always available for support and an opinion when required. (Those who knew John well will know that you got his opinion whether requested or not!) In spite of that, there were a number of difficult times when his wisdom or viewpoint was welcomed.

John Watt was a very sporty man who gave much to any organisation he was involved with - Lyall Bay Surf Club and Rugby in Wellington were great loves. He was attracted to Masters swimming because of the Fun, Fitness and Friendship on offer. There is no doubt that he set about gathering as much of this as he could. That he played so hard and he swam so well is still a source of amazement to many people after all these years.

I last saw John when he was staying with his daughter Jo Kane, shortly before he passed away. We sat in the sun with a drink or two and reminisced about the things we did during his time as President. Clearly, they were important and happy times for him and his memories of those times were still strong. Even at this advanced stage of his illness he was still able to swim with his daughter Jo. He kept going as long as he could, no doubt about that.

John was one of the characters of NZ Masters during the 1980's.

Whoever he is with now, they will know it. There will be water and there will be action aplenty.

Ian Butterworth
President NZMS, 1984 – 1985.

Memories of John Watt

My first memories of John Watt were in the mid 50's at the Thorndon Pool in Wellington. On a Saturday morning I would be having a swim (could hardly be termed a training session) and John arrived with his swimmers – I later realized they were his own children getting an early introduction to the water.

Several years later as, a member of the Hataitai Swimming Club we moved our learn to swim programme indoors from Hataitai Beach to the Freyberg Pool. Our club nights were Fridays and outdoors at Thorndon in summer. John would be the 'starter' for the races as his son, Richard was competing for the Club at that time. John continued his passion for teaching swimming and became a regular instructor for many years.

Our family moved to the Horowhenua in 1980 and shortly after formed the Levin Masters Club.

For a number of years a group of Wellington Masters – John, Ingrid Saxton, Cathy Cleary, Alister Holden, Christine Kingsbeer and others would visit Levin for an informal swim at the

Horowhenua College Pool. I believe it was here that we first partook of John's well known 'gin' – and Ingrid will confirm that this potion made your hair curl.

John and Colleen moved to Otaki and John became involved in the surf and swimming scene in that area, being instrumental in pushing for the Otaki pool to be covered – a huge effort in a small town, and encouraging the older members of the community to swim for fitness. For a time the Otaki Master Swimmers were members of NZMS. John later became a member of the Levin Masters Swimming Club and never failed to annoy me intensely because he kept beating me particularly in backstroke. Probably something to do with his regular sessions in the pool.

John's passing leaves a gap in my 'fun, fitness and friendship' acquaintances and many fond memories.

Lesley Parkin
Levin Masters Swimming Club

NZMS MasterScrawl

Fiji Swim

In August a group of keen swimmers from North Shore - with a ring-in from Levin (Lesley Parkin) - aptly named "the Kiwi Chicks", swam the 19Km relay swim in Fiji, from Denerau to Beachcomber Island. Our accompanying boat was a Dive Boat with the advantages of a great crew and a GPS to keep us on track. There were minor disadvantages – not much protection from the sun and no toilet.

We were pleased with our time of less than 6 hours and enjoyed a bit of friendly bantering as we raced other teams. A couple of days later another North Shore Master swimmer, Christine Curtis, who was holidaying in Fiji, competed with us in 3km swim.

Next year is the 10th Anniversary of these swims and they are scheduled for 22 to 24 August. If you are interested go to www.fijiswims.com/

Sue Pollard



*Sue Pollard, Sue Watts, Christine Curtis, Sandra Murray and Liz Davidson
(Sue, Liz and Christine are members of North Shore Masters Swimming)*

The How and Why of Swimming Technique

Gisborne master swimmer and coach, John Page has produced this booklet, which is available for purchase. It contains detailed explanations of techniques in all strokes. John is aiming this at the older person learning to swim, especially when this is without the benefit of coaching from a professional. It would also be a useful tool for those swimmers wanting to self-analyse their own technique. For further information contact me at president@nzmastersswimming.org.nz.

RECORDS BROKEN AT THE PAN PACIFIC GAMES IN QUEENSLAND 3-11 NOVEMBER, 2012

Julie Gunthorp (65-69)	200m IM	3:29.34
	200m Backstroke	3:09.27
	100m Freestyle	1:22.62
	50m Butterfly	42.52

Steven Prescott (55-59)	100m Breaststroke	1:23.48
	50m Breaststroke	36.90

NZMS applications invited for sanctioned meets

Applications are now sought called from clubs/regions interested in hosting the following Championship events in 2013/14:

- South Island Short Course Champs, 2013 & 2014
- North Island Short Course Champs, 2013 & 2014
- National Open Water Swimming Champs, North Island, 2014
- National Long Course Champs, 2014 & 2015, North Island

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.

Clubs holding other events (annually) and wishing these 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.

For information on hosting a meet go to the NZMS Information Manual (Sections 9 and 11)

All applications to go to National Secretary at secretary@nzmastersswimming.org.nz with copy to lesley.parkin@xtra.co.nz

South Island Adventure Tour – aka, SISCO that never was

I'm always keen to support a Masters meet being held in a different location, so when John Fisher (from Auckland), said he'd rally the troops to head south to Greymouth for the South Island Short Course Champs, I thought "why not". As a past President I know how important it is to support the provinces when they put their hand up to host a sanctioned meet.

Like most of our swim trips, it's about jumping at the chance to see a little more of our beautiful country, make new friends and sample the local beverages (and produce) as well as the competitive swimming.

So the planning began, carefully selecting a quality motel, not too far from the pool or the Monteiths Brewery, we booked return flights to rendezvous in Christchurch on Thursday afternoon and drive that famous southern route - through Arthurs Pass. Entry forms were in on time (just) and we just needed to sort out our tour to the famous Punakaiki (Pancake) Rocks.

And then the email arrived - regrettably the South Island Short Course Masters Swimming Champs to be held in Greymouth (7/8 September) is cancelled due to low entry numbers (34) - not enough to justify and budget the running of the sanctioned meet.

What is it with these events and the reluctance to take part in a sanctioned event? It's disheartening for clubs who put up their hand, and of course a big factor in deterring other provincial clubs to run a Meet. The writing has been on the wall for some time due to so many other activities to spend the dollar on; perhaps it's time to change the format, add something extra or make it different to attract members!

By this point we were totally committed and decided to go regardless of whether we were wanted or not. It transpired a few others were in the same position, with a few JASI Masters, Christchurch driving across and the NZMS Executive continuing with their plans to Greymouth. President Sue Pollard and husband Noel, along with National Secretary Mike Bodger and Keith Richmond had booked an intrepid journey onboard the Trans Alpine Express and planned to drive back to Christchurch and fly north.

Although it was impossible to have a full blown competition, Peter Walls and his team from the Greymouth club generously agreed to organise some swimming and socialising for the group.

The scenery between Christchurch and Greymouth is beyond spectacular; to be honest the drive across via Arthurs Pass was worth the price of admission by itself. Stunning scenery that literally took our breath away especially when the wipers thrashed against the windscreen in the heaviest rain and the car was buffeted by the strongest winds the West Coast could throw at us.

Stopping to take so many photos meant we arrived quite late, but we couldn't have picked a better location – our unit was very comfortable, right opposite the pool and a short walk to the supermarket. So we had a quiet night in with a nice bottle of wine and a good steak.



On Friday lunchtime we went to the pool (and what a lovely pool), the spa pool was a perfect temperature for me to watch John swim a couple of kms with the locals. By the evening more swimmers had arrived so they did another 3kms before the majority of us had dinner together at the Speight's bar.

The two of us then wandered off to see what Greymouth's nightlife had to offer. Luckily the NZ Army was in town for training and decided to adopt us. Really great bunch of interesting people and it was a privilege to socialise with them - most of them had served in Afghanistan and Iraq. After hearing their tales of war and how the West Coast is the perfect training ground, steep, rugged, dense bush, cold and wet, we're never going to complain again about a bad day at the office.

No rest for the wicked with more training in the morning and things got serious – we did an incredible 5.2kms. I knew it was a good cold wet day to stay in bed, when John arrived back he was looking just a little bit tired.

But luckily there was a break for lunch which gave us the opportunity to drive up the rugged West Coast and see even more amazing scenery and pristine native bush and finally the Punakaiki Rocks. I highly recommend the drive north.

NZMS MasterScrawl

South Island Adventure Tour – aka, SISCO that never was continued

The evening swim was supposed to be a “rest and recovery” session but somehow things got out of hand and we stupidly did another 3.8 kms. It was impressive watching them slog up and down from that perfect temperature controlled spa pool. An amazing complex, Greymouth as they even have a hydro slide to keep the kids off the street!

Everyone then headed to the Monteiths brewery for an aperitif or two and nibbles before dinner. Most of the party then went off to another venue for dinner and the chance to watch the AB's vs. Argentina. John chose to have another mad night out with the army.

There was another session planned for Sunday morning but John woke up with an unexplained headache and feeling nauseous (probably due to the excessive training the day before) so we missed out.

The adventure continued with the drive back through Arthurs Pass – it was snowing heavily and was settling on the ground. When we got to the check point

and the chap told us “the road is closed unless you have chains or a 4WD”, we were glad we had had the foresight to book a 4WD. Still it was quite scary and we wondered if we might have to turn back. John even offered to drive at one stage, headache and all.

Peter Walls, you and your Greymouth club members deserve our thanks for helping to salvage the weekend with your hospitality and organising the pool sessions.

All things considered it was an epic few days and it's difficult to understand why so few Masters took this opportunity to do some serious exercise, view some breathtaking scenery, have a few drinks and meet some great people. Really, what's not to like? It's a real concern that less than 30 swimmers from the South Island chose to enter their flagship event. Like the advert says, “Where the bloody hell are you?”

Dunedin next, I hear? That's another southern town famous for whisky and a steep street!



Ingrid Saxton – Harbour Capital

John Fisher – Waitakere Masters

RECENT RECORDS NORTH ISLAND SC CHAMPIONSHIPS, FLAXMERE 5-6 OCTOBER 2012

Rebecca Perrott Levin (50-54)	400m IM	5:40.91	Eleanor Pinfold Hamilton (60-64)	800m FS	11:58.92
	800m FS	10:29.00		50m Fly	39.69
	1500m FS	19:33.54			
	100m Fly	1:15.11	Helen Price Northland (55-59)	200m Back	3:05.83
	100 IM	1:15.72			
	50m Back	35.03	Peter Attwell Huia (65-69)	200m Back	3:05.56
Julie Gunthorp North Shore (65-69)	400m IM	7:14.44		800m FS	11:57.66
	200m Back	3:10.14		400m FS	5:45.79
	200m Fly	3:50.43			
	200m IM	3:21.28	Fritz Bohme Northland (80-84)	200m Back	3:41.69
Gaye Willetts Whakatane (55-59)	1500m FS	21:35.57		100m Back	1:49.85
	800m FS	11:23.71		200m Breast	4:40.64
	400m FS	5:30.63			

Duel In The Pool

On the morning of Sunday 28th October as Auckland's North Shore woke to the sound of 16,500 pairs of feet crossing the harbour bridge, 24 swimmers and their supporters slipped quietly into the Lloyd Elsmore Swimming Pool car park. Taking place at Lloyd Elsmore Pool was the first ever 'Duel in the Pool'. Two of the country's largest masters swimming clubs were about to battle it out to see who was strongest. Two clubs, two age groups, one trophy.

At 8.34am as Australian Rowan Walker crossed the line to win the 2012 Auckland Marathon, so too was the Duel in the Pool drawing to it's own nail-biting conclusion.

A month previously, South City Masters had laid down the challenge to their friendly rivals from 'down the road', Manukau Masters. The format was simple, there would be just 2 age groups for men and women; under 45 and 45 and over and events would be few so the meet could be completed in one hour. In all there were to be 5 individual events, a 4 x 50 freestyle relay, a 4 x 50 medley relay and the final event would be the Flying Squadron freestyle relay. Each club could enter up to two swimmers per event, one team per relay, and points were allocated according to where the swimmer placed in the race. Relays were worth double points.

The challenge meet day arrived. Some had a few nerves, a few were excited and some were simply yawning since it was really quite early for a Sunday morning. Everyone, however, was looking forward to some good, close racing – and that's exactly what they got!

After the first two events, the 25 m freestyle and the 50 m breaststroke, South City Masters were showing an early dominance with an 8-point lead. However, that was just the incentive that Manukau Masters needed and after the 50 m backstroke races were completed the lead had been halved to 4 points. The teams were evenly matched in the 4 x 50 m freestyle relay races, winning one relay apiece, and then Manukau Masters clawed back another 2 points in the 100 m freestyle.

With just 2 points separating the teams the competition was intense and nothing separated the teams' performances through the 25 m butterfly and 4 x 50 medley relay races. The last event, the Flying Squadron relay, was to be the decider. In this event 3 men and 3 women for each club would swim as fast as they could over just one 25 m length.

Manukau Masters took an early lead and, despite the deafening screaming and shouting, and a blindingly fast final swimmer for South City, Manukau managed to hold on and win this last race of the challenge meet. Manukau claimed 8 points for the Flying Squadron relay win to South City's 6 points. The final tally for the challenge was South City Masters 135 points, Manukau Masters 135 points. Tie!

It was a fantastic meet, short and sharp with some serious competition and plenty for the spectators. Both clubs thoroughly enjoyed the challenge and are looking forward to a tiebreaker in February to sort out the true winners. Challenges will then be extended to other clubs.



*Words and photos by
Tony Shacklock and
Deryn McGregor of
South City Masters*

Coming Events

Vanuatu swims expand in 2013

Ocean swimming in the sparkling jewel of the South Pacific that is Vanuatu takes a big leap forward in 2013. The Vanuatu Open Water Swims, which have run annually in June since 2002, will be boosted by Espiritu Santo Swim Week.

The Vanuatu swims have long offered legs in Port Vila – in 2013, they will be on Saturday, June 15 – and, since 2005, a second leg has been held up north three days later, the Espiritu Santo Aore Swim, on the island of Espiritu Santo.

In 2013, that Santo swim will become Espiritu Santo Swim Week – four days and nights of ocean swimming and other soft adventure activities -- giving the island known simply as “Santo” the chance to show visitors how good a location it is for ocean swimming and other exotic adventures.

Previously, a visit to Santo for the second leg swim usually was for a day or two: there was a welcome function on Monday night, the swim on Tuesday (June 18 in 2013), and an awards lunch afterwards. Then most swimmers would head home.

But some swimmers who stayed on would find there was so much more to do up north – so many more places to swim.

Espiritu Santo offers rich insights into two kinds of history – Melanesian, and military. As well as offering tastes of “kastom” Vanuatu – traditional, or customary village life – the island’s south-east corner also was a major military base in World War II, with thousands of Allied troops based there. The military built four airfields – two for bombers and two for fighters – in the area around Luganville, the capital of Santo, and a mini city grew up to service them.

Author James A Michener was stationed in Luganville, and is said to have been inspired by the area to write the stories that became the stage show, South Pacific.

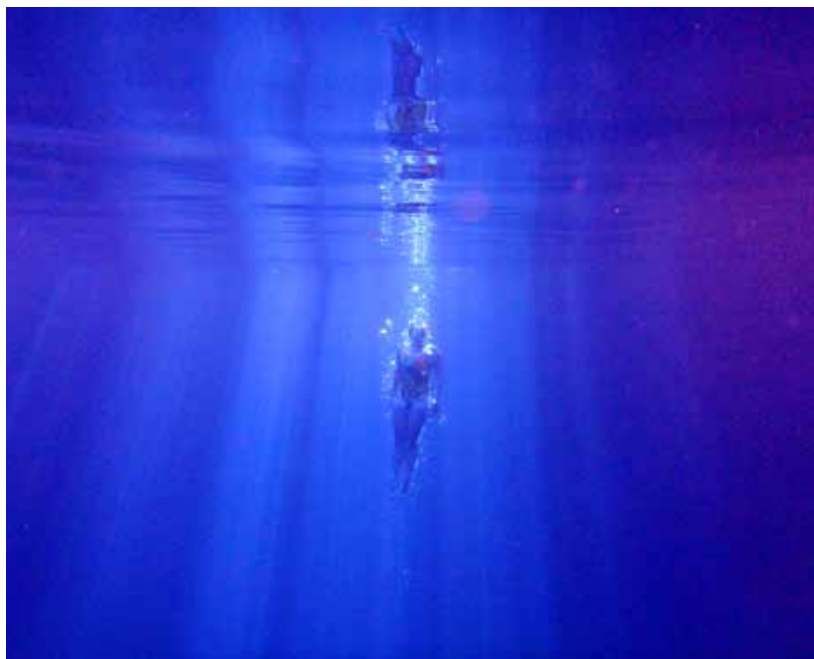
Luganville also hosts one of the most famous shipwrecks in the world, that of the SS President Coolidge, an American troop ship which hit an Allied mine on entering Luganville’s harbor and sank on the edge of the reef. The Coolidge now is one of the world’s most famous dive sites.

When the war ended, the Americans dumped tonnes of equipment into the sea just along the waterfront from Luganville at a spot that became known as Million Dollar Point. This is one of the area’s most popular snorkeling spots, where you can swim over this military equipment, sitting on the bottom in just a couple of metres of water.

Over four days from June 17 to 20 in 2013, swim organisers will run day and half-day trips to spots around Santo to complement the Espiritu Santo Aore Swim.

On Monday, we’ll swim from one of the world’s most beautiful beaches, Champagne Beach, around the point into Lonnoc Bay. On Tuesday, there’s the formal swim, which crosses Segund Channel – Luganville’s “harbour” – to Aore Island Resort.

Wednesday is Adventure Day, where you’ll have the choice of activities such as visiting a “kastom” village”, snorkeling Million Dollar Point, venturing through the jungle to follow a river under the mountain through Millennium Cave, diving on the Coolidge, swimming in one of Santo’s famous “blue holes”, and more.



Vanuatu swims expand in 2013 continued

On Thursday, we'll swim the lagoon at Port Olry, one of Vanuatu's largest traditional villages, north along the coast from Luganville, and another of the most beautiful swim venues you will ever see. Port Olry has opened up only in the last couple of years, since the road has been sealed.

The organisers of the Vanuatu Open Water Swims and Espiritu Santo Swim Week, along with Air Vanuatu, the Vanuatu Tourist office and the local tourism industry, have combined to provide a travel prize to be given away at the end of the 2012/13 swim season through NZ Masters Swimming, to take part in the Vanuatu swims in 2013.

The prize package includes –

- Airfares from Auckland to Port Vila and Santo and return (3rd party taxes and charges are payable by the prize winner)
- Accommodation in both Port Vila and Santo
- Entry to the Vanuatu Open Water Swims and Espiritu Santo Swim Week and associated functions
- Transfers

More info:

www.vanuatuswim.com

www.oceanswims.com

www.oceanswimsafaris.com

Email: ocean@oceanswims.com



KIWANIS CLUB OF WHAKATANE LAKE ROTOMA OPEN WATER SWIM

6TH FEBRUARY 2013

- 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

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KATIKATI MASTERS SWIMMING CLUB

NZ 33.3m POOL CHAMPS & 2km OCEAN SWIM

19th & 20th January 2013



Non Sanctioned Event - Information Sheet

EVENT INFORMATION

NZ 33.3m POOL CHAMPS sponsored by "LASER PLUMBING WAIHI BEACH"

Dave Hume Pool Carisbrook St, Katikati - Saturday 19th January 2013

- 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 31/12/13
- 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.

2km OCEAN SWIM sponsored by "WAIHI BEACH TOP 10 HOLIDAY RESORT"

Waihi Beach Lifeguard Services, Waihi Beach - Sunday 20th January 2013

- 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.
- Bright coloured 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. Limited bag return service available.
- This event is open to swimmers 14yrs plus of a capable ability. Swimmers 12 & 13yrs may apply to swim with pool 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.
- Limited supply of \$2 bright coloured souvenir caps available from last years event.

EVENT CONTACTS & ENTRY FORMS

Leon Ruttersmith
027 425 9917 or ruttersmith@slingshot.co.nz
www.facebook.com/kkmssc
www.nzmastersswimming.org.nz

NZ33.3 Pool Champs Programme

Event 1:	400m	Freestyle / Individual Medley
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



KATIKATI MASTERS SWIMMING CLUB

NZ 33.3m POOL CHAMPS & 2km OCEAN SWIM

19th & 20th January 2013

Non Sanctioned Event - Entry Form



YOUR PERSONAL DETAILS			YOUR PAYMENT DETAILS		
Name:			NZ33.3m POOL CHAMPS:	Numbers:	Totals:
Address:					
Phone:			* Entry fee & BBQ for swimmer	@ \$35	\$
Mobile:			* BBQ for non swimmers.	@ \$10	\$
E-mail:			2km OCEAN SWIM:		
Date of Birth:			* on or before 11/01/13.	@ \$20	\$
Gender:	Male:	Female:	* after 11/01/13	@ \$30	\$
Emergency Contact Name:			Entry fee proceeds to Waihi Beach Surf Club, Coast Guard, St Johns.		
Emergency Contact Phone:			Ocean Swim entry fee non-refundable if cancelled by the Event Safety Officer.		
Medical Conditions	1 2 3		TOTAL PAYMENT:		
List All:			\$		
* Masters Division			Preferred method of payment is direct credit:		
* NZMS Club :			03 1550 0039481 00 use entry surname as reference.		
* NZMS Number:			Post entry form (& cheque if necessary) to:		
			Katikati Masters Swimming Club		
			C/- Leon Ruttersmith		
			48 Citrus Ave, Waihi Beach 3611.		
			Entries close: 11th January 2013		
YOUR DECLARATION					
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. 					
NZ33.3m POOL CHAMPS ENTRY					
Event Number:	Event Description:	Entry Time:			
2km OCEAN SWIM ENTRY					
Tick Below:					
* Masters: Female	Wetsuit (MFWS):				
	Non Wetsuit (MFNS):				
* Masters: Male	Wetsuit (MMWS):				
	Non Wetsuit (MMNS):				
Open: Female	Wetsuit (OFWS):				
	Non Wetsuit (OFNS):				
Open: Male	Wetsuit (OMWS):				
	Non Wetsuit (OMNS):				
Is Surf Club IRB transport required to Orokawa Bay?					
			SWIMMER SIGNATURE:		
			PARENT/GUARDIAN SIGNATURE:		
			(compulsory requirement if swimmer is under 16yrs old)		
			DATE:		

HUIA MASTER SWIMMERS CLUB Outdoor Swim Meet

Huia Master Swimmers Club Inc to host an Outdoor Swim Meet at Wainuiomata Summer Pool - includes BBQ

**Huia Masters Swimming Club is pleased to confirm a non-sanctioned
Summer Swim Meet at Wainuiomata Outdoor Summer Pool:**

Saturday 16 February 2012, 4.45 – 7.45PM

**It is truly a wonderful outdoor swimming complex and
we will have full use of all the following amenities featured:**

- Main 50M Pool
- Spa pool (Outdoor up to 12 people)
- Childrens pool
- Toddlers pool fenced in lovely grassed area with canopy to protect kids from the sun whilst they swim
- Hydroslide (Open Hydroslide, 80 Meters through native bush)
- Mini Golf
- Basketball Hoop
- Upstairs Lounge (Coffee & Teas) and to view the complex.

**We had good weather in the past two years so come and enjoy another
good swim meet at the Wainuiomata Summer Pool complex.**

Lester Fensom

President Huia Master Swimmers Club Inc
(021) 936 403

HUI MASTER SWIMMERS CLUB

Outdoor Swim Meet

SATURDAY 16 FEBRUARY 2013
Family Fun Day and BBQ

WAINUIOMATA SUMMER POOL (50M Main Pool)
 MOOHAN STREET, WAINUIOMATA

Registration & Warm-Up 4.45 pm – Competition Start 5:17 pm
Swimmer \$20 OR Swimmer with family \$35 can enjoy pool complex and BBQ.
 Anyone accompanying a swimmer \$5 per person

ATTRACTIONS: Continuous Hydro-slide, Mini Golf, Outdoor Spa & Children's Pools

ENTRY FORM

Entries Close: 13 February 2013

A limit of 8 events per swimmer applies excluding the relay.
 Record your current swim times to enable administrators to place you in an appropriate swimming stream.

For further information please contact:

Lester Fensom (021) 936 403 or email president@huiamasters.org.nz

	EVENT	Time		EVENT	Time
1	200M Any Stroke (time & stroke)		7	50M Kids handicap by age (Specify ages)	
2	4 x 50M Mixed Relay.		8	50M. Sidestroke	
3	100M. Non Free (time & stroke)		9	50M. Butterfly	
4	100M. Freestyle		10	50M. Breaststroke	
5	100M. Non Free (time & stroke)		11	50M. Backstroke	
6	100M. Any Stroke (time & stroke)		12	50M. Freestyle	
			13	400M. Any Stroke	

Surname: First Name: Age:

Gender: M / F Club: Contact Ph:

Post entry to: Payment: Swimmer \$20 or with Family \$35

No Attending \$5 per person **TOTAL: \$_____**

Wainui Outdoor Swim Meet, PO Box 11357, Manners Street, Wellington 6142

By sending in an entry form, I:

- Declare myself to be fit enough to compete; and
- Acknowledge that the organizing 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 my participation in this meet.

Signed: _____ **Date:** _____

How's your Russian - Future World Champs

At the July FINA Bureau meeting a decision was made that, commencing in 2015, the **World Masters Swim Championships** will be linked to the World Long Course Swim Championships and a new two-yearly cycle will commence from that date.

Swimmers will know that the next World Masters Swim Championships is in Montreal, Canada, in 2014. All the championships for Masters up to this point have been held as a single stand-alone event but in Riccione at the World Masters Committee Meeting the Committee was asked what its attitude would be to a linkage with the World Long Course Swim Championships.

The reaction was generally favourable around the Committee table. Now the Bureau has decided to act and a decision has been made for the World Masters Swim Championships to follow on from the elite open competition starting in Kazan, Russia, in 2015.

Kazan, for those interested, according to Wikipedia, is a city of around 1.2 million people founded in the middle ages. Kazan is situated about 750 kilometres east of Moscow. It is currently the eight largest city in Russia and since 2000 has been undergoing a total renovation. For the FINA World Championships four competition venues will be used and probably the same will apply for the World Masters Swim Championships. A new football stadium has been constructed and two temporary 50 metre swimming pools will be located at the stadium field. Open water swimming competitions will take place at the Rowing Centre.

For 2017 Guadalajara, Mexico, has been chosen as the host for the next World Long Course Championships and World Masters Swim Championships.



Nutrition - Focus your fuel for a quality swim



Caryn Zinn PhD
New Zealand Registered Dietitian/
Sports Nutrition Consultant
carynz@xtra.co.nz | 021 422 911

The last decade of sports nutrition guidance has focused on “what” to eat. We know that a balanced diet covering all nutrients from a wide variety of foods and a comprehensive fluid plan is essential. However cutting edge research of this decade suggests that paying closer attention to “when” you eat could be even more important to achieve your body composition and performance goals. Focusing your nutrients optimally prior to, during and after your swim sessions will help recover/repair muscle damage and recover energy stores, setting your body up to be in great shape for your next session, whether it be later in the day or the following day.

Pre-exercise key strategies:

- Consume a high carbohydrate, moderate protein, low fat / fibre meal 1-3 hours prior to a swim session. Combining carbs and protein at this meal can help provide enough energy for the swim (carbs) and help moderate some muscle damage at the micro-level that you encounter during exercise (protein).
- Example breakfast meal: Bowl of porridge or grainy cereal, Add low fat milk or yoghurt for protein. Add fruit (fresh or dried) for extra carbohydrate. Add fluid (1-2 glasses water / milk / juice) to ensure you are well hydrated.
- For the “appetite-challenged” and the very early morning swimmers, liquid meals are well tolerated (smoothies / liquid milk-based beverages).
- Modify the size of your meal according to the duration and intensity of the swimming session - trial what works best for you in training or seek more personalised guidance.

During exercise key strategies: (Pool swimming of course!)

Take a water bottle along with you and consume your fluids in your break times.

- Aim for 400-750ml per hour – this is very dependent on individual requirements.
- For more demanding sessions lasting longer than 1-1 ½ hours, you will need to consume some carbs during this time; sports drinks are particularly useful.

Recovery key strategies:

- Consume a recovery meal or snack within 30 minutes of finishing a training session / event.
- This meal should contain ALL of these nutrients: carbs, protein and fluid, e.g. chicken salad sandwich & a bottle of sports drink, or a bowl of cereal, fruit and low fat milk.
- Another substantial meal should follow within 2-4 hours of finishing the session.

The great thing about SMOOTHIES...

... is that they are suitable for both pre-exercise and recovery strategies as they typically contain a good combination of carbohydrate, protein and fluid, tend to sit well in the gut and are often nutrient dense (i.e. full of important vitamins and minerals). See below for a user-friendly, nutrient-loaded smoothie recipe:

Blueberry Banana Smoothie

1 medium banana, 3/4 cup fresh/frozen blueberries (or other berries), 1/2 cup non-fat plain yogurt, 1 cup non-fat milk, 2 tablespoon of wheatgerm, pinch of cinnamon (optional).

Finally...

Low body fat levels can be advantageous to the swimmer as there is less weight to pull through the water. If you want to shed some body fat, cutting out food before, during or after your swim is not the best way to go about doing this. If you want to achieve a certain body composition goal without compromising energy or performance, and if you want some personalised help with focussing your fuel for optimal performance, I can help **carynz@xtra.co.nz | 021 422 911**

Reproduced with permission from: www.oceanswim.co.nz/swimming-resources/swim-nutrition-tips/

Did you know you can put your club on this site in the swim squads section?
Have a look at www.oceanswim.co.nz/swimming-resources/local-swim-squads/ to see what information is needed and ask your club secretary to contact lauren@quantumevents.co.nz.

Calendar of Events

2012	Event details	Information
December		
2	State Ocean Swim: Harbour Crossing, Auckland	www.oceanswim.co.nz
15	Lake Hood Open Water Swim, Lake Hood, Ashburton	www.swimlakehood.com/

2013	Event details	Information
January		
19	Katikati Masters NZ 33.3 Pool Champs, Katikati, Bay of Plenty	www.nzmastersswimming.org.nz
20	Katikati Masters 2Km Ocean Swim, Waihi Beach, Bay of Plenty	www.nzmastersswimming.org.nz
27	State Ocean Swim: Capital Classic, Wellington	www.oceanswim.co.nz
February		
3	Eagle Technology Bays Swim, Auckland	www.aucklandharbourswims.org.nz
4-7	New Zealand Masters Games, Whanganui	www.nzmg.com/home2013
16	Huia Masters Summer Swim meet (non-sanctioned), Wainuiomata Outdoor Pool	See page 12-13
23	State Ocean Swim: La Grande Swim, Akaroa, Christchurch	www.oceanswim.co.nz
March		
3	NZ Masters Open Water Swimming Championships: Eagle Technology Rangitoto Swim, Auckland	www.nzmastersswimming.org.nz www.aucklandharbourswims.org.nz
16	State Ocean Swim: Sand to Surf, Mount Maunganui	www.oceanswim.co.nz
April		
6	State Ocean Swim: King of the Bays, North Shore, Auckland	www.oceanswim.co.nz
12-14	National Long Course Championships, Moana Pool, Dunedin	www.nzmastersswimming.org.nz

See more event information at www.nzmastersswimming.org.nz

**Got an event coming up? Send us a copy to
news@nzmastersswimming.org.nz**

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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.

EDITORIAL DEADLINE for the next issue of Masterscrawl is February 15, 2013

Send articles, photos, copies of entry forms no later than this. Late material may not be included.

Sue Pollard & Mike Bodger
Editors, NZMS Masterscrawl
Email:
news@nzmastersswimming.org.nz