



February 2011

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STAR PERFORMER

After years of running Harriers and marathons, Francesca Lowe, was looking for a new challenge, so what better than a triathlon. The fact that she couldn't swim was not going to hold her back. So at the age of 58, she took up swimming lessons. Living in Marton at the time, having retired after 23 years as a journalist for the Rangitikei Mail (and 8 years as a Territorial soldier) she joined her husband Bob an accomplished Ironman, and started a new pursuit "Triathlons and Open Water Swims".

Competing in her first Women's Only Tri in 2007, she had no problem with the bike and run, but had to use a pool buoy for the swim – she did get some funny looks from the gun swimmers! But in an OWS a pool buoy is not PC, so Francesca spent some time training with Pam Workman in Fielding. Then Bob bought Fran a wetsuit which she has relied on for the added buoyancy. Her first OWS was to have been at Virginia Lake, Wanganui, but an algae bloom in the Lake meant a change to the Wanganui River, where she swam it on guts only; she did it, was last out of the swim and bike, but got a silver medal for her age group.



FROM THE EDITOR:

Deadline for content for next issue of MasterScrawl is:

15 April 2011

The next issue of MasterScrawl which is due out on **1 May 2011**.

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



Ingrid Saxton

Editor, NZMS MasterScrawl

Click [here](#) or email:

news@nzmastersswimming.org.nz



Their love of multisport and impending retirement were factors in their decision to move to Taupo where they joined the local Taupo Masters club – the Lowe's mantra is "*adventure before dementia*" which fits in perfectly with Francesca's and Bob's philosophy on life.

As a first time competitor in the January 2011 EPIC swim in Lake Taupo, Francesca described the event as a '*mongrel*' with strong winds making navigation difficult, and any thought of bilateral breathing went out of the window. The waves so high she couldn't sight the marker buoys. It wasn't cold, just extremely choppy. Her time was 1:54:40 for the 2.5km which was disappointing because in the 2007 Taupo Half Ironman she had swam the 2km in 59.41. Not bad for the now 62 year old who only learnt to swim just over 2 years ago.

Francesca's story has inspired others to take up new challenges, to step out from their comfort zones. She puts her drive for new challenges down to the Army ethos of '*don't quit*'.



Want to be a serious Triathlete you need to go hard or go home. The Wanganui River was the venue for the 2007 NZ Masters Games triathlon swim at low tide and a cross current. I was last out of the water, and last onto the bike. But what's a bit of mud when you are having fun..



Job Done. I am clocking my swim time on the overhead timing pad after a challenging 2.5k swim in rough water. Photo by Linda Nouwens, Taupo Masters Swimming Club.

PRESIDENT'S UPDATE

Winning and Losing

In February last year Mike Bodger, our National Secretary, made a valiant attempt to swim Cook Strait. He was forced to abandon the attempt with only about four kilometres to go after weather and sea conditions deteriorated. It was a fine effort. All who have swum in open water conditions know how fickle those conditions can be and how exhausting it is to fight tide and waves when they turn against you.



Kirsten Cameron accompanied the swim and wrote a gripping account of the event. In NZMS we modified this account to make it appeal more to an international readership and sent it to FINA Aquatics World Magazine for publication. After some delay we were advised that the article was not published because the swim had not been "successful". Those who read FINA Aquatics World will know that it is a (now) upgraded, glossy magazine which often features present and past champions of swimming and related disciplines. But every champion has had his or her setbacks and failures and often injuries and illnesses. It is from those difficulties that we sometimes learn and develop as athletes. Every "winner" has had to lose many times before achieving ultimate success.

FINA Aquatics World was wrong not to publish the story as participation is everything, especially in Masters swimming, and we can admire persons who step up for challenges as much as we admire winning results. There would be no champions if others were not there competing alongside them. The major goal of NZMS over the last five years has been to preserve and increase our membership so there is worthwhile competition in all our major events. Ultimately it is the regular participants who, more than any others, are vital for our organisation.

Stepping Down

This will be my last column in MasterScrawl as President. After six years it is time for me to step down. May I say publicly what a pleasure it has been to have been involved in the Executive of Masters Swimming. Of the clubs and organisations with which I have had contact, NZMS has been the most satisfying. A great sport and great people involved in it. During my terms much effort, as mentioned above, has gone into trying to preserve and increase our membership numbers and to ensure that the national organisation has stayed financially stable and with good resources. Whilst NZMS does not need vast amounts of money with which to function, it does need to have sufficient resources to be able to take initiatives (such as the clinics which we are proposing for this year and next) and to be able to weather unexpected difficulties (such as occurred when we lost our national secretary, Rachel Harris, and had difficulty finding a replacement). There is, however, within NZMS a core of enthusiasts and I believe that these people and their replacements will never disappear. Qualities which I have tried to emphasise are accountability to members, prompt dealing with serious issues, efficiency and integrity within the organisation and encouragement to clubs and swimmers.

Readers will enjoy a change of style and approach with the new President, but I don't feel relieved to be stepping down. I will genuinely miss the administrative contact with many swimmers throughout NZ, and remain happy and agreeable to do anything I can to assist NZMS in the years to come. I will of course continue in my roles for the time being with Aquatics and the FINA Masters Committee.

Thank you for the privilege of being your President.

Happy swimming

Roger Eagles
President NZMS

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.

FROM THE SECRETARY'S DESK

Michael Bodger – NZMS National Secretary

AGM 2011: The 38th Annual General Meeting of NZ Masters Swimming will be held on Friday 25th March at The Kingsgate Hotel in Hamilton starting 9am. If swimmers and clubs have items or remits to submit for the agenda please send them to me at the earliest to 18 Toroa Street, Whakatane 3120.

FIJISWIMS: For a mid winter's break in August 2011 consider an 18km swim between Denarau Island and Beachcomber Island. The swim can be done solo, as a duo or as a team of five. Full details are available on their website: www.fijiswims.com. If New Zealand swimmers are keen to participate I am happy to coordinate their participation in the event.

CLUB SECRETARIES: Could clubs please notify me of any changes to club secretaries for 2011. Changes need to be updated on the National database (which I administer) and the website (administered by Andrew Gabites: webmaster@nzmastersswimming.org.nz).

FINANCIAL REPORTS: The financial reports for 2008 and 2009 can be obtained from me as an email attachment. A review of the 2010 finances is presently underway for presentation at AGM2011.

Regards
Mike Bodger

NZMS National Secretary
18 Toroa Street, Whakatane 3120
H: 07 308 7185 M: 021 250 0556
E: m.bodger@xtra.co.nz



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.

Expressions of Interest Invited

Author or Journalist: NZMS is gathering information necessary for a history of our organisation to be composed. We will need an author. Someone within NZMS who has a journalistic experience or a bend for writing of this kind would be ideal for the task. The scope of the authorship will be known in more detail after the AGM next year. In the meantime we seek expressions of interest. Please write to Mike Bodger, National Secretary, 18 Toroa Street, Whakatane 3120, or email him at m.bodger@xtra.co.nz.

Coaching Clinics: At the AGM2011, NZMS will be discussing the possibility of holding coaching clinics for NZMS swimmers. We envisage three clinics, held over a weekend, in Auckland, Wellington and Christchurch during 2011 and 2012. We are looking for club(s) who may be interested in running these clinics in the three centres. Clubs would engage a notable or local swim coach and swimmers would pay a fee for the weekend, set by the hosting club. NZMS would provide a subsidy to the host club. Tuition would involve stroke correction, starting and turning procedures, training schedules and maybe diet (this may require other hired specialists). A follow-up to each clinic could occur after about two months. It is hoped that hosting clubs may view these clinics as a means to increase club funds. If your club is interested, please contact Mike Bodger before the AGM.

MERCHANDISE

NZMS Bathing Cap & Badges for Sale

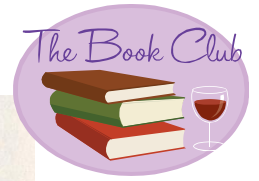
Purchase one or two of the NZMS latex bathing caps and/or badges, from Mike Bodger, our National Secretary. These are great items to swap with other swimmers around the pool anywhere in the world.

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

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

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

FROM THE ARCHIVES



World Record breakers at the North Island Short Course Championships.

From left: Mark Saunders, (Durham Light), Glenda Biddle, (North Shore), Rebecca Williams, (Harbour Capital), Barry Young, (North Shore).

The above photo and article below have been taken from MasterScrawl 107, 1st December 1991 – 20 years ago.

'Barry Young' started the ball rolling with beautiful backstroke swims in the 100 and 200metres. If anyone wants proof that style and technique are important, Barry gave a great example. He swam so smoothly with hardly a ripple and didn't appear to be hurrying except that he kept up with all the young fry and his age group is 50 – 54yrs.

'Rebecca Williams' (Perrott) duel with Steve Prescott was the catalyst for her great swim. She had already beaten Steve in the 400m Freestyle and he was after revenge in the 200m event. He achieved his aim but in doing so drew her out to a world record.'

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

Another Blast from the Past Foveaux Masters

Some past and present members of Foveaux Masters Swimming club gathered recently to enjoy an evening with ex club member Belinda Donaldson, who now lives in Auckland and is swim coaching 12-14 year olds.

Belinda (many of you may recall her as Belinda Shields), has swum Foveaux Strait, and now competes in open water swimming only when she can fit it in around her busy coaching schedule. It should also be noted that both John van Leeuwen and Todd Utteridge have swum Foveaux Strait as well.

Back: Anne van Leeuwen, John van Leeuwen, Sharon Ferguson, Todd Utteridge

Front: Wayne Evans, Belinda Donaldson and Jenny Pascoe



REGIONAL NEWS

Huia Masters to host Family Fun Day and BBQ Outdoor Swim Meet, Wainuiomata Summer Pool, Saturday 19 February 2011, 5 pm – 8 pm

Huia Masters Swimming Club is pleased to confirm a non sanctioned swim meet at Wainuiomata Summer Pool, Moohan Street, Wainuiomata.

- Registration & Warm-Up 4.45 pm – Competition Start 5:15 pm **Entries close 15th February 2011**
- Swim \$15, Spectator Adults and Children are Free – we must all vacate the pool by 8.00 pm.
- BBQ Meal \$5 per person

It is truly a wonderful outdoor swimming complex and we will have full use of all the amenities including the main 50M Pool; Spa pool (outdoor up to 12 people); Children's pool; Hydro slide (open hydro slide, 80 m through native bush); Mini golf and a basketball hoop and an upstairs lounge (coffee & teas) and to view the complex.

We encourage participants to bring their families given that we have full use of the entire complex so bring your children, grandchildren, nephews and nieces who will all enjoy the supervised amenities. It will be great to restore the halcyon days of a swim meet at the Wainuiomata Summer Pool complex.

Lester Fensom, President Huia Masters Swimming Club Inc

president@huiamasters.org.nz

Hamilton to Host NZMS National Long Course Championships, 2011

Friday March 25th to Sunday March 27th, 2011

Masters swimmers will be able to take part in two iconic events in Hamilton on successive weekends early next year.

- New Zealand Long Course Masters Swimming Championships will be held at Waterworld from Friday, March 25, to Sunday, March 27, 2011
- Five Bridges River Swim will be held in the Waikato River on Sunday, April 3, 2011.

Having two big events a week apart in Hamilton will allow out-of-town swimmers to contest them both, giving them time to holiday in the area for a few days and sample the Waikato's many charms.

The 2011 New Zealand championships will take part in the 50m pool at Waterworld, in the Hamilton suburb of Te Rapa. The list of events is identical to those of the last few years but the programme will return to its traditional three-day format.



Accommodation

An accommodation deal has been offered for competitors across the road from the pool.

The [Kingsgate Hotel](#) is offering a discounted rate of **\$119.00 (bed and breakfast) for two persons per night**. There is also a single discounted rate of \$105.00 (bed and breakfast) for one person per night. These prices include GST.

The hotel management has confirmed that it is all right for two unrelated club members to share the same room and get the \$119 per night deal, \$59.50 a night for each swimmer.

Bookings can be made at **0800 22 39 38** and ensure you quote the NZMS reference number **66232** when making reservations to get the special rates.

The hotel has 24-hour room service, two restaurants, a house bar and free parking. The Saturday night dinner and disco will be held at the hotel, meaning swimmers will be within walking distance of all the weekend's events. *Balloons over Waikato* may be held the same weekend, so book your accommodation early.



Levin to host two events in 2011

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

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

Northland Masters Swimmers 2011 Postal Swim “The Wall”.

What is a Postal Swim? For many of our members, competing in sanctioned pool events is not your 'cup of tea', but a postal swim is an excellent way for you to measure how well your training and level of fitness is going. Especially against others in your age group.

A postal swim such as this one, run by Northland Masters, is about you and your club mates getting together and swimming a set distance e.g. either the 800 metres or the 1500 metres event in the correct order or sequence as detailed below. You can swim both events, but only one event is allowed per entry form. You are able to stop and rest but the clock keeps ticking until you have finished. All four strokes are to be swum and in the correct order.

- **800 metres** – swum as 400m Freestyle, 50m Butterfly, 100m Backstroke, 100m Breaststroke and 150m Freestyle
- **1500 metres** - swum as 800m Freestyle, 100m Butterfly, 200m Backstroke, 200m Breaststroke and 200m Freestyle

Both events must be swum in a standard 25 metre or 50 metre pool any time from **1 March 2011 to 30 April 2011**. Only one timekeeper is required but a record of the split time for every second length of the pool is a requirement. You must state you age as what you will be as at 31 December 2011.

Eligibility	Any financial registered swimmer of NZMS or a registered member of another country.
Awards	A certificate will be issued to all participants. T-shirts will only be issued to those who order one at time of entry.
Entry Fee	NZ\$10.00 per NZMS competitor per distance or AUD\$12.00 per AUSSI competitor (difference is to cover cost of postage). An additional charge of NZ\$35.00 per NZMS competitor or AUD\$40.00 per AUSSI competitor if a T-shirt is required.
Results	These will be posted on the New Zealand Masters website as soon as possible after the closing date.
Entry Forms	These are up on the NZMS website now
Questions	For more information contact Northland Masters Swimmers, C/- Karena Nisbet, 433C Apotu Road, R D 1, Kamo, Whangarei 0185 or send email enquiries to: wudbox@orcon.net.nz
Entries close	Entries are to be post-dated no later than 10 May 2011.

So give it a go – test your endurance, test your fitness level. Are you getting fitter and faster? Then go and have a cup of tea and muffins with your fellow swimmers. Enjoy the challenge – it's you against the clock.

OPEN WATER SWIMS

State New Zealand Ocean Swim Series



Two age-group wins at State Russell to Paihia Swim

Both articles are courtesy of **Nicola Carter**.

More than 20 Masters Swimmers were among the 750 swimmers who took to the water as part of the State Russell to Paihia swim on 11th December 2010.

The event was race two of the State New Zealand Ocean Swim Series and is thought to be the largest open water swimming event Northland has ever seen. The course took swimmers on a 3.3km journey from New Zealand's first capital, Russell and finished on the beautiful shores of Paihia.

Two gold medal performances were achieved with Northland resident, **Pat Owens-Bohme** winning the female 70 - 74yr age-group in a time of 1hr 25min 37sec and **Dick Smith** (Auckland) taking line honours' in the male 75yrs and over division (1hr 7mins 38sec). **Rex Harding** (Bay of Plenty) also achieved a podium performance with a 3rd place in the 50 - 54 division. **Kim Sanderson** (Bay of Plenty) finished just outside the medals with a close fought fourth place finish (1hr 7mins 40sec). Other top 10 performances included:

Age group	First name	Last name	City	Time	Age-group place
F60-64	Lyn	Milligan	Northland	1:18:41	6th
M50-54	Robert	Slaughter	Auckland	52:18:00	6th
M35-39	Martin	Powell	Auckland	55:13:00	6th
F25-29	Chrystal	Kelly	Waikato	1:03:17	7th
F55-59	Terri	Frankland	Auckland	1:17:40	7th
F60-64	Elizabeth	Anderson	Auckland	1:22:27	7th
M35-39	Lindsay	John	Bay of Plenty	58:49:00	7th
F45-49	Liz	Davidson	Auckland	1:03:02	9th
M40-44	Wayne	Kelman	Northland	54:50:00	10th

Fast Times and Close Finishes at the State Capital Classic Swim in Wellington

In perfect conditions and over one of the strongest fields ever assembled in Wellington Harbour, Kane Radford and Cara Baker took closely fought wins at the State Capital Classic Swim today.

More than 850 swimmers took to the water in race three of the State New Zealand Ocean Swim Series. The 2.8km premier event took swimmers from Oriental Bay around the iconic fountain and out to the lighthouse before returning to Freyberg Beach.

20 year old, Radford (Rotorua) swam to his race plan but had to work hard to take the title over the newly crowned National 5km Open Water Champion, Bryn Murphy (Invercargill), just four seconds separating the two swimmers.

"My plan today was to really take it out hard, to have the other guys swim to the pace I set, it worked I think and I'm really stoked to take another win in the series."

Second place, Bryn Murphy had to settle for another second place this season. "Three second places out of three races for me." he said smiling after the race. "I'm pleased with how the race went though, I just need to work on getting a faster start and I'm sure I can get a win."

Wellington locals, Ben Campbell-Macdonald and Casey Glover had to settle for third and fifth respectively. Young Auckland swimmer, Stefan Talbot, separating them in fourth place.

For Adventure Racing World Champion, Richard Ussher, the State Capital Classic provided a welcome change to his grueling Coast to Coast training. "I have given Triathlon training a rest this year and am back concentrating on Coast to Coast, so getting a little bit of swimming in for this event has been a nice change to the running, riding and paddling program."

In the women's field Baker continued her impressive start to the year adding this title to her 5km and 10km national titles earlier in the month.

Charlotte Webby held on for second place finishing just 3 seconds behind Baker with Wellington local Georgia Hind giving the crowd something to cheer about taking out third.

Baker was pleased to hold onto her impressive unbeaten record this year. "I just went out as hard as I could and tried to hold onto the guys toes. Near the end, I saw a female swim cap right on my feet and just had to work as hard as I could to keep her back."

Earlier in the day hundreds of swimmers had enjoyed the State Ocean Kids 200m swim as well as the Give it a Go 300m and Step It Up 1000m events, amongst them was Wellington Mayor, Celia Wade-Brown who completed the 300m swim.

Scott Rice, Event Director of the State Ocean Swim Series, said the Wellington race of the series never fails to disappoint. "This is our fifth year in Wellington and every year we have had incredibly good conditions, we thought this year was going to be different but the wind direction changed just before the start and the swimmers were treated to the best conditions possible."

The State Capital Classic was race three of the six race State New Zealand Ocean Swim Series. Race four is the State Corsair Classic in Christchurch on Saturday 26th February.

2011 State Capital Classic Results

Elite Male

1. Kane Radford	Rotorua	30minutes 20seconds
2. Bryn Murphy	Dunedin	30minutes 25seconds
3. Ben Campbell-Macdonald	Wellington	31minutes 20seconds
4. Stefan Talbot	Auckland	31minutes 41seconds
5. Casey Glover	Wellington	31minutes 45seconds

Elite Female

1. Cara Baker	Auckland	31minutes 51seconds
2. Charlotte Webby	Taranaki	31minutes 54seconds
3. Georgia Hind	Wellington	33minutes 49seconds
4. Brenda Russell	Auckland	33minutes 39seconds
5. Nicole Rosewarne	Auckland	35minutes 48seconds

Swimming is invigorating, fun, and can be extremely relaxing. Take your pick - the State New Zealand Ocean Swim Series will allow you to achieve your chosen goal! Whether you're training for a triathlon, wanting some fitness training or just enjoy open water swimming, join the State New Zealand Ocean Swim Series.

Go to www.oceanswim.co.nz for more info and the official images taken by Mark Tantrum. www.marathon-photos.com



Swimmers heading for the start line at Oriental Bay.



L-R: Stephen Clarke and Steve Prescott, Dunedin Masters with Brent Jones, Christchurch and Andy Parkin, Levin. Steve Prescott was the first Master Swimmer home.

The photos above were taken by Ingrid Saxton (Editor MasterScrawl) and you can [see more of Ingrid's photo's by clicking here.](#)

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HARBOUR SWIM SERIES 2010 - 2011



SWIM EAGLE TECHNOLOGY Bays Swim 3.7km

3

St. Heliers Bay to Tamaki Yacht Club
Sunday 06th March 2011

Assemble 7.00am, St. Heliers Bay
Start 08:00am, Tide 09:28am
Finish and prize giving at Tamaki Yacht Club

Entries close midnight Wednesday 02nd March

SWIM EAGLE TECHNOLOGY Rangitoto Swim 4.6km

4

Rangitoto to St. Heliers Bay
Sunday 10th April 2011

Assemble 07:00am, Embark 08:00am, Sail 08:30am
Arrive Rangitoto 09:00am Start 09:50am, Tide 11:51am.
Finish and prize giving at St Heliers Bay

Entries close midnight Wednesday 06th April

FOR FURTHER INFORMATION check out the website www.aucklandharbourswims.org.nz or e-mail gcarter@xtra.co.nz

Hamilton Masters Host Annual Five Bridges River Swim

Sunday, April 3rd

Holidaymakers returning to work have a good reason not to store their swimsuits till next summer. This year's Five Bridges River Swim will be held on the Waikato River through Hamilton on Sunday, April 3rd, at 1pm. Those wanting to exercise off the excesses of Christmas have two months to get into shape for Hamilton's iconic open-air, fun, non-profit, swimming event.

The swim will again start at the Hamilton Gardens, below the Hungerford Crescent car park, and finish 7.1km downstream(current assisted) at Ann Street Beach in the suburb of Beerescourt.

Registration is 11.00am until 12.30pm, beside the river at Hamilton Gardens. The briefing for swimmers is at 12.40pm, with the event starting at 1pm. Pre-registration is \$20.00 if paid by 14 March 2011 or \$30.00 if after or on the day.



Transport will be provided on the day from Ann Street to the start line until 12.30pm and cars will return to the finish line after 1pm with the swimmers' belongings.

For safety reasons, those under the age of 19 on December 31, 2011, are not eligible to enter. But fit and active adults who sign the risk-consent clause on their entry form will find on the day that the organisers have arranged enough craft and medical support for them to complete the swim without serious incident.

This annual swim was first held in 1939 and has become a great way to view the beautiful Hamilton city from inside its greatest natural attraction—the Waikato River.

Entry forms for this year's swim will be available from swimming pools, gyms and sports shops. It can also be printed from the New Zealand Masters Swimming

website at www.nzmastersswimming.org.nz or email Eleanor Pinfold, river swim co-ordinator, ele-ross@wave.co.nz or phone (07) 854 9874 or on mobile 027 417 0211.

NOTICE BOARD

Cambridge Masters Sanctioned Meet 50m Outdoor Pool

Bring the whole family and friends and enjoy a real picnic day out under the sun umbrella – hmmm, may pay to bring a raincoat too, just in case!

19th February 2011

Entries close: 13th February
Entries on NZMS website now
Colour TV major spot prize

For further info contact
Terry Braggins
P: (07) 827 6629
braggins@clear.net.nz

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6th February 2011

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- Certificates for 2nd and 3rd place and Wetsuit finalists
- Participation Certificates
- Kayak and Power Boat Swimmer Support
- 1,000m to 6,000m distances
- 12 yrs to Open age groups

Details and Entry Forms
@

www.kiwanis.org.nz/dv12elrs

Enquiries to:

Leigh Baker
P: 07 308 7086
F: 07 308 7046
E: catsandhens@xtra.co.nz

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NZMS National Long Course Championships

24-26 March 2011, Waterworld Hamilton

Event Information Update

Pink is the colour of the day for the National Long Course Champs in March (even for the guys). Join the fun and get your team together for this event. Continue the fun by attending the Dine and Dance on Saturday night.

Pool Entry will be via the front entrance this year. There is a new therapy pool being build so the side entrance is closed. On Sunday you will only be able to get in at 9am. The pool staff will not let anyone in until this time.

Helpers: This competition requires a large amount of helpers. If you cannot swim and just want to be a part of the event, we can always find a task for you. Please see email contact below.

Officials: If you would like to be an official can you please contact Meet Director (Carolyn Edwards) at carolynandsteve@slingshot.co.nz.

Entries close: 11th March 2011. Entry flier available on NZMS website.

[Click here for an entry form for the NZMS Nationals](#)

See you there
From your Organising Committee

INTERNATIONAL NEWS

Australia 2011 Masters Swimming National Championships Perth, WA 27th April – 1st May 2011



Fancy a trip to Western Australia at the end of April 2011? Start planning now as Perth are hosting the National Champs from 27th April to 1st May 2011, with four days of pool swimming followed by a 2 km OWS on Sunday 1st May at Matilda Bay, Swan River. Wendy Holtom, Executive Officer, Masters Swimming WA, and her team are inviting all overseas Masters Members to travel to Perth to participate in this event and enjoy a great holiday in WA! Information including the event brochure is on their website <http://www.mswa.asn.au/MSNC2011.html>

Click on the [Event Brochure](#) for details on the schedule of events, social events, and OWS and entry fees. Closing date is 18th March 2011, so you have plenty of time to get a group together and head off to WA.

For more information contact Wendy by email wendy@mswa.asn.au or call her on 00618 9387 4400.

Editors Note: NZMS swimmers, you'll be pleased to note there is a maximum of 12 individual pool events (or 3 per day)

FINA MASTERS WORLD CHAMPIONSHIPS 2012

Riccione – Italy
2 – 16 June 2012

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

Come and join us in Riccione, known as "*The Green Pearl of the Adriatic*" for its vast sandy beaches on one of the most beautiful parts of the Adriatic coastline.



What could be more fun than being in the Italian sunshine with a fabulous group of NZMS members, family and friends? To date I have 15 people who have registered their interest to join us. It's always more fun in a group.



Register your interest today – no commitment at this stage, just be kept in the loop. This event is less than 18 months away, so start planning today. Or come along as one of the support crew, with all the benefits and no agony in the pool!

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



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

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

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

Ciao - Ingrid Saxton

NATIONAL LONG COURSE CHAMPIONSHIPS, 2011

- WATERWORLD - TE RAPA - HAMILTON

25th to 27th March 2011

PROGRAMME

SESSION ONE

Friday 25 March

6:00 pm START - 5:30pm warm-up

EVENT	
1	1500 Freestyle
2	800 Freestyle

SESSION TWO

Saturday 26 March

8:30 am START (8:00 am warm-up)

EVENT	
3	400m Medley
4	50m Butterfly
5	200m Backstroke
6	100m Breaststroke
7	200m Freestyle
8	Medley Relay Women
9	Medley Relay Men

SESSION THREE

10	200m Medley
11	50m Backstroke
12	200m Butterfly
13	100m Freestyle
14	200m Breaststroke
15	Freestyle Relay W
16	Freestyle Relay M

SESSION FOUR

Sunday 27 March

9:45 am START (9:15pm warm-up)

EVENT	
17	100m Butterfly
18	50m Freestyle
19	100m Backstroke
20	50m Breaststroke
21	400m Freestyle
22	Medley Relay Mixed
23	Freestyle Relay Mixed
24	Flying Squadron Relay

ENTRIES CLOSE
11 MARCH, 2011
(no late entries accepted)

INFORMATION

SOCIAL FUNCTION

Saturday Night: **PINK THEME** Dine and Dance. Kingsgate Hotel, 100 Garnet St., Te Rapa. **7:00 pm**

ACCOMMODATION

The Kingsgate Hotel, 100 Garnet St., Te Rapa is offering discount accommodation. Please contact the hotel on +64 7 849 0860.

MEET RULES

- The Championships are conducted under FINA Rules.
- All events are pre-seeded.
- Age groups are determined by your age as at 31 December 2011.
- Competitors may enter in up to a maximum of 6 events (excluding relays).
- Entry in at least one other event is necessary to compete in a Relay team.
- Any swimmer 20 years or over as at 31 December 2011, who is a financial member of New Zealand Masters Swimming Inc., at the time of the meet is eligible to enter.
- Any foreign swimmer, 20 years or over as at 31 December 2011, who is a registered member of a FINA Member Federation is also eligible to enter.
- Those swimmers entering both the 800m and 1500m events may swim only in the 1500m, but have their split time recorded for the 800m event.
- The 800m and 1500m events will be swum two swimmers to a lane where necessary.

RELAYS

Women's Freestyle	4 x 50m	Mixed Freestyle	4 x 50m
Women's Medley	4 x 50m	Mixed Medley	4 x 50m
Men's Freestyle	4 x 50m	Men's Medley	4 x 50m

- Club relay teams must be entered no later than 10 am on the day of the relay event using relay entry forms available from the meet desk.
- All relay team members must have entered and competed in at least one other non-relay event.
- Members of the 20 – 24 years age group are not eligible to compete in official relay teams but can compete in the Flying Squadron Relay.
- Flying Squadron Relay:** 6 x 50m freestyle, Inter-region (3 Women+3 Men)

AWARDS

- GOLD Medal – FIRST**
- SILVER Medal – SECOND**
- BRONZE Medal – THIRD**
- Foreign swimmers cannot be awarded NZ placings. However, they will be awarded special place medals according to rank in their age group.

ENTRY TIMES

SESSION ONE		MIN	SEC	1/100
Friday 25 March				
6:00 pm START - 5:30pm warm-up				
EVENT				
1	1500 Freestyle			
2	800 Freestyle			
SESSION TWO				
Saturday 26 March				
8:30 am START (8:00 am warm-up)				
EVENT				
3	400m Medley			
4	50m Butterfly			
5	200m Backstroke			
6	100m Breaststroke			
7	200m Freestyle			
8	Medley Relay Women	DECK ENTRY		
9	Medley Relay Men	DECK ENTRY		
SESSION THREE				
10	200m Medley			
11	50m Backstroke			
12	200m Butterfly			
13	100m Freestyle			
14	200m Breaststroke			
15	Freestyle Relay Women	DECK ENTRY		
16	Freestyle Relay Men	DECK ENTRY		
SESSION FOUR				
Sunday 27 March				
9:45 am START (9:15pm warm-up)				
EVENT				
17	100m Butterfly			
18	50m Freestyle			
19	100m Backstroke			
20	50m Breaststroke			
21	400m Freestyle			
22	Medley Relay Mixed	DECK ENTRY		
23	Freestyle Relay Mixed	DECK ENTRY		
24	Flying Squadron Relay	DECK ENTRY		

ENTRY FORM

NZ Masters Swimming 38th National Long Course Championships 25th to 27th March 2011

Disclaimer: I acknowledge that by sending in an entry form, I declare myself to be fit enough to compete. This information is collected by New Zealand Masters Swimming Inc.

Name:

Signature:

Surname	
First Name	
Address 1	
Address 2	
email	
Phone No.	
Masters No.	
Club	
Date of Birth	
Gender	F <input type="checkbox"/> M <input type="checkbox"/>

Please post entries and payment by **11th March** to:

Terry Braggins
96 Hall Street
Cambridge 3434, New Zealand
ph +64 7 8276629,
email: braggins@clear.net.nz

Meet Organiser: Tom Cowdell
ph +64 7 548 1023
tomeric@xtra.co.nz

Make cheques payable to:
2011 Masters Nationals
or Direct credit to
ANZ 010302-0053319-00
Include your Name and "Nationals"

PAYMENT	Per event	Enter Number	Total
Registration Fee (per person)	\$ 30.00	x 1 =	\$ 30.00
Event Entry (per event)*	\$ 5.00	x =	\$
Dine & Dance (per person)	\$ 40.00	x =	\$
Sunday Bagged Lunch	\$ 8.50	x =	\$
* 800m + 1500 = \$10	Total Enclosed		\$

CALENDAR OF EVENTS

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

To ensure your club event is included in this calendar, send an electronic copy of your entry form to

editor@nzmastersswimming.org.nz

and to

webmaster@nzmastersswimming.org.nz

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

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

NZMS Executive

President:

Roger Eagles

president@nzmastersswimming.org.nz

Vice President:

Sue Pollard

vicepresident@nzmastersswimming.org.nz

NZMS National Secretary:

Michael Bodger

secretary@nzmastersswimming.org.nz

All correspondence to:

NZMS National Secretary

18 Toroa Street

Whakatane 3120

H: 07 3087185

M: 0212500556

E: m.bodger@xtra.co.nz

EDITORIAL DEADLINE:

The next issue of MasterScrawl is due out:

1 April 2011

Send articles, photos, copies of event entry forms no later than **15 March**. Late material may not be included.

Ingrid Saxton

Editor, NZMS MasterScrawl

Click [here](#) or email:

news@nzmastersswimming.org.nz

Details and entry forms on

www.nzmastersswimming.org.nz

2011	Event Details	Entries Close
FEBRUARY		
19	Cambridge Masters 27 th Annual Sanctioned Meet Cambridge	13 th February
19	Huia Masters Summer Meet, Wainuiomata Pool	15 th February
26	State Ocean Swim Series Corsair Bay, Christchurch	24 th February
MARCH		
1	Northland Masters Postal Swim – The Wall	15 th May
6	Auckland Central Masters Harbour Swim Series 3 –St. Heliers Bay to Tamaki Yacht Club 3.7km	2 nd March
24	State Ocean Swim Series Sand to Surf, Mt Maunganui	24 th March
25 - 27	NZMS National Long Course Championships Waterworld, Garnett Ave, Te Rapa, Hamilton	11 th March
APRIL		
3	5 Bridges River Swim Waikato River, Hamilton	TBA
10	Auckland Central Masters Harbour Swim Series 4 - Rangitoto to St. Heliers Bay 4.6km	6 th April
16	State Ocean Swim Series King of the Bays, Auckland	14 th March
MAY		
13 – 14	Levin Masters Annual Swim Meet Levin Aquatic Centre, Queens St, Levin	TBC
14	Auckland Masters Short Course Champs Cameron Pool, Mt Roskill	TBA

Got an event coming up?

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