



President's Update

We are in the middle of the open water swimming season and this is reflected in the reports in this edition on various open water events, including the iconic Round the Mount swim, which I enjoyed along with a number of other master swimmers in January. So it was timely to receive a copy of a 1990 Masterscrawl from Lesley Parkin's archive collection. The first national open water champs, held as part of the Round the Mount swim are reported in this edition, which has been reproduced in 'From the Archives' on page 16. They were made of tough stuff in those days - swimming over 7km in no wetsuits in a gale. I see some familiar names too - Sid Salek, Heather Osborne, Reg Harker, John Storrer, to name a few. Apparently Barry Young sailed down from Auckland to compete but his yacht dragged its anchor in the gale and he missed the start!

It is not so long now until the Long Course Nationals, the entries for which close on March 5. We have included an entry form in this edition, so if you have not already done so, get your entries in today. It promises to be a fun event, if past events run by Harbour Capital are anything to go by. I like the idea of finishing on Saturday so we can all relax and enjoy the social event on Saturday evening without worrying about the early start and competition on Sunday.

As usual, the AGM will be held prior to the swimming on Friday April 13. The AGM is attended by the National Council, consisting of the Executive (President, Vice-President and Secretary/Treasurer) plus two delegates from each of the five NZMS regions. According to our constitution, each region should have a regional committee consisting of delegates from each club in the region. This committee elects the two delegates to the National Council, who then attend and vote at the AGM, with one vote per region. Other NZMS members are welcome at the AGM but do not have voting rights.

This structure was set up in 1990 to replace a one-vote-per-member system which apparently was not working. However, it does appear the regional structure also is not ideal. Most regions do not have regional committees so delegates, if they have them, are chosen informally from those attending the National Champs. On the plus side, we are a relatively small organisation and the executive maintains an 'open door' policy - any member can contact any executive member directly. The key is to maintain two way communication and with modern technology this is becoming easier and cheaper.

Another issue we have looked at this year, at the request of the 2011 AGM is the vexed question of so-called

'social' members, i.e. swimmers who do not pay any national subscription. Of course this is not constitutional but the practice has grown up in various parts of the country. To try to get a handle on the numbers involved, the National Secretary canvassed information from club secretaries about their numbers of full and 'social' members. We received information from 33 of our 54 clubs. The results indicated:

- Over half of the clubs, who between them have 70% of the NZMS members, do not offer 'social' membership.
- In almost all clubs who do have 'social' members, these are in the majority.
- If we formalised 'social' membership and persuaded all current 'social' members to pay a sub of \$10 to the national body, we would then also have to offer this option to all clubs. Assuming the same proportion took up the offer, we would lose about 25% of our subscription income.

Some of the clubs who have never contemplated this unofficial class of member, are somewhat aggrieved that others do this. South City have assured us if we set up a two-tier membership structure, the revenue from them would drop by \$1,600 and this would also be the probable result for my club, North Shore.

Trying to enforce our constitution on clubs would be self-defeating, so we have to find a way to engage these potential NZMS members who currently swim with the paid-up members. They need to see the benefits of a national body with national and international links, and this is one of the challenges the NZMS Executive will address in the Strategic Plan for the next three years.

A few comparisons between now and 1990 gleaned from the March 1990 Masterscrawl may give us a few clues to some issues to address.

	1989-1990	2011
Number of clubs	66	54
Number of members	1957	770
Entries in One Hour		
Postal swim	Approx. 230	22

The results of the member survey are on page 4 and they also give us information to inform our new Strategic Plan, which will be discussed at the AGM.

In the final analysis it is the clubs who make NZMS what it is, because this is where we get our FUN, FITNESS and FRIENDSHIP.

Sue Pollard, President

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From the Secretary's Desk

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NZMS WEBSITE

There are files on the website that are member restricted and require a login. Existing and returning members of NZMS should have a record of their logon and password. New members are sent their logon and password in an email from the secretary. Only members who are financial for the current year will be able to access these files. Swimmers may have paid their subscriptions to their club secretary, but until I receive their registrations and/or fees they do not appear as financial for that year and their logon/password will not be activated by our webmaster, Andrew Gabites, until that time. If current financial members experience access problems they can contact Andrew webmaster@nzmastersswimming.org.nz

TOP 5 CLUBS

To date we have 485 registered swimmers for 2012.

Club		Region	
South City	56	Northern	244
Roskill	47	Districts	93
North Shore	43	Central	33
Manukau	39	Capital	50
Katikati	31	Southern	65

SANCTIONED MEETINGS

Unfortunately Cambridge Masters club was unable to host their annual sanctioned meeting on 18th February 2012. The next sanctioned meet is the National Long Course Championships to be held

in Wellington on 13th and 14th April 2012. After that there is the Roskill meeting in May (confirmed), Hamilton mid-winter meeting in July (not being held in 2012) and the North and South Island Short Course Championships later in the year. Swimmers at these meeting must, under FINA rules, be financial members for 2012. Prior to any of these meetings the IT officer or the National secretary will check swimmer's membership against the National database. It is therefore important that the National secretary receive memberships from club secretaries as early as possible in the year as it is only after payment to the National secretary that the database is updated with each swimmer's financial status.

SOUTH ISLAND SHORT COURSE CHAMPIONSHIPS

The 2012 SISC championship will be hosted by the Greymouth masters club on September 7th/8th. Please add this to your calendar of events. There will be three sessions - Friday evening, Saturday morning, and early Saturday afternoon. The 800m event will be combined with the 1500m event. Those swimmers who attended the inaugural masters meet in 2011 will attest to the quality of the Greymouth pool facilities and a fun meeting has been arranged for 12th May 2012. The entry form for this latter meeting is on the NZMS website.

SELECTORS FOR SWIMMING NEW ZEALAND

On 15th December 2011 Swimming New Zealand announced the appointment of Rebecca Perrott (Levin Masters) and Darryl Follows (Roskill Masters) as selectors. NZMS wish to congratulate Rebecca and Darryl. Both will attend the National Age Group Championships to be held in Wellington from 6th -10th March 2012.

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	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.



We are sad to report the death of Tom Logan, one of our original life members, on December 24 2011. See page 3 for his obituary.

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.

National News

Obituary: Tom Logan, Life Member New Zealand Masters Swimming

Master swimmers were saddened to hear of the recent death of life member, Tom Logan, one of the first three 'Life Members' of New Zealand Masters Swimming.

We have received a letter from Priscilla and family, thanking the executive and swimmers of NZMS for their messages of condolences.

Tom, as his family notes, was a larger than life character so his passing has left a huge hole – in his family and in masters swimming. Although he had not been able

to swim recently he had maintained his interest in masters and the motto of Fun, Fitness and Friendship was always an inspiration to him.

At the Round the Mount swim held in January this year Tom's support of this event over many years was acknowledged by the masters trophy being named in his honour. The NZMS executive is looking to honour the contribution of Priscilla and Tom in a similarly appropriate manner.

Sue Pollard, President



The following article was written by Marcus Logan, a grandson of Tom Logan

Sadly my grandfather passed away peacefully on the 24th of December at around mid-day.

Tom had an illustrious master's career in both competitive swimming and the administrative field. Since 1983 he has held both World and National Masters Swimming titles and records. Most recently at the 2001 World Masters Games Swimming Championships in Melbourne he won four gold medals in the 75-79yrs age group. At the 2008 FINA World Masters Swimming Championships in Perth he won a gold and bronze medal in the 80-84yrs age group.

Tom's administrative credentials are extensive;

- 1983-1989: Chairman/Secretary/Treasurer of Durham Light Masters
- 1984-1987: First Official Recorder for NZMS
- 1984-1990: NZ Delegate to Masters Swimming International (MSI)
- 1987-1997: FINA Masters Swimming Committee (3 Terms)
- 1989-1994: National Secretary/Treasurer of NZMS
- 1984-2004: Editor of Masterscraw! Magazine, (over 60 Editions)

In March of 1995 Tom received the 'FINA Silver Pin', an international recognition of his "years of dedication to the World of Swimming".

Tom and his wife Priscilla have been a unique and integral part of NZ Masters Swimming for the past few decades, showing unrelenting passion and dedication towards the 'Masters' community.

He is survived by wife Priscilla, two sons, one daughter, 7 grandchildren and 2 great grandchildren.

Fellow Life member, Lyall Mortimer has also written the following about Tom:

Tom also edited and assisted in the production of the FINA masters newsletter for a number of years. That was greatly appreciated by FINA and of course it went around the world. There is a note in the June 1997 edition about him when he retired from doing it. His first edition was in 1993 so he did this for four years and did two editions a year.

June Krauser from USA took over from him as editor and I took over his position on the masters committee. Part of the significant work that he did as editor was to produce the one page format for the world records for men and women and long and short course. This is still used today by the world recorder I believe.

Jan Fulton, Life member and NZMS secretary for ten years also comments:

I first met Tom and Priscilla at swim meets over 30 years ago but got to know Tom much better when he asked me to be the scribe for the AGM meetings. After doing this for 2 years he then asked me in 1994 if I would take over being the National Secretary.

This freed up Tom to take on the enormous task of producing MasterScrawl in hard copy for 20 years ending at Number 160 (production started at Number 101.) As the old adage goes – behind every good man there was a good woman and Priscilla was certainly that, and more.

Her commitment to Tom's love of swimming and the administrative side was not widely known amongst the NZ Masters Swimming fraternity and we owe a huge debt of appreciation to Priscilla as well as Tom.

New Zealand Masters Swimming 2011 Survey

Late last year we circulated a survey to all members. We were interested in finding out what were the swimming activities of our current members, how they received news and information about swimming and what would they like masters swimming to do for them.

Our thanks go to the 25% of our membership who completed the survey. As an incentive we offered two free memberships for 2012. The lucky winners were Debbie Wrigg of Hamilton Masters and Elizabeth Anderson of Team Auckland.

WHERE ARE OUR SWIMMERS SWIMMING?

- Over 80% swim in the pool with their clubs while others swim either in squads or public sessions, either instead of or as well as their club sessions.
- Over half of the respondents indicated they participate in sanctioned meets. This number (110) represents about half of the total masters swimmers who enter meets, yet the number who replied were 25% of the total membership, indicating the sample is not fully representative of the 'silent majority' - those 75% of our swimmers who do not participate on our events.
- Open Water Swimming is increasing in popularity. The most popular open water activity is the State Ocean series, but other open water activities – casual swims, local beach series, masters open water events, triathlon and aquathons are also used. One hardy person is a surf swimmer.
- Over half of our swimmers do not have access to coaching.

COMMUNICATION ABOUT SWIMMING?

Masterscrawl is still popular, despite an increase in the use of websites and email for communication. Master swimmers also get their information from their clubs, the website, e-news and other sources such as other websites, word of mouth and print media. No-one mentioned Facebook or Twitter, perhaps an indication of the age of many of our members. We also received some interesting ideas from members for content of the website and Masterscrawl which we will follow up.

When asked to rank additional service options on a scale of 1 to 3 those responding to the survey made the following choices:

Additional services ranked as 'most important'

1. Facilitate regional coaching clinics (28% of respondents)
2. More pool meets (24% of respondents)
3. Send more regular e-news (18% of respondents)

Additional services ranked as 'quite important'

1. More pool meets (32% of respondents)
2. Send more regular e-news (26% of respondents)
3. Facilitate regional coaching clinics (24% of respondents)

Additional services ranked as 'nice to have'

1. Printed copies of Masterscrawl (48% of respondents)
2. Publish the history of NZMS (47% of respondents)
3. More records (37% of respondents)

There were many other good suggestions from our members about topics such as how to market membership, improve member services and promote/ improve distance and other awards.

WHAT WE ARE GOING TO DO WITH THESE RESULTS?

The Executive has analysed the survey data and agreed the following priorities for action.

1. There are some 'quick wins' we can start on now

- **More regular e-news.** Mike Bodger, our National Secretary has already initiated a monthly e-newsletter to club secretaries. If any club secretaries are not receiving this it may be because Mike has not been notified of a change in your secretary's contact details.
- **History.** Roger Eagles and Lesley Parkin have volunteered to collect and collate our history information and this is underway.
- **Printed copies of Masterscrawl.** Subscriptions will be offered to clubs and individual members for printed copies of Masterscrawl, to be delivered by mail, for 2013. The price is still being investigated and will cover printing and distribution costs. It will be necessary to have up-to-date mailing addresses in our database by March 2013.
- **Website – more timely news and Top Ten results** – we are working hard to provide information to our webmaster, Andrew Gabites in a timely manner and I think members will find there has been an improvement recently. We can only add results as we get them finalised and clubs running meets have a role to play here, especially with getting interim results up.

We should have the New Zealand Top Ten results for 2010 and 2011 on our website soon.

- **New records** – some swimmers are interested in having new record distances e.g. 400m and 800m fly, backstroke and breaststroke. This additional work would put quite a burden on our National Recorder with the current systems, but once the IT Officer has these more automated, we will initiate these records.

Australia Masters swimming has a system we would love to emulate – see www.portal.aussi.org.au/index.php, and we have been in communication with them about this.

continued

New Zealand Masters Swimming 2011 Survey continued

2. Two longer term goals – these will take more research and planning

- Address the shortage of **coaching opportunities** for our members – possibly through assisting regions to set up and run regional coaching clinics, though there may be other ways of achieving this.
- Offer **more masters meets** - sanctioned and fun meets, in the pool and open water. Suggestions from the survey about how to do this included:
 - o Develop a meet schedule for clubs – all to be required to hold a meet each year.
 - o Try different formats, e.g.
 - Combine meets with other local events.
 - Include new events e.g. 400 Fly, 800 IM.

- Run a stroke clinic followed by the new events above.
- Club nights vs another club.
- Shorter meets – 2 hours e.g. Auckland Swim League.
- o More open water swims, including shorter distances.

The next step for Executive is to use the information from the survey to inform a new strategic plan for 2012-15, which will be discussed at our 2012 AGM. Ultimately, success will be measured by our membership numbers and the enthusiastic support of our members for masters swimming and what it provides.

Sue Pollard
President

Introducing Liz Davidson, NZMS IT Officer

My name is Liz Davidson and I am the new IT Officer for New Zealand Masters Swimming. Sue Pollard has asked me to write a brief introduction of myself and my swimming background.

I started swimming regularly around 12 years ago, mainly for rehabilitation following major surgery on my shoulder. I was never a competitive swimmer as a child and I could only ever swim backstroke and breaststroke. I didn't learn to swim freestyle properly until I was about 30, and I still can't swim butterfly.

As I live in Devonport, I soon discovered the Devonport Swim Club which trains in the pool at the Navy Base, and I joined the club in 2001. We are lucky to have coached sessions and I swim there 2 evenings a week. It is an outdoor pool and, even though it is heated, it can be hard work to motivate yourself to go out to swim on a cold, dark, wet & windy winter's night. But I always regret not going much more than I ever regret going.

Around the same time that I joined Devonport Swim Club, I heard about the World Masters Swimming Championships which were being held in Christchurch in March 2002. I thought it would be a wonderful opportunity to be part of a major international sporting event. As Devonport Swim Club is not a registered Masters club, I also joined North Shore Masters and I swim with them on a Sunday morning

at Takapuna pool. I enjoy swimming in different pools and with different groups of people, it adds variety and keeps me interested. At North Shore I am a "Lane 5" stalwart and we have a great bunch of regular swimmers in our lane.

The World Champs in 2002 were the 2nd ever swim meet that I swam in – the first being the Cambridge meet about a month beforehand as a "trial run". Since then I have competed in several National Long Course events, the New Zealand Masters Games in Wanganui, and a variety of smaller events.

I will be participating in the National Long Course event in Wellington in April this year, celebrating my move up to the 50-54 age group. I mostly swim the freestyle events with the occasional bit of backstroke thrown in.

I have also become a keen open water swimmer and have done most of the Auckland Central Masters swims, including the Rangitoto Swim, and many of the Sovereign/State Ocean Swim Series.

I am originally from England and moved to New Zealand in 1985 with my Kiwi husband who I met and married in England. We have twin daughters who are 18 and are starting university this year. They also swim at the Devonport Swim Club and are surf lifeguards at Mairangi Bay. I am planning to recruit them into Masters Swimming next year when they will be 20.



I put my name forward for the IT Officer position as I have over 25 years experience in IT, so I felt I had some skills I could offer. My main focus at the moment is getting to grips with the Meet Manager software which is used to run the pool meets, and the rather complicated way which the vendor licences the product to organisations such as NZMS.

I am also investigating how we store our National Records information, and am looking forward to meeting our Web Master, Andrew Gabites, and discussing ways we can work together.

I have made many good friends through Masters swimming and I look forward to meeting more of you at pool meets and open water swims.

Regional and Club news

Our place – Katikati Masters Swimming Club

A Masters swimming club was first formed in Katikati in 1998, but it wasn't until 2002 that the club became affiliated to NZMS with Shane Henry as its President and Treasurer. In 2006 and 2007 with the FINA World Champs in Perth approaching, the club had an influx of new members, including some legends of NZ Masters swimming such as Tom Logan, and in 2008 sent a team of 12 swimmers to Perth under Kim Sanderson's expert team management. Since then we've averaged about 40 members and last March we won the top club award at the Nationals in Hamilton.

Our home pool is the 33.3m geothermally heated Dave Hume pool in Katikati in the beautiful Bay of Plenty. It's open from September to April although a number of club members swim at other pools in the area too. 4 club swims per week are offered through the summer as well as the all important 5th session – coffee on a Sunday morning! Structured suggested training programmes are kindly provided by our resident coach Adrian Anderson. He provides short, medium and longer distance options to suit all abilities. In the winter swimmers swim at other pools in the area and the club gets together for a swim and brunch once a month.

Since January 2004 the club has organized an annual pool meet and ocean swim and encouraged adults of all ages to start swimming or keep swimming for enjoyment, fitness, or even serious competition! Our pool meet was hugely successful again this January but sadly we had to cancel our ocean swim after the Rena spilt its cargo all over our coastline. Dates for your diary: Jan 19th/20th 2013 – Katikati pool meet and Waihi beach Ocean Swim. See you all in Wellington!



Shane and Kim

Leon Ruttersmith – Katikati Masters



Perth team 2008



January pool meet



**Darren Carter –
President 2005-2010**



Kim and Juliet



Adrian and "the clock"

Christchurch News

Apart from the odd shake now and then, life is a bit more normal now in Christchurch. The Christchurch Clubs are pretty much back to normal at their respective pools. This excludes the QEII Club as the QEII Pool Complex is marked for demolition along with the track and the rest of the complex. Good luck to the Club in trying to re-establish itself at the Graham Condon Pool.

Eight club members from Jasi Masters travelled to Paihia for the State Ocean Swim. What a great part of the country this is. We were expecting balmy weather but this was not to be the case as strong north easterlies and rough water resulted on the day of the race. It was a great experience for myself to swim across this historic harbour. This was a great event very well organised. Christchurch swimmers were well represented in the Event and the Placings.

The same numbers were present for the Wellington Harbour Swim with the conditions about the same as the Paihia Swim, although the water was a bit chillier. Once again a great event and location.

Akaroa Harbour Swim was held on Sunday 19th February. This was the venue for the first Le Grande State Ocean Swim. Akaroa is a 70km drive from Christchurch and on the day of the race it was a foggy wet drive to the race start. By the 9.30am start time the weather had improved slightly. The water temperature had been talked up to 19-20 degrees. Once in the water the weather and temperatures were forgotten. By the end of the race the

temperature had risen to a balmy 15 degrees with a bit of sunshine peeping through.

It was great to see a large number of swimmers from all around New Zealand, as in the past few years weather and the earthquakes have forced the cancellation of this event. Thanks to Scott Rice and the team from State Insurance for keeping faith in the Christchurch venue. The Le Grande swim it seems will be the annual fixture for the Christchurch Event. This was a great place to spend a weekend combined with a 2.8 swim.

Greymouth Masters are proposing to run a non-sanctioned short course meet at their Greymouth Pool in May this year. They have also successfully bid to hold the South Island Short Course Champs in September 2012. The Greymouth Pool is a superb complex. So to all master swimmers get training now, for this Event and support Greymouth Masters and Masters Swimming's other events.

Finally thanks to Jude Vincent and the Tasman Gold Club Nelson for their efforts in running the NZMS Open Water Champs in February.

See you all at the Nationals.

Paul McStay



At the Akaroa Le Grande Swim, Jasi Club members Paul McStay, Andrew Southen and Ellen Nijhof



North Meets South at Wellington, Paul McStay (Jasi) Penny de Vries (North Shore) Susanna Gin (Jasi) Ian Gunthorp (North Shore) and Liz Wylie (Jasi)

Sally Gibbs – Masters Athlete Extraordinaire

Anyone who's seen the movie Benjamin Button will know it involves a "baby" born as an old man and who ages backwards becoming "younger" as the years go by. Sally Gibbs' sporting career seems to be following a similar trajectory, taking up swimming (fast) in her 30s and running (fast) in her 40s!

At school, Sally didn't really get in to sport and it wasn't until she was in her 30s that she took up Masters swimming with the New Plymouth Seals. Since moving to Katikati, Sally has swum with Katikati Masters (but has remained a Seal) and started running for fun 4 years ago. She is now one of the best female runners (of any age) in the country!

I first got to know Sally by swimming with her in Katikati and she would always be the one making sure we didn't have too much rest between reps, and throwing in a few 100 fly reps while the rest of us were content to stick with free. She'd always be one of the "tough nuts" at meets doing the 200 fly and 400IM. I really admired her appetite for "suffering".

3 years ago at the Wanganui Masters Games I was able, as a mediocre runner, to pace Sally in

her attempt to beat 20 minutes for 5km (which she missed by 2 seconds). Now she would be out of sight after the first kilometre!

Sally now holds NZ age group (45-49) records for 800m (2.19), 5000m (16.53!), 10,000m (34.45) and half marathon (1.19.48) and regularly wins races outright (beating most men too!). Sally was 2nd woman in the Auckland half-marathon in October – only beaten by a woman 25 years her junior.

Last year in Sacramento at the World Masters Athletics Championships, Sally won Gold in the 5000m, 10,000m, and the Marathon (in very hot conditions) in the astonishing time of 2.52.53.

The amazing thing is that as the rest of us are watching our 'PBs' get a little bit slower each year, Sally is still getting quicker. We'll both be turning 50 in 2013, and Sally has persuaded me to join her at the Rotorua marathon to "celebrate". While I'll be happy to just finish it, I'll be putting money on Sally to win the thing.

Leon Ruttersmith – Katikati Masters



SALLY'S PBS

DISTANCE	TIME	DATE	EVENT
200m	31.98	06.03.09	NZ Masters Games, Wanganui
400m	1.05.2	02.03.10	Tauranga club night (club champs)
400m hurdles	1.24.40	30.03.10	Tauranga club night (club champs)
800m	2.19.72*	30.11.10	Tauranga club night
1000m	3.09.15	26.10.10	Tauranga club night
1500m	4.42.89	05.03.11	NZMA Champs, Hastings
1 mile	5.17.60	15.03.11	Tauranga club night (club champs)
3000m	9.55.39	01.01.11	Tauranga Twilight Meet
5000m	16.53.78*	04.02.12	Oceania Masters Champs, Taur
5km road	17.22.00	20.08.11	ANZ Road Champs, Wellington
5km cross country	18.44	02.07.11	North Island CC Champs, Taupo
6km cross country	24.25	07.08.10	ANZ CC Champs, Waikanae
10,000m	34.45.21*	03.01.12	ANZ 10,000m Champs, Tauranga
10km road	35.39*	27.11.11	Nth Island Masters Champs, Wgtn
14km road	54.25	07.11.10	Bays and Bridges, Tauranga
Half marathon	1.19.48*	30.10.11	ANZ Half M. Champs, Auckland
Marathon	2.52.53	17.07.11	WMA Champs, Sacramento

Round The Mount Swim, Mount Maunganui, 22nd January 2012

Calm conditions greeted swimmers as they assembled in Pilot Bay for the start of the annual Round the Mount swim of 4km. The swim started in overcast but cool 18° conditions at 9am with the majority of swimmers in wetsuits

With a turning tide, the first 1km is across Pilot Bay towards the channel into the Mount Maunganui harbour. There is the need early on to avoid moored yachts but after that there is a clear run into the channel with an outgoing tide. Swimmers are not allowed to venture out too far into the channel and most swimmers stay within about 50metres of the Mount but even here there is a significant current helping each swimmer. The main obstacle this year was swimming through the sheets of bead-like jellyfish, not stingers, but not a good idea to have ones mouth open at the wrong time. With incoming swells from the open sea there is also the backwash of the shoreline to contend with.

Swimmers negotiate a passage around the Mount avoiding seaward rocks and hugging the shoreline. The last channel is only a few feet deep and slower swimmers get the worst of it as the tide recedes. Swimmers then break out into Mount Maunganui Beach and what is like an endless swim to a buoy in the middle of the bay. Then it's a matter of lining up the "twin towers" at the north end of the beach and swimming hard with the aid of gentle swells. However, as many swimmers discover, getting through the final surf can be a problem as the beach is quite steep in this section.

For most swimmers this a 60-minute plus swim, even with tide assistance. The swim is well organized with spot prizes galore. First to finish was Ben Campbell-MacDonald from Wellington

in 47min 28sec who has since gone on to swim the length of Lake Wakatipu; 81 km in 18.5hours! First woman home was Frenchwoman Emmanuelle Bescheron in 51min 02sec. 158 swimmers completed the course. This swim has been run in the past as the NZ Masters Open Water Swim Championships for the non-wetsuit registered masters competitors. This year the trophy for the first swimmer home in their "masters" category (open to anyone over 25 years) was renamed the Tom Logan trophy to acknowledge Tom Logan's support of this event over many years. (See Tom's obituary on page 3).

The 2012 Round the Mount results are published on the website www.mountlifeguards.co.nz

Mike Bodger



Mike Bodger



Barry Young



Calendar of Events

March 2012	Event details	Entries close
4	Roskill Masters Red Beach Open Water Swim	On the day
10	State Ocean Swim Series – Sand to Surf, Mount Maunganui: www.oceanswim.co.nz	12/01/2012
15-18	Taranaki Masters Games, New Plymouth (Swimming 16/3/2012) www.taranakielectricitytrust.co.nz/	06/01/2012
31	State Ocean Swim Series – King of the Bays, Auckland: www.oceanswim.co.nz	
April 2012		Entries close
1	Hamilton Masters 5 Bridges River Swim, Hamilton – see page 11	On the day
13-15	NZMS National Long Course Championships: Wellington Regional Aquatic Centre, Kilbirnie – see page 13	March 5
May 2012	Event details	Entries close
12	Auckland Short Course Championships: Cameron Pool, Mt Roskill – see page 15	April 29
12	Fun Meet, Greymouth	
June 2012		
10-17	World Masters Swimming Championships Riccione, Italy – see page 16	
September 2012		
7-8	South Island Short Course Champs, Greymouth	
	North Island SC Champs - TBA	
January 2013		
19	Katikati Masters NZ 33.3 Pool Champs, Katikati	
20	Katikati Masters 2Km Ocean Swim, Waihi Beach	

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

Got an event coming up?

Send us a copy to news@nzmastersswimming.org

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

(please print

Pa

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
24	6 x 50m Inter-region Flying Squadron 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
<input type="checkbox"/> Cheque payable to 'Harbour Capital Masters
<input type="checkbox"/> 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

<p>By paying the entry fee and sending this form I:</p> <ul style="list-style-type: none"> • 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. <p>PRINT NAME _____ SIGNATURE _____</p>

26th

AUCKLAND SHORT COURSE CHAMPIONSHIP

NZMS Sanctioned Meet

Saturday 12th May, 2012

Warm up 1.00 p.m. Start 1.30 p.m.

Cameron Pool, Arundel St, Mt. Roskill, Auckland

ENTRIES CLOSE 29th April 2012

Ribbons for 1st, 2nd and 3rd placings in age groups will be presented. Points – 6, 4, 3, 2, 1.

Refreshments will be available to all competitors and officials following the conclusion of Meet.

Entry Form

ESTIMATED TIMES MUST BE SUBMITTED. MAXIMUM OF FOUR EVENTS (Plus relays)

No	Event	Time	No	Event	Time
1	100 backstroke		9	50 backstroke	
2	50 Butterfly		10	100 breaststroke	
3	100 medley		11	100 butterfly	
4	50 breaststroke		12	50 freestyle	
5	100 freestyle		13	MEN 4x 50 Free	RELAY
6	TED STEWART 6 x 25 butterfly Relay	3 men 3 women (one team per club)	14	WOMEN 4 x 50 Free	RELAY
7	JOAN MONAHAN 4 x 50 mixed free	Aged 200+ RELAY	15	TEN PERSON CHOCOLATE FISH RELAY	NO Restrictions
8	200 any stroke				

Entry Details

Name (as shown on your registration card):	Club Code:	Masters ID number:
Address:	Male / Female (circle)	Age at 31 st Dec 2012:
	Phone:	
E Mail:	ENTRY FEE \$30 (Includes refreshments)	

Post entries and fees to: Eugene Manko, 1/22 Parau Str., Three Kings, Auckland 1041

Paid entries will be acknowledged on Roskill Masters website www.roskillmasters.com

Programme entries will be placed on Roskill Masters website on or before 12th May 2012.

Programmes will be available on the day.

Governed by FINA Masters rules.

Roskill Web Master: Eugene Manko. webmasters@roskillmasters.com phone 09-620 5529

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.

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



From the Archives: The First NZMS Open Water Championship

The first N.Z. Masters Open Water Championships were successfully held at Mount Maunganui on January 13, 1990. The course is a challenging one. Starting in the inner Tauranga Harbour, it crosses Pilot Bay and then goes out through the magnificent harbour entrance around the Mount itself and then into the centre of the Ocean Beach. The longer course deviates around picturesque Rabbit Island. On the day, a westerly gale had whipped up the inner harbour to the extent that moored launches had broken free and were being washed up onto Pilot Bay beach. To their credit a total of 39 masters completed the 4.5km course while 15 completed the gruelling 7.5km race.

OFFICIAL RESULTS

4km Championships

MEN			WOMEN	
Age Group	Name	Time	Name	Time
25-29			Ann Monahan	01:09:58
30-34	Colin Graham	01:00:40	Cindy Taylor	01:04:26
35-39	Mark Saunders	00:55:45	Debbie Attrill	01:11:50
40-44	Bill Fergie	01:07:05	Liz Calvert	01:04:32
45-49	Tony Raudon	01:11:51	Anne Wilson	01:19:20
50-54	Reg Harker	01:04:18		
55-59	Bernie Castle	01:20:50		
60-64	Tom Logan	01:11:54	Joan Monahan	01:25:00



Pilot Bay - It was rough out there.

7.5km Championship

MEN			WOMEN	
Age Group	Name	Time	Name	Time
25-29	Matthew Grierson	01:59:03	Heather Osborne	01:59:30
30-34	Alan Rose	01:50:48	Christine Binny	01:47:00
35-39	Paul Taylor	01:36:40	Lyn Lyle	02:29:20
40-44	Lance Davidson	01:49:40		
45-49	Neil Raynor	02:13:15		
55-59	Sid Salek	02:10:16		



New Zealand Masters Executive 1989
Deneice Marshall (Recorder), Lyall Mortimer (Vice Pres.), Wally Martin (Pres.), Tom Logan (Sec./Treas.)

From Newsletter No. 104, March 1990

Some recent research:

Fish oil supplements and improving effectiveness of strength training

Muscle force and functional capacity generally decrease with ageing in the older population, although this effect can be reversed, attenuated, or both through strength training. As one who has reached this age, I am acutely aware of this fact. I started going to the gym some years ago and included specific strengthening exercises to help me get strong enough to finish 100m fly in the pool. Anecdotally I would say it certainly made a difference.

So I was interested to read about this rather small piece of research about strength training for older women. Forty-five 64-65 year old women were randomly assigned to three groups. One group was assigned to strength training only for 90 days whereas the others performed the same strength training programme and received fish oil supplementation at differing strengths and for differing times.

Muscle strength and functional capacity were measured before and after the training. These results showed all improved in strength and functional capacity but those taking the fish oil supplements improved more¹.

There may be other benefits in fish oil supplementation for older masters swimmers:

- The anti-inflammatory properties of the omega-3 in fish oils may provide relief from the symptoms of arthritis².
- Fish oil supplements and regular exercise both can contribute to reducing body fat and improving cardiovascular and metabolic health, while combining these lifestyle modifications may be more effective than either treatment alone³.

RECOMMENDATIONS

- It is better to get your nutrients from your diet (see article in Masterscrawl September 2011). A serving of fresh salmon per

week or even less often, or other oily fish twice a week is more than enough to have the effect on strength training described above.

- If nutrients such as the omega-3 fatty acids in fish oil are good for you, having more than the recommended amount will not give added benefits.
- If you are still interested in fish oil supplements talk to your GP or a registered dietitian first.
- People taking blood thinners, such as aspirin or warfarin, should check with their doctor before taking supplements or eating lots of omega-3 fortified foods.

REFERENCES

1. Rodacki C, Rodacki A, Pereira g, Naliwaiko K, Coelho, Pequito D and Fernandes L. ***Fish-oil supplementation enhances the effects of strength training in elderly women.*** American Journal Clinical Nutrition, Vol. 95, No.2 428-436 February 2012
2. MedlinePlus. ***Fish Oil.*** www.nlm.nih.gov/medlineplus/druginfo/natural/993.html#skip
3. Hill A, Buckley J, Murphy K and Howe P. ***Combining fish-oil supplements with regular aerobic exercise improves body composition and cardiovascular disease risk factors.*** American Journal of Clinical Nutrition, Vol. 85, No. 5, 1267-1274, May 2007

For more information go to: www.consumer.org.nz/reports/omega-3-fish-oil-supplements/omega-3-whats-the-hype

Sue Pollard, President

NZMS applications invited for sanctioned meets

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

- North Island Short Course Champs, 2012
- South Island Short Course Champs, 2013
- North Island Short Course Champs, 2013
- National Long Course Champs, 2013, South Island
- National Long Course Champs, 2014, 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 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

NZMS Awards

The following are some of awards available to NZMS members. For further award information see our Information Manual in the members only area of our website.

SWIMMER OF THE YEAR

This trophy is presented to the swimmer who, in the preceding year has, in the opinion of the Executive, been an outstanding New Zealand swimmer at national and/or at international level. While performance is the main criterion, the Executive, assisted by the National Recorder, also considers the extent of participation in New Zealand Masters swimming events.

CERTIFICATE OF ACHIEVEMENT

Certificates are presented to those swimmers who, while not being awarded the Swimmer of the Year trophy, have demonstrated outstanding performances throughout the year at national and/or international level. The 'Certificate of Achievement' recipients are chosen by the Executive with the assistance of the National Recorder.

SERVICE AWARDS

Any member of NZMS can nominate another member for a Service award. Nominations close with the National Secretary on 31 December for the preceding year. Forms can be found in this manual which is on the website, or from the National Secretary.

Criteria for this award:

- Available for members who have shown outstanding service to clubs or regions, usually over a lengthy period, usually five years or more.
- 'Service' may be by representation on club committees, non-executive service within clubs, by contributions, events or activities from which Master swimmers have benefited.
- The award should be reserved for those individuals who have achieved the respect and admiration of their clubs and members.

LIFE MEMBERSHIP AWARDS

Our Constitution states, "The National Council, acting on the recommendation of the National Executive, may bestow Life Membership on any member of NZMS"

Criteria for Life Membership:

- Exceptional service to Masters Swimming over a lengthy period, usually ten years or more. This ordinarily includes representation on NZMS Executive and/or other services to Masters Swimming at national and/or international level such as FINA committees.
- The award should be reserved for those individuals who enjoy wide respect of NZMS for services given and abilities shown.
- Any member of NZMS can nominate another member for a Life Membership award. Nominations close with the national Secretary on 31 December for the preceding year. Nomination forms can be found in this manual, on the website or from the National Secretary.

EDITORIAL DEADLINE for the next issue of Masterscrawl is May 19

Send articles, photos, copies of entry forms **no later than May 19, 2012**. Late material may not be included.

Sue Pollard & Mike Bodger
Editors, NZMS Masterscrawl
Click here or email:
news@nzmastersswimming.org.nz

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