



Issue No. 199

New Zealand

September 2011

Masters Swimming

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Presidents Update



This is the first Masterscrawl without Ingrid and I would first of all like to acknowledge the great job she has done in the past years. I have enjoyed writing and compiling content for this edition and I now have a new appreciation of the work involved.

In this edition you will see on page 11 an item from one of our members who emailed me with some queries and good suggestions. I thought his comments and our reply were worth publishing because they illustrate the fact NZMS, like all organisations, is only as good as its members, their ideas and their participation. We would like to include more letters to the editor (or executive) as a regular feature and look forward to receiving more queries, suggestions and comments – about anything to do with masters swimming.

I have written an article on nutrition for this edition. I work in a charity whose goal is to help New Zealanders make "informed, healthy and enjoyable food choices" and I am concerned about the amount of nutrition misinformation out there - in print media, on TV, radio, on the internet, in bookshops, and in the calls and emails we receive. While some of this is amusing and some is interesting, quite a lot is

potentially dangerous. Dietary supplements are one particular area in which misinformation abounds, and for those enjoying their sport, it is difficult to decide whether supplements are worth trying. If you are wondering, have a read on page 10.

Master swimmers with expertise in other areas of which may be of interest are invited to send their articles. It is your chance to inform and entertain your fellow master swimmers. A newsletter such as ours relies on content from clubs and members and I am grateful for those who have contributed articles and photos to this edition, especially as all have met the deadline, allowing time for production and proof reading.

Spring is around the corner and if you are like me, you will be looking forward to the warmer weather and the new season of pool and open water swimming. There is a long list of events on page 13 to put in your diaries. And at the end of the season, there are the winter meets and the World Master Swimming Championships in Riccione, Italy to train for. If you attended the last 'worlds' in Riccione you will, like me, be very envious of those who are planning to compete this time. It certainly was an event full of FUN, FITNESS and FRIENDSHIP.

Happy reading & swim well

Sue Pollard

We are still looking for help

The Executive is still looking for help with our newsletters and other communication and editorial matters. In the June Masterscrawl we asked for help from masters swimmers with professional experience in communication such as journalism, writing, editing and web writing and design - but had no replies. So we think we may have discouraged some of you who would be interested in helping us, but have no training or relevant work experience.



What we need is one or more members who are interested in helping New Zealand Masters Swimming promote membership and communicate with its members. You do not need to be a communication professional and your participation can be as little or much as you can manage. The Editor role for which an honorarium will be paid is still vacant for those who would like to consider a more permanent contribution.

For more information or to indicate your interest contact Sue Pollard at president@nzmastersswimming.org.nz, or phone her at home (evenings) on 09 489 3994.

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

NATIONAL LONG COURSE CHAMPIONSHIPS 2012

Harbour Capital Masters Club from Wellington is hosting the 2012 LC championships from Friday 13th to Sunday 15th April. Harbour Capital looks forward to a big turnout of swimmers as the meeting comes after the finish of the State Ocean Swim series. As more information becomes available, this will be displayed on the NZMS website.

STATE OCEAN SWIM SERIES 2011/2012

NZMS is working closely with Scott Rice, the series director, to ensure that Masters Swimmer's results from these swims are displayed on the NZMS website. This is in addition to the official results that will appear on the Oceanswims website. A \$5 discount per swim is available to Masters Swimmers using the code **NZMASTERNZOSS11**

This code is only valid after the early bird price has finished – the dates these can be used from are below:

Harbour Crossing – Saturday 17th September

Paihia Classic – Saturday 15th October

Capital Classic – Saturday 3rd December

La Grande Swim – Akaroa – Saturday 24th December

Sand to Surf – Saturday 14th January

King of the Bays – Saturday 4th February

Obviously people can register now using the early bird pricing for individual swims or buy a season pass for a heavily discounted price.

2012 MEMBERSHIPS

Payment of NZMS membership fees for 2012 can be made to the National Secretary from 1st October 2011. The fee remains at \$50.

2011 MEMBERSHIP NUMBERS

REGION	
Northern	353
Districts	148
Central	54
Capital	92
Southern	102

TOP 5 CLUBS

Roskill	78
South City	60
Northshore	55
Manukau	50
Hamilton	38

OPEN WATER SWIMMING

As part of the Epic Swim weekend (January 14th -15th 2012) run by Swimming NZ at Lake Taupo, a Masters race will be held on Sunday 15th over the 2.5km course used for the previous 2 NZMS open water championships in 2010 and 2011. **THE 2012 SWIM IS NOT A CHAMPIONSHIP RACE.** More information will available in the next newsletter and on the NZMS website as it comes to hand.

14TH FINA WORLD MASTERS CHAMPIONSHIPS

These are to be held in Riccione, Italy from Sunday 3rd June – Sunday 17th June 2012.

Training: 7/06 to 9/06

Swim Competition: 10/06 to 16/06

Open Water Swim: 17/06

Mike Bodger**National Secretary/Treasurer**

m.bodger@xtra.co.nz

Mobile: 0212500556

Phone: 07 3087185

LIFE MEMBERS

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

2005 Tom Logan (DL2)
Lyll Mortimer (HU4)
Deneice Marshall (NA3)

2006 Jan Fulton (RK1)

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

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



PRIVACY ACT

Under the requirements of the Privacy Act, members are to be aware that NZMS holds a database containing the following information – your name, age, address, date of birth, telephone number, email address and the club to which you belong.

Introducing our Vice-President



Hi Everyone

Sue Pollard has asked me to write a profile of myself after being elected as Vice President of New Zealand Masters Swimming at the last Annual General Meeting.

I was born in Belfast, Northern Ireland in 1947. My parents immigrated to Melbourne, Australia in 1952 with us four children. The family grew by another two after arriving in Australia.

We grew up in the Victorian countryside where I had my first experience of swimming – being saved from drowning in a river, by two older kids, while trying to make a double crossing. No great athletic feat, as Australian rivers in drought season aren't too wide or deep. Anyway, my swimming career developed from nearly drowning. Eventually swimming was discarded for seemingly more pleasurable pursuits – football, and later drinking etc – all the usual things that you think are healthy pursuits when you are young.

At the age of 19 I came to Christchurch and served my Apprenticeship as an Adult Carpenter. I met Jan here and we married in 1971. We have four adult children – a daughter and three sons and now have three grandchildren.

Over the years I have worked as a Builder in Christchurch and currently work full time in my Building business dealing with clients and contracts.

In 1990 I started swimming again as I thought this would help my chronic builder's back. At the same time the Jellie Park Pool Complex had just opened an indoor 25m pool to complement its 50m outdoor pool. As the pool is close to our home (10 minutes walk) I decided to join Masters. At this time the Jellie Park Masters Club was formed and so I became a member. The Club was renamed Jasi Master's Swimmers Inc. soon after inception and has thrived in the subsequent 21 years.

I have been involved in the Club Committee and during this time I have served as the Club Secretary since 2000. I have also been a financial and competitive swimmer and member of NZMS since the Club's inception. Over the years I have been lucky enough to be involved with the organisation and running of both South Island and National Swim Events. I have always enjoyed the competition and the friendships experienced at these events. Sadly competition numbers for pool events are declining and this is a major challenge for the Organisation and Executive, to increase numbers of competitors of future meets.

For me, Masters Swimming has been a way a life and a great experience with the benefits of training, discipline, fitness and friendship as well as plenty of fun.

As Vice President I look forward to the challenges that this position will provide.

Hamilton Masters Mid-Winter Christmas Meet



Synchronised swimmers, Eleanor Pinfold, Carolyn Edwards, Alfredo Adler and Chrystal Kelly entertained at the Hamilton Masters Mid-Winter Christmas Meet on August 6.

NZMS Sanctioned Meets

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

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

The NZMS website has information on 'Hosting a Meet'

South Island Short Course Champs, 2012

North Island Short Course Champs, 2012

National Long Course Champs, 2013 – South Island Clubs holding other events (annually) and wishing to be sanctioned must also advise at least 3 months prior to the proposed event. e.g.. Cambridge; Masters Games; Auckland Short Course; Hamilton Mid Winter etc.

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

A night to Remember

Members past and present were welcomed at the door of Richmond Yacht Club for the North Shore Master Swimmers 30-year anniversary celebration, held Saturday 28 May. With a glass of wine in hand, members mingled, and long-lost friends reacquainted themselves. There may even have been a few whoops of joy here and there in the process. Name labels at least helped us identify not only those past members some of us newer members had not met before, but aided us in recognising fellow swimmers dressed for once, in actual clothes, and not just speedos.

At just the right moment after we had all settled in, Ian Gunthorp who was MC for the evening, gathered everyone round for the formal part of the party. How formal, we weren't exactly sure as Ian was dressed a bit like striped rock candy (or was that eye-candy?). He also had in tow his sidekick: an inanimate club mascot sporting the latest in balloons for a head and wearing our club track suit. Ian began by taking us on a trip down memory lane by beginning at the beginning. He employed a rather clever strategy of picking members of the 'audience' to join him on 'stage'...and by so doing, gradually the seating emptied and the stage filled (see photo). His strategy was to call up members or past members as follows: members who had been at the club in its earliest days (e.g. Jan and Les O'Donnell, Don and Joan Bidwell, Pam Medhurst); past club presidents (e.g. Sue Pollard, Robert Redford); and those with notable swimming achievements (which did not exclude those already on the stage), amongst whom were an Olympian (Glenda Biddle), Masters Swimming record holders (e.g. Barry Young, Antoinette Leene-Rodahl), and those in the Masters World Top 10 in the last 2 years (e.g. Julie Gunthorp). In fact too many to mention here all individually, although you know who you are! It almost looked like half the attendees had been called up by the time Ian was done!

After we were once more seated, Ian introduced current club President Chris Lambourne who delivered a brief welcome and introductory speech. Chris also awarded Yoko Otani with the club's 'Most Improved Swimmer' award for 2010 (see photo). Alan Kindred, long-time member was the evening's key note speaker and offered a wonderful tribute to the club. Alan kindly allowed us to laugh at ourselves with many anecdotes, and an honest appraisal of self-seeding into fast/medium/slow swimming lanes. He also brought along a pair of speedos. Should we admit any more than that? Probably not! After Alan's speech, Ian concluded the formalities, and the remainder of the evening was devoted to the serious business of catching-up with old friends and acquaintances, making new friends, having a dance and a good many/few more drinks.

The night may have ended a bit early for some, but the rest of us got up early(ish) the following (Sunday) morning and met at the Takapuna pool for a fun swim and relays, followed by a casual breakfast of 'leftovers' and coffee. We are pleased to report that a couple of past members have signed up and become current members as a result of our shin dig. We highly recommend that a little organisation is well worth the effort for such an event: celebrating the club, sharing memories and achievements, and revelling in what a jolly good bunch we are!



MC, Ian Gunthorp



Ian & Many

NZMS MasterScrawl



Yoko & Chris' – Presentation of the '2010 most improved swimmer' award



Alan & togs' – Alan Kindred, keynote speaker



Yoko Otani



Tracey Harrison & Antoinette Leene-Rodahl

Notice Board

Blenheim Masters are having their 25th anniversary this year & plan to hold the celebrations at the new Blenheim swimming pool complex, on November 26. Past members are invited to attend.

Contact the club secretary, Barbara Taylor at: msbltaylor@ruralinzone.net



MARJO THOMAS

Physiotherapist BSc (Physio) Dip MT MNZSP
Swim Coach NZSCTA

I am a PHYSIOTHERAPIST in Auckland with a special interest in Swimmers with injuries. I am also a Swim Coach and Master's Swimmer having frequently medalled in Master's Open Water and Pool Events at a National Level.

021 746 500 marjo.thomas@xtra.co.nz

SWIMMERS/ WATERPOLO PLAYERS/ TRIATHLETES

Do you suffer from shoulder or other pain during or after swimming?

Are you recovering from an injury and would like to swim to assist your rehabilitation?

I can help you by:

- Performing a Swim Specific Assessment of your flexibility and muscle strength to identify areas that require stretching and strengthening.
- Performing a Biomechanical Assessment of your swim technique while videoing you, providing prompt visual feedback to you. This will assist your understanding of how you can make changes to your stroke or use swimming to assist the rehabilitation of your injury/ condition
- Planning a personalised program of dry land exercises and swim drills.



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

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

Google

'Lake Rotoma Swim' Details and Entry Forms

Enquiries to: Leigh Baker

Ph: 07 308 7086

Fax: 07 308 7046

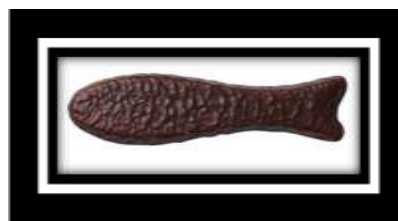
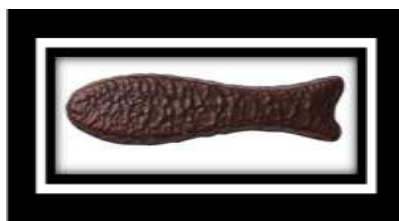
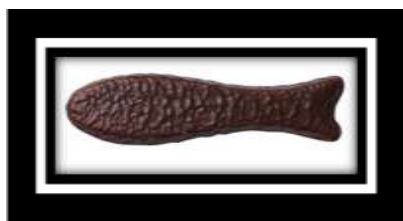
Email: catsandhens@xtra.co.nz

Kindly supported by: Radio 1XX Bay Rock 97.7 FM



Taupo Masters Swimmers Non Sanctioned Swim Meet – Come along meet, swim and have fun...

15.10.2011



Taupo Brown Trout

Spring Fling

Non sanctioned meet. (Non-masters swimmers can enter. Must be 20 years and over.)

Sat 15th Oct 2011

1.30pm Warm up. 2pm Start.

Taupo Events Centre -AC Baths Taupo.

Prize Giving and refreshments at conclusion of meet, and then join us to watch the 1st Rugby World Cup Semi-Final!

Event	Stroke	Estimated time. (Please enter a time)
1	50 FREE	
2	100 BACK	
3	25 BREAST	
4	100 FREE	
5	50 BACK	
6	25 FLY	
	Novelty fun relay race	
7	100 BREAST	
8	25 BACK	
9	200 BREAST Or FLY	
10	25 FREE	
11	50 BACK	
12	100 MEDLEY	
13	200 BACK OR FREE	
14	4 X 25 RELAY RACE	

Please post entries to:

Taupo Masters Swimmers

PO Box 1207

Taupo 3330 by Oct 3rd 2011

NO LATE ENTRIES ACCEPTED.

Entry form must be received by 3.10.11. No refunds after closing date.

REGISTRATION **\$10.00** plus

\$5 PER EVENT. MAXIMUM 5 EVENTS, (excludes relay and novelty events)

Payment can be made to account no.

Westpac Bank 03-0430-0270123-00

Please enter your initials and surname in reference box.

Cheques to Taupo Masters Swimmers

Any questions please contact:

Karen Gray on 07 377 4092 or

0275 913816 kcgray@xtra.co.nz

Fiona Lafferty on 07 376 8474 or 0278

563135 f.lafferty@xtra.co.nz

NAME.....

ADDRESS.....

EMAIL ADDRESS.....

CONTACT PHONE.....

DOB.....Age at 31 Dec 2011.....

MALE/FEMALE CLUB.....

Total cost..... Paid by cheque/direct credit (Please indicate method of payment)

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 this swim meet. Your agreement of these conditions is confirmed by placement of this entry.

Aquatics New Zealand Inc.

For those of you unfamiliar with the way in which New Zealand Masters Swimming links into FINA, it is via Aquatics NZ Inc. Aquatics is made up of representatives from Masters Swimming, Swimming NZ, Water Polo, Synchronised Swimming and Diving. So there are five Board Members and it is Aquatics which is the "Member Federation" which links to FINA. The current representatives on the Board of Aquatics are –

Swimming NZ	Murray Coulter
Water Polo	Keith Brodie
Diving	Rebecca Ewert
Synchronised Swimming	Sue Edwards
Masters Swimming	Myself

What does Aquatics do? Over the last two years we have been able to resolve matters by email and simply attend the Annual General Meeting and Board Meeting usually in October. In between, however, we sometimes deal with other issues such as distribution of FINA travel assistance to athletes from the various disciplines who attended World Championship meets; approval of team memberships for major events; appointment of delegates to

FINA Congresses; and in recent times Aquatics has shown greater interest in the Oceania Swimming Association which is the regional body from which FINA Bureau Members are appointed for our part of the world. We also appoint delegates for meetings of the New Zealand Olympic Committee.

On occasions when one of our members has wanted to host a FINA World Cup or Championship event (twice recently proposed but never actually come into fruition) Aquatics has had to become much more involved and look closely at the contractual arrangements between the host and FINA as the financial implications of running such a meet can be significant. I am currently Chairman of Aquatics and my third two-yearly term will expire in October next year.

The view of most of the members of Aquatics since its inception five years ago has been that it is essentially for FINA-related business and not a promotional body or ginger group for particular activities of its membership.

Roger Eagles

Musings from the Archives Officer

Searching the piles of papers that have accumulated around our house for material for this article I am constantly very impressed reading about some of our founding members who are still fronting up to swim meets, sometimes just as spectators. The Kiwis at the 1974 Matamata Meet hosting a US team have certainly thinned out although many have not continued with Masters Swimming involvement. Were you there?? If so let us know why you went and what you have been up to since.

Then there are the Open Water Swimmers who have been participating for many years in those swims around Auckland Harbour – well before the more recent increase in open water events bringing so many more participants into the water. Some information about the origins of these swims would be appreciated.

I can only be amazed at those 'southern men & women' that have braved Foveaux St and other local beaches for many years and more in recent years since wetsuits were introduced – they grow them tough down there.

Coming from Wellington when all I seem to remember were the cold southerlies sweeping up Evans Bay past my training venue at Hataitai Beach (in the very early days) and before the city realized that sitting outside a café for their coffee was actually pleasant, we did have quite a number of open water events. There was the Petone Club's Somes Island Swim; Eastbourne's Wharf to Wharf; The Peck Shield and Hataitai Mile. It was the 'surfies' who swam in

most of those events and the 'polar bear' club from the Te Aro Baths. Don't get me wrong, as there was plenty of sun bathing instead of swim training (what was that anyway?) and Wellington does have some wonderful weather, making Oriental Bay a great venue and drawing large numbers of swimmers. Maybe it's the wetsuits again – they just don't seem right to me and I have trouble wearing them even now.

As a young swimmer the pools were cold enough for us and we didn't have an indoor pool until I'd finished my competitive days. At that point I did try a few open water events and have now been attracted to the tropical ones in Fiji. As we get older it's easier to go longer than faster – the body just doesn't seem to want to change speed, just keep on going and going.

NZ Masters is wanting to put together as much information from those past years to have on record for the future. We have the facts – we need the memories. The photos are just great – we all looked so much better back then, so gather them up and send them to either myself or Roger Eagle. If you want to keep them, then send us a copy. In many ways it's the little bits you remember about your experiences in Masters Swimming.

Keep up the swimming!!

Lesley Parkin
lesley.parkin@xtra.co.nz

FINA Masters Committee

I am now into my third year on the FINA Masters Committee so I am starting to develop a better knowledge about how the Committee operates and an understanding of its main function.

There are 15 members of this Committee from countries all around the world. The Chairman is Ed Evely from Canada and the Vice-Chairman is Rose Cody from Puerto Rico. The Secretary is Kurt Mikkola of Finland.

The main function historically of the Masters Committee has been to take responsibility for the running of the World Masters Swim Championships held every two years. (There is some interest within the Committee in expanding the role of the Committee so it takes a more pro-active role generally in respect to development of Masters swimming.) As you know, next year the World Masters Swim Championships will be held in Riccione, Italy, between 1 and 17 June and if you go to the FINA website, www.fina.org you will be able to find information about the programme and events there.

In May this year the FINA Masters Committee met in Riccione. The purpose was to liaise with the Organising Committee to make sure all preparations were in hand for next year's event. So, there was a meeting over a long weekend and we were taken to see the facilities, which are excellent, and New Zealand swimmers who attended in 2004 will remember that Riccione, situated on the coast of the Adriatic Sea on the eastern side of Italy, north of Rome and south of Venice, is a particularly attractive and appealing town and it has an advantage which Gothenburg did not have in that all the facilities are in the one location. There is an indoor 50 metre pool and an outdoor

50 metre pool and the distance between them is no more than a stone's throw so the men will be able to watch the women swim and vice versa without any inconvenience.

One of the matters which the FINA Masters Committee is addressing (although it could take quite some time to result in a formal change to the rules) is the issue of "third party" meets. World Record times set at such meets have not in the past been approved by the FINA Masters Committee and this appears unlikely to change, but there is room for the rules to be clarified to make it clear what are or are not "third party" meets. The issue arose in acute form recently with Kirsten Cameron of New Zealand, but there have been other examples as well. This is a subject which is concerning the FINA Masters Committee and we are hopeful that it will result in clarification of the position.

FINA is a big organisation and has different arms to it but, essentially, it is run by the FINA Bureau. The world is divided into five regions and representatives from each region, and some others, make up the FINA Bureau. The Bureau decides all major issues regarding administration of swimming, including Masters swimming, so, if and when the Masters Committee arrives at a view which will require rule changes, that proposal would first have to go to the Bureau for consideration and then would need to be considered by the FINA Congress. That process could take some time.

Roger Eagles

Bill Matson



NZMS notes with deep regret the passing of Bill Matson on 8 August, 2011. Bill, a former President of Swimming NZ, was better known as FINA Vice-President and a Bureau Member since 1996. He was the FINA Liaison with the Masters Committee and also with the Technical Open Water Swimming Committee. Bill had given lengthy service for FINA and was very well known both within FINA and Oceania. He had also been President of the Oceania Swimming Association for 13 years.

Bill died following surgery after taking ill at the end of the World Swim Championships in Shanghai.

He has been a very prominent figure in Masters Swimming internationally and regularly chaired the Commission which took responsibility for the running of the World Masters Swim Championships.

His sudden death is a serious loss to FINA and to Masters Swimming internationally, and he will be difficult to replace.

Bill is survived by his wife, Joan, and a son and daughter.

Eating for your sport – Swimming and Supplements

Swimmers need a balanced and varied diet, just like everyone else. This includes:

- Fruits and vegetables every day; aim for a variety of colours
- Low fat dairy products, including milk, yoghurt and cheese
- Breads and cereals including pasta, rice, bread, rolled oats, breakfast cereal, kumara, potatoes, noodles.
- Lean meat, fish, chicken, eggs and other protein-rich foods like tofu and pulses.
- Healthy fats like vegetable oils, nuts, seeds and avocado.

Source: Eating for your Sport, from the Millenium Institute of Sport & Health

Master swimmers and supplements – a cautionary tale

Many athletes believe they need to take supplements to help their training, reduce illness and injury and to help them perform better. A large variety of food and nutritional supplements is available in pharmacies, supermarkets, health shops and over the internet. They are often promoted using emotive and anecdotal claims and testimonials, not based on scientific evidence. However although elite athletes may have some additional needs which mean some supplements may be useful in specific circumstances, most or all of these are just not necessary.

Supplements can be dangerous. In a study where supplements from 13 countries were analysed, 15% of products were found to contain banned substances such as steroid hormones, in supplements such as protein, creatine and vitamins/minerals. This shows there is a small chance of a positive drug test result with supplement use.

Another potential risk with supplements is the danger of overdosing. When you take vitamins or minerals in quantities in excess of the recommended daily intakes they can have a different - and sometimes adverse - effect from their usual function when they are ingested in the quantities in which they

are found in food. You can have too much of a good thing. An example is the fat soluble vitamins A, D, E and K which are toxic in high doses.

We have evolved to use the nutrients in our diets as they are found in the food we eat. Taking them as pills may not be as effective. An example is the absorption of iron, which is poor when taken as tablets and best from “haem iron”, the iron found in red meat. The absorption of “non-haem” iron from other sources, such as cereals is better than when taken in a pill, and facilitated by vitamin C. So when you have your breakfast cereals with fruit, you are enhancing iron absorption.

So is there anything special we can do to enhance performance through nutrition? Three items in the sports news at the moment are protein, caffeine and vitamin D.

1. To attain and maintain muscle mass there may be a benefit in eating a protein-rich meal or snack after your training session (aerobic exercise). However protein supplements are not needed as requirements can be met by choosing from the variety of foods recommended above.
2. Caffeine has been found to enhance endurance and reduce athletes’ perception of effort. These caffeine effects vary from person to person. So while a cup of coffee before your swim is OK, and might be helpful, high energy caffeinated drinks should be used with caution. They may have adverse effects, especially if consumed in high amounts or in combination with stimulants, alcohol or unregulated herbal products.
3. Vitamin D is a hot topic because the latest research is showing many people, including athletes, children and especially older people, do not have good levels of this vitamin in their bodies. The classic disease of vitamin D deficiency, rickets, is rare but current research is looking at possible

other effects of poor vitamin D status, from osteoporosis, to cardiovascular disease and also to its effect on athletic performance. Most of our vitamin D is obtained from exposure to sunlight. To ensure you have good vitamin D status, maybe a swim in the sea a few times a week - early morning or late afternoon to avoid sunburn – will not only get you ready for the open water swims, but improve your vitamin D status and enhance your swimming performance.

Recommendations

- It is better to get your nutrients from food. Follow the advice above about a balanced and varied diet and you will be unlikely to need supplements for good performance in the pool.
- Consult your doctor or consult a registered dietitian if you are interested in reviewing your diet to ensure you are achieving maximum nutrition for good performance in the pool.
- Take supplements only on the recommendation of your doctor or a registered dietitian.

Further reading

- For more information and to obtain copies of Eating for your Sport nutrition advice go to; www.mish.org.nz
- Dietitians New Zealand has a position paper, Nutrition for Exercise and Sport in New Zealand. Go to; www.dietitians.org.nz
- Another good source of nutrition information is the website of the New Zealand Nutrition Foundation. Go to www.nutritionfoundation.org.nz
- The Ministry of Health has information about its Food and Nutrition Guidelines and resources you can download. Go to www.moh.govt.nz/nutrition

Sue Pollard

Correspondence from members



Paul Garrett

We recently received an email from Paul Garrett, a Katikati member, asking a couple of questions and making some suggestions. I thought they were worth featuring in Masterscraw, as they gave us food for thought.

Q1: Postal Meets:

This is an area that could benefit from further publicity and encouragement for others to "have a go." The results can be amazing! Let me explain.

Last year at the monthly mid-winter pool session at Greerton pool, Leon Ruttersmith and I decided we would "have a go" (casually) at the 1,500 metre. Nothing scientific or particularly competitive, but we swam, with Leon's wife lap counting and timing for us both.

I, as usual, lost track of the count, so stopped to check, then continued on. After we finished, I commented that I didn't think much of my time! It seemed unimpressive and I hadn't really pushed myself.

A couple of weeks later Leon phoned to ask if I realised my time was considerably under the age-group record! That astounded me, and gave me, and my coach, a new incentive for the coming season.

Others are probably like me in that we seldom do time trials for long distance training sessions, nor do we realise what our age group records are? Perhaps promotion of the Postal swim sessions could help uncover hidden talent, and opportunities for further achievement for other Masters Swimmers too.

Postal meets are great fun and do need more publicity and acknowledgement of the results. Including information on the NZ records in this publicity is a good idea, though records cannot be broken at these events.

Q2: Age Group Records - attached to meet programmes!

I wonder how many others, like me, were not really aware of the records for the events we plan to compete. Even at meets, when results are reported, we don't have any idea as to the REAL quality of any person's performance.

At the Long Course Champs I suggested that it would be good to have an attachment to the programme, the up-to-date listings of all Masters Age Group records (male and female). This would give everyone an opportunity to realistically evaluate their performance and to congratulate others.

Reply from NZMS

The current NZ records should be available – and displayed - at the pool when sanctioned meets are being held. However we agree

this does not always happen. Paul's suggestion to have the current NZ records placed in the programme is a good one and we will suggest this to clubs running meets.

You can download the latest version of the NZ records from the NZMS website prior to a meet. The record database is updated after each sanctioned meet and then the new version is made available on the website. How quickly this happens after a meet depends on how quickly the results are sent to the National Recorder for checking – and then how quickly any changes are confirmed. Once this is done, the final results are then placed on the website, together with the updated records.

We are planning to re-introduce a function in our system that enables the records to be downloaded into the Meet Manager programme so that they are displayed with the results and records breakers are identified. Some of you may remember we had this capability a few years ago.

We also are planning to get back to having our Annual Top Ten rankings available on the website again each year.

Both these improvements require some software development and we hope to get this underway soon.

As an aside FINA world records are updated twice yearly and can be viewed at www.fina.org

Q.3 Encourage New Members:

There are three swimmers in our squad who I have been encouraging to join Masters. Is there some way they, and others like them, could be permitted to compete in a meet, to "get the feel" of the group and its goals? For some – e.g. solo mothers, the cost is a lot on top of squad fees and pool entry. With encouragement they would happily pay this if they can see the benefits.

Is there some way we can allow them to compete as non-members at 1-2 meets to "get encouraged?"

Reply from NZMS

Non-registered master swimmers have the opportunity to swim at various non-sanctioned 'chocolate fish' meets throughout the country, to get an idea of what it is like. Examples the fun meets run by clubs such as Katikati, Taupo (see page 7), Auckland Central Masters, Manukau and Levin. Another option is the NZ Master Games. However FINA rules do not allow non-registered swimmers to compete in our sanctioned swimming meets.

Thanks for your ideas Paul – I note you now hold the long course freestyle records for five out of six freestyle events in your age group – congratulations!

Sue Pollard

International News

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



HOUSE OF TRAVEL

Aside from the package I have of airfares, accommodation in Riccione and Rome plus transfers and sightseeing tours in Rome I can also offer many options for your holiday following the meet – and please do not hesitate to contact me if you have any specific ideas but here are a few:

- Cycling tours in either Europe or UK including Croatia
- Walking tours
- Villa hire in Europe
- Hotels in Cinque Terra, Lake Garda, Lake Como, Provence, in Holland and Belgium to name a few
- Waterways cruises in Hungary, France etc
- Narrowboat hire in England and Wales – a few of you might like to get together to do this it is great fun !
- Boat hire in France

Early bird offers for Trafalgar Tours, Insight and Avalon holidays to name a few, and don't forget you can depart from anywhere in UK or Europe after your holiday as long as it is on the Emirates route

Please email me anytime and I have a limited amount of rooms remaining for Riccione. Happy training and see you in Levin.

Pam Young MNZITT

DESIGNERS OF HOLIDAYS/HOUSE OF TRAVEL

pammy@hot.co.nz

Calendar of Events

2011	Event details	Entries close
September 1-30	NZMS 800/1500m Postal Swim	September 30
October 1-31	NZMS 1 Hour Postal Swim	October 31
October 15	Taupo Masters Brown Trout Spring Fling Meet	October 3
November 13	State Ocean Swim Series – State Harbour Crossing	TBA
November 27	Auckland Central Masters Open Water Swim Series 1: Herne Bay Beach to Curran Street 1.2km	TBA
December 11	Auckland Central Masters Open Water Swim Series 2: Chelsea Sugar Swim 2.36km	TBA
December 11	State Ocean Swim Series – Paihia Classic	TBA
2012		
January 29	State Ocean Swim Series – Capital Classic	TBA
February 6	Lake Rotoma Open Water Swim 1.5km See advertisement page 6	TBA
February 12	Auckland Central Masters Open Water Swim Series 3: Eagle Technology Bays Swim 3.78km	TBA
February 19	State Ocean Swim Series – La Grande Swim	TBA
February 26	Auckland Central Masters Open Water Swim Series 4: Eagle technology Rangitoto Swim 4.45km	TBA
March 10	State Ocean Swim Series – Sand to Surf	TBA
March 31	State Ocean Swim Series – King of the Bays	TBA
April 13-15	NZMS National Long Course Championships Wellington Regional Aquatic Centre, Kilbirnie	TBA
June 10-17	World Masters swimming Championships Riccione, Italy	TBA

Got an event Coming up?

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

EDITORIAL DEADLINE

The next issue of Masterscrawl is 1 December 2011 Send articles, photos, copies of entry forms no later than November 15. Late material may not be included.

Sue Pollard & Mike Bodger

Editors, NZMS Masterscrawl

email: news@nzmastersswimming.org.nz