



Issue No. 203

New Zealand

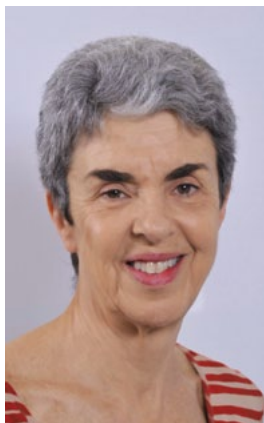
Masters Swimming

September 2012

President's Update

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In this edition of Masterscrawl you can read two accounts of the 2012 World Masters Swimming Champs in Riccione.

I attended the event when it was last held in Riccione eight years ago and it sounds as if it was just as much fun this time.

Congratulations to all who competed, swam

'PBs' and/ or ended up with Top Ten medals, with a special mention to Kath Johnstone, Fritz Bohme, Julie Gunthorpe and Sid Salek who all achieved top three placings.

As I write this I am getting ready to travel to Fiji to swim in the Fiji Swims event. This is the second time for me and if it is anything like last time it will be great fun. What a nice way to escape the rain and cold - to swim in the warm waters of Fiji! We are looking forward to an 18km relay swim, followed two days later by a 3km swim. Lesley Parkin (NZMS Swimming Officer) and Liz Davidson (NZMS IT Officer) are members of the five-person relay in which I am swimming, so New Zealand masters swimmers are represented in what is an Australian-run event.

The weekend after I get back I am travelling to Greymouth via Christchurch and the Trans Alpine train, to swim in the South Island Short Course Champs, where I look forward to catching up with South Island masters swimmers. My entry has gone in – has yours?

By then it will be spring and the summer swimming season will be beckoning. The Calendar of Events in this edition, and in www.nzmastersswimming.org.nz can help you plan your participation. There are plenty of events, in the pool and open water to choose from. The State Ocean Swim series are again offering a discount to masters swimmers. Go to www.oceanswim.co.nz for information.

I hope watching the Olympic Games has inspired you. It has me, but also it has made me more aware of my shortcomings. So the article 'Swim Smooth' here in Masterscrawl, has been timely, with ideas of what I can do to improve - more drills being one thing.

Thanks to the Clubs who have contributed to the content of this edition – Mt Roskill, Blenheim and Masterton.

Happy reading and happy swimming

Sue Pollard

NZMS Applications Invited for Sanctioned Meets

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

- South Island Short Course Champs, 2013
- North Island Short Course Champs, 2013
- 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 MasterScrawl



From the Secretary's Desk

EXECUTIVE CONTACTS:

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2012 NORTH ISLAND SHORT COURSE CHAMPIONSHIPS

The entry form and other information (accommodation, social function) are now on the NZMS website. The meeting is being hosted by Heretaunga Old Devils from Hastings at the Flaxmere Waterworld, 5th/6th October. This meeting is run under FINA rules and all swimmers must be financial members of NZMS to compete.

2013 MEMBERSHIP FEES

Membership fees for 2013 open on 1st October 2012. The membership fee for 2013 remains at \$50 and should be paid to the club secretary who then forwards it to the National Secretary. Club secretaries can pay by cheque or by direct credit into the NZMS bank account. If paying by direct credit please identify club code/ name and membership numbers or send me an email with swimmer's names and numbers. Membership cards are no longer sent out to swimmers but swimmers competing in international competitions can request a membership card from me.

2012 DEMOGRAPHICS

671 financial members

TOP 5 CLUBS		REGIONS	
South City	69	NORTHERN	342
Roskill	65	DISTRICTS	112
North Shore	57	CENTRAL	47
Manukau	49	CAPITAL	81
Harbour Capital	37	SOUTHERN	89

2012/2013 STATE OCEANSWIM SERIES

The first race is the Paihia Classic Bay of Islands swim on 10th November 2012. This is followed by the Harbour Crossing Auckland on 2nd December 2012. For entry forms and other information go to www.oceanswim.co.nz Quantum Events will continue their sponsorship of NZ Masters Swimming and they will offer all members a \$5 discount code. These will be valid only after the early bird entries finish for each event.

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.

EDITORIAL DEADLINE

for the next issue of Masterscrawl is December 7

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

Sue Pollard & Mike Bodger
Editors, NZMS Masterscrawl

Email:

news@nzmastersswimming.org.nz

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.



ADVERTISING IN MASTERSCRAWL

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

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

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

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

Reports from World Champs

XIV Fina Masters World Championships, Riccione, Italy, 2012

The World Masters Swim Championships were held in Riccione, Italy, in June. Some 20 New Zealanders attended and a number achieved outstanding results. In particular we acknowledge the results of Kath Johnstone in the 95-100 age group, who won gold medals in all her five freestyle events. Another gold medal winner was Fritz Bohme in the 80-84 age group in the 200m backstroke. Congratulations to all swimmers, many of whom were in the Top Ten. For more results go to our website www.nzmastersswimming.org.nz

Past President and New Zealand member of the FINA Masters Committee, Roger Eagles reports:

A feature of the event was the sheer numbers attending. In swimming there were 9,674 competitors with 28,878 individual entries and 1,752 relay entries. About 43% of the entries came from Italians and a further 40% from other Europeans. Total numbers overall competing in Italy were 12,671 (including driving, synchro, water polo, and open water). For those who competed in Christchurch 1984 this represents something like a four-fold increase and there is discussion now occurring within the FINA Masters Committee to whether numbers should be permitted to continue to rise or whether a serious effort should be made to reduce the numbers. One school of thought is that the World Masters Swim Championships is an enormously successful event which thousands of Master swimmers throughout the world wish to attend. Every effort should be made to encourage entry so that the event can continue to be a major success. The other school of thought is that the whole event is on the edge of becoming unmanageable and serious efforts need to be made to control numbers.

A particular problem in Italy was that there was a large number of "no times recorded", i.e. times below the qualifying standard. For some unclear reason this was more prevalent amongst the men than the women. It was also apparent that a significant number of

the "no time" swimmers were Italians. So it is possible that such a high proportion of "no times" may not occur when the event is next held in Montreal in 2014.

Difficulties in managing numbers include thronged concourses around the pools and long days. On one particular day during the men's competition, swimming started at 7:30am and continued until 10:45pm without a break.

Those issues aside, the whole event was enormously successful with good weather, good organisation, marshalling efficient and the technical officials of a high standard.

The open water swim event held off Hakuna Matata Beach at Marano, Riccione, was quite spectacular. The course was triangular, three kilometres in distance, the first and last legs 750 metres each and the other running north parallel with the boat 1500 metres. Water temperature was about 23°. No fewer than 2,316 swimmers competed but, although his figure sounds daunting, the event was spread over two days, the men and women were separated and each age group was sent off in groups of around 50 plus every 15 minutes. Over the two day period it basically went without a hitch. There were numerous jet skis, rescue boats and IRBs available. About 15% of entrants failed to complete the course.

Travelling to the northern hemisphere to attend this event is a significant financial commitment but there is no event which compares to the World Master Swim Championships, either in elite competition or otherwise in Masters. A Canadian delegation was present to watch the event and they promise an outstanding competition in Montreal in 2014.



NZMS MasterScrawl

FINA World Masters Championships, Riccione, Italy June 2012



ITALIA – the home of real black coffee, limoncello, gelato, pizza, pasta, food covered in parmigiano – oh, and Italians who love to engage in intense and animated discussions on everything, especially soccer. The European Cup was in full swing whilst we were there and Italy made the final!

After a successful 2004 edition, the lively seaside town of Riccione, Italy again played host to the FINA World Masters Championships, welcoming this time a record number of 14,000 participants. 9672 swimmers hit the pool at the “Italo Nicoletti” Sports Centre and another 2326 took to the open water swim in the Adriatic Sea. 1322 water polo players threw the ball, 560 synchro swimmers performed their routines and 247 divers made a splash!

As a member of a New Zealand group I travelled to Riccione to compete in my favourite backstroke events and also the individual medley and butterfly. I had trained hard for the event but was not well versed in the “Italian way”. The global economic downturn in Riccione was noticeable in the number of derelict and half-completed hotels, but our hotel, the Giuliana, looked inviting. Opening the door to our room we found a shoebox with a matchbox for a shower – some of our men had to open the shower door to turn around – so I was told! No fridge was apparent and the aircon not working. OK, down to reception to have “the man” sort it. After three visits to our room and countless button pushing, arm-waving and heated exchanges in English and Italian, neither party understanding the other, we finally had a technician give us some cool air. So, in off the balcony we came!



Our NZ group



Drinks at our hotel

That evening over drinks we all compared and laughed at our individual mishaps. Lynette and Bernard Hinds adapted by buying dry ice and filling their bidet so the beer was always cold in their room!! It was decided then and there to just go with the flow and accept that we were now in Italy and do things their way. Relief and for the rest of the week we loved the “Italian way” of doing things.



Mediterranean Salad



The outdoor pool

First day of swimming we were up bright and early at 5.30am, but alas no breakfast until 7am. The 50m indoor and outdoor pools were used on alternate days for men’s and women’s competitions. Women were outside today so we had to make sure our gear was secure, find somewhere in the shade from temperatures up in the high 30s, battle through the waves in the warm-up, then manoeuvre ourselves through the throngs to the changing rooms to don our suits and then patiently wait for our event, which at times was a few hours. For me, I am amazed that I managed to do all this, find the marshalling area and arrive behind my lane unscathed.

As you can see from the results published on the NZ Masters Swimming website, our team performed admirably and we had a wonderful week of swimming, socialising, sight-seeing and even a bit of relaxation. From a personal point of view I was very happy with my three second placings in the 100, 200 backstroke and 400 individual medley, third in the 50 backstroke (an event I probably took too lightly) and fifth in the 100 butterfly. Considering my backstroke opposition was an ex-Olympian from Norway, I was pleased with the results.

On the streets, at the pool, in the restaurants, everyone was cheerful and helpful, the Italian people eager to make our stay pleasant and memorable. We visitors rewarded their hospitality with obvious enjoyment.

*Questa e la vita
– that’s life!!!*

Julie Gunthorp

With my Silver medal



*Silver 200m
backstroke -
Margit Ohlsson
(Gold), Julie
Gunthorp
(Silver),
Elisabeth
Kettlesen
(Bronze)*



NZMS MasterScrawl

NZMS Records Analysis

Since taking over the IT Officer role, I have been working with Jan O'Donnell, our National Recorder, to migrate all the current national records into a database format. Some interesting observations have manifested themselves, which I thought I would share with you.

In total, 147 different swimmers hold 976 individual Long and Short Course records. 21 individuals hold 10 or more records – holding a total of 589 records between them.

Record Holder	Total Records	Long Course (LC)	Short Course (SC)
Rebecca Perrott	92	42	50
Barry Young	80	47	33
Steven Prescott	46	15	31
Olga Johnson	38	22	16
Kath Johnstone	35	22	13
Julie Gunthorp	26	14	12
Heather Campbell	24	11	13
Monique Rodahl(-Williams)	23	15	8
Antoinette (Leene-)Rodahl	22	14	8
Joan Monahan	22	6	16
Darryl Follows	21	12	9
Kirsten Cameron	21	11	10
Eleanor Pinfold	20	7	13
Jon Winter	18	11	7
Lenore Sonntag	18	2	16
Sidney Salek	17	7	10
Fritz Bohme	15	9	6
Howard Holmes	15	6	9
Ben Van Dyke	13	9	4
Wayne Evans	12	6	6
Richard Lockhart	11	6	5

In his current age group (70-74), Barry Young holds every LC record and 13 out of 18 SC records. No doubt he will be targeting the other 5 before he moves up to the 75-79 age group.

OLDEST RECORDS

The oldest current record is held by Mark Saunders, in the 200m Butterfly (LC) 25-29 age group, dating from 1984. Interestingly, 2 years later he set the joint 2nd oldest record in the same event, in the 30-34 age group, in an almost identical time. There is one other record from that same meet which is still current.

Mark Saunders 200m Butterfly (LC)
25-29 2:23.27 24/04/1984

Mark Saunders 200m Butterfly (LC)
30-34 2:23.07 11/04/1986

Jaynie Hudgell 800m Freestyle (LC)
25-29 10:20.57 11/04/1986

Barry Young's record from 1984 in the 200m Backstroke 45-49 age group was broken this year at the National LC champs by Darryl Follows.

There are 31 records from the 1980s which are still current, held by 8 different swimmers.

Barry Young	1
Colin Herring	1
Dorrie Venning	2
Jaynie Hudgell	5
Mark Saunders	2
Monique Rodahl	16
Olga Johnson	3
Suzanne Heim	1

AGE GROUP ANALYSIS

We all know that we slow down as we age. This is reflected in the overall fastest time for each event. Only 2 overall fastest times are held in the 20-24 age group, probably because our current and future best masters swimmers are still competing in open competition at that age. The largest number of overall fastest times are held in the 25-29 age group, but there is a respectable number in the older age groups.

20-24	2
25-29	16
30-34	5
35-39	8
40-44	1
45-49	3

The overall fastest time in the 40-44 age group is held by Fred Clatworthy for the 800m Freestyle (LC) – Fred also has the overall fastest SC time for the same event in the 35-39 age group. (Fred is based in England.) Most noteworthy are the 3 overall fastest times

NZMS Records Analysis continued

in the 45-49 age group, all held by Richard Lockhart. Like a good wine, he is obviously improving with age.

Fred Clatworthy	800m Freestyle (LC)	
40-44	31/01/2010	9:00.94

Richard Lockhart	50m Breaststroke (LC)	
45-49	21/04/2008	0:30.79

Richard Lockhart	100m Breaststroke (LC)	
45-49	02/05/2009	1:09.68

Richard Lockhart	200m Breaststroke(LC)	
45-49	23/04/2008	2:36.17

SWIMMING FAMILIES

Our pre-eminent swimming family is the Perrotts. In addition to Rebecca's 92 individual records, brother Adam has 3 individual records, and siblings Jane and Jeremy also feature in relay records. The sibling quartet hold 3 current relay records - the LC medley relay in the 120-159 age group (set in 1998) and the LC medley and freestyle relays in the 160-199 age group (set in 2003).

In the parent-child category, Antoinette (22 records) and Monique (23) Rodahl are the clear winners. Other contenders are Lorraine (2 relay records) and Dean (3 individual records) Kent.

In the spouse category, Lenore (18) and Forbes (3) Sonntag take top honours by a considerable margin, with an honourable mention to John (2) and Siobhan (2) Shackleton.

BREASTSTROKERS ARE A SPECIAL BREED

Our top record holders are versatile in all strokes, however some record holders are single-stroke specialists. This is particularly the case with Breaststroke swimmers.

For swimmers who hold 3 or more records, 34 have Breaststroke records, and of these 12 hold ONLY Breaststroke records. This includes 2 of our top 21 record holders – Antoinette Rodahl and Richard Lockhart.

By comparison, only 2 out of 30 Backstroke record holders have only Backstroke records; Butterfly 2 out of 33; and Freestyle 13 out of 50.

SPECIAL MENTION TO

Aviroop Dutt Mazumder for the most unusual name. He currently holds 1 record, 800m Freestyle (SC) in the 20-24 age group, set in 2011 – so we are likely to be seeing more of this name in future.

QUESTIONS OR COMMENTS

These are just my own personal observations and not meant to be definitive in any way – if I have missed anyone or anything notable then the error is all mine. I have only looked at the current records, not any history of previous records, as I have not yet had the time to migrate this data.

If anyone has any comments, or would like more information or analysis then please let me know.

Liz Davidson

Roskill Prize Giving

Roskill Club held their annual prize giving at the end of June and the following members were awarded trophies

Allan Hewlett received the trophy for the *Most Improved Swimmer*, improvement overall for 2011-2012 culminating in his completion of the double crossing of St. Heliers to Rangitoto and return. Also Club Captain Allan always manages to go home after swimming, summer or winter, clad in togs and towel so the Club decided that he needs to be more presentable and to this end he received a robe with the words 'Captain Underpants' printed on the front.

Alwyn Manley received the Wally Martin Trophy for Club Spirit. Although being hospitalised for a major operation this year Alwyn always manages to be present on a Wednesday to take the door entry fee and has been a loyal member of the club for many years. Wally and Alwyn were 'as thick as thieves' and always trained together at the Cameron Pool, so it was most appropriate to see Alwyn receive this trophy.

Steve Rainbow received the Joan Monahan trophy for the *Most Meritorious Performance* with placings in all entered events and improving on his double crossing of St. Heliers to Rangitoto and return time.

Lyn Malaugh received a Service Award in recognition for her 20 years of service to the club, announced at our May meet.

Jan Fulton



Pictured above: Allan Hewlett, Alwyn Manley, Steve Rainbow.

Pictured right: Lyn Malaugh with her Service Award certificate.



Shear Magic Masters Sheep Dip Carnival

The "Shear Magic Sheep Dip Carnival" was held Saturday 4th August. We appreciate the tremendous support we received from Harbour Capital, Levin, Hawera, Mana Marlins, Huia, Makino and Taupo clubs with more than 50 swimmers attending our fun meet. In 2010 we only had 30 swimmers for the same event.



Brian Bourke Swimming Butterfly during his 100m IM (Courtesy of photographer Graeme Bowden)

Congratulations to Harbour Capital in retaining the 4 x 50m mixed Shear Magic Sheep Dip relay shield for the second year. Masterton will be working hard to regain this trophy next year at our "30th Anniversary Sheep Dip carnival".

It was great to see a large number attending their first meet, achieving personal best swims and enjoying themselves.

We were well supported by local swimming club officials, inspecting our starts, turns and strokes, which were much appreciated, considering our preparation for the upcoming North Island and South Island short course championship events.

The after-swim social highlight was an inspirational after-dinner speech by Brian Bourke, giving his very personal account of how polio had affected him during the early years of his life and to the present day. Brian also extolled the great benefits of Masters swimming, which has been a big part of his life for the last 30 years.

Graeme Corrin

From the Archives

Blenheim Masters Swimming Club History

IN 1984 three keen swimmers by the name of Wayne Robertson, Russel McDonnell and Roger McArtney went swimming together on a regular basis in the Blenheim pool, which is now called Stadium 2000.

President: Wayne Robertson, **Secretary:** Brenda Hatwell,
Treasurer: Jenni Bowers

At the time Blenheim had an outdoor pool, so to raise money for the new indoor pool, BMS (Blenheim Masters Swimming) organised a swimathon called 'Operation Under Cover' to raise money for the roof of the new indoor pool.

IN 1986 they had their first Inaugural meeting and the Blenheim Masters Swimmers Club was first formed with interest from 33 prospective members. The first AGM was held on 13th November 1986 with 30 members present.

President: Wayne Robertson, **Secretary:** Doug Simpson,
Treasurer: Sue Norton
Committee: Lorri Taylor, Kim Lohead, Phil Jeffs, Joy Simms

AGM AUGUST 1988

President: Jim Lohead, **Secretary/Treasurer:** Doug Simpson,
Patron: Joe Jeffs
Committee: Annette Milne, Sue Burdon, Jenny Wills, Joy Simms, Russell MacDonnell, Dale Harris
1988- Blenheim held SISC championships

AGM MARCH 1990

President: Graeme Coates, **Secretary/Treasurer:** Doug Simpson,
Club Captains: Dale Harris, Annette Milne
Committee: Terry Cummock, Jenny Wills, John Haack, Joy Simms, Jim Lohead

AGM MARCH 1991

President: Graeme Coates, **Secretary/Treasurer:** Doug Simpson
Committee: Dale Harris, Annette Milne, Terry Cummock, John Haack, Jenny Wills, Roger McArtney, Jim Lohead

AGM MARCH 1993

President: Graeme Coates, **Secretary/ Treasurer:** Doug Simpson
Committee: Terry Cummock, Dale Harris, Annette Milne, Helen Marriott, Jenny Wills, Roger McArtney

AGM APRIL 1994

President: Graeme Coates, **Secretary/Treasurer:** Annette Milne,
Club Captains: Sally Lodder, Tony Hoksbergen
Committee: Geoff Sewell, Dianne Pannell, Helen Marriott, Roger McArtney, John Larcombe

AGM APRIL 1995

President: Graeme Coates, **Secretary/Treasurer:** Annette Milne,
Club Captains: Sally Lodder, Tony Hoksbergen
Committee: Roger McArtney, John Larcombe, Dianne Pannell, Art van Leeuwen, Liz Ives
Blenheim hosted a Spring Carnival

AGM APRIL 1996

President: Graeme Coates, **Secretary/Treasurer:** Annette Milne,
Club Captains: Sally Lodder, Tony Hoksbergen

Committee: Art van Leeuwen, John Larcombe, Dianne Pannell, Janet Ashcroft, Chris Vincent

AGM APRIL 1997

President: Graeme Coates, **Secretary/Treasurer:** Annette Milne,
Club Captains: Sally Lodder, Tony Menzies
Committee: Dale Harris, Art van Leeuwen, Dianne Pannell, Janet Ashcroft, Michael Fordham, Chris Vincent
Blenheim held SISC championships in October

AGM APRIL 1998

President: Graeme Coates, **Secretary/Treasurer:** Annette Milne,
Club Captains: Sally Atkinson (nee Lodder), Kendal Sales
Committee: Chris Vincent, Dale Harris, Janet Ashcroft, Art van Leeuwen, Jude Williamson, Roger McArtney

On Wednesday 21 February Roger McArtney attempted to swim Cook Strait at 48 years of age after 12 months of training. He didn't quite manage it because of rough sea conditions & hypothermia.

Dianne Pannell competed at the Nationals in Auckland

AGM APRIL 1999

President: Graeme Coates, **Secretary/Treasurer:** Annette Milne,
Club Captain: Chris Vincent

Committee: Sally Atkinson, Dale Harris, Janet Ashcroft, Art van Leeuwen, Jude Williamson, Roger McArtney

Kendal Sales competed at the World Masters Championships at Casablanca

AGM FEBRUARY 2000

President: Roger McArtney, **Secretary/Treasurer:** Annette Milne,
Club Captain: Chris Vincent
Committee: Jill Woods, Art van Leeuwen, Janet Ashcroft, Jude Williamson, Tony Hoksbergen, Terry Cummock

AGM APRIL 2001

President: Roger McArtney, **Secretary:** Jude Williamson,
Treasurer: Janet Ashcroft, **Club Captain:** Chris Vincent
Committee: Jill Woods, Art van Leeuwen, Terry Cummock, Sally Atkinson, Dianne Pannell

AGM FEBRUARY 2002 (32 MEMBERS)

President: Roger McArtney, **Secretary:** Jude Williamson,
Treasurer: Janet Ashcroft, **Club Captain:** Chris Vincent
Committee: Jill Woods, Art van Leeuwen, Sally Atkinson, Dianne Pannell, Susan Forden, Dave Hart

Christchurch hosted Word Masters Championships & a team of 13 swimmers from Blenheim attended & thoroughly enjoyed themselves.

Blenheim hosted SISC championships with 116 swimmers attending the weekend competition. Our club had 20 swimmers in action including Jude Williamson, Art van Leeuwen, Sally Atkinson, Gus Johnston, Dianne Pannell, Chris Vincent, Karen Schroder, Janet Ashcroft, Veronica Best, Gail Clement, Pete Colbert, Terry Cummock, Susan Forden, Dave Hart, Fiona Hood, Phil Jeffs, Chris Jennison, Judy Johns, Roger McArtney & Jill Woods.

AGM MARCH 2003

President: Roger McArtney, **Secretary:** Jude Williamson,
Treasurer: Janet Ashcroft, **Club Captain:** Chris Vincent

NZMS MasterScrawl

Blenheim Masters Swimming Club History continued

Committee: Gail Clement, Fiona Hood, Steffan Fowler, Peter Colbert, Jill Woods, Sally Atkinson, Dave Hart, Karen Schroder

AGM FEBRUARY 2004

President: Fiona Hood, **Secretary:** Gail Clement, **Treasurer:** Jill Woods, **Club Captains:** Alistair Keay, Karen Schroder

Committee: Pete Colbert, Jill Woods, Dave Hart, Janet Ashcroft, Therese Amsler

Jude & Chris Vincent, Fiona Hood & Kendall Sales competed at World Masters Championships at Riccione in Italy. Jude entered 5 events & swam 3 personal bests while Kendal entered 4 & gained 3 personal bests. Fiona entered 4 events & swam one due to injury.

16 members competes at SISC championships also doubled as SI Masters Games this year.

AGM FEBRUARY 2005

President: Alistair Keay, **Secretary:** Karen Schroder, **Treasurer:** Gail Clement, **Club Captains:** Pete Colbert, Sally Atkinson

Committee: Kendall Sales, Therese Amsler, Dave Hart, Mike Satherley, Judy Johns, Fiona Hood

Blenheim hosted a Spring Carnival

Kendal Sales, Pete Colbert, Phil Jeffs, Jude Vincent & Sally Atkinson competed in SI Long Course championships in Dunedin

AGM FEBRUARY 2006

President: Alistair Keay, **Secretary:** Jodie Lovell, **Treasurer:** Fiona Hood, **Club Captains:** Pete Colbert, Shelly Hulland

Committee: Kendal Sales, Dave Hart, Judy Johns, Grant Lovell, Gail Clement, Phil Jeffs

AGM FEBRUARY 2007

President: Alistair Keay, **Secretary:** Susan Forden, **Treasurer:** Fiona Hood, **Club Captain:** Shelly Hulland

Committee: Dave Hart, Jodi Lovell, Grant Lovell, Kendal Sales, Judy Johns, Alex Robbins

AGM FEBRUARY 2008

President: Alistair Keay, **Secretary:** Susan Forden, **Treasurer:** Fiona Hood, **Club Captain:** Shelly Hulland

Committee: Judy Johns, Mike Johns, Alex Robbins, Dave Hart, Kendall Sales.

Blenheim hosted SISC championships with 15 Club members swimming, some first time competitors. 73 swimmers came from Auckland through to Invercargill. Art van Leeuwen in 80-84yrs age group swam with his goggles on top of his head where they had been left before the start. Geraldine Piper & Barbara Taylor both put in commendable performance in their first competitive meet since graduating from the Adult Learn to Swim program. Dianne Pannel & Kenny Parkin both won all five of their events. Cheryl Dunnick, Jude Hart & Alex Robbins were also swimming in their first competitive event.

Fiona Hood swam at the World Masters Championships in Perth, Australia.

AGM FEBRUARY 2009

President: Pete Colbert, **Secretary:** Norah Blowers, **Treasurer:** Fiona Hood, **Club Captains:** Phil Jeffs, Alex Robbins

Committee: Jude Hart, Mike Johns, Judy Johns, Dave Hart, Janet Ashcroft

AGM MARCH 2010

President: Pete Colbert, **Secretary:** Barbara Taylor, **Treasurer:** Karina Love, **Club Captain:** Phil Jeffs, Alex Robbins (communications specialist)

Committee: Mike Johns, Jude Hart, Dave Hart, Janet Ashcroft, Norah Blowers

AGM MARCH 2011

President: Pete Colbert, **Secretary:** Barbara Taylor, **Secretary:** Judy Johns, **Club Captain:** Phil Jeffs

Committee: Mike Johns, Judy Hart, John Slood, Jodie Lovell, Dale Harris

Pete Colbert had a quadruple bypass in September & now is looking forward to the State New Zealand Ocean Swim series later this year.

AGM FEBRUARY 2012

President: Phil Jeffs, **Secretary:** Barbara Taylor, **Treasurer:** Judy Johns, **Club Captain:** Yasmin Gee

Committee: Mike Johns, Jude Bishell (nee Hart), Vicky Raw, John Scobie, Mark Batchelor, Nynke de Vries

New Stadium 2000 complex opened with seven pools, big improvement on old pool!

Nynke de Vries won 6 gold medals at the National Championships in Wellington.

The Club is undertaking to swim the mighty Waikato River (425km) in Club night sessions. We achieved this in 14 weeks. We are now thinking of the next river to attempt.

Blenheim had success at the Ocean Sand to Surf series event at Mt Maunganui with Pete Colbert coming second in 55-59yr age group & third overall in the series in his age group while Jodie Lovell third in 30-34 section & came fourth overall in the series in her age group both in 2011 & 2012. Good swim also from Yasmin Gee (fourth) & Phil Jeffs (ninth).

Some of our members also participate in other sporting events-for fun or more serious. Almuth Waechter came first in a local quadrathlon against 44 other competitors (750km swim, 8km kayak, 33km cycle, 8km run). Other members swim in Ocean swims - both local & away, & half marathons or duathalons

Our club has annual events such as local sea swims eg. Hipkins Cup & Momorangi to Anakiwa swim (4km return), mid-winter swim which has been held at various places eg. Havelock, Anakiwa & Momorangi no matter what the weather conditions! Also, we have a mid winter dinner & end of the year function.

Blenheim Masters Swimming Club meets on Thursdays at the Stadium 2000 between 8 & 9pm for a swim, technique sessions, fun relays, family nights or a game of water polo or underwater hockey.

On 17 & 18 November the Blenheim Masters Swimming Club is celebrating their 25th anniversary with fun swimming events & a dinner on Saturday. On Sunday we will be having a wine tour or something similar. Anyone interested please contact Barbara by email msbltaylor@ruralinzone.net or phone 03 5728418

North Island Short Course Masters Championships

Flaxmere Waterworld, Hastings. 5th - 6th October 2012

ENTRY FORM

~~~ PLEASE PRINT NEATLY. ALL DETAILS TO BE IN UPPER CASE. Thank you ~~~

#### YOUR PERSONAL DETAILS

|                        |                               |                                 |    |
|------------------------|-------------------------------|---------------------------------|----|
| <b>Surname</b>         |                               |                                 |    |
| <b>First name</b>      |                               |                                 |    |
| <b>Postal address</b>  |                               |                                 |    |
|                        |                               |                                 |    |
|                        |                               |                                 |    |
| <b>Swim Club code</b>  |                               |                                 |    |
| <b>Swim club name</b>  |                               |                                 |    |
| <b>NZMS Number</b>     |                               |                                 |    |
| <b>Date of Birth</b>   | /                             | /                               | 19 |
| <b>Age on 31/12/12</b> |                               |                                 |    |
| <b>Gender</b>          | Male <input type="checkbox"/> | Female <input type="checkbox"/> |    |
| <b>Home Phone</b>      | (0    )                       |                                 |    |
| <b>Email address</b>   |                               |                                 |    |
|                        |                               |                                 |    |
| @                      |                               |                                 |    |

#### YOUR PAYMENT DETAILS

| FEES PAYABLE                                                                                                                                                                                                                                                                                                                                                               | No   | COST PAID |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------|
| Registration                                                                                                                                                                                                                                                                                                                                                               | \$40 |           |
| Saturday night function<br>(Special request will be catered for)                                                                                                                                                                                                                                                                                                           | \$45 |           |
| <b>TOTAL PAYMENT</b>                                                                                                                                                                                                                                                                                                                                                       |      | <b>\$</b> |
| <b>Cheques</b> payable to: Swim Heretaunga Old Devils<br>Post to: Swim Heretaunga, PO Box 15027,<br>Flaxmere, (Attention: Franco October.)<br><b>Direct credit ASB acc't: 12-3145-0112605-00</b><br><b>Please <span style="background-color: yellow;">don't forget</span> to include your <span style="background-color: yellow;">name</span> for electronic payments.</b> |      |           |
| A free supper will be provided Friday evening for 800,1500m competitors.                                                                                                                                                                                                                                                                                                   |      |           |

#### YOUR SWIM ENTRY DETAILS

| Event Number | Metres | Stroke | Entry Time min : sec |
|--------------|--------|--------|----------------------|
|              |        |        | :                    |
|              |        |        | :                    |
|              |        |        | :                    |
|              |        |        | :                    |
|              |        |        | :                    |
|              |        |        | :                    |

#### By paying the entry fee and sending this form in :

- 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 that 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 my participation in this meet.
- Acknowledge this information is collected by NZMS Inc. and may be forwarded to their sponsors. I understand I have the right to request access to and correction of this information, or to write to the organisers to request that my name is not passed on to any sponsors.
- Agree that these conditions are confirmed by the placement of this entry.

PRINT NAME:

SIGNATURE:

## MEET INFORMATION

- Lindisfarne College will be the venue for the Saturday evening social function. Finger food, a 2 course buffet meal will be served and a cash bar will operate.
- Competition will be at the Waterworld Indoor Pool, Flaxmere
- 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<sup>st</sup> December 2012
- Swimmers are restricted to 6 individual events plus relays
- Points will determine age group placings, with 1<sup>st</sup> place earning 5 points, down to 5<sup>th</sup> place earning 1 point.
- Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> age group place getters.
- The 1500m. and 800m. 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 and lunch will be held at the social function on the Saturday evening. This will include medals presentations and trophies.
- Email enquiries to Murray Smith: [smith.m.j@lindisfarne.school.nz](mailto:smith.m.j@lindisfarne.school.nz)
- Phone enquiries to Murray Smith: (06) 8763889, or 0273619473
- These and further details will be on the Swim Heretaunga club website. [www.swimheretaunga.co.nz](http://www.swimheretaunga.co.nz)
- Psyche Sheets will be prepared and posted on NZMS website following entry deadline.
- A 15m. learners pool is adjacent to the competition pool and can be used for warm-up warm-down but it is shallow
- Entries must be received by September 21<sup>st</sup>, 2012
- No late entries will be accepted.
- Accommodation information can be gained from the **Hastings i-Site**. Accommodation can also be found at Lindisfarne College, a Boarding School in Hastings at \$85 per person per night. This includes 3 meals if desired and a range of rooming options are available. The Claremont and Omaha Motorlodges and the Cumberland Court Motels have been contacted. They are close to the Waterworld and have indicated they will offer a discount for Masters swimmers.



| EVENTS PROGRAM                                                                                                                      |                               |                                                                                                             |                               |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------|
| SESSION #1                                                                                                                          |                               | SESSION #3                                                                                                  |                               |
| WARM-UP 5.15, START 6.00PM                                                                                                          |                               | WARM-UP DETERMINED BY FINISH TIME OF SESSION #2                                                             |                               |
| 1                                                                                                                                   | 400m. Individual Medley       | 17                                                                                                          | 50m. Freestyle                |
| 2                                                                                                                                   | 200m. Backstroke              | 18                                                                                                          | 100m. Backstroke              |
| 3                                                                                                                                   | 50m. Butterfly                | 19                                                                                                          | 100m. Butterfly               |
| 4                                                                                                                                   | 100m. Breaststroke            | 20                                                                                                          | 200m. Breaststroke            |
| 5                                                                                                                                   | 800m. Freestyle               | 21                                                                                                          | 400m. Freestyle               |
| 6                                                                                                                                   | 1500m. Freestyle              | 22                                                                                                          | 100m. Individual Medley       |
| <b>SESSION #2</b><br><b>WARM-UP 8.00 START 8.45am</b>                                                                               |                               | 23                                                                                                          | 4x50m. Mixed Medley Relay     |
| 7                                                                                                                                   | 4x50m women's Medley Relay    | 24                                                                                                          | 4x50m. Mixed Freestyle Relay  |
| 8                                                                                                                                   | 4x50m. Men's Medley Relay     | 25                                                                                                          | 6x50m. Mixed Freestyle Relay  |
| 9                                                                                                                                   | 200m. Freestyle               | 26                                                                                                          | (Thomas Hardy Cup)            |
| 10                                                                                                                                  | 50m. Backstroke               |                                                                                                             | Old Devils 6 Pack Mixed Relay |
| 11                                                                                                                                  | 200m. Individual Medley       |                                                                                                             | (Details to follow)           |
| 12                                                                                                                                  | 50m. Breaststroke             |                                                                                                             |                               |
| 13                                                                                                                                  | 100m. Freestyle               | Prize Giving (Presentation of Age Group medals and trophies) to be at the Saturday evening social function. |                               |
| 14                                                                                                                                  | 200m. Butterfly               |                                                                                                             |                               |
| 15                                                                                                                                  | 4x50m Women's Freestyle Relay |                                                                                                             |                               |
| 16                                                                                                                                  | 4x50m. Men's Freestyle Relay  |                                                                                                             |                               |
| <b>Session #3</b> will commence approx. 90 minutes following conclusion of Session #2, with warm-up 30 minutes prior to start time. |                               |                                                                                                             |                               |

## Swim Smooth

THE COMPLETE COACHING PROGRAMME FOR SWIMMERS  
AND TRIATHLETES BY PAUL NEWSOME AND ADAM YOUNG.

This impressive manual is a 2012 first edition by the above coaches based in Perth, Australia and can be purchased on line from [www.swimsmooth.com](http://www.swimsmooth.com). The emphasis is mainly on freestyle swimming and the importance of “body rotation” or “body roll” and getting a “feel for the water” through drills and visualizations to help develop the correct stroke.

Essential swimming equipment, besides swimwear and goggles, are fins/flippers and pull buoys with paddles to improve your hand entry being highly recommended. Not recommended are kick boards as these are seen as not effective training aids for most adult swimmers. Preference is given to kicking sets without the use of a float and with or without fins in a more specific torpedo or side-lying position in the water.

A chapter on breathing recommends that for all swimmers it is important to constantly exhale whenever you are face down in the water. This rids your lungs and bloodstream of CO<sub>2</sub> and means that when you rotate to breathe you have more time to inhale as you don't have to exhale first and this will help to keep you more relaxed and aerobic in the water. Bilateral breathing, the ability to breathe to the left or to the right is highly recommended as it helps to keep your stroke symmetrical.

A good regime is **breathing 2-3-2-3** which means breathing twice to one side in a row and then performing three strokes to swap to the other side for two breaths in a row. With good breathing timing, the head slightly leads body rotation.

The leg kick can be seen to have two main purposes: firstly, to bring the legs up high in the water and so reduce drag, secondly: to generate propulsion. Elite swimmers with a powerful 6-beat kick generate only around 10% to 15% of their propulsion with their legs kicking hard in a race, the other 85% to 90% being generated with their arm stroke.

However, developing a propulsive leg kick is unrealistic for most age-group swimmers and the energy saved by reducing kick effort is better utilised with the arm stroke instead, resulting in a faster more efficient arm stroke overall. An important part of a good kicking technique is to turn your feet inwards slightly so that the big toes brush against each other as they pass. **Important to keep your toenails clipped!**

Side kicking with fins is the primary drill for working on your posture. With the **kick on side drill** the lower arm is extended out front and the upper arm rests on the upper hip. The head should be looking down at the bottom of the pool. After a length swap on to the other side.

The drill then progresses to the **6-1-6 Drill** which involves kicking on your side again for around six kicks, performing one arm stroke to swap sides and kick on that side for another six further kicks

before swapping back again. The **6-3-6 Drill** is slightly harder again and involves taking three full arm strokes between side kicking. Breathing is done after the arm strokes(s) in each drill.

Body rotation (body roll) is the rotation of the swimmer along the long axis of the spine as they swim. A good freestyle stroke technique has between 45° and 60° of rotation to each side on every stroke, not just when they breathe. It should be stressed that when the body rotates with each stroke the head should stay stationary and not move with the rotation of the shoulders (with the obvious exception of rotating to breathe). The hand should enter into the water at a slight downward angle with the palm facing down towards the surface of the water – fingertip-first entry.

An alternative style of hand entry taught where the palm faces outwards and the thumb enters the water first is called “thumb-first entry” but is now not recommended as it internally rotates the shoulder, placing a twisting load on it, which can harm your shoulders. Paddles can be useful and allow you to feel hand entry into the water. The catch and pull-through phases of the freestyle stroke are where a swimmer develops between 85% and 100% of their propulsion. And it is important to press the water back to produce an opposite force propelling you forward in the water.

There are two “ideal” swim types. The **Smooth** type is the long stroke style that everyone traditionally thinks of being fast and efficient. But a second strike style is now recognized as being ideal too, called the **Swinger** style. It is an exceptionally fast and efficient stroke style too; it's a shorter punchier style in the pool but in rougher open water its natural emphasis on stroke rhythm makes it completely dominant.

You can use the **Swim Type Questionnaire** at: [www.swimtypes.com/yourtype](http://www.swimtypes.com/yourtype) to discover your own swim type. I have never been comfortable trying to develop a long stroke and reducing my stroke number per length and the questionnaire showed that I am a swinger.

Finding your **Critical Swim Speed (CSS)** is important training for races from 400 metres and above. This threshold speed is a pace that is tough enough to develop your aerobic capacity but not so strong that significant recovery is required between intervals. When performing a threshold set, the focus should be on swimming longer intervals at a challenging but sustainable pace with much shorter recovery periods between each interval rather than pure speed work.

To conduct a CSS test involves an easy warm-up of between 600m and 1000m with some short efforts to lift your heart rate. Then perform a 400m time trial from a push start with accurate timing. Recover for 10-15 minutes and swim some easy laps and then perform a 200m time trial followed by an easy warm-down.

## Swim Smooth continued

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To determine what your CSS pace is in time per 100m from your results the easiest way is to use the calculator at: [www.swimsmooth.com/css](http://www.swimsmooth.com/css) or use the manual calculator:

$$\text{CSS(m/sec)} = (400 - 200) / (T400 - T200)$$

Where T400 and T200 are your 400m and 200m times in seconds. Then convert your speed from m/sec into time per 100m:

$$\text{CSS (sec/100m)} = 100/\text{CSS (m/sec)}$$

Your resultant CSS pace might appear a little easy at first glance but remember that CSS is about a hard 1500m pace. You should re-test your CSS pace about every four weeks, the ultimate goal is for your CSS pace to increase.

The chapters on Open Water skills mention such areas as the "washing machine" effect at the start of a race, sighting and the ability to swim straight between marker buoys and drafting in which you can save up to 35% of your energy expenditure. Both bilateral breathing and minimal head lift are recommended for sighting. Also turning around buoys can be more effective and quicker if a corkscrew roll is used during the turn. Also the swinger stroke becomes the most effective style in open water swimming.

The book is full of beautiful photographs on swimming styles, stroke correction, drills techniques and also has training sessions for warm up sets, build sets, endurance sets and open water skills set (in the pool) and well as some nutrition advice.

**Acknowledgement:** I thank Paul Newsome of Swim Smooth for permission to reproduce information from his book.

**Mike Bodger**



## Calendar of Events

| 2012             | Event details                                                           | Information                                                                                                                        |
|------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>September</b> |                                                                         |                                                                                                                                    |
| 1-30             | 2012 NZ Masters Postal 800/1500m Postal Swim                            | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>                                                     |
| 7-8              | South Island Short Course Championships, Greymouth                      | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>                                                     |
| 23               | Auckland Central Masters Fulton Cup, Cameron Pool, Mt Roskill, Auckland | <a href="mailto:gcarter@xtra.co.nz">gcarter@xtra.co.nz</a> or <a href="mailto:neil.crampton@pdp.co.nz">neil.crampton@pdp.co.nz</a> |
| <b>October</b>   |                                                                         |                                                                                                                                    |
| 1-31             | 2012 NZ Masters 1 Hour Postal Swim                                      | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>                                                     |
| 5-6              | North Island SC Championships, Flaxmere Waterworld, Hastings            | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>                                                     |
| 12-13            | South Island Masters Games, Timaru                                      | <a href="http://www.simasters.co.nz/Timaru-2012">www.simasters.co.nz/Timaru-2012</a>                                               |
| <b>November</b>  |                                                                         |                                                                                                                                    |
| 3-11             | Pan Pacific Master Games, Gold Coast, Australia                         | <a href="http://www.mastersgames.com.au/">www.mastersgames.com.au/</a>                                                             |
| 10               | State Ocean Swim: Paihia Classic, Paihia, Bay of Islands                | <a href="http://www.oceanswim.co.nz">www.oceanswim.co.nz</a>                                                                       |
| 11               | Auckland Central Masters Herne Bay Swim, Auckland                       | <a href="http://www.aucklandharbourswims.org.nz">www.aucklandharbourswims.org.nz</a>                                               |
| 18               | Auckland Central Masters Chelsea Swim, Auckland                         | <a href="http://www.aucklandharbourswims.org.nz">www.aucklandharbourswims.org.nz</a>                                               |
| <b>December</b>  |                                                                         |                                                                                                                                    |
| 2                | State Ocean Swim: Harbour Crossing, Auckland                            | <a href="http://www.oceanswim.co.nz">www.oceanswim.co.nz</a>                                                                       |
| 15               | Lake Hood Open Water Swim, Lake Hood, Ashburton                         | <a href="http://www.swimlakehood.com/">www.swimlakehood.com/</a>                                                                   |

| 2013            | Event details                                                                           | Information                                                                          |
|-----------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>January</b>  |                                                                                         |                                                                                      |
| 19              | Katikati Masters NZ 33.3 Pool Champs, Katikati, Bay of Plenty                           | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>       |
| 20              | Katikati Masters 2Km Ocean Swim, Waihi Beach, Bay of Plenty                             | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>       |
| 27              | State Ocean Swim: Capital Classic, Wellington                                           | <a href="http://www.oceanswim.co.nz">www.oceanswim.co.nz</a>                         |
| <b>February</b> |                                                                                         |                                                                                      |
| 3               | Eagle Technology Bays Swim, Auckland                                                    | <a href="http://www.aucklandharbourswims.org.nz">www.aucklandharbourswims.org.nz</a> |
| 4-7             | New Zealand Masters Games, Whanganui                                                    | <a href="http://www.nzmg.com/home2013">www.nzmg.com/home2013</a>                     |
| 23              | State Ocean Swim: La Grande Swim, Akaroa, Christchurch                                  | <a href="http://www.oceanswim.co.nz">www.oceanswim.co.nz</a>                         |
| <b>March</b>    |                                                                                         |                                                                                      |
| 3               | NZ Masters Open Water Swimming Championships: Eagle Technology Rangitoto Swim, Auckland | <a href="http://www.nzmastersswimming.org.nz">www.nzmastersswimming.org.nz</a>       |
| 16              | State Ocean Swim: Sand to Surf, Mount Maunganui                                         | <a href="http://www.oceanswim.co.nz">www.oceanswim.co.nz</a>                         |
| <b>April</b>    |                                                                                         |                                                                                      |
| 6               | State Ocean Swim: King of the Bays, North Shore, Auckland                               | <a href="http://www.oceanswim.co.nz">www.oceanswim.co.nz</a>                         |

See more event information at [www.nzmastersswimming.org.nz](http://www.nzmastersswimming.org.nz)

Got an event coming up? Send us a copy to  
[news@nzmastersswimming.org](mailto:news@nzmastersswimming.org)