

# **MASTERS SWIMMING VICTORIA**

# **Annual Report 2016**



# **40th Anniversary**

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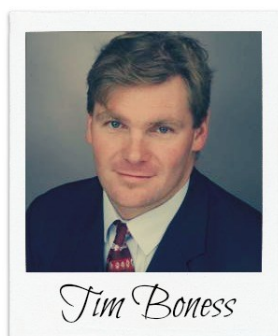
# MSV MANAGEMENT COMMITTEE



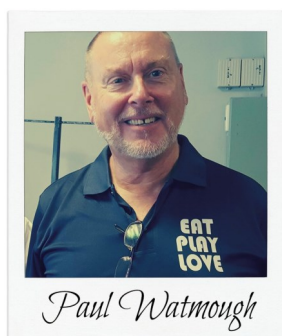
President



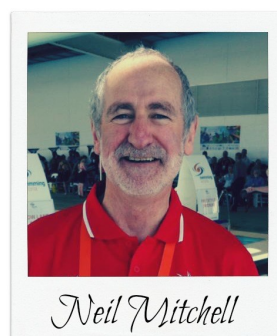
Vice President



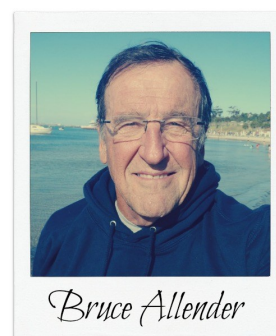
Finance Director



Recording Director



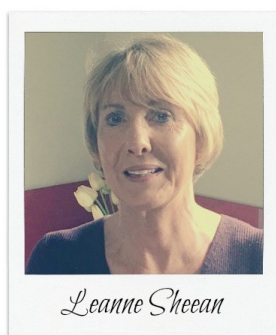
Technical Director



Coaching Director



Marketing Director



General Member

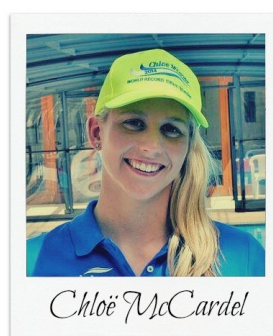


General Member

## MSV LIFE MEMBERS

Alan Davis  
 Bruce Ripper (Deceased)  
 Danny Smith  
 Edward (Ted) Tullberg  
 Paul Watmough  
 Hans Wehnrens (Deceased)  
 Barbara Wilson-Brooks  
 Jeanette Holowiuk

## MSV AMBASSADORS





# P

## RESIDENT'S REPORT

### GOVERNANCE

Masters Swimming Victoria has a small executive committee which endeavours to strategically lead the organization. The participants contribute an enormous amount to masters swimming as a whole, and I would like to thank them for all of the work and support, ideas and enthusiasm. Katie Mee – Malvern Marlins, Vice President; Tim Boness – Powerpoints, Finance Director; Paul Watmough – Surrey Park, Recording Director; Neil Mitchell – Victorian Masters, Technical Director; Bruce Allender – Malvern Marlins, Coaching Director; Mark Sendecky, Glamourhead Sharks, Marketing Director; Leanne Sheean, Doncaster Dolphins, general member; Rosa Montague, Powerpoints, general member. Thank you to all of the board members (Club Delegates) who have been able to attend the committee meetings throughout the year – your attendance and support is greatly appreciated. The board meets every second month, and the management committee meet in the alternate month, thereby covering the whole year.

### HIGHLIGHTS

MSV hosted the National Championships at MSAC in April 2016. The event was a huge success, with record entries, an enormous number of volunteers, the greening of the games, the open ceremony spectacular, presentation function and all the swimming events in between. A full report of the National Championships has been submitted elsewhere in this annual report. However, I would like to thank Paul Watmough who volunteered to be convenor of the event, on behalf of all masters swimmers and the working team Paul established who all contributed so much and did a brilliant job staging a wonderful Nationals event. In December MSV, from all reports, had its first black tie function on record. It was a fabulous occasion attended by just under 100 members. The evening was a celebration of our 40<sup>th</sup> Anniversary. The evening was a Gala dinner in the Pavillion Room at the Arts Centre, Melbourne. Thank you to Mark Sendecky for organising the event, which included spectacular live entertainment, a delicious 3-course sit down dinner, short speeches, much conversation and dancing until midnight.

### SPORT DEVELOPMENT OFFICER

Sal Cuming started the year in her new role working for Swimming Victoria 4-days per week, and for MSV 1-day per week. A service agreement to this effect was reached with SV and it has proved to be highly beneficial to both parties. Sal has continued to do an excellent job in: raising both the number of MSV clubs and individual members; raising the profile of masters swimming in the public arena and increasing the sponsorship of MSV.

### MEMBERSHIP

MSV's membership at the end of the membership/calendar year was 1280, with 1263 being the total first claim members. Well done Victoria! This shows another increase on our membership, with a 3.48% annual growth on 2015. There continues to be a very positive feeling in our swimming community that "things are happening, that things are going well". One key focus of both the sports development officer and the management committee is to answer the question – what does our membership offer a swimmer? It is in answering this question that has driven so many of the new initiatives and has helped the growth of our membership.





## **COMPETITIONS**

The year saw our first major competition, the State Long Course, being held at Ringwood Aquatic & Leisure Centre, which was newly opened. Even though there were a few teething problems, like the scoreboard not working, it was far cheaper than MSAC and available! The year then progressed with three meets at MSAC: the National Championships, the State Short Course and the Relay Carnival, as well as a number of highly successful interclub meets. 2016 really did seem like the year where competition hit the MSV agenda again.

## **FINANCES**

This was our first year with our financial year aligning with our membership year, as the previous 18-months had seen the constitutional changes brought into play. We had an incredibly successful year with a \$31,366 surplus, due mainly to the surplus from hosting the National Championships with a profit of \$31,933. The previous 18-month 'year' also saw a \$6,630 profit, so the organization is in incredibly good financial health.

## **SWIMMING VICTORIA**

Our relationship with SV has continued to improve due to their openness to working with us and support. Having a service agreement with our sports development officer has also increased the contact between the two organisations significantly.

## **ACKNOWLEDGEMENTS**

Thank you to our sponsors, we greatly appreciate your support. Funky Company (Funky Trunks & Funkita) support us with vouchers, discounts and clothing throughout the year. Cousins Travel support us with an incredibly valuable partnership in the Great Victorian Swim Series. Thank you to our two MSV Ambassadors, Linley Frame – pool focused, and Chloe McCardel – open water swimming focused. It has been a very exciting year with Chloe breaking the most English Channel crossings by an Australian and Linley breaking National records.

## **FINAL WORDS**

I took over as President of MSV in August 2011, having been President of Powerpoints for the previous 5 years. It has been an incredible experience, one in which I have learned a lot and have worked with so many wonderful people, for the most part volunteering their time.

I would like to thank Noeleen Dix, General Manager of MSA for all of her expertise and support, Craig Smith, President of MSA during my time for all of his support, every single swimmer who I have bumped into on pool deck, and to Liz, my partner, whom I met at Powerpoints and our life together has been filled with swimming, from Prahara Pool to oceans blue – swimming is such a beautiful part of my life. Thank you.

## **ARCHER TALBOT**

PRESIDENT



# TECHNICAL DIRECTOR'S REPORT

Most time and energy in 2016 was spent on hosting the MSA National Championships. With over 40 technical officials and over 100 general volunteers, the four day meet was a great experience.

Officials from MSA branches generously volunteered their time and expertise. One special aspect was the involvement of students from North Geelong Secondary College and SEDA who had trained as timekeepers for the event. This meant there was minimal need to call for volunteers from the stands to fill these roles.

The 800m event on the Friday morning was so popular that there needed to be two swimmers per lane and this led to the extraordinary sight of about 90 officials on pool deck for those few hours. MSAC has some entertaining footage of that event that is sometimes featured on their display screens. Special mention to Jan Williams who led a small catering crew that really looked after volunteers and officials.

2016 has seen a continuation of significant partnerships between MSV and SwimVic, and MSV and Special Olympics with the sharing of equipment, officials and the further development of co-sanctioned meets. A highlight was the combined Swim Meet at Echuca in October and the preparation for the introduction of Multi-Class swimmers. Swimmers have no doubt noticed the new set of warm up signs, which have made the warm up process a little clearer and more efficient.

The MSV Official's forum was held at Docklands Library in November and took the form of an interactive seminar/workshop which focussed on the processes and procedures for reporting infractions, disqualifications and handling protest and appeals; as well as preparation for the introduction of Multi Class swimmers to MSV State swim meets. The seminar concluded with a shared meal. Responses were very positive and there is the possibility of building on this format to have a six monthly forum.

The MSA swim general rules and swim rules have been revised by the NTC and ratified by the MSA Board, so that they are aligned more closely to FINA Swim rules. These rules came into effect in January 2017 and they can be found on the MSA website. The wording of the rules has altered slightly and the role of Meet Referee has been eliminated but the interpretation of the rules remains unchanged.

Thank you to all those ever-reliable and active officials who so generously give their time and expertise to help MSV and the swim meets function. As noted in several previous reports, there is much room for growth and thank you to those people who have stepped forward to take up training as technical officials. A special thank you to John and Joan Smith who have retired after several years of officiating.

Finally a big "thank you" to so many generous people - especially the Board, the Management Committee and Noeleen and the team in the office - for those 'hundred and one things' that people do to make MSV a viable and enjoyable association.

**NEIL MITCHELL**  
TECHNICAL DIRECTOR





# C OACHING DIRECTOR'S REPORT

One Club Coach training program was offered in October 2016 with eight candidates. More would have been run if there was more demand. At least four candidates are required to cover all aspects of the workshop training. In addition there was a carry over of candidates from the coaching course the previous year.

Candidates have a year from when they finish the workshop to complete all the course requirements. Experience has shown however that very few actually complete the course as the time lapses. In Victoria we have had a poor completion rate despite the enthusiasm of the attendees at the time.

To take advantage of workshop enthusiasm, this year candidates had the opportunity to start work on their workbooks immediately after the workshop. This made for a very long day, but candidates did stay on.

So far, most of candidates have completed all requirements and are accredited, a best ever result. They acknowledged that starting on the workbooks on the day gave them the incentive to complete the course requirements. It is recommended that this approach be continued.

A professional development workshop was planned in December 2016, but unfortunately cancelled due to lack of bookings. Providing professional development programmes is essential to maintaining the interest and skills of coaches, and more effort must be made to offer courses that are of interest to coaches.

Any suggestions are most welcome and should be made to the MSV Board.

Existing Victorian Coaches have continued to re-accredit this year, which is a good for the continuity of Club coaching programs.

Jason Buckner from the Glamourheads Club was voted MSV Coach of the Year. He was also the MSV Branch nominee for MSA Coach of the Year.

The MSV Coaching Director was nominated and accepted as Chair of the MSA National Coaching Committee.

I have not re-nominated for MSV Coaching Director for 2017-8, after 7 years in the position. It has been a most rewarding experience working with coaches, MSV Board Members and the Masters Swimming Australia Office Staff.

**BRUCE ALLENDER**  
COACHING DIRECTOR



# **R**ECORDING DIRECTOR'S REPORT

Another successful year for recording within the Victorian Branch, including running a very successful National Championships.

This year, the Melbourne Sports and Aquatic Centre remained the pre-eminent venue for the majority of State meets (Long Course, Short Course & Relay Carnival), we have run both Long Course (2015) and the Long Distance Meets at Ringwood Aquanation. These meets have been regarded as a success with increasing numbers of swimmers competing.

## **TIMEKEEPING AT MEETS**

The purchase of the Dolphin wireless watches and start system in 2015 has made the recording of interclub events more efficient, accurate and faster. However, this does rely on volunteer timekeepers, who are both capable and diligent. The problem with any non-automated system i.e. timing pads, is that it requires at least one time-keeper per lane, more if the swimmer is attempting a record. We find that in long distance meets, where the timekeeper has to do more than just press a button on a watch, but also to count the laps a swimmer has completed, the concentration of some of the timekeepers tends to waver. As a result, times are missed or are incorrect.

We are also finding that at MSAC, where we have automated timing systems; there are always timekeepers short on some lanes. We have elected to proceed with the events, with lanes missing timekeepers, however there are a number of swimmers who don't hit the pads hard enough at the finish, thus missing out on a time.

In an attempt to resolve this issue, future meets will have attending clubs allocated to 'man' a specific lane with timekeepers. Therefore clubs will be sent a roster prior to the meet, of the lanes they will need to cover during the meet. It is expected that clubs with a smaller attendance will share a lane during the meet.

## **COMPETITIONS COMMITTEE**

The Recording Director is also the leader of the Competitions Committee. The Competitions Committee has the role of:

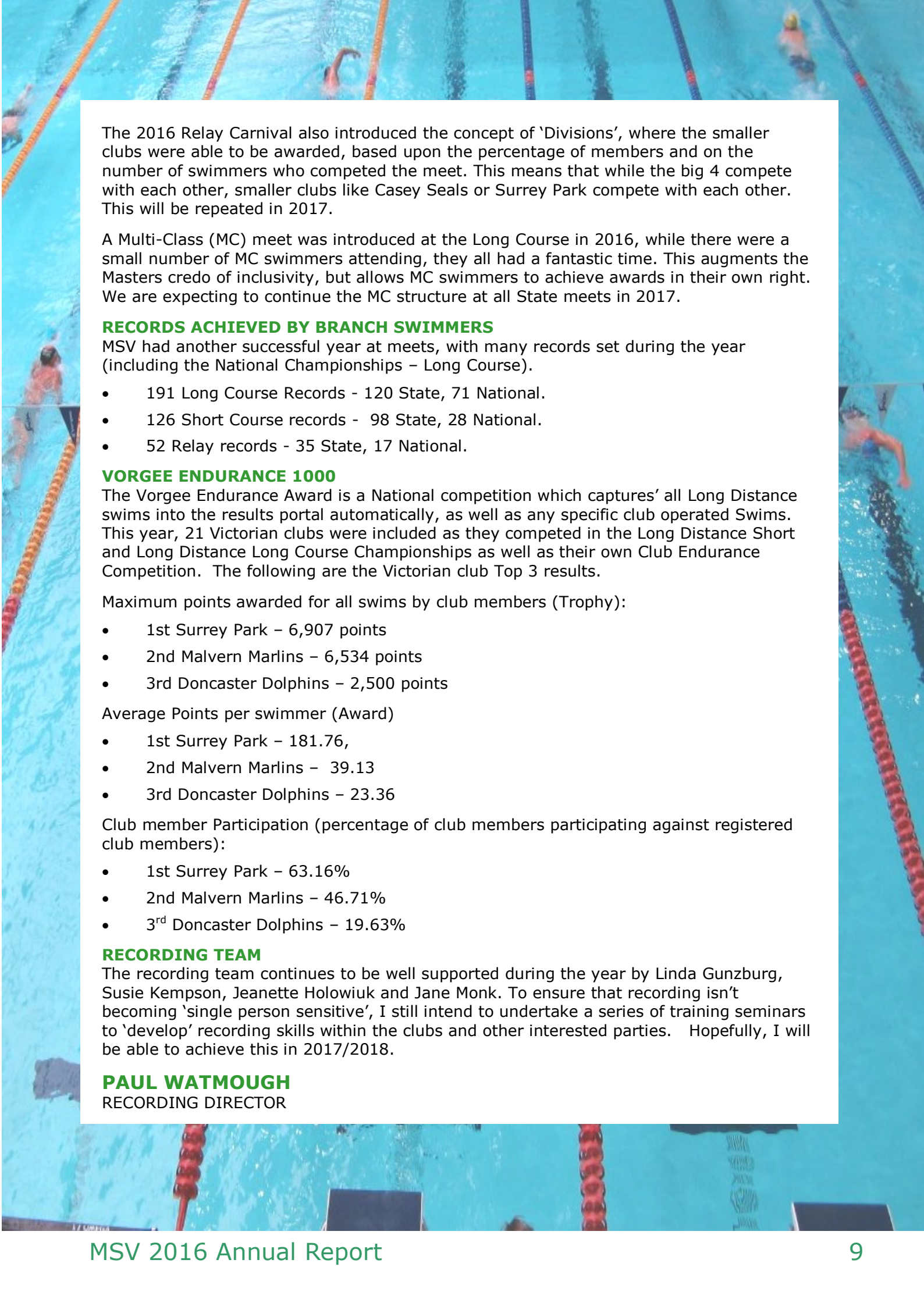
- Timing (dates) and recommendation/approval of interclub meets,
- Timing and recommendation of State meets.

Following a survey of the membership in 2015, there was a strong indication that the swimmers wanted more interclub meets and the possibility of a regional meet. In 2016, in conjunction with Swimming Victoria, we participated in a dual meet at Echuca, which ran over two days and provided a mix of both Short and Long Distance for Masters swimmers.

Unfortunately, as the pool was found to be too short when surveyed, there were no records recorded from this meet. However, those who attended, reported that it was a great meet and it will be run again in 2017.

There has been a number of attempts to arrange another regional meet, hopefully in conjunction with a regional club. To date, this hasn't been possible due to the availability of regional pools, fitting around the Metro competition calendar. Typically, we would look to have a regional meet as a two-day event and seek funding from sponsors to ensure that the meet is economically viable. We will continue to pursue this in 2017/2018 as well as encourage more metro interclubs.





The 2016 Relay Carnival also introduced the concept of 'Divisions', where the smaller clubs were able to be awarded, based upon the percentage of members and on the number of swimmers who competed the meet. This means that while the big 4 compete with each other, smaller clubs like Casey Seals or Surrey Park compete with each other. This will be repeated in 2017.

A Multi-Class (MC) meet was introduced at the Long Course in 2016, while there were a small number of MC swimmers attending, they all had a fantastic time. This augments the Masters credo of inclusivity, but allows MC swimmers to achieve awards in their own right. We are expecting to continue the MC structure at all State meets in 2017.

### **RECORDS ACHIEVED BY BRANCH SWIMMERS**

MSV had another successful year at meets, with many records set during the year (including the National Championships – Long Course).

- 191 Long Course Records - 120 State, 71 National.
- 126 Short Course records - 98 State, 28 National.
- 52 Relay records - 35 State, 17 National.

### **VORGEE ENDURANCE 1000**

The Vorgee Endurance Award is a National competition which captures' all Long Distance swims into the results portal automatically, as well as any specific club operated Swims. This year, 21 Victorian clubs were included as they competed in the Long Distance Short and Long Distance Long Course Championships as well as their own Club Endurance Competition. The following are the Victorian club Top 3 results.

Maximum points awarded for all swims by club members (Trophy):

- 1st Surrey Park – 6,907 points
- 2nd Malvern Marlins – 6,534 points
- 3rd Doncaster Dolphins – 2,500 points

Average Points per swimmer (Award)

- 1st Surrey Park – 181.76,
- 2nd Malvern Marlins – 39.13
- 3rd Doncaster Dolphins – 23.36

Club member Participation (percentage of club members participating against registered club members):

- 1st Surrey Park – 63.16%
- 2nd Malvern Marlins – 46.71%
- 3<sup>rd</sup> Doncaster Dolphins – 19.63%

### **RECORDING TEAM**

The recording team continues to be well supported during the year by Linda Gunzburg, Susie Kempson, Jeanette Holowiuk and Jane Monk. To ensure that recording isn't becoming 'single person sensitive', I still intend to undertake a series of training seminars to 'develop' recording skills within the clubs and other interested parties. Hopefully, I will be able to achieve this in 2017/2018.

### **PAUL WATMOUGH**

RECORDING DIRECTOR

# M MEMBERSHIP REPORT

Club	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
*Batman Avenue Maulers	0	0	0	0	0	2	2	2	6	4	-
*Bayside Boomers	0	0	0	0	0	0	0	0	0	0	0
*Badaginnie AUSSI	0	0	0	0	0	1	3	3	3	3	3
*Bendigo Breakers	0	0	0	6	6	5	4	8	14	12	15
Bendigo Hawks Aquatic	0	5	-	-	-	-	-	-	-	-	-
Boroughcouthas Masters	58	66	64	51	39	45	40	47	30	35	34
Brunswick Belugas	41	25	-	-	-	-	-	-	-	-	-
*Bundoora Torpedoes	0	0	0	0	0	8	9	9	7	8	12
Casey Seals	46	52	44	50	41	28	23	29	26	21	21
Cereberus Salty's	0	0	0	0	0	0	0	0	0	0	12
Doncaster Dolphins	108	101	100	100	95	102	105	103	87	87	89
Footscray SW &WP	0	0	2	-	-	-	-	-	-	-	-
Frankston Peninsula	51	45	43	49	32	43	28	37	41	43	49
Geelong Catfish	7	8	7	8	8	9	7	7	7	7	8
Gippsland Flippers	13	14	17	12	14	9	7	6	11	7	4
Glamourhead Sharks Aquatics	77	79	65	71	63	65	67	61	71	54	71
Goulburn Valley Crocs	35	31	24	11	24	19	20	6	38	27	32
Hoppers Crossing	6	7	6	5	9	9	9	7	9	8	11
Heidelberg Flyers	43	37	30	34	30	29	29	36	34	32	29
*Kew Masters	0	0	0	0	0	0	0	0	0	9	16
M1 Swimming Club	11	-	-	-	-	-	-	-	-	-	-
Maccabi Ajax Masters	34	33	23	22	14	5	24	-	-	-	-
Malvern Marlins	172	161	149	145	147	127	120	117	129	125	115
Melbourne H2O	77	82	41	-	-	-	-	-	-	-	-
Melbourne Vicentre	14	14	2	-	-	-	-	-	-	-	-
North Lodge Neptunes	11	20	15	23	13	12	18	22	21	33	34
Northcote Yabbies	4	2	6	9	8	7	11	13	14	14	13
Northern Masters	8	12	-	-	-	-	-	-	-	-	-
Nunawading Orcas	43	42	36	33	46	39	36	35	37	37	32
Portarlington Mussels	11	6	13	9	13	0	1	10	-	-	-
Powerpoints	175	156	166	164	154	141	125	130	105	118	105
*Ringwood Water Rats	0	0	0	0	0	0	0	0	0	14	14
*Rosebud Ranas	0	0	0	0	0	0	0	0	0	2	4
*Sale SADAST	0	0	0	5	14	12	17	21	23	17	17
*Silver Sharks Masters	0	7	9	10	11	13	10	11	14	15	14
Surrey Park Seahorses	40	35	35	33	36	36	37	33	32	32	33
Swimland	14	9	3	-	-	-	-	-	-	-	-
Victorian Masters	24	20	10	15	9	5	2	5	1	-	-
*Wangaratta AUSSI	0	0	0	0	0	0	6	10	11	12	12
Wangarratta Swimming Club	0	-	-	-	-	-	-	-	-	-	-
Warrnambool Whales	70	70	53	66	60	61	65	69	69	79	80
Western Alligators	30	46	39	41	30	38	36	32	25	25	26
*Wimmera Masters	0	4	10	13	5	2	-	-	-	-	-
Wodonga City Swim Club	4	-	-	-	-	-	-	-	-	-	-
Yarra Plenty	15	9	-	-	-	-	-	-	-	-	-
Yarra Roughies	38	25	17	17	23	13	18	23	29	35	30
<b>Total</b>	<b>1280</b>	<b>1223</b>	<b>1040</b>	<b>1015</b>	<b>947</b>	<b>885</b>	<b>879</b>	<b>896</b>	<b>893</b>	<b>929</b>	<b>1013</b>



# FINANCE DIRECTOR'S REPORT

Welcome to the 31 December 2016 Finance report for Masters Swimming Victoria. This is the first report not required to be audited. At the AGM in August 2014 this was accepted under the new Constitution and guidelines from Consumer Affairs Victoria.

This report is for twelve months to 31 December 2016. The 31 December 2015 comparative figures are for eighteen months. The financial report is lodged with an annual summary with both Consumer Affairs Victoria and the Australian Charities and Not for Profit Commission. All Business Activity Statements are lodged with the ATO and are up to date and paid on the due date. Masters Swimming Australia continues to service MSV and the administration fee is annually adjusted using CPI. Thanks to Noeleen, Kath, Lynne and Gerard for all their work. Thank you to Archer Talbot and the Board for all their work also.

## INCOME

The membership has increased as follows:

2014 - 1176

2015 - 1219

2016 - 1280

MSV hosted the 2016 Australian Masters Swimming titles in April 2016. Paul Watmough and his team did an amazing job. The event was very successful financially due to a large influx of entries close to closing date. The final entries were well above the break-even number of 470 (700+).

Training courses continued throughout the year through, Sal Cuming. We now engage Sal on a part time basis via Swimming Victoria. This will hopefully lead to greater cross over benefits. The Swim Meet Committee again planned the year out very well. There was an increase of participation at most events. The Ringwood Long Course event provided a change in scenery at far lower pool hire fees than MSAC. The 40<sup>th</sup> year Gala was a great event for an important milestone. Numbers did not meet our break-even point. Nevertheless Mark Sendeky poured an amazing amount of time and effort to ensure everyone had a great night.

## EXPENDITURE

The Board carefully maintained most expenditure throughout the year with no major variances from last year. The only capital acquisition was a laptop for the MSV Recorder.

## BALANCE SHEET

MSV has increased cash and bank reserves in this period by \$42,022. The total equity increased by \$31,366.

Keep swimming and let's hope for another great year in 2017.

## TIM BONESS

FINANCE DIRECTOR



**MASTERS SWIMMING VICTORIA INC**

**FINANCE REPORT**  
**For the year ended**  
**31 December 2016**

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**Masters Swimming Victoria**  
**Income Statement**  
For the year ended 31 December 2016

	31-Dec-16	31-Dec-15
	12 months	18 months
<b>Income</b>	<b>\$</b>	<b>\$</b>
Club Affiliation fees	650	1,409
Interest	236	986
Member registrations	50,293	52,689
Swim Meets	24,009	41,002
National championships	31,933	0
Training courses	1,373	4,798
Gala Dinner	(3,793)	0
Sponsorship & grants	1,500	14,235
<b>Total Income</b>	<b>106,201</b>	<b>115,119</b>
<b>Expenses</b>		
Administration fee to MSA	30,117	44,493
Affiliation fee	585	710
Audit fees	1,627	1,109
Bank Charges	1,383	578
Board expenses	922	451
Clubs online admin fee	2,742	3,104
Computers expenses	209	315
Depreciation	3,675	2,170
Donation	300	0
Filing Fees	54	219
General expenses	500	830
Insurance	100	79
Marketing expenses	318	2,433
Postage	132	181
Printing	573	735
Registrations and subscriptions	54	273
Rent	2,079	3,823
Room hire	163	569
Sports Development Officer	10,000	14,366
Swim Meet Expenses	18,207	29,077
Training Courses	1,095	2,973
<b>Total Expenses</b>	<b>74,835</b>	<b>108,489</b>
<b>NET SURPLUS/ (DEFICIT)</b>	<b>31,366</b>	<b>6,630</b>

The accompanying notes form part of these financial statements.

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# Masters Swimming Victoria

## Balance Sheet

### As of 31 December 2016

	Note	Dec-16	Dec-15
		\$	\$
<b>Assets</b>			
<b>Current Assets</b>			
Cash	2	92,827	50,805
Accounts Receivable		1,886	715
Inventory		8,216	10,417
Prepayments		9,663	-
Advances to 2016 National Meet		0	13,687
<b>Total Current Assets</b>		<u>112,592</u>	<u>75,624</u>
<b>Non Current assets</b>			
Property, plant & equipment	3	10,279	12,325
<b>Total Non Current assets</b>		<u>10,279</u>	<u>12,325</u>
<b>Total Assets</b>		<u><b>122,871</b></u>	<u><b>87,949</b></u>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Trade and other creditors	4	22,540	19,135
GST Liabilities		241	90
<b>Total Liabilities</b>		<u>22,781</u>	<u>19,225</u>
<b>Net Assets</b>		<u><b>100,090</b></u>	<u><b>68,724</b></u>
<b>Equity</b>			
Accumulated funds	5	100,090	68,724
<b>Total Equity</b>		<u><b>100,090</b></u>	<u><b>68,724</b></u>

The accompanying notes form part of these financial statements.



**NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST DECMEBR 2016**

**STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES**

**1 Accounting policies**

These financial statements are a special purpose financial report prepared in order to satisfy the accounts preparation requirements of the Associations Incorporation Reforms Act 2012.

The committee have determined that the Masters Swimming Victoria Inc is not a reporting entity and therefore there is no need to apply Australian Accounting Standards or mandatory professional reporting requirements in the preparation and presentation of the financial statements.

The financial report has been prepared on an accruals basis and is based on historical costs modified by the revaluation of selected non current assets, financial assets and financial liabilities for which the fair value basis of accounting has been applied.

The following specific accounting policies, which are consistent with previous periods unless otherwise stated, have been adopted in the preparation of this financial report.

**(a) Property, Plant and Equipment**

Each class or property, plant and equipment is carried at cost or fair value less where applicable, any accumulated depreciation and impairment losses.

The depreciable amount of all fixed assets is depreciated on a straight line basis over their useful lives commencing from the time the asset is held ready for use.

**(b) Medals on hand**

Stock of medals is measured at the lower of cost and net realisable value

**(c') Revenue**

Swim meets, club affiliation fees, members registrations and training courses revenue are recognised when the entity obtains control over the funds, which is generally at the time of receipt.

Interest revenue is recognised using the effective interest method, which for floating rate financial assets is the rate inherent in the instrument

**(d) Goods and Services tax (GST)**

Revenue, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense.

Receivables and payables in the balance sheet are shown including of GST.

## Masters Swimming Victoria Inc.

### NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECMEBR 2016

1 (e) Change in year end

Masters Swimming Victoria elected and applied to change it's year ended to 31 December.

The 31 December 2016 figures are for twelve months. 31 December 2015 comparatives are for eighteen months. We have adjusted the comparatives.

1 (f) Comparatives

Certain comparative figures have been reclassified to conform with the financial statement presentation adopted for the current year.

	Dec-16	Dec-15
	\$	\$
<b>2 Cash</b>		
Commonwealth bank- cheque account	35,924	0
Commonwealth bank- on line saver	20,348	48,905
Commonwealth bank- debit card account	1,155	1,430
ANZ- cheque account	35,400	470
	<u>92,827</u>	<u>50,805</u>
 <b>3 Property, Plant and Equipment</b>		
Plant and Equipment	49,498	47,869
Accumulated depreciation	<u>(39,219)</u>	<u>(35,544)</u>
	<u>10,279</u>	<u>12,325</u>
 <b>4 Trade and other creditors</b>		
Trade creditors	8,445	4,290
Unearned income	<u>14,095</u>	<u>14,845</u>
	<u>22,540</u>	<u>19,135</u>
 <b>5 Accumulated Funds</b>		
Accumulated fund brought forward	68,724	62,094
Net income / (loss) for the period	31,366	6,630
Closing balance	<u>100,090</u>	<u>68,724</u>



## Masters Swimming Victoria Inc.

### Statement by Committees

In accordance with a resolution of the Committee of Masters Swimming Victoria we state that:

In the opinion of the Committee, the financial report as set out on pages 1 to 4:

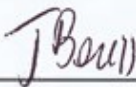
- (a) presents fairly the financial position of Masters Swimming Victoria as at 31 December 2016 and its performance for the year ended on that date in accordance with the (i) accounting policies outlined in Note 1 to the financial statements.
- (b) satisfy the requirements of the Association Incorporation Reform Act 2012. to prepare a financial report.
- (c) at the date of this statement, there are reasonable grounds to believe that Masters Swimming Victoria Inc will be able to pay its debts as and when they become due and payable.

On behalf of the Committee

Committee Member



Committee Member



Dated

21 FEBRUARY 2017



# A DMINISTRATION REPORT

Masters Swimming Australia has continued to service Masters Swimming Victoria throughout 2016. There were a few changes of personnel over the year. Unfortunately Jane Barnes became unwell in March, so we welcomed Lynne Sheehan as Projects Manager, Beth Rennes as Administrator for May – July, and when Beth resigned due to her university study, we were joined by Kath Davis who took on the Administrators role. Gerard continued as Book keeper and Noeleen Dix, General Manager, directed the team and supported the Branch.

## **MEMBERSHIP**

Membership of MSV has increased over the 2016 period. Membership at the end of 2016 was 1280, with 1263 first claim – up 3.48% on 2015 when there were 1219 registered. The number of affiliated clubs in 2016 grew to 33, welcoming M1 Swimming Club, Wangarratta Swimming Club and Wodonga Swimming Club in 2016. On a sad note we farewelled Trudy Bullivant. Trudy was a member of the North Lodge Neptunes "Golden Girls" World Record 360+ Women's 4 x 50 Relay Teams with Clarice Artis, Nancy Ayres and Hazel Gilbee. We also said a fond farewell to the Silver Sharks who disbanded.

## **SOCIAL MEDIA**

The MSV website, online monthly e-newsletter and regular Facebook updates are the primary communication resources for MSV, providing members and clubs with timely and up to date information. At the end of 2016 MSV has 903 followers on Facebook, up from 651 at the end of 2015, a 27.9% increase. As we continue to develop our social media resources we encourage our audience to continue their support by sharing their stories and photos.

## **MONTHLY E-NEWS**

'On the Blocks' monthly e-newsletter continues to be well received by clubs and members. In August we sent out our first e-news via Mailchimp to 1,152 subscribers and continue to work hard providing timely information on upcoming events, club updates, stories, photos from events as well as coaching and technical articles. We rely on members and clubs to provide us with stories and photos to keep everyone up to date with what is happening in the MSV community. We thank our regular contributors and Club Delegates for supplying the news and photos so willingly.

## **AMBASSADOR PROGRAM**

MSV were pleased to have Linley Frame and Chloë McCardel continue as Ambassadors of MSV. They both lead by example with Linley setting National records in April and Chloë setting the record for the most Channel crossings by an Australian in October.

## **IN CONCLUSION**

MSV have had a very successful and busy year, not only running the 'usual' events but also running the National Championships and our 40<sup>th</sup> Birthday celebration dinner. The volunteers who continue to give of their time so freely to the Branch and their Clubs are to be commended. Without their support and passion for swimming we wouldn't be able to provide opportunities for adults around Victoria to join swimming clubs and enjoy participation and competition at State and Club Meets.



# S PORT DEVELOPMENT

We continued to build our relationship with Swimming Victoria. Working across both organisations has really helped in terms of relationships and shared resources. Sports Development in 2016 focused on opportunities within and outside our membership.

## **KICK START**

Kick Start adult swim program run by SV – We have had 90 swimmers through the Kick Start program. Participants don't have to be a member to participate in programs but we are able to introduce swimmers to MSV open water clinics, SV/Powerpoints: Summer Smash and MSV's Swim into Spring activities and introduce people to our swimming community.

## **SWIM INTO SPRING CAMPAIGN – IN ITS 3RD YEAR**

MSV's call to action for swimmers coming into Summer, works well as a campaign – swimmers may have cut down training over Winter and start targeting open water swims or to get fit for Summer. Events are open to everyone. For the first time we opened up our open water clinics to kids, adults and multi class at Williamstown. Elwood remained adults only.

## **KYABRAM SV – MSV MEET**

This was a meet which included 220 SV and MSV swimmers. Distance events on Saturday and sprints on the Sunday – all held in the historic town of Echuca. Really lovely to see swimmers aged from 6 – 90 swimming.

## **GREAT VICTORIAN SWIM SERIES (GVSS)**

Open water swimming is a big part of our sport and the GVSS allows us to highlight our members who enjoy open water racing. We opened up the open water club championships to any team (min 5 members) and presented MSV open water club champions – Winners: Mighty Boroughcotas, SV open water club champions - Swimland and overall open water club champions - Swimland.

## **FUNKY TRUNKS/FUNKITA**

Continue their generous sponsorship. All members receive 20% off Funkita – Funky Trunks range and vouchers for State Championship events. FT have been very generous with vouchers for interclubs, open water and 2017 Summer Smash events.

## **ONE CLUB**

Whilst this is a very clunky model – SV clubs continue to look at the one club model as way of including adult swimmers in their clubs.

## **MULTI CLASS**

Thanks to the work of a small working group (Liz Gosper, Archer Talbot, Paul Watmough, Neil Mitchell) a multiclass event was trialled in 2016. The work on continuing to refine this stream of new swimming competition in Masters Meets will be done in 2017.

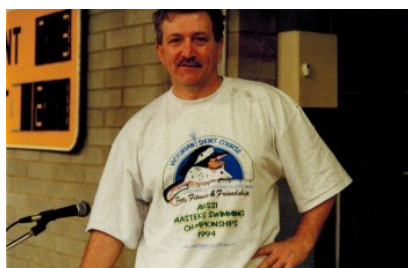
## **SAL CUMING**

SPORT DEVELOPMENT OFFICER



# MSV 40 ANNIVERSARY CELEBRATIONS

SOME BLASTS FROM THE PAST!!







# MSV 40 ANNIVERSARY CELEBRATIONS

## A BRIEF HISTORY

In July 1976 Barbara Brooks, Jim O'doherty and Bob Barrett organised a meeting of interested adult swimmers with a view to starting Masters Swimming in Victoria. A Masters Swimming organisation had been established in NSW in 1975.

The first Swim Meet was held in November 1976 at the North Lodge Swim Academy where 22 enthusiastic swimmers (8 female and 14 male of various ages) took to the water.

Swims were held thereafter on the first Sunday of each month at North Lodge and interested swimmers came from near and far to see what the Masters swimming was all about. North Lodge was the only Club in the metropolitan area. An interested group of swimmers started the second Victorian Club in Geelong in late 1977.

Victoria hosted the 1978 National Swim at the 25m Footscray Pool and 153 swimmers attended, including two from NZ. The eldest swimmer was 85year old Barny Brownjohn, father of Jack Brownjohn who organised the American Masters trip to Australia in 1974 that seeded the movement.

Enthusiastic swimmers from North Lodge broke away and formed Clubs in their own areas and districts and from this humble beginning Victoria can now boast 33 Clubs and 1280 members.

# MSV 40 ANNIVERSARY CELEBRATIONS

A WRAP FROM ARCHER!

What a night! 40 years of Masters Swimming celebrated in black tie style. Located in the Pavilion Room at the Arts Centre, with stunning views across the river to the city skyline and glorious Melbourne parklands, our members were wined and dined magnificently. Canapes, followed by a three course meal, were the main stay of the event. But it was the entertainment that took the celebrations to a whole new level.



Chloë McCardel was presented with the Poseidon Award, which recognized her record breaking feats of 21 English Channel crossings, including 8 in one season, as well as her triple crossing marathon. We were doubly honoured with Craig Smith, MSA National President, able to attend the evening and present Chloë, who is our open water swimming ambassador, with her award.



Barb Brooks, life member and the only Australian to swim at all 41 National Championships, started the night, and she was followed by some words from our President, Archer Talbot. The past moved into the strength of the present, with a focus on the heart-and-soul of MSV being its 33 affiliated member clubs, and wonderful work of our volunteers from these clubs who "make masters work".

And then the night lit up and took off! With our fabulous drag queen MCs, the evening turned into a celebration of all things masters - fitness (we danced the night away), friendship (it was great to catch-up with so many fellow swimmers and their partners) and fun (thank you to the Glams for showing us all how to really dance).



What a night. Thanks to Mark Sendeky who master-minded the event, and his team of helpers and staff who put it all together. It truly was a wonderful occasion, and such a brilliant idea to celebrate 40 years of Masters Swimming in Victoria, and all the life-style opportunities that has provided swimmers over the age of 18, with a black tie event.



Congratulations to all those involved, and thank you to all those who attended. See you next time!







# MSV CLUB REPORTS

In 2016 there were 33 Victorian Masters Swimming clubs. The following clubs have provided reports on their activities throughout 2016.

MSV thank all the clubs for their continued support of Masters Swimming in Victoria. Enjoy the read!



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The following MSV clubs were unable to provide reports.





# BOROUGHCOUTAS

Our twice weekly squad sessions remain the backbone of the club's activities. The sessions attract reliable numbers due in large part to our coach Sue Gook's technical competence and the personal qualities she brings to her role. The year has seen our swimmers achieve great success in pool and open water swimming competitions. Our members continue to improve their swimming ability and fitness and have fun at every session.

## Highlights

- The Club held the 24th Annual Queenscliff Blue Water Challenge in January. The wet and wild preceding week cleared into pleasant day for the swim. Over 500 swimmers competed.
- We conducted our 13th Broken Flipper Handicap in February. The Flipper is a club organised informal race from the car park to the shops at Point Lonsdale. This year's event was won by David Gibson. Tony Hodges took second place and Sally Hanks came third. A new record swim time of 11:53 was set by Mark Stone breaking the previous record of 12:20 held by Andy Hutton.
- The Boroughcoutas were named MSV Open Water Club Champions for a second year running at the 2015/16 presentation night.
- Many club members make the annual pilgrimage to Noosa for the Ultimate Multi Sports Festival Swim in May. This year the club was represented by 23 members and their partners and families. Eleven swimmers took out 14 medals across the four events - 500m, 1km, 2km and 3.8km swims.
- Several members competed in the Victorian Short Course Championships in August. Club members collected six first places, 13 second places and six third places.
- Club Captain Mark Stone successfully completed his solo crossing of the English Channel in September. Mark snuck in a time of 11 hours 59 minutes to achieve his goal of a sub 12-hour crossing.
- Club member Brian Ibrahim placed fifth in the world Ironman titles, an outstanding achievement coming from an entry ranking of 17<sup>th</sup>.
- The club fielded 21 swimmers in the Ocean Grove MS Swimathon in September. We swam close to 67 km over 24 hours to raise \$3600 to fight MS.







## B RUNSWICK BELUGAS

Membership has been steadily growing these past 12 months. We're perilously close to 50 members, just one or two off, which we're very happy with given we're only in our third year.

In the competition pool it was the Beluga women who showed the way with a Long Course National Record for the 4 x 200metre Freestyle aged 160-199 – congrats to Sandy Iuliano, Sue Cox, Tracy Cameron and Jaye Dowling. We had a solid showing over the four days at Nationals, being held in Melbourne, Mike Whitburn continuing to represent us well in the 60-69 Men. Also terrific was Judy Groves representing us at the Masters meeting in Alice Springs.

There were a few highlights for the open water season. As well as a few podium finishes which we're always proud of, three Belugas did the 10km off Williamstown to close out the year; Paul Turner joined Antony Ferguson and Peter Keogh who were both using it as a qualifier for Rottneest in the following February. Other highlights include our own Winter Pier to Pub we like to swim each June. Our version of this event is growing with 10 new swimmers donning wetsuits (or not, as some people don't care for them) for the winter swim down at Lorne.

On the social front, the annual awards dinner went well again, held at one of our favourite cafés – we asked nicely and they agreed to put on a dinner for us outside of their normal hours. As well as our regular post training breakfasts, there were a few dinners throughout the year and a big thanks to Jaye for hosting the Queenscliff lunch again. Finally a special congratulations to Alexandra and Daniel on the birth of Mattias in October.







# CASEY SEALS

Casey Aquatic & Recreation Centre (ARC),  
Narre Warren

The Casey Seals Masters Swimming Club had another big year in 2016 with our finances continuing to recover and looking very healthy. Running a Bunnings sausage sizzle certainly helped, as well as our Seals Splash interclub meet. Our fundraising has doubled as great Club events, where everyone chipped in to spread the load and really got into the Club spirit.

Our membership numbers have remained constant, with several new people trying our training sessions and continuing onto become full members and regulars at training. We have focused and worked hard to induct our new members into the wonders of the Masters Swimming world. As a result, we have seen increased participation at State Championships and local Club Meets.

Open Water Swimming continues to be a big focus for the club. We have provided mentoring at Mentone, Lorne and Mt Martha and it has been wonderful to see some of our new members (and even some stalwarts!) taking the plunge in the big ocean for the first time. Facing fierce competition, Aurel Wachter again took out the Casey Seals Open Water Award.

At a competitive level, we were well-represented:

MSV LC Championships (12 swimmers, 11 Gold, 11 Silver, 6 Bronze)

MSA National Championships (14 swimmers, 7 Gold, 8 Silver, 10 Bronze)

MSV SC Championships (10 swimmers, 11 Gold, 14 Silver, 8 Bronze)

MSV LD Championships (7 swimmers, 11 Gold, 0 Silver, 1 Bronze)

Pan Pacific Games (3 swimmers, 4 Gold, 3 Silver, 1 Bronze)

Our swimmers also broke 16 State and 9 National records through the year, and at the Long Distance meet some swam distances that were previously out of reach!

Jan Williams retired from swimming duties at both club and MSV level, after 29 years with MSV, co-founding the club in 2001 and being on the club committee every year since then, including 2 years as Club President. Jan has been a tireless ambassador to our sport and her contributions will be sorely missed.

Finally, the Casey Seals Splash was back in 2016 and was a roaring success. We would like to thank MSV and the Masters Swimming Community for their support.



# DONCASTER DOLPHINS

The 2016 – 2017 year at Doncaster Dolphins proved to be another very busy, eventful and successful year. A new President and Vice President took the reins at the AGM. Members travelled widely within Australia and overseas to compete in numerous pool and open water events, achieving great results.



## MEMBERSHIP

Doncaster Dolphins again retained a solid membership base of 100 this year. A wide selection of club and Aquarena training sessions are available to our members. VDC continues to foster a strong and successful working relationship with YMCA Aquarena.

## SWIM MEETS

VDC members were actively involved in Club, State and National swim meets during the year, both in the pool and Open Water. Swimmers achieved top results on the podium, as well as Personal Best swims. We had 3 members placing 1<sup>st</sup> in the MSA Masters Swim Series and 9 other members placing in the Top Ten. Doncaster Dolphins swimmers achieved many outstanding results at the 2016 National Championships in Melbourne however, it was very disappointing to miss out on the 240+ Relay Trophy – due to a technical interpretation.

## OTHER HIGHLIGHTS OF THE YEAR

2016 was the 10<sup>th</sup> year for our popular Swim for Life program. Thank you to David Mason for his inauguration of the program and for his work over the subsequent 10 years. Over 30 participants attended the program and thank you to Club members who volunteered their time. This program promotes a healthy lifestyle and provides VDC greater recognition in the community of the Doncaster area. This year we again had very generous support from the Bendigo Bank.

Another highlight was Glen Wilson's swim across the English Channel. After a disappointing swim in 2015 due to illness, Glen completed the solo crossing in September 2016 in 10 hours 24 minutes. Congratulations Glen.

Doncaster Dolphins also held another 100x100's event in which over 25 swimmers participated and 10 swimmers completed the entire 100x100's.

We are fortunate to have a very collaborative working relationship with the Doncaster Templestowe Swimming Club. Together we purchased some new starting blocks, which now allows swimmers from both clubs the opportunity to practice their dive starts on the most up to date equipment.

**SUE HARBOTTLE**  
President VDC



# F RANKSTON PENINSULA

Frankston Masters Swim Club has consolidated in our new home at Peninsula Aquatic Recreation Centre. We have the advantages of 50m and 25m pools, plenty of exposure to casual swimmers and a very cooperative centre management. Our numbers grew by 20% in 2016, to 54 members. There is steady turnover around a solid core of stayers.

A lot of the growth has come from younger and faster swimmers.

Members pay only pool-entry. There is no charge for training or coaching. We are training two evening and one morning session weekly using a combination of Short and Long-course pools. We have two Club Coaches; Richard Grant and Amy Jones-Harding.



Members' swimming interests range over the full gamut of Open Water, Lifesaving, Pool and fitness. Numerous strategies to increase interest in Pool competition among younger members are yet to bear fruit.

Our Female 320+ relay team (Alice Kinnaird, Lois Dennington, Diane Cairns, Marion Beulke) continues to set a high bar at State and National competition – winning Gold every time they take to the water.

Con Duyvestyn, premier Open Water man, transferred it to the pool and out-foxed the field to win the money in our annual 'Dash-for-Cash' Skins handicap race.

The Committee works hard towards the Masters motto of 'Fitness, Friendship and Fun'. Several social outings and dinners were held during the year culminating in our Barefoot Bowls Breakup.

A successful Inter-Club meet, our first at PARC, was run in July and well-supported by other Clubs.

Finances are very healthy and we continually seek strategies to return surpluses to members through apparel, functions, subsidised equipment and entry fees.





# G EELONG CATFISH

Although our numbers have remained small, our members have made significant inroads in both open water and pool swimming during 2016.

We had 6 swimmers challenge themselves during the open water swim season, with many earning a top three placing. Admirably, several swimmers have been so enthusiastic that they have swum at Torquay beach all through winter.



Left to right—Margot, Lynette and Chris

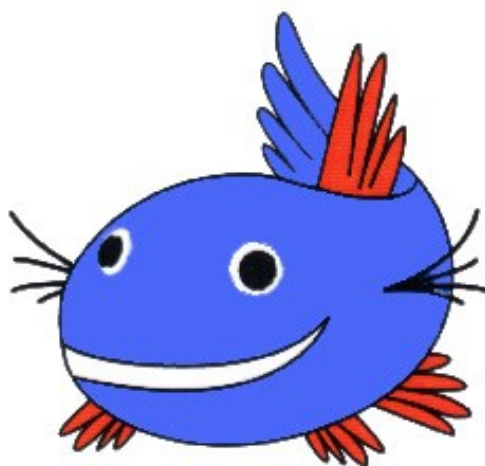
In the pool, there has been a consistently enthusiastic group, competing in everything from the local club competitions, through to the Nationals, and for the first time ever, we were excited to be able to field a team to compete at the annual state relay meet, where we won our division.

Our swimmers have proudly represented their club and registered many achievements – winning at interclub competitions, state and national titles, and inclusion in the FINA World Masters Top 10. We won 2 National Titles and 13 individual State Titles across both short and long course competition. Four swimmers finished in the National Top 10 in several events. A fine effort from our 6 pool swimmers. However, these results don't demonstrate the achievement of many other personal goals, from the commitment and determination required to overcome injury to swimming pb's.

Geelong Catfish appreciate the support of Masters Swimming Victoria and the many volunteers and officials who have organised competitions to enable us to challenge ourselves. Thanks also to coaches Rob and Aileen, who have overseen the efforts of swimmers on Tuesday and Thursday nights at Norlane Pool.

We look forward to the forthcoming open water and pool swimming seasons, enjoying the benefits of the healthy lifestyle that swimming promotes, and appreciating the truth of the Masters Swimming Australia motto 'Fun, Fitness and Friendship'.

**MARGOT MILNE**  
President  
Geelong Catfish



## Geelong Catfish

# G LAMOURHEAD SHARKS

Glamourhead Sharks had a very busy and successful year in 2016. We finished the year with 77 active members; in part we are limited by the lane space available at training – with 30+ people at a session, it can get very crowded in our narrow 25m pool!

The club swimmers had some excellent performances through the year, both in the pool and in open water swims. The open water season saw more than 10 Sharks swim in various races, several in their brand new wet suits, and enjoying the camaraderie afterwards on the beach.



In the pool, 27 swimmers swam in the Nationals where the Men's team came 4<sup>th</sup> overall. Many swam in the 100 Backstroke race, sponsored by the Glams in memory of John Marriott. And of course there was the wonderful opening to the proceedings choreographed by our own Todd Patrick and his studio. The Relay Meet saw the Men's team come 1<sup>st</sup>; and there was a good turnout at the LC and SC meets. The State LDSC saw 1 National, and 2 other State records set by Glams swimmers. And of course there was the fabulous biannual Glamourheads Swim Meet and Trifle competition in October. This was our biggest meet yet, and our thanks go to all those who helped organize the meet, and who came and swam. A large team of Glams also swam in Auckland in February where they crushed the opposition.

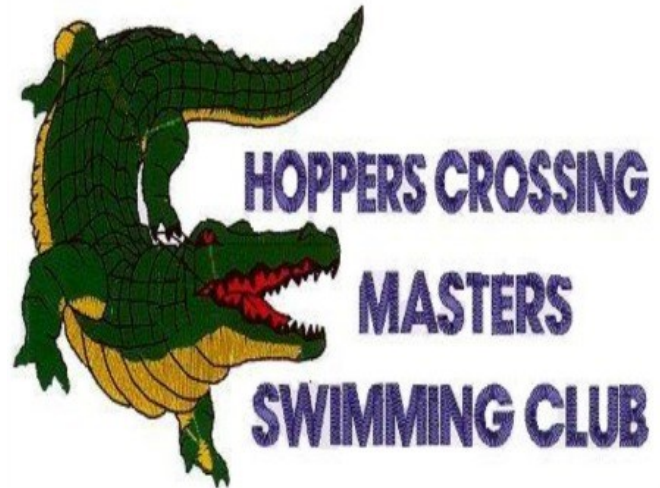
The Glamourheads also participated in many activities in the wider community, both in and out of the pool. We support the Team Melbourne Sports Day with an open swim session at Victoria University pool, and have a stall at the Midsumma Carnival – with our own Funky Trunks fashion parade; a highlight of the afternoon. Our march in the Pride Parade was very colourful with King Neptune followed by his coterie of sharks and mermaids; there was even a picture of some mermaids taken with the premier.

The club raised more than \$10,000 at the MegaSwim at Fitzroy pool in March, something we do each year in support of those with MS. The club also nominated Todd Patrick for Sports Person of the Year at the Globe Awards; and finished the year by beating the Chargers in a fundraising "Drag-Off"!



In December we also restarted our Summer Saturday swim sessions at Prahran to encourage more swimmers in a social atmosphere. We look forward to an equally busy and successful 2017.





## H OPPERS CROSSING

The most enduring and positive aspect of our club throughout the year was the constancy and enthusiasm of our coaches and the excellent coaching they provided. Our thanks go to Leonie Wood and Ross White for improving our technique and fitness and keeping the club going through difficult times.

Our membership, though decreasing in number has become more diverse with open water swimmers (including those scheduled for Channel crossings), professional divers and triathletes as well as MSV competitors and casual swimmers. Unfortunately attendance at squad training has become less predictable with many swimmers alternating open water training with pool training.

Lack of lane availability for members' training before 7am has encouraged many current and potential members to seek training and membership elsewhere.

We believe this issue will be addressed by pool management mid 2017 but are not optimistic that new arrangements will reverse our declining membership.

Management of our training venue declined to hire out the 50m pool at any time that we could reasonably expect to hold a successful interclub meet, so there was no return of the Hoppers Crossing Masters Swim meet in 2016.

With MSV members declining from 7 in 2015 to 4 in 2016 (and so far only one in 2017) and all the club administration and fund raising falling to a single (non MSV) member, who is moving away from the area, only the exceptionally optimistic would anticipate a future for the club.



# MALVERN MARLINS

## MEMBERSHIP:

The Malvern Marlins total membership for 2016 was up 7% for the year, with 173 (including six 2<sup>nd</sup> Claim members) between the ages of 20 and 98 years. We gained a staggering 28 new members and four transfers in, along with 136 re-registrations.



## TRAINING:

We continued to offer six coached training sessions and one Endurance session each week and commenced a trial for a seventh coached session in December. Our eighteen coaches are all volunteers from within the membership. Patrick Devine continued to offer CPR updates to club members.

## COMPETITION:

Many swimmers competed successfully at Pan Pacs, National, State and Interclub competitions, as well as Masters Games. 40% completed at least one Open Water Swim. Marlins won the 2016 Victorian Long Course, Short Course and LC Relay Championships. In the 2016 Endurance 1000 competition we were the second top point scoring club in Victoria with 6534 and were 12th nationally. Fifty swimmers attended 2016 Nationals in Melbourne. The club were runners up overall and for the fifth year in a row, won the 240-279 years Age Group Relay Trophy. We also won the 280+ age group. Four Members (John Cocks, Jan Jeffrey, Leigh Rodgers and Janette Dickey) broke National Records as did four of our women's relay teams. Five members broke State Records: John Cocks, Patricia Baker, Jan Jeffrey, Janette Dickey and Elana McNeil. John Cocks, Jan Jeffrey, Leigh Rodgers, Patricia Baker, Gerry Tucker and Peter Couttie (along with Kirsten Cameron (swimming for GBR in 2016) and 2<sup>nd</sup> claim member George Coronos) and 23 of our Relay teams were named in the 2016 FINA Masters World Top 10 Rankings. Four Marlins won their age category in the MSA National Swim Series for 2016

## HIGHLIGHTS OF THE YEAR:

Jan Jeffrey broke three World Records and John Cocks claimed one World Record. Gerry Tucker was awarded MSA Life Membership. John Cocks was the winner of the Victorian Masters Sport Award in the 2016 Vicsport Awards. Gerry Tucker was the MSA Finance Director. At the 24Hour MS Mega Swim, our team of 26 raised \$4471 and covered an amazing 73.1km, ranking us 5<sup>th</sup> overall for total distance swum. We were also proud to donate \$1500 to the Ardoch Youth Foundation and \$321 to 'Against Malaria'. We successfully hosted our 24th Annual Malvern Marlins Interclub in February 2016, with 115 entries. Marlins achieved record breaking numbers at training again in 2016 with 5943 swims recorded. Marlins website was upgraded and is now simpler to use. Andrea McNeil was recognised with a Higgins Electorate Community Volunteer Award. Social activities during the year included the Annual Presentation Night, movie nights, pub nights, and our end of year family BBQ.



## LOOKING AHEAD

The Malvern Marlins strive to provide a friendly atmosphere, encouraging our members to participate in all activities offered by the club and Masters Swimming Victoria. We hope to retain and build our number of younger swimmers in the future. We also encourage and reward members who gain coaching or officiating qualifications. Our members actively embrace Social Media, with 130 now engaged through our Facebook Group. We are looking forward to a successful MSA Nationals being held on the Gold Coast in 2017.

# MELBOURNE H2O

2016 saw a few changes in the club including a new President and Secretary and a new Coach. We would like to thank our outgoing President – Michael Shatter and Secretary – Caroline McNamara for all of their work and commitment to the club over the years. We would also like to recognize our 2015/2016 coach Anthony Kattan for his contribution and the level of excellence he brought to the club.



Our new Coach – Michal Skrodzki is already making his mark on the club with new initiatives, a strong vision and has already achieved success with each of his squads both at training and at competitions.

Our Masters swimmers represented in both our Masters Squads and Performance squads are achieving excellent results and we are growing the number of entrants at the masters meets. Our masters are achieving State and National records and will be competing in the World Masters in Budapest. Thank you to Michal for achieving excellent results in such a short time.

The year has brought both improvements and growth to the club and to the masters swimmers:

- Increasing training groups: Attendance numbers steadily increased at all groups. For many master's mornings achieved over 20 swimmers in advanced and over 16 in intermediate. Masters Swimmers are also well represented in the MH2O Performance Squad.
- Training Times: Most masters have moved to morning training, but a few of the more advanced swimmers are still able to attend with the performance groups at Prahran, subject to their ability to train at that level.
- Holiday training: Conducted for performance swimmers, and also for all junior youngsters and masters competing in championships, over the holiday periods where a starts workshop was undertaken at Wesley College.
- Nutrition: 2 nutrition lectures (weekday and weekend) and follow up for those who attended.

Social events have also been conducted:

- A go karting and laser tag outing was organised for performance and teen fit swimmers which includes some master swimmers.
- Touch the Wall, the movie premiere, was hosted for the entire club.
- A number of dinners have been organised for performance and teenfit swimmers and separately for our adult groups.

We have also been well represented at the Master Meets:

- **Masters State LC Champs** was attended by 10 swimmers with some reasonable success placing 7<sup>th</sup> in state.
- **Masters National LC Championships** was very positive and with 31 competitors, our largest team ever. Numerous national records were set, best times and gold medals. We placed 7<sup>th</sup> overall, but likely could have placed at least 4<sup>th</sup> with improved participation, both in numbers of swimmers attending and numbers of events swum.



# NORTH LODGE NEPTUNES

North Lodge Neptunes celebrated their 40th year with Masters Swimming Victoria and Masters Swimming Australia. North Lodge was the original Victorian Club with AUSSI. Barb Brooks and Sid Krasey were original members.



Barb Brooks celebrated her 40th year in North Lodge Neptunes, which she founded, and her 40 years in Masters Swimming Australia. Barb is a Life Member of MSV and of North Lodge, awarded to her for years of dedication and participation in events. She has been on MSV and Club Committees, competed in Club, State, National and World Championships, several World Masters and Australian Masters Games, many Alice Springs Masters Games, all with amazing success resulting in a huge number of medal wins.

In December 2016 we had our Club 40th Anniversary Luncheon where we talked about many happy times together. We reminisced about interstate and international trips, our successes in competitions, our long lasting friendships and the strong bond we have through swimming together for so many years.

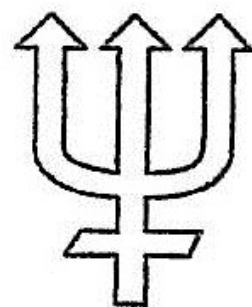
Many happy times together have kept us going as a strong group of friends who have accomplished many personal best times, some world records, and so many amazing and phenomenal things we never thought we could do. North Lodge members were saddened with the passing of Trudy Bullivant. Trudy was a member of the "Golden Girls" World Record 360+ Women's 4 x 50 Relay Teams with Clarice Artis, Nancy Ayres and Hazel Gilbee. Trudy competed in many National swims and Masters Games with great success. Trudy is very much missed by us all. She was a happy, caring and very enthusiastic member, always eager to represent our club, and a real lady. In the MSV Long Course Championships in March three swimmers successfully represented North Lodge at the Aquanation Pool in Ringwood. Barb Brooks, Hazel Gilbee and Bruce Hocking successfully swam.

Barb Brooks, Pam Garnham, Jan Kirton and Barb Spadinger participated in the MSA National Championships held at MSAC in April. They all placed in individual events and came 3rd in Women's 4 x 50 280+ Freestyle Relay. North Lodge members enjoy luncheons every two months at the Sandown Greyhound Club and all members are invited to attend for an enjoyable time together.

**BARBARA SPADINGER**  
Secretary



**North Lodge Neptunes**





# N ORTHCOTE YABBIES

Northcote Yabbies bids goodbye to AUSSI Masters. Falling attendances at training and the fact that no-one was competing has led to Yabbies' decision to officially end the registration of our Masters Swimming Club. We are continuing to train on a weekly basis and had a full attendance at our recent quarterly "restaurant night".

Yabbies (or Pensioner Prawns as my wife calls us!) has never been a club of more than 10 swimmers. We moved to train on a weekly basis at Ivanhoe Grammar School in 1995 and before that trained for a couple of years at Northcote Pool, but we had trouble regularly getting lanes there. For many years in the late 90's and early noughties Yabbies were regular competitors at the State Championships.

Several of us also competed regularly at Inter-Club Meets and a couple of us even won our age groups. Many Yabbies had successful careers as junior swimmers and one of our hallowed members even won a medal at the Commonwealth Games.

The Tuesday night training sessions have been part of our weekly agendas for many years. Indeed the friendships and camaraderie have been a key part of life as a Yabby and in many ways reflect what AUSSI Masters is all about.

## **PHILIP BEART**

Honourable Secretary



# NUNAWADING ORCAS

At the AGM we have had a change of guard with our president Emilio Badoer and the secretary Friedo Lighthart stepping down from the committee after 3 and 5 years of service respectively. Larry Murray and Rafal Nowacki have stepped in to the roles of the president and secretary.

## MEMBERSHIP

Nunawading Orcas has had another successful year in 2016. Our membership was 44 swimmers at the end of the year with 6 new members joining in 2016. Our regular training sessions are well attended with over 20 people at each session.



## OPEN WATER

The 2016 saw three Orcas embark on the Rottneest channel swim. Friedo Lighthart and Pablo Pizzuto have completed the swim as a duo and Patrick Mohr has done the gruelling 19.7 km solo. Many members have taken part in the Great Victorian Swim Series. A number of members have competed; with one member entering 11 events! In addition to the formal events, our club has continued this year with regular open water swim at Carrum. This has started as a monthly event but has now morphed into a weekly one. Up to 9 people have participated during the summer. The event continued well into May and restarted in November.

## SWIM MEETS

The club competed in a number of events including

- MSV Long course – 8 participants
- MSA National Championship – 9 participants
- MSV short course – 10 participants
- MSV LC relay championships -15 participants
- 2016 Pan Pacific Masters Games – 2 participants

Samantha Khong and Aaron Whelan came back with 1 gold, 2 silver and 4 bronze medals at the Pan Pacific! Other events including Marlins Interclub, Casey Seals Splash, Frankston swim meet, MSV LDSC as well as Glamourheads Swim meet & Trifle competition which attracted 6 participants.



## SOCIAL

The Orcas have a great social vibe! Our club holds monthly socials on a Friday after training at a local Italian restaurant. Our end of the year party was well attended.

## OTHER ITEMS

Sarah Byron who was training to be a swim coach has taken over a few sessions in December with a special "12 days of Christmas" set. Another highlight for 2016 was the Olympics! Our Irene Prescott represented Tonga in the Olympic games in RIO. She competed in the women's 50 metre freestyle event where she ranked 61st with a time of 28.68 seconds.



# P ORTARLINGTON MUSSELS

## LOCATION OF THE CLUB

The Port Mussels train out of two pools on the Bellarine Peninsula - Splashdown (Newcomb, Geelong) and Bellarine Aquatic and Sports Centre (Ocean Grove). We also train at Indented Heads Beach during the warmer months of the year.

## MEMBERSHIP

In 2016 the Port Mussels had 5 members, and many more regular swimmers who were not financial members of MSV. Our club caters to enabling people to swim socially and does not have a focus of competitive swimming. Only those swimmers interested in taking part in MSV competition actually join.

## COMMITTEE MEMBERSHIP

The Port Mussels Club is run by a committee consisting of:

- President - Lachlan Williams
- Treasurer - Jennifer Champion
- Secretary - Leanne Gunthorpe
- Coach - Fiona Thomas.
- General members—Penny Tomkinson, Rachel Evans, Emily Kennedy, Mia Cooke, Jen O'Loghen

## TRAINING HOURS, TRAINING AND VENUES

The Port Mussels train in 3 squads that run during the week at Splashdown and in our women's only squad at BASC on Thursday. On Sunday afternoons from October to May intrepid members swam or kayak from Indented Heads beach.

## COMPETITION

In 2016 members competed in a number of open water races and in triathlons. We did not compete in any Masters Competitions this year.

Injury was a problem with some of our key competition swimmers, as was life / swimming balance with many members juggling organised children's sport and their own competitive swimming desires.



# POWERPOINTS

2016 was a very good year for the Powerpoints club. We had an incredibly successful Nationals' meet in April with the sixty-nine Pointers who swam winning the Founders' Trophy, relay awards for the first four age groups – 80+, 120+, 160+ and 200+ and Pointer Mark Thompson named Swimmer of the Meet.



Numbers dropped off for the state long course at the new pool in Ringwood with thirty-three swimmers, thirty-one swam at the short course in August and twenty-seven members swam at the relay carnival in September. Even though some of our teams set new records, we conceded top club to Marlins at all these meets.

Participation at club meets was mixed. There was great support for the Marlins interclub in February and the Glamourheads meet in October, but numbers dropped off for the Casey Seals interclub in August. The new joint swim with Swimming Victoria at Echuca attracted some interest with six Pointers making the long road trip.

At a world level, thirty-one pointers made the 2016 Top Ten Swim lists for individual and/or relay events with several individuals achieving multiple top ten swims.

Open water swimming proved to be as popular as ever with many members signing up for the Cousins series of swims and Pointers winning some age/distance categories. Powerpoints came 3<sup>rd</sup> in the Cousins masters' clubs competition. Lisandra de Carvalho and Duncan Cleary both did the Rottneest Channel swim in 2016.

As in the previous year, we experienced a drop in training attendance after the Nationals, however with a number of initiatives implemented to reduce the impact the drop was less than in 2015.

In November 2016, we met with Swimming Victoria to discuss a plan for a new club competition with a community focus, partially funded by a community grant received from Suncorp and open to people outside the masters swimming community. The concept was based on including less experienced swimmers, lap swimmers and younger swimmers that are ready to make to switch to Master Swimming. Swimming Victoria agreed to collaborate with Powerpoints and the "Summer Smash Series" was born. The plan is for this to be an annual event.

Our membership in 2016 increased by more than 30% and we finished the year on a firm financial footing.





# SURREY PARK SEAHORSES

The 40 strong Surrey Park Seahorse Masters Swimming Club continues to attract a range of age groups and reports another active year by members. The club is committed to encouraging members to achieve their swimming goals, challenge comfort zones, set inspirational examples, and support other members achieve their aspirations.

This year members were particularly active in the State Short Course Meet with 19 top three placings and a Branch record (Adrian Corcoris); the National Championships with 37 top 10 placings and the State Long Course meet with 22 top three places.



Adrian Corcoris

The club's participation in open water swim events continues to grow with 20 members competing in 170 events and recording an amazing 329 kilometres both in Australia and overseas. One of our keen open water swimmers (Dee Greenwood) completed the English Channel as part of a relay and has her eye on a solo crossing in 2018.

Attendance at Tuesday and Thursday training nights has grown considerably with a significant number of members meeting up regularly for social open water and pool training sessions.

The club is particularly proud of being the top scoring club in the Vorgee Endurance 1000 Program (Vic Section) and achieving the highest average score per member. Special mention to Ian Bett and Sue Lyon who swam all events. Special mention also to Darryl Flukes for reaching 3 million metres and Dee Greenwood for achieving 1 million metres in the Vorgee Million Metres program.

Over the next 12 months the club will focus on:

- encouraging greater and more regular participation in the club's endurance and aggregate competitions
- encouraging participation at inter club and state and national events
- investigating additional / alternative training opportunities



# WARRNAMBOOL WHALES

Warrnambool Whales provide fun, fitness and friendship through a structured swimming program conducted at Aquazone. President, Marie Bird, leads an active committee that has been refreshed with 4 new members. Committee members are Ronald Sinclair (Secretary), Ted Goddard (Treasurer), Denys Dodd (Assistant Treasurer), Laura Tweddle (Club Captain), Tanya Suggett (Registrar), Jacquie Anderton (Recorder), Larry McCarthy (Newsletter), Judith Brian (Social Organiser) and Rashmita Samrai (Merchandise).



Membership last year was 72. Numbers currently are lower but we expect them to rise as the year progresses as has been the pattern in previous years. The Club is also planning a program modelled on the 'Kick Start' program we instigated in 2016 with the help of Sal Cuming. We expect that this will also provide a source of new members.

The Club provides 6 training times per week with programs implemented by our 4 coaches. Jemma Charles, our energetic coach of our morning squad has left us for WA however we are lucky to bring 2 new coaches, Jamie Sorlie and Peter Porskamp to this squad. Denys Dodd and Colin MacDonald are long time coaches who continue to provide valuable support to our evening and Sunday morning squads. Jemma is pictured at her last training session. We wish Jemma and Cam good luck as they make a new life in the west.

The *endurance 1000* program is well supported by members. All aspects of this program, encouraging swimmers, timing swims, recording times and uploading results to MSV were conducted by our hard working, but now retired Recorder, Denys Dodd. Jacquie Anderton has assumed this role and is already familiar with the task.

Social activities are an important aspect of our Club. We have enjoyed forest walks, garden parties and various events celebrating Club milestones and member achievements. Judith Brian, aided by Rashmita Samrai, is currently busy organising our presentation night where awards are given for Club Champion, Open Water Swimming Champions and service to the Club. Last year Nora Hoy received the 'Sandra Downey Memorial Trophy' for Best Club Person. Nora has been a committed 'Whale' for over 25 years. She is a great supporter of the e1000 program who often opens her home for garden parties and is a regular supplier of produce from her garden to members. Every Sunday morning after training, sprint trials and e1000 swimmers are rewarded with a cuppa and raisin toast.

Many thanks to John Sheely who manages our Facebook page in a way that connects us to the wider community.

The Warrnambool Whales welcomes visitors from other Clubs to join them in training.







## W ESTERN ALLIGATORS

The club's main weekly training sessions continue to be on Monday and Thursday evenings from 7.30 pm to 8.45 pm under Coach Rex Brown. Our members have appreciated the guidance and enthusiasm of Rex, and we look forward to another great year of training. We thank Katherine Willis for filling in for Rex when he is unavailable. The Western Alligators membership has been lower this year with about 25 registered members compared to 40 members last year. We experienced large attendance numbers at the start of the year and lane overcrowding became a concern, which may have been a big factor in people dropping off.

In May, members of the Western Alligators together with Altona Swimming Club members organised a third swim4causes fundraising event. This year we raised over \$5,000 for Bradley, a 21 year old swimmer who was selected to swim for Australia in the World Downs Syndrome games in Italy. He did not receive any other funding for his achievement. This day again was a huge success. The community support was fantastic and the funds raised overwhelming. We look forward to making this event a permanent fixture in our annual calendar.

I would like to take this opportunity to thank our coach Rex Brown for his continued enthusiastic encouragement and his never ending desire to improve our stroke technique. I would also like to thank Geoff Hughes for his continued involvement and organisation of our monthly Sunday swims.

Finally we thank all our swimmers for being members and supporting the Western Alligators.

### **BOB WILLIS**

President

Western Alligators 2016

# MSA NATIONAL CHAMPIONSHIPS

MELBOURNE, VICTORIA

The 2016 National Championships Organising Committee wanted to make these Championships a 'little different'; something which the participants would remember well into the future.

The Committee decided that we would make every attempt to set the benchmark for future Championships in terms of sustainability, by engaging sponsors/partners who could provide assistance in 'greening' the Championships.

We had booked the venue (MSAC) after we had 'swapped' years with Tasmania, with them hosting the 2015 Nationals and ourselves the 2016 Nationals. The date had been established to avoid the Grand Prix, Easter and other National/International events. Planning the meet to conclude over the Anzac Day weekend gave Melbourne extra appeal for people coming from interstate and overseas.



With all this lined up, we were confident we could come close to the numbers that Hobart had achieved in 2015 and used a consistent marketing program to ensure that we would. We utilised the Club Assistant (CA) on-line Meet registration system. Linked to the MSA STG database on a daily basis, ensuring that only MSA/FINA registered swimmers could enter. Additionally, CA has a powerful and flexible merchandising gateway, which allowed swimmers to purchase product/services as part of their registration, as well as a 'public' gateway, which allows non-swimmers to purchase Presentation Dinner tickets.

The registrations opened in early January, with swimmers starting to register fairly quickly. Updates to both Meet Mobile and SwimPhone were done on a weekly basis. We achieved our 'target' of 550 with 10 days of the close of entries; however to our surprise and then dismay, it continued to climb over the 720 mark, finally peaking at 728 at close.



The Marketing and Social team did a fantastic job, gaining a large amount of sponsorship. A large number of Victorian swimmers entered, including great representation from all of the 5 newest clubs.

We also recognised that we needed to arrange our volunteers in a simple way, with an effective, simple

on-line registration capability. It worked, but could have worked much better. Neil Mitchell and Jane Monk did an outstanding job in organising and managing the volunteers, particularly timekeepers and support staff. They ensured that we did not have to call on swimmers to assist until the final two days.





Swimmers Registration and merchandise handout as well as volunteer registration, were superbly handled by a range of volunteers, and ably led by Jeanette Holowiuk (a veteran of these events) and Catherine Watmough.

They all worked tirelessly in sometimes difficult circumstances to make the processes work.

This report wouldn't be complete without a special mention of The Opening Ceremony, which was notable and a pleasure for those who both watched or participated. A special thank-you to Todd Patrick of Patrick Studios, who with his studio of dancers (over 70 in all) and production staff; was able to delight and entrance us for 20-30 minutes. Jane Monk and her nephew Lachie topped it off with a superb rendition of the National Anthem.

Throughout the Championships, Jan Williams and her team of efficient volunteers ensured that the technical officials timekeepers and general volunteers – 165 in total, were well fed and watered. Lee Chaplin enthusiastically managed the Information and Awards desks, ensuring that swimmers got their medals and were kept up to date as the Championships progressed.



Jane Monk and her team of Marshals kept the swimmers moving through to start each race, without fuss or panic. The AOE team of Maz Strong, Linda Gunzburg and Heather O'Connor, together with the recorders – Pauline Sampson and Leanne Beames, kept the AOE room ticking.



Neil Mitchell and his superb team of technical officials also ensured that the proceedings moved swiftly and smoothly. Last but not least a huge thankyou to Jeanette Holowiuk, Archer Talbot, Sal Cuming and Bruce Allender for their enthusiastic and delightful commentary throughout the Championships.

**PAUL WATMOUGH**  
EVENT DIRECTOR



# MSV COACH OF THE YEAR - JASON BUCKNER

Jason took over the role as Head Coach for the Glamourhead Sharks in 2015 and right from the start his professionalism and intelligent commitment to the club ensures that the Glam members are fit and ready to swim at the many State, National and International events where we compete regularly.

One of the goals of the Club during 2016, was to increase participation in open water swimming. We had 13 swimmers compete in these events during 2016 (with many more during the 2017 season). During 2016, the club had 77 swimmers in the pool. While the number of individuals has not changed greatly, more swimmers were attending more swimming sessions every week.

Jason asks all swimmers to think about their goals and what they want to achieve in the pool (this may be in a competitive or non-competitive role). He is open and sensitive to actively listening to what the swimmers tell him and then assisting the swimmer to identify and define any specific problems and issues. He will then adapt and provide specific skills and drills for a swimmer to assist them in their development.

Sometimes this may be a fear of competition. Glamourheads are a GLBTI club, and many of their members have faced bullying and harassment or had personal issues regarding their identity and self-esteem. Jason is cognizant of these problems. He develops an open and honest and individual relationship with every swimmer so that there is a great deal of empathy and above all, trust. With the development of this trust comes a level of communication, where the swimmer will listen to the clear and concise coaching techniques and in turn, can implement them in the pool.



He recognized that clubs don't often celebrate the small victories and improvements of individual swimmers. He initiated a swimmer of the month award. This looks at how a swimmer has addressed and met their individual goals, how they have improved and how they have interacted with other members of the club. It is a holistic acknowledgement by all of the coaches of how an individual strives to improve themselves and the team.

Such an approach develops and engenders a great deal of trust. Jason is often present poolside during competition. He assists the swimmers in being prepared and focused (but in a gentle way), thus ensuring the swimmer will do their best in a race.

He has organised specialised coaching sessions with swimmers who have won medals at Olympics. The high level of skill demonstrated by these swimmers is observed closely by Jason and passed on to our Club members. Often these training sessions are a highlight of the coaching year and are very much appreciated.



Over the course of 2016, many of our swimmers have set personal best times. There were 21 pb's set during 2016, with all our swimmers setting a pb in the State SC this year. We also have swimmers who have obtained National records (Kodie Webb, 800m breaststroke SCM; AFG State records in 800m back and 1500m back).

Additionally the Glams have one swimmer who has qualified for the world FINA masters in Budapest in 2017. This swimmer (Todd Patrick) recommenced competitive swimming after a nearly 20 year break. He acknowledges that his success and drive is largely due to the support from the Glams and the coaching the he receives from Jason.

The Glamourhead Sharks ranking in the many swim events through the past few years has changed such that we have moved from the top 5-6 to 3-4 with in the state. To assist them in meeting these challenges, Jason has instigated further training sessions (up to 4 per week).

Jason's focus, attention to detail and unfailing professionalism has enabled the Glam swimmers to compete and succeed at many levels of swimming. Following the success of their swimmers plus the professionalism of our coaching, attendance at training has increased throughout the year. There was no drop off during the winter months. In fact they have had to increase the number of lanes they hire and increase the number of training sessions on offer to ensure that the lanes are not too crowded.

Well done Jason!



# NATIONAL TROPHY WINNERS 2016

Congratulations to the following MSV Clubs who won awards at the 2016 MSA National Championships in Melbourne.

Founders Trophy	Powerpoints (VPP)
Runner - up Trophy	Malvern Marlins (VMV)
Vorgee Male Swimmer of the Meet	Mark Thompson (VPP)
Age group Relay Trophy 72 – 119 years	Powerpoints (VPP)
Age group Relay Trophy 120 – 159 years	Powerpoints (VPP)
Age group Relay Trophy 160 – 199 years	Powerpoints (VPP)
Age group Relay Trophy 200 – 239 years	Powerpoints (VPP)
Age group Relay Trophy 240 – 279 years	Malvern Marlins (VMV)
Age group Relay Trophy 280 – 319 years	Malvern Marlins (VMV)
Age group Relay Trophy 320 – 359 years	Frankston Peninsula (VFR)
Life Member Trophy	Swimland VIC (VSC)

## 2016 MSA MASTERS SWIM SERIES AGE GROUP WINNERS

18 – 24	Keely Williams (VSC) and Darius Schultz (VHM)
30 – 34	Mark Sendecy (VGS)
35 – 39	Stephen Cronk (VHM)
40 – 44	Sarah James (VYR) and Matthew Ryland (VVC)
45 – 49	Mark Thompson (VPP)
50 – 54	Barry Carp (VAJ, VMH)
55 – 59	Peta Harvey (VDC)
60 – 64	Leigh Rodgers (VMV)
70 – 74	Patricia Baker (VMV) and Rod Clarke (VDC)
80 – 84	Alice Kinnaird (VFR) and John Cocks (VMV)
85 – 89	Dorothy Dickey (VDC)

## 2016 FINA WORLD RECORDS

John Cocks	Malvern Marlins	80-84 200m IM	3:27:46
Janette Jeffrey	Malvern Marlins	65-69 200m Breaststroke	03:19.76
Janette Jeffrey	Malvern Marlins	65-69 50m Breaststroke	41.41
Janette Jeffrey	Malvern Marlins	65-69 200m Breaststroke	03:19.8

## 2016 NATIONAL RECORDS

Relays: 17 records set by Victorian clubs

Individuals: 99 National records were set by Victorian swimmers



# SPECIAL ACHIEVEMENT VICTORIAN SPORTS AWARD—JOHN COCKS



In late March 2017, the 2016 Victorian Sport Awards, jointly presented by VicSport, and Sport and Recreation Victoria were hosted in the Melbourne Exhibition Centre. Along with elite athletes receiving accolades for their international sporting achievements, community participation was also recognised and closer to home, Malvern Marlins' John Cocks was recognised for the stellar year that he had in the pool in 2016.

At 80 years of age, John has proved that age is no barrier to sporting success. His achievements in Masters Swimming during 2016 were nothing short of phenomenal and he was selected from an awesome group of nominations from Victorian Sporting Associations to receive the state award.

**Involve Group Victorian Masters Sports Award for 2016** recognises masters athletes or teams who have achieved outstanding results in respect to their performances at a state, national, international or elite level during the 2016 year.

On moving into the 80-84 age group, John set just over 50 records, to be the current holder of 20 National and 30 Victorian State Records. His National records cover all four of the competitive strokes.

In addition to this, on 13 March 2016 John smashed the World Record for the 200m Individual Medley in the Men's 80-84 year age group, by more than two seconds. His time of 3:27.46 now stands as the fastest of all time in the world, for that event, in that age group.

John is the current President of the Malvern Marlins Masters Swimming Club who swim out of the Harold Holt Memorial Swimming Centre. Marlins are the second largest Club in Victoria and are well known for their success at swimming competitions, but more importantly they are a very social and community minded club.





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