

# MASTERS SWIMMING VICTORIA



# ANNUAL REPORT July 2014 - December 2015

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# MSV BOARD MEMBERS



**ARCHER TALBOTT**  
PRESIDENT

VICE PRESIDENTS



**MARK SENDECKY**



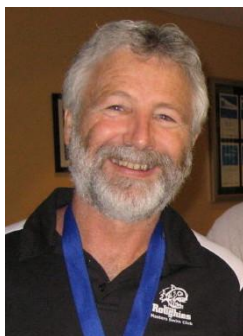
**SONIA HALSVIK**



**TIM BONESS**

FINANCE DIRECTORS

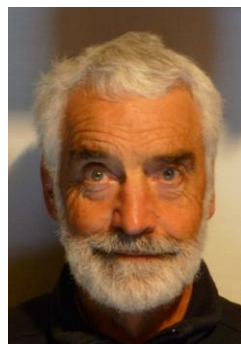
**JIM MILNE**



**NEIL MITCHELL**

TECHNICAL DIRECTORS

**JOHN MARSHALL**



**BRUCE ALLENDER**  
COACHING DIRECTOR



**PAUL WATMOUGH**  
RECORDING DIRECTOR

## 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



LINLEY FRAME



CHLOE McCARDEL



## PRESIDENT REPORT

### Governance

There were a few changes to the governance of MSV that came out of the new Constitution that was accepted at the AGM in August 2014. The Executive positions were retained but there was an introduction of a Management Committee who meet between MSV bi – monthly meetings.

The initial Committee were President Archer Talbot, Vice President Sonia Halsvik, Finance Director Jim Milne, Coaching Director Bruce Allender, Technical Director Neil Mitchell and Recording Director Paul Watmough.

A Management Committee was subsequently elected at the 16th September MSV Meeting - President Archer Talbot, Vice President Sonia Halsvik, Finance Director Jim Milne, Technical Director Neil Mitchell and Club representatives Leanne Sheean (VDC), Rosa Montague (VPP) and Mark Sendecky (VGS). Later in the year, Paul Watmough joined the Management Committee after the Swim Meet Committee was disbanded and the Management Committee took over this responsibility.

In March 2015, Jim Milne resigned and Tim Boness joined the Committee as Finance Director at the May meeting; and in May, Sonia Halsvik resigned and Mark Sendecky became Vice President. Thank you to all of these members for their time, care and effort in working towards the best interests of the organisation.

As a consequence of the new constitution being accepted by the members in August 2014, the financial year now aligns with our membership year and the calendar year. This resulted in the extension of the current year from July 2014 to December 2015. Therefore the current MSV committee and Management committee have remained in office until the end of the association's year.

A major focus for MSV in 2015 was the planning and preparation for the hosting of the 2016 National Championships, so under Event Convenor Paul Watmough an Organising Committee was appointed. MSV had successfully negotiated with Masters Swimming Tasmania to swap years of hosting due to a major refurbishment of the MSAC indoor pool in April 2015.

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.

### Sports Development Officer

Sal Cuming has continued to do an excellent job in the position of sports development officer. Sal's key targets include: (1) raising both the number of MSV clubs and individual members, (2) raising the profile of masters swimming in the public arena, and (3) increasing our sponsorship.

The increase of the individual membership fee by \$10 per person in order to fund this

position was accepted by the Clubs and the results speak for themselves.

Funky Trunks and Aquashop continue to be very generous sponsors of MSV in both our pool and open water competitions. The Aquashop Masters Member of the Month is a \$50 voucher awarded to a voluntary member each month. The idea of this was to award MSV members that contribute greatly to their club and the wider swimming community.

The partnership with Cousins Travel and their very popular Great Victorian Swim Series links MSV swimmers when they enter nominated OWS events. The aim of the partnership is to value open water swimming, which so many of our members love, and to increase the awareness of our organisation in the general open water community. Sal organised numerous events around open water swimming, including open water training sessions and distance pool events (including the popular 100 x 100s), all under the banner of the "Swim into Spring" campaign.

In November 2015 Sal was employed by Swimming Victoria to work on their Club Development. An agreement with SV has been reached to engage her in MSV development work as part of her duties. This commenced in 2016.

### Competitions

The Swim Meet Committee was disbanded and the Management Committee now manage MSV Meets. Our major State meets, being the Long Course and Short Course meets at MSAC, were both run very successfully and with high member participation. An inter-club meet was hosted by Malvern Marlins, but unfortunately three others were cancelled – something to work on in 2016. The popular relay carnival was held in September.

### Acknowledgements

Neil Mitchell leads a small but dedicated group of Technical Officials and volunteers – thank you for all of their efforts. Neil's team help to successfully run the major meets of the year, as well as assisting at other inter-club events. All of their time and efforts are greatly appreciated.

Paul Watmough is Convenor for the Melbourne National Championships in 2016. Paul is leading his team in the preparations for this major event and they should be recognised for all of their work to date, and we look forward to welcoming national swimmers to Melbourne in April!

Bruce Allender continues to lead the Coach Education area for MSV and he is also Chairman of the National Coaching Committee. This has involved introducing a new online coaching course which is open to the public as well as members and a one day workshop has been added to the Course.

### Swimming Victoria

Following the appointment of Gillian O'Mara, a long term masters swimmer, as the new CEO of Swimming Victoria the cooperative arrangements between our two organisations has improved markedly. Provision has been made for eligible MSV swimmers to take part in SV Meets and SV swimmers were invited to enter the MSV LC event.

The appointment of Sal Cuming to SV staff will also benefit the further development of MSV.



MSV members at various State and Club Meets throughout 2015

## TECHNICAL DIRECTOR REPORT

It is only fitting to begin this annual technical report by acknowledging the dedication and hard work of John Marshall who has so capably filled the role of MSV technical Director for the past eight years. John's quiet dedication and thoroughness along with his sensitivity to people and their needs meant that officials were looked after both personally and professionally. Thank you, John and we are glad that you are still active and available.

2015 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. That said, the fact that there were very few Swim meets in 2015 has repercussions on the development of technical officials. Fortunately most, if not all, technical officials have been reaccredited in readiness for hosting the 2016 MSA National Championships.

Six MSV Officials attended the annual SwimVic officials seminar. Topics included communication in difficult situations, pathways for officials, implementation of backstroke ledges, NOP qualifications, What could go wrong (scenarios), DQ's and disputes as well as a general form for questions and issues. MSV officials also took the opportunity to name for themselves some topics and issues that Tech officials could address in their own Forum.

The MSV Official's forum was held at Docklands Library in November and took the form of an interactive seminar/workshop on the use of the Dolphin timing system as well as MSA safety policies. The seminar concluded with a shared meal. Responses were very positive and it is planned to make this an annual event.

2015 Rule changes from FINA that impacted MSV officials included clarification of officiating at the start of an event, the notifications of disqualifications and "starting over the top". The only rule change to directly impact on swimmers was an adjustment to the butterfly kick at the start and turn for breaststroke swimmers. It should be noted that the one FINA rule change that the National Technical Committee has not endorsed is the use of wedges for backstroke starts.

The new Dolphin timing system has supported Officials who run swim meets in settings which do not have AOE installed, but the use of the Dolphin system also requires the need for competent volunteers to work the stop watches.

Preparation for the 2016 MSA National Championships has provided a great opportunity to review practices and policies and it has encouraged the Swim Meet Committee to develop a volunteer workforce to assist with timekeeping and general duties so that swimmers can swim without undue pressure to fulfil a volunteer role.

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 it is a telling fact that it has been a number of years since there has been a training session for new officials. This does not promote a healthy or sustainable future for MSV swim meets and the training of new officials needs to be a focus for 2016.

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



## COACHING DIRECTOR REPORT

The revised Club Coach accreditation process is based on the SAL Bronze Coaching accreditation course, and involves their online course and our own one day workshop. The Masters Club Coach accreditation was approved by Swimming Australia in early 2015.

MSV has conducted one Workshop program in October 2015 as part of the new Club Coach accreditation process for 8 Victorian coaches. One of the candidates has completed all requirements and is accredited. It is important that as many as possible submit all their documentation after having put in the pre-qualifying and workshop effort.

The other initiative has been to build a register of qualified presenters and assessors for the Club Coach course in Victoria. Simon Crowther attended the October workshop as a prospective presenter and is now on the national register of presenters and assessors.

A small number of existing Victorian Coaches have re-accredited this year. Those with an existing Club Coach accreditation are upgraded to the new Club Coach. Existing Intro Coaches need to complete the new Club Coach course requirements.

Alan Godfrey was voted MSV Coach of the Year for 2015 by the Board of MSV. He was then nominated as the Branch nominee for MSA Coach of the Year.

The MSV Coaching Director continues to serve as Chair of the MSA National Coaching Committee.

# MEMBERSHIP REPORT

Club	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005
*Batman Avenue Maulers	0	0	0	0	2	2	2	6	4	-	-
*Bayside Boomers	0	0	0	0	0	0	0	0	0	0	2
*Badaginnie AUSSI	0	0	0	0	1	3	3	3	3	3	3
*Bendigo Breakers	0	0	6	6	5	4	8	14	12	15	12
Bendigo Hawks Aquatic	5	-	-	-	-	-	-	-	-	-	-
Boroughcouths Masters	66	64	51	39	45	40	47	30	35	34	34
Brunswick Belugas	25	-	-	-	-	-	-	-	-	-	-
*Bundoora Torpedoes	0	0	0	0	8	9	9	7	8	12	16
Casey Seals	52	44	50	41	28	23	29	26	21	21	21
Cerberus Salty's	0	0	0	0	0	0	0	0	0	12	32
Doncaster Dolphins	101	100	100	95	102	105	103	87	87	89	83
Footscray SW &WP	0	2	-	-	-	-	-	-	-	-	-
Frankston Peninsula	45	43	49	32	43	28	37	41	43	49	40
Geelong Catfish	8	7	8	8	9	7	7	7	7	8	7
Gippsland Flippers	14	17	12	14	9	7	6	11	7	4	9
Glamourhead Sharks Aquatics	79	65	71	63	65	67	61	71	54	71	49
Goulburn Valley Crocs	31	24	11	24	19	20	6	38	27	32	30
Hoppers Crossing	7	6	5	9	9	9	7	9	8	11	8
Heidelberg Flyers	37	30	34	30	29	29	36	34	32	29	23
*Kew Masters	0	0	0	0	0	0	0	0	9	16	24
Maccabi Ajax Masters	33	23	22	14	5	24	-	-	-	-	-
Malvern Marlins	161	149	145	147	127	120	117	129	125	115	136
Melbourne H2O	82	41	-	-	-	-	-	-	-	-	-
Melbourne Vicentre	14	2	-	-	-	-	-	-	-	-	-
North Lodge Neptunes	20	15	23	13	12	18	22	21	33	34	37
Northcote Yabbies	2	6	9	8	7	11	13	14	14	13	12
Northern Masters	12	-	-	-	-	-	-	-	-	-	-
Nunawading Orcas	42	36	33	46	39	36	35	37	37	32	37
Portarlington Mussels	6	13	9	13	0	1	10	-	-	-	-
Powerpoints	156	166	164	154	141	125	130	105	118	105	94
*Ringwood Water Rats	0	0	0	0	0	0	0	0	14	14	19
*Rosebud Ranas	0	0	0	0	0	0	0	0	2	4	6
*Sale SADAST	0	0	5	14	12	17	21	23	17	17	20
Silver Sharks Masters	7	9	10	11	13	10	11	14	15	14	13
Surrey Park Seahorses	35	35	33	36	36	37	33	32	32	33	31
Swimland	9	3	-	-	-	-	-	-	-	-	-
Victorian Masters	20	10	15	9	5	2	5	1	-	-	-
*Wangaratta AUSSI	0	0	0	0	0	6	10	11	12	12	19
Warrnambool Whales	70	53	66	60	61	65	69	69	79	80	72
Western Alligators	46	39	41	30	38	36	32	25	25	26	24
Wimmera Masters	4	10	13	5	2	-	-	-	-	-	-
Yarra Plenty	9	-	-	-	-	-	-	-	-	-	-
Yarra Roughies	25	17	17	23	13	18	23	29	35	30	32
<b>Total</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>	<b>977</b>

\*Club no longer affiliated with MSA

# FINANCE REPORT

Welcome to the 31 December 2015 Finance report for Masters Swimming Victoria.

The 2014-15 audit was again conducted by Crowe Horwath (Tasmania).

MSA continue to service MSV and the administration fee is annually adjusted using CPI.

Thank you to Jim Milne for his previous work in this role and to Archer Talbot and the board for all their work.

The AGM in August 2014 accepted a new Constitution that changed the MSV year end from a financial reporting year (30 June) to a calendar year 31 December 2015. The 31 December 2015 report is for eighteen months. The comparatives at 30 June 2014 are for twelve months.

## **Income**

The membership has increased as follows:

Member growth	2013 – 1015
	2014 - 1176
	2015 - 1219

The Victorian State Government provided sponsorship funding in July 2015 of \$13,500. This was for pool hire for the hosting of the 2016 Australian Masters Swimming titles in April 2016.

Training courses planned by our marketing / sports development officer, Sally Cuming showed a pleasing increase in income and improved services to the members.

The Swim Meet Committee planned the year out very well and always considered cost savings, meet standards and member benefits to achieve the best result. There was an increase of participation at Championship events – covering costs of facility hire.

The Swim Meet Committee adopted Club Assistant for the entry system for 2016 Australian titles and we will now use this system for all State and Club events. An ANZ merchant facility was set up to facilitate this system.

## **Expenditure**

The employment of the Sports Development Officer was for one day a week until later in the year. MSV now pays a similar fee to Swimming Victoria for the same service.

Swim meet expenses reduced due to careful planning by the Swim meet and Management Committee.

## **Balance Sheet**

MSV has increased cash and bank reserves in this period. We also purchased a new timing system for \$14K.

The total equity increased by \$6,630.

2016 will be a busy year with the Australian titles and all the normal State events. The work load and dedication from Paul Watmough and his event sub - committee has been amazing to witness. Their efforts for MSV should see a great year for 2016.

# ADMINISTRATION REPORT

## **Administration**

Masters Swimming Australia has continued to service Masters Swimming Victoria throughout 2014 / 15. There have been a few changes of personnel over the eighteen month period. Emma Evans resigned and relocated to the country in January 2015. She was replaced by Rachael Minton, who was with us until November 2015 and then Gerard Russell joined us as the Bookkeeper and Jane Barnes took over all the administration tasks.

## **Membership**

Membership of Masters Swimming Victoria has increased over the 2014/2015 period. In the 2014 calendar year, 1176 were registered with first claim clubs and in 2015, 1219 registered. The number of affiliated Clubs grew to 31 by the end of 2015. MSV welcomed one new club, Yarra Plenty Swim Club a 'one club' (a combined Swimming Victoria and Masters Swimming Victoria club).

On a sad note, following the passing of Life Member and Silver Sharks member Bruce Ripper, the Sharks decided not to re-affiliate in 2016. They announced this at the end of 2015.

## **Sport Development**

The Sport Development Officer, Sal Cuming has made a terrific difference in the retention and attracting of new members to MSV. The introduction of new programs and partnerships has been well received by Clubs and members alike. They have included - Swim Into Spring, Psyche Me In, the Cousins' Great Victorian Swim Series Open Water Club Championships, Vicentre Masterclasses, 100 x 100's, the OWS training sessions in Elwood and Funky Trunks and Aqua Shops Gift Vouchers and awards.

Sal has travelled to country and metro Clubs and joined training sessions, allowing her to get to know the members and find out what they want from MSV. She has also improved the links and sharing of information between Swimming Victoria and MSV which has increased the interest from SV Clubs to become One Clubs and encourage their older members to swim with Masters.

## **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 2015 MSV has 651 followers on Facebook, over double the followers in June 2014. As we continue to develop our social media resources we encourage our audience to continue their support by sharing their stories and photos. A special mention to Jane Barnes who did a tremendous job with our social media posts throughout this period.

## **Monthly e-news**

'On the Blocks' monthly e-newsletter continues to be well received by clubs and members. Based on the statistics we receive, the most popular items continue to be club updates, 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 Masters Swimming Victoria 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 continue as an Ambassador of MSV for the eighteen months and welcomed Chloe McCardel as OWS Ambassador in September 2015.

## **In Conclusion**

MSV have had a very successful eighteen months and have been very busy. 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 Meets.

## CLUB REPORTS





## BRUNSWICK

### **Membership**

The Brunswick Belugas have successfully managed our first 12 months as a masters club. From our initial 11 founding members we've grown to 25 members as at the end of 2015.

### **Competition**

Most of us are still new to competitive swimming but we're enjoying it very much. As such, we're working our way all the Short Course and Long Course Meet permutations, each of us finding our own pet events.

A big highlight for the year was the Belugas first national record which was at the MSV Relay Carnival in September. Congratulations were well deserved to our 4 x 200m Free (200–239 age category) team consisting of Craig Humann, Raoul Mulder, Anthony Ferguson and Mike Whitburn.

In another first for the club, Vito Muré and Anthony Ferguson were our first interstate representatives when they popped down to Hobart to swim the 800m Free in the National Short Course Championships.

### **Open Water**

Very much the open water club, over the past year we had a number of podium finishes from Sue Cox, Tracy Cameron, Jaye Dowling and Anthony Purcell. We generally get a good turnout to most of the events over the summer. What started as the solitary member taking a no wetsuit policy for open water swims, a few people have chosen to occasionally join me and forego wetsuits for their open water events.

### **Social**

The gods smiled on the Belugas this year and provided a spectacular day for our Annual Winter Pier to Pub at Lorne. Again, not to disappoint, Anthony went sans wetsuit and a lunch was enjoyed after the swim.

Our post-training breakfasts continued throughout the year. Coffee after most training mornings during the week and breakfast after our Saturday morning sessions. Our Awards Night was great fun, held at our usual coffee haunt, enjoyed by members and their partners. This year we had a new event, our own Big Day Out. In early November we took ourselves off down the west coast for a three swim day organised by our coach, Kerry O'Shea.

**Paul Turner**  
**Secretary**



## CASEY SEALS

The 2015 AGM for the Casey Seals saw a change of guard on the committee:

Mal Winder stepped down as President after 4 successful years in the role; Peter & Ebony Ebenwaldner stood down after over 8 great years on the committee; and there were 3 new faces, including Ollie Hutt as the new President.

Also at the AGM, Jan Gooley was awarded Life Membership of the club after 15 years continuous service on the committee. This topped off her Russian adventure where she represented the Seals at the 2015 FINA World Masters in Kazan. Jan came away with no coloured bling, but 5 top ten medals of the 5 events entered.

The 2015 Casey Seals Splash unfortunately had to be cancelled due to some confusion over sanctioned events, but we're working with MSV administration to lock in the 2016 Splash as a warm-up event before the MSV Short Course.

The Casey Seals Open Water Calendar continues its popularity as the top source of info for the Victorian swims. This season we added an open water training section, which we will develop over the coming years.

A number of Seals were active in the MSV Swim Into Spring swim clinics and programs leading into the summer open water season. The feedback from them was that the programs were very valuable in stroke and race development, which supplements our training program.

We continued our open water activity through the season, with a number of our members enjoying their first open water swims. Our much coveted Open Water Award has been dominated for several years by Ebony Ebenwaldner & Sarah Byron, but it's now got a new name on it. Aurel Wachter had a fantastic 2014/15 season to take out the award and has continued his great form through this season too.

We had a new coach start in February: Sean Chaplin took over Wednesday nights from Jen Veres. Sean is studying sports science at Deakin Uni and is enjoying applying the theory to the real world. It's great having the variety with different programs and approaches.



## DONCASTER DOLPHINS

The 2015 – 2016 was an eventful year for Doncaster Dolphins. We had members participating all over the world this past year at numerous events. As usual our members performed exceptionally well both in the pool and the open water.

### **Membership**

VDC maintained a strong membership base during 2015 with a slight drop at the beginning of 2016. Our members continue to have a wide selection of training sessions to choose from with 13 available sessions per week. This is made possible not only with our own coaching staff but also through our strong connection with YMCA Aquarena staff who offer additional training sessions.

### **Swim Meets**

This year we have been very successful both in and out of the pool. Our results in local, country, State, National, and World Masters Championships were very pleasing and a reflection on the dedication of our swimmers and the great work done by our coaches. We gained a couple of World Records (Dorothy Dickey 800m Free twice), and a number of branch and National records throughout the year.

We performed exceptionally well in the Open Water season with over 30 members doing one or more of the OWS events and great results in the Vic Series.

We had members representing us at various Open Water events across the globe including Samoa, and Barbados.

### **Other Highlights of The Year**

Once again we held our popular Swim for Life program that was greatly supported by our members who volunteered their time. This program not only promotes a healthy lifestyle for all but provides VDC greater recognition in the community of Doncaster and surrounding areas. This year we had very generous support from the Bendigo Bank.

Doncaster Dolphins also held a 100x100's event which had 38 swimmers participate and 17 swimmers completed the entire 100x100's. This was a great event and many members are already talking about doing it again.

Joshua Fairfax  
President





## FRANKSTON PENINSULA

The Club has continued to benefit from the relocation to Peninsula Aquatic Recreation Centre. Relationships with PARC management have been consolidated through regular consultation and the development of a new arrangement to cover lane hire for our training sessions. The upshot of this is that the Club no longer has to collect member training fees for each session and no money transfer is involved for our lane use, a considerable reduction in the demands placed on the Club Treasurer.

Since we use both Long-course and Short-course pool setups each week, the coaches have been working towards a set of programs for each pool arrangement. These have been laminated so that they can be freely used on pool deck without being damaged and also serve as a backup if our coaches happen to be called to other duties on our training nights.

Sharing the pool with the public during training sessions continues to provide the Club with much greater exposure than we have enjoyed in previous years, and the A-frame banner has been a constant presence on pool deck to advertise our presence. This has led to a regular flow of enquiries about the Club's activities and provided a number of new members. Holding on to the members for extended years is, however, a problem that seems to have no ready solution. Club membership by the end of the year has been relatively constant but the make-up of that membership is always changing.

Fortunately the Club has a core of members who have committed themselves to maintaining its existence and a number of these have formed the core of the Club committee for many years. The AGM therefore resulted in the status quo being maintained for yet another term. Hopefully some newer members will volunteer to step into the breach in the not-too-distant future. At the AGM, Lois Dennington, who has been with the Club since its early years, was elected to Life Membership.

The State Short Course again saw a relatively small contingent of participants but with pleasing results collectively. Participation in other competitions during the second half of the year was low.

Having recognised the need to provide for more out of pool activities, the committee organised a number of social events, including an open home night, an hotel dinner night and ended the year again with the popular barefoot bowls and BBQ night. The last event was also used as the occasion to present the Peter Daniel Award, for most regular attendance at training, to a relative newcomer, Johnny Butler.

The final night of training saw committee member Laurence Westcott take out the annual Gavin Hamilton Skins competition. This award, and the associated purse, was presented at an enjoyable social gathering afterwards at a local restaurant.



## GEELONG CATFISH

The Geelong Catfish continue to train at Waterworld on Tuesday and Thursday evenings at 7.00 to 8.00pm under the excellent coaching of Aileen and Rob.

Our members although small in number have had great success in the competitions this year. We have been delighted that Lynette Newman, despite having moved to Bairnsdale, still swims as a Catfish.

Swimmers were represented at the Malvern Interclub where Margot, Annette and John were medallists. In March Margot and Chris swam in a meet in Geelong to raise money for Special Olympics. They enjoyed this very much and recommended more of us take part next time this is run. The Short Course was a great effort for Catfish as they collected 9 medals – well done.



John Lidstone, Christine Porter, Lynette Newman and Margot Milne  
at the Short Course Championships

John and Lynette swam in Hobart and described it as a very friendly meet. Only Margot, John and Lynette swam in the Long Course.

Many of us have become avid supporters of the Open Water swims, a hardy group have swum right through the winter on Saturday and Sunday morning at Cosy Corner. This paid off with very good results over all the swims. Our star was John Lidstone with several placings.

Although this is a very small club there is great support for each other and also encouragement to any new swimmers who want to start swimming in the ocean. We finished our year with our AGM followed by a lovely BBQ at the home Margot and Roger Milne.

The executive committee for 2016:-

President - Margot Milne  
Secretary - Christine Porter  
Treasurer - John Lidstone

Lit Belcher President.



## GIPPSLAND FLIPPERS

The latter half of 2014 and the year following included a lot of changes and some records for our Club.

Changes occurred in our coaching set up, increasing with a session of purely technical tuition which was highly praised and appreciated by those attending. It also attracted some members of the public who were impressed with the standard.

That helped us achieve a record membership count of 19 for the 2014 year. We were able to conduct our normal Sunday Club swim, (although due to the heating of the Newborough Pool to Hydrotherapy temperatures of 32.5degC, we were forced to change venues to Morwell), our weekly evening aerobic session at Churchill Pool, the weekly technical session at Newborough each Friday afternoon and a once-a-month coached Brunch swim at Morwell. Pretty impressive for a small country club, we think!

Towards the end of 2014, we had a change in the Executive Committee, when our Treasurer stepped down, and a new Treasurer temporarily took over until elected at the 2015 AGM.

When coaches of some of the above sessions decided to move onto bigger commitments, we were fortunate to have a pair of young, committed swimmers who had progressed through a local swim club and had been involved in coaching within this large club, agree to step into the coaching role for our club. They did a fantastic job of continuing our Churchill session and Brunch swim, for which we were very grateful.

Strangely enough, despite all this training, another unusual record was set when not one of our 12 members competed in 2015, a very rare occurrence! This was mainly due to health issues and injuries amongst our members, and some people travelling, but not to swim!

A very memorable event for our Club was the marriage of one of our active members, to her long-time partner in February, 2015. They chose to celebrate the event with a short cruise from Melbourne to Burnie, Tasmania, being wed in the Burnie Gardens amidst pelting rain, which added atmosphere and enjoyment to the whole celebration! And, of course, there were swimmers from other Masters clubs roaming around the same ship on a weekend away. . .let's face it, we're everywhere!!

Our new Club shirts, which we distributed to members in early 2014, have been a huge success. They are extremely bright and our members have received many positive comments from other clubs about our visibility and the design. In a group, our club makes a certain statement from any part of a swimming complex – you just can't miss us!!

We look forward to getting back into competition in early 2016.





## GLAMOURHEAD SHARKS

The Glamourhead Sharks had a very successful 2014-2015. 2014 finished with a great meet at Richmond pool in October. The Opening Ceremony in particular was spectacular with a stand-out performance by the dancers from Patrick Studios.

The inaugural Globe Awards also saw a club member, John Marriott, being awarded Sports Person of the Year. The club later renamed its own Club Team Spirit Award the John Marriott Award; sadly we lost John in his 80<sup>th</sup> year in 2015.

2015 kept the club busy. February saw the regular fund-raising effort by the Glams at the Fitzroy Mega Swim, as well as a big showing at the Marlins meet.

Good representation at the State Meets, saw some excellent performances by club members. We had one swimmer place in the Australian Swim series competition in their age group. 14 swimmers also had a very successful trip to Stockholm for the European Games swim meet. Plans are underway for future trips overseas.

The open water swimmers also had a good showing; and even more have swum for the club in the 2015 swim season.

Fund-raising through the year saw three major efforts at the Funky Trunks bbq; a Bunnings bbq; and a spectacular show organized by Paul Whelan. This has put the club in a good financial position to support club members into the future.

2015 also saw a change in coaching with the departure of long time head coach Anna, and a re-organization of the coaching team, now headed by Jason Buckner with 3 assistant coaches. Numbers at training remain very high, with often more than 30 swimmers attending Tuesday night sessions.

The club is looking forward to the future. 2016 will see the club's 15<sup>th</sup> anniversary celebrations, and hopefully, the biannual Glams swim meet in October.



# HEIDELBERG FLYERS

Heidelberg Flyers turned 21 in 2015. Old and new members partied hard in celebration! Through the year, Flyers' membership and training participation reached new records – no doubt because of the guidance provide by expert coach Michal Skrodzki.

## Summer swims

Heidelberg Flyers were prominent in summer Open Water swims including Point Lonsdale, Queenscliff, Lorne, Portsea, Sorrento and the Ferry swim. Steve Cronk led the way by winning the Victorian Swim Series Championship in a very competitive age group. Many other Flyers made the top ten for their age group and others joined with past members and friends to participate socially.

## Swimming camps

An intrepid relay team of Peter Houwen, David White, Peter Bakes and David Fraser flew the Flyers flag at the notorious Rottneest island swim. Their survival has inspired more Flyers to travel west for the 2016 race.



Flyers also headed south. Heather, Nick, Jane, Mark, Hugh, David, Peter B and Peter H. attended the Tasmania swimming camp where they discovered just how cold sub-Antarctic water can be.

## State Championships

An awesome attendance of Flyers competed at the Victorian State championships – with over half the membership entering at least one event. Steve Cronk excelled – breaking a national record and smashing two state records. Great medal winning swims were also made by David Gibson, Jackie, Hilda Hallinan, Peter Bakes, Anton, Aaron and Peter Houwen. More Flyers flew in the Relay Championships - with a baker's dozen of us bringing home another swag of medals, with Darius, Matt, Rich, Jacinta, Jackie, Mark, Shannon, Anton, Aaron and Barry joining others already mentioned.

## Other highlights

Thank you to Peter Houwen for getting our long-awaited website up and running. Flyers are now looking even better in their wonderful new swimwear designed by Aaron Williams. Most importantly, we have a wonderful group of swimmers who turn up each week to swim - for fitness, for competition or just because swimming is fun.

2015 was a highlight year for Heidelberg Flyers, and further increases in membership and greater participation makes 2016 look even better.



## HOPPERS CROSSING

By July 2014 our club was half way through a 2 year closure of our usual training venue and was training, year round, in the Werribee Outdoor Olympic Pool. Even in the middle of winter this was a remarkably popular training venue. It is not usually open in winter, but people-power essentially compelled council to open it for 20 hours/week throughout winter to enable the survival of several regional swimming clubs, including our own!

In September 2014 our new website – a page on the Hoppers Club site – went live.

During the summer of 2014/15 there was insufficient lane availability for our club to hire any lanes for our usual mid week evening training session. The keen amongst us valiantly attempted to hold club training sessions in public lanes, and sometimes succeeded (usually temperature dependent)!

When the new Aquapulse 50m Indoor pool complex finally re opened on 27th June 2015, most members were overwhelmingly disappointed. We had no storage area as previously, were not permitted to use white boards or advertise, had no access to 50m lanes during our scheduled training times and the cost of lane hire had doubled. The bells, whistles and alarms from the infants' fun pool made it almost impossible to hear coaches, but worst of all, for members wanting to train between 5-7am on weekday mornings there was only one lane available (training squads other than our own occupied 7 of the 8 x 50m lanes in the pool for those 2 hours). Nevertheless we have persevered and acclimatised.

With only 6 MSV members in 2014 and 7 in 2015 we still managed to field 1-4 competitors in each of the State Championships and Interclub meets throughout the reporting period, with the exception of Casey Seal's meet in August 2014.

Unfortunately, for the first time in at least 10 years we had no competitors in the National Championships held in Hobart April 2015.

Times have been challenging for the Hoppers Crossing Masters Swimming Club, but we're still here, and we're contemplating holding our next Interclub Swim Meet, if not in 2016, then maybe 2017. If only we could get Aquapulse to give us a quote for hiring the whole 50m pool or even commit to saying its possible in Sept 2016 we might give it a go!



## MALVERN MARLINS

### **Membership:**

At 31 December 2015, the Malvern Marlins total membership was 162 (including seven 2<sup>nd</sup> Claim members) between the ages of 25 and 97 years. We gained 18 new members and two transfers in, along with 135 re-registrations for the year.

### **Training:**

We continued to offer six coached training sessions and one Endurance swimming session each week. Our coaches are all volunteers from within the membership. In 2015 twenty members were involved in coaching. Patrick Devine continued to offer CPR updates to all club members.

### **Competition:**

- Our swimmers competed successfully in World, National, State and Interclub competitions, as well as Masters Games and Open Water Swims. Marlins won the 2015 Victorian Long Course, Short Course and LC Relay Championships
- In the 2015 Endurance 1000 competition we were the top point scoring club in Victoria with 8315 and were 9th nationally
- Thirty-four swimmers attended 2015 Nationals in Hobart. The club were runners up overall and for the fourth year in a row, won the 240-279 years Age Group Relay Trophy. We were also equal first in the 320+ age group. Bruce Allender received an MSA Service Award
- Six members attended the 16<sup>th</sup> FINA World Masters Championships in Kazan, Russia.
- Leigh Rodgers, Jan Jeffrey, Gerry Tucker, Pat Galvin and John Cocks all broke National Records during the year.
- Eight members broke State Records
- Jan Jeffrey, Leigh Rodgers, Patrick Galvin, Gerry Tucker, Peter Couttie, John Cocks, Nicky Kerr, Kirsten Cameron and 23 of our Relay teams were named in the 2015 FINA Masters World Top 10 Rankings
- Six Marlins won their age category in the MSA National Swim Series for 2015

### **Highlights of the Year:**

- Jan Jeffrey broke four World Records during the year and was a finalist in the 2015 Victorian Sport Awards Masters Category
- The Club was a short-listed Finalist in the Victorian Government Community Sports Awards
- Steve Bottomley was presented with the MSV's Coach of the Year Award from 2014
- Susie Kempson and John Marshall were awarded Honorary Life Membership of the club at our 25<sup>th</sup> Anniversary Annual Presentation Dinner in May 2015
- Our team at the 24 Hour MS Mega Swim raised \$8,270 and covered an amazing 72km, ranking us 5<sup>th</sup> overall for total distance swum. We were also proud to donate \$1500 to the Ardoch Youth Foundation and \$280 to 'Against Malaria'
- We successfully hosted our 23rd Annual Malvern Marlins Interclub in February 2015, with 123 entries
- Marlins achieved record breaking numbers at training in 2015 with 5626 swims recorded
- Social activities during the year included a trivia night, bike ride, movie and Christmas family BBQ

In the last six months we have had both highs and lows.

Head Coach Rob Tweddle, who has been responsible for much of our strong growth and great results in 2014/15, resigned in June and despite an international search have yet to find a replacement.

Fortunately our club continues to grow and flourish.

Thankfully, Alan Godfrey has stepped in to act as our morning Masters Coach in the interim and doing a sterling job. Rob Wilson has continued to develop our evening coaching programme but sadly has also had to step down due to family commitments and health issues.

Our regular pub nights started by Rob Wilson continue to be well supported and have morphed into once a month Thirsty Thursdays.

Our challenge as with most club, is to convert those simply swimming for fitness into swimmers keen to race and participate in our club and state offerings. In a bit of a reversal, we now have a number of masters swimming 'down' into Swimming Victoria Meets.

Our highlight in the last 6 months was definitely our Club Championships with a real "One Club" format of young and 'older' swimmers racing in age groups, many racing for the first time.

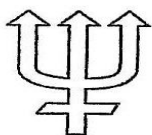
Our club presentation followed and this year we added some masters categories. Recipients for Encouragement Awards were Susie Crittenden, Garry Smith, Lyndall Metzke and Teck Kwang Choo. Nadine Jones won the Achievement Award for her World Record 50m Butterfly, with Jess Perkins awarded the Coaches Award.

Top Award for the year went to evergreen swimmer Michael Carp who is a great role model, one of the hardest trainers in the pool, contributes as a committee member and races alongside his daughters in Swimming Victoria Meets as well as Masters competitions. Passionate would be a great way to describe him.

We look forward to an enthusiastic contingent at Nationals in 2016.







## NORTH LODGE NEPTUNES

**JULY 2014 to DECEMBER 2015 at NORTH LODGE NEPTUNES was a time of enjoyment, success and disappointment.**

### **2014 NORTH LODGE PENTATHLON**

The 2014 North Lodge Pentathlon was held at Noble Park Aquatic Centre on a balmy November evening and 73 swimmers from 18 Clubs enjoyed swimming in the Outdoor Pool.

### **SPECIAL BIRTHDAYS**

2015 at North Lodge Neptunes started with four members having special birthdays. Peter Duggan and Andy Parker celebrated turning 50, Maggie Reynolds turned 70 and **CLARICE ARTIS** became **THE FIRST NORTH LODGE CENTENARIAN**.

**Clarice** was a member of the successful 'Golden Girls' 360 – 399 years age group Short Course and Long Course 4 x 50 meter Freestyle **World Records** set in 2013 and 2014, with Trudy Bullivant, Nancy Ayres and Hazel Gillbee.

### **2015 NATIONAL SWIM in HOBART**

Barb Brooks attended her 40th National Swim in Hobart and this achievement was acknowledged. On the Presentation Night Barb sat at the Official Table and was presented with an engraved Platter. Barb made the presentation to Winning Clubs and Male and Female Swimmers of the Meet.

North Lodge swimmers at the Nationals, Trudy Bullivant, Hazel Gillbee, Grace Day, Jan Kirton, Gloria Hardy and Barb swam well all winning Gold and many medals.

The **Medley Relay Team** of Trudy, Gloria, Jan and Hazel **smashed** the **320 – 360 years** 4 x 50 metre **National Record by 49.65 seconds**.

North Lodge was represented at the Short Course, Long Course and the Relay Championships.

### **40th ANNIVERSARY OF MASTERS SWIMMING AUSTRALIA**

North Lodge Neptune members celebrated the **40 th Anniversary of Masters Swimming Australia at our regular Bi monthly Luncheon** at Sandown Greyhounds Tabaret.

Barb Brooks was presented with her Masters Swimming Australia **Vorgee Ten Million Metres Award**. Barb has been counting metres she has swum since 1979 and she is the first Victorian to achieve this milestone.

### **30TH NORTH LODGE PENTATHLON**

Preparations for the 30th **North Lodge Pentathlon** to be held at Noble Park Aquatic Centre in November were well under way with excitement and anticipation. Just prior to Entry Closing Day, due to a very low entry response to make the meet viable, the Pentathlon had to be cancelled. This was done with very heavy hearts by the Committee.

# NORTHCOTE YABBIES

Yabbies is a small and relaxed Masters Swimming Club with 8 current members.

Our membership has been remarkably constant for more than 10 yrs. The emphasis now with most members beyond 50 yrs of age is on enjoyment and catching up with long term friends.

A big development in the last year has been that training has switched increasingly to a strong commitment to HIT-type work and hence maintaining a reasonable level of fitness.

All members have been competitive swimmers in the past, but none currently compete, apart from the odd event in ocean swims.

Regular social events add to friendships built up over many years.

Officers for 2016 are as follows:

- President – Jill Mitchell
- Secretary – Philip Beart
- Treasurer – Philomena Horsley
- Public Officer – Allison Smith
- Coach – Graham White

**Philip Beart**  
**Secretary**



## POWERPOINTS MASTERS

2015 was a quietly successful year for Powerpoints although the number of competitors from the club at major meets was lower than the previous year.

Thirty of our swimmers participated in 223 events and 21 relays at the Nationals in Hobart. Mark Thompson won top male swimmer of the meet with no one else coming close to his nine national records. Other national records were achieved by Wendy Tempels in 200 IM and Jennie Bucknell in 50 free. Many Pointers in a range of age groups won medals and many PBs were also achieved.

We had forty swimmers compete at the State Long Course and twenty-five swimmers at the State Short Course. Thirteen swimmers participated in the State Relay Carnival. Three Pointers travelled to the Australian Masters Games in Adelaide, getting gold for all their events, and three different Pointers also flew to Launceston to take part in Tassie's short course winter meet which was part of the MSA National series of swims. Pointers were strongly represented in the results of this series.

We had a record sixteen swimmers at the Marlins meet, the only interclub in Victoria in 2015.

Open water swimming is as popular as ever in 2015 with Pointers at virtually all open water swims and doing very well individually in the GVSS swim series. Powerpoints was the 2nd masters club overall for 2015-2016.

Lisandra de Carvalho swam Rottneest, Geoff Toogood had to stop with hypothermia just before he completed a crossing of the English Channel but he will try again in 2016. Four Pointers swam the Dardanelles, an event organised by the Turks to remember all who lost their lives in the Gallipoli campaign.

Lower numbers for competitions were reflected in lower numbers at training over the winter and we experimented with various changes to our training schedule to tempt swimmers back in the water. Successful negotiations with MSAC meant that we started to pay more realistic lane hire charges and by spring the number of people training started to rise. Our very successful coach of 8 years, Brenton Ford, who led us to 4 top club awards at Nationals, announced at the end of 2015 that he was branching out with his Effortless Swimming business.

Our net membership in 2015 had increased by 9% and we ended the year on a firm financial footing.



## SURREY PARK SEAHORSES

A busy and successful year for Surrey Park Seahorses.

We have maintained our membership numbers in the mid to high 30s with more perspective members showing interest.

Our members have successfully competed in both State Championships, the Nationals and the Australian Masters Games. We have also had swimmers represent us in all of the Postal Swims sanctioned by MSA. The Endurance 1000 continues to be a focus for the Seahorses. This saw us finishing 2<sup>nd</sup> in the state overall and achieving the highest points score per member.

On the innovation front we had four new projects: The expansion of the *Open Water* programme. We now offer 'classic' and 'endurance' categories for our internal competition. This sits alongside our new membership option which is solely for open water swimmers. Our members have competed throughout the state, in the ACT, Samoa and the Dardanelles with a number of podium finishes.

The inaugural *Christmas Handicap* provided some spectacular racing (due in no small part to the handicapper) across an elimination style format.

We have undertaken to revive the *Baddaginnie Animal (Postal) Swim* – something those of us who have been around for a while remember fondly. The founder of the original event spent her final competitive years as a Seahorse.

We have also entered the realm of social media with our own *Facebook* page.

Add to this our formal and informal social gatherings and you have one happy, diverse and vibrant Masters Swimming Club.



## WESTERN ALLIGATORS

In 2015, Western Alligators membership remained constant at 46 members. This is a great result considering in 2012 we only had 31 members. We experienced large attendance numbers at the start of the year and lane overcrowding became a concern. As a result, we initiated two extra early morning training sessions.

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.

In August, members of the Western Alligators together with Altona Swimming Club members organised a second swim4causes fundraising event. This year we raised \$10,000 for Luke Ogden, son of swimmer John Ogden, who has a rare progressive degenerative disease, in order for him to have his bathroom specially renovated; and two Special Olympic Athletes, Jamie-Lee Getson and Ben Morrison, who we provided assistance to so they could represent Australia in the Global Games in Ecuador.

This day again was a huge success. The community support was fantastic and the funds raised were overwhelming. We look forward to making this event a permanent fixture in our annual calendar.

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



## YARRA ROUGHIES

After a number of years of sustained effort by the Committee, it is gratifying to see that membership numbers are increasing. At the end of 2015, we had 25 swimmers registered which is a good increase on the previous two years.

Our combined Christmas Party, Annual General Meeting and Award Presentation function was held in November 2015.

- **AGM:** Brad Clarke was elected as President, Sarah James as Vice President and Registrar, Jim Milne as Treasurer. Brad Reynolds, Sarah Wapling, Thom Jackson and Toby Lawrenson are also on the committee while Katie Leach did not stand for re-election due to family commitments.
- **Awards:** The following awards were presented:
  - Club Champion – Sarah James
  - Most Improved – Toby Lawrenson
  - Rookie of the Year - Adrian Buman
- **Bathers:** The Club's spectacular new swimming costumes were launched with options for colourful and black.

Despite being one of the smaller clubs, swimmers from Yarra Roughies have accomplished quite a lot during the year. We have competed at every Masters Swim Meet held in Victoria during 2015 winning a number of events including State Championships. Additionally, a small band of 2 swimmers crossed Bass Strait to compete in the National Swim in Hobart. With the increase in member numbers, it was very pleasing to be able to enter 12 teams in the MSV Relay Championships meet with the added bonus that a number of these teams were successful.

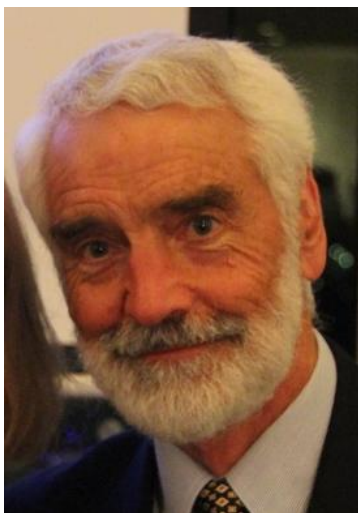
Some additional highlights of the year included:

- **Appointment of Club Coach** – The very talented and enthusiastic Thom Jackson was appointed as Yarra Roughies Coach. Thom is one of the Yarra Leisure coaches at Fitzroy Pool and has been teaching and coaching swimmer for over 10 years.
- **FINA World Masters Top 10** - Congratulations to Sarah James for making the FINA 2015 world top 10 in 4 breaststroke events for her age group. It is the 9<sup>th</sup> year that Sarah has placed in the top 10 for her age group.
  - Long Course: 1<sup>st</sup> in 50m and 7<sup>th</sup> in 100m.
  - Short Course: 5<sup>th</sup> place in the 50m and 9<sup>th</sup> in the 100m.
  - In addition, Sarah is ranked 7<sup>th</sup> on the All Time (1986-2015) Top 10 Ranking in the Long Course Women 40-44 50m Breaststroke.

Jim Milne

## 2015 OFFICIAL OF THE YEAR - JOHN MARSHALL

Since handing over the reins as State Technical Director at the end of 2014, John Marshall has continued to support and assist Neil Mitchell, in this role, as required throughout 2015.



John, who is a member of the Malvern Marlins MSC, has remained actively involved in the technical aspect of Masters Swimming. In 2015 he has again proved his dedication and responsibility to the practical side of officiating, by continuing to volunteer on the pool deck.

It is here that he is quietly available as a resource and is able to educate and answer questions from less experienced officials.

In 2015 John has ensured that he is up to date with FINA swimming rule changes and their interpretation and demonstrates this during competition meets, lending support to other officials.

John's contributions as a Technical Official are highly regarded and he remains well respected amongst his peers:

"He is organised, punctual, pleasant and dedicated" Deryn Thomas (MSV Official of the Year 2007 and 2009, National Official of the Year 2009)

He is willing to share the knowledge and experience he has gained over the past 15 years, as evidenced by his attendance at the 'MSV Officials Forum' held 14 November 2015 at Docklands.

John's continued professionalism sets a great example to all technical officials.

The Malvern Marlins are proud of the contribution that John has continued to make to the development of Technical Officials in 2015 and his willingness to volunteer his time and expertise at Swim Meets.

## 2015 COACH OF THE YEAR – ALAN GODFREY

Alan was nominated for the 2015 Coach of the Year award by Nunawading Orcas (VNA) where he has been the sole coach since 2013. He has been a member of Masters Swimming from 1982 – 1990 and then a continuous member of MSA from 2004 until present day. He is also an active member of the Glamourheads Club.



Alan coaches at Nunawading four Hours per week over three nights and out of the 49 registered members, a regular squad of 20 enthusiastic swimmers attend most sessions.

The swimming abilities of the squad members vary enormously. There are swimmers who find it difficult to swim a set of 50m Freestyle on the 1'30", to those who are swimming 100m Freestyle on the same interval.

Ages range from swimmers in their 20s, to over 70 years old. There are also 3 special ability swimmers; one swimmer recovering from a stroke; others with various injuries all mixed in the squad as regular swimmers.

Few members are competing in swim meets, though State Meets including the Relay Meet are target meets for VNA. The majority of members are actively swimming in open water events and doing very well.

Special targets in 2015 have been long distance swims with 3 swimmers aiming to swim the Rottneest Channel in February 2016 [1 solo and a duo].

Alan is a registered technical official and has helped officiate at meets. He is an active participant on the Orcas Board and the VNA Club Delegate.



## 2015 NATIONAL TROPHY WINNERS

### **Congratulations to the following MSV Clubs who won awards at the 2015 MSA National Championships in Hobart.**

Runner - up Trophy	Malvern Marlins (VMV)
Visitors Trophy	Powerpoints (VPP)
Vorgee Male Swimmer of the Meet	Mark Thompson (VPP)
Age group Relay Trophy 120 – 159 years	Powerpoints (VPP)
Age group Relay Trophy 160 – 199 years	Powerpoints (VPP)
Age group Relay Trophy 240 – 279 years	Malvern Marlins (VMV)
Age group Relay Trophy 280 – 319 years	Doncaster Dolphins (VDC)
Age group Relay Trophy 320 – 359 years	Malvern Marlins (VMV) & North Lodge Neptunes (VNL)
10 year Conspicuous Award	Frank Braun (VPP)
5 year Meritorious Award	Bruce Allender (VMV)

### **2015 Vorgee Million Metre Awards**

Ten Million	Barbara Brooks (VNL)
Two Million	Peter Lord (VSP)

### **2015 MSA Masters Swim Series Age group Winners**

25-29	Emma Pendlebury (VPP) & Brenton Ford (VPP)
35 – 39	Todd Patrick (VGS)
40 – 44	Nicky Kerr (VMV) & Archer Talbot (VPP)
45 – 49	Mark Thompson (VPP)
50 – 54	Daphne Briggs (VMV)
55 – 59	Dee Sheffrin (VDC)
60 – 64	Leigh Rodgers (VMV)
65 – 69	Don Taylor (VMV)
75 – 79	John Cocks (VMV)
80 – 84	Patrick Galvin (VMV)
85 – 89	Dorothy Dickey (VDC)

### **2014 / 15 Open Water Swimming**

The 2014 / 15 open water season was a great success with MSV and Cousins Tours and Travel again joining together for the Great Victorian Swim Series. The winner was announced at the Presentation Function at the conclusion of the season:

### **2015 Great Victorian Swim Series**

**Champions – Boroughcouths Masters** - average 106 pts

**2nd Place** - Doncaster Dolphins - average 105 pts

**3rd Place** - Powerpoints - average 79 pts

**4th Place** - Malvern Marlins - average 68 pts

## 2015 / 16 Open Water Swimming

### 2016 Great Victorian Swim Series

**Champions – Boroughcouthas Masters – average 17.34**

2nd Place – Powerpoints – average 17.19

3rd Place - Doncaster Dolphins– average 16.82

4th place - Malvern Marlins – average 16.13

5th place - MH2O – average 15.31



Members of the Boroughcouthas Masters receiving their Trophy at the Presentation Function



North Lodge and Melbourne H2O at the Hobart National Championships

## SPECIAL ACHIEVEMENT



### Janette Jeffrey's Amazing Year 2015

Janette is a member of the Malvern Marlins Masters Swimming Club and she broke four Breaststroke World Records in the Women's 65-69 year age group during 2015. Three of these records had stood since 2010.

Her first two records were set here in Victoria at MSAC:

- 17 May 2015 MSAC 200m Breaststroke LC 3:21.61 (taking 3.18sec off previous record)
- 18 July 2015 MSAC 200m Breaststroke SC 3:10.75 (taking 4.14sec off previous record)

The second two were achieved whilst competing at the 16<sup>th</sup> FINA World Masters Championships in Kazan, Russia in August 2015

- 11 August 2015 Kazan 100m Breaststroke LC 1:32.66 (0.57sec off previous record)
- 15 August 2015 Kazan 200m Breaststroke LC 3:21.27 (rebroke her own record)

Jan also currently holds 13 National and 48 State records. Her 400m Backstroke record set in the 45-49 year age group back in 1999, still stands.

She is also an enthusiastic and accomplished open water swimmer having won every event she competed in over the 2014-15 season.

Jan is coached by her sister Bev Tate and she in turn regularly coaches the Malvern Marlins Tuesday morning training sessions.

Then to top her year off, Swimming World Magazine announced its Top 12 World Masters Swimmers of the Year for 2015 and Jan was included in the company of: Charlotte Davis, USA (65-69); Jill Hernandez, USA (55-59); Cecilia McCtoskeg USA (65-69); Christel Schutz, GER (75-79); Laura Val, USA (60-69); Shoko Yonezawa, JPN (80-84). Marie Therese Fuzzati, FRA (50-54); Emma Gage, GBR (25-29); Heidi George, USA (35-39); Janette Jeffrey AUS (65-69); Sanderina Kruger, RSA (65-69); Margit Ohlsson, SWE (70-74).



Masters Swimming Victoria  
Level 2 Sports House, 375 Albert Road, Albert Park VIC 3206  
t: +61 3 9682 5666

e: [admin@masterswimming.com.au](mailto:admin@masterswimming.com.au)  
w: [www.mastersswimmingvic.com.au](http://www.mastersswimmingvic.com.au)

