

August 2016

MASTERS SWIMMING QUEENSLAND

Swimmers News



Margaret Cunningham—International Hall of Fame

Margaret Cunningham, from the North Mackay Sinkers and a former Whitsunday member, has been honoured by the International Masters Swimming Hall of Fame.



FORT LAUDERDALE – The International Masters Swimming Hall of Fame (IMSHOF) is proud to announce the 2016 class of inductees. The group of eight outstanding individuals and organisations will be inducted at the annual ceremony to be held on Friday evening, September 23rd, 2016, at the Hyatt Regency Hotel in downtown Atlanta, GA, in conjunction with the 2016 United States Aquatic Sports XXXVII Convention. The prestigious IMSHOF class of 2016 includes four swimmers, one diver, one synchronized swimmer, one water polo club and one contributor, from three different countries: the USA, Australia and France.

Since 1986, Margaret has been in the Top Ten for a total of 23 times. She has set 14 long course and 20 short course FINA Masters World Records, mostly in the freestyle and individual medley. She has competed in 4 FINA World Championships since 1990 winning 10 gold, 5 silver and 3 bronze medals.

On behalf of everyone in MSQ, we congratulate Margaret on this wonderful achievement.

NOTE:

Margaret’s family is compiling a more detailed biography for the MSQ website and next newsletter.

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STARTING SOON

SWIM INTO SPRING

Trisome Games—Florence, Italy

Information to be sent to clubs soon

Members of the Nudgee College Masters Swim Club recently returned from the **Down Syndrome Swimming Championships.**

Colin Marks: Medal tally:

3 gold 800, 400 free, 100 fly;

2 silver 200 free by .06 hundredths, 100 free;

3 bronze 100 breast, 50 fly, 200 IM;

2 WRs, 14 PBs (from 8 swims, 11 PBs in the heats then the finals)

4 gold for 4x50 free, 4x50 medley, 4x100 free and 4x100 medley relays,

The final tally: 7 gold, 2 silver, 3 bronze, 2WRs and 10 PBs.



Matthew Walker won 1 gold for the 800 Free and a Bronze for the 200 Free. Tiffany Smith and Ross Hughes had placings in their heats, but

didn’t qualify for the finals. We all commend the team on their wonderful achievements.

Congratulations to the team from Nudgee and we look forward to seeing them at our meets.

English Channel Relay Swim by Grant Hoskins

On 13th July 2016, four Queensland masters' swimmers, Grant Hoskins, David Fielding, Rachael Keogh and Simon Smale successfully swam the 34km from England to France as a relay team called *Terra Australis*. Our boat was called *Anastasia* with pilot Eddie Spelling.

While the swim is yet to be ratified, the time of 8 hours 34 mins is the fastest time of the season and could be a fastest swim by an Australian Relay team (any size), and a possible world record for the fastest 4 person relay team, noting that online databases may not be complete.

We arrived in Dover a week before our swim window, which was on a 'neap tide' with a 9 days duration. The weather in the Channel was not good, and we were on standby for several days waiting for a clear break in the weather. We got confirmation of the swim only 6 hours beforehand, so it was a sleepless night for most.

We arrived at the boat just after 4am, knowing that a storm front had just moved from England towards France. There were some robust discussions with the pilot, as the sea state was quite choppy and less than ideal. The pilot reviewed the latest weather charts and indicated that we are strong swimmers and we should go for it. It seemed like a gamble given that the weather could have turned really nasty, and only one other boat dared to swim that day and they turned around after 3 hours. All other boats stayed in the harbour.

Our pilot headed out of Dover harbour after 5am towards Samphire Hoe (a rocky English beach) which was a short trip away. From there, the first swimmer, Grant Hoskins had to dive in the cold water (15 degrees) to swim 300m to shore.

The swim started as Grant re-entered the water at 6:04am. Each swimmer was to swim for an hour then the next swimmer would get into the water. The next swimmer was David then Rachael and last in was Simon.

The rules state we could only wear textile swimmers and one swim-cap with no wetsuits allowed.

After the first few swims it became apparent that we were on a fast pace and we soon realised that the weather was helping us across as we battled the 1m-2m swells that made swimming difficult at times. We all swam on the left hand side of the boat for protection from the conditions and stayed about 4m to the side.

It was amazing to see the large container ships and ferries go past and our pilot did a great job of avoiding them. During the swim, we saw quite a few large jellyfish go past, but they were below us as we swam and luckily no stings except for poor Rachael on her foot. After we crossed the separation zone (middle of the channel), there was floating debris to avoid in the water.

Everyone on the team did exceptional swims as they dug in to battle the conditions of choppy water to swim hard, while dealing with personal fears of swimming in the ocean with no shark cage, jellyfish, and 15 degree cold water.

We were about 6km off shore when the pilot told Grant (the next swimmer) that he would land in France, and the request for a sandy beach landing was denied.

Apparently we were on a fast time and that meant going for the rocks at Cap Gris Nez (shortest distance) rather than a sandy beach which would involve swimming for at least another hour. As it was still daylight, the pilot allowed the other team members to also get in the water behind the current swimmer as they made their way into France.

It was now time to pop the champagne and celebrate a successful crossing. We could not have done this without our support crew, John Sim and Nicki Hansford. Their support and assistance was invaluable and contributed to the overall success of the swim.



We also have to acknowledge our pilot, Eddie Spelling who navigated a near perfect course. Quote of the day came from Eddie who said "He who hesitates is lost".



This was a long journey, but immensely rewarding for all. We all bought into the dream and believed in ourselves to succeed.



Congratulations to David, Rachael, Grant and Simon on a tremendous achievement!



MAJOR EVENTS 2016 AND 2017



The swimming events start on Friday, 4 Nov and finish on Sunday, 6 November.

Every day starts with a 7.30am warm-up before the competition starts at 8.30am.

Everything you need to know about the competition is on the MSQ website: <http://www.mastersswimmingqld.org.au/Competition/Pan-Pacific-Masters-Games>

Early Bird entries close on 31 August before the Swimming entries finally close on 14 October.

MSQ will be hosting the National Championships in 2017 and this will be combined with the Qld State Championships.

The venue is at the Gold Coast Aquatic Centre In Southport.

The dates are Wednesday 8–Saturday 11 March 2017

The venue is the same as for the PPMG.

We would love your support in entering for this major meet on the MSA calendar and for those of you who may not wish to compete, we hope you support us as a volunteer. Contact Rachael if you can help in any way.



Meet Convenor: Rachael Keogh - Email: convenor2017@mastersswimmingqld.org.au

DAY 1 – Wednesday 8 March	DAY 2 – Thursday 9 March	DAY 3 – Friday 10 March	DAY 4 – Saturday 11 March
200m Butterfly 50m Breaststroke 4 x 50m Mixed Freestyle Relay 50m Backstroke 800m Freestyle	400m Individual Medley 100m Freestyle 200m Backstroke 100m Butterfly 4 x 50m Mixed Medley Relay	100m Backstroke 50m Butterfly 400m Freestyle 200m Breaststroke 4 x 50m Women's Med- ley Relay 4 x 50m Men's Medley Relay	200m Individual Medley 50m Freestyle 100m Breaststroke 200m Freestyle 4 x 50 Women's Freestyle Relay 4 x 50 Men's Freestyle Relay

Support Diabetes Old on the 12 November 2016 or choose any other day to swim as a club in a 10km swim-a-thon.

Your club registers with Diabetes Old and they will set up a fundraising page for your club.

Check the MSQ page for more information:

[Diabetes Old 10km Challenge](#)



Around the Clubs

OCN—Whilst **Muddies** members have been enjoying a 'winter' break from training, Sunday morning sessions have continued at Gordonvale pool – a great opportunity to stay in touch and enjoy tea and cakes after the swim. Some members participated in various legs of Cairns Ironman and all enjoyed the ambience of the event. The club held a successful sausage sizzle at Bunnings in July to boost club funds. A Muddies' contingent attended a 'grant writing' workshop which was very worthwhile and will stand the club in good stead for the future.

Members have participated in the Bunbury and also Redlands Bayside postal swims with a few members attending the fun Atherton's Winter Warmer meet.

In the light of the recent memo from MSA regarding risks whilst training, the committee has decided to purchase extra insurance cover for the club's coaches and to reassess the risk management plan. Muddies recently received a donation from two social members to enable the club to purchase a 'Jason's Cradle' which will enable an injured/unconscious swimmer to be removed from the water extremely quickly and by one person if necessary. This will be an invaluable asset for OW swims for which the club is most grateful.

Muddies resumes full training at Woree Pool on 6th Sept with the AGM on 20th Sept 2016.

QBR - Barbarians, MSQ's virtual club welcomes new member, **Michael Stevenson**. At present Michael shares his time between Townsville in North Queensland and Mali in West Africa. He has coached at many levels including coaching Cherie Legge from the Gulf community of Normanton to State (QLD) honours in the Masters swimming World and coaching the first primary school swimmer to qualify for State competition. Mali is land locked so swimming is a fascination and a fear for 99% of the population. Michael expresses his aspirations now that he has entered the swimming world again.

"What I want to continue to do, is selfishly indulge in the sheer enjoyment a child expresses when they finally have no fear of water, or they achieve the swimming action that has been so hard in the past. So now I wish to take on the challenge of swimming to set several goals for myself, hence the joining the Masters Club Barbarians. I hope to be able to qualify for several meets in places a little closer to Africa as well as meeting a different sporting world of people in Queensland and the rest of Australia."

QBR now has its own website via the MSQ site.



QTW—Toowoomba

Tadpoles have 63 members registered so far this year and they have regular enquiries through Facebook, by email and phone.

A team of five attended the very popular Albany Creek swim meet. It was a great day and they brought home a couple of medals and PBs. Four of their more experienced members (all women) attended the National Championships in Melbourne in April. From all accounts, they "had a ball" and brought home 13 medals in total. They continue to be an inspiration to the younger swimmers. Ann Todd set a National record for the 400 backstroke at 90 years of age!

Team Tadpoles walked in Queens Park all night carrying a noodle baton in the Relay for Life in May. It was a fun event and a total of approx. \$1400 was raised for the Cancer Council.

A Grey Medallion training was held for members as well as older adults in the general public to improve their awareness on dealing with water safety issues. All participants were successful in being awarded a certificate and badge.

One swimmer attended the Rum City swim meet and enjoyed the event. Another member swam in the Southside meet and is encouraging others to attend the event next year.

Our monthly BBQ breakfast after swimming continues and the club members celebrated some milestone birthdays- Ann Todd's 90th and Bill Waterhouse's 60th.

A winery trip to Stanthorpe was held again this year and members had a fun day out with some great food and wine tasting and many photos and tales to tell.

The committee is currently preparing for our swim meet on 3rd September and through it all, the club continues to demonstrate the motto- fun, fitness and friendship.

QSM

The BSM Annual meet was held at Chandler on 9th July 2016 with 144 competitors. Thanks to all the clubs with swimmers at our Meet, everyone seemed to enjoy the day. We owe a lot to meet Director Michael Hill for such a beautifully executed meet. Michael will now be Meet Director for Pan Pacs swimming in November. The Aggregate Shield was won by BSM with Miami second and Noosa third. Any Masters' swimmer is of course welcome to swim with us at any time not just at our annual meet. Our sessions are 9 am Sunday, 7:30 am Tuesdays and 7 pm Wednesdays. Our club now has 76 members.

Four of QSM's legends Jen Thomasson, Amy Mulcrone, Heather McDonald and Narelle Belnave



Around the Clubs—continued

For QNA, it was an early morning start as they gathered at Bi-centennial Hall to board the bus for the Brisbane Southside swim meet at the Chandler pool. The “no stops for coffee” announcement received a series of groans, but the team showed great fortitude and rallied to face the caffeine-free journey regardless. They picked up some stragglers on the side of the road at Doonan and Eumundi and listened to ABBA during the journey, arriving at the pool right on time. The first question was, “Where can we get some coffee?” The Chandler pool complex itself is pretty impressive and, looking down from the top of the seating area, they could all imagine themselves powering up the pool just like the Olympic and Para-Olympic teams did one week earlier. Having been warned that it would be cold inside the indoor pool area they were quite surprised to find that the organisers had turned up the heating so that the temperature was quite pleasant. The swimmers in the 400 metre events went to get ready for their warm-ups while the rest drank their coffee and checked out their entrant packs to see what goodies were inside. All 19 team members performed very well with Noosa swimmers coming 1st, 2nd or 3rd in their age group 78 times. Overall, the following swimmers earned medals in their age groups: Gold – Anne Gripper, Irene Symons, Greg Bott and Rob Jolly; Silver – Dyanna Benny, Viv Merrill, Clinton Stanley and Charley Moore; Bronze – Linda Hogg and Jacky Shields. Anne Gripper and Rob Jolly came first in all their events. Clinton achieved PBs in the 100 butterfly and 200 freestyle and Anne Besser had a huge PB in the 400 freestyle. Rachael Symons also achieved 2 PBs. The top 3 teams for the day were *Southside* (1,241 points), *Noosa* (804 points) and *Miami* (715 points). It was an excellent team result but perhaps the most pleasing individual result of the day was Charley Moore who gained a silver medal in his first Masters’ competition. The team was very grateful to Sue Stanley

who did timekeeping all day and missed out on eating her lunch. Such support is wonderful and really takes pressure off the swimmers. The team was also successful in the raffle, with prizes being won by Linda, Studley, Wendy I, Adrian, Anne G, Greg and Rachael. Many of the prizes included alcohol. Studley’s prize included some perfume and he was heard to mutter that the perfume might show up in the raffle at our next club breakfast! On the trip home the Bee Gees kept them entertained while they enjoyed some snacks mysteriously provided by Anne Besser. None of the alcohol from the raffle prizes was forthcoming during the trip but Robyn offered to supply straws if the *Bailey’s* were uncorked. Pieter drove the bus with aplomb and delivered them back to Bi-centennial Hall safely. Thanks Pieter. Noosa members at Chandler.



QRB—Redlands Bayside Masters Swimming Club held its 2016 AGM and Award Presentation on Sunday 24th July at the Cleveland Aquatic Centre. Shane Knight was re-elected as President, to serve a fourth term and Vivien Carlsson re-elected as Registrar. New incumbents are Peter Fitzgerald (Vice President), Rose Milnes (Secretary), Sandra Wiley (Treasurer) and Tracey Mann (Club Captain). Shane awarded Club Coach Ann Gartshore the Club Appreciation Award in appreciation of her diligence, competence and continued service to the club, and in recognition of her assistance and mentorship of the coaches-in-training Rod Mackenzie, Tracey Mann, Linda Meredith, Sharon Devitt and Trevor Green. Other awards recognised improvement and

dedication - Emma Marshall and Tina Hanley (Coaches’ Award) and excellence and persistence at swim meets - Rod Mackenzie and Tracey Mann (Club Captain’s Award). A Special Award was presented to Peter Fitzgerald from the organisers of the Redlands Bayside Winter Warm Up Postal, Susan Lee and Rod Mackenzie.

A highlight of the meeting was the Winter Warm Up Postal Presentation which acknowledged those who had, to that date, completed postal swims. Postal organisers Sue and Rod had kept the presentation under wraps and swimmers were chuffed to receive their certificates! The QRB Winter Warm Up is QRB’s 2nd sanctioned postal, the first being held in 2015. This year, QRB competitors churned up the 50m and 25m pools on two allocated days. Enthusiasm was high as they raced the stopwatch. A big thank you to Sue, Rod and all timekeepers for their streamlined organisation.



NOTE:

Clubs were asked to send summaries of the most important events etc. they wish to share with MSQ clubs. Some clubs sent the entire newsletter, without a summary and unfortunately, they have not featured in the section ‘Around the clubs’.

MSQ would like to appeal to a member who may be willing to compile this section for the newsletter. The summaries need to be even shorter than the ones in this segment. Because of time constraints, the MSQ Administrator is unable to work on summarising the newsletters from each club. If interested, please contact administrator@mastersswimming.org.au

Michael Klim's Love Affair with Noosa

Michael's first visit to Noosa goes back to 1997, when training at the Australian Institute of Sport under the tutelage of swim coach, Gennadi Touretski, and fellow swimmers, Alexander Popov (world record holder for 100 metres freestyle) and Matthew Dunn (Australian 200 & 400 metres Medley record holder), visited the Cotton Tree swim centre, for some mid winter training, somewhat warmer than Canberra conditions.

Kindly, the coach and three swimmers, drove up to Noosa after a heavy morning training session, to be shown the proposed site which is now where the Noosa Aquatic Centre now stands.

The purpose of taking them to meet the Mayor, Bob Abbott, and key council staff, was to push the need for a 50 metre Olympic pool, and not just another 25 metre pool.

Michael's next visit was in 2001, to enjoy his swim training in the pool behind which he had thrown his support. During this visit he interacted on several occasions with young members of the Noosa Swimming Club, at training and social functions.

Several more visits to Noosa; one notably with fellow Olympic champion, Ian Thorpe, both members of the winning 4 x 100 freestyle relay at Sydney Olympics, 2000, where they created waves, churning out 100 metre sets at the Noosa Aquatic Centre, a sight to behold!



[Photo: Michael & Joyce]

Another visit to Noosa by Michael in 2001, where he attended the "Night of Stars", organised by Evonne and Roger Cawley, where SWIMMING was the recipient of funds raised, important to the construction of our 25 metre pool at the NAC.

After retiring from competitive swimming, one of Michael's commercial activities has been to conduct his MILK ocean swims, using NOOSA main beach, over the past 3 years.

Following the last MILK swim on Saturday, 30 January, Michael again extended his generosity and LOVE for NOOSA, sharing a cup of coffee with our own Joyce Faunce, prior to her 95th birthday at the RACV resort.

Thank you Michael, for your support of NOOSA over almost 20 years .
[by Tony Frost]

UPCOMING SWIM MEETS

- | | | | |
|---|-------------|---------------------------|-----------------------------|
| ◆ | 3 September | Toowoomba Tadpoles | [Closed] |
| ◆ | 8 October | Maryborough Masters Games | 27 September [Closing Date] |
| ◆ | 22 October | Long Tan Legends | 14 October [Closing Date] |
| ◆ | 22 October | Sunshine Coast | 8 October [Closing Date] |

Incorporation vs Unincorporation

Many MSQ clubs have not incorporated. As an organisation, we urge clubs to incorporate as not doing so has potential legal implications.

What is incorporation?

Incorporation is a method of registration that gives an association legal advantages, in return for accepting certain legal responsibilities.

When you incorporate your association, it becomes a legally separate entity with the same powers as an individual. An incorporated association can own land, sign a lease and appear in court.

An incorporated association and its members are legally separate. Under normal circumstances, it provides protection to the management committee from personal liability for the actions of the incorporated association, provided those actions are carried out in good faith and with due diligence.

However, with these benefits come obligations and responsibilities. Your incorporated association must comply with both the *Associations Incorporation Act 1981* and *Associations Incorporation Regulation 1999*. Your incorporated association's financial affairs will need to be audited or verified annually and financial statements lodged. Any member of the public can access copies of the documents that you are required to provide to Office of Fair Trading, including a copy of your association's rules, annual returns and financial statements.

Assess the need for public liability insurance

Public liability insurance protects your incorporated association if a person is injured, or their property is damaged, due to an incident on your incorporated association's property or due to your incorporated association's actions.

Unincorporated Associations

Unincorporated associations do not have a legal identity: they cannot hold assets in their name or the legal protections for members that come with incorporation. There are risks associated with forming an unincorporated association. As the organisation does not have a legal identity, individual members are personally responsible for the actions or debts of the organisation or for any contracts signed.

ASIC

An incorporated association is also a legal entity separate from its individual members and can hold property, sue and be sued.

NOTE:

Incorporating can be done online through the Office of Fair Trading: www.qld.gov.au/fairtrading

SMART BUSINESS: A guide to operating an incorporated association in Queensland.