

# The Pointer

Apr. '09 Newsletter



## National Champions 2009 - Brisbane

Congratulations to our large team of 30 members who competed at the Nationals in Brisbane. I am elated to announce that we had a resounding victory, winning the coveted Founder's Trophy for top club. We beat the reigning Qld State Champions, Miami Masters, which is a phenomenal achievement.

It is the 5<sup>th</sup> time since the event began in 1977 that we have won overall, and the second year in a row. Powerpoints is now the only club with 5 wins, having moved ahead of Adelaide Masters & North Lodge, both with 4 title wins.

The competition ran for 4 days and was filled with fluoro green t-shirts, brilliant swims, hours of poolside conversation, and a great club spirit.

Highlights included:

- Daniel Kowalski's 3 World Record swims. It really was an extraordinary privilege to watch Daniel swim at that speed! Before his 400, Helen and I both said we would like to see him break 4 mins, he thought we were joking! Luckily, he did, and was put in a relay team for his efforts!
- winning the 160+ relay trophy [with 5 out of 6 race wins]
- the restaurant's Sally booked [with lots of vino]
- drinking a massive Cosmopolitan out of the winning trophy [thanks Yvonne]
- Michaela creating a CSI crime scene at the Gold Coast house on day 1, but managing to swim
- Jennie's 50m Free Nat. Record on her birthday
- Brent's 400 IM National Record of 4:56.05
- Lisandra's 200 Fly [that's right] Nat Record
- Peter Borain's 100m Breaststroke Nat Record
- All of the PB's swum, and especially from some of our newest members. Well done everyone!

## Committee news

The first meeting for the new committee was held on Tues April 21<sup>st</sup> at Hotel Nest, thanks Lisandra for organising the venue.

Powerpoints celebrates 30 years as a club this year. The inaugural meeting was held on 7<sup>th</sup> May in 1979. We are hoping for a huge turnout at the Presentation & Awards evening at the end of the year – further details out soon.

The sub-committees for 2009 are as follows:

- Finance:** Melinda, Archer, Mary, Rosa  
**Training:** Anton, Lee, Deb J, Matt  
**Competition:** Jennie, Rosa, Helen, Laurie  
**Social:** Lisandra, Michaela  
**Promotion & Marketing:** Craig, Stuart, Deb J  
**Relations/Structures:** Rosa, Archer, Liz, Deb A

Other key roles include:

- AUSSI delegate:** Rosa      **Club Captain:** Jennie  
**Uniform:** Matt              **Recorder:** Helen

## Upcoming Swim meets

- Yamba Queens Birthday pool and ocean swim carnival is on June 6<sup>th</sup> – 8<sup>th</sup>. The pool events are held at the heated outdoor 25m pool Contact Trevor A. for more info [tja2@hotmail.com](mailto:tja2@hotmail.com)
- Frankston – Sat 30<sup>th</sup> May 6pm
- North Lodge – Sat 27<sup>th</sup> June 6pm entry cards from Rosa and Brent, soon
- Long Distance SC – 13<sup>th</sup> & 14<sup>th</sup> June entry via [www.aussivic.com.au](http://www.aussivic.com.au) by June 2<sup>nd</sup>
- State Short Course – 1<sup>st</sup> August
- State Relay carnival – 13<sup>th</sup> September could we clean sweep the comps for our 30<sup>th</sup>

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Powerpoints Masters Swimming Club. PO Box 1175, Hawksburn, VIC 3142.

The only way to win the **Founder's Trophy** is to accumulate the most points as a club.

Each individual swim is given a point score, with 10 points for 1<sup>st</sup>, to 1 point for 10<sup>th</sup> +.

The table below shows the number of swims each Powerpointer swam at the meet, as well as their individual and total points.

Thank you to everyone for every swim, they all counted! Congratulations to Helen, Brett and Liz, for being the 3 top point scorers in Brisbane 2009.

Rk	Name	DAY 1			DAY 2			DAY 3			DAY 4			Total
		1	2	3	4	5	6	7	8	9	10	11	12	
1	Helen Whitford	10	10	9	10	10	-	10	10	9	10	10	10	108
2	Brett Davidson	7	8	9	7	9	8	7	8	6	8	7	9	93
3	Liz Gosper	8	6	-	8	3.5	-	8	7	7	8	7	8	70.5
4	Archer Talbot	8	7	5	1	8	1	4	9	5	7	8	3	66
5	Jennie Bucknell	10	-	-	10	10	-	10	-	-	9	6	9	64
6	Peter Borain	7	-	-	9	10	-	9	-	-	9	9	9	62
7	Marijke Alderson	8	9	-	8	6	-	7	9	-	8	7	-	62
8	Brenton Ford	10	-	-	10	10	-	10	10	-	-	-	-	50
9	Stuart Moffatt	10	-	-	10	10	-	9	-	-	9	-	-	48
10	Anton Lion	9	-	-	7	7	-	8	-	-	8	7	-	46
11	Peter Williamson	-	-	-	3	5	-	7	10	-	9	8	-	42
12	Daniel Kowalski	10	-	-	-	-	-	10	10	-	10	-	-	40
13	Lisandra de Carvalho	-	-	-	-	-	-	9	10	-	10	10	-	39
14	Anna Lang	7	6	-	4	6	-	9	-	-	7	-	-	39
15	Lindsay Crouch	8	8	-	1	1	-	4	6	-	7	4	-	39
16	Michaela Moosmair	-	-	-	9	3	-	8	-	-	8	6	-	34
17	Melinda Kemp	7	8	-	7	-	-	9	-	-	-	-	-	31
18	Judith Smullen	8	4	-	6	6	-	-	-	-	7	-	-	31
19	Matt Harry	6	-	-	6	5	-	7	-	-	-	6	-	30
20	Sandie Pullen	6	3	-	2	1	-	4	-	-	6	8	-	30
21	Richard Flockart	1	2	-	1	1	-	9	1	-	6	6	1	28
22	Scott Ross	8	-	-	8	9	-	-	-	-	-	-	-	25
23	Lee Morgan	9	4	-	-	-	-	-	-	-	9	-	-	22
24	Trevor Armstrong	7	2	-	3	1	-	5	-	-	4	-	-	22
25	Craig Pethebridge	-	-	-	4	3	-	7	-	-	5	-	-	19
26	Deb Jepsen	-	-	-	5	-	-	7	-	-	7	-	-	19
27	Ian Scholes	5	1	-	1	1	-	1	-	-	1	1	-	11
28	Sally Cuming	-	-	-	4	2	-	10	-	-	-	-	-	16
29	Deb Adams	-	-	-	-	-	-	1	3	-	3	-	-	7
30	Yvonne Egan-Davidson	1	-	-	1	1	-	-	-	-	1	-	-	4

Each individual's best swim compared to the **World Record** – 1000 points.

This is arguably the only way to remove age & gender as factors when comparing swims.

There were a number of stunning Powerpoints swims in Brisbane, some are listed below.

Rank	Name	Age group	Event	Time	Points	Other
1	Daniel Kowalski	30 – 34	800m Free	8:18.76	1135	WR
2	Jennie Bucknell	40 – 44	50m Free	0:27.18	967	NR
3	Helen Whitford	40 – 44	100m Back	1:10.22	935	
4	Liz Gosper	50 – 54	100m Brst	1:26.91	931	SR
5	Stuart Moffatt	45 – 49	100m Brst	1:11.98	896	
6	Peter Borain	40 – 44	100m Brst	1:10.88	883	NR
7	Lisandra de Carvalho	30 – 34	200m Fly	2:28.54	839	NR
8	Brett Davidson	40 – 44	50m Fly	0:27.95	793	
9	Scott Ross	40 – 44	50m Fly	0:28.43	753	
10	Anton Lion	35 – 39	100m Fly	1:02.18	733	
11	Peter Williamson	45 – 49	400m Free	4:52.20	714	
12	Melinda Kemp	50 – 54	50m Fly	0:34.57	669	
13	Lee Morgan	55 – 59	100m Fly	1:13.43	659	
14	Marijke Alderson	60 – 64	800m Free	13:17.82	657	
15	Matt Harry	35 – 39	100m Free	0:59.43	650	
16	Trevor Armstrong	60 – 64	200m Free	2:39.71	630	
17	Brenton Ford	20 – 24	400m IM	4:56.05	618	NR
18	Anna Lang	30 – 34	50m Free	0:30.98	590	
19	Craig Pethebridge	30 – 34	200m Free	2:17.42	572	
20	Sally Cumming	40 – 44	100m Brst	1:30.37	545	
21	Lindsay Crouch	50 – 54	50m Brst	0:39.45	542	
22	Deb Jepsen	35 – 39	200m Free	2:38.11	518	
23	Michaela Moosmair	30 – 34	200m IM	3:06.68	508	
24	Archer Talbot	35 – 39	400m Free	5:11.99	500	
25	Deb Adams	45 – 49	50m Back	0:41.76	490	
26	Richard Flockart	50 – 54	50m Fly	0:33.57	477	
27	Ian Scholes	50 - 54	50m Brst	0:44.07	389	
28	Sandie Pullen	30 – 34	100m Free	1:19.31	373	
29	Judith Smullen	20 – 24	50m Free	0:37.57	281	
30	Yvonne Egan-Davidson	40 – 44	50m Free	0:44.10	226	

WR = World Record

NR = National Record

SR = State Record

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LIZ'S PHOTO GALLERY



Look at me!



Is it a bid, a plane or a flying stick insect?



Who slimed you ?



Brett says, "I like to show my abs"!



Who has the best package????



Celebration Time, Come on!



Bodies to Die For!



Faster than a Shane Gould!