



QMM Newsletter, March 2019.

State Titles (QMS): LC Brisbane AC, Chandler, 11.4 – 13.4.19.

Whitsunday Masters (QWY): SC Cannonvale Pool, Proserpine, 27.4.19.

Yeronga Yabbies (QYP): SC Yeronga Park Pool, 11.5.19.

Great Barrier Reef Masters Games: LC Tobruk Memorial Pool, Nth Cairns, 23.5 -25.5.19.

Crater Lake Classic (QCN): Lake Barrine, Atherton Tableland, 1km, 1.9km, 3.8km, 26.5.19.

Rum City (QBB): SC Bundaberg Swim Academy, Short and Sweet, 15.6.19.

Brisbane Southside Masters (QSM): SC Brisbane AC, Chandler, 6.7.19.

Genesis Masters (QGA): SC Genesis AC, Bray Park, 20.7.19.

FINA World Masters: LC Qwangju, South Korea, 7.8 - 18.8.19.

Brisbane Northside Masters (QBN): SC The Valley Pool, 24.8.19.

Noosa Masters (QNA): LC Noosa AC, 14.9.19.

Lismore Masters Games: SC Trinity AC, 28-29.9.19

University of Queensland Masters (QUQ): SC UQ AC, 12.10.19.

Sunshine Coast Masters (QSC): LC Kawana AC, 26.10.19.

Aqualicious Masters (QAL): LC Centenary Pool, 9.11.19.

Message from the President



Hi Everyone

We've had a great start to the year with the successful running of our Swim Meet in February. So many of our members worked to make our meet come together, and it helps to set our club up for the coming year.

Our AGM was last month, and most of our committee have stayed on. Liala, our captain, has resigned, and Lindy and David Salter are now the ladies and men's captains respectively, with David Boylson the men's vice captain. We'll miss Liala this year as she was such a great help to our club. We still need a PR/publicity officer and a Ladies vice captain for the committee; if you're interested please contact me. Our committee members are essential to the running of our club, and I would like to thank all of them for their efforts.

We have a challenging year ahead with the re-development of the Miami pool and facilities. Our committee will be considering options, and even with the coming disruptions I'm looking forward to a great year for Miami Masters.

I look forward to seeing you all at our annual dinner this Friday night.

Kind Regards, Rob Findlay

Our Committee

Management Committee:

President: Robert Findlay

Vice President: John Munro

Secretary: Wendy Abbott

Treasurer: Colette Southam

Captains: Lindy and David Salter

Registrar: Marg Flanagan

Office Bearers:

Recorder: Denise Robertson

Endurance Director: TBC

Vice-Captain: TBC

Merchandise Officer: Margie Watts

Social Committee: Julie Stuart, Kathy Watt, Claire Reaburn

Newsletter Editor: Peter Mitchell

Gear Steward: Peter Mitchell

Lane 11: Bryan Durham

Safety Officer: Kim McKeon

PR / Publicity Officer:

Website: Karen Lyons

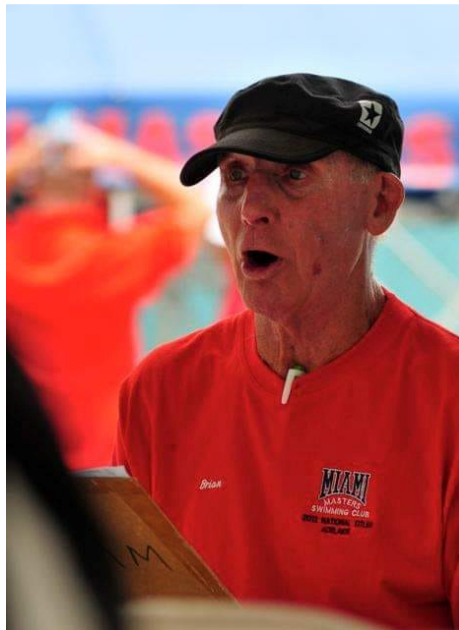
Committee News

- The QMM AGM was held on Saturday 17th of March. Perhaps the most significant purpose of this meeting is to sort out who'll take on the jobs for the coming year. Fortunately most of the old committee has decided to stick around and continue as before, but David and Lindy Salter have agreed to be joint Club Captains, taking over from Liala Davighi.
- The biggest current issue over the coming year and beyond is what's happening with the rebuilds at the Pizzey Park swim complex. We know it's all happening and we'll be losing the old pool but we're just speculating about the time frame and how it will affect our training arrangements and planning our 2020 meet. Anyway, members of our Management Committee have been in discussion with reps from the GC Council and some light is emanating from the process.
- Our numbers are building and we're over the 100 mark, which is quite exceptional for so early in the year. Thanks to Marg Flanagan for her work on the attendance rolls for training which has allowed us to monitor what's happening with the training sessions we offer. Our job now is to get most of those members, whether new, newish or long time, to come to our training sessions and compete in meets.
- The Committee agreed to send Summer from Miami SHS a \$50 book voucher for her effort in getting our carnival under way. It was thoroughly deserved and we must all wish her well for the future. She is certainly quite a talented girl.

Miami News

- Congratulations to Judy Bonning for being invited to Sweden to conduct a series of workshops in several different cities. Judy is so well respected for her knowledge and skills with teaching children to swim, from infants to teenagers. Judging from her reports, she had a great and productive time. And as a bonus, she was able to catch up with family back in Tennessee on the way home. She's back now and we can get all the details over the coming weeks. We saw her at swimming on the weekend and she was certainly quite impressed with the whole experience.
- This year the National Titles were held in Adelaide and sadly we only managed a team of four. It's obviously better patronised when it's closer to home, so let's hope we get more next year.
- The State Titles this year are much closer to home and it looks like we've got lots of swimmers ready to take up the challenge. Some members have arranged for a bus each day because Chandler Aquatic Centre is such an out of the way place to get to. Good luck to all competitors.
- Just like to spruik for members to consider heading on up to Cairns for the Great Barrier Reef Games starting on the 23rd of May. As well as the usual pool program, there's an open water swim in Lake Barrine up on the Tableland. Don't know if anyone's ever seen its bottom, but it doesn't have any of the usual coastal nasties like crocs and stingy things. And Jetstar flies right there from Coolangatta or you can hop on the train and go straight to Cairns. Miami member, Sandra Rogers, now lives up there and would love to see lots of our members make the trip.
- Congratulations to all QMM members who scored an MSX 2018 Award from Queensland Masters (MSQ). There are four levels, Platinum, Gold, Silver and Bronze and each is based on times achieved at meets during each calendar year. There were a lot of winners and all the results were sent out on an email on 21st Feb.
- Don't forget that as winter approaches, conditions for open water swimming are becoming much more swimmer friendly. And even in the depths of winter it's still pretty warm, considering what's offering in much of the known world. What better way can there be to get yourself fit whilst communing with the natural world?
- Best wishes to long-time club member Georgie Young and long-time supporter Sheila Grant. Georgie and Sheila have both had serious health issues in the last month or two, but it looks like they're getting back to their old selves.
- Condolences to two of our club stalwarts, Sue Bertram and Julie Stuart. Sue's dad, Alf, died back in January and Julie's mum, Joan, died in March. They both lived well into their nineties and will be sorely missed.
- It was sad to have to farewell our old friend Brian Deane. Brian was a long time member of Miami who came here to the Gold Coast via Sheffield in England, RAF duty in Malaya, a few years in PNG, working for SEQEB in Brisbane and as a member of Brisbane Southside and then to the Gold Coast and life with his partner and member of Miami Masters, Toni Cameron. Brian was our Captain at Miami for many years and Toni was our

Social Director. Toni and Brian certainly offered much to the club and put the focus well and truly on the fun, friendship and fitness motto of Masters swimming. In the pool Brian was a real warrior. At carnivals he competed with gusto. He only ever seemed to do freestyle when he desperately needed to ie freestyle relays, but seemed to love backstroke. At training he was a most formidable participant and woe betide if you forgot pool etiquette and got in the way. And because he mostly did backstroke, he didn't go around you. At carnivals Brian's job was always Chief Marshall. Swimmers from everywhere seemed to love Brian, with his clever quips, dulcet South Yorkshire tones and regular use of a water pistol to keep you cool. But if you were late or busy doing something else, Brian was not too patient and one's name would be known to everyone in the pool complex. Worse if you were a teacher and always late; you were fair game. His jokes were always questionable, but he always added the proviso that they were true stories; we always believed him. He certainly added something extra to Miami Masters and Masters swimming everywhere. Characters like Brian do help make swimming something special.



Miami Swim Meet 9.2.19

Well this was Miami's chance to rekindle our passion for February meets. Traditionally we'd always hold our meet at the end of February, around Mardi Gras time, and attract punters from near and far. Somehow, circumstance has meant that we'd skipped a few years because of National and State obligations and we'd missed our opportunities. We did however manage to hold quite a successful relay meet in September 2017 which helped get us back into the swing of things.

Despite a fairly late start and realisation that there's much to organise, the Committee managed to get its act together and go through the process of organising a successful day. And judging from the general feeling around the place, it was a success; we saw some good swimming, everyone was well watered and fed, we put a few dollars in the club's pockets and there were no apparent serious hitches.

A highlight of the day was listening to Summer, a student from Miami SHS, who gave up her Saturday to come and get the meet started with her rendition of the National Anthem. It was very much appreciated by all and thank you Summer.

One thing Miami always seems to do well is our raffles .As usual, we manage to get heaps of stuff to raffle off. Don't know whether it's been regifted, new or whatever, but it's always a real treat when you win. So we must thank all our friends and members who donated to our carnival, either as sponsors or with gifts for the raffles or food for our tuck shop. A special thank-you must go out to Garry Field for his sponsorship, advertising and providing music for the occasion from his radio station, 94.1 FM.



Genelle, Judy G, Wendy, Claire R, Margie W, Tina, Judy B, Claire M, Joan, Margie F, Helen and Denise.



Patiently waiting for the goodies.



Colette hits the water



Peter, John, Ross and Hobe



Just Lance hamming it up for a captive audience.



QSM Success



Liala, Susanne, Aldebran and Hobe.



Ros, Sandra, Jordana and Colette



Wendy ups the pace



Denise climbs out.



Liala



Hope they turned up.



Liala, Susanne and Claire.



Lance takes a breather.



Aldebran and Vanessa

M.S. Swim-a-thon Nerang Pool 24th Feb.



Karen, Peter, Colette, Mikayla, Noah, Denise and Noah

Sunday the 24th of Feb was a most enjoyable day at the fabulous Nerang Pool for the Queensland MS Society's annual fundraiser. The organisers do a most professional job in attracting a diverse group of swimmers who then round up the sponsors. And it actually goes for 12 hours but our group of Miami swimmers managed a few hours and were able to pass on quite a deal of cash to the Society. Colette and Gordon have a good friend, Thomas, who's afflicted with MS and so there was something personal about their involvement. We often see him at the Miami Pool doing laps, so perhaps it's personal for us too.



All the Southams.

We managed to get a happy group of us to make the trek out to Nerangatang territory but it's very sleepy on Sunday morning. The aim of the exercise then is to see how many laps we can do. Guess the important thing is to have someone in there at all times. It gets a bit competitive when the fastest swimmers see how many

laps they can complete in an hour. Don't know how many they did but it was a lot. Great to see new member, Megan Baxter, in the Hour of Power relay and swimming like a champ. It was also great to see Jay Doo with his two young daughters, Ava and Isabelle, all swimming like champions.

It's wonderful being there with such diverse groups of people. Guess we're fortunate because swimming is our sport and so we have the skills. Some of the others had them, but some didn't; yet despite that, they still seemed to be having a really good time and pleased to be doing something for a most worthwhile cause.



And in the end, MS Qld made almost \$12,000 from the day, while our group Miami Masters and Friends of Thomas collected just over \$800.00. I'm sure the books are still open and if you wish to add to those amounts, log onto www.msswimathon.com.au/swim-locations/gold-coast-ms-swimathon/



Jay with Ava and Isabelle.

Albany Creek Meet 10.3.19.

Quite a few of the Miami headed off to the Albany Creek short course meet a few weeks ago. Colette, Gordon and Noah Southam, Stephen O'Brien, Todd Robinson, David Mackay, David Boylson, Julie Stuart and Ross Beaton.

Checking through the results one observes that Todd Robinson swam a time of 53.51 secs for the 100 metre Freestyle. This gave him score of 881 points, which means one's getting reasonably close to the world record. Well done to Todd and all the others who did so well. It's a pity that the scoring system's not available for the 25 metre events because they don't qualify as FINA distances.

Congratulations to George Coronas, the centenarian who swims for Twin Towns, who scored 1000 points, ie a world record. Last year he scored 4290 points in the 50 metre freestyle. He obviously obliterated the old world record. It's all worked out by algorithms or something which few of us understand.

National Titles Adelaide.

From Hobe Horton.



The South Australia Aquatic Centre lived up to its billing as one of the fastest pools in the world as many new world and national records were broken.

Only four swimmers represented Miami Masters at the recent National Championships in Adelaide. Fine weather and a spectacular venue made for good times, both in and out of the water. Lindy Salter and Hobe Horton came home with medals in all of their events, seven and six respectively. Helen Morley won two medals. David Salter finished in the top seven in his three events.



We enjoyed a team dinner at an Asian restaurant on the Marina.

Team totals were three golds, seven silvers, and five bronzes. Hobe and Helen each took out the gold in the 200 fly while Lindy won the 200 IM. Sadly Miami had no relay teams this year. Quite a few swimmers from other teams wondered why QMM's participation levels were so low. Hopefully we will have a much better showing in Sydney next year.



A nice inclusion to the championships this year was an open water swim at Brighton Beach.

Club Outing to Murwillumbah, 30.3.19.



Our usual strategy on losing our pool for the day is to get the hell out of the place, hop on a bus and hit the road. Well we didn't go too far away, just down the road to Murwillumbah. It's here we have a training swim at their excellent aquatic centre, ride their water slide and then hit the RSL for a drink and a meal. And we're back home by 7.00 o'clock. It was a pretty miserable day with intermittent showers, which meant we had the pool pretty well to ourselves. Many thanks to Alan Grant for organising it all; hiring the bus, rounding us all up and then doing all the driving



Kim, our coach for the day



Kath



Hobe, Kim and Alan



Kim and Alan



Owen



Kathy, Ros and Rob



David



Hobe



David, Denise, Helen and Marg.



Rob



Helen

2018 QMM RESULTS: from Denise Robertson

The full results for Miami will be revealed at the Presentation Dinner on 5th April, but meanwhile, here are a few facts to please our non-competitive swimmers:

QUEENSLAND TOP 10 FASTEST SWIMS

GEORGIE HARTLEY: 400 Free 4th **LISA ROWLANDS:** 30 mins Free 5th, 30 mins Breast 1st. **CLAIRE REABURN:** 400 Free 6th.

KAREN LYONS: 800 Free 10th. **TRACY BRENNAN:** 400 Breast 7th. **TROY DOYLE:** 400 Free 7th, 800 Free 6th.

JAY DOO: 200 Free 10th, 800 Free 9th, 1500 Free 10th, 400 Breast 3rd. **OWEN LAWRENCE:** 400 Free 10th.

GREG BRENNAN: 400 Free 5th, 800 Free 4th. **ROBERT YANG:** 400 Breast 3rd. **JOHN BONNING:** 400 Free 9th.

KEVIN BLAIR: 100 Free 9th, 200 Free 10th, 400 Free 7th. **PETER REABURN:** 400 Free 10th. **PETER BAILEY:** 1500 Free 9th.

PHILLIP ZAEZA: 800 Free 7th, 30 mins Free 3rd. **ROBERT FINDLAY:** 400 Breast 7th.

It is sincerely hoped that these excellent results will encourage you all to participate in at least **SOME** of our **ENDURANCE SWIMS** this year.

A very significant part of Masters Swimming is the Endurance Program. The aim of this is to encourage members to go beyond customary training to complete a set of long distance swims over 400 metres, 800 metres, 1500 metres, 30 minutes, 45 minutes and 1 hour. Free, back and breast are done over all distances but fly and IM only for 400 and 800. There is always a group of us here from 7.00 on Friday mornings and from 90 minutes before the start of training on Saturday afternoons. We have reserved the first Sunday morning of each month at 9.30 as well.

We'd also like to incorporate a longer timed swim as part of the Saturday training session more regularly

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Can Cross-Training Prevent Injuries in Masters Swimmers? From Peter Reaburn PhD.

Introduction: Research has consistently shown that masters swimmers live longer and have a better quality of life. Our physical, cognitive, psychological and social health is better than age-matched peers. However, research in other sports such as running and triathlon suggests masters athletes are more susceptible to injuries through the accumulated stress placed on our muscles and joints.

Cross training by doing weights or running or cycling has been shown in young athletes from other sports to reduce the risk of injuries. However, to date, no study has examined the effect of cross-training in reducing injuries in masters swimmers. Here is a recent USA study that determined whether the incidence of injuries in masters swimmers would increase with advancing age and whether the participation in cross-training would be related to a decreased rate of injuries and healthcare costs in these masters swimmers.

Methods and Procedures: A total of 499 swimmers (55 ± 14 years of age with age range 20-86 years) belonging to US Masters Swimming completed a comprehensive questionnaire that included questions regarding their medical history as well as their training history. The swimmers had 13.3 ± 11.5 years of masters swimming experience and trained 2.5 ± 1.5 times per week for 67 ± 25 minutes per session.

Results: Statistical analysis of the survey data showed:

1. The prevalence of injuries increased significantly but modestly with advancing age.
2. For every 1 month increase in the length of an injury, healthcare costs increased by 7.4%.
3. The overall volume of swimming training was not related to age or incidence of injuries.
4. The odds of reporting a swim-related injury were significantly lower for swimmers who participated in any number of cross-training activities compared with those who do not cross-train.
5. Sadly, regular participation in any cross-training modality was reduced the older the swimmers became.

Conclusion: The researchers concluded that mixing up the overall training swimming program by incorporating cross-training may be an important strategy to reduce sport-specific injuries among masters swimmers. Thus, think about introducing a different training activity into your life. My extensive research suggests weight training is key. Indeed, a recent chat with masters swim legend John Crisp suggests weight training into older age has been his key to success and longevity. Stay active for life!

Reference: Baker, B., Lapierre, S., and Tanaka, H. (2019). Role of Cross-training in Orthopaedic Injuries and Healthcare Burden in Masters Swimmers, *International Journal of Sports Medicine*, 40(1), 52-56.

Peter Reaburn is a Professor in Exercise and Sport Science at Bond University. He was the co-founder of Miami Masters. Peter has written the definitive book for athletes over 30 years of age titled *The Masters Athlete*, now in its second reprint and available online as a pdf at: www.mastersathlete.com.au.

Here's something from Bryan Durham to show that we shouldn't take our language too seriously.

"Lexophile" describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish", "To write with a broken pencil is pointless." An annual competition is held by the New York Times to see who can create the best original lexophile. This year's winning submission is posted at the very end.

I changed my iPod's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time. A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles, U.C.L.A.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail. A will is a dead giveaway.

Police were summoned to a daycare centre where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

The guy who fell onto an upholstery machine last week is now fully recovered.

He had a photographic memory but it was never fully developed.

When she saw her first strands of grey hair she thought she'd dye.

I didn't like my beard at first. Then it grew on me.

Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

When chemists die, they barium.

I stayed up all night to see where the sun went, and then it dawned on me. No matter how much you push the envelope, it'll still be stationery.

I'm reading a book about anti-gravity. I just can't put it down.

Those who get too big for their pants will be totally exposed in the end.

Something from Rob Findlay: written by Brian Thomas MS.

Scientists discover the secret to fast swimming

Penguins are fast swimmers, but they shouldn't be. As they rocket themselves through the water and onto overlying ice shelves, the drag of water friction is supposed to be too great. Researchers familiar with recent attempts to use air as a lubricant for ships noticed air bubbles jacketing penguins during their boisterous ascents, and that led them to question if penguins use air to accelerate underwater.

National Geographic recently reported on how Bangor University biologist Roger Hughes, inspired by a 2001 BBC documentary that featured emperor penguins leaping out of the water. He partnered with an engineer in Denmark and two other researchers to investigate how the penguins could do this. Their results appeared in the journal *Marine Ecology Progress Series* in 2011, where they showed penguins' unique and remarkable design for fast swimming.

The study authors admitted that without a "control" penguin that does not release air bubbles, they cannot scientifically prove the hypothesis that emperor penguins, and by extension other penguins with similar capabilities, use tiny air bubbles to accelerate underwater. However, they found plenty of evidence to favour the idea.

When the penguins are out of the water, they preen their feathers and fluff them up all over their

streamlined bodies, adding about an inch of air between the skin and outermost layer of feathers. Preening also adds waterproofing oil to the feathers. Penguins carry this air jacket with them when they dive into the water.

The researchers carefully studied BBC footage of penguins diving and rising, estimating they rise on average "2.8 times the descending speed." The buoyancy of their air jacket when they swim downward requires more energy than swimming upward. In essence, the penguins store that energy and use it later to accelerate upward.

The study authors surmise that the penguins lock their feathers down over the air compressed at depth. When they swim upward, the air expands. But they hold their feathers down against the force of expanding air that "will automatically issue as small bubbles."

These tiny bubbles remove a huge portion of friction between the feathers and water—up to 100 percent. Experiments with bubbles against flat sheets, representing the sides of tankers, showed over 80 percent reduction in friction, according to Hughes and his co-authors. The penguin slides through the bubble jacket that it creates, leaving bubbles along its trailing wake. This must be how penguins rocket out of the water at 18 miles per hour!

How do the penguins manage their air jackets? They must first have the instinctive know-how for preening. They also require a streamlined body formed to permit their beaks to reach plenty of body feathers when preening. Plus, "Penguin plumage is unlike that of other birds." Their feathers are spread uniformly over their whole body in a tiny mesh of fine strands. They look like they were intentionally designed to trap air. Penguins

also need to manufacture the proper oil to condition and waterproof those feathers.

And "emperor penguins need to have considerable control over their plumage." With muscles attached to each feather, it is reasonable to believe that penguins have just such feather control. The interconnected parts all fit, and all are required.

A list of all the members who achieved MSX awards for 2018.

Platinum: Alan Carlisle, Alex Lambert, Brett Green, Carole Simpson, Cathryn Rayward, China Johnson, Darryl Hurley, David Boylson, David Mackay, Denise Robertson, Eduardo Junkes, Graeme van der Vlugt, Helen Morley, Hobe Horton, Joan Patterson, John Crisp, Liala Davighi, Lindy Salter, Margie Fittock, Margie Watts, Rod Taylor, Roger Belmar, Ross Beaton, Todd Robinson, Vanessa Teece, Wendy Abbott,

Gold: Colette Southam, Dean Knobel, Genelle Wilson, Gordon Southam, Carlos da Silva Figueredo, Mark Jordan, Noah Southam.

Silver: Aaron Boersma, Kevin Blair, Ros Davighi, Mark Sutton, Zac Kimber.

Bronze: David Salter, Kelsey Huebner, Stephen O'Brien.

Attendance Numbers for Miami Masters Swims at Miami pool in 2019

Tuesdays	# people	Wednesdays	# people	Saturdays	# people
				12th Jan	34
15/1	13	16/1	16	19/1	22
22/1	16	23/1	17	26/1	36
29/1	19	30/1	17		
TOTAL	48		50		92
				2-Feb	48
5-Feb	11	6-Feb	12	9-Feb	carnival
12-Feb	18	13-Feb	9	16-Feb	33
19-Feb	20	20th Feb	12	23-Feb	39
26-Feb	14	27-Feb	6		
TOTAL	63		39		120*
5-Mar	13	6-Mar	8	2-Mar	35
12-Mar	16	13-Mar	9	9-Mar	28
19-Mar	18	20-Mar	8	16-Mar	34
26-Mar	15	27-Mar	1	23-Mar	20
				3/30/2019(M'bah)	0
TOTAL	62		26		117

Thanks to Marg Flanagan for all her good work.

Birthdays

January: Warren Robotham 3rd, Stephen O'Brien 4th, Aaron Boersma 10th, Errol Iselin 15th, Debbie Zaeza 19th, Kathy Watt 22nd, Roslyn Davighi 24th, Claire Morrison 24th, Scott McKeon 27th, Greg Brennan 28th, Liala Davighi 28th, Georgie Hartley 30th.

February: John Bonning 1st, Rod Lees 8th, Kristen Bannister 10th, Don Leslie 14th, Colette Southam 16th, Marg Flanagan 21st, Lorrie Bishop 27th.

March: Geoff Huegill 4th, Peter Matus 7th, Peter Reaburn 10th, Leanne Browne 17th, Bryan Durham 17th, David Mackay 17th, Georgina Young 26th, Carole Simpson 29th, Bronwyn Follent 30th, Phil Dutton 31st.

April: Jennifer Dachroeden 5th, Todd Hiscock 5th, Robert Yang 5th, Peter Bailey 10th, Chris Madden 18th, Claire Reaburn 21st,

John Munro 23rd, Zac Kimber 24th, Kathy Carlyon 26th,

May: Mark Jordan 1st, Mike Hill 3rd, Darryl Hurley 5th, Karen Lyons 13th, Karen O'Connor 17th, Phil Zaeza 17th, Gary Field 19th, Wendy Abbott 21st, Alex Lambert 21st, Peter Mitchell 24th, Helen Morley 28th, Matthew Zaranski 29th.