

SUMMER 2025



CATCH UP FROM THE COACHING TEAM

Hamilton Aquatics has had a wonderful 2025 that has seen our team grow both in and out of the pool as well as having more swimmers at all levels competing and training hard together.

It has been really pleasing to see our squads full with a group of energetic and enthusiastic swimmers across all our squads. The improvement, especially across our junior program has been significant with individuals swimming faster and general standards across these squads making a big leap forward. I can't wait to see these swimmers continue to gain steam throughout 2026 as our team goes from strength to strength.

We are now on the doorstep of summer, which is an exciting time for the competitive arm of the sport. January kicks off with the NZ Open Water Championships in Taupo which is always a beautiful competition to get involved in, not only for our swimmers, but also a great challenge for parents as well. This is followed by a busy February and March, highlighted by the Hamilton Aquatics Cash Meet and Waikato Junior Championships. The season culminates in April and May with National Championships which double as trials for New Zealand Teams and Squads. No matter what level you are swimming at there are competitions that will suit and challenge you, hopefully all our swimmers will take this challenge up at some point in the coming months!

A couple of quick acknowledgements for performances and achievements over the last few months...

- The following swimmers represented New Zealand this year. Quinn Pike and Joseph Blake (Virtus Games), Gina McCarthy (World Cup Series), Orlando Hardie and Ariella Riley (Tri-Series). To be named to a National Team is an amazing achievement!
- The following swimmers represented Waikato in the Caro Cup against Auckland. Rayen Tan, Isabella Vienazindis, Kaea Te Akau, Daniel Lu, Olive Russell, Cruden Aupouri, Ning Lu, Corey Peters, Fausta Wema and Chian-Ying Sat. This is a stepping stone towards higher honours and the Waikato team gave Auckland a real run for their money this year.
- I want to thank all of our fabulous coaches; Aly Fitch, Sarah Gutsell and Chloe Haddon. We are very lucky to have such a capable and caring coaching team.
- The Hamilton Aquatics Committee who work very hard behind the scenes to ensure swimming remains such a great sport for our swimmers. Also Gina McCarthy who looks after all of the logistics.

Have a great Xmas and New Year. Set yourself some challenges for 2026 and lock in on achieving these!

Kind Regards

Mat Woofe



PRESIDENTS UPDATE

Talofa Lava, and Seasons Greetings to everyone. It's been an interesting 6 months for the club. We are putting the finishing touches onto our new constitution to align with the incorporated societies law changes, learn to swim and our new committee members have entered their roles well and are executing their new positions well.

Congratulations to our coaching staff on the results of our swimmers, it has been great to see the numbers at our splash nights and I hope that will translate into greater numbers of club members attending our regional and national key events in the near future.

PRESIDENTS UPDATE

Speaking of key events our annual cash meet is coming up in February, this is a vital event for our club as it is one of the few elite swimming events hosted by a club and not a regional or national body, it is a real show case for Hamilton Aquatics and is our major fundraiser outside of our grants applications. Please support this meet any way you can, we will be needing volunteers, officials and sponsors and any help will be massively appreciated.

I hope that you and yours have a fantastic Summer break with the Holiday period coming up train hard, race hard and I look forward to seeing you pool side in the New Year.

Ia Manuia
Kieran McCarthy

WAIKATO AGE CHAMPIONSHIP 2025



A huge team of our 12 and over raced at Waterworld the last weekend of November at our regional championship event for our age groupers.

Well done to all the team competing!

Some outstanding swims led by Ethan breaking the Waikato Record for the 50 back, Melissa breaking the S18 NZ record for the backstroke as well and a huge number of PB swims. A summary of our podium results as below – full results can be found on the Swimming Waikato Website. A number of our swimmers were medallist's multiple times – ages awarded as 12-13, 14, 15, 16, 17 and over and the Open medals from the finals at night.

Gold Medals

Holli, Jess, Quinn, Orlando, Ethan, Ning, Pippa, Paige, Cruden, Ryder, Melissa, Ari, Joseph, Poppy, Carlos, Isaac, Corey, Gina, Gemma, Neve, Meilah, Jacob, Shane, Ruben and Finn

Silver Medals

Quinn, Hugo, Gemma, Corey, Joseph, Cruden, Charles, Neave, Shane, Ruben, Melissa, Mateo, Finn, Orlando, Pippa, Paige, Isaac, Ryder, Indy, Chian-Ying, Zane, Holli, Lily and Amelia.

Bronze Medals

Paige, Jess, Amelia, Carlos, Ari, Neave, Chian-Ying, Melissa, Frank, Quinn, Ruben, Ryder, Gemma, Alana, Ethan, Zane, Jacob, Hugo, Meilah, Finn, Poppy, Gina and Mateo.

Well done team!!

Please note the age results aren't separated in age so did this manually – I apologise profusely if I missed you from a medal section team. – Aly



RECORDS

Please see all the Records broken by our swimmers after the first two Long Course competitions of the season.

New Zealand Records:

Melissa Donoghue: S18 50m Back

Waikato Records:

Ethan Macdonald: 18 Years 50m Back

Alyssa Lawson: 15 Years 50m Back

Hamilton Aquatics Records:

Ethan Macdonald: Open 50m Back / 18 Years 100m Free, 50m Back, 50m Fly, 100m Fly

Gina McCarthy: 19+ Years 800m Free

Holli Macdonald: 18 Years 50m Free, 100m Back, 50m Brs, 50m Fly

Pippa Mihaka: 18 Years 50m Back

Neave Hills: 17 Years 50m Back

Orlando Hardie: 17 Years 50m Free, 100m Free, 200m Free, 50m Brs, 100m Brs, 100m Fly

Alyssa Lawson: 15 Years 50m Back

Chian-Ying Sat: 12 Years 50m Brs, 100m Brs, 200m Brs

Corey Peters: 12 Years 50m Brs, 100m Brs

Cruden Aupouri: 12 Years 100 Back, 200 Back, 200 IM

Ning Lu: 12 Years 50m Free, 100m Free, 200m Free, 400m Fr



NZ MEET QUALIFIERS - 2026

Wonderful to see such good qualifying numbers for our big age group meets (13 and over of the summer in 2026. Some of our team have qualified for multiple meets but I have listed them in their pinnacle age meet for the season.

Congratulations to our Current National Age Qualifiers (NAGs) (Meet is in Napier in April) – this meet is for 13–16-year swimmers as of April 8th 2026. These time must be achieved in the qualifying period and at a designated swimming meet. Meet info can be found below with qualifying times and details.

Qualified swimmers in 1 event or more:

Frank Koy, Jacob MacDonald, Mateo Castro-Stephens, Ari Narayan, Isaac Wren, Chian-Ying Sat, Gemma Hay, Sophie Peters, Alyssa Lawson, Paige Stringer, Jessica Richardson, Poppy Van Geneijgen, Quinn Pike. Wonderful for Chian-Ying and Mateo to have their first ever NAGS times!!

We also would like to congratulate our further group pf swimmers who have grabbed Division 2 age qualifiers so far – this meet is in March and in Dunedin for 13- to 18-year-olds as of March 20 th 2026 – these times must be achieved in the qualifying period and at a designated swimming meet. Meet info can be found below with qualifying times and details.

Charles Short-Tupaeda, Shane Murdoch, Ruben Wren, Carlos Joe, Hugo Krompass, Zane Prinsloo, Finn Taylor, Lily Taylor, Meilah Wells, Neve Chittick, Alanna Wilson and Paige Rameka.

Wonderful to celebrate our new qualifiers to their first ever nationals level age meet to Charles, Meilah, Hugo, Lily, Neve and Alanna well done team!!!

And our final group of current qualifiers for 17 and over Nationals and NZ Open Nationals in Auckland in May – again in 1 event or more

Joseph Blake (S18), Melissa Donoghue (S18), Gina McCarthy, Neave Hills, Madison Marlow, Chloe Peters, Arie Riley, Indy Riley, Holli MacDonald, Pippa Mihaka, Orlando Hardie, Sophie Hay and Ethan MacDonald.

The above meets are our pinnacle age youth meets of the summer and then our premier National event NZ Opens to round out the summer so lots on team!!! Congratulations to all qualifiers so far!!!!

<https://www.swimmingnz.org/nags-2026>

<https://www.swimmingnz.org/div-ii-2026>

<https://www.swimmingnz.org/nz-champs-2026>

CARO CUP CELEBRATION

Congratulations to all our HAQ teamies selected for the Caro Cup 2025 Waikato team – it is a representative trophy that has been competed against Auckland starting in 1948 and continuing today!!

10 & under

Rayan Tan, Isabella Vienazindis, Kaea Te Akau & Daniel Lu

11 years

Olive Russell

12 years

Cruden Aupouri, Ning Lu, Corey Peters, Fausta Wema & Chian-Ying Sat

The team is selected based off the top swimmer in the Waikato in each event contested for the 10 & under, 11 years (4 x 50 & 100 IM), 12 years and 13 years (4 x 100s & 200 IM). Waikato has 2 teams so 2 swimmers total in each event and in each age group so super awesome for those selected this year.

Auckland split themselves into 4 zones and have 1 team for each geographical zone including Northland this year as they have merged with the Auckland region.

Each swimmer can do a maximum of 2 individual events and up to 3 of the relays each.

For many of our team this was their first time representing their region and it was wonderful to see our teamies contest all the way to the finish line – points are scored for every place so even jumping up 1 spot makes a huge difference to our points.

This was the closest we have come to taking out the top prize in a while which is a team effort from everyone and only 100 points or so separating out the top 4 teams in the end. With 40 points a win that shows how close it was – consistency was key with lots of our swimmers holding strong across all the strokes and distances.

Congrats to our 12 year old boys team who won their age group led by wins from Cruden and Ning in all the races they contested and then combining in the relay with Corey to dominate both relays in this age group – they improved their point score as an age group by more than 100 points from their total last year. By taking out both relays it shows the combined strength of all the boys in that age group today. Special mention to Ning who swam under 1 minute in the 100 free for the first time in 58.50 for his 100 free which qualifies him for the first time for nationals as a 13 year old!!

Rayen worked for his lunch today with swims in the top 4 for his events and stepping up to cover an unavailable in the other relay team so getting up twice in the relay with only 35 secs rest in between – superstar effort Rayen!! Our youngest teamie Daniel helping the relay teams to top 4 as well as he has another year at least in that young age group to develop and share his learnings from today.

Our young ladies also charging well with Kaea and Isabella helping their 10 year old team to our best ever finish overall with 3rd in that age group and the tightest age group across all races with winning margins being small between 1st and 6th in most of the races. I am sure those ladies are already working on how they can step up again next year!!

Olive repping our 11 year olds stepping up strongly in her brs race and showing awesome skills in the relay – she will use those learnings to step up even stronger next year I am sure as her confidence in her swimming grows and grows.

Chian-Ying had a strong showing in her individual swims in very fast fields and Fausta was a vital key to our 2 relay teams picking our team up from 4th to 3rd in the freestyle relay.

Superb job team you should be proud of yourselves and we look forward to building our Caro Cup results even more next year as you all build your experiences and touch racing skills.

Congrats team!!



WAIKATO AGE GROUP CHAMPIONSHIPS 2025

Congratulations to our XLR8 badge earners so far over the season – there is one more meet this year to add to your points – the St Paul's Christmas cracker and then the final badges for the year will be present. Well done to all our 12 & under swimmers who have worked hard for their badges so far this year.

2.5K

- Cruden Aupouri
- Corey Peters
- Ning Lu
- Chian-Ying Sat
- Kalani Hofman
- Meilah Wells

2K

- Rayen Tan
- Lily Taylor
- Brodie Hill-Liddle
- Olive Russell

1.5K

- Fausta Wema
- Ewan Burroughs
- Charlie Wren
- Xander Phillips
- Austin Du
- Charles Short-Tupaea
- Kaea Te Akau
- Isabella Vienazindis
- Olivia Du
- Georgie Shell

The XLR8 badge system is a regional program for our 12 & under swimmers – they must swim a distance free (200/400 depending on age), a 200 IM to show versatility, a 200 of any other stroke (fly, back, brs) to show the ability to hold stroke up over distance. Then any other race. Each time you swim at any meet that goes into the database, points are calculated based on the time you swim. Once you have swum the required 3 swims above your points start calculating for badges. The goal is to move up for 1500 points added up over 4 races, to the 2000 points then up to the 2500 points group. You receive a badge at each of these levels.

More information can be found here: <https://swimmingwaikato.co.nz/junior-xlr8-program-2/>

Lets see how many of us can be on the list for 2026!

MELBOURNE TOUR DECEMBER 2025

We had a team of 6 swimmers travel alongside St Paul's to Melbourne last week to represent the club and get tough racing at the Victorian State Championships.

Paige Stringer, Holli MacDonald, Quinn Pike, Jessica Richardson, Neave Hills and Isaac Wren represented our team well and strongly with lots of great learning and adjusting to long meets, travel, changes in temp and having to turn up in the morning to race hard – just fabulous outing for the team. It was about tough racing, managing fatigue and supporting each other, being planned and attacking every swim.

We had a superb week with the swimmers ranging from experienced to some on their first overseas tour and no doubt everyone went home with a good toolkit of ideas to improve their racing again this coming summer season – well done team!

Neave Hills – 50 brs 30th / 100 brs PB & 22nd / 200 brs 12th

Holli Macdonald – 100 free 8th / 400 free BRONZE / 50 free 15th / 200 free BRONZE

Isaac Wren – 1500 free PB & 4th / 800 free PB & 6th / 100 fly PB & 24th / 100 free 42nd / 200 free PB & 26th / 200 fly PB & 11th / 400 free PB & 8th

Paige Stringer – 200 back PB & BRONZE / 400 free PB & 9th / 50 fly PB & 18th / 100 back PB & 3rd overall but missed final due to visitor rule / 50 back 5th overall but missed final due to visitor rule

Jessica Richardson – 1500 free PB & 5th / 800 free PB & 4th / 200 free PB & 12th / 400 free 11th / 50 free 21st / 100 back 28th / 100 free PB & 14th

Quinn Pike (\$19) – 100 free 52nd / 100 fly PB & GOLD / 50 back PB & BRONZE / 50 fly SILVER / 50 free 5th



Quinn Takes on the World

Earlier this year Quinn Pike made her New Zealand International debut at the 2025 World Virtus Swimming Championships held in Bangkok, Thailand (24 – 29 August). Quinn was one of 12 swimmers to represent New Zealand and was alongside fellow Hamilton Aquatics swimmer Joseph Blake.

Quinn had an enormous program with 7 individual races and 1 relay.

- 400 Freestyle – 5th overall & youth SILVER
- 50 Breaststroke – PB, NZR, 5th overall & youth BRONZE
- 200 IM – PB, NZR, 4th overall & youth SILVER
- 100 Breaststroke – PB, NZR, open BRONZE & youth GOLD
- 100 Freestyle – 4th overall & youth BRONZE
- 100 Butterfly – PB, NZR, 6th overall
- 50 Freestyle – 5th overall
- Mixed 4 x 100 Freestyle Relay – open BRONZE

I asked Quinn some questions about her experience racing.

1. What were you most excited about before heading away on the trip?

I was most excited about competing in a different country against athletes from all over the world, and experiencing a place so different to NZ.

2. Which race were you proudest of, and why?

I was proudest of my 200 IM heat, because I was really nervous for it, but I stayed calm and enjoyed the moment instead of worrying about the outcome. It was also really cool to hold the world record, even for a couple minutes.

3. What was the highlight of the trip for you?

The highlight of my trip was meeting athletes from other countries, and talking to them using google translate if we didn't speak the same language.

4. How did the team support each other while competing away from home?

We all watched each others races and cheered each other on which created a really good team culture.

5. What's one memory from the trip you will never forget?

When we first walked into the pool a couple days before the competition started and I was so nervous but also so excited that I nearly cried haha.

6. Did you learn anything about yourself as an athlete on this trip?

I learned lots of valuable lessons like the importance of staying present, and that its not just the times that make a race or meet successful.

7. What was the most challenging part about competing away from home?

Probably the heat. There was no aircon at the pool so getting into my race togs was a bit of a mission.

8. What was the atmosphere like at the venue?

There was a really positive atmosphere and all the parents were cheering people on from other countries Everyone was really friendly and just happy to be there.

9. What are you most excited for about the upcoming LC season?

I am most excited about challenging myself and trying to enjoy racing more. Also allowing myself to make mistakes because that's what will help me grow the most as an athlete.



SAVE THESE DATES



JANUARY

- 10 – 11th Jan – NZ Open Water Championships
- 24th Jan – St Peters Meet

FEBRUARY

- 6 – 7th Feb – Hamilton Aquatics Cash Meet
- 21 – 22nd Feb – Swimming Waikato Summer Meet
- 28th Feb – 1st Mar – Aquaknights Junior Festival

MARCH

- 13 – 15th Mar – Auckland Championships
- 15th Mar – Hamilton Aquatics Bill Grey
- 20 – 22nd Mar – NZ Division II Competition (13+)
- 28 – 29th Mar – Swimming Waikato Junior Championships (12u)

Date	Competition	Location	Qualifying needed	Meet Information	RPC	NA	WA	JD	D	Seals Otters Shark
10-11 th Jan	NZ Open Water Championships	Taupo		2026 NZ Open Water Champs Swimming New Zealand						
24 th Jan	St Peters Meet	St Peters		More information closer to the event						
6-7 th Feb	Hamilton Aquatics Cash Meet	Hamilton WW		HA Cash Meet 2026						
21-22 nd Feb	Swimming Waikato Summer Meet (13+)	Hamilton WW		More information closer to the event						
28-1 st March	Aquaknights Junior Festival	Hastings		2026 Junior Festival - Aquaknights						Seal
13-15 th March	Auckland Championships	Auckland Westwave	Yes	More information closer to the event						
15 th March	Hamilton Aquatics Bill Grey	Hamilton HBHS		More information closer to the event						
20-22 nd March	New Zealand Division II Competition (13+)	Dunedin	Yes	2026 Division II Swimming Competition						
28-29 th March	Swimming Waikato Junior Championships (12u)	Hamilton WW		More information closer to the event						
8-12 th April	New Zealand Age Group Championships (13-16)	Hastings	Yes	2026 NZ Age Group Swimming Championships						
6-18 th April	Australian Age and Open Championships (17+)	Gold Coast	Yes	Swimming Australia - 2026 Australian Open Swimming Australia - 2026 Australian Age Championships						
3 rd May	St Pauls Star Wars Development	Hamilton		More information closer to the event						
13-17 th May	New Zealand Swimming Championships	Auckland	Yes	2026 NZ Swimming Championships						
27-1 st October	New Zealand Short Course Championships (13+)	Christchurch	Yes	2026 NZ Short Course Swimming Championships						

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Swimming Lessons

Term 1 2026
Hamilton West Primary School

- 5 years +
- Beginner to refined strokes
- Small classes
- Experienced teachers
- 10 weeks
- Dates 27 Jan - 31 Mar
- Tuesday's - From 4pm
- Extra days if needed
- Level 1 - 3 \$175
- Level 4 - 5 \$185

its@hamiltonaquatics.nz
www.hamiltonaquatics.nz

Swimming Lessons

Term 1 2026
Hillcrest Normal School

- 5 years +
- Beginner to refined strokes
- Small classes
- Experienced teachers
- 10 weeks
- Dates: Wed 28 Jan - 1 Apr
Fri 30 Jan - 3 Apr
- Wednesday's & Friday's - From 4pm
- Level 1 - 3 \$175
- Level 4 - 5 \$185

its@hamiltonaquatics.nz
www.hamiltonaquatics.nz

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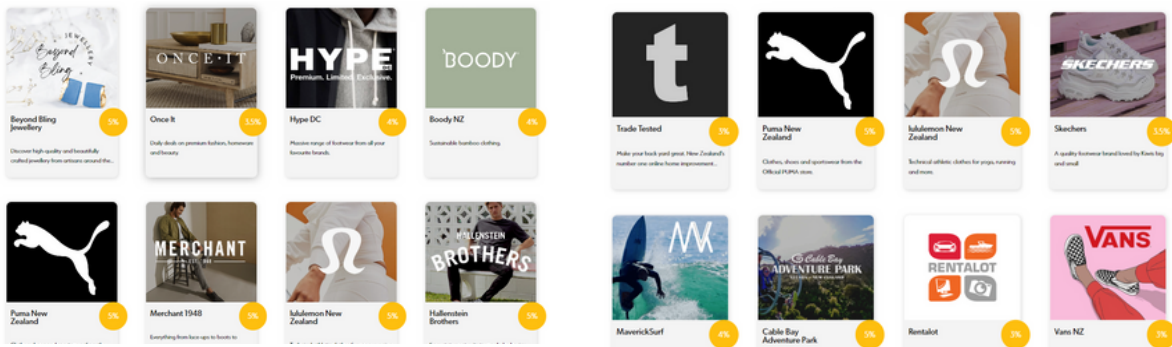
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