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**GUIDE**

**TO**

**ADULT**

**SWIMMING**

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# FOREWORD

## — "ON GROWING OLD"

By Dr. Tony Millar, Director Lewisham Sports Medicine Clinic, N.S.W.

The effects of aging of the human body have been studied for many years without any direct, positive answers being given to the question "Why do we age?" and "What happens when we do age?", but studies done over the years have shown that there are certain stages in life in which the average person changes some segments of the body which are involved in physical activity.

It is common knowledge that at puberty both boys and girls (but boys more so) develop an increase in muscular strength on which they are able to improve with strength building programs. Their capacity for endurance events continues to increase over the period up to 18–20–25 years of age and from then on any gains in this field tend to be minimal, and generally deterioration occurs.

When does the period of decrease start to occur? That is the question in which we are all interested, but answers are yet to come which prove conclusively that any stage is worse than the year before. Certainly, testing programs show that the vital capacity (that is, the amount of air that can be taken into the lungs) gradually increase until about 25–30 years of age, and after that it tends to decrease about 1% per annum in those who are kept physically active. This leads to some loss in the ability to take in oxygen from the air, and to pass it to the working muscle.

Changes occur in the arteries taking blood carrying oxygen from the lungs to the working muscles. We know that early in life, the age 15–20, some degenerative changes can be seen in the arteries, and these changes are the precursors of the problems of hardening of the arteries, atheroma, and arteriosclerosis, that are the major factors in coronary artery disease. With increasing age there is a diminution in the level to which the pulse rate can rise on maximal exercise. A 15 year old can raise a pulse rate of 220 without any significant problem, and yet in the 50 year old such a rate would be a serious matter in most cases, and indeed, would be liable to cause some damage to the heart muscle itself, as a result of the inefficient blood supply which would result. So when we are testing the older person for fitness we must remember that they are incapable of raising pulse rates to the same degree as the younger person, and corrections must be made in testing programs in order to compare the older person with the younger one.

The development of osteoarthritis in joints is a normal wear and tear process that occurs over the years and can be seen when x-rays are taken of joints of people who have shown no signs of symptoms related to joints. The arthritis itself is not sufficient to stop people being physically active, and indeed, assuming they kept their muscles in good tone and condition, activity could be considered as a helpful process in preventing the development of symptoms.

A review of performance levels in the older person, when looked at from the highest level, that is, those with world records, shows a gradual increase in times recorded. As one ages this applies to all distances in swimming, running and cycling, those sports in which power development and endurance capacity are the operative factors. Where skill is important, as in tennis, rather than the other factors, deterioration in performance is not so rapid, nor is it so marked. Persons can perform in their own age groups at any level required by that group, provided that they are aware of their own limitations and provided also that they train up to the standard rather than starting at a set standard which is far too high for their state of training. Much of the problem in the older person comes from starting physical activity at a level which is too high for their deteriorating tissues.

The advice offered to older people is –

1. Train regularly – twice a week at least.
2. After a lay-off start at half the previous intensity.
3. Gradually increase the intensity and duration of the training effort during the season.
4. If you have a health problem, seek medical advice early.



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# — INTRODUCTION —

The need for exercise is a matter which is frequently discussed and almost universally accepted. The big problem is turning thoughts and words into action.

It is our hope that this book will inspire you into trying the benefits to be gained from regular swimming, which we believe is the gentlest of all exercises.

The Heart Foundation, fitness authorities, and overseas medical research authorities all rate three forms of exercise as being the most beneficial to the human body, particularly for the heart, the lungs and the circulation. They are running, cycling and swimming. Provided that facilities are available, it would appear that, with traffic hazards and uncertain terrain, swimming is the safest of these three.

Whether you are a former champion, an average swimmer, or a beginner, you will benefit from regular swimming. You are advised to start with a medical check-up and then to proceed slowly, but regularly, every day if possible. The once a week "squash type effort" can be more dangerous than beneficial. As an added incentive, you are advised to join a swimming club or come along to an A.U.S.S.I. swim meet.

## A RECOMMENDED PROGRAM FOR THE BEGINNER

- \* First two weeks — Swim 100 metres each day in four 25 metre swims.
- \* Next six weeks — swim 200 metres each day in two swims of 100 metres each.

- \* 6 to 16 weeks — swim 400 metres each day in four swims of 100 metres each.
- \* 16 to 24 weeks — swim 600 metres each day in three swims of 200 metres each.
- \* 24 to 32 weeks — swim 800 metres each day, in either four swims of 200 metres each or two swims of 400 metres each.
- \* at 32 weeks — swim at least 800 metres each day as — 8 x 100 metres, 4 x 200 metres or 800 straight.
- \* Thereafter tailor any type of workout you are physically able to perform.

## REMEMBER

Swimming exercises every part of the body and provides flexibility.

By controlling your effort, the activity can be kept at a level where neither stress nor strain is experienced.

If you have a break from training go back to a much lower effort level of effort when you restart.

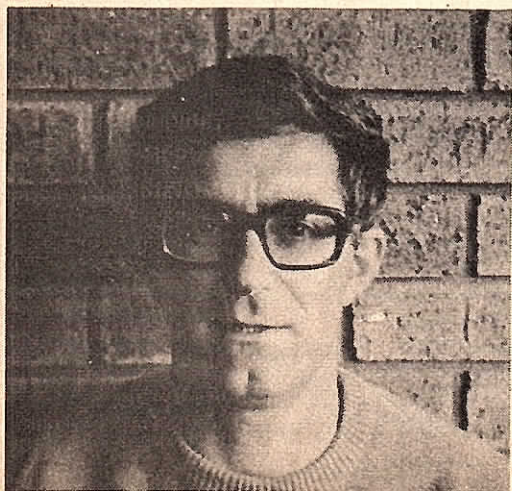
A pool and a costume, plus the effort, is all you need.

You will find it easier to swim with a friend or a group.

It can't be done in front of a T.V. or a bar.

# — EDITORIAL —

By Gary Stutsel.



Gary Stutsel (Hon. Secretary, Editor)

I firmly believe that adult swimming can help those who are slow to acknowledge that it exists, namely swimming coaches and Amateur Swimming Associations.

Both of these groups must benefit from any increase in interest in swimming. Children and grandchildren will be influenced by adults' interest and participation in swimming, and the numbers of youngsters who become involved in competitive swimming will increase.

It is hoped that as they become aware of this, that coaches and amateur officials will do whatever they can to encourage and assist adult swimmers, and where possible become involved themselves.



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# WHAT IS A.U.S.S.I.?

Aussi is the Australian Union of Senior Swimmers-International, a group which was formed for adults 25 or older who are interested in swimming as a means of gaining healthful exercise.

It is governed by a National Committee, which is elected annually by delegates from the affiliated state branches.

Membership is gained by joining a state branch.

National Committee is responsible for formulating rules and policy, for supervising interstate and overseas matters, for conducting the annual National Swim Meet and for publishing the National Top Ten ratings which appear in this book.

The state branches are responsible for carrying out the policies of A.U.S.S.I. within their states. They may organise swim meets or may authorise Zone Committees to organise, conduct and publicise swim meets within their allocated zone areas.

**THIS IS ALL AN ELABORATE PLOT INTENDED TO ENTICE YOU INTO SWIMMING FOR YOUR HEALTH.**

## HOW DID A.U.S.S.I. COME INTO BEING?

For years Jack Brownjohn tried to persuade people connected with existing swimming groups in Sydney to examine the workings of the U.S. Masters Swimming. Then came the catalyst which brought about the discussion he was urging. The visit by the U.S. Masters Team in March, 1974 was living proof of what he was trying to say. Thereafter followed a series of meetings, and finally on the 22nd September, 1975 A.U.S.S.I. was established and a constitution adopted.

It was acknowledged by those who became involved that existing clubs and groups catered to definite special interest groups, e.g. outdoor winter swimmers, ex-servicemen, members of leagues clubs and others. The Amateur Swimming Clubs were becoming more and more child oriented, and, of course, had to preclude from their membership many swimmers who were classified as ineligible, and amongst most of these groups women and swimmers other than freestylers were almost forgotten. On the other hand the U. S. Masters was

open to all males and females 25 and over and all strokes and all distances were catered for. The program was health oriented whereas our existing bodies were largely social with some competition.

A set of objectives was then drawn up as under. To date the emphasis has been placed on the first three of these as, at present, we have neither the financial nor the manpower resources to tackle number four.

## OBJECTIVES

1. To encourage adults, regardless of age or ability, to take up regular swimming, so as to promote fitness and to improve their health.
2. To co-ordinate the activities of individuals, clubs and organisations so that they meet together for competition and social interaction at local and international levels.
3. To publish the results of these meetings, so as to provide a stimulus to others to take part in A.U.S.S.I. activities, or to measure their own performances against those which are published.
4. To provide assistance to research programmes, aimed at finding the effects of exercise, specifically swimming, on health and the aging process. Thereafter to publish the results of said research.

On examining objective 3 it becomes apparent why this book has been published. We did not have the resources to undertake this task on our own, so, we approached Sporting World Advertising Services and they have prepared this first book for us. To ensure that we are able to make this a yearly production, will you please support our advertisers whenever possible. Keeping them in business keeps us in business.

Make full use of this guide book and when you have no further use for it pass it on to a friend. It will do more to publicise A.U.S.S.I. than any project we have undertaken.

G.S.



# A.U.S.S.I.

## -NATIONAL COMMITTEE REPORT

By Secretary, Gary Stutsel.

1975-76 has seen the affiliation of first Victoria, and then South Australia and New South Wales. A constitution was adopted on 22nd September, 1975 with a key part of this being the objectives section. Even though we have been hampered by meagre finances we have managed to promote three of the objectives. As we build up finances and manpower, it is hoped we will be able to turn our attention to the fourth and final objective.

The 2nd National Meet has been held, T-Shirts were organised (by Frank Sykes), tracksuits procured (Paul Wyatt), Speedo made the Australian swim suit available to our touring team (thanks to Mary Connolly), cloth badges were ordered (Jack Brownjohn), the U.S. Trip details brought to concrete details (Margaret Warner, of St Leonards Travel), stationery supplied (David & Les Mortimer) and the first Top Ten Listing prepared, by Recorder John Kemp. Special assistance has also been given by Owen Herbert, George Moore, Bruce Hammond, Fred Ireland and South Sydney Leagues Club.

My biggest task has been the preparing and

posting of circulars, but I have received assistance from Brian Newell, Bill Lough, Barry Faux and my sister-in-law Ann Rigby. It has been very challenging attempting to co-ordinate national and N.S.W. affairs, and I hope that the guidelines I have formulated will be of assistance to my successors.

Minor mistakes have been made, but these were promptly rectified, and it is hoped that we will now be better prepared for the future. The money raised by our "free trip to U.S.A." contest will certainly help to consolidate the publicity programs which were started this season.

## NATIONAL COMMITTEE PROFILES

The foundation committee was **PRESIDENT**, Chairman, Bill Lough, 61, stock valuator, of Manly Vale. Married. Member Manly A.S.C. since late 20s, A.I.F. section since 1951. Foundation member Manly Diggers 1956. Carnival Director A.I.F. Swimming Association since 1957 and Hon. Secretary. Assistant Secretary and Carnival Director Leagues Clubs Swimming Assoc. President Manly Warringah Leagues Club Swimming Club last 5 years, Foundation member of Harbord Diggers Indoor Swimming Club. Carnival Director A.U.S.S.I. National Meets.

**VICE PRESIDENT**, Jack Brownjohn, 45, officer N.S.W. Fire Brigade. (See photoarticle History of Masters in Australia). One daughter, 2 sons. Former holder of club, Metropolitan, N.S.W. and Australian titles and records over a period of 36 years. Member Bronte S.L.S.C. 16 years then joined North Cronulla. Resides Sutherland. Founder of Bronte and Gympie Water Polo Clubs. Played 1st grade 5 years. Founder St. George Leagues Club Swimming Club and N.S.W. Leagues Clubs Swimming Association. Former secretary, publicity officer & carnival director of that body. Instigator of Masters Swimming in Australia and arranged U.S. Swim Visit, 1974. Now Publicity Officer of A.U.S.S.I. and a committee member of N.S.W.



Bill Lough,  
National President,  
A.U.S.S.I.



Ray Weekes  
(Treasurer)

Branch.

**HONORARY SECRETARY**, Gary Stutsel, 37. See article on N.S.W. Branch for photo and profile.

**HONORARY TREASURER**, Ray Weekes, 77, Macquarie St, Sydney. Married, lost only child World War 2, connected actively and administratively for 68 years with surf life saving, baseball, boxing, Rugby Union, cricket, golf, horse racing, tennis, bowling and skiing. Founder, secretary, then president of Freshwater A.S.C. President 15 years Spit Diggers Swimming Club and President 20 years A.I.F. Swimming Association.

**HONORARY ASSISTANT SECRETARY**, Frank Sykes, 57, see N.S.W. Branch committee article.

**COMMITTEEMEN**, three, but one vacancy on foundation committee.



Alf Sparkes, sales manager, Hurstville. Married, one son. N.S.W.A.S.A. official for 20 years at district, state and national level. Former Vice-President N.S.W. Water Polo Association and Country Secretary. President Sans Souci A.S.C., and life member of St. George-Sutherland Amateur Swimming Association. Referee for A.U.S.S.I. National Meets.

David Mortimer, 37, accountant and public company director, lives Manly, N.S.W. Married to Shirley. Daughter and three sons. Active 30 years with swimming and surf clubs. "Fair average swimmer", swims with Manly A.S.C. (also race-secretary), Manly Diggers, Manly Surf Club, and Harbord Frigid Frogs Winter Swimming Club (also secretary). Assistant to Director A.U.S.S.I. National Meets, and race recorder for Leagues Swimming Association and A.I.F. Swimming Association swim carnivals.

**NATIONAL RECORDER**, appointed by committee.

John Kemp, 30, Insurance Inspector of Milson Point, N.S.W. Married to Sharon. Two sons. Schoolboy swimming champion, member of team to win N.S.W. 4 x 100 Freestyle relay in 1960-61. Presently active member of Wanda Surf Club, Cronulla Polar Bears and Cronulla-Sutherland Leagues Swimming Club.



Alf Sparkes



David Mortimer



John Kemp

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# 2nd National Swim Meet

The National Swim Meet was again directed by Bill Lough. Better organised this time, due to the adoption of phoned in entries, and with a few more helpers, namely assistant David Mortimer and carnival referee Alf Sparkes, Bill was able to get the heats moving smoothly.

This year there were 70 men and 25 women swimming and, as well as the locals, there were swimmers from Darwin, Adelaide, Melbourne, Wollongong, Newcastle, Tamworth and Southport, Qld. 35 of the swims would have been amongst the U.S. Top 10's in 1975 and five were faster than any recorded there, namely Eve Whillier (55-59)50 F/S, Bess Barrie (60-64)100 Breast and 50 Butterfly, Geoff Ryan (70-74)50 F/S and Owen Griffiths (70-74)400 F/S.

The venue, Harbord Diggers Club Pool, was ideal and the supper afterwards, which was prepared by the Diggers Swim Club was the perfect finish to a perfect day. Two points need correcting for the next meet, namely, we must form our own social committee and, to avoid financial loss, suppers must be paid for before the day of the meet. Unfortunately some who had ordered supper were unable to attend on the day and this bit into our reserve funds.

## HARBORD RESULTS

### WOMEN

NAME	AGE	FREESTYLE			BREAST STROKE		BACK-STROKE		BUTTER-FLY	
25 to 29 Years		50M	100M	400M	25M	100M	25M	100M	25M	50M
J. Brandsma, Box Hill	VIC 29	34.6	1.21.1				18.0		17.0	
M. Warner, Nelson Bay	NSW 27	38.2			26.0					
L. McDiarmid, Coogee	NSW 28		6.23.9				1.22.2		37.9	
N. Johnson, Balmain	NSW 28		9.15.0			2.20.3				
L. Stutsel, Belmore	NSW 26					1.43.9				
30 to 34 Years										
C. Davis, Como	NSW 31	47.0			30.4		28.2		23.8	
R. Sargent, Wollston	NSW 32				20.2		22.4		18.8	
35 to 39 Years										
F. Hogben, Manly	NSW 38	34.2	1.22.3	6.27.4	20.8		18.4			
P. Wilson, Tamworth	NSW 38	36.6	1.24.2	7.17.9					19.8	
J. Dowd, Como	NSW 39	42.6			22.7		23.5			
J. McAfee, Como	NSW 35	44.2			25.9		25.0			
B. Stenhouse, Cronulla	NSW 36	45.3			21.9		22.3		21.0	
40 to 44 Years										
B. Wilson, Mt. Waverley	VIC 42	36.8	1.24.0	6.18.4	24.7		1.44.1		47.5	
S. Lindsell, Como	NSW 40	38.3			25.1		22.0		20.7	
M. Connolly, Sth Jurs	NSW 41	40.2	1.41.2							
J. Morris, Cronulla	NSW 43	48.4			29.5		26.2			
45 to 49 Years										
J. Sansom, Athelstone	S.A 48	38.3	1.29.0	7.13.2		1.44.0	1.47.5		43.3	
S. Derby, Balgowlah	NSW 47	42.6								
J. Castle, Collaroy	NSW 45				22.4				21.7	



## MEN

## HARBORD RESULTS CONT'D.

NAME	AGE	FREESTYLE			BREAST STROKE		BACK-STROKE		BUTTER-FLY	
		50M	100M	400M	25M	100M	25M	100M	25M	50M
50 to 54 Years										
E. Watson, Como	NSW 54	44.9			23.0		24.3			
B. Callaghan, Manly V	NSW 53					2.03.4	23.8			
55 to 59 Years										
E. Whillier, Woollahra	NSW 58	39.9	1.33.2		23.1		21.0			
J. Meager, Como	NSW 56	56.8					27.4			
60 to 64 Years										
B. Barrie, Kingsford	NSW 60	43.4				1.55.6				49.4
70 to 74 Years										
N. Gould, Woollahra	NSW 73	1.33.0			58.0					
Correction to above										
	NSW 36									

## HARBORD RESULTS

## MEN

NAME	AGE		FREESTYLE			BREAST STROKE		BACK-STROKE		BUTTER-FLY	
25 to 29 Years			50M	100M	400M	25M	100M	25M	100M	25M	50M
J. Kemp, Cronulla	NSW	29	28.8			20.0					
G. Reddan, Harbord	NSW	29	29.6	1.03.8	4.50.8	1.32.5		1.22.0		33.1	
M. Matchett, Belrose	NSW	29	29.9			16.9		15.8			
J. Visser, Woollahra	NSW	25		1.06.2		16.6		1.24.5		31.4	
P. Wyatt, South Jurs	NSW	29		1.04.8			1.17.0	1.19.2		32.3	
B. Ritchie, Manly	NSW	25					1.17.4				
30 to 34 Years											
G. Elliott, St. George	NSW	30	27.4								30.2
J. Koorey, Manly	NSW	32	29.8	1.02.2	4.55.0						
J. Wainwright, Bexley	NSW	31	29.9		5.44.0			1.24.0			
T. Mathews, Cronulla	NSW	31	30.4					16.5			
W. Hemmings, Revesby	NSW	33	33.4								
B. Walker, Darwin	N.T	30	34.2			26.0					
D. Hiscock, Tamworth	NSW	30	35.8	1.18.4	6.42.2						
P. Brown, Dee Why	NSW	30		1.04.2	5.00.4	19.4					
R. McKeon, Wollongong	NSW	33		1.06.7	5.26.0						35.3
35 to 39 Years											
R. Lawson, Newcastle	NSW	37	29.0	1.06.6							33.0
P. Jackson, Cronulla	NSW	37	29.7	1.04.6	5.40.8						33.2
D. Ford, Cronulla	NSW	39	30.1		5.50.0						
J. Schwinghammer, Newcastle	NSW	37	35.4	1.18.0							
G. Stutsel, Cronulla	NSW	37		1.07.6			1.22.2				
P. Watson, Tamworth	NSW	38		1.14.1	6.05.7					40.9	
T. Ramsay, Fr. Forest	NSW	36			5.23.1			18.0			
40 to 44 Years											
J. Williams, Tamworth	NSW	44	29.2	1.08.7		1.28.0					34.5
R. Heming, Manly	NSW	44	29.4	1.06.4							
J. Crisp, Southport	QLD	40	29.6	1.04.4	4.55.8			16.5			31.2
J. McDiarmid, Harbord	NSW	40	30.2	1.15.2							
R. Barry, Wollongong	NSW	40	30.3	1.06.0				15.5			
B. Kellaway, St. George	NSW	41	30.9	1.11.0							
L. Hardy, Cronulla	NSW	42	31.3	1.12.6	6.12.4			19.5			
J. Hawthorne, Newcastle	NSW	43	31.8	1.11.0	6.08.3					16.4	
M. McKenzie, Cronulla	NSW	44	32.6								
R. Barrett, Blackburn	VIC	42	38.7	1.34.4	7.56.8			24.5			
B. Mortensen, Manly	NSW	40		1.07.6	5.28.3		1.37.1				
P. Stroethoff, Cromer	NSW	43					1.33.0				41.4



## MEN

## HARBORD RESULTS CONT'D.

NAME	AGE		FREESTYLE			BREAST STROKE		BACK-STROKE		BUTTER-FLY	
			50M	100M	400M	25M	100M	25M	100M	25M	50M
45 to 49 Years											
J. Brownjohn, St. George	NSW	45	28.9	1.05.3							
T. Cuneo, Curl Curl	NSW	47	30.8	1.11.5							
R. Banwell, Newcastle	NSW	46	32.0	1.10.8				18.2			
R. Carlon, Manly	NSW	47	32.4	1.12.0	5.40.7			18.8			
M. Ashbury, Tamworth	NSW	46	33.7					19.1		18.2	
K. Williams, Nth Ryde	NSW	49	35.4			20.4					
S. Dickson, Manly	NSW	46	35.9	1.26.6	7.05.7						
O. Herbert, St. George	NSW	46	36.4								
K. Miller, Sth Junior	NSW	49	39.2					24.5			
M. Griffin, Harbord	NSW	45		1.17.3							
50 to 54 Years											
C. Lanser, Cronulla	NSW	54	31.0	1.11.3	6.09.5						
R. Higgins, Manly	NSW	53	31.6	1.11.0							
G. Ashley, Manly	NSW	52	32.9			18.2					
J. Ferguson, Nelson Bay	NSW	53	34.1			19.5		18.9			
S. Walker, Elizabeth Gardens	S.A	52	34.8	1.17.1	6.32.2	20.7		20.2		18.6	
T. Webb, Lawson	NSW	52	37.4			26.4					
R. Haughey, Cronulla	NSW	50	45.1	1.40.5							
H. Clark, Newcastle	NSW	51		1.17.8	6.23.0						
55 to 59 Years											
K. Little, Coogee	NSW	55	30.6	1.10.1		18.8		18.2		17.1	
J. Murray, Clareville	NSW	57	34.5								
R. Dunn, Nelson Bay	NSW	56	36.3		6.24.9						
D. Barrie, Kingsford	NSW	59	38.5								
J. Campbell, Manly	NSW	57			7.19.1						
60 to 64 Years											
S. Simpson, Manly	NSW	60	32.5								
H. Schneider, Rose Bay	NSW	62	33.1								
L. Schenk, Largs Bay	S.A	61	34.4	1.22.2				20.4			
W. Lough, Manly	NSW	60	36.4								
K. Coulton, Tamworth	NSW	60	37.6			23.7		1.58.4			
B. Whillier, Woollahra	NSW	62	41.4	1.37.6						24.5	
J. Craig, Manly	NSW	61		1.22.2	6.26.2						
65 to 69 Years											
J. Harvie, Nth Sydney	NSW	65	35.5								
W. McClintock, Manly	NSW	68			7.39.8						
70 to 74 Years											
G. Ryan, Manly	NSW	70	36.6	1.23.6							
O. Griffiths, Manly	NSW	71			6.32.2						
E. Walther, Dee Why	NSW	70				2.16.8					
75 to 79 Years											
F. Lough, Manly	NSW	78	38.8	1.31.1							

## RELAY EVENTS 4 X 50 METRES FREESTYLE

25 years and over					
Women	9	Interstate	(Sargent, Brandsma, Sansom, Wilson)	332	2.34.0
Men		Cronulla	(Kemp, Kellaway, Mathews, Elliott)		1.57.2
		Composite	(Visser, Wyatt, Barry, Heming)		2.02.2
		Tamworth	(Ashbury, Watson, Hiscock, Williams)		2.12.9
35 years and over					
Women		Cronulla	(McAfee, Dowd, Stenhouse, Lindsell)		2.19.9
Men		Cronulla	(Stutsel, Jackson, Hardy, Ford)		1.58.1
		Manly	(Mortensen, Ramsay, McDiarmid, Heming)		2.00.7
		Newcastle	(Lawson, Banwell, Hawthorne, Schwinghammer)		2.07.2
45 years and over					
Men		Manly	(Higgins, Griffin, Carlon, Cuneo)		2.10.0
		Cronulla	(Lanser, Haughey, Brownjohn, Barrett)		2.30.2
55 years and over					
Men		Dee Why Diggers			2.23.6



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# VICTORIA

From the first affiliated branch of A.U.S.S.I. Honorary Secretary Bruce Carter writes —

As yet we are a very small group. Two clubs only, Mentone and Bentleigh, we both conduct weekly club races during the summer season, with one inter-club swim for the Vicount Shield, which was won this year by Bentleigh. During the winter we use the Wesley College Pool on alternate Sundays, when we conduct club aggregates and inter-club events. Later in the year, possibly about September, we hope to return to the Caulfield Grammar School Pool.

Several of our former state champion women swimmers are keen to compete, and two went to

Sydney for the National Championships, and the record shows they won in their age groups. Julie Brandsma in the 25–29 years, and Barbara Wilson in the 40–44 years. Alwyn Barrett and Sue McKenzie, who had entered, were forced to withdraw at the last minute due to ill health. Alwyn's husband, Bob, swam in the men's events and at the South Sydney Juniors Invitation Swim.

We badly need more promotion here, but as my work time is limited by my one man business, we must get out and find the person to move the game along. I know the "oldies" are about and just need some active person to promote the necessary swim venues.

## COMMITTEE PROFILES — A.U.S.S.I. VICTORIA BRANCH

**PRESIDENT, SID KRASEY:** 56 years, married with 2 children, member of Carlton and Olympic A.S.C. for 12 years. Secretary Mentone R.S.L. Swimming Club for 6 years.

**SECRETARY, BRUCE CARTER:** 59 years, married with 2 children. Member Bendigo A.S.C. 53 years, former secretary and Life Member. Victorian A.S.A. Country and Metropolitan officer for 19 years, Vice President 10 years, Life Member. Time Keeper at Melbourne Olympics. Secretary Bentleigh R.S.L. Swim Club for 6 years.

**TREASURER, GEORGE NANTES:** Married with one child. Has been treasurer of Bentleigh R.S.L. Swimming Club for 6 years.

### COMMITTEE

**GEORGE DANIEL:** 45 years, married, two children, member Preston A.S.C. 21 years. Physical Education Navy 12 years, last 11 years Phys.Ed. Wesley College. Main interest Water Polo, he started the competition in Darwin during Navy duties there. Toured to Singapore and New Zealand with school teams.

**BOB McCABE:** 55 years, married, 2 children. 10 years with North West London A.S.C., England Southern Countries Junior Breaststroke Champion 1936. Migrated to Melbourne 1958. Captain Bentleigh R.S.L. Swim Club for 5 years.

**KEVIN FLEMING:** 59, married, two children, 15 years Middle Park A.S.C. A grade water polo.

# SOUTH AUSTRALIA

The Old Time Swimmers League of South Australia, which was formed on the 6th January, 1974, was the first "masters" type swim group formed in Australia. We chose the name "Old Time Swimmers League" because we wished to involve all swimmers regardless of their ability, and it seemed to us that the name Masters was generally accepted as a term applied to champions as in golf and lawn bowls.

The original office bearers were President Doug Openshaw, Vice President George McKell, Secretary/Treasurer Arthur Sansom,

Assistant Secretary Josie Sansom and committee members were Audrey Lees, Angelo Salvemini, Les Curtain, Dianne Simons, Jan Wrengel and Don Redpath.

Our first swim meet attracted over 100 competitors. This was followed by two more meets at intervals of three months and then at the fourth meet we conducted our first state championship. Due to the number of requests we included a 20–24 age group at these championships.

On the 6th April, 1975 it was decided to introduce more interest to the finishes of our races



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by conducting handicap events as well as scratch. This innovation has meant that we no longer have the same swimmers first home in every event.

The 1976 State Championships were held on Sunday 4th April at Mack's Swim Centre, Largs Bay. The program was 25 Free, 50 Free, 50 Back, 50 Breast, 25 Butt, 100 Free, 100 Individual Medley and 4 x 25 Free relay. The events were conducted in 5 year age groupings from 20-24 through to 65 and over and many of the times recorded were of a high standard (see top 10 listings at back of book).

Of our members, Don Redpath, Henry Gotch, Len Schenck, Stan Walker and Josie Sansom have competed at the National Meets conducted in Sydney and Josie Sansom is in hard training for the tour to the U.S.A. this year.

Further information regarding our activities can be obtained by contacting George McKell Victoria Rd Largs Bay (49-9271) or phone me on 296-2442, Doug Openshaw of 541 Norphett Road, Seacombe Gardens.

#### HENRY GOTCH

One of the S.A. Old Time Swimmers, Henry Gotch, 65 is a former 440 yards champion of South Australia. In 1974 Henry competed at Heffron Park in the Australia v. U.S.A. Meet, and the following year he competed at Harbord in the first National Meet. Henry, who was the founder of the Port Kembla Amateur Swimming Club in N.S.W., was an active surf swimmer and the first club champion of Semaphore S.L.S.C. in South Australia. After a long break, he returned to swimming in 1975, joined the Old Time Swimmers and now swims regularly at the George McKell centre at Largs Bay.



Doug Openshaw (left) and Henry Gotch (65) of the Old Time Swimmers League, South Australia.

## N.S.W. BRANCH

# PRESIDENT'S REPORT

by Barrie Faux

I am happy to be able to present this report in this our initial year of operations in New South Wales.

It is pleasing to find that in our attempts to get more people in the swim we have 195 members on our books, however the average attendance at swim meets of around 25 swimmers is far from gratifying to your committee. I am particularly concerned about the effort being put in by our Secretary Gary Stutsel, who is spending a great deal of time and energy on this movement, and although he does not display it, is silently concerned by the apathy of majority of members.

However the performance and enthusiasm of some sectors, particularly Newcastle and Tamworth, is very encouraging. Perhaps the answer is a spread of responsibility for carnivals

and publicity. The development of zones within the state, leading to greater coverage of country areas plus local accountability for the running of swim meets, may add to the enjoyment and satisfaction of our members.

Although the U.S.A. tour numbers are less than anticipated we all look forward to the outcome of this trip which should provide us with an insight to the U.S. approach and a cross fertilization of information, which can only lead to a better and more satisfying A.U.S.S.I..

It has been a rough but rewarding start to the N.S.W. Branch, but I am certain that better days are just ahead for the committee, and for the members as a whole, so "keep in the swim", support A.U.S.S.I.



# A.U.S.S.I. NEW SOUTH WALES BRANCH

Since its foundation on the 17th November, 1975, the N.S.W. Branch has been actively engaged in promoting the aims of A.U.S.S.I. throughout this state. It was realised very early that the most effective means of attracting and holding members would be a program of regular swim meets.

Starting in January the committee has arranged a swim a month wherever local clubs or members have offered their assistance with time-keeping and a pool.

The meets to date have been

North Cronulla	19th January
Nelson Bay	22nd February
South Sydney Juniors	9th March
Carrs Park	12th April
Maroubra Seals	10th May
Cardiff	20th June
Pymble	12th July
Tamworth	17th July

The attendance at some of these meets has been disappointing, but the enthusiasm of the hard core of members has provided the inspiration to plan for the future, where I see tremendous scope for growth. So as to better facilitate the publicising and conduct of meets during 1976-77, the branch has divided the state into zones, and is seeking the

formation of zone committees to organise and conduct meets in their areas. Committees have been formed in Tamworth (North West) and Newcastle (Hunter) and it is hoped that others will follow until the maximum planned number of eleven is reached.

Recommendations have been made to combine some events at swim meets and to interspace these with club events conducted exclusively for members of the host club. These moves should ensure continuity of events and provide those who wish to swim in every event on the program with greater rest periods between events.

The N.S.W. Sport and Recreation Service has been contacted on a number of occasions and its officers are eager to assist us as far as their charter will allow. Their regional officers should be of particular help to our zone committees.

The members of this committee have been very active, having formed the nucleus of officials at all carnivals, as well as distributing T Shirts, badges and other items for the National Committee. Assistant Secretary Paul Wyatt arranged for the purchase and distribution of track suits and spoke on our behalf at the Union of Old Swimmers Annual gathering.

Gary Stutsel.

## COMMITTEE PROFILES – A.U.S.S.I. NEW SOUTH WALES BRANCH

The committee was

**PRESIDENT:** Barrie J. Faux, 39, Sales Manager, married, three children. Lived Sutherland Shire last ten years. Member Wanda S.L.S.C. 24 years. Has played most competitive sports and has extensive administrative experience. Now President Cronulla Sutherland Leagues Swimming Club, Barry is an average swimmer, but is dedicated to the aims of self fitness and health, and feels A.U.S.S.I. is an ideal outlet in which to strive to achieve these aims.

**VICE PRESIDENT:** Russ Dunn, 57, Sports Store Proprietor, Nelson Bay, married. Former junior and open surf champion, North Narrabeen and North Bondi clubs. Drummoyne ASC Bondi ASC, Western Suburbs, and Eastern Suburbs champion 200m and 400m freestyle. Runner up N.S.W.



Barrie Faux



championships 1937, 38 and 1946, and 2nd to John Marshall, National 1500m, 1946. Russ is very active in all sports in Newcastle area, and was a driving force behind the formation of this branch.

**HONORARY SECRETARY:** Gary Stutsel, 37, Pharmacist Bexley North. Married to Audrey, they have a son, 2 daughters. First competed at 13, N.S.W. Breaststroke finalist 1953-58. Recovered from serious road accident in 1958 to win N.S.W. Open 100m breaststroke in 1960. Was club, district, Sydney University, Australian University, and N.S.W. Relay champion for many years, also Royal Life champion. Secretary Enfield A.S.C. at 20, foundation secretary Western Suburbs water polo. Now member Wanda Surf Club, Cronulla Sutherland Leagues Swimming Club, and Cronulla Polar Bears Winter Swimming Club. Cycles in winter for fitness.

**HONORARY TREASURER:** Mary Connolly, 41, see article "Women Swimming".

**HONORARY ASSISTANT SECRETARY:** Paul Wyatt, 29, High School Science Teacher, lives Bondi. Bachelor. Learnt to swim at 9, but did not train or compete till age 22 Paul won N.S.W. Winter State Championship, 100m breaststroke on 25th birthday. Member South Sydney Juniors, interested in most sports, but tries to swim all year round.

**COMMITTEEMEN:** Three

Brian Newell, 31, University Administrator, lives Cronulla. Married, two children. Relay swimmer with Ramsgate A.S.C., and Wanda and Cronulla S.L.S.C.s. Formerly a member of South Sydney Juniors, Brian now swims with Kurranulla Club and Cronulla Polar Bears, and keeps fit by playing squash.

Jack Brownjohn, 45, see National Committee.

Frank Sykes, 57, Blakehurst, married, 2 children. School-boy all rounder. Road and track cycle champion as young man. Plastics design consultant, specialising in restaurants, clubs and public buildings decor. A founder of Sylvania Youth Club. Swims regularly with St. George Leagues Club and Cronulla Polar Bears Winter Swim Club.



Russ Dunn



Gary Stutsel



Mary Connolly



Frank Sykes



# HUNTER ZONE OF A.U.S.S.I.

## (Newcastle Area)

Our district has been involved in A.U.S.S.I. since its inception, due to the enthusiasm of Russ Dunn who is the proprietor of the Nelson Bay Sport Store. Russ is the Vice President of the New South Wales Branch and through his involvement from the start, was able to procure the second swim meet held by the Branch.

This meet, which was a joint venture of the Nelson Bay Blue Marlins, R.S.L. Swimmers and the Branch Executive, was held on Sunday 22nd February, 1976 at the Nelson Bay Baths. The weather was very kind to us and resulted in a very successful family carnival which concluded with a children's swim. Swimmers came from Newcastle Sydney and Tamworth and the organisers arranged a Saturday night smorgasbord and a Sunday lunch barbecue for the visitors. The barbecue which was held at the maritime lookout was a real treat to remember, as, whilst eating, you had a view over the whole of the bay area and out to sea. The success of the meet was due to the efforts of the local swimmers who did a first rate job under the direction of John King, Russ Dunn and Jerry Jones. A meeting was held at the barbecue and it was decided to hold a carnival at Cardiff in June.

The Cardiff Meet, which was held on the 20th June, was ably conducted under the direction of Bob Lawson, who, with a lot of lead up work and the assistance of the local swimmers and the State Executive, ensured that the events ran smoothly. A pleasing feature was the presence of a team from Tamworth plus almost all members of the State Executive. The Cardiff Centre is only 18 months old and is a magnificent set up. There are eight squash courts, gymnasium, sauna, baby pool and the 25 metre pool which was heated to just the right temperature to ensure some very good swims.

After the swimming, the winner of the competition for a free ticket to the U.S.A. was announced. To the satisfaction of all (perhaps) it was Geoff Ryan, 70, of Balgowlah. Congratulations Geoff.

Following this a meeting was held to form a zone committee, which was to undertake the task of financing, publicising and conducting carnivals in the Hunter Zone, which extends from the Hawkesbury River to Myall Lakes and west to the Great Dividing Range. Committee members are

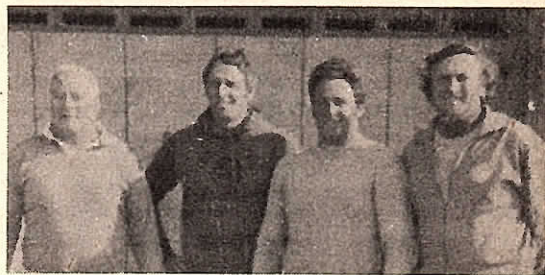
John Hawthorne (President), John King (Vice-President), Michael Stanton (Secretary), Cleave Mitchell (Treasurer), Bob Lawson, Bob Ford and Rosalind (Recorders).

The first carnival is to be held at the Junction Pool on the 15th August and this is to be followed by a Luncheon gathering at the Dixon Park S.L.S.C. Ltd at the invitation of Club Secretary Peter Woodward. Meet Director is John Schwinghammer.

This will be followed by a series of swims leading up to a proposed interzone championship in 1977 where we hope that our team will do very well. The core of the team will be Bob Banwell, Harry Clark, Russ Dunn, John Hawthorne, Bob Lawson and "Sledge" all of whom motored to Harbord for the 1976 National Meet.

Finally, let us make each of our swims a happy family day out for Mum, Dad and the kids and let us all enjoy good company and fellowship, whilst striving through swimming to keep fit.

"Sledge Schwinghammer.



Hunter Zone Swimmers (left to right): Bruce Oliver, Bob Lawson, John Schwinehammer and John Hawthorne.

## NELSON BAY

Nelson Bay, which was mentioned above as the venue for the first Newcastle area swim meet, is a very strong aquatic sports area. Situated on the shores of Port Stephens where the Queen Mary sheltered during World War 2, it is the base for one of the world's best game fishing areas and each year there is a competition which attracts a great many boats. The area supports a Surf Club, R.S.L. Swimming Club, and the "Blue Marlins" Winter



### Swimming Club.

The big event each year is the Port Stephens Marathon Water Carnival. This started in 1973 with a marathon swim but has now expanded to a program which is, marathon 4 mile swim (open and veteran divisions) 8 mile surf boat race (out through the heads, around Cabbage Tree Island and back) 4 mile beach run, 4 mile double surf ski and single surf ski, 400 metre swim (open and veteran) and a 10 a side 100 metre relay swim.

Details of this carnival may be obtained by writing to Russ Dunn, Sports Store Stockton Road, Nelson Bay, 2315.



Nelson Bay Marlins  
"Off to a Flying Start"

## N.S.W. ZONES OF A.U.S.S.I.

The National Committee has given approval for the N.S.W. Branch to divide the state into zones for the purpose of conducting swim meets. These zones will be basically the same areas as the N.S.W. Sport and Recreation Regions.

Zone committees are to be formed by members living or working in the zone area. The committees will arrange venues and publicity for swim meets and conduct at least two swim meets per year. The first zone to be formed was "Hunter" which is based on Newcastle. The second was North West.

North West Zone is based on TAMWORTH and is organised by the Tamworth & District Workmen's Club senior swimming club. With some vigorous promotion from their Secretary Jim Williams, they are presently accepting responsibility for the North Coast and Southern Queensland areas. They are the gipsies of A.U.S.S.I., because as well as accepting responsibility for this huge area, they travel to as many other meets as possible, and have competed at Harbord, Nelson Bay and Cardiff. Their first area carnival was at Tamworth on Saturday, 17th July.

It is proposed that in the near future three zones will be formed in the Sydney Metropolitan area, namely Central Metropolitan (including Eastern Suburbs), North Sydney (Manly-Warringah) and St. George/Sutherland. Apart from the areas already mentioned, zones may eventually be formed for Metropolitan West (Parramatta), Liverpool, Western (Orange), Riverina (Wagga Wagga) and South Coast (Wollongong).

Commencing in November 1977, we hope to conduct an inter-zone competition with the emphasis on participation and relay events.



Tamworth and District Workmen's Club  
Senior Swimming Club

(left to right - out of water): Mal Higginson (President), Mrs. Marj Wayling (Publicity), Mrs. Gwen Stephenson, Mrs. Jean Williams (Recorder), Kev Wayling, Jack Hannan (Treasurer). (In water): Jim Williams (Secretary), Mrs. Peg Wilson (Recorder)



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# WOMEN'S SWIMMING

Probably because of the demands and restrictions of motherhood, there has been very little organised swimming for women. In spite of this, A.U.S.S.I. very quickly unearthed some keen women swimmers. To name a few there is Josie Sansom of South Australia, Julie Brandsma and Barbara Wilson from Victoria, Peg Wilson from Tamworth, former Empire Games star Evelyn Whillier (born de Lacy) and daughter Lyn, former state swimmers Sue Flaus and Lesley Mc Diarmid (who puts the boys to shame when she starts backstroking) and Nell Gould who at 72 has been the oldest of our ladies to date. Nell took up swimming only recently as her doctor advised her to have regular exercise and she thought swimming would be the most enjoyable way of following his orders.

Another to take up swimming for medical reasons was N.S.W. Treasurer Mary Connolly. Aged 41 and mother of three, Mary had been an A Grade basketball and hockey player and was a keen barefoot skier when she had a serious illness late in 1973. Her doctor advised regular exercise as part of her recovery, so Mary started swimming daily. As an added incentive she joined the South Sydney Juniors Leagues Club Ladies swimming club (Tuesday nights) and in May 1974 competed in her first ever swimming race. Now back at work, she finds her training time restricted, but usually manages three swims a week. Mary is one of the group travelling to the U.S.A. in August, 1976. Another member of the tour is Bess Barrie, 60, of Kingsford.

Bess has been active in sport for over half a century. From 1924 to 1930 whilst at Woodcourt College, Dulwich, N.S.W., she was school swimming and track champion and a state finalist in both sports. Since married to husband Doug, she is the mother of two adult children and is a grandmother. When her own children started training in Sam Hereford's squad (which included Murray Rose and John Devitt) Bess revived her interest in swimming and swam with the Spit Women's Club. In her veteran years she has been champion of the Randwick and Coogee Married Ladies Club and is now a member of Maroubra Seals.

In March, 1974, Bess swam against the U.S. swimmers at Heffron Park, Sydney. She won her breaststroke and butterfly events and placed third in the freestyle in the 55-59 year group. Her breaststroke time was the best recorded all year in both countries. Now in the 60-64 group, she is a good



Mrs. Bess Barrie

prospect for St. Louis as she has improved on her 1974 performances and is competing regularly.

As mentioned women are swimming at South Sydney Junior Leagues and at Maroubra Seals. As well as this there are groups at Killarney Heights, Pymble and a daytime club at Como which swims on Tuesday mornings. At Como they conduct learn to swim and coaching classes for ladies, and from these have obtained several new members. Amongst these are women who have come to Australia from Ireland, Israel and England. During the eight week period from November to January, we have a point-score for 20, 30 and 50 metre any style. About thirty women compete regularly in the handicap events which can be quite exciting when the tide is running in our river pool. It can take four seconds off our times!!

Lil Dawson (59) has been swimming for eight years on her doctor's advice and she never does less than 400 metres, and in the winter surfs at Cronulla. We hold inter-club meets with South Sydney Juniors and all agree that the feature event is the open smorgasbord, which is as varied and interesting as our styles.

Shirley Lindsell.  
Como Ladies.  
22 Waratah St, Engadine.



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# Australian

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# Winter Swimming Association

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This association is one of the strongest male swimming groups in the world. All clubs swim in open unheated pools from the beginning of May till the end of September each year and the club names generally reflect the conditions under which they swim. The most widely known club is the Bondi Icebergs, and other affiliated clubs are Clovelly Eskimos, Coogee Huskies, Coogee Penguins, Dee Why Icepicks, Harbord Frigid Frogs, Bronte Splashers, Coledale Northern Oysters, Cronulla Polar Bears, Dixon Park Coldies, Maroubra Seals, Merewether Mackerels, Nelson Bay Blue Marlins, Narrabeen Shivering Sharks, North Sydney Brass Monkeys, Port Macquarie Walruses, South Maroubra Dolphins, Tuggerah Tufts, Umina Blue Swimmers, Wollongong Whales, and from Western Australia the Cottesloe Crabs.

The highlight of the season is the Winter Championships, which are held in September. Each club is allowed two entrants in the open, over 30, over 40, over 50, over 60, and over 70 freestyle sprints and one team each in the open, over 30, over 40, and over 50 relays. The standard is very high with the winning teams average in the open 10 x 50 metre being 27.14 and the 6 x 50 over 30 team averaging 28.10.

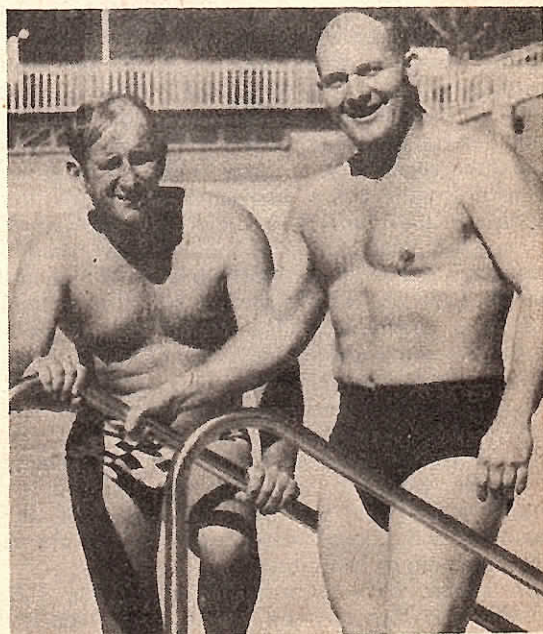
**CRONULLA POLAR BEARS** was the winner of both these events in 1975 and overall pointscore winner for 1973-4-5. Founded in 1953, the Bears have grown from 27 members to 138 and have a great depth of talent. The club swims in the rock pool at Cronulla on Sunday mornings, conducting 15 heats of the 50 yard freestyle and three heats of a six-a-side relay. Once a month there is a 100 yard handicap as well. There are monthly and overall pointscores, but the most keenly sought after award is for 100% attendance.

After the swimming the members gather at the clubroom above the Cronulla Sporting Complex and down a few cans whilst hearing the day's results and being relieved of their pocket money by a system of good natured fines which are levied for misdemeanors both real and imagined. The key to the success of this club is team work, by the officials, social committee and the swimmers who act as timekeepers etc.

**WESTERN AUSTRALIA'S COTTESLOE CRABS** which is affiliated with the Winter Swimming Assoc. is the keenest of all clubs. Over 70 members contest the 30 metres, 50 metres and 400 metres freestyle events each Sunday at the Beattie Park Pool and yet the club is only four years old.

Twenty-three members financed their own expenses to travel to Sydney for the Winter Championships and in 1975 the club won its first gold medal with John Golding winning the over 30 years 50 metre freestyle from the much fancied Graham Elliott and Warren Moore. The club also had finalists in the over 40 years and the over 30 and over 40 relays, which was a great effort when you consider that some of the best swimmers were unable to make the long trip over.

Any visitors to Perth from the east are invited to contact the club by phoning Club Secretary Alf Wood on 31-5267.



Founders of Cottesloe Crabs, W.A.  
(On steps) Alf Woods (Outside) Ray Gerrard



# *The Union of Old Swimmers*

## (New South Wales)

The Union was formed in October, 1949, under the patronage of William Hill and the Presidency of Harold Hardwick. It is affiliated to the N.S.W. Amateur Swimming Association, and membership is open to any person who has at any time been a member of a club affiliated with the N.S.W. Amateur Swimming Association and kindred associations, or with any other state association that is affiliated with the Amateur Swimming Union of Australia or F.I. N.A. and who has attained the age of 25 years. There are currently around 350 members and this includes the whole range from ex Olympians to club plodders.

The main fixture each year is the Annual Swimming Reunion and Social. This is held at the Domain Pool, which the oldtimers remember as a 110 x 40 yard tidal pool, but which has since been rebuilt as the Andrew "Boy" Charlton Olympic Pool.

Over the years many functions have been conducted, varying from smokos to banquet dinners and also Olympic Cavalcades have been organised which have raised considerable sums of money for Games Funds.

October, 1975 saw the introduction of swimming logies, which were presented at a "1975 Natatorial Awards Night". Awards were made in the following categories Personality of the year . . . . . Coach of the year . . . . . Outstanding swimmer of the year . . . . . Best Personality (media) for the

year . . . . . Outstanding contribution to swimming (Union of Old Swimmers Award).

Enquiries concerning the Union are welcomed and should be addressed to the Hon. Secretary, Ken Knight, C/- N.S.W.A.S.A. 35 Belmore Street, Surry Hills, 2010.



Barney Brownjohn (82) oldest competitor at National Meet, Harbord, 1975.

## SWIMMERS EAR

by Dr. G.R. Greenwell, AAU Chairman,  
Sports Medicine.

With more and more people involved in aquatic activities it's time to present some tips on preventing and treating early "swimmers ear" problems.

Prevention is our best approach. The swimming pool is not the only source of the fungus and germs that can cause ear infections. These can also get into the moisture in the ear canal from the air.

If there is little moisture in the ear canal, it makes an ideal condition for growth of fungus and germs — a warm, moist, dark container. Therefore, it is important to remove all moisture from the ear canal as soon as possible after getting out

of the water.

After drying with a towel, fill each ear with alcohol drops, letting the alcohol evaporate all of the moisture out of the ears. If the alcohol causes pain, this indicates an infection may have already started, and treatment by a physician is advisable.

Thorough cleansing of all wax by your physician is essential for rapid healing to take place. I've found that most swimmers treated in this manner can continue their usual aquatic activities.



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# A.I.F. SWIMMING ASSOCIATION OF AUSTRALIA

by Bill Lough

The A.I.F. Swimming movement grew from the formation in 1926, of the Limbless Soldiers Swimming Club. In the years that followed, contests were held between this club and other clubs such as Bondi, Coogee-Randwick and Manly.

Following a swim against Manly in 1935, it was decided to conduct a carnival and to form an Association. The first carnival was held on the 12th December 1936 at the Coogee Aquarium.

A program of 14 events, plus 6 finals, included such novelties as the Cook's Fatigue potato race, 100 yards "Route March", the "Housewives" race, and a special race for the Limbless called the "Peggies and Wingies";

Charles Hill, a "Limbie" was the first President and held this office until his death in 1957. He was succeeded by Earl Magee, of Manly, who had been the Honorary Secretary and Carnival Organiser. When Earl was transferred to the country by the Education Department in 1958, Ray Weekes of the Spit Club took over and he has been President ever since.

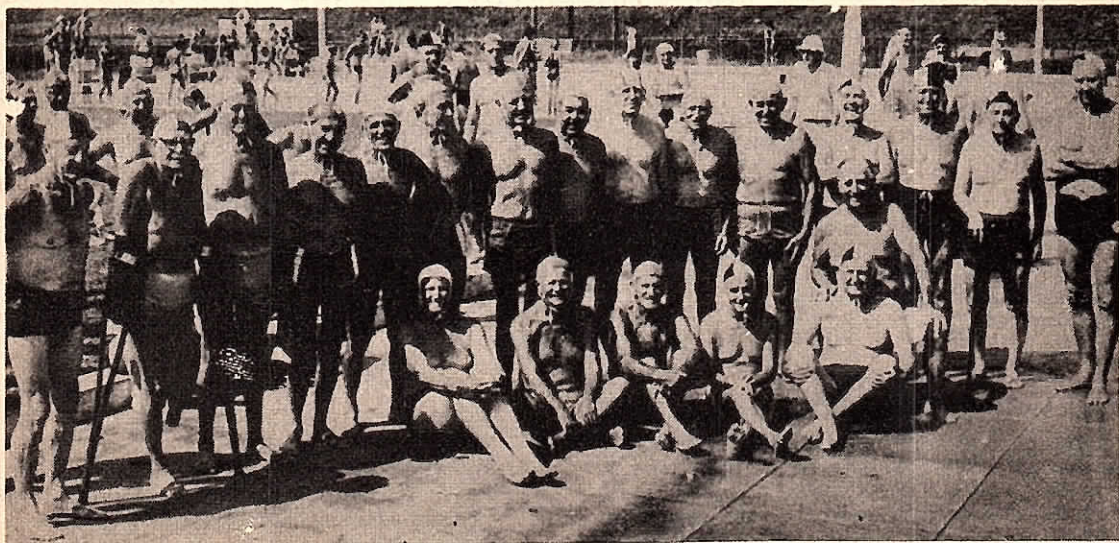
In 1957 Parkes held the first Country Carnival, on the Anniversary weekend in January. This was the first in what is now an annual series with many city swimmers going to the country for this carnival which is held in a different centre each year.

The Association now has 42 clubs, 38 in N.S.W. (21 Sydney, 17 Country), 2 in Victoria and 2 in Queensland. As the ranks of ex-servicemen are now thinning and all member clubs have introduced non-Service or Associate Members to their clubs, we made a radical change in 1976, and for the first time in 40 carnivals non-servicemen were allowed to compete, not only in the handicap events, but also in open relays and a special Associates Championship.

This move proved most successful with all clubs supporting the change. As Carnival Director, and with the help of the experienced team of officials I have groomed over the past 20 years, I was pleased to see the 40th Annual Carnival which was held at Maroubra (Heffron Park) on the 13th March, concluded in under 4 hours after 656 individual starters had competed in 123 races.

All the championships were naturally, keenly contested, but the most popular events were the handicaps with 192 starters in the 30 metres and 351 in the 50 metres.

The inclusion of Associates into the movement has ensured its continued success, and they have been made most welcome by the aging "Diggers" who are now happy that a movement started so long ago will not die out through lack of numbers.



VETERANS OF THE A.I.F. SWIMMING ASSOCIATION



# The Leagues Clubs of N.S.W. Swimming Association

by Owen Herbert

Leagues Club swimming originated with a gathering of 34 members of the St. George Leagues Club, who felt that a swimming club would be of benefit to members health-wise, through competition, relaxation and social interaction. A swimming club was soon formed and meeting weekly.

Five months after, through talks with St. George captain Jack Brownjohn, members of Balmain Leagues Club formed their own swimming club. Other clubs followed in quick succession till now there are clubs from the above plus Cronulla-Sutherland, Manly Warringah, New South Wales, North Sydney, South Sydney, South Sydney Juniors, and Wagga Wagga.

These clubs give wonderful support to the annual carnival and it is a ritual that the captain of the League First Grade Premier Team makes the presentation of trophies. Some outstanding times have been recorded by footballers, including Ken and Dick Thornett, Rob Hemming, Kevin

Cox, Graham Langlands, John "Pogo" Morgan. Gary Leo and Paul Berry. Bill Lough of Manly has been Director of the carnival for the past six years.

The 1976 carnival was, for the first time in eleven years, held on a Sunday, all previous carnivals having been held on Saturday evenings. This was an experiment to involve the wives and children, and although it was probably too late in the season, it proved quite successful. Careful planning for next year should avoid clashing with pre-season football competitions.

As veteran Fred Ireland has said "we have many people throughout our Association who only desire to swim for their health, whilst others swim competitively and although not necessarily trophy winners, they work on lowering their personal times and are rewarded for their efforts.

That is what we feel swimming is all about.

## SOUTH SYDNEY JUNIORS

By Elsie Johnson.

The South Sydney Junior Leagues Club has its own heated, indoor, 25 metre pool. There is a swimming club for members which has races for men only on Thursday nights and for men and women on Tuesday nights. Tuesday night swimmers number 62 and range in age from 21 to 72 (oldest female) and 85 (oldest male).

This club has given much support to A.U.S.S.I., and N.S.W. Treasurer, Mary Connolly, is a member of the club as is Assistant-Secretary, Paul Wyatt.

Apart from the weekly swims and interclub swims, the Juniors have a yearly Christmas Cruise on the harbour, an annual coach trip, theatre parties, and dances.

It is a club of real friendships.

## A.U.S.S.I.'s PLATYPUS BADGE

The "Aussi" badge, as featured on the cover of this magazine, was one of several designs which were submitted by George Moore, 40, of Janali N.S.W. The stylised map of Australia was chosen as a background because it identified us as Australian, but the relatively unknown platypus was chosen instead

of a kangaroo or sea dweller because

- a) he is uniquely Australian
- b) he is a swimmer
- c) like most adult swimmers, he is a shy retiring creature who snatches his swims after dark or in the early mornings.



# United States Masters Swimming Program

June Krauser, Chairman of the American Athletic Union, Masters Swimming committee has written to Jack Brownjohn regarding the background to the U.S. Masters and to their objectives.

As our program has attempted to marry their ideas to Australian conditions, the objectives are almost identical. They, however, had no history of adult clubs which swam for fellowship or recreation have subsequently started from scratch with clubs formed by people who were swimming together and whose main interest was the health aspect.

They were greatly influenced by Dr. Ransom Arthur of the U.S. Navy Medical Neuropsychiatric Research Unit who was instigator of the Masters Program. Dr. Arthur's research team investigated the effects of a regular swimming program for adults and found that swimming was one of the most healthful forms of exercise. Subsequently the Masters Swimming Program was adopted as an official AAU activity in October, 1971.

June has the following to say about the program "It allows long-term competitors to continue a career that may have begun a quarter-century earlier; it encourages one-time competitors to re-enter the sport; and it reserves an opportunity for those who have never competed before. Surprisingly, prior experience and even continuing experience are not prerequisites for success. People from each of these categories have become record setters"

Regarding competition, June adds

"Competition contributes little to health and fitness. In fact, maximum fitness may best be achieved by avoiding racing and the stress that goes with it. But to downplay the role of motivation via competition would be to ignore an obvious and powerful lure of masters swimming. Primarily, it's the feeling of accomplishment. When you swim your fastest time, you feel terribly pleased, and while opportunity expands, so does participation. It works both ways; meets develop more swimmers, swimmers demand more meets".

The Masters Program "has scored a first in the aging struggle. It has swimmers literally looking forward to their 30th birthdays, and their 35th, and 40th and so on".

Even though you might not win, you may be setting personal records. "In the aging process, nature provides some compensations. Psychologically, the older you are the tougher you are. The masters swimming boom has progressed to the point where anyone who wants it can find competition commensurate with his abilities. The master swimmer is limited by family and occupational obligations, but he also has the financial means to explore the swimming world".

In summing up

"Apparently it's never too late to atone for sins of over-indulgence and under-exercise".

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# History of Masters in Australia

— NOW KNOWN AS AUSSI

By Jack Brownjohn.

The first knowledge of Masters swimming was brought to this country in 1971. "Brusho" Brown, a former Coogee lifesaver, who was on a visit to Australia from his home in the U.S.A., told N.S.W. Winter Swimming Association officials Brian Mortensen and John Ludlow, about a group that had started in the United States, and which called itself the "Masters". He explained that the organisation was for all swimmers, male and female, 25 years of age or older. All strokes were swum, and distances from 50 metre to 1500 metre were contested.

Brian and John together organised the first Sydney "Masters" meet, which was held at the Harbord Diggers Club indoor 25m pool, in May, 1971. Approximately 30 swimmers turned up, all of whom were male. In 1972, due to business commitments, Brian and John were not able to carry on their good work.

However, as the whole concept appealed to me, I decided to become involved. Having spare time, I organised a meet which was held at the Sydney University pool on the 1st April, 1972. It was a bitter disappointment. After many hours of organising, only 14 swimmers turned up, and eight of these were personal friends. As a direct result of this, no attempt was made to organise a meet in 1973.

In July, 1973, Brian Mortensen received a letter from Dr. Richard Rahe of the U.S. Navy, stating that an American Masters swim team was to tour New Zealand in early April, 1974. He asked if it would be possible for an America versus Australia competition to be held just prior to that date. This would give the team a visit to Australia as well as New Zealand. Brian passed the letter on to me, and thinking that if these swimmers were keen enough to travel half way around the world to compete, the least we could do was to meet their request.

Accordingly on Saturday the 30th March, 1974 the first international meet was held. This was at Heffron Park Pool, Maroubra, Sydney and it was a great success (thanks to the few who helped on the day). It wasn't so much the actual competition but the atmosphere of friendship and goodwill that prevailed. The Americans also demonstrated to us that the spirit of Masters Swimming was to take part, and not so much to win. They swam in all events regardless of their ability. They said that they swam and trained for their health and not as an ego

trip.

After this tour it became obvious that Master Swimming had a future in Australia. Accordingly a small group worked together to organise a meet for 1975. On the 8th March, 1975, the first truly Australian National Masters Meet was held at the Harbord Diggers Pool. 112 competitors from N.S.W., Queensland and South Australia took part in the events.

Subsequently the name has been changed to A.U.S.S.I. in an endeavour to help spread the idea that age is the only limiting factor to membership (must be 25) and that persons of all standards of performance can take part. Not just the champions as in masters golf or tennis.

Editors note: It was the persistence and persuasive manner of Jack Brownjohn which led to most of us being involved in A.U.S.S.I. Without his lead we would not exist.



Jack Brownjohn (with clock) and brother Bill



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# INTERNATIONAL ACTIVITIES of U.S. Masters Swimmers

As the U.S. Masters swimming program grew from 70 dedicated swimmers who gathered for the first meet held in Amarillo, Texas, May 1970, to the more than 5,000 swimmers competing today, it rapidly became apparent that very few swimmers would ever be Masters champions. Although the competition aspect of Masters swimming is a vital motivational spur needed to induce swimmers to train vigorously, many swimmers must obtain their satisfactions from the social aspects of the program. One of the ways U.S. Masters participants can capitalize on the social aspects of swimming is through a program of international tours. Here, the main objective is to make new friends among similarly-minded folk, rather than striving to become a Masters champion.

In the Spring of 1974 Commander Richard Rahe, Medical Corps, U.S. Navy, led the first foray of U.S. Masters swimmers on a swimming competition holiday to Sydney, Australia, and Mata Mata, New Zealand. 45 persons took part in this tour, chiefly made up of swimmers of average ability but high on adventurous spirit. The several informal swim meets set up for them in Sydney, Australia (co-ordinated by Jack Brownjohn) and in New Zealand (co-ordinated by Cliff Williams) were festive occasions. The jet lag effect played havoc with the U.S. swimmers' performances, but the

comradeship developed and the personal enrichment gained from sharing this activity with peoples of another country were outstanding.

Due to the economic slump of 1975, a U.S. Masters international swim trip was not organised that year. Preliminary negotiations have been made for future trips to Scandinavia, Germany, Japan and Hong Kong.

Richard H. Rahe M.D.



Some of the members of the U.S. Team which visited Sydney in March, 1974.

## A.U.S.S.I. TOUR TO U.S.A.

A party of 5 women swimmers, 16 men and 14 supporters is leaving Sydney on the 22nd August for a five week tour of the U.S.A. Their prime objective is to swim in the A.A.U. Masters Long Course National Championship Meet at St. Louis Missouri on the 26th, 27th, 28th and 29th August, but they will also swim in San Francisco, Los Angeles and Hawaii as a team, and in small groups at centres from Boston to Las Vegas.

The team members are all paying their own

fares, with the exception of Geoff Ryan, who was the lucky winner of our free trip competition. The main aims of the tourists are to exchange ideas, to gain an insight into Masters Methods and to socialise with Americans who share a common interest in swimming.

Travel arrangements have been made by Margaret Warner of St. Leonards Travel whilst the A.U.S.S.I. secretary has looked after the swimming arrangements.

## NEW ZEALAND

We have received an invitation to swim in New Zealand at their March 1977 National Masters Meet, and have made some preliminary enquiries.

Margaret Warner of St. Leonards Travel has suggested that for around \$500 we could fly to Auckland, stay overnight, proceed to New Plymouth for the swim meet, and then take a ten

day tour of the scenic South Island. This would include Mt. Cook, Queenstown, Te Anau, Milford Sound, Dunedin, Christchurch, then back to Sydney. Extended stays would be available as optional extras. Please contact me if you are interested (Gary Stutsel, 299 Bexley Road, Bexley North. 2207, phone Sydney (02) 50 7737.



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# Carnival Capers

By I Spy

**HARBORD, 1975** . . . . Battling Bob Haughey is delighted when he reduces his best time for 50m F/S from 46.0 to 44.8, an improvement of 1.2 seconds . . . . Jim Williams, 43, Tamworth attempts to paint pool bottom blood red, but ends up as hospital casualty.

**CRONULLA, 1976** . . . . Bill Devenish, 26, and Russ Wilcox, 27, put in appearances and give classy performances in the 200m F/S, 2.12.3 and 2.14.4 . . . . 45 swimmers compete.

**NELSON BAY, 1976** . . . . "Jungle Jim" Barry Faux is star of Newcastle TV and his attire gives particular delight to Russ "The Mouth" Dunn . . . . certain secretary leaves his trousers in motel . . . . whole Hardy family takes plunge . . . . big local turn out . . . . hospitality!!

**HARBORD, 1976** . . . . John Crisp, 40, Southport Qld., and John Koorey, 32, Manly, both surf greats swim neck and neck over 400m with J.K. winning by 0.8 seconds . . . . Len Schenk 61, Largs Bay, S.A., flies over from Adelaide in morning, swims, then flies home same afternoon . . . . Owen Griffith, 71, Manly 400m F/S in 6.32.2, 33 seconds faster than best U.S. time . . . . Julie Brandsma, 29, Box Hill, Vic, successfully fights off male admirers at dinner . . . . Lesley McDiarmid, 28, Coogee, N.S.W., 100 back in 1.22.2 . . . . Eve Whillier, 58, Woollahra swims 39.9 50m F/S one second faster than best U.S. . . . 4 males and Nell Gould all in their seventies.

**SOUTH JUNIORS, 1976** . . . . Meet Director P.W. almost forgets swim is on . . . . Bob Barrett, Vic, is only interstate visitor to stay over from Harbord Meet . . . . fine co-operation from Juniors Swim Club with running events and surprise supper.

**CARRS PARK, 1976** . . . . water colder than anywhere except Lithgow, windy . . . . Brendan Ritchie, 25, 50m Breast in 35.0 . . . . Pieter Stroethoff delighted when he beats G.S. home in 200m Breast . . . . Cid Lanser frozen stiff after 400m F/S . . . . South Juniors girls out in force . . . . Peter Jackson, 37, Cronulla takes times with a watch in each hand . . . . Peter Baynes wins tracksuit competition.

**MAROUBRA SEALS, 1976** . . . . fine co-operation from club . . . . Mary Palmer delights boys with much trying on of track-suits . . . . Peter Baynes told his is coming.

**CARDIFF, 1976** . . . . Jack Brownjohn, 25, swims 29.1 after all night party . . . . to disappointment of Russ Dunn, Jungle Jim leaves safari jacket at home . . . . Peg Wilson and Mary Connolly monopolise baby pool . . . . Bob Lawson suffers writer's cramp . . . . Paul Wyatt, 29, 100m medley, 1.08.5 . . . . Peter Baynes tracksuit finally arrives.

NEXT??



Bob Haughey



Paul Wyatt (Assistant Secretary, N.S.W.)



# CONDUCTING A SWIM MEET

To conform to A.U.S.S.I. Rules clubs and zones wishing to conduct meets are advised to study the following.

Arrange a venue. For times to be accepted the pool must be of the bath type and be 25 metres, 50 metres, or 55 yards long. Two hours should be sufficient time. Publicise the meet with press releases and by writing to all known swim clubs in your area.

Check selected date with your zone secretary or the state secretary.

Events may be chosen from the following, these are the only events for which records are kept.

Freestyle: 50m, 100m, 200m, 400m, 1500m.

Backstroke: 25m, 50m, 100m, 200m.

Breaststroke: 25m, 50m, 100m, 200m.

Butterfly: 25m, 50m, 100m.

Individual Medley: 100m (25m pools only), 200m.

Relays: 4x50 freestyle, 4x50 medley, 4x50 mixed free (2 males, 2 females).

Two suggested programmes are —

A. 200 metre any style B. 400 m free  
50 metre free 25 m breast, back,  
butt. (25m  
pool only)

50 metre any style 100 m any style

100 metre free 50 m free

Relay Relay

It is advisable to seek the support of a swimming club (child or adult) and to alternate events between that club and your own entrants. This will A. Add interest

B. Expose parents and children to the sight of adults swimming in competition;

C. Give swimmers more rest between races;

D. Result in better continuity of events, and

E. The club will be able to assist with stop watches and timekeepers.

It is best to accept entries on the day of the meet, from about half an hour before the first event. This will overcome the problem of entrants not turning up.

Use a separate entry sheet for each event and show at the top name of event; under this write —  
SWIMMERS NAME

SEX AGE CLUB or ZONE

STYLE ESTIMATED TIME FOR EVENT

The entrants for each event can then be graded into heats with times as close as possible. In these heats —

1. Ages, sexes and styles may be mixed;
2. All events are to be conducted as scratch start, either by whistle or gun. As times are only requirement there will be no finals.
3. There need be no age restriction on entrants, but results are to be listed only for those who are 25 or older.
4. Relay events shall —
  - a) be in four groups, i.e. 25 and over, 35 and over, 45 and over, and 55 and over, with a teams grouping being decided by the age of the youngest swimmer.
  - b) no swimmer may swim for more than one team in an event at a meet (i.e. if in over 35 F/S relay, may not swim in an over 25 F/S team as well, however may swim in over 35 F/S relay and over 25 medley relay or mixed F/S relay.
  - c) clubs and zones may enter as many teams in each relay event as are allowed by the carnival organisers.

RESULTS of the meet are to be tabulated as per Harbord Meet results on Page 7, that is, graded into sexes, and then into five year age groups starting from 25–29, then 30–34, and so on up to 80 and over.

These results should be forwarded to the national recorder within 14 days of the meet.

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The Trade Practices Act, 1974 came into force on October 1, 1974. There are important new provisions in that Act which contain strict regulations on advertising and all advertisers and advertising agents are advised to study those provisions very carefully. It can be an offence for anyone to engage, in trade or commerce, in conduct "misleading or deceptive". In particular Section 53 contains prohibitions from doing any of the following in connection with the supply of goods or services or in connection with the promotion, by any means, of the supply or use of goods or services.

- (a) Falsely represent that goods or services are of a particular standard, quality or grade, or that goods are of a particular style or model;
- (b) Falsely represent that goods are new;
- (c) Represent that goods or services have sponsorship, approval, performance characteristics, accessories, uses or benefits they do not have;
- (d) Represent that he or it has a sponsorship, approval or affiliation he or it does not have;
- (e) Make false or misleading statements concerning the existence of, or amounts of, price reductions;
- (f) Make false or misleading statements concerning the need for any goods, services, replacements or repairs;
- (g) Make false or misleading statements concerning the existence or effect of any warranty or guarantee.

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# TOP TEN LISTINGS A.U.S.S.I. 1975-76

The times following are the best ten times for each age group and event that were notified to John Kemp during the period 1st July 1975 - 30th June 1976. Many results did not show the swimmers age and subsequently could not be used.

Results for swim meets during 1976-77 must be tabulated as per the Harbord Meet results in this book showing age at the date of the swim meet otherwise they will not be accepted.

s/c short course

l/c long course.

1975 - 1976

## AGE 25 TO 29 YEARS (WOMEN)

### 50M FREESTYLE

1. L. McDiarmid	28	(Coogee)	32.4 s/c
2. J. Brandsma	29	(Victoria)	34.6 s/c
3. J. Hicks	26	(Tamworth)	36.8 s/c
4. H. Drysdale	27	(SSJ)	37.0 s/c
5. M. Warner	27	(Nelson Bay)	38.2 s/c
6. V. Ashford	27	(Tamworth)	38.3 s/c
7. E. Afflick	29	(SSJ)	43.5 s/c
8. L. Stutsel	26	(Belmore)	50.0 s/c

### 100M FREESTYLE

1. J. Brandsma	29	(Victoria)	1.21.1 s/c
2. H. Drysdale	27	(SSJ)	1.30.8 s/c

### 200M FREESTYLE

1. L. McDiarmid	28	(Coogee)	2.54.0 s/c
2. L. Stutsel	27	(Belmore)	4.10.2 s/c
3. N. Johnson	28	(Balmain)	4.12.0 s/c

### 400M FREESTYLE

1. L. McDiarmid	28	(Coogee)	6.23.9 s/c
2. N. Johnson	28	(Balmain)	9.15.0 s/c

### 25M BACKSTROKE

1. L. McDiarmid	28	(Coogee)	17.0 s/c
2. J. Brandsma	29	(Victoria)	18.0 s/c
3. R. Hordiss	26	(Nelson Bay)	18.5 s/c
4. V. Ashford	27	(Tamworth)	23.5 s/c

### 50M BACKSTROKE

1. L. McDiarmid	28	(Coogee)	38.0 s/c
2. L. Stutsel	26	(Belmore)	55.5 s/c

### 100M BACKSTROKE

1. L. McDiarmid	28	(Coogee)	1.22.2 s/c
-----------------	----	----------	------------

### 25M BREASTSTROKE

1. R. Bordiss	26	(Nelson Bay)	20.2 s/c
2. V. Ashford	27	(Tamworth)	21.5 s/c
3. M. Warner	27	(Nelson Bay)	26.0 s/c

### 50M BREASTSTROKE

1. V. Ashford	27	(Tamworth)	47.4 s/c
1. J. Hicks	26	(Tamworth)	47.4 s/c
3. L. Stutsel	26	(Belmore)	47.6 s/c
4. E. Afflick	29	(SSJ)	53.0 s/c

### 100M BREASTSTROKE

1. L. Stutsel	26	(Belmore)	1.43.9 s/c
2. V. Ashford	27	(Tamworth)	1.47.9 s/c
3. N. Johnson	28	(Balmain)	2.20.3 s/c

## 200M BREASTSTROKE

1. V. Ashford	27	(Tamworth)	3.58.0 s/c
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## 25M BUTTERFLY

1. L. McDiarmid	28	(Coogee)	16.2 s/c
2. G. Hoad	26	(Newcastle)	16.8 s/c
3. J. Brandsma	29	(Victoria)	17.0 s/c
4. R. Bordiss	26	(Nelson Bay)	20.5 s/c

## 50M BUTTERFLY

1. L. McDiarmid	28	(Coogee)	37.9 s/c
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## 100M MEDLEY

1. V. Ashford	27	(Tamworth)	1.44.7 s/c
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## AGE 30 TO 34 YEARS (WOMEN)

### 50M FREESTYLE

1. L. Reynolds	34	(East. Subs.)	34.0 s/c
2. S. Purcell	31	(Seals)	36.8 s/c
3. B. Newby	34	(Tamworth)	38.2 s/c
4. W. Potter	--	(South Aust.)	38.9 s/c
5. F. Brown	32	(Newcastle)	39.2 s/c
6. R. Putman	30	(SSJ)	41.1 s/c
7. V. Hubber	--	(South Aust.)	43.7 s/c
8. C. Davis	31	(Como)	47.0 s/c
9. M. Palmer	30	(Seals)	47.3 s/c
10. M. Woolford	34	(SSJ)	52.1 s/c

### 100M FREESTYLE

1. B. Newby	34	(Tamworth)	1.24.2 s/c
2. R. Putman	30	(SSJ)	1.42.8 s/c

### 200M FREESTYLE

1. B. Newby	34	(Tamworth)	3.03.7 s/c
2. R. Putman	30	(SSJ)	3.30.0 s/c
3. M. Woolford	34	(SSJ)	4.17.2 s/c

### 400M FREESTYLE

1. B. Newby	34	(Tamworth)	6.30.6 s/c
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### 1500M FREESTYLE

1. B. Newby	34	(Tamworth)	27.07.3 s/c
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### 25M BACKSTROKE

1. R. Sargent	32	(Nth. Sydney)	20.2 s/c
2. B. Newby	34	(Tamworth)	23.0 s/c
3. G. Mitchell	34	(Lawson)	24.0 s/c
4. C. Davis	31	(Como)	30.4 s/c

### 50M BACKSTROKE

1. L. Reynolds	34	(East. Subs.)	42.2 s/c
2. R. Sargent	32	(Nth. Sydney)	44.8 s/c
3. M. Woolford	34	(SSJ)	50.6 s/c
4. B. Newby	34	(Tamworth)	52.1 s/c
5. W. Potter	--	(South Aust.)	54.2 s/c

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6. M. Palmer	30	(Seals)	1.00.4 s/c	1500M FREESTYLE	1. P. Wilson	38	(T)	28.08.5 s/c
100M BREASTSTROKE				25M BREASTSTROKE	1. F. Hogben	38	(M)	20.8 s/c
1. B. Newby	34	(Tamworth)	1.50.0 s/c	2. B. Stenhouse	36	(Cron.)	21.9 s/c	
200M BREASTSTROKE				3. C. Dowd	39	(Como)	22.7 s/c	
1. B. Newby	34	(Tamworth)	3.50.8 s/c	4. P. Wilson	38	(T)	22.7 s/c	
25M BACKSTROKE				5. J. McAfee	35	(Como)	25.9 s/c	
1. S. Purcell	31	(Seals)	18.5 s/c	50M BREASTSTROKE	1. C. Dowd	39	(Como)	51.4 s/c
2. B. Newby	34	(Tamworth)	20.7 s/c	2. B. Stenhouse	36	(Cron.)	52.3 s/c	
3. G. Mitchell	34	(Lawson)	22.2 s/c	3. P. Wilson	38	(T)	54.2 s/c	
4. R. Sargent	32	(Nth. Sydney)	22.4 s/c	4. N. Roman	37	(SSJ)	56.1 s/c	
5. C. Davis	31	(Como)	28.2 s/c	5. B. Wedlock	36	(SSJ)	1.12.0 s/c	
50M BACKSTROKE				100M BREASTSTROKE	1. P. Wilson	38	(T)	2.01.0 s/c
1. B. Newby	34	(Tamworth)	44.8 s/c	200M BREASTSTROKE	1. P. Wilson	38	(T)	4.37.0 s/c
2. M. Lee	-	(South Aust.)	1.12.6 s/c	25M BACKSTROKE	1. F. Hogben	38	(M)	18.4 s/c
3. P. Hoad	-	(South Aust.)	1.28.9 s/c	2. P. Wilson	38	(T)	21.5 s/c	
100M BACKSTROKE				3. B. McIntyre	38	(Seals)	22.3 s/c	
1. B. Newby	34	(Tamworth)	1.44.0 s/c	4. B. Stenhouse	36	(Cron.)	22.3 s/c	
200M BACKSTROKE				5. C. Dowd	39	(Como)	23.5 s/c	
1. B. Newby	34	(Tamworth)	3.41.0 s/c	6. J. McAfee	35	(Como)	25.0 s/c	
25M BUTTERFLY				50M BACKSTROKE	1. P. Wilson	38	(T)	47.0 s/c
1. R. Sargent	32	(Nth. Sydney)	18.8 s/c	2. J. Watts	35	(SSJ)	50.9 s/c	
2. B. Newby	34	(Tamworth)	21.0 s/c	100M BACKSTROKE	1. P. Wilson	38	(T)	1.51.7 s/c
3. G. Mitchell	34	(Lawson)	22.4 s/c	200M BACKSTROKE	1. P. Wilson	38	(T)	4.05.5 s/c
4. W. Potter	-	(South Aust.)	22.9 s/c	25M BUTTERFLY	1. P. Wilson	38	(T)	19.3 s/c
5. C. Davis	31	(Como)	23.8 s/c	2. B. Stenhouse	36	(Cron.)	21.0 s/c	
6. V. Hubber	-	(South Aust.)	24.7 s/c	50M BUTTERFLY	1. P. Wilson	38	(T)	46.4 s/c
50M BUTTERFLY				100M BUTTERFLY	1. P. Wilson	38	(T)	1.53.5 s/c
1. B. Newby	34	(Tamworth)	46.5 s/c	100M MEDLEY	1. P. Wilson	38	(T)	1.42.2 s/c
100M BUTTERFLY				200M MEDLEY	1. P. Wilson	38	(T)	3.54.7 s/c
1. B. Newby	34	(Tamworth)	1.54.4 s/c	AGE 40 TO 44 YEARS (WOMEN)				
100M MEDLEY				50M FREESTYLE	1. B. Wilson	42	(MTWV)	36.8 s/c
1. B. Newby	34	(Tamworth)	1.34.8 s/c	2. S. Lindsell	40	(Como)	38.3 s/c	
200M MEDLEY				3. D. Ross	-	(South Aust.)	39.8 s/c	
1. B. Newby	34	(Tamworth)	3.36.8 s/c	4. M. Connolly	42	(SSJ)	40.2 s/c	
AGE 35 TO 39 YEARS (WOMEN)				5. D. Simons	-	(South Aust.)	40.6 s/c	
50M FREESTYLE				6. J. Morris	42	(Cron.)	46.4 s/c	
1. F. Hogden	38	(M)	34.2 s/c	100M FREESTYLE	1. B. Wilson	42	(MTWV)	1.24.0 s/c
2. P. Wilson	38	(T)	35.7 s/c	2. M. Connolly	42	(SSJ)	1.41.2 s/c	
3. J. McLeod	36	(SSJ)	40.5 s/c					
4. C. Dowd	39	(Como)	42.6 s/c					
5. J. McAfee	35	(Como)	44.2 s/c					
6. B. Stenhouse	36	(Cron.)	45.3 s/c					
7. J. Watts	35	(SSJ)	46.1 s/c					
8. B. McIntyre	38	(Seals)	46.2 s/c					
9. B. Wedlock	36	(SSJ)	48.9 s/c					
100M FREESTYLE								
1. F. Hogben	38	(M)	1.22.3 s/c					
2. P. Wilson	38	(T)	1.23.0 s/c					
3. J. McLeod	36	(SSJ)	1.32.5 s/c					
200M FREESTYLE								
1. P. Wilson	38	(T)	3.09.9 s/c					
400M FREESTYLE								
1. F. Hogben	38	(M)	6.27.4 s/c					
2. P. Wilson	38	(T)	7.07.3 s/c					

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<b>400M FREESTYLE</b>				2. E. Watson	54	(Como)	44.9 s/c
1. B. Wilson	42	(MTWV)	6.18.4 s/c	<b>100M FREESTYLE</b>			
<b>25M BREASTSTROKE</b>				1. E. Mable	50	(SSJ)	1.41.6 s/c
1. B. Wilson	42	(MTWV)	24.7 s/c	<b>200M FREESTYLE</b>			
2. S. Lindsell	40	(Como)	25.1 s/c	1. E. Mable	50	(SSJ)	3.58.7 s/c
3. M. Connolly	42	(SSJ)	29.5 s/c	<b>25M BREASTSTROKE</b>			
<b>50M BREASTSTROKE</b>				1. E. Watson	54	(Como)	23.0 s/c
1. D. Simons	--	(South Aust.)	52.4 s/c	2. H. Brown	50	(Nelson Bay)	38.5 s/c
2. S. Lindsell	40	(Como)	54.2 s/c	<b>50M BACKSTROKE</b>			
3. R. Murray	40		1.14.5 s/c	1. B. Callaghan	53	(Manly)	2.03.4 s/c
<b>25M BACKSTROKE</b>				<b>25M BACKSTROKE</b>			
1. S. Lindsell	40	(Como)	22.0 s/c	1. B. Callaghan	53	(Manly)	23.8 s/c
2. M. Connolly	42	(SSJ)	26.2 s/c	2. E. Watson	54	(Como)	24.3 s/c
<b>50M BACKSTROKE</b>				<b>AGE 50 TO 54 YEARS (WOMEN)</b>			
1. D. Ross	--	(South Aust.)	45.3 s/c	<b>50M FREESTYLE</b>			
2. M. Connolly	42	(SSJ)	53.2 s/c	1. E. Mable	50	(SSJ)	42.4
<b>100M BACKSTROKE</b>				2. E. Watson	54	(Como)	44.9
1. B. Wilson	42	(MTWV)	1.44.0 s/c	<b>100M FREESTYLE</b>			
<b>25M BUTTERFLY</b>				1. E. Mable	50	(SSJ)	1.41.6 s/c
1. S. Lindsell	40	(Como)	20.7 s/c	<b>200M FREESTYLE</b>			
2. D. Ross	--	(South Aust.)	22.2 s/c	1. E. Mable	50	(SSJ)	3.58.7 s/c
3. M. Connolly	42	(SSJ)	24.4 s/c	<b>25M BREASTSTROKE</b>			
<b>50M BUTTERFLY</b>				1. E. Watson	54	(Como)	23.0 s/c
1. B. Wilson	42	(MTWV)	47.5 s/c	2. H. Brown	50	(Nelson Bay)	38.5 s/c
2. S. Lindsell	40	(Como)	49.2 s/c	<b>50M BREASTSTROKE</b>			
<b>AGE 45 TO 49 YEARS (WOMEN)</b>				1. B. Callaghan	53	(Manly)	2.03.4 s/c
<b>50M FREESTYLE</b>				<b>25M BACKSTROKE</b>			
1. J. Sansom	48	(South Aust.)	38.3 s/c	1. B. Callaghan	53	(Manly)	23.8 s/c
2. S. Derby	47	(Balg.)	42.6 s/c	2. E. Watson	54	(Como)	24.3 s/c
3. B. Iredale	48	(Cron.)	43.1 s/c	<b>AGE 55 TO 59 YEARS (WOMEN)</b>			
4. L. Rosen	47	(SSJ)	51.4 s/c	<b>50M FREESTYLE</b>			
5. A. Horvat	49	(SSI)	52.7 s/c	1. E. Whillier	58	(Wool.)	39.9 s/c
<b>100M FREESTYLE</b>				2. J. Meager	58	(Como)	56.8 s/c
1. J. Sansom	48	(South Aust.)	1.29.0 s/c	3. N. Monk	55	(SSJ)	1.05.0 s/c
<b>400M FREESTYLE</b>				<b>100M FREESTYLE</b>			
1. J. Sansom	48	(South Aust.)	7.13.2 s/c	1. E. Whillier	58	(Wool.)	1.33.2 s/c
<b>25M BREASTSTROKE</b>				<b>25M BREASTSTROKE</b>			
1. J. Castle	45	(Collaroy)	22.4 s/c	1. E. Whillier	58	(Wool.)	23.1 s/c
<b>50M BREASTSTROKE</b>				<b>25M BACKSTROKE</b>			
1. J. Sansom	48	(South Aust.)	45.8 s/c	1. E. Whillier	58	(Wool.)	21.0 s/c
<b>100M BREASTSTROKE</b>				2. J. Meager	58	(Como)	27.4 s/c
1. J. Sansom	48	(South Aust.)	1.44.0 s/c	<b>50M BACKSTROKE</b>			
<b>50M BACKSTROKE</b>				1. J. Meager	58	(Como)	1.03.7 s/c
1. J. Sansom	48	(South Aust.)	51.4 s/c	<b>AGE 60 TO 64 YEARS (WOMEN)</b>			
2. L. Rosen	47	(SSJ)	1.03.2 s/c	<b>50M FREESTYLE</b>			
3. A. Horvat	49	(SSJ)	1.16.2 s/c	1. B. Barrie	60	(Kingsford)	43.0 s/c
<b>100M BACKSTROKE</b>				2. D. Nicol	62	(Manly)	51.8 s/c
1. J. Sansom	48	(South Aust.)	1.47.5 s/c	<b>200M FREESTYLE</b>			
<b>25M BUTTERFLY</b>				1. B. Barrie	60	(Kingsford)	3.44.7 s/c
1. J. Sansom	48	(South Aust.)	19.3 s/c	<b>25M BREASTSTROKE</b>			
2. J. Castle	45	(Collaroy)	21.7 s/c	1. B. Barrie	60	(Kingsford)	21.9 s/c
<b>50M BUTTERFLY</b>				<b>50M BREASTSTROKE</b>			
1. J. Sansom	48	(South Aust.)	43.3 s/c	1. B. Barrie	60	(Kingsford)	50.0 s/c
<b>AGE 50 TO 54 YEARS (WOMEN)</b>				2. D. Nicol	62	(Manly)	1.02.5 s/c
<b>50M FREESTYLE</b>				<b>100M BREASTSTROKE</b>			
1. E. Mable	50	(SSJ)	42.4 s/c	1. B. Barrie	60	(Kingsford)	1.55.6 s/c

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<b>25M BACKSTROKE</b>				<b>4. J. Kemp</b>				<b>29 (Cronulla)</b>		<b>20.0 s/c</b>	
1. B. Barrie		60	(Kingsford)	25.4 s/c		<b>50M BREASTSTROKE</b>					
<b>50M BACKSTROKE</b>				<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>		<b>34.8 s/c</b>	
1. B. Barrie		60	(Kingsford)	1.00.0 s/c		<b>2. B. Ritchie</b>				<b>25 (Manly)</b>	
<b>25M BUTTERFLY</b>				<b>3. M. Niemela</b>				<b>28 (SSJ)</b>		<b>38.6 s/c</b>	
1. B. Barrie		60	(Kingsford)	21.8 s/c		<b>4. G. McVay</b>				<b>25 (Cronulla)</b>	
<b>50M BUTTERFLY</b>				<b>5. J. Kemp</b>				<b>29 (Cronulla)</b>		<b>45.0 s/c</b>	
1. B. Barrie		60	(Kingsford)	49.4 s/c		<b>100M BREASTSTROKE</b>					
<b>AGE 70 TO 74 YEARS (WOMEN)</b>				<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>		<b>1.17.0 s/c</b>	
<b>50M FREESTYLE</b>				<b>2. B. Ritchie</b>				<b>25 (Manly)</b>		<b>1.17.4 s/c</b>	
1. N. Gould		73	(Wool.)	1.33.0 s/c		<b>3. M. Matchett</b>				<b>29 (Belrose)</b>	
<b>25M BREASTSTROKE</b>				<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>		<b>2.52.3 s/c</b>	
1. N. Gould		73	(Wool.)	58.0 s/c		<b>25M BACKSTROKE</b>					
<b>50M BREASTSTROKE</b>				<b>1. M. Matchett</b>				<b>29 (Belrose)</b>		<b>15.8 s/c</b>	
1. M. Lewis		71	(SSJ)	1.15.5 s/c		<b>2. P. Wyatt</b>				<b>29 (SSJ)</b>	
<b>1975 - 1976</b>				<b>3. A. Nicol</b>				<b>26 (Dee Why)</b>		<b>18.4 s/c</b>	
<b>AGE 25 TO 29 YEARS (MEN)</b>				<b>50M BACKSTROKE</b>							
<b>50M FREESTYLE</b>				<b>1. J. Edgar</b>				<b>25 (Cronulla)</b>		<b>34.7 s/c</b>	
1. B. Ritchie		25	(Manly)	28.3 s/c		<b>2. P. Wyatt</b>				<b>29 (SSJ)</b>	
2. J. Kemp		29	(Cronulla)	28.8 s/c		<b>3. J. Kemp</b>				<b>29 (Cronulla)</b>	
3. P. Vale		25	(South Aust.)	29.5 s/c		<b>100M BACKSTROKE</b>					
4. B. Edwards		25	(South Aust.)	29.6 s/c		<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>	
5. G. Reddan		29	(Harbord)	29.6 s/c		<b>2. G. Reddan</b>				<b>29 (Harbord)</b>	
6. P. Wyatt		29	(SSJ)	29.7 s/c		<b>3. J. Visser</b>				<b>25 (Woollahra)</b>	
7. M. Matchett		29	(Belrose)	29.9 s/c		<b>25M BUTTERFLY</b>					
8. B. Pike		25	(Cronulla)	30.9 s/c		<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>	
9. B. Pate		26	(Cronulla)	31.6 s/c		<b>2. J. Edgar</b>				<b>25 (Cronulla)</b>	
10. L. King		29	(Victoria)	31.6 s/c		<b>3. J. Visser</b>				<b>25 (Woollahra)</b>	
<b>100M FREESTYLE</b>				<b>4. (B. Edwards</b>				<b>25 (South Aust.)</b>		<b>1.19.2 s/c</b>	
1. G. Reddan		29	(Harbord)	1.03.8 s/c		<b>(M. Niemela</b>				<b>28 (SSJ)</b>	
2. P. Wyatt		29	(SSJ)	1.04.5 s/c		<b>6. A. Dowker</b>				<b>28 (Nelson Bay)</b>	
3. P. Vale		25	(South Aust.)	1.05.7 s/c		<b>7. P. Vale</b>				<b>25 (South Aust.)</b>	
4. J. Visser		25	(Woollahra)	1.06.2 s/c		<b>8. A. Nicol</b>				<b>26 (Dee Why)</b>	
5. M. Niemela		28	(SSJ)	1.08.6 s/c		<b>50M BUTTERFLY</b>					
6. B. Edwards		25	(South Aust.)	1.08.8 s/c		<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>	
7. L. King		29	(Victoria)	1.17.2 s/c		<b>2. B. Devenish</b>				<b>26 (Blacktown)</b>	
8. I. Campbell		27	(Victoria)	1.19.8 s/c		<b>3. J. Visser</b>				<b>25 (Woollahra)</b>	
<b>200M FREESTYLE</b>				<b>4. G. Reddan</b>				<b>29 (Harbord)</b>		<b>33.1 s/c</b>	
1. B. Devenish		26	(Blacktown)	2.12.3 s/c		<b>5. J. Edgar</b>				<b>25 (Cronulla)</b>	
2. R. Willcock		27	(Cronulla)	2.14.4 s/c		<b>100M MEDLEY</b>					
3. B. Fretten		27	(Cronulla)	2.17.5 s/c		<b>1. P. Wyatt</b>				<b>29 (SSJ)</b>	
4. P. Wyatt		29	(SSJ)	2.35.0 s/c		<b>2. P. Vale</b>				<b>25 (South Aust.)</b>	
5. M. Niemela		28	(SSJ)	2.36.4 s/c		<b>3. B. Edwards</b>				<b>25 (South Aust.)</b>	
6. P. Baynes		26	(Cronulla)	2.38.9 s/c		<b>AGE 30 TO 34 YEARS (MEN)</b>					
7. B. Pike		25	(Cronulla)	2.49.9 s/c		<b>50M FREESTYLE</b>					
8. B. Pate		26	(Cronulla)	2.51.7 s/c		<b>1. J. Golding</b>				<b>31 (Cottesloe Crabs W.A.)</b>	
9. G. McVay		25	(Cronulla)	2.56.9 s/c		<b>2. G. Elliott</b>				<b>30 (St. George)&lt;/</b>	

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10. R. McKeon	33	(Wollongong)	31.5 s/c
<b>100M FREESTYLE</b>			
1. J. Koorey	32	(Manly)	1.02.2 s/c
2. P. Brown	30	(Dee Why)	1.04.2 s/c
3. R. McKeon	33	(Wollongong)	1.06.7 s/c
4. D. Hiscock	30	(Tamworth)	1.18.4 s/c
5. P. Liddy	--	(South Aust.)	1.18.7 s/c
6. N. Little	34	(Seals)	1.21.0 s/c
7. B. White	--	(Victoria)	1.22.0 s/c
8. J. Chapman	34	(SSJ)	1.23.3 s/c
9. B. Amey	--	(Victoria)	1.28.6 s/c
10. R. Ogier	--	(Victoria)	1.29.6 s/c

<b>200M FREESTYLE</b>			
1. R. McKeon	33	(Wollongong)	2.25.4 s/c
2. C. Ellmoos	31	(Cronulla)	2.36.1 s/c
3. J. Wainwright	31	(Bexley)	2.36.7 s/c
4. N. Little	34	(Seals)	3.02.6 s/c
5. L. Bryant	34	(Cronulla)	3.04.6 s/c
6. J. Chapman	34	(SSJ)	3.17.2 s/c

<b>400M FREESTYLE</b>			
1. J. Koorey	32	(Manly)	4.55.0 s/c
2. P. Brown	30	(Dee Why)	5.00.4 s/c
3. P. Lewis	32	(Cardiff)	5.23.7 s/c
4. R. McKeon	33	(Wollongong)	5.26.0 s/c
5. J. Wainwright	31	(Bexley)	5.44.0 s/c
6. C. Ellmoos	32	(Cronulla)	5.50.5 1/c
7. D. Hiscock	30	(Tamworth)	6.42.2 s/c

<b>25M BREASTSTROKE</b>			
1. P. Brown	30	(Dee Why)	19.4 s/c
2. B. Walker	30	(Darwin)	26.0 s/c

<b>50M BREASTSTROKE</b>			
1. P. Howard	31	(Seals)	40.9 s/c
2. S. Collaton	30	(South Aust.)	41.2 s/c
3. B. Henning	33	(Revesby)	47.0 s/c
4. P. Liddy	--	(South Aust.)	55.1 s/c
5. R. Dutton	34	(---)	58.3 s/c

<b>25M BACKSTROKE</b>			
1. T. Mathews	31	(Cronulla)	16.5 s/c
2. P. Howard	31	(Seals)	17.7 s/c

<b>50M BACKSTROKE</b>			
1. P. Lewis	32	(Cardiff)	35.4 s/c
2. M. Stanton	31	(Cardiff)	36.7 s/c
3. R. McKeon	33	(Wollongong)	40.5 s/c
4. B. Henning	33	(Revesby)	48.5 s/c

<b>100M BACKSTROKE</b>			
1. J. Wainwright	31	(Bexley)	1.24.0 s/c

<b>25M BUTTERFLY</b>			
1. S. Collaton	30	(South Aust.)	17.0 s/c
2. P. Howard	31	(Seals)	17.2 s/c

<b>50M BUTTERFLY</b>			
1. G. Elliot	30	(St. George)	30.2 s/c
2. R. McKeon	35	(Wollongong)	35.3 s/c

<b>100M MEDLEY</b>			
1. P. Lewis	32	(Cardiff)	1.23.5 s/c
2. S. Collaton	30	(South Aust.)	1.25.6 s/c

## AGE 35 TO 39 YEARS (MEN)

<b>50M FREESTYLE</b>			
1. R. Lawson	37	(Newcastle)	28.7 s/c
2. P. Jackson	37	(Cronulla)	29.2 s/c
3. G. Stutsel	37	(Cronulla)	29.3 s/c
4. R. Moore	37	(Tamworth)	29.8 s/c
5. D. Ford	39	(Cronulla)	30.1 s/c
6. B. Nock	35	(Victoria)	30.4 s/c
7. M. Emms	36	(Victoria)	30.9 s/c
8. I. Winggate	35	(South Aust.)	31.7 s/c
9. R. Richards	35	(Newcastle)	32.6 s/c
10. R. Ford	37	(Newcastle)	32.8 s/c

<b>100M FREESTYLE</b>			
1. P. Jackson	37	(Cronulla)	1.04.6 s/c
2. R. Lawson	37	(Newcastle)	1.06.6 s/c
3. G. Stutsel	37	(Cronulla)	1.07.6 s/c
4. R. Moore	37	(Tamworth)	1.08.4 s/c
5. M. Emms	36	(Victoria)	1.13.1 s/c
6. P. Watson	39	(Tamworth)	1.14.1 s/c
7. B. Nock	35	(Victoria)	1.18.0 s/c
8. J. Schwinghammer	37	(Newcastle)	1.18.0 s/c
9. N. Phillips	38	(Victoria)	1.30.7 s/c

<b>200M FREESTYLE</b>			
1. D. Ford	39	(Cronulla)	2.24.1 s/c
2. P. Jackson	37	(Cronulla)	2.34.3 s/c
3. G. Stutsel	37	(Cronulla)	2.41.0 s/c
4. R. Moore	37	(Tamworth)	2.41.0 s/c
5. B. Walsh	39	(Cronulla)	2.43.8 s/c
6. P. Watson	39	(Tamworth)	2.44.5 s/c

<b>400M FREESTYLE</b>			
1. T. Ramsay	36	(Frenchs Forest)	5.23.1 s/c
2. P. Jackson	37	(Cronulla)	5.40.8 s/c
3. D. Ford	39	(Cronulla)	5.50.0 s/c
4. G. Stutsel	37	(Cronulla)	5.53.0 1/c
5. P. Watson	39	(Tamworth)	6.05.7 s/c
6. R. Richards	35	(Newcastle)	6.06.6 s/c
7. J. Schwinghammer	37	(Newcastle)	6.20.0 s/c

<b>1500M FREESTYLE</b>			
1. R. Moore	37	(Tamworth)	24.20.1 s/c
2. P. Watson	39	(Tamworth)	24.59.2 s/c

<b>25M BREASTSTROKE</b>			
1. G. Stutsel	37	(Cronulla)	16.8 s/c
2. P. Watson	39	(Tamworth)	18.5 s/c

<b>50M BREASTSTROKE</b>			
1. G. Stutsel	37	(Cronulla)	37.0 s/c
2. J. Ford	37	(Tamworth)	37.5 s/c
3. P. Jackson	37	(Cronulla)	41.9 s/c
4. I. Winggate	35	(South Aust.)	42.1 s/c
5. P. Watson	39	(Tamworth)	42.5 s/c
6. S. Byles	37	(Tamworth)	43.2 s/c
7. B. Sach	36	(Cronulla)	49.8 s/c

<b>100M BREASTSTROKE</b>			
1. G. Stutsel	37	(Cronulla)	1.22.2 s/c

<b>200M BREASTSTROKE</b>			
1. G. Stutsel	37	(Cronulla)	3.16.4 s/c

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# 25M BACKSTROKE

1. B. Moore	31	(Tamworth)	16.0 s/c
2. G. Stutsel	37	(Cronulla)	17.8 s/c
3. T. Ramsay	36	(Frenchs Forest)	18.0 s/c

# 50M BACKSTROKE

1. R. Ford	37	(Newcastle)	35.7 s/c
2. R. Moore	37	(Tamworth)	36.8 s/c
3. G. Stutsel	37	(Cronulla)	38.9 s/c
4. P. Brown	37	(Cronulla)	42.3 s/c

# 100M BACKSTROKE

1. R. Moore	37	(Tamworth)	1.24.7 s/c
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# 200M BACKSTROKE

1. R. Moore	37	(Tamworth)	3.07.4 s/c
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# 25M BUTTERFLY

1. P. Jackson	37	(Cronulla)	15.2 s/c
2. I. Winggate	35	(South Aust.)	16.6 s/c
3. G. Stutsel	37	(Cronulla)	16.9 s/c
4. P. Watson	39	(Tamworth)	17.7 s/c
5. M. McIntyre	39	(Seals)	28.2 s/c

# 50M BUTTERFLY

1. R. Lawson	37	(Newcastle)	33.0 s/c
2. P. Jackson	37	(Cronulla)	33.2 s/c
3. P. Watson	39	(Tamworth)	40.9 s/c
4. G. Stutsel	37	(Cronulla)	42.3 s/c

# 100M MEDLEY

1. I. Winggate	35	(South Aust.)	1.20.6 s/c
2. G. Stutsel	37	(Cronulla)	1.21.5 s/c
3. P. Watson	39	(Tamworth)	1.27.6 s/c

# 200M MEDLEY

1. P. Jackson	37	(Cronulla)	3.09.0 s/c
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# AGE 40 TO 44 YEARS (MEN)

# 50M FREESTYLE

1. T. Ive	41	(Victoria)	28.3 s/c
2. J. Williams	44	(Tamworth)	28.4 s/c
3. R. Heming	44	(Manly)	29.4 s/c
4. J. Crisp	40	(Queensland)	29.6 s/c
5. A. Charleston	-	(Western Aust.)	30.0 1/c
6. J. McDiarmid	40	(Harbord)	30.2 s/c
7. R. Barry	44	(Wollongong)	30.3 s/c
8. B. Kellaway	41	(St. George)	30.9 s/c
9. D. Loeliger	40	(South Aust.)	30.9 s/c
10. R. Ross	-	(South Aust.)	31.5 s/c

# 100M FREESTYLE

1. J. Crisp	40	(Queensland)	1.04.4 s/c
2. R. Barry	44	(Wollongong)	1.06.0 s/c
3. R. Heming	44	(Manly)	1.06.4 s/c
4. B. Mortenson	40	(Manly)	1.07.6 s/c
5. J. Williams	44	(Tamworth)	1.08.7 s/c
6. D. Loeliger	40	(South Aust.)	1.10.2 s/c
7. T. Ive	41	(Victoria)	1.10.2 s/c
8. B. Kellaway	41	(St. George)	1.11.0 s/c
9. J. Hawthorne	43	(Newcastle)	1.11.0 s/c
10. L. Hardy	42	(Cronulla)	1.12.6 s/c

# 200M FREESTYLE

1. L. Hardy	42	(Cronulla)	2.44.5 s/c
2. J. Ryan	44	(Maroubra)	3.13.4 s/c

3. J. Curtin	41	(SSJ)	3.20.0 s/c
4. R. Barrett	42	(Victoria)	3.21.8 s/c

# 400M FREESTYLE

1. J. Crisp	40	(Queensland)	4.55.8 s/c
2. B. Mortenson	40	(Manly)	5.28.3 s/c
3. A. Charleston	-	(Western Aust.)	5.51.0 s/c
4. J. Hawthorne	43	(Newcastle)	6.08.3 s/c
5. L. Hardy	42	(Cronulla)	6.12.4 s/c
6. R. Barrett	42	(Victoria)	7.56.8 s/c

# 1500M FREESTYLE

1. J. Williams	44	(Tamworth)	23.13.8 s/c
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# 25M BREASTSTROKE

1. L. Hardy	42	(Cronulla)	20.0 s/c
2. W. Dimer	42	(Nelson Bay)	23.8 s/c

# 50M BREASTSTROKE

1. J. Williams	44	(Tamworth)	38.9 s/c
2. D. Loeliger	40	(South Aust.)	39.6 s/c
3. J. Hawthorne	43	(Newcastle)	41.9 s/c
4. J. Salmon	40	(Wanda)	42.2 s/c
5. P. Stroethoff	43	(Cromer)	42.2 s/c
6. L. Hardy	42	(Cronulla)	47.0 s/c
7. R. Ross	-	(South Aust.)	57.7 s/c
8. R. Barrett	42	(Victoria)	57.8 s/c

# 100M BREASTSTROKE

1. P. Stroethoff	43	(Cromer)	1.33.0 s/c
2. B. Mortenson	40	(Manly)	1.37.1 s/c

# 200M BREASTSTROKE

1. P. Stroethoff	43	(Cromer)	3.34.5 1/c
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# 25M BACKSTROKE

1. R. Barry	44	(Wollongong)	15.5 s/c
2. J. Crisp	40	(Queensland)	16.5 s/c
3. L. Hardy	42	(Cronulla)	19.5 s/c
4. R. Barrett	42	(Victoria)	24.5 s/c

# 50M BACKSTROKE

1. R. Ross	-	(South Aust.)	38.0 s/c
2. J. Hawthorne	43	(Newcastle)	38.5 s/c
3. D. Loeliger	40	(South Aust.)	38.8 s/c
4. J. Salmon	40	(Wanda)	43.5 s/c
5. J. Curtin	41	(SSJ)	43.6 s/c
6. L. Hardy	42	(Cronulla)	48.0 s/c
7. R. Barrett	42	(Victoria)	1.10.0 s/c

# 100M BACKSTROKE

1. J. Williams	44	(Tamworth)	1.28.0 s/c
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# 25M BUTTERFLY

1. J. Williams	44	(Tamworth)	15.3 s/c
2. D. Loeliger	40	(South Aust.)	15.9 s/c
3. J. Hawthorne	43	(Newcastle)	16.4 s/c
4. R. Ross	-	(South Aust.)	16.9 s/c
5. L. Hardy	42	(Cronulla)	18.8 s/c
6. P. Stroethoff	43	(Cromer)	19.7 s/c

# 50M BUTTERFLY

1. J. Crisp	40	(Queensland)	31.2 s/c
2. J. Williams	44	(Tamworth)	33.9 s/c
3. T. Ive	41	(Cronulla)	35.2 s/c
4. J. Hawthorne	43	(Newcastle)	40.0 s/c
5. P. Stroethoff	43	(Cromer)	41.4 s/c

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<b>100M BUTTERFLY</b>				2. B. Cleaver	49	(Newcastle)	19.2 s/c
1. J. Williams	44	(Tamworth)	1.19.0 s/c	<b>50M BUTTERFLY</b>			
<b>100M MEDLEY</b>				1. J. Brownjohn	45	(Cronulla)	40.3 s/c
1. J. Williams	44	(Tamworth)	1.16.7 s/c	2. R. Asbury	46	(Cardiff)	40.4 s/c
2. D. Loeliger	40	(South Aust.)	1.19.9 s/c	<b>100M MEDLEY</b>			
<b>200M MEDLEY</b>				1. D. Redpath	45	(South Aust.)	1.33.5 s/c
1. J. Williams	44	(Tamworth)	2.55.4 s/c	<b>AGE 50 TO 54 YEARS (MEN)</b>			
<b>AGE 45 TO 49 YEARS (MEN)</b>				<b>50M FREESTYLE</b>			
<b>50M FREESTYLE</b>				1. C. Lanser	54	(Cronulla)	31.0 s/c
1. J. Brownjohn	45	(Cronulla)	28.9 s/c	2. R. Higgins	53	(Manly)	31.6 s/c
2. T. Cuneo	47	(Curl Curl)	30.8 s/c	3. B. Brownjohn	51	(St. George)	31.8 s/c
3. R. Banwell	46	(Newcastle)	32.0 s/c	4. G. Ashley	52	(Manly)	32.9 s/c
4. B. Woods	45	(Cronulla)	32.1 s/c	5. R. Miller	--	(Cottesloe Crabs W.A.)	33.8 s/c
5. R. Carlon	47	(Manly)	32.4 s/c	6. J. Ferguson	53	(Nelson Bay)	34.1 s/c
6. D. Redpath	45	(South Aust.)	33.2 s/c	7. S. Walker	52	(South Aust.)	37.4 s/c
7. G. Daniel	45	(Victoria)	33.2 s/c	8. T. Webb	52	(South Aust.)	37.4 s/c
8. G. Mitchell	45	(Tamworth)	33.5 s/c	9. R. Addington	50	(Victoria)	39.7 s/c
9. R. Asbury	46	(Cardiff)	33.7 s/c	10. N. Ilsley	53	(Victoria)	39.9 s/c
10. R. Roche	49	(Cronulla)	34.4 s/c	<b>100M FREESTYLE</b>			
<b>100M FREESTYLE</b>				1. R. Higgins	53	(Manly)	1.11.0 s/c
1. J. Brownjohn	45	(Cronulla)	1.05.3 s/c	2. C. Lanser	54	(Cronulla)	1.11.3 s/c
2. R. Banwell	46	(Newcastle)	1.10.8 s/c	3. S. Walker	52	(South Aust.)	1.17.1 s/c
3. T. Cuneo	47	(Curl Curl)	1.11.5 s/c	4. H. Clark	51	(Newcastle)	1.17.8 s/c
4. R. Carlon	47	(Manly)	1.12.0 s/c	5. R. Haughy	50	(Cronulla)	1.40.5 s/c
5. M. Griffin	45	(Harbord)	1.17.3 s/c	6. N. Ilsley	53	(Victoria)	1.44.1 s/c
6. G. Daniel	45	(Victoria)	1.25.0 s/c	7. R. Smeaton	53	(Victoria)	1.50.0 s/c
7. D. Dickson	46	(Manly)	1.26.6 s/c	8. M. Bourizk	51	(Victoria)	1.51.0 s/c
8. K. Gregson	46	(Victoria)	1.33.0 s/c	<b>200M FREESTYLE</b>			
9. I. Harris	49	(Victoria)	1.45.0 s/c	1. B. Brownjohn	51	(St. George)	2.41.7 s/c
<b>200M FREESTYLE</b>				2. C. Lanser	54	(Cronulla)	2.45.5 s/c
1. J. Brownjohn	45	(Cronulla)	2.31.0 s/c	<b>400M FREESTYLE</b>			
2. O. Coulter	45	(Cronulla)	3.42.2 s/c	1. C. Lanser	54	(Cronulla)	6.09.5 s/c
<b>400M FREESTYLE</b>				2. H. Clark	51	(Newcastle)	6.23.0 s/c
1. R. Carlon	47	(Manly)	5.40.7 s/c	3. S. Walker	52	(South Aust.)	6.32.2 s/c
2. J. Brownjohn	45	(Cronulla)	5.41.3 s/c	4. J. Hannan	52	(Tamworth)	6.45.2 s/c
3. S. Dickson	46	(Manly)	7.05.7 s/c	<b>25M BREASTSTROKE</b>			
4. B. Cleaver	49	(Newcastle)	7.35.4 s/c	1. G. Ashley	52	(Manly)	18.2 s/c
<b>25M BREASTSTROKE</b>				2. J. Ferguson	53	(Nelson Bay)	19.5 s/c
1. K. Williams	49	(North Ryde)	20.4 s/c	3. S. Walker	52	(South Aust.)	20.7 s/c
<b>50M BREASTSTROKE</b>				4. T. Webb	52	(South Aust.)	26.4 s/c
1. D. Redpath	45	(South Aust.)	45.7 s/c	<b>50M BREASTSTROKE</b>			
2. R. Asbury	46	(Cardiff)	46.4 s/c	1. B. Brownjohn	51	(St. George)	45.0 s/c
3. B. Meehan	47	(SSJ)	49.3 s/c	2. S. Walker	52	(South Aust.)	47.8 s/c
4. D. Connolly	45	(SSJ)	53.0 s/c	<b>25M BACKSTROKE</b>			
5. A. Bishop	48	(Como)	56.4 s/c	1. J. Ferguson	53	(Nelson Bay)	18.9 s/c
<b>25M BACKSTROKE</b>				2. S. Walker	52	(South Aust.)	20.2 s/c
1. R. Banwell	46	(Newcastle)	18.2 s/c	<b>50M BACKSTROKE</b>			
2. M. Higgkson	48	(---)	18.7 s/c	1. S. Walker	52	(South Aust.)	46.2 s/c
3. R. Carlon	47	(Manly)	18.8 s/c	2. B. Brownjohn	51	(St. George)	46.5 s/c
4. R. Asbury	46	(Cardiff)	19.1 s/c	3. A. Scanlon	54	(Newcastle)	49.8 s/c
5. K. Miller	49	(SSJ)	24.5 s/c	<b>25M BUTTERFLY</b>			
<b>50M BACKSTROKE</b>				1. S. Walker	52	(South Aust.)	18.6 s/c
1. B. Cleaver	49	(Newcastle)	38.0 s/c	<b>AGE 55 TO 59 YEARS (MEN)</b>			
2. D. Redpath	45	(South Aust.)	40.1 s/c	<b>50M FREESTYLE</b>			
3. B. Woods	45	(Cronulla)	41.0 s/c	1. K. Little	55	(Coogee)	30.5 s/c
4. R. Roche	49	(Cronulla)	43.3 s/c	2. B. Carter	59	(Victoria)	33.2 s/c
5. D. Connolly	45	(SSJ)	51.5 s/c	3. J. Allen	59	(Cronulla)	33.7 s/c
<b>25M BUTTERFLY</b>				4. R. McGabe	55	(Victoria)	33.8 s/c
1. R. Asbury	46	(Cardiff)	18.2 s/c				

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5. J. Murray	57	(Pittwater)	34.5 s/c	7. E. Neville	64	(Victoria)	2.03.0 s/c
6. W. Campbell	58	(Victoria)	35.8 s/c	<b>200M FREESTYLE</b>			
7. R. Dunn	56	(Nelson Bay)	36.3 s/c	1. A. Whillier	62	(Woollahra)	3.42.6 s/c
8. R. Goode	59	(Cronulla)	37.8 s/c	<b>400M FREESTYLE</b>			
9. D. Barrie	59	(Kingsford)	38.5 s/c	1. J. Craig	61	(Manly)	6.26.2 s/c
10. C. Eddington	56	(Victoria)	39.4 s/c	<b>25M BREASTSTROKE</b>			
<b>100M FREESTYLE</b>				1. K. Coulton	60	(Tamworth)	23.7 s/c
1. K. Little	55	(Coogee)	1.10.1 s/c	<b>50M BREASTSTROKE</b>			
2. B. Carter	59	(Victoria)	1.19.0 s/c	1. (K. Coulton	60	(Tamworth)	56.6 s/c
3. R. McGabe	55	(Victoria)	1.19.0 s/c	(F. Armstrong	61	(Cardiff)	56.6 s/c
4. F. Sykes	56	(Cronulla)	1.28.8 s/c	<b>25M BACKSTROKE</b>			
5. W. Campbell	58	(Victoria)	1.31.0 s/c	1. L. Schenk	61	(South Aust.)	20.4 s/c
6. A. Broman	59	(Victoria)	1.56.0 s/c	2. K. Coulton	60	(Tamworth)	22.5 s/c
7. R. Beattie	56	(Victoria)	2. 0.0 s/c	3. J. Prowd	62	(Nelson Bay)	22.6 s/c
8. E. Smith	56	(Victoria)	2.10.0 s/c	<b>50M BACKSTROKE</b>			
<b>200M FREESTYLE</b>				1. L. Schenk	61	(South Aust.)	46.7 s/c
1. K. Little	55	(Coogee)	2.39.8 s/c	2. K. Coulton	60	(Tamworth)	52.0 s/c
2. R. Goode	59	(Cronulla)	3.26.4 s/c	<b>100M BACKSTROKE</b>			
3. F. Sykes	56	(Cronulla)	3.27.0 s/c	1. K. Coulton	60	(Tamworth)	1.58.4 s/c
4. H. Sweetman	55	(SSJ)	3.44.5 s/c	<b>200M BACKSTROKE</b>			
<b>400M FREESTYLE</b>				1. K. Coulton	60	(Tamworth)	4.34.1 s/c
1. R. Dunn	56	(Nelson Bay)	6.14.9 s/c	<b>25M BUTTERFLY</b>			
2. J. Campbell	57	(Manly)	7.19.1 s/c	1. B. Whillier	62	(Woollahra)	24.5 s/c
<b>25M BREASTSTROKE</b>				<b>50M BUTTERFLY</b>			
1. K. Little	55	(Coogee)	18.8 s/c	1. A. Whillier	62	(Woollahra)	58.4 s/c
<b>50M BREASTSTROKE</b>				<b>AGE 65 TO 69 YEARS (MEN)</b>			
1. R. McGabe	55	(Victoria)	42.1 s/c	<b>50M FREESTYLE</b>			
2. B. Carter	59	(Victoria)	46.1 s/c	1. J. Harvie	65	(North Sydney)	35.5 s/c
<b>25M BACKSTROKE</b>				2. R. Wisbey	69	(SSJ)	49.1 s/c
1. K. Little	55	(Coogee)	18.2 s/c	3. A. Cannon	67	(SSJ)	56.5 s/c
2. J. King	57	(Nelson Bay)	21.8 s/c	<b>400M FREESTYLE</b>			
<b>50M BACKSTROKE</b>				1. W. McClintock	68	(Manly)	7.39.8 s/c
1. J. Allen	59	(Cronulla)	40.5 s/c	<b>25M BACKSTROKE</b>			
2. B. Carter	59	(Victoria)	41.7 s/c	1. J. Gillett	66	(Nelson Bay)	22.6 s/c
<b>25M BUTTERFLY</b>				<b>AGE 70 TO 74 YEARS (MEN)</b>			
1. K. Little	55	(Coogee)	17.1 s/c	<b>50M FREESTYLE</b>			
<b>50M BUTTERFLY</b>				1. G. Ryan	70	(Manly)	36.6 s/c
1. K. Little	55	(Coogee)	40.4 s/c	2. R. Williams	70	(Cardiff)	38.6 s/c
2. R. McGabe	55	(Victoria)	44.3 s/c	3. R. McKenna	73	(Cronulla)	44.7 s/c
<b>AGE 60 TO 64 YEARS (MEN)</b>				4. J. Dillon	74	(Cronulla)	45.0 s/c
<b>50M FREESTYLE</b>				<b>100M FREESTYLE</b>			
1. S. Simpson	60	(Manly)	32.5 s/c	1. G. Ryan	70	(Manly)	1.23.6 s/c
2. H. Schneider	62	(Rose Bay)	33.1 s/c	<b>400M FREESTYLE</b>			
3. L. Schenk	61	(South Aust.)	34.3 s/c	1. O. Griffiths	71	(Manly)	6.32.2 s/c
4. A. White	60	(— — —)	35.0 s/c	2. R. Williams	70	(Cardiff)	8.21.0 s/c
5. J. Harvie	64	(East Sydney)	35.9 s/c	<b>50M BREASTSTROKE</b>			
6. W. Lough	60	(Manly)	36.4 s/c	1. E. Walther	70	(Dee Why)	1.02.0 s/c
7. K. Coulton	60	(Tamworth)	37.6 s/c	<b>100M BREASTSTROKE</b>			
8. J. Cannon	60	(Coogee)	38.8 s/c	1. E. Walther	70	(Dee Why)	2.16.8 s/c
9. S. Stevens	61	(Victoria)	39.5 s/c	<b>AGE 75 TO 79 YEARS (MEN)</b>			
10. D. Barrie	60	(Kingsford)	40.0 s/c	<b>50M FREESTYLE</b>			
<b>100M FREESTYLE</b>				1. F. Lough	78	(Manly)	38.8 s/c
1. J. Craig	61	(Manly)	1.22.2 s/c	<b>100M FREESTYLE</b>			
2. L. Schenk	61	(South Aust.)	1.22.2 s/c	1. F. Lough	78	(Manly)	1.31.1 s/c
3. K. Coulton	60	(Tamworth)	1.28.7 s/c	<b>AGE 80 TO 84 YEARS (MEN)</b>			
4. B. Whillier	62	(Woollahra)	1.37.6 s/c	<b>50M FREESTYLE</b>			
5. S. Stevens	61	(Victoria)	1.44.0 s/c	1. B. Harris	83	(Nelson Bay)	59.1 s/c
6. D. Barrie	60	(Kingsford)	1.48.3 s/c	2. B. Brownjohn	84	(Cronulla)	1.04.6 s/c

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