



**1976**

**GUIDE**

**TO**

**ADULT**

**SWIMMING**



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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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# 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



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.



Barry 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

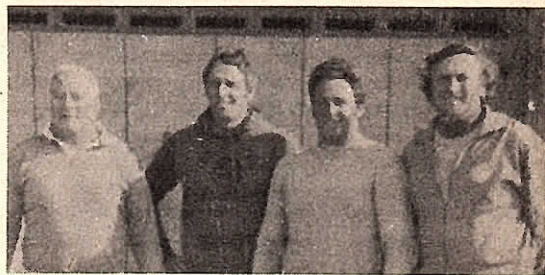
John Hawthorne (President), John King (Vice-President), Michael Stanton (Secretary), Cleave Mitchell (Treasurer), Bob Lawson, Bob Ford and Rosalind (Recorders).

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 Schwinghammer 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)



# 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.



# *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.



# 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.

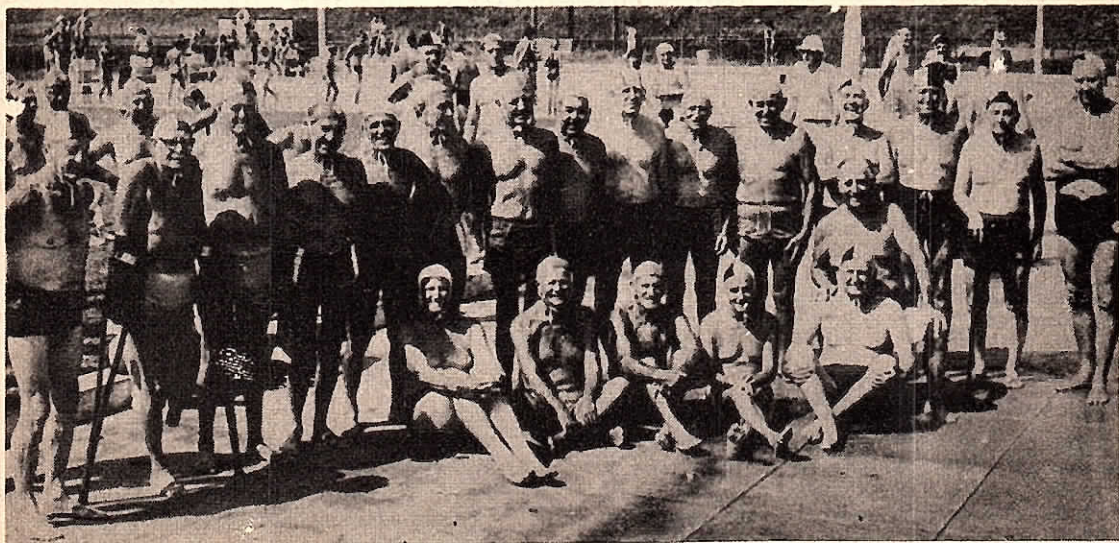
In 1957 Parkes held the first Country Carnival, on the Anniversary weekend in January. This was the first in what is now an annual series with many city swimmers going to the country for this carnival which is held in a different centre each year.

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



# 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



# 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.