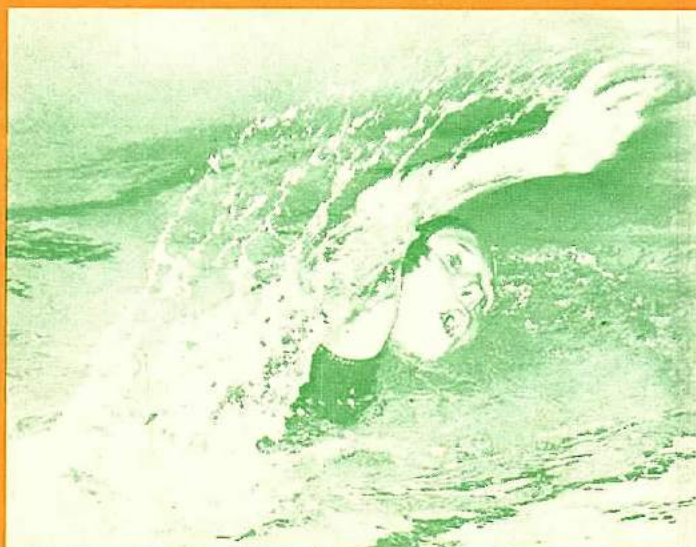


# A.U.S.S.I.



# ADULT SWIMMING 1978



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# A.U.S.S.I. ADULT SWIMMING 1978



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# "Some people still think that detergent or hot water in the washing machine kills germs..."



Charles Frank, Microbiologist, Arthur Webster Laboratories, Northmead, N.S.W.

...Mr Frank, you're a microbiologist in a leading independent testing laboratory - are these people right?

"No. Most germs are terribly resistant. For instance, in the United States, the Department of Agriculture proved that germs can survive in even the cleanest washing machines. And even with the hottest washing machine water and the strongest detergents, germs can still spread through the wash."

*How dangerous are these germs?*

"The U.S. Research shows that 30 types of bacteria can survive a typical automatic wash. There are three types that are particularly dangerous. The first, *Staphylococcus aureus*, which is commonly known as golden staph, can cause boils, carbuncles, skin infections, respiratory infections, kidney infections and other types of infections. *Pseudomonas aeruginosa*, commonly known as the green pus producer can cause skin and kidney infections. It is often present in chronic infections of the middle ear. Finally, *Paracolon bacteria* can spread through the wash - and some of the family produce intestinal disturbances."

*Just how difficult is it to kill these germs?*

"Well, you can't do it with a normal washing machine wash, that's for sure. It takes 3 to 5 minutes at 100 degrees centigrade (boiling water) to kill *Staphylococci*, or 20 minutes at a water temperature of 60 degrees centigrade.

But water temperatures in home-type washing machines are usually not 60 degrees centigrade and washing machine cycles are not 20 minutes long.

On average, the washing machine cycle runs about 10 minutes. And water temperatures at the "hot" setting in automatic washing machines generally range from 46 degrees centigrade to 57 degrees centigrade.

**GERMICIDAL FIESTA, THE SAFE BLEACH, KILLS MOST GERMS IN THE WASH, NOTICEABLY WHITENS WHITES, BRIGHTENS COLOURED.**

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And, as you can imagine, many more bacteria survive cold water laundering than either hot or warm water laundering."

*How can we overcome this problem, then?*

"Well, the microbiologists who intensively studied the bacteria problem for the U.S. Department of Agriculture's Textiles and Clothing Laboratory suggested that a germicide - as well as detergents - be added to the washing machine.

But it had to be a rather special germicide - it had to pass several strict criteria. They demanded that it kill many kinds of bacteria without injuring or discolouring fabrics, and without leaving a residue on clothes that would be harmful to humans. If it was to be used in the wash cycle, it had to be compatible with the detergent. And finally, it had to be readily available and reasonable in cost."

*Now, Mr Frank, you have tested the effectiveness of many germicides in your registered laboratory. What about Fiesta?*

"Fiesta satisfies every one of the criteria demanded by the U.S. Department of Agriculture Textiles and Clothing Laboratory - and all of my tests prove that Fiesta kills most dangerous germs in hot or cold water."

Fiesta is compatible with detergents. In fact, Fiesta has in-built water softeners which actually help strengthen the action of most detergents. Another good thing about

Fiesta is that it is an oxygen-based bleach and it doesn't contain any chlorine. Harsh chlorine bleaches can ruin many fabrics especially wool, silk, certain dyed and finished fabrics, and some delicate synthetics. Fiesta is safe for all fabrics.

\*The U.S. Study referred to by Mr Frank is "Sanitation and Home Laundering", prepared by Consumer and Food Economics Research Division, U.S. Agricultural Research Service.

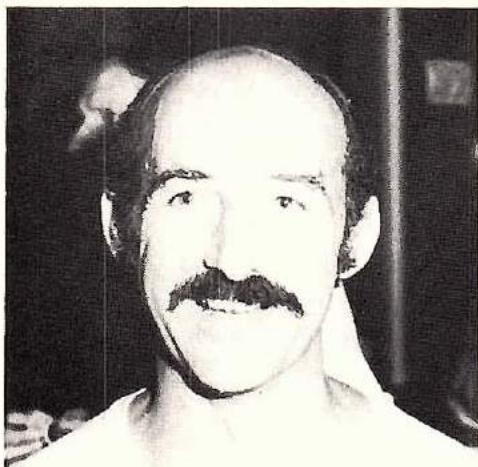




# FOREWORD

## WHY SHOULD WE BE PHYSICALLY FIT?

*by Peter Jackson, National President*



Living today is far more stressful than even a few years ago. The pressures of business and private life has put an increased tension on the "nerve-muscle" system, with a subsequent inability to relax. Physical exercise helps this inability, it reduces the tension in the nerve-muscle system, at the same time increases our body's capacity to perform physical work.

In performing physical work we need energy. Energy comes from the burning of fuel, in our case, oxygen and food, in the cells of the parts of the body being used. This process is described as metabolism and your maximum level of metabolic capacity depends on the capacity of your body to deliver oxygen to the muscles. This capacity is dependent on the efficiency of the heart, lungs, circulatory and muscular systems, and the efficiency is dependent on physical exercise.

There are many physical exercise programmes which will improve the above factors. The emphasis should be on rhythmic exercise, involving the large muscle groups, and the most favoured activities are swimming, walking, jogging, running and cycling. These activities provide the best means of increasing the fitness of the heart and lungs.

True physical fitness is not measured only by the size and strength of muscular development, it is mainly measured by the capacity of the heart and lungs to deliver oxygen and blood to the tissues. This is described as aerobic power and ability of the lungs to absorb oxygen quickly from the air and the capacity of the heart and blood vessels to carry this oxygen to the tissues. Increasing our Aerobic power means we can perform all physical exercise with less fuss and exertion than our unfit neighbour. We can perform the activity more efficiently and recover quicker.

Exercising as well as increasing our fitness, increasing our aerobic power and this strengthens our chances of a long and healthy life. Research has shown that aerobic power is best increased by sustained activity using the large muscle groups. Activities most suited are swimming, walking, jogging, running and cycling.

All the activities stated will increase aerobic fitness, however, swimming if the facilities are available, is the most suited to all people, regardless of age. It is ideal for those who fear that age or health would prevent them from participating in the more vigorous sports or exercises, swimming is the only exercise where the body is totally supported (by water) and where there is no excessive stress on any one set of muscles, as in the case of jogging or running.

The way to true fitness is through physical activity. It should be disciplined and regular, but above all, it should be FUN. If self discipline is a problem then join a local Aussie Swimming group. The companionship of others striving for the same goal will help you achieve yours. The enjoyment derived from physical exercise will more than offset the discipline and time needed to achieve it.

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# EDITORIAL

by Gary Stutzel



GARY STUTSEL, (National Secretary, Editor).

"A.U.S.S.I. ADULT SWIMMING 1978" seeks to achieve four objectives,

1. To introduce A.U.S.S.I. to the uninitiated.
2. To review the activities of the past year so that members can be informed of A.U.S.S.I. activities in other clubs and other states.
3. To act as a manual to guide clubs and intending clubs in the conduct of their activities, particularly those relating to fitness.
4. Lastly, to demonstrate that we are not an elitist group of former champions, but people from all walks of life sharing a common interest in swimming. In doing this we will briefly sketch the medical reasons why some members have taken up swimming in later life.

This, the third magazine, is significant for a number of reasons. For the first time I have an Assistant-Editor, Carol Davis, our National Publicity Officer, who by establishing close rapport with

many members at carnivals and through the mail has been able to bring a more personal dimension to the book.

National Recorder, Paul Wyatt, has also been relieved of part of his load as Margaret (Peg) Wilson of Tamworth has tabulated all the womens Top Ten Times, leaving Paul, Peter Jackson and Mary Connolly to struggle with the men's.

However, without the interest and activity of A.U.S.S.I. swimmers from Brisbane, Queensland, to South Hedland, Western Australia, there would be no reason for having a book, nor anything to write about. Thank you, all of you, but particularly the club secretaries and publicity officers.

Finally, we have a new publisher, Breda Publications, and we trust that they will fulfil our aspirations for a better presented, more effective "A.U.S.S.I. ADULT SWIMMING".

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# A.U.S.S.I. — It's Formation and Early History

by Gary Stutsel

There is a great deal of misunderstanding about when and how A.U.S.S.I. came into being. This article will attempt to clarify the history of A.U.S.S.I.'s early days.

As recorded in the 1976 A.U.S.S.I. magazine, the first "Master's" style carnival was conducted at Harbord Diggers' Club in May, 1971 with 30 male competitors. The organisers were Brian Mortensen and John Ludlow, however, due to business and other commitments, they were unable to repeat that venture.

The next year on the 1st April, Jack Brownjohn organised a carnival at the Sydney University Pool, but only 14 people competed. Due to this poor response no effort was made to have a carnival in 1973.

In July 1973 Brian Mortensen was contacted by Dr. Richard Rahe, of the U.S. Navy, regarding a proposed visit by a team of U.S. Master swimmers who would be visiting New Zealand. Brian passed the letter on to Jack Brownjohn, and after several more letters and frenzied preparations a 45 member U.S. Team swam at Heffron Park Pool, Sydney on the 30th March, 1974.

This carnival was the spark which ignited interest in "Masters" swimming in Australia. It was attended by swimmers from South Australia, Victoria, N.S.W. Country, Queensland, and Sydney, all of whom took the ideas back to their home towns. One feature of the carnival that made a lasting impression on most of us was the fact that all the American swam in the 400 metre event regardless of their ability. This fact was to shape the path taken by A.U.S.S.I.

Following this carnival, interest built up gradually until on the 18th October, 1974 a meeting was held at the South Sydney Leagues Club. It was attended by Bill Lough and Ray Weekes of the A.I.F. Swim Association, Ian Toll and Phil Coles of Surf Life, Ray McDougall, Fred Ireland and Jack Brownjohn of the N.S.W. Leagues Clubs Swim group, Gordon Baxter of the Pool Superintendents' Association, and Joe and Erin Crumlin. They voted to form the AUSTRALIAN MASTERS SWIMMING ASSOCIATION and elected a steering committee of Bill Lough (President), Jack Brownjohn (Secretary), Ray Weekes (Treasurer), and Erin Crumlin (Assistant-Secretary).

This committee organised a swim meet, termed the 1st Australian Masters Championships, which was held at Harbord Diggers on the 8th March, 1975. It was a great success and attracted 112 competitors. Prior to the meet George Moore of Jannali, N.S.W., had presented sketches of several possible badges to a meeting of the steering committee and several others including myself. We adopted the design which was used on the notices for the swim meet and which was subsequently adopted by A.U.S.S.I. (see cover) except that it

was then surrounded by the words "Australian Union of Seniors Swimming International".

Until this stage no attempts had been made to organise activities other than an annual swim; the Australian Masters had not been formally constituted, there was no form of membership and the steering committee was not answerable for its actions to anyone other than the small group of supporters who met at infrequent intervals. Then Jack Brownjohn proposed that we publish a year book. I suggest that the book should include a U.S. style Top Ten listing of swims by age groups and was immediately appointed National Recorder. This led to my direct involvement in the future of the organisation.

Recognising that positive steps needed to be taken to ensure the development of the movement, I took it on myself to print and distribute (at my own expense) an invitation to attend a meeting which was to adopt a constitution and elect office bearers for 1975/76. I drafted a National and a State Constitution which between them allowed for a National Body, with a Council of State Delegates, which would have overall control of policy, and State Branches with direct membership which would be responsible for development. Thanks to the help of Fred Ireland, this meeting was held at South Sydney Leagues Club on the 22nd September, 1975.

The meeting was attended by Jack Brownjohn, John Kemp, Bill Lough, Alf Sparkes, Frank Sykes, John Wainwright, Ray Weekes and myself, with apologies from Bess Barrie and David Mortimer. At Ray Weekes suggestion the A.M.S.A. was wound up and it was voted that a new body be formed and named the AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL, which is now better known by its acronym A.U.S.S.I.

The National Constitution was adopted after minor amendments to the draft and a foundation committee was elected as follows: Bill Lough (President); Jack Brownjohn (Vic-President); Gary Stutsel (Secretary); Frank Sykes (Assistant-Secretary); Ray Weekes (Treasurer); and David Mortimer, Alf Sparkes and Jamie Jenkins (Committeemen). Jamie Jenkins subsequently indicated that he was unable to accept the position due to other commitments.

On the 17th November, 1975, the A.U.S.S.I.—N.S.W. Branch was formed and the draft constitution adopted after it had been polished up by David Mortimer. The 1975-76 and 1976-77 seasons saw my serving as Secretary of both the N.S.W. Branch and the National Committee, and during this period the N.S.W. Branch conducted



## A.U.S.S.I.—It's Formation and Early History continued

many small carnivals. Through a process of trial and error we finally adopted the format which is now in force Australia wide, namely a swimmer joins a club which is affiliated with its State Branch and registers its members through the State Branch with the National Body.

The functions of the National Body are to draft uniform policy for the whole of Australia, to co-ordinate interstate activities, to organise and conduct the National Swim Meet, to organise tours, and to publicise all these activities through the press, other media, and this year book.

These varied tasks have involved many fine people and as the organisation expands will involve many more, particularly at club and state levels. It all depends on you. You "get out" in direct proportion to what you "put in". Help your fellow club members, share the work at swim nights and carnivals and if you can make time serve on a committee for at least 2 months. Whilstever your involvement grows A.U.S.S.I. will grow.

## ACKNOWLEDGEMENT

I would like you all to appreciate that the following people were directly responsible for the growth of A.U.S.S.I. at a National level, during its first years.

Jack Brownjohn, Des and Mary Connolly, Lorna Dickinson, Noel and Betty Dodd, Ron and Carol Davis, Barry Faux, George Jobling, Hanimex Corporation, Owen Herbert, John Kemp, Bill Lough, David and Les Mortimer, Bill McClintock, Brian Newell, N.S.W. Department of Sport and Recreation, Southern Media Services, Speedo, Sporting World Publications, St. Leonards Travel, Swim Master (the bulletin of the U.S. Masters), Alf Sparkes, Frank Sykes, Ray Weekes, Paul Wyatt, TAA, and last but not least the interest of Warren Pengilly, Josie Sansom, Tenno Koolberg, and Des McCormick who have put their ideas in writing thereby provoking the thoughts of the Committee.

## A.U.S.S.I. STRUCTURE and ADMINISTRATION

### NATIONAL COUNCIL

—consists of 2 delegates from each state responsible for:

- constitution and amendments
- policy review
- electing National Committee to administer A.U.S.S.I.
- electing an Auditor to review books of accounts.

### NATIONAL COMMITTEE

—consists of eight persons elected annually

**President**—chairs all meetings, acts as guardian of constitution.

**Vice-President**—assists and deputises for the President.

**Secretary & Treasurer**—responsible for day to day administration, implementation of majority of projects.

**Minute Secretary**—keeps written records of all meetings.

**3 Committee**—assist in formulation of, and review the implementation of all projects. Usually perform other duties as well.

**Publicity Officer, Legal Officer, National Recorder**—and any other officers required from time to time are appointed by the National Committee.

**The National Officers**—are responsible for international and nationwide affairs (e.g. National Swim Meet, Aerobics program), however they may advise at a club or state

level if they feel activities contrary to stated policy are being undertaken.

### STATE BRANCHES

**Committee**—elected as above, but by a council of clubs.

—responsible for fostering A.U.S.S.I. within their state boundaries and for promoting inter-club activities such as carnivals and seminars.

### CLUBS

—identify with their local area

—responsible for promotion of A.U.S.S.I. within the area, publicise their activities through the local media.

Their activities are centred around a fitness program which will include races and time-trials to maintain interest.



# NATIONAL REPORT - 1st July, 1978

by Gary Stutsel  
National Secretary

1977-78 has been the "year of the club". Starting in May, 1977, all activities have been promoted on a club basis, with the following objectives in mind:

1. To share the work-load amongst as many people as possible.
2. To establish permanent referral points to which intending members can be directed.
3. To have carnivals conducted by the clubs.
4. To stimulate the competitive spirit (since the introduction of clubs many members are contesting events they have never swum in before, so that they can gain points for their clubs).

It is particularly encouraging to note that Western Australia has been quick to perceive the benefits to be gained from having a number of local clubs rather than one centralised group, and that the other states are now following in the same direction.

Unfortunately some clubs have tended to develop a mini-carnival atmosphere on their swim nights with some members spending no more than 5 minutes out of one hour or more in the pool. Our prime objective is fitness and so that clubs can give a lead in this area the Aerobic Fitness Plan has been included in this book.

Those who are keen for competition will be well catered for by the carnival program, with carnivals year round at least once every month.

## A.U.S.S.I. Structure and Administration continued

### A.U.S.S.I. OBJECTIVES

1. To encourage adults, regardless of age or ability, to take up regular swimming, so as to promote fitness and 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.

The tight financial situation, which saw us having to skimp on planned expenditure up till April, has been overcome by the tremendous response to the National Swim Meet in Melbourne (see other article). It is expected that the 1979 Nationals should swell the coffers to an acceptable level. Meantime we have offers of assistance with our printing which has been the major expense to date.

These offers should lead to a greater availability of "Swim into Fitness and Fun" brochures and it is hoped that every member will use these in an endeavour to publicise A.U.S.S.I. by word of mouth, the most effective medium of advertising known.

Suggestions to increase registration fees were squashed at committee level so we will be looking for other ways in which to finance our many expenses. Recommendations will be made to the next Annual Council Meeting which will be held in Sydney the night before the National Swim Meet.

The National Swim Meet 1979 will be held at the Narabeen Sport & Recreation Centre, Sydney in three sessions (morning and afternoon of Saturday 7th April and morning of Sunday 8th April). It is likely that a 100m individual medley will replace the 25m butterfly and that extra relays will be added.

It is also highly probable that an award will be introduced for 800m. This distance was introduced on the recommendation of Tenno Koolberg of the Hills Club who pointed out that the gap from 400m to 1500m was too big for some people. It would in effect be a stepping stone to the 1500m.

Club affiliations and member registrations were:

N.S.W.—14 clubs	410 swimmers
Victoria—2 clubs	91 swimmers
Queensland—2 clubs	24 swimmers
South Australia—1 club	35 swimmers
West Australia—3 clubs	115 swimmers

giving a total of 22 clubs and 675 registered swimmers. These figures will be well off the true picture by the time you read this report as to my knowledge at least 20 new clubs are being formed during the winter of 1978, and already the numbers in the existing clubs have grown well beyond the figures quoted (finalised at 30th April).



However it is not numbers that concern us most, but rather the quality of the work that is being done. Read up the articles on fitness in this book and put the advice into effect both personally and at a club level. It is no good being the fastest 44 year old in Australia and not making it to 45.

#### FOR MORE INFORMATION ABOUT A.U.S.S.I.

*contact:*

National Secretary: Gary Stutsel,  
299 Bexley Road, Bexley North 2207

N.S.W. Secretary: Keith Walsham,  
65 Hunter Avenue, St. Ives 2075

Victoria: Barbara Wilson,  
5 Bennett Avenue, Mt. Waverley 3149

South Australia: Patti Morris,  
13 Tamar Crescent, Banksia Park 5091

Western Australia: Gladys McDonald,  
5 Fortis Place, Carine 6020

#### NATIONAL COMMITTEE 1978

The new National Committee elected in Melbourne on the 8th April, 1978 is:

**President:** Peter Jackson, 39, Manly Club, N.S.W.  
Peter was previously a committeeman and is Minutes Secretary for A.U.S.S.I., N.S.W.

**Vice-President:** Bob Barrett, 44, North Lodge Club, Victoria. This is Bob's first term on National Committee. He is President of A.U.S.S.I., Victoria.

**Honorary Secretary:** Gary Stutsel, 39, Cronulla-Sutherland Club, N.S.W. National Secretary since constitution of A.U.S.S.I. Gary was formerly N.S.W. Secretary and is presently a committee member of N.S.W. Branch.

**Honorary Treasurer:** Mary Connolly, 43, South Sydney Juniors Club, N.S.W. Mary was re-elected to this position and is presently Treasurer of N.S.W. Branch.

**Minutes Secretary:** Alf Sparkes, 57, St. George Club, N.S.W. Alf has been a committee member since constitution and was Carnival Referee for the first three National Swim Meets.

**Committee Members:** Carol Davis, 34, Cronulla-Sutherland Club, N.S.W. First term on committee, but Carol has been and is National Publicity Officer and is currently Publicity Officer for N.S.W. Branch.

Frank Sykes, 59, St. George Club, N.S.W. Formerly Minute Secretary and a committee member since foundation, Frank is presently President of N.S.W. Branch.

Paul Wyatt, 30, South Sydney Juniors Club, N.S.W. Paul who is National Recorder—Men did not serve on committee last year due to work commitments, however he was a foundation committee member of N.S.W. Branch.

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# TREASURER'S REPORT

Mary Connolly, the National Treasurer, reports that because the current financial year beginning 1st July, 1977 has been extended to the 31st December, 1978, there is no statement of income and expenditure available. The six months extension was made so that the old financial year could be converted to the new one, namely 1st January to 31st December. This amendment was made to the Constitution so that the National Conference would review accounts which were 3 months old rather than 9 months old.

Bank balance at 30th June, 1978 was \$1,604.48 a big increase from the balance of \$437.28 at the 30th June, 1977.

For the nine months following the 30/6/77 funds were very low, due mainly to the cost of printing brochures and forms, however we are at present in the fortunate situation of having most of our current printing paid for by a generous benefactor.

A nation wide raffle was conducted to attempt to overcome the financial worries but the response was very disheartening and only half of the tickets were sold. The situation did not improve until the National Meet was held and all registrations



finalised. With \$675.00 in registrations plus the surplus of income over expenditure at the Nationals we are now in a sound position to continue on into the new year.

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# PUBLICITY OFFICER'S REPORT

by Carol Davis

When I accepted appointment as AUSSI Publicity Officer last July, 1977, I don't think I had any idea how involved the job was. However far from finding it a " - - - " thankless task (as it was described to me) I've found it very rewarding, my thanks to the other members of the National Committee who have endeavoured to give me every support.

At time of writing all State Secretaries and many individual clubs have made efforts to keep me well informed. I do appreciate this feedback as it certainly assists me when I have contact with the media.

**The Media:** In most cases local newspapers are interested in local persons and events, all clubs are requested to keep their local paper informed and to forward me the results. Our larger dailies and national magazines are still to be conquered although we received Australia wide publicity in *The New Idea* during the Nationals this year.

**The International Swimmer:** We've been fortunate in having the interest and support of Mr. Neil Ryan, Editor of *The International Swimmer*, as the monthly articles "AUSSI News" in this publication have provided us with the opportunity of reaching many folk in Australia and overseas. We were delighted when the U.S. Swimmaster (*The U.S. Masters* monthly magazine) reproduced an "AUSSI News" from the *International Swimmer*.

**The Brochures:** These took many hours to write and design and were expensive, however, from what you've told us they were worth the effort and money.

**The Scrapbook, or our Archives:** Doth progress. It's hard to make something attractive out of newspaper cuttings, however, it's harder still if you don't have any cuttings at all. Please forward these to me, after all this organisation is just beginning and it would be a shame not to record our history. The scrapbook will be present at our next Nationals, if your club isn't in it, then it's your fault.

Our T-shirts, car stickers, brochures and year



book are all great ways of publicising AUSSI—however, more effective than anything done by the National Committee or me as Publicity Officer are the activities of each club—every organisation ultimately owes its success to the enthusiasm of its members.

Best Wishes to All Swimmers from . . .

GERRY FRAGIAS

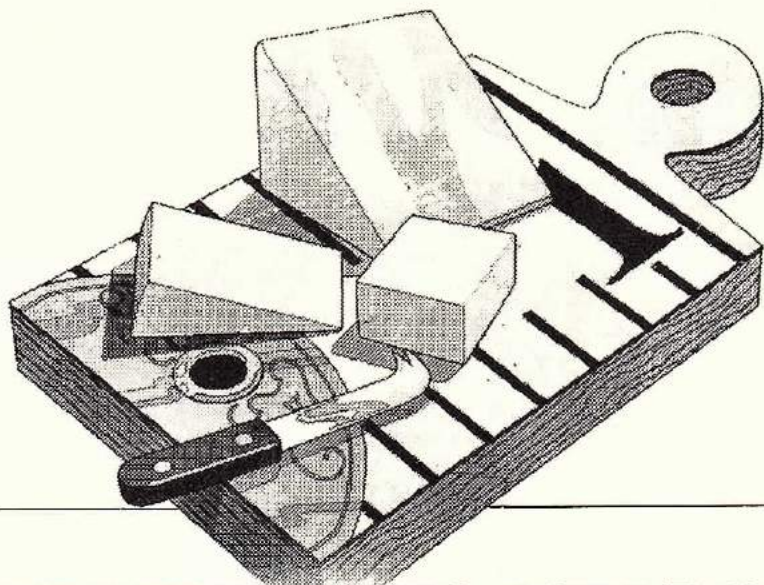
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# N.S.W. STATE REPORT

*by Keith Walsham, State Secretary*

The past year has been one of both consolidation and progress for senior swimming in New South Wales—consolidation in our operations as clubs and progress in the development of our distinctive brand of senior swimming. Membership passed the 400 mark during the year.

The progression of affiliation from an individual to a club basis has been accompanied by an awareness that a balanced swimming format is necessary to fully encompass the essential ingredients of fitness swimming. There has been a growing realisation that regardless of what an individual's swimming aspirations may be, the basic requirement of steady and sustained fitness swimming cannot be developed by quick dip races alone.

Notable developments during the year have been the formalisation of the existing basis of club swimming as the weekly focal point for our swimming; the introduction of the 800 metre freestyle event as a recognised A.U.S.S.I. event; and the streamlining of organisational procedure for swim meets. This year saw our participation for the first time in the American Masters One Hour Swim.

Our State Cup Titles were held in two stages at the country centres of Canberra and Tamworth. Fittingly enough the host clubs took out the top two placings on the pointscore with Tamworth Club being the winner.

Sixty of our swimmers journeyed to the National Titles in Melbourne last April. The top individual male pointscore for the titles went to one of our swimmers.

During the year open swim meets have been hosted by various clubs. Meets are scheduled on a monthly basis throughout the greater part of the year. They are popular and well attended, their popularity being attributable to both the swim-



ming and social components of each programme.

In summary our enjoyment of swimming continues unabated. The friendliness that has characterised our approach to swimming likewise continues.

For the future, active plans are afoot to spread the news of A.U.S.S.I. It is expected that a number of new clubs will be formed in the coming year as more and more people realise the benefits of A.U.S.S.I. Adult Swimming—FITNESS AND FUN.

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# VICTORIAN STATE REPORT

*by Hon. Secretary: Mrs. Barbara Wilson*

On July 3rd, 1977 the Victorian Committee was elected and took office with the aim of fostering A.U.S.S.I. activities in Victoria. Members of the committee are:

**President:** Mr. Bob Barrett  
**Secretary:** Mrs. Barbara Wilson  
**Treasurer:** Mrs. Alwyn Barrett  
**Committee:** Mrs. Shirley Howard  
 Ken Wallis  
 Sid. Krasey  
 John Robertson

Jim O'Doherty offered us the use of the North Lodge Swimming Academy on the first Sunday afternoon of each month where an average of 25-30 swimmers, warm up, swim and get together after for a social gathering, which is enjoyed by all.

In November, Alwyn Barrett was asked to help us with our stroking and agreed. Alwyn takes a ladies group on Wednesdays and a mixed group on Sundays at Nunawading.

Membership has increased to 91 at North Lodge and 17 at Geelong with 91 of these being registered members.

In January, 1978 some keen Geelong swimmers started a club at the Norlane pool with Brian Craven and Arthur Spicer lending encouragement. 11 Geelong swimmers swam at the National Meet and scored 102½ points which was a fine effort.

There is further interest at Collingwood and Kew and if someone could get them started A.U.S.S.I. would branch out further.

Our year came to a climax when we hosted the A.U.S.S.I. Nationals at the Footscray Municipal pool. Swimmers came from interstate and New Zealand and our own local clubs. North Lodge fielded 55 swimmers and won the Founders Trophy convincingly.

With interest on the up, we look forward to further growth of A.U.S.S.I. in Victoria in the future.

## A.U.S.S.I. IN VICTORIA

*by Bob Barrett*

The Victorian Branch of A.U.S.S.I. is starting to spread it's wings with a successful club at Geelong. Other provincial and country centres are showing keen interest in forming adult swimming groups.

The A.U.S.S.I. North Lodge Adult Swimming Club, with 86 members, owes a lot of it's success and social atmosphere to the owners of North Lodge, Jim and June O'Doherty, who have been behind the club since the first meeting in November, 1976. Fifty-one members of the club competed at the Nationals at Footscray, winning the Founders Trophy for "the club in Australia gaining the most points".

The club was fortunate to have Alwyn Barrett as coach as she gave up most of her own swimming to voluntarily help interested club members with coaching, stroke correction and offered general support throughout the year. Alwyn also conducted a teaching class for ladies and taught them to swim for the first time.

Thanks go to the V.A.S.A. Officials who helped A.U.S.S.I. conduct the National Meet: Bob Carmichael—Referee, Terry Leach—Starter, Alan Davis—Assistant Referee, John Kean—Marshall and the members of the Footscray Swimming Club who catered for over 160 swimmers and officials and acted as hosts for lunch and dinner.

We in Victoria are looking forward to an even more successful year in 1978/79 with Adult Swimming taking a further step forward.





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# SOUTH AUSTRALIA STATE REPORT

by Patti Morris, State Secretary

Adelaide Masters was officially formed on November 2nd, 1977 with approximately 20 members. This followed a gradual increase in regular swimmers attending Josie Sansoms "training sessions" at the Norwood Parade Pool. Now, five months later, we are forty strong! All enjoying each other's friendship, sharing common goals as well as a great pride and affection for Josie.

As in the other states, our swimmers vary considerably in ability, but we are just as proud of our learners when they make progress as we are of our top swimmers. Our training sessions are one hour long, twice weekly, and the more experienced swimmers take turns assisting Josie with the learners. We group, according to ability, and swim almost continuously for the duration of the session. Under Josie's watchful eye, everyone receives individual advice and encouragement. We regularly conclude with a novelty event, contested by teams made up of swimmers of widely ranging abilities. This ensures mixing at all levels. Bar-b-que facilities are available at the pool and a number of enjoyable "get-togethers" and impromptu meetings have been held following practices.

Since our formation, we have raised funds in various ways. Initially to assist members to attend the National Meet (the cost of entries and meals at the meet were met by the club) then later, the production of "T" Shirts, newsletters and other promotional material. Currently we are planning a carnival for those members who were unable to go to Melbourne. Place-getters will receive small trophies at a presentation luncheon to follow. A very successful swimathon was our first "fund-raising" effort, both financially and as an "ego-booster" for many members, who swam further than they thought possible! Club spirit was very high as the battlers were cheered on and everyone congratulated each other and shared a great sense of achievement, along with sandwiches and orange juice (really) on the lawns afterwards.

Other individual efforts have resulted in donations to funds. One such, is the result of a member being the owner of a "take-away" chicken shop! He brings a hot chicken to the pool, the aroma gets to everyone! We take a collection, then all compete (with handicaps) for it—usually in a walking race down the pool, 50 metres, holding kick board above head, with both hands! This is Josie's favourite.

Following our success in Melbourne and the happy memories we all have of that weekend, I expect the coming year to be one of club consolidation, steady growth and a clearer understanding of our capabilities, both as individuals and as a club.

We're proud to be part of A.U.S.S.I.



*Enquiries about A.U.S.S.I. in South Australia and the Northern Territory write to:*

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# QUEENSLAND STATE REPORT

*from Chris Shapland*

The 1977-78 season saw the formation of Brisbane's second club, Hibiscus Gardens, commenced on the South Side, through the efforts of Coral and Russel Bond. As Everton Park, A.U.S.S.I. is located almost at the extreme North of Brisbane, a club on the south side was a logical move.

On Tuesday, the 18th of April at John Rigby's Indoor Heated Pool, Everton Park A.U.S.S.I. held its first Annual General Meeting which resulted in an enthusiastic response to fill positions. It is good to see so many women becoming involved in A.U.S.S.I. administration, after all our aim is to promote aerobic fitness in both men and women.

Ross Tilley from Hibiscus Gardens, does a wonderful job helping members of his club improve their swimming technique, while Clive Staines is only too willing to help any Everton Park A.U.S.S.I. member with his or her stroke. Keep up the good work boys, A.U.S.S.I. needs your knowledge.

A.U.S.S.I. will be promoted on a state-wide basis come next summer. Oakey and Strathpine have already expressed interest in forming a group at these centres.

Clive Staines and myself will visit as many country centres in South East Queensland as possible and help prospective clubs get the show on the road.

Good swimming to you all.



## WESTERN AUSTRALIA STATE REPORT

*by Glenys McDonald, Hon. Secretary*

Twelve months ago on Wednesday night 27th April, 1977 the very first A.U.S.S.I. group in W.A. got off the ground at the Carine Pool, Beach Road, Carine at 8.00 p.m. with 6 men and 2 women starters.

Since that date AUSSI-Carine grew, fluctuated and stabilized until we have approximately 50 registered swimmers. About 35-40 of these swim every Wednesday night, right throughout the year. We also have training facilities each Saturday and Sunday mornings at the Carine High School Pool, and now that that is closed for the season, a few of these hardy members will be meeting at the beach.

Our oldest member is 67, but the nucleus of our club seem to be the 30-50 year olds, many of them married couples. We have some terrific swimmers and some plodders, but we all mix in well together with the same aim, to get fit and have fun, and I think we achieve both very well.

Over the past twelve months AUSSI-Carine has had 120 swimmers come to swim with us





and to hear about AUSSI. Half have stayed, some went to form other AUSSI groups, and some could not make it on our swim night. But it shows, I think, the interest people have in swimming and the potential for more AUSSI groups in W.A. in the future.

Our AUSSI-Cairne group has an active committee and they are greatly looking forward to the interstate swim meet in September. Our men have also registered as a Winter Swimming Group for the Winter Championships in Perth.

This year has also seen the formation of the enthusiastic AUSSI-Melville club and the far, far away club of AUSSI-South Hedland, some 1,770 kilometers north of Perth. Two more clubs are gearing themselves towards affiliation, these are at Rockingham, and Victoria Park.

So it's been an exciting year in W.A. for AUSSI and we at Carine have enjoyed acting as the protom state body. A general meeting of Carine and Melville AUSSI members on 12th March elected a steering committee to inaugurate a W.A. State Body by July 1st.

Since AUSSI-Melville's affiliation we have had

two swim meets followed by a social. Next season we hope to hold these on a regular monthly basis with hopefully all the affiliated clubs; and with the experience our members gained at the Nationals in Melbourne, all should go well. Our two representatives at the Nationals were Rod Miller and Winsome Watson.

We have had ample publicity in our newspapers etc but this we found we had to keep to a minimum until we have grown large enough to handle the influx publicity brings.

We in W.A. would like to thank AUSSI-N.S.W., especially Gary Stutsel for all their help in getting us off the ground over here, and answering our ceaseless calls for more AUSSI year books. We feel that we have embarked on a very worthwhile endeavour. Any inquiries concerning AUSSI in W.A. should be addressed to:

**President, Frank Mongan,  
30 Megiddo Way, Duncraig**

*or*

**Secretary, Glenys McDonald,  
5 Fortis Place, Carine.**

## 4th NATIONAL SWIM MEET - MELBOURNE 1978

*by Gary Stutsel*

The 1978 National Swim was the first to be held outside Sydney. It was conducted at the Footscray Municipal Pool, Melbourne, on Saturday 8th April as a joint effort by a handful of top Victorian A.S.A. officials, the infant North Lodge A.U.S.S.I. Club and the National Committee.

Some excellent times were recorded by newcomers and a computer full of statistics was recorded, including one of the slowest Melbourne to Sydney jet flights on record (four hours plus) however the first three of these were spent on the ground waiting for Melbourne's famous rain to stop.

An international flavour was added to the meet by the attendance of the New Zealand team. Although they arrived well before their luggage did, they were able to borrow costumes and towels and take part in the activities. Unfortunately their efforts could not be recorded in the inter-club pointscore, however they swam well with two outstanding efforts being Audrey Haynes (N.Z. Secretary), 46 years, 50m breaststroke in 51.3 and Tony Hayman, 26, 50m breaststroke in 33.9.

The outstanding performer on the day was Fitz Lough, 80, of Manly, N.S.W., who recorded times in five events which were faster than the U.S. record for his age group. Alwyn Barrett, 35, North Lodge, Victoria, 100m breaststroke, Josie

Sansom, 50, Adelaide, S.A., 50m breaststroke, Betty Callaghan, 56, Manly, N.S.W., 50m breaststroke, Bess Barrie, 62, Maroubra, N.S.W., 100m breaststroke and Ethel Sargent, 70, Manly, N.S.W., 50m freestyle and 50m backstroke, all swam faster than any American in these events in their age group.

Apart from Fitz, the best the men could manage was 2nd on their respective U.S. lists. Those to achieve the distinction were Brendan Ritchie, 27, Manly, N.S.W., 100m breaststroke, Paul Wyatt, 30, South Sydney, N.S.W., 100m breaststroke, Tony Strahan, 36, Geelong, Vic., 50m and 100m freestyle, Jim Williams, 46, Tamworth, N.S.W., 50m freestyle and Foster Wilson, 75, Ettalong, N.S.W., 50m and 100m freestyle. There must be some reason for all the good breaststroke times.

Opposed to these very fine swims, some newcomers to racing, with comparatively mediocre times, were able to score valuable points for their clubs. Moral—you don't have to be a world beater



to take part, look at the results, they tell the story.

North Lodge swamped the opposition in the overall pointscore, and Adelaide proved that correct preparation pays dividends with an impressive win in the St. Leonards Travel Trophy for visiting club teams.

Eighteen Clubs competed, with 153 swimmers aged from 25 to 85 contesting 157 heats to record 918 times, at an average of six individual events per swimmer.

63 of the women's times would have qualified for the U.S. Top 10, five more than the men who recorded 58 which would have achieved the same target.

#### 4TH NATIONAL SWIM MEET INTERCLUB POINTSCORE

1. North Lodge, Victoria . . . . .	535½ pts
2. Adelaide, South Australia . . . . .	342½ pts
3. Manly, N.S.W. . . . .	183½ pts
4. Tamworth, N.S.W. . . . .	106 pts
5. Geelong, Victoria . . . . .	102½ pts
6. Como, N.S.W. . . . .	98½ pts
7. Canberra, A.C.T. . . . .	96 pts
8. Hills, N.S.W. . . . .	57 pts
9. Ettalong, N.S.W. . . . .	34 pts
10. Maroubra Seals, N.S.W. . . . .	31 pts
11. South Sydney Jnrs, N.S.W. . . . .	29 pts
Narooma, N.S.W. . . . .	29 pts
13. Lane Cove, N.S.W. . . . .	27½ pts
14. Hunter, N.S.W. . . . .	18 pts
Carine, West Australia . . . . .	18 pts
16. Everton Park, Queensland . . . . .	11 pts
17. Nelson Bay, N.S.W. . . . .	10 pts
18. St. George, N.S.W. . . . .	5 pts

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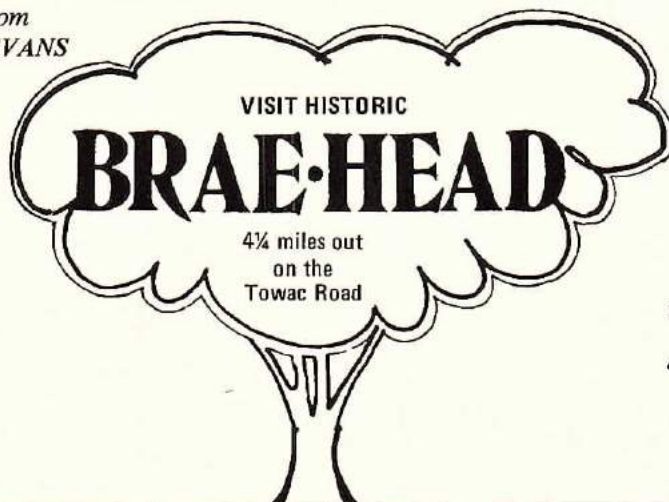
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# RESULTS OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL CHAMPIONSHIPS — MELBOURNE, 8th APRIL, 1978

NAME	DISTRICT	AGE	FREESTYLE			BREASTSTROKE		BACKSTROKE		BUTTERFLY	
			50m	100m	400m	50m	100m	50m	100m	25m	50m
WOMEN: 25-29											
L. Potter	Adelaide	28	34.5	1.17.5	6.12.3	47.8	1.44.4	47.3	1.49.6	19.9	44.2
P. Follington	Tamworth	29	36.1	1.26.7	6.38.1	48.1	1.43.1	48.2	2.01.4	19.5	48.2
W. Hunter	Nth. Lodge	26	36.3			52.0	1.57.5	44.5	1.37.7	20.8	
P. Townley	Canberra	27	36.7	1.30.5		49.0		43.2		17.9	41.3
J. Stokes	Nth. Lodge	28	38.1			42.2	1.37.6	47.0			
B. Storey	Nth. Lodge	26	41.5			48.5		45.9			
D. Ritchie	Manly	25	45.9								
B. Bochmann	Adelaide	27	46.1	1.54.6	9.48.0	62.6	2.30.1	62.8	2.06.9	26.7	
WOMEN: 30-34											
H. Rees	Canberra	32	34.1	1.16.5	5.44.3			41.7	1.30.2	18.2	41.2
V. Murphy	Adelaide	34	34.2	1.18.9	6.29.1	44.4	1.36.3	44.0	1.36.8	19.0	
J. Brandsma	Nth. Lodge	31	35.0	1.21.1				41.4		17.0	40.8
C. Ellis	Nth. Lodge	33	36.0	1.23.9		53.6		42.6	1.37.8	19.3	
J. Ford	Canberra	34	36.7	1.28.1				42.3	1.39.4	20.1	
P. Gutzeit	Adelaide	33	36.7	1.28.5		52.6		44.2	1.40.3	19.5	
J. Jordon	Nth. Lodge	30	37.0	1.24.2	6.34.6			46.0	1.38.7	21.0	
P. Morris	Adelaide	31	38.3	1.26.4	7.30.4	51.7	1.53.2	52.2	1.56.1	23.1	57.0
B. Solly	Como	34	40.0	1.42.2		64.9		47.3			
E. Taylor	Adelaide	30	41.6	1.39.2	7.55.5	68.6	2.34.0	52.0	2.11.6	24.6	55.7
C. Davis	Como	34	42.3	1.41.2	8.33.0	65.9	2.29.3	55.3	2.7.1	22.9	
T. Rix	Adelaide	31	42.7	1.34.0	7.52.2	57.1	Disq.	56.8	2.08.0	28.3	63.1
E. Hutchins	Nth. Lodge	33	43.4					48.7	1.47.4	21.5	54.6
J. Burgess	Canberra	34	45.5	1.48.8	8.13.4			54.2	2.09.0		
M. Warner	Lane Cove	30	45.6			60.6	Disq.	60.9			
L. Wardale	Adelaide	33	47.9		10.18.8	78.4	3.00.5	54.9			
J. Foster	Adelaide	34	54.3	2.3.9	9.28.0	54.9	1.58.0	58.4	2.01.2	29.3	
B. Potter	Canberra	34			7.29.1	49.2	1.44.9	42.7	1.33.6	19.9	47.7
WOMEN: 35-39											
A. Stevens	Nth. Lodge	36	34.9	1.19.8		46.5		42.5	1.33.1	17.9	40.5
A. Barrett	Nth. Lodge	35	35.4	1.19.7		42.2	1.31.0	42.7	1.32.3	18.9	41.7
J. Thompson	Nth. Lodge	39	36.3	1.24.4		65.2		46.3	1.47.1	20.1	50.0
B. Newby	Tamworth	36	37.5	1.21.9	6.22.5	49.5	1.45.7	43.4	1.32.1	19.3	44.4
P. Squire	Adelaide	39	45.9	1.55.9	8.18.3	63.5	2.30.1	60.3	2.14.2	32.7	
P. Wyatt	Tamworth	36	49.5		8.02.9	48.1	1.42.7	54.4	1.59.2		
WOMEN: 40-44											
F. Hogben	Manly	40	34.1	1.19.3	6.33.0	46.9		39.5			
M. Wilson	Tamworth	40	35.5	1.22.0	6.35.2	54.5	1.57.2			19.3	44.9
B. Wilson	Nth. Lodge	44	36.2	1.21.0	6.19.1	54.0	1.55.6	48.5	1.41.7	19.0	45.1
L. Mundy	Adelaide	43	38.1	1.32.0	7.12.1	60.0	2.09.9	47.4	1.43.9	20.2	
M. Connolly	S.S.J.	43	41.5		8.25.3	52.2	2.07.0	54.8		21.9	
J. Richardson	Geelong	44	42.2			53.4	2.01.0				
D. Ross	Adelaide	42	43.1	1.32.8	7.36.2	53.2	1.53.0	46.4	1.48.0	22.3	
R. Carley	Seals	42	43.2	1.33.1						20.3	
D. Simmons	Adelaide	42	45.9		7.57.2	51.4	1.58.2	54.1	1.50.4	22.1	51.2
N. Fyfe	Nth. Lodge	43	64.5			1.49.8					
WOMEN: 45-49											
S. Howard	Nth. Lodge	46	38.4	1.24.7	6.57.6	52.1	1.57.9	49.7	1.55.6		
W. Watson	Carine	46	47.2					57.4			
K. Steward	Como	45	76.0	3.10.9		1.52.4	4.14.4	1.48.7			
WOMEN: 50-54											
J. Sansom	Adelaide	50	37.3	1.29.2	7.12.1	45.2	1.46.4	49.5	1.47.6	19.0	42.8
P. Ryan	Nth. Lodge	52	63.6	2.17.3							
J. Dickson	Nth. Lodge	50	70.8			68.4	2.41.4	1.26.7			



NAME	DISTRICT	AGE	FREESTYLE			BREASTSTROKE		BACKSTROKE		BUTTERFLY	
			50m	100m	400m	50m	100m	50m	100m	25m	50m
WOMEN: 55-59											
D. Brown	Adelaide	58	39.8	1.35.2	7.20.1						
B. Callaghan	Manly	56	43.2			49.1	1.53.9	47.8			
B. Bailey	Manly	57	43.8	1.35.2							
E. Watson	Como	56	43.8	1.44.1	7.50.5	51.1	1.54.7	53.5	1.57.3	24.3	58.5
B. Grace	Narooma	55	45.0	1.40.5	7.34.9			63.6	2.16.2	25.2	
WOMEN: 60-64											
B. Barrie	Seals	62	42.3	1.40.4			2.02.4				53.3
I. Parker	Nth. Lodge	62	59.0					55.8	2.14.2		
WOMEN: 70-74											
E. Sargent	Manly	70	51.2					61.0			
MEN: 25-29											
K. Wallis	Nth. Lodge	29	27.9	1.03.9	5.19.6		1.21.8	35.4	1.16.3		32.7
M. Franklin	Como	28	28.5	1.03.4					1.22.4		38.2
S. DeGelder	Nth. Lodge	28	28.8	1.07.4	6.09.2	39.8		37.7		15.0	38.2
B. Harvey	Geelong	29	29.1			40.2				13.6	32.2
N. Rasheed	Adelaide	29	29.6	1.10.1	6.29.4	58.9		39.8	1.43.6		35.5
R. Browne	Geelong	27	29.7			40.3		41.1		15.1	32.7
R. Gummersall	Nth. Lodge	29	31.1	1.10.4	6.28.1		1.40.4	40.9	1.28.6		
J. Whittle	Canberra	25	33.9	1.25.1			Disq.				
B. Ritchie	Manly	27	35.8	1.09.7		35.7	1.15.6	41.2		15.8	38.4
J. Thornhill	Nth. Lodge	26	36.1								
MEN: 30-34											
R. Patterson	Nth. Lodge	30	26.4	59.2		36.9	1.27.5	33.9	1.21.5	13.3	32.0
C. Shapland	Everton Pk.	30	26.6	59.3	5.02.7						33.8
P. Doak	Geelong	34	26.9	1.01.5						13.7	30.9
G. Neill	Geelong	32	28.1	1.05.6	5.20.4					14.5	32.8
E. Hanninen	Lane Cove	31	28.5		5.04.5						
J. Bishop	Manly	34	29.8		6.20.6					14.8	34.3
P. Joy	Lane Cove	30	30.3								
J. Lidstone	Geelong	34	31.0	1.11.5	5.51.0			38.2		17.0	
D. Morris	Adelaide	32	33.1	1.17.3	7.22.4	47.6		45.9		18.6	
L. King	Geelong	32	33.2			45.0		41.5		17.3	
J. O'Keefe	Tamworth	30	33.6	1.26.6		46.7				16.3	
J. Tomkin	Nth. Lodge	33	33.7	1.15.7	6.14.1	49.5		40.0	1.28.2		
H. Hamilton	Adelaide	33	35.0	1.22.7	7.20.7	50.1	2.03.1	36.8	1.26.9	16.6	39.4
S. Burnes	Nth. Lodge	32	35.1			39.1	1.28.2			16.8	
D. Habel	Adelaide	30	36.2	1.28.9	7.46.6	53.4	Disq.	40.6	1.31.3	21.0	
P. Chilton	Tamworth	34	39.8	1.35.7				45.0	1.45.7		
R. Foster	Adelaide	34	41.5	1.34.3	7.21.6	51.7		51.5	1.58.4		
P. Wyatt	S.S.J.	31		1.03.4			1.17.9				30.6
MEN: 35-39											
T. Strahan	Geelong	36	26.3	58.6	4.51.7					14.0	30.5
J. Olsen	Nth. Lodge	38	28.2	1.06.0	5.25.6			34.3	1.17.8	14.4	32.2
H. Turner	Lane Cove	35	29.3	1.02.9	5.09.7			35.8	1.18.0		32.5
P. Jackson	Manly	39	29.3	1.07.3	5.45.4	42.0					32.4
G. Stutsel	Como	39	29.6	1.19.2	6.14.5	37.5	1.25.0	40.2	1.32.6	16.9	44.9
C. Collins	Nth. Lodge	38	30.5			39.9	1.29.0			15.7	
M. Emms	Nth. Lodge	38	30.6	1.06.9	5.58.4	Disq.		46.7			
P. Willis	Nth. Lodge	37	31.9	1.12.3	6.02.0			38.3	1.30.0		
M. Rappold	Nth. Lodge	38	33.0	1.19.4		39.4	1.27.8			17.1	
M. Gutzeit	Adelaide	37	36.3			Disq.		49.1			
E. Dearing	Canberra	36	36.9	1.27.2	7.11.6			44.5	1.40.6		
W. Pengilly	Canberra	39	37.9	7.14.9		47.3	1.46.7				47.0
J. Berk	Nth. Lodge	39	38.6			44.1	1.37.7				
M. Gully	Adelaide	36	42.8	1.42.3	9.06.7	48.9	1.50.7	65.2	2.29.2	20.9	
C. Lewis	Nth. Lodge	37	55.6								

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NAME	DISTRICT	AGE	FREESTYLE			BREASTSTROKE		BACKSTROKE		BUTTERFLY	
			50m	100m	400m	50m	100m	50m	100m	25m	50m
MEN: 40—44											
P. Fries	Hills	40	31.1	1.06.0	5.24.7	40.8	1.27.8	36.1	1.19.5	15.5	36.6
J. Robertson	Nth. Lodge	42	31.5	1.11.5	6.07.0					18.2	
V. Asher	Nth. Lodge	43	32.4	1.12.7	6.34.0					17.2	
R. Ross	Adelaide	44	32.8	1.13.1	5.28.8	49.5	1.52.5	39.4	1.32.7	16.4	37.2
W. Tilley	Nth. Lodge	42	34.6	1.22.5						21.1	
R. Hopkins	Nth. Lodge	42	34.7	1.21.6		46.1	1.46.6	46.8			
A. Spicer	Geelong	44	36.9			Disq.	Disq.				
B. Hocking	Nth. Lodge	40	38.4	1.35.6		49.4		46.9	1.50.9	17.9	
R. Barrett	Nth. Lodge	44	38.5	1.22.6	7.03.7	53.4	1.57.3	56.6	2.07.2	20.9	
D. McDade	Nth. Lodge	41	38.8	1.33.0	8.30.1	45.5	1.41.5	60.2		23.9	
K. Simons	Adelaide	44	44.0	1.54.0			Disq.	54.6		25.6	
M. Higgins	Adelaide	40	44.8		9.10.5	45.9	1.43.6			23.1	
G. Rankin	Nth. Lodge	41	47.3	1.48.5		54.6	2.11.2	70.1			
D. Wilson	Nth. Lodge	43					1.55.5	60.8			
MEN: 45—49											
J. Williams	Tamworth	46	28.1	1.04.9	5.28.5	43.7	1.33.0				32.2
J. Brownjohn	Como	47	28.5	1.05.7	5.23.0						
A. Dufty	Narooma	48	32.4				1.34.1		1.31.5		35.5
H. Jeffery	Geelong	49	33.8	1.16.1	6.32.2					17.8	
D. McCormick	Hills	48	36.2	1.27.6		45.5	1.48.1	42.8	1.38.4		47.0
M. Kane	Nth. Lodge	46	39.7	1.17.7	6.40.0						
A. Smith	Nth. Lodge	46	43.9	1.45.2				58.6	2.16.5		
R. Stroethoff	Manly	45			7.08.0	41.8	1.31.9			19.6	
D. Connolly	S.S.J.	47				49.9	1.58.5			21.4	
MEN: 50—54											
K. Vickery	Ettalong	54	32.8	1.15.2	5.58.7	45.6	1.41.5			19.9	53.5
J. Calnan	Nth. Lodge	53	34.2	1.17.1							
D. Redpath	Adelaide	51	34.6	1.23.8	6.23.7	44.9	1.46.7	40.4	1.27.4	17.1	41.8
R. Miller	Carine	53	35.3	1.20.1	6.31.5		1.49.1	45.6			41.3
B. Smith	St. George	50	35.3	1.25.2	7.51.2			43.2			
S. Walker	Adelaide	54	36.1	1.29.0	7.08.7	50.3	1.56.3	48.5	1.42.5	21.4	
B. Cleaver	Hunter	51	37.4	1.36.6	7.29.6	48.0	1.47.3	41.9	1.38.5	19.3	46.0
A. Henderson	Hills	53	37.9	1.37.8	9.48.0	45.4	1.57.6	55.2	2.18.2	21.7	54.9
M. Higginson	Tamworth	50	38.8	1.34.8				45.1	1.48.8	20.4	
J. Sutherland	Nth. Lodge	52	40.7	1.39.3	8.56.1	51.0		58.1			
J. Evans	Canberra	51					2.02.0				
MEN: 55—59											
D. Joy	Lane Cove	59	32.4								
H. Bailey	Manly	59	33.6	1.18.0	6.04.0						
W. McDonald	Geelong	55	33.8	1.19.6	6.47.1			49.0	1.50.6	19.9	Disq.
R. McCabe	Nth. Lodge	57	35.1	1.25.3		41.4	1.34.0			18.8	
F. Wilson	Como	57				41.7	1.42.9				
S. Krasey	Nth. Lodge	57				44.8	1.45.5	55.0		20.0	
J. Evans	Canberra	56				49.7					
MEN: 60—64											
S. Simpson	Manly	62	32.3	1.20.9							
P. Harris	Nth. Lodge	62	38.4		7.57.5			51.7		18.7	
D. Barrie	Seals	62	38.9	1.48.6		58.2					
T. Winstanley	Nelson Bay	61	44.6		9.25.6		Disq.				
MEN: 65—69											
H. Steinkamp	Nth. Lodge	68	41.1	1.35.5		52.2	1.55.8				
E. Neville	Nth. Lodge	66	45.0					54.5			
MEN: 70—74											
B. McClintock	Manly	70	43.5	1.41.1	8.07.5	65.7	2.19.1	57.7	2.02.8	32.2	78.4
E. Walther	Manly	72	52.6			56.0	2.06.5				
MEN: 75—79											
F. Wilson	Ettalong	75	45.7	2.04.0		81.8					
MEN: 80 and over											
F. Lough	Manly	80	39.6	1.34.8	7.05.2			52.5	1.56.0	23.4	
B. Brownjohn	S.S.J.	85	70.7					96.7	3.39.1		



# TEMPORARY AUSSI MEMBER TOP SCORES AT NATIONALS

by Carol Davis

Peter Fries the quiet spoken American and his wife Nancy have returned to their home at Central Michigan University. However, from November '77 to June '78 Peter Fries was a temporary AUSSI, a member of Hills, N.S.W. Club.



Peter a Professor of English and Linguistics has a history of swimming interest, he learned to swim at a very early age and during his undergraduate days competed at national championship level. His speciality was middle distance freestyle events. Such was Peter's love of the water that he went under it, participating in an underwater

archaeological expedition off the coast of Turkey.

When I first spoke to Peter and Nancy last year, Nancy told me that Peter was only just returning to swimming after a long absence due to a serious illness. The Fries had followed with interest the Masters Swimming in U.S.A. and were deeply interested in the growth of AUSSI.

During their 8 month stay they were active members of The Hills Club, Peter swam for the Hills at both the N.S.W. State cup and the Melbourne Nationals, where he was the top scoring male with 34 out of 35 points. He currently holds the national records in his age group (40-44) for the 100 metres breaststroke—100 and 200 metres backstroke and the 200 metres individual medley. Should Peter and Nancy ever decide to return on a more permanent basis, they could be certain of a warm welcome from their many friends at "The Hills" and "Dinkum" AUSSI status.

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# NEW ZEALAND MASTER SWIMMERS

*by Audrey Haynes, Secretary*

The New Zealand Master Swimmers started in 1974 when an American team visited Matamata, a farming area 100 miles South of Auckland, to compete against the New Zealanders. Later in 1974 a group was started in Auckland with a committee of five people.

Initially members swam on a Sunday evening, once a month, and the club thrived, however when we were forced to change our venue we inevitably lost quite a few members and eventually we were down to single numbers in Auckland. There never has been an organised club in any other part of the country. The 1975 championships were held in Auckland, 1976 saw us meeting again in Matamata, 1977 in New Plymouth and 1978 in Matamata yet again.

At the annuals in New Plymouth in April, 1977 I offered to assist in any way I could, to reassemble the group, and was asked, on the spot, to be Secretary.

I returned home from New Plymouth wondering what I had taken on, having had no previous experience at 'club-organising'. My first task was to go through the original list of members and sit on the telephone hour after hour in the evenings in the hope of raising enough enthusiasm to start a weekly club swim. A month later I had 33 swimmers listed throughout the country, about 20 of those being Aucklanders.

We have never looked back! We now number 139 throughout N.Z. with about 80 members being Aucklanders. There are two clubs now meeting on a Wednesday in Auckland, one for Eastern Suburbs people and one for the Western Suburbs groups. Our membership is equally divided between men and women, men averaging 36.5 years and women 45.5 years. Our membership fee was set in New Plymouth in April, 1977 at \$2 per year, however when I was voted Secretary again in March, 1978 for another year, I sought an increase. The fee is now \$3 per year.

In one of my news sheets which I print every two months I enclosed a questionnaire asking if members would be interested in club badges, and whether they thought the club should subsidise the making thereof. The vote was unanimous, almost everyone wanted a badge, and two thirds favoured a club subsidy. The club funds therefore paid for the computer tape to be made and the badges are sold at cost price of \$2.50 each.

We have no committee, the vote was in favour of one person alone being the administrator and although it involves many hours of my leisure time I love seeing the club grow. If any big issue is to be decided I would include a questionnaire with the next news sheet and take a majority vote.



We vary very much in ability, and range from Commonwealth Games champions and an Olympic Diving champion (Dutch, but now resident in N.Z.) to a few people who cannot swim. Each week we help those who need assistance to improve, and some of our more senior (in age) ladies are having instructions in diving from the stands.

Apart from our Annual Meet for all N.Z., we have four local (Auckland) meets, followed by barbecues outside the pool in summer and socials in the club room in winter.

We have recently started time-trials so that each member will have an incentive to improve his/her performance.

I was hoping to take to Australia about 30 swimmers for the 'AUSSI' Nationals in Melbourne on April 8, but the inevitable happened and the list reduced greatly when departure time approached.

However, as you know, 14 of us eventually made the trip and had a wonderful holiday. We were unfortunate in Melbourne at the Footscray Pool, to be without luggage, this having been left in Auckland on our crippled DC10. However thanks to a BA747 we arrived and would like to thank all the 'AUSSI' members who came to our aid and loaned us swim suits. Our special thanks go to Josie Sansom of Adelaide who came forward to greet us so enthusiastically and did more than could have been expected of anyone.



We were disappointed in the Footscray Pool, perhaps it was the size, and the facilities, however on the Monday night we went to Nunawadding where we enjoyed a swim with the members and were then treated to a barbeque in the pool grounds. Our thanks here go to Barbara Wilson and her team members who worked so hard and made us very welcome—a very happy evening was had by all of us. On then to Canberra which we loved as a city but we were terribly disappointed that only one member of the Canberra team arrived at the Deakin Health Spa to meet us. Perhaps it was a busy night of the week for the Canberra members.

In Sydney we experienced so much friendliness and help and I must record our very grateful thanks to all Sydney Club members and most particularly to Mary and Des Connolly who did everything possible to help us and made our

stay in Sydney so happy. Nor will we ever forget our happy day at Coogee Ladies Club, what a wonderful setting, and water ballet and dancing too.

Quite a few of us left our hearts in Sydney and I know would be quite happy to live there.

We hope that one day we will have the pleasure of entertaining 'AUSSI' members in N.Z., and I sincerely hope that any one making a visit to Auckland will contact me by telephone—Auckland 67-4014, evenings and weekends, or writing beforehand to let me know of their intended visit.

Once again, thank you Nunawadding and Sydney for helping to make our visit so memorable, and thanks also for the beautiful trophy, the badges and pins which were so much appreciated by us all.

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# CAPT'N PEG

by Barbara Newby or "THE BARB" poet laureate of the North West

Little nine year old Peggy King's name first appeared in print in the West Wyalong "Advocate" in 1947 when she swam 31.2 to come second in the sub-junior girls 33 metres. She was following in the wake of big sister Yvonne who had dominated the local and Central West swimming scene for a number of years.

Peggy was to take over her role as the years progressed. The entire King family, the parents, the two girls and their younger brother Ian, were to receive official recognition by the town for their contribution to swimming in West Wyalong.

Prominent coach of the fifties, Frank Guthrie, spotted Peg at a carnival in January, 1953. He was quoted as saying she had the "most natural style he had ever seen". Later that year she began to train with his team. While in Sydney she stayed with the family of Lorraine Crapp and had as teammates the swimming greats of the golden years just prior to the Melbourne Olympics.

Peg married Bob Wilson in 1956 and lived in Cootamundra where she coached the local youngsters into swimming dominance over the Central West. Moves to Sydney and Perth, the arrival of daughters Michelle and Sharon and son Chris intervened, but on moving to Tamworth in 1970, Peg's swimming career was to get into full swing once more.

She has successfully coached the local Tamworth City Swimming Club, and has taught innumerable Tamworth children and adults to swim. The Sport and Recreation Department has used her professional services to run successful adult learn-to-swim classes each year and also to travel North West N.S.W., on a lecture tour for coaches in swimming skills. At present she is conducting fitness classes at the Workmen's Club pool for Sport and Recreation. Peg has also conducted a number of schools for "Mothers and Babies" at Ken Coulton's Learn-to-Swim centre. At the same venue each Monday, Peg is in charge of the Handicapped children's swim session where, on a one-to-one basis, remarkable progress has been achieved with the youngsters.

The opening of Tamworth's first indoor heated pool at the Workmen's Club in 1975 saw Peg and a small band of fellow enthusiasts begin the city's first Senior Swimming Club. The growth and success of this Club within AUSSI gained visible recognition with "Captain Peg" accepted the Visitors' Trophy at the Nationals in 1977 and the State Cup in February this year for the Tamworth "Workies". Peg received the "Order of the Platypus" (A "Percy") for submitting times in all events in the inaugural year of the Top Ten Listings. She figures prominently in these again this year.

"Mother of Three Beats the Lake" was the headline of January 12, 1977 Northern Daily Leader. Peg was the first swimmer to officially



"Congratulations—Pres. PETER pecks PEG"

"conquer" the largest local stretch of water, covering the 9.6 km in 2 hours 53.22 mins. Since then she has added the Lake Macquarie Marathon and the Shoal Bay Swim to her credits.

As swimmer, coach and teacher, Peg presents a total picture of involvement in the dedication to our sport. Well done Peg, and thank you from all of us.

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# 1500 METRES AND MORE

by Gary Stutsel

58 swimmers from 4 states qualified for the 1500m patch (see Rule 13) during the 1977-78 season. The award is now well established, however it has become obvious that the gap between 400m and 1500m is so great that many members are afraid of attempting the longer distance.

To bridge this gap the 800m event was introduced this season. It and the 1500m are long enough to provide aerobic points for even the slower swimmers, and for this reason every member should be encouraged to attempt them as often as possible.

The member responsible for suggesting the 800m event is Tenno Koolberg (55 years) of the Hills Club, N.S.W. Tenno, a former water polo player, is also the first member of AUSSI to have won a place medal in the (U.S. Masters) One Hour Swim. Held annually by correspondence and under the sanction of the American Athletic Union, the event is determined by the distance in yards covered in one hour of continuous swimming.

Tenno swam 3610 yards and was one of 11 swimmers from the Hills Club to compete in this event. In 1978 we had only 3 weeks notice of this event before entries closed, however we would hope that more members will compete in it this year. Another long swim was by Warren Pengilly who competed in the Lake Burley Griffin Annual Swim. Warren is looking for more support for 1979.

Perhaps there are other members who would enjoy taking part in these longer swims. Indeed Russ Dunn and Alex Dowker of the Nelson Bay AUSSI Club have swum in the Magnetic Island swim and the Nelson Bay Marathon. If there is sufficient interest we will publish a calendar of events of 800m or more which would include such events as the Oatley Club's 800m around the pool handicap and the Tamworth 800. These events are of far more benefit to you than the 25m and 50m dashes favoured by so many so called swimmers.

## 1500m AWARD WINNERS-1978

**NEW SOUTH WALES:** Owen Bree, Fay Brown, John Brown, Jan Burgess, Rua Carley, John Chivers, Bruce Cleaver, Kathy Cocks, Pam Follington, Bob Ford, Judy Ford, Neville Gough, Alan Henderson, Bill Ireson, Charlie James, Timothy Jordan, Terry Jorgensen, Diana Kirley, Tenno Koolberg, Bob Lawson, Jean Nairn, Barbara Newby, Brian Newman, Brigita Potter, Helen Rees, Robyn Sargent, John Schwinghammer, Trudy Sutherland, Graham Taylor, Peggy Townley, Kevin Vickery, Eunice Walsham, Peter Watson, Keith Watts, Peg Wilson, Irene Wyatt.

**VICTORIA:** Bob Barrett, Juergen Berk, Charles Collins, Joan Dickson, Christine Ellis, Shirley Howard, Bob McCabe, David McDade, Peter Willis, Barbara Wilson.

**SOUTH AUSTRALIA:** Names not received in time for publication.

**WESTERN AUSTRALIA:** Keith Austin, John Cannings, Kay Cox, Michael Higgins, Russel Hume, Rainsford Matheson, Frank Mongan, Lucy Pearce, John Pope, Lyn Smith, Brian Shapland, Don Williams.

## LIFE EXPECTANCY

A recent study at the University of California in Los Angeles found life expectancy to be significantly related to the following basic health habits:

1. Eating three meals a day at regular times.
2. Eating breakfast every day.
3. Doing moderate exercise two or three times a week.
4. Sleeping seven or eight hours each night.
5. Not smoking.
6. Maintaining moderate weight.
7. Abstaining from alcohol or drinking only in moderation.

According to the study a 45 year old man who practised no more than 3 of these habits could expect to live to age 67, while someone who practised six or seven of them could expect to live to age 78.



# PEOPLE IN A.U.S.S.I.

by Carol Davis

Every organisation has its individuals, some are swimmers extraordinaire, others plodders who make that special effort, then there are those who work behind the scenes, so say hello to some of the folk who make up this organisation.

From North Lodge, Joan Dickson (50) only began swimming a year ago. Joan became so keen that with continued practice she began entering the Club's 50m breaststroke events. Such was Joan's enthusiasm that despite back trouble which hospitalised her, she left the hospital on the Saturday morning of the "Nationals" and appeared poolside with togs, towel and crutches. Three weeks later Joan qualified for A.U.S.S.I.'s 1500m award with a breaststroke swim of 48.54.2, good on you Joan, your club mates want you to know they are very proud of you.

Another popular lady is Adelaide Masters' Josie Sansom. Josie coaches this group, alternatively bullying and encouraging them to realise their best efforts. Josie, chosen in 1948 to represent Holland, had her hopes of "Olympic Gold" shattered when she contracted tuberculosis. However, she has survived many bouts of ill health and the loss of one lung to return to competitive swimming. During AUSSI's first trip to the U.S. Masters Championship, Josie won 1 gold, 3 silver and 4 bronze medals, and earlier this year top scored at our own National Titles with 35 out of 35.

Western Australia's Glenys McDonald could liken AUSSI's growth in W.A. to "Jack's beanstalk". Glenys, as State Secretary, has to keep in contact with 5 clubs as far away as South Hedland. The W.A. enthusiasm is apparent in Glenys' letters, she's written often about not only their swim programmes, but their monthly "happy hours" and the "AUSSI Dinner" held in June, attended by 70 members.

Manly's Fitz Lough, 81, is a world record holder—his 400m time of 7.5.2 at the Nationals is so far ahead of anyone else in his age group we believe him a candidate for the Guinness Book of Records. Fitz proved just how fit he was by contesting seven of the nine events in Melbourne, his daily training session is a brisk 800m.

Just a few years younger is Ettalong's Foster Wilson (76). Foster holds the second place world record for the 30m freestyle sprint swim at the A.I.F. National Titles. Foster is Secretary of our Ettalong club, and a real personality on the central coast, with a number of T.V. and radio interviews to his credit.

Supporting husband Keith in his task as State Secretary, is the Hill's Eunice Walsham (38). Eunice only began regular swimming 8 years ago and is working hard to improve her times



JOSIE SANSOM (l.) and BERYL GRACE (r.)  
(Adelaide) (Narooma)



FOSTER WILSON (Ettalong)



and fitness. She has qualified for the 1500m award and swum in the American Masters One Hour Swim. Eunice has three children, works one day per week and is unofficially the secretary's "Secretary".

Beryl Grace (56) of Narooma is another AUSSI swimmer who has overcome ill health to swim into fitness and achieve her 1500m award. Beryl was crippled with arthritis, her future—a wheel chair, when she decided to learn to swim. Assisted and encouraged by her swimming coach brother Alan, Beryl began a painful programme of daily swims, perseverance has its own reward and to see Beryl today you'd never know the degree to which she was affected.

Cronulla/Sutherland's Rhonda Jobling believes life does begin at 40 because that's when she began her AUSSI involvement. Little did she know that day her friend dragged her off to the pool that she'd end up training every week, travelling to meets, deciphering the Publicity Officer's awful scribble and typing her fingers to the bone—including a number of contributions to this magazine—thanks Rhonda.

The St. George club has two special members—Graeme Shade and Alex Lawson, they both suffer from the disease Multiple Sclerosis. Graeme and Alex have both written to say that the exercise of swimming helps their muscles relax and therefore active. Graeme says AUSSI offers him the opportunity to participate in a sporting activity, something which is rare for anyone with a physical disability. Both Graeme and Alex say they look forward to their swim nights, not only for the swim but to meet other folk, remaining part of the general community is important to them.

Harry Turner, 35, of Lane Cove Club who is a Harvard University representative, swam what must have been the "swim of the season"—1 mile (32 laps) butterfly in 29 mins 00.2 sec., an average of 54.4 seconds per lap. I wonder how many of today's swimmers could manage that feat—well done Harry, what are you going to do as an encore.



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# FORMING YOUR OWN A.U.S.S.I. GROUP

There are two basic ingredients for an A.U.S.S.I. club, they are a swimming pool and a handful of dedicated swimmers.

However the ideal club will have:

1. access to a heated, indoor pool for year round activity
2. a committee of workers as per the model club constitution, to ensure the longevity of the club regardless of individuals.

A club can be started by a handful of swimmers.

They should establish a regular weekly format, then solicit for extra members on a personal level and through the local press, radio and television.

## FORMAT FOR A WEEKLY MEET

1. *Establish* a set time and venue (if only a few people you may manage with just two lanes).
2. *Notify* your A.U.S.S.I. State Secretary of these details and the address to which mail for the club should be sent.
3. *Affiliate* your club with the State Branch of A.U.S.S.I. and thereby be circularised regarding all coming events.
4. *Start* all swim activities with a *warm-up* either in or out of the water for 5 to 10 minutes.
5. *Check* progress of members with aerobic fitness cards and when needed do timed-swims to determine whether your members are ready to advance to higher aerobic points level.

6. *Help* other members to improve their techniques of stroking and turning and where needed of doing racing starts.

7. *Time Trials* and *Handicaps* should be held, especially where the club swims more than once a week, as they add interest and help to measure progress.

8. *Procedure* for handicap racing written by Jack Brownjohn, may be obtained by writing to the National Secretary, or seek the assistance of your local Amateur Swimming Club.

9. *Carnivals*. All clubs should attend swim meets (carnivals) whenever possible and conduct at least one open carnival per year.

10. *Education*. Clubs should organise demonstrations of life-saving techniques and any other activities which it is felt members should be aware of.

**START NOW—To-morrow may be too late.**

## GROUPS FORMING CLUBS

If you wish to form an A.U.S.S.I. Club you should write to the National Secretary, Gary Stutsel, 299 Bexley Road, Bexley North, 2207 asking for a copy of the **CLUB INFORMATION BOOKLET** with contains:

1. A model constitution.
2. The Rules of A.U.S.S.I.
3. The Aerobic Fitness Program for clubs.

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# FITNESS IS MARATHON RELAY

by Carol Davis

There are a number of individuals who could perform feats of fitness, but is there a club who could field a team to do the same thing? This was the question asked by Tamworth Workies, Jim Williams and Peg Wilson. They decided to put themselves to the test, then throw out the challenge to other A.U.S.S.I. clubs.

A target of 24km at an average of 45 secs. per 50 metres, swam over 6 hours was selected as a fair test of fitness, while being a possible effort. The rules were simple, a team of twelve (12), six men and six women, all over 25 volunteered—several reserves stood by until starting time, when there was no turning back, one out, all out.

The "Workies" turned out in force to support their 12 team members (Owen Bree 32, John Ford 37, Val Ashford 29, Bob Moore 37, Barb Newby 35, Lyn Tozer 27, Darrel Hiscock 32, Pam Follington 27, Peter Watson 40, Peg Wilson 40, Irene Wyatt 35 and Jim Williams 45)—average age—35 years. There were four time-keepers, who clocked every swim lap and three recorders who double checked times, counted laps and worked on calculators. Also a team manager who kept up a steady supply of glucose, biscuits, tea and Sportsvite and many well wishers.

A target for each hour was set, so the team knew if they were on, below or above the required effort. They had expected there maybe problems with cramp, fatigue or discomfort caused by the head hitting the water so many times, however, one could only say they came through with flying colours.

It is now recorded that the "Workies" bettered their target and in six hours actually swam 26.1 km., averaging 41.38 sec. for each 50 metres, each swimmer swam twenty-three 50 metre laps, with rest periods of 6 to 7 minutes between each swim.

It was a fine effort which created a great deal of interest in A.U.S.S.I. and now the challenge is there for other clubs to take up.

*FOOTNOTE: Any club planning on taking up Tamworth's challenge, please contact the National Secretary or Publicity Officer first.*

## WHY TRAINING IS ESSENTIAL FOR OLDER SWIMMERS

by Des McCormick

We in A.U.S.S.I. are very much aware that the average older person is out of condition because they eat, drink, and smoke too much and don't do enough exercise. At least we in A.U.S.S.I. are trying to do something about this state of affairs.

Of course merely being in A.U.S.S.I. is no guarantee that we are keeping fit or that we are doing enough of the correct type of swimming to remain fit. At times people ask how they should train and I hope that this article might be able to draw attention to a few facts that may have escaped the attention of members. If on the other hand you are aware of all I am about to write then at least you can pass it on to others not so fortunate as yourself.

Why should a person strain themselves at training when all they want to do is swim easily up and down the pool? Well in the first place when a member races they are very glad that they have done some type of training. Training must not be allowed to be something that scares a swimmer of poor ability. Done in the correct way, training can be both pleasant and rewarding. Each swim must have a purpose behind it. We all must be careful when the talk gets to training. Most of the thoughts on training that we hear

are those that allude to the younger type athlete. There has been very little done for the older type of swimmer, so remember to cut down on the really heavy type of work-out. The type of training that is required by the older swimmer will not be dealt with here, but those wishing information on this subject need only to ask me and I will endeavour to assist them.

This article will deal with the heart and the lungs, the two most important parts of our bodies as far as swimming goes. Research into physical activities has shown that the most neglected systems in our bodies are the Cardiovascular and the Respiratory systems. These two systems are the key to our fitness and if we do not do enough work to activate these systems fully then we might just as well not go swimming. Many of the so called fitness programmes we hear about are solely to improve muscle tone and strength. This is good in a way, as we all need strength, but strength is of little use to us if we



are incapable of continuing the activity because we have run out of breath or our heart starts beating like a drum.

We all like to gauge our fitness in some way or another, and for many this is done on club night when we race. Some members, unfortunately, see the race type programme as the only outlet for their talents. This is dangerous for them. Without proper training the body will in time refuse to accept the strain put on it by the racing programme and then undue strain will be placed on the heart. We must keep in mind that the races are only a by-product of our swimming. We must train so that we can enjoy the pleasure of racing. That is correct racing should be a pleasure, not a chore. To be comfortably fatigued after a race is very good both physically and mentally. On the other hand to be completely exhausted after a race to the point where you wonder if you will ever be able to get out of the pool is bordering on the suicidal. This may be alright for the young fully trained athlete, but it is not for us. With this we must learn the different messages of pain. In our swim training there are times when we must feel pain and discomfort, but this should be a controlled pain, not one put there by over strain. To get out of breath and feel your heart beating faster than normal is all in order as long as you are in control of the amount of pain and discomfort experienced. The key is not to over do this type of work but to work up to it gradually.

It then becomes obvious that many of us find we lack endurance and personal skill to do our longer type swims that are going to do us so much good. Endurance is defined as resistance to fatigue and the quick recovery after fatigue. In swimming as in other activities there are different types of endurance—muscular endurance—the ability to carry out an activity, and cardiovascular and respiratory endurance—the ability to supply enough blood and oxygen to the body as it requires. It is therefore important for all of us to do all we can to improve our cardio-respiratory systems.

When the heart is discussed we talk about Cardiac output. This refers to the volume of blood ejected by the heart per unit of time. One of the most important physiological factors that limits human performance is the ability to increase cardiac output. This is because the skeletal muscle tissues depend upon a constant supply of oxygen from the blood to maintain their metabolic state. At rest the average person's rate is five litres per minute. In a trained athlete this rate is of course much more. From this we can see that the heart must be in good condition if we are going to put any kind of strain on it. The heart being a muscle will only become stronger if we exercise it. If we do the opposite and do not exercise it then like all muscle it will deteriorate. As stated earlier, the heart and lungs work together to assist us in our

daily living. One cannot exist without the other and we can't get much done if there is a fault in either one.

When work is done, impurities are formed in the muscle tissues. If these impurities are allowed to remain there, then after a short period the muscle will cease to function. No matter how much the blood is circulated past the cells there must be some way for the blood to load up with oxygen and get rid of the carbon dioxide, otherwise the blood flow is practically useless. Total respiration involves three different exchanges of gases: the exchange of air in and out of the lungs, the exchange of gases between the lungs and the blood, and the exchange of gases between the blood and the various tissues of the body.

After considering the facts it is obvious that if we are to improve our fitness or keep our personal degree of fitness we must look to the type of work that will not only improve muscular endurance, but also cardio-respiratory endurance. As mentioned earlier this requires that the work we do must be of the type that causes us to breathe deeper and at the same time cause our heart to beat faster. This work must be done under controlled conditions and for a reasonable period of time. To be done only in the form of racing it will only bring harm to the swimmer. A point to remember is that as you improve, your swimming will become easier, this means you will have to work that little bit harder because of your improvement.

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# CLUB BRIEFS

Short news items compiled from club reports or FABRICATED from non-reports . . . by Carol.

## CANBERRA, A.C.T.

The adult swimming club in the A.C.T. has had an active year, hosting one leg of the State Cup, sending a large team to the second leg and performing very well at all meets.

## MANLY, N.S.W.

Despite only having a small team at the Nationals, last year's winners of the Founders Trophy were again in the winners circle with 3rd placing. Members would like to thank David Mortimer for all his assistance and wish Peter Jackson (Mr. Pres) all the best for 78/79.

## NAROOMA, N.S.W.

Reports steady growth, but bemoans the lack of more clubs within the area to stimulate interest. They are very proud of Beryl Grace and Alan Duffy who have represented the club at nearly all carnivals with fine results.

## CRONULLA/SUTHERLAND, N.S.W.

Formally the Como Club, had a name change to clarify the area its members came from. Although a small club, has been well represented at all carnivals, held its first meet in April this year. Achieving the required weeks points has become the IN thing with this group.

## NELSONS BAY, N.S.W.

Write to say that its a myth that the males are the stronger sex, as its their lady members who turn out for the swims, Jean Nairn is again entering the marathon events and clocking better times than ever. The first prize in the big raffle went to Nelsons Bay's Phyl Woolnough.

## OATLEY, N.S.W.

One of AUSSI's new recruits, claim to be one of the oldest adult swimming clubs in N.S.W. as they have been racing in the Georges River for over 50 years. Each year they feature an around the baths swim, distance approximately 800 yards.

## GEELONG, VICTORIA

A new group in Victoria and progressing well - headquarters in Norlane Olympic Pool during the summer months, however, keen members are winter swimming at Laverton Indoor Pool.

## HILLS, N.S.W.

Fitness is a by-word with this group. They have the distinction of being the only AUSSI club to participate in the U.S. Masters "One Hour Swim" members performed well with Tenno Koolberg staring.

## MELVILLE, W.A.

Write to say that many of their members are ex-surf club members, and ex-champions to boot. Their first lady Mamie Bishop 70, recently set a new national record for 50m freestyle.

## TAMWORTH, N.S.W.

Motto "Have cossie will travel". It's most unusual not to see the black and gold workies costume at most meets. This year's winners of the State Cup, the club has depth and talent to spare.



"Tamworth—Winners of the N.S.W. State Cup".

## HIBISCUS GARDENS, QUEENSLAND

Newly formed in January, 1978, this club is catering for folk on the south side of Brisbane, and providing competition for its north side sister club Everton Park.

## CARINE, W.A.

The first AUSSI club in W.A. has had a busy and progressive year fostering other groups in the State, and preparing for the first big W.A. swim meet in September.

## ADELAIDE MASTERS, S.A.

At present the only group in S.A., however a big active and hard working club. Received their reward by taking home the Visitors Trophy from this year's Nationals.



### ETTALONG, N.S.W.

AUSSI Central Coast has grown into an active group since the opening of their 25m indoor heated pool. Their activities have stimulated much interest in their area.

### SOUTH HEDLAND, W.A.

Far, far away, although distance prevents this group from participating in swim meets, they work hard at developing AUSSI ideas locally.

### NORTH LODGE, FOOTSCRAY, VIC.

Big year for this group, hosted the National Titles and took off the "Founders Cup" what next?



North Lodge swimmers with Founders' Trophy.

### HUNTER NEWCASTLE, N.S.W.

Top performances by their mens relay teams at both legs of the State Cup—host club for the East German Girls team.



Hunter relay team (l. to r.), BOB FORD, BOB LAWSON, JOHN HAWTHORN, JOHN BROWN.

### EVERTON PARK, QUEENSLAND

Successfully hosted the State Titles, helped establish Hibiscus Gardens and are busy stimulating interest in AUSSI in Queensland.

### LANE COVE, N.S.W.

Has successfully worked along side the local amateur swimming club, held their first swim meet last October.

### ST. GEORGE, HURSTVILLE, N.S.W.

Moved home to a new complex at Peakhurst, membership grown in large numbers since moving.

### SOUTH SYDNEY JUNIORS, N.S.W.

Mary, Paul and Barney and if you look up the points scored by these three in both the State Cup and the Nationals they make up a formidable trio.

### MAROUBRA SEALS, N.S.W.

Again only a small group but are keen competitors at most meets.

### LEURA, N.S.W.

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MEMBER





# AND YES WE DO HAVE FUN

*Winsome Watson of W.A.  
Went canning peaches on her holiday  
Winsome Watson of W.A.  
Wrote this rhyme just to say:*

## ODE TO THE AUSSI'S

*The Aussi Cariners, like fish in the water,  
(They also drink beer which they shouldn't order)!*

*All Aussi Cariners are friendly and bright  
And eagerly wait for each Wednesday night*

*Some Aussi Cariners may paddle and flounder,  
One dived for a mermaid, but he never found 'er!*

*Those Aussi Cariners swim breaststroke and  
freestyle  
Whilst some hardy souls even manage a mile.*

*When Aussi Cariners meet monthly for drinks,  
Everyone floats and nobody sinks!*

*The Aussi Cariners enjoy so much fun  
And fitness and health—no need for a run.*

*Non-Aussi Cariners are just missing out,  
Life—be right in it, is what it's about.*

*One Aussi Cariner went far, far away,  
"Swim three times a week", Mr. Chairman did say!*

*This Aussi Cariner may get tanned breeches,  
Cos it's damned hard to swim in a can of sliced  
peaches!*



The Pilbara Platypi (Stn. Hedland, W.A.) theme song is "Some Like it HOT". Their Secretary reports that their pool often reaches 45°C—heated by solar energy only.

## KNOW YOURSELF . . .

The Como group were very proud of George Jobling's first efforts at marshalling, but agree his best line was **GEORGE JOBLING, LANE 3, GEORGE JOBLING . . . !**

Heard tell that the handicappers from Cronulla R.S.L. would like to get their hands on the times swum by members at the April 10th meet, *can't* think why!

## HINDRANCE OR HELP?

It was a brisk 800m (14.21.0) swum by the Hill's Bill Ireson at Tamworth, just wonder what his time would have been if only he'd remembered to tie up his trunks.

The Hunter boys do swim so pretty,  
But alas alack, it's such a pity,  
For it was at Tamworth they showed their true  
form  
Muscles or curves?? we're not sure what's the  
norm.

At time of writing Kornelia Endup again requested that we refute the malicious lie that she and the other girls had failed the hormone tests at the last Olympics. One wonders how some people could say such things about the four lovely girls pictured below.



Maybe it was the Tamworth air, but folk were a little surprised to see Bob Lawson and John Brown doing the light fantastic across the dance floor. When pressed for details this reporter was told, "We're just good friends".

Despite persistent gossip, we're assured that bikinis and wigs are standard gear for the Hunter Boys.



## TALES FROM OLDE MELBOURNE

### SEX TESTS AT FUTURE NATIONALS!!

Well it might be necessary, especially when Michael Evens was constantly called as Michelle.

### SAY, WHAT BIRD WAS THAT?

Of all the sad stories of disturbed sleep during the weekend of 7th/8th April, there's none so sad as that of Bexley chemist who claimed that the ducks kept him awake, well there's some who'd say he was a little QUACKED anyway . . .



However, little Barbie S. awoke to find her room full of dancing couples . . . "hallucinations", her roommate assured her, brought on by the little green pills administered by the above mentioned Bexley chemist (a new cure for the common cold folks!).

Heard tell that poor Ern had to pack his bags, those under his eyes that is. Yes, Ern's beauty sleep was curtailed by his roommate who was cementing interstate relationships.

### IS MELBOURNE WEATHER THAT AWFUL?

YES! chorus the team from Tamworth who flew over the southern city for an hour looking for a break in the clouds. To sum it up in one word said Capt. J.O'K. (two words for this publication)—"Rodents Droppings".



Heard tell that those intrepid birdmen, Captains O'Keefe and Sampson with co-pilot Wyatt put in performances above and beyond the line of duty, but unfortunately they're so modest they won't talk about their "performances".

What did Barbie S. and Carol D. *have* that enticed eight fellas into their room at 1.00 a.m.—two plates of toasted sandwiches and hot coffee—damn it!

The story that the party in room 447 and accorss the hall continued until the wee small hours is quite untrue, it was just "little" Barbie N. and friends rising EARLY for a training dip, "Never miss a day" said our Barbie saintly—hope her halo chokes her . . .



And speaking of the aforementioned party, don't bring Roger Whittaker next time, he monopolised the whole night—if only Peg had stayed, she could've saved the evening with her version of "Light My Fire".

Hear tell that Kiwi Pete won the "Courage" award, anyone else who mastered the local brew, please apply for your award also.





We know about Mary Poppins and *her* spoonful of sugar, but how about that Adelaide Masters fellow and his spoonful of honey before he races, gets his times down no doubt. He's a "sweet" guy really said a lady team member, oh, yuk!

### EXCUSES, EXCUSES!

Like this one, this Adelaide Masters fellow locked his wife in their room for half an hour, then protested that he was only testing the locking mechanism—really Fred!

• • •

Asked the only Bananalander present, where the Queensland team was (I mean even far away W.A. managed two) and he replied, "the law according to Joh is—two is illegal, three's a crowd (that's original) and a team travelling south is a mass defection".

### NEWCASTLE NOTES

#### NATIONAL TREASURER FINED!

Mrs. Mary Connolly (National Treasurer AUSSI) a recent guest of the Merewether Mackerels, was fined by abovementioned club for holding said position in the first mentioned association. The National Committee are STILL debating if the said fine (20¢), is their responsibility. While Mrs. Connolly awaits the outcome, it is predicted that court proceedings may be necessary.



### The National Committee

#### MIND YOUR LANGUAGE

When Barbie S. tells you she packed her port, forget the suitcase, it's pure vintage.

#### Congratulations to:

... Kay Steward who was timed at 14.2 for 50m backstroke, a new age record surely, at least a minute improvement on her Melbourne time.

... To room 309 who raided the grog frig and nearly got away with it, shouldn't have got greedy with the scotch Joyce!

... To John Brown who managed to convince everyone his black eye was the result of a close encounter with a footballing kind.

... To Jim Williams who drove his bus here, there and everywhere with only six back seat driver/navigators. Never mind, we got there didn't we Jim.



... To big tall Ray who was not impressed by the cute little fellow up the hall who kept calling out "Hello, Cheeky".

... To Mary Connolly who gave everyone a 10m start after the go whistle — SUPER CONFIDENCE?



#### EVERY PICTURE TELLS A STORY—

Her teammates bemoaned the lack of a camera to snap the National Publicity Officer, aboard the Newcastle Flier, curled up, sound asleep, cuddling an unopened bottle of Shiraz Claret (won the night before). So if it wasn't the grog that sent her nodding off, what was it? Especially when she's told them all she'd gone to bed *very early* after the night's swim.

• • •

Ern Dearing (Mr. Pres. A.C.T.) was out of action recently as he hurt his leg falling into a sewer—well! A good AUSSI swimmer will train anywhere!

For Denis O'Hagan from St. George who wanted to know how come the Cronulla/Sutherland girls were away without their chaparone—heard of "Charlie's Angels" Denis?—Well!!



### ALL FITNESS AND NO FUN FOR MR. PRESIDENT

Where was P.J. wondered the crew at Brown's party—I have it on good authority that Pete was pushing his car back to Newcastle—some people will do anything to make up their "POINTS" for the week.



Latest slimming tablets from our favourite pharmacist. You don't eat them, you scatter the bottle of 100 tablets on the floor three times a day, then pick them up one at a time.

Entertainment has sparked up at National Committee meetings since the return of Paul, to Peter, Paul and Mary (Jackson, Wyatt and Connolly that is).

Kiwis had lots of escapades to talk of. They arrived in Melbourne before their baggage so had to borrow swimsuits. In Canberra the local club arranged a swim and supper and due to some mix up the Kiwis went to the swim and the locals went to the supper (all except one). In Sydney they were still touring Kurnell and other exciting historical spots at 1.00 a.m. after visiting a local club's swim night—they said it was very educational if only they could have stayed awake.

Speaking of Canberra, AUSSI members there have these memory lapses, often they forget their swim night on Friday and turn up on Saturdays. However, in the interest of fitness they can be persuaded to leave their costumes behind and go swimming with the nudist club, which just happens to meet on Saturday nights.

The Canberra team was grounded inside the aircraft at Melbourne for three hours on the return trip after three hours wait in the terminal. John Whittle kept the passengers entertained by donning air hostess gear and serving meals and drinks. His vast repertoire of jokes went down well over the public address system. However, he fell rather flat on his arrival in Canberra when he discovered that as a fireman on leave he had missed the only "decent" fire in the A.C.T.

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# A.U.S.S.I. TOP TEN TIMES 1977-78

The following times were the best recorded by registered members of A.U.S.S.I. clubs during the period 1st May, 1977 to 30th April, 1978. As you will see they are in 5 year age groups and for each event listed in Rule 10.

National Recorder, Paul Wyatt, of Sydney's "Eastern Suburbs" reports that there was a big increase in times received this year, and a corresponding improvement in the standard required to qualify for the Top 10.

New National Records were set in most events, however the slower swimmers should not lose heart as there are plenty of blank spaces in the longer events, particularly the style events.

Paul noted that the standard of clerical work received from a few clubs left a lot to be desired and consequently resulted in a lot of work for him over and above what he expected. Clubs were issued with instructions as to how the times were to be compiled, but put in the simplest possible way they are to be presented as the list following, but with womens and mens times in two separate bundles.

The reason for separating the times is that there is now a National Recorder for Women's Times, Peg Wilson of Tamworth Club. When Peg offered to help with the listing she was almost knocked over in the rush. Peg was assisted by Irene Wyatt who did her typing, however Paul was unable to obtain any assistance. This is a very demanding job and one which can be handled so much easier with the assistance of a typist, so we will be looking for some volunteer typists for 1979. Unable to complete the Men's times by the deadline, Paul had to seek the assistance of Peter Jackson and Mary Connolly.

## TOP TEN LISTINGS - A.U.S.S.I. 1977-78

s/c = short course

l/c = long course

\* = record

### AGE: 25-29 YEARS (WOMEN)

#### 50m FREESTYLE

* B. Walton	25	Victoria (77)	32.1 s/c
1. B. Waldeck	25	Adelaide	32.3 s/c
2. C. Bond	27	Brisbane	33.0 s/c
3. J. Napier	29	Tamworth	34.2 s/c
4. C. Southee	25	Melville	34.4 l/c
5. L. Potter	28	Adelaide	34.5 s/c
6. C. King	28	Tamworth	34.9 s/c
7. P. Follington	29	Tamworth	35.1 s/c
8. P. Townley	27	Canberra	35.4 s/c
9. B. Foley	29	Melville	36.0 l/c
10. W. Hunter	26	North Lodge	36.2 s/c

#### 100m FREESTYLE

* L. O'Donnell	28	Tamworth (77)	1.13.8 s/c
1. C. Bond	27	Brisbane	1.14.2 s/c
2. B. Waldeck	25	Adelaide	1.14.8 s/c
3. L. Potter	28	Adelaide	1.17.5 s/c
4. K. Cox	29	Carine	1.21.5 s/c
5. C. Southee	25	Melville	1.23.1 l/c
6. B. Foley	29	Melville	1.25.2 l/c
7. N. Bookless	25	Carine	1.25.6 s/c
8. P. Townley	27	Canberra	1.26.6 s/c
J. Jordan	29	North Lodge	1.26.6 s/c
10. P. Follington	29	Tamworth	1.26.7 s/c

#### 200m FREESTYLE

* L. McDiarmid	28	E.S. (76)	2.54.0 s/c
1. K. Cox	29	Carine	2.55.8 s/c
2. L. Potter	28	Adelaide	3.05.8 s/c
3. W. Hunter	26	North Lodge	3.10.0 s/c
4. P. Follington	29	Tamworth	3.10.5 s/c
5. C. Southee	25	Melville	3.15.5 l/c
6. J. Wilkins	28	North Lodge	3.18.0 s/c
7. J. Stokes	28	North Lodge	3.21.0 s/c

8. P. Townley	27	Canberra	3.24.4 s/c
J. Jordan	29	North Lodge	3.24.4 s/c
10. J. Sutherland	29	Canberra	4.06.8 s/c

#### 400m FREESTYLE

*1. K. Cox	29	Carine	6.00.0 s/c
2. L. Potter	28	Adelaide	6.12.0 s/c
3. C. Bond	27	Brisbane	6.13.7 s/c
4. P. Follington	29	Tamworth	6.38.1 s/c
5. K. Cocks	27	Hills	7.05.0 s/c
6. P. Townley	27	Canberra	7.19.9 s/c
7. D. Kirley	25	Canberra	9.36.4 s/c
8. B. Bochmann	27	Adelaide	9.48.0 s/c

#### 800m FREESTYLE

*1. K. Cox	29	Carine	12.19.5 s/c
2. P. Follington	29	Tamworth	14.27.7 s/c
3. J. Napier	29	Tamworth	14.37.5 s/c
4. K. Cocks	27	Hills	14.55.3 s/c
5. P. Townley	27	Canberra	15.38.0 s/c
6. M. Toft	27	Tamworth	17.11.6 s/c
7. D. Kirley	25	Canberra	20.07.8 s/c

#### 1500m FREESTYLE

*1. K. Cox	29	Carine	23.52.8 l/c
2. P. Follington	29	Tamworth	27.33.0 s/c
3. P. Townley	27	Canberra	29.18.0 s/c
4. K. Cocks	27	Hills	29.19.0 s/c
5. T. Sutherland	29	Canberra	36.24.0 s/c
6. D. Kirley	25	Hills	37.05.7 s/c

#### 50m BREASTSTROKE

*1. J. Stokes	28	North Lodge	42.2 s/c
2. L. Sparre	26	Carine	44.5 s/c
3. C. Bond	27	Brisbane	45.0 s/c
C. Southee	25	Melville	45.0 l/c
5. P. Townley	27	Canberra	45.4 s/c

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6. L. Stutsel	27	Hurstville	45.5 s/c
7. P. Follington	29	Tamworth	47.3 s/c
8. L. Potter	28	Adelaide	47.8 s/c
9. J. Elliot	28	Adelaide	48.2 s/c
10. B. Storey	26	North Lodge	48.5 s/c

**100m BREASTSTROKE**

*1. J. Stokes	28	North Lodge	1.30.8 s/c
2. J. Napier	29	Tamworth	1.40.0 s/c
3. P. Follington	29	Tamworth	1.43.1 s/c
4. L. Potter	28	Adelaide	1.44.4 s/c
5. V. Ashford	29	Tamworth	1.47.2 s/c
6. P. Townley	27	Canberra	1.54.1 s/c
7. T. Sutherland	29	Canberra	1.55.0 s/c
8. W. Hunter	26	North Lodge	1.57.4 s/c
9. C. Lynn	25	Tamworth	2.01.3 s/c
10. C. Tozer	26	Tamworth	2.03.2 s/c

**200m BREASTSTROKE**

* B. Walton	25	Victoria (77)	3.31.9 s/c
1. L. Potter	28	Adelaide	3.49.0 s/c
2. T. Sutherland	29	Canberra	4.09.9 s/c
3. P. Townley	27	Canberra	4.14.1 s/c
4. K. Cocks	27	Hills	4.28.0 s/c
5. B. Bochmann	27	Adelaide	5.03.4 s/c

**50m BACKSTROKE**

* L. McDiarmid	28	E.S. (76)	38.0 s/c
*1. B. Foley	29	Melville	38.0 l/c
2. J. Napier	29	Tamworth	40.0 s/c
3. L. Sparre	26	Carine	41.1 s/c
4. P. Townley	27	Canberra	43.1 s/c
5. C. Bond	27	Brisbane	43.6 s/c
6. W. Hunter	26	North Lodge	44.5 s/c
7. K. Cocks	27	Hills	45.0 s/c
8. K. Cox	29	Carine	45.7 s/c
9. B. Storey	26	North Lodge	45.9 s/c
10. C. Southree	25	Melville	46.0 l/c
J. Jordan	29	North Lodge	46.0 s/c

**100m BACKSTROKE**

* L. McDiarmid	28	E.S. (76)	1.22.2 s/c
1. C. Lynn	25	Tamworth	1.36.4 s/c
2. W. Hunter	26	North Lodge	1.37.7 s/c
3. J. Jordan	29	North Lodge	1.38.3 s/c
4. K. Cocks	27	Hills	1.44.6 s/c
5. P. Townley	27	Canberra	1.45.1 s/c
6. L. Potter	28	Adelaide	1.49.6 s/c
7. L. Wilkins	28	North Lodge	1.51.6 s/c
8. P. Follington	29	Tamworth	2.01.4 s/c
9. H. Richards	29	Hunter	2.04.7 s/c
10. B. Bochmann	27	Adelaide	2.06.9 s/c

**200m BACKSTROKE**

*1. P. Townley	27	Canberra	3.54.0 s/c
2. D. Kirley	25	Canberra	5.27.2 s/c

**25m BUTTERFLY**

* L. O'Donnell	28	Tamworth (77)	15.3 s/c
1. C. Bond	27	Brisbane	16.1 s/c
2. P. Townley	27	Canberra	16.5 s/c
3. P. Follington	29	Tamworth	18.2 s/c
4. L. Sparre	26	Carine	19.9 s/c
L. Potter	28	Adelaide	19.9 s/c
6. C. Lynn	25	Tamworth	20.4 s/c
7. W. Hunter	26	North Lodge	20.8 s/c
8. J. Wilkins	28	North Lodge	22.0 s/c
9. C. Tozer	26	Tamworth	22.5 s/c
10. J. Stokes	28	North Lodge	23.1 s/c

**50m BUTTERFLY**

*1. B. Waldoock	25	Adelaide	36.9 s/c
2. P. Townley	27	Canberra	40.9 s/c

3. L. Potter	28	Adelaide	44.2 s/c
4. V. Ashford	29	Tamworth	44.9 s/c
5. P. Follington	29	Tamworth	45.0 s/c
6. C. Southree	25	Melville	47.0 l/c
7. J. Elliott	28	Adelaide	48.1 s/c
8. C. Tozer	27	Tamworth	50.9 s/c
9. K. Cox	29	Carine	51.0 s/c
10. D. Kirley	25	Canberra	1.40.7 s/c

**100m BUTTERFLY**

* B. Walton	25	Victoria (77)	1.33.1 s/c
1. P. Townley	27	Canberra	1.41.8 s/c
2. L. Potter	28	Adelaide	1.48.8 s/c
3. P. Follington	29	Tamworth	1.51.8 s/c

**100m MEDLEY**

*1. C. Bond	27	Brisbane	1.25.0 s/c
2. P. Townley	27	Canberra	1.34.0 s/c
3. P. Follington	29	Tamworth	1.34.3 s/c
4. C. Lynn	25	Tamworth	1.46.0 s/c
5. J. Jordan	29	North Lodge	1.47.0 s/c
6. L. Potter	28	Adelaide	1.48.8 s/c
7. C. Tozer	27	Tamworth	1.58.6 s/c

**200m MEDLEY**

*1. L. Potter	28	Adelaide	3.33.6 s/c
2. P. Townley	27	Canberra	3.36.8 s/c
3. P. Follington	29	Tamworth	3.39.0 s/c
4. D. Kirley	25	Canberra	5.22.4 s/c

**AGE: 30-34 YEARS (WOMEN)****50m FREESTYLE**

* E. Stewart	30	E.S. (74)	31.6 l/c
1. E. Long	31	Manly	33.3 s/c
2. J. Brandsma	31	North Lodge	33.8 s/c
3. H. Rees	32	Canberra	34.1 s/c
4. V. Murphy	34	Adelaide	34.2 s/c
5. J. McLeod	31	North Lodge	34.7 s/c
6. J. McCurrach	32	Hills	35.0 s/c
7. J. Ford	34	Canberra	35.2 s/c
8. M. Pickering	31	Melville	35.4 l/c
M. Eldridge	31	Adelaide	35.4 s/c
10. P. Gutzeit	33	Adelaide	36.0 s/c
C. Ellis	33	North Lodge	36.0 s/c

**100m FREESTYLE**

* E. Stewart	30	E.S. (74)	1.13.5 l/c
1. E. Long	31	Manly	1.13.7 s/c
2. V. Murphy	34	Adelaide	1.16.1 s/c
3. H. Rees	32	Canberra	1.16.5 s/c
4. J. Brandsma	34	North Lodge	1.20.5 s/c
5. A. Barrett	34	North Lodge	1.21.0 s/c
6. C. Ellis	33	North Lodge	1.23.1 s/c
7. J. Jordan	30	North Lodge	1.24.2 s/c
8. J. Ford	32	Canberra	1.25.0 s/c
J. McCurrach	32	Hills	1.25.0 s/c
10. P. Morris	31	Adelaide	1.26.0 s/c

**200m FREESTYLE**

*1. H. Rees	32	Canberra	2.44.0 s/c
2. V. Murphy	34	Adelaide	2.55.0 s/c
3. E. Long	31	Manly	2.57.9 s/c
4. J. Jordan	30	North Lodge	3.07.7 s/c
5. A. Barrett	34	North Lodge	3.09.7 s/c
6. C. Ellis	33	North Lodge	3.10.0 s/c
7. J. Ford	34	Canberra	3.14.0 s/c
8. P. Morris	31	Adelaide	3.15.7 s/c
9. J. McCurrach	32	Hills	3.16.5 s/c
10. R. Jones	31	Hills	3.23.7 s/c

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**400m FREESTYLE**

* E. Stewart	30	E.S. (75)	5.25.2 s/c
1. H. Rees	32	Canberra	5.44.3 s/c
2. V. Murphy	34	Adelaide	6.17.0 s/c
3. P. Gutzeit	33	Adelaide	6.22.1 s/c
4. J. Jordan	30	North Lodge	6.34.6 s/c
5. J. McCurrach	32	Hills	6.52.7 s/c
6. C. Ellis	33	North Lodge	6.57.6 s/c
7. J. Ford	34	Canberra	7.04.9 s/c
8. R. Jones	31	Hills	7.10.1 s/c
9. F. Brown	34	Hunter	7.26.2 s/c
10. P. Morris	31	Adelaide	7.28.0 s/c

**800m FREESTYLE**

* 1. H. Rees	32	Canberra	12.08.0 s/c
2. E. Long	31	Manly	12.18.8 s/c
3. J. Ford	34	Canberra	14.46.5 s/c
4. R. Jones	31	Hills	15.33.8 s/c
5. F. Brown	34	Hunter	15.41.7 s/c
6. R. Sargent	34	Canberra	16.19.2 s/c
7. C. Davis	34	Como	16.30.0 s/c
8. J. Burgess	34	Canberra	17.11.5 s/c
9. F. McKay	34	Canberra	17.33.4 s/c
10. R. Steller	32	Canberra	18.49.8 s/c

**1500m FREESTYLE**

* 1. E. Long	31	Manly	22.16.0 s/c
2. H. Rees	32	Canberra	24.04.7 s/c
3. J. Ford	34	Canberra	28.50.2 s/c
4. B. Potter	34	Canberra	29.19.0 s/c
5. C. Ellis	33	North Lodge	29.26.0 s/c
6. F. Brown	34	Hunter	30.13.1 s/c
7. R. Sargent	34	Canberra	31.52.0 s/c
8. C. Davis	34	Como	34.11.2 s/c
9. J. Burgess	34	Canberra	36.57.1 s/c

**50m BREASTSTROKE**

* J. McLeod	30	Victoria (77)	40.6 s/c
1. J. McLeod	31	North Lodge	41.0 s/c
2. R. Sargent	34	Canberra	43.3 s/c
3. V. Murphy	34	Adelaide	43.5 s/c
4. A. Barrett	34	North Lodge	44.5 s/c
5. D. O'Hagan		St. George	48.0 s/c
6. B. Potter	34	Canberra	49.2 s/c
7. C. Elliott	30	Adelaide	50.3 s/c
8. J. McCurrach	32	Hills	51.5 s/c
M. Pickering	31	Melville	51.5 l/c
10. P. Morris	30	Adelaide	51.7 s/c

**100m BREASTSTROKE**

* 1. V. Murphy	34	Adelaide	1.36.3 s/c
2. R. Sargent	34	Canberra	1.38.8 s/c
3. A. Barrett	34	North Lodge	1.40.6 s/c
4. B. Potter	34	Canberra	1.44.9 s/c
5. D. O'Hagan		St. George	1.48.9 s/c
6. P. Morris	30	Adelaide	1.53.2 s/c
7. J. Foster	34	Adelaide	1.58.0 s/c
8. J. Ford	34	Canberra	1.58.8 s/c
9. R. McKie	32	Hunter	2.02.6 s/c
10. C. Elliott	30	Adelaide	2.04.3 s/c

**200m BREASTSTROKE**

* 1. V. Murphy	34	Adelaide	3.27.5 s/c
2. R. Sargent	34	Canberra	3.49.7 s/c
3. P. Morris	30	Adelaide	4.07.8 s/c
4. J. Ford	34	Canberra	4.21.0 s/c
5. R. McKie	32	Hunter	4.32.5 s/c
6. H. Rees	32	Canberra	4.41.6 s/c
7. C. Ellis	33	North Lodge	4.50.8 s/c
8. J. Jordan	30	North Lodge	4.55.0 l/c
9. C. Davis	34	Como	5.16.2 s/c
10. F. Mackay	32	Canberra	5.53.9 s/c

**50m BACKSTROKE**

* 1. E. Long	31	Manly	38.2 s/c
2. T. Smith		S.S.J.	39.8 s/c
3. H. Rees	32	Canberra	40.6 s/c
4. J. McCurrach	32	Hills	41.0 s/c
5. J. Brandsma	31	North Lodge	41.4 s/c
6. B. Potter	34	Canberra	41.9 s/c
7. J. Ford	34	Canberra	42.3 s/c
8. C. Ellis	33	North Lodge	42.6 s/c
9. V. Murphy	34	Adelaide	44.0 s/c
10. D. Gutzeit	34	Adelaide	44.2 s/c

**100m BACKSTROKE**

* 1. H. Rees	31	Canberra	1.29.5 s/c
2. T. Smith	30	S.S.J.	1.32.1 s/c
3. B. Potter	34	Canberra	1.33.6 s/c
4. V. Murphy	34	Adelaide	1.36.8 s/c
5. J. Ford	34	Canberra	1.37.7 s/c
6. C. Ellis	33	North Lodge	1.37.8 s/c
7. J. Jordan	30	North Lodge	1.38.7 s/c
8. P. Gutzeit	33	Adelaide	1.40.3 s/c
9. J. Brandsma	31	North Lodge	1.41.4 s/c
10. R. Steller	32	Canberra	1.41.8 s/c

**200m BACKSTROKE**

* 1. E. Long	31	Manly	3.14.3 s/c
2. T. Smith		S.S.J.	3.17.0 s/c
H. Rees	32	Canberra	3.17.0 s/c
4. J. Ford	34	Canberra	3.44.2 s/c
5. J. Jordan	30	North Lodge	3.48.4 l/c
6. C. Ellis	33	North Lodge	3.50.4 l/c
7. F. Brown	34	Hunter	3.56.8 s/c
8. R. Jones	31	Hills	4.32.8 s/c
9. C. Davis	34	Como	4.45.8 s/c
10. R. McKie	32	Hunter	4.52.5 s/c

**25m BUTTERFLY**

* 1. J. McLeod	31	North Lodge	17.0 s/c
J. Brandsma	31	North Lodge	17.0 s/c
3. E. Long	31	Manly	17.5 s/c
4. H. Rees	31	Canberra	17.7 s/c
5. R. Sargent	34	Canberra	18.4 s/c
6. C. Ellis	33	North Lodge	19.0 s/c
V. Murphy	34	Adelaide	19.0 s/c
D. O'Hagan		St. George	19.0 s/c
9. J. Ford	34	Canberra	19.2 s/c
10. B. Potter	34	Canberra	19.4 s/c

**50m BUTTERFLY**

* E. Stewart	30	E.S. (75)	34.1 s/c
1. J. McLeod	31	North Lodge	37.0 s/c
2. H. Rees	32	Canberra	40.2 s/c
3. J. Brandsma	31	North Lodge	40.8 s/c
4. V. Murphy	34	Adelaide	42.9 s/c
5. R. Sargent	34	Canberra	44.2 s/c
6. P. Gutzeit	34	Adelaide	44.4 s/c
7. J. Ford	34	Canberra	44.8 s/c
8. B. Potter	34	Canberra	47.0 s/c
9. M. Eldridge	31	Adelaide	47.5 s/c
10. F. Brown	34	Hunter	50.1 s/c

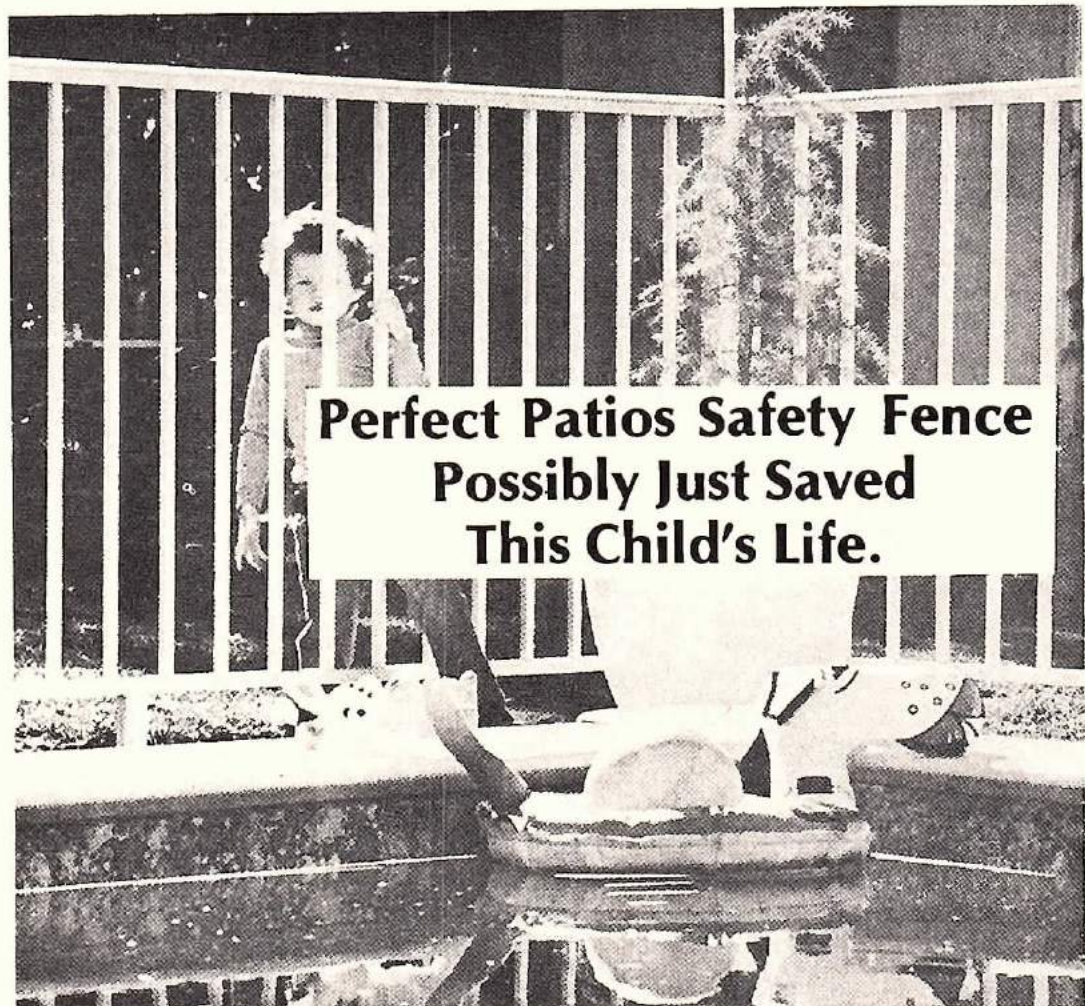
**100m BUTTERFLY**

* 1. H. Rees	32	Canberra	1.43.5 s/c
2. J. Ford	34	Canberra	1.53.0 s/c
3. P. Gutzeit	34	Adelaide	1.55.4 s/c
4. F. Mackay	32	Canberra	2.04.4 s/c

**100m MEDLEY**

* J. McLeod	30	Victoria (77)	1.25.2 s/c
1. E. Long	31	Manly	1.25.3 s/c
2. J. McLeod	31	North Lodge	1.25.7 s/c
3. V. Murphy	34	Adelaide	1.28.4 s/c





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4. J. Brandsma	31	North Lodge	1.33.0 s/c
5. B. Potter	34	Canberra	1.33.5 s/c
6. H. Rees	31	Canberra	1.34.3 s/c
7. J. McCurrach	32	Hills	1.35.9 s/c
8. A. Barrett	34	North Lodge	1.36.0 s/c
9. T. Smith		S.S.J.	1.36.8 s/c
10. D. O'Hagan	32	St. George	1.38.5 s/c

**200m MEDLEY**

*1. V. Murphy	34	Adelaide	3.08.2 s/c
2. H. Rees	32	Canberra	3.15.2 s/c
3. B. Potter	34	Canberra	3.31.8 s/c
4. J. Ford	34	Canberra	3.42.7 s/c
5. F. Brown	34	Hunter	4.04.1 s/c
6. J. Burgess	34	Canberra	4.50.3 s/c
7. F. Mackay	34	Canberra	4.50.8 s/c

**35-39 YEARS (WOMEN)****50m FREESTYLE**

* R. Carroll	36	Manly (77)	32.0 l/c
1. R. Carroll	37	Manly	32.8 s/c
2. P. Wilson	39	Tamworth	34.8 s/c
3. A. Stevens	36	North Lodge	34.9 s/c
4. A. Barrett	35	North Lodge	35.4 s/c
5. C. Butler	35	St. George	35.8 s/c
6. B. Newby	35	Tamworth	36.1 s/c
7. J. Thomson	39	North Lodge	36.3 s/c
8. J. Bamton	35	Lane Cove	40.6 s/c
9. V. Lynch		Oatley	41.5 s/c
10. P. Wiltshire	35	Carine	42.2 s/c

**100m FREESTYLE**

* F. Hogben	39	Manly (77)	1.18.0 s/c
1. A. Barrett	35	North Lodge	1.19.7 s/c
2. A. Stevens	36	North Lodge	1.19.8 s/c
3. B. Newby	36	Tamworth	1.21.9 s/c
4. J. Thompson	39	North Lodge	1.24.4 s/c
5. R. Carroll	37	Manly	1.29.5 s/c
6. P. Wiltshire	35	Carine	1.40.0 s/c
7. J. Bamton	35	Lane Cove	1.41.0 s/c
8. J. McAfee	39	Como	1.42.0 s/c
9. E. Walsham	38	Hills	1.46.3 s/c
10. D. Squire	39	Adelaide	1.48.5 s/c

**200m FREESTYLE**

*1. B. Newby	35	Tamworth	2.58.3 s/c
2. P. Wilson	39	Tamworth	3.07.6 s/c
3. R. Carroll	37	Manly	3.18.0 s/c
4. J. Bamton	35	Lane Cove	3.39.5 s/c
5. E. Walsham	38	Hills	3.45.8 s/c
6. I. Wyatt	35	Tamworth	3.51.0 s/c
7. J. McAfee	39	Como	3.59.3 s/c
8. P. Wiltshire	35	Carine	4.17.0 s/c
9. L. Smith	37	Carine	4.31.6 s/c

**400m FREESTYLE**

*1. B. Newby	36	Tamworth	6.11.5 s/c
2. R. Carroll	37	Manly	7.42.2 s/c
3. R. Sargent	35	Canberra	7.50.0 s/c
4. I. Wyatt	36	Tamworth	8.02.9 s/c
5. E. Walsham	38	Hills	8.17.8 s/c
6. P. Squire	39	Adelaide	8.18.3 s/c
7. M. Bower	38	Canberra	9.14.5 s/c
8. P. Wiltshire	35	Carine	11.10.0 s/c

**800m FREESTYLE**

*1. B. Newby	35	Tamworth	12.44.6 s/c
2. I. Wyatt	36	Tamworth	17.02.5 s/c
3. E. Walsham	38	Hills	17.30.0 s/c
4. M. Bower	38	Canberra	18.51.0 s/c
5. S. Turner	37	Lane Cove	23.42.7 s/c

**1500m FREESTYLE**

*1. B. Newby	36	Tamworth	24.05.0 s/c
2. I. Wyatt	36	Tamworth	30.45.3 s/c
3. R. Carroll	37	Manly	31.29.8 s/c
4. E. Walsham	38	Hills	33.32.3 s/c
5. J. McAfee	39	Como	36.30.1 s/c
6. L. Smith	37	Carine	39.21.7 l/c

**50m BREASTSTROKE**

*1. A. Barrett	35	North Lodge	42.2 s/c
2. R. Sargent	35	Canberra	43.5 s/c
3. A. Stevens	36	North Lodge	46.2 s/c
4. I. Wyatt	36	Tamworth	48.1 s/c
5. B. Newby	35	Tamworth	48.9 s/c
6. V. Lynch		Oatley	49.8 s/c
7. A. Gugler	39	Canberra	50.0 s/c
8. J. Bamton	35	Lane Cove	52.0 s/c
9. B. Stenhouse	37	Como	52.8 s/c
10. R. Blom	38	Melville	55.3 s/c

**100m BREASTSTROKE**

*1. A. Barrett	35	North Lodge	1.29.5 s/c
2. R. Sargent	35	Canberra	1.38.8 s/c
3. A. Stevens	36	North Lodge	1.42.2 s/c
4. B. Newby	36	Tamworth	1.42.5 s/c
5. I. Wyatt	36	Tamworth	1.42.7 s/c
6. W. Potter	35	Adelaide	1.58.1 s/c
7. P. Wiltshire	35	Carine	1.58.8 s/c
8. B. Stenhouse	37	Como	1.59.7 s/c
9. B. Purnell	39	North Lodge	2.03.3 s/c
10. L. Smith	37	Carine	2.20.0 s/c

**200m BREASTSTROKE**

*1. A. Barrett	35	North Lodge	3.25.1 l/c
2. B. Newby	36	Tamworth	3.40.5 s/c
3. S. Mortimer	38	Manly	4.15.6 s/c
4. B. Stenhouse	37	Como	4.50.2 s/c
5. E. Walsham	38	Hills	5.05.0 s/c

**50m BACKSTROKE**

* F. Hogben	37	Manly (75)	38.8 s/c
1. B. Newby	35	Tamworth	41.5 s/c
2. A. Stevens	36	North Lodge	42.5 s/c
3. A. Barrett	35	North Lodge	42.7 s/c
4. C. Butler	35	St. George	43.6 s/c
5. J. Thompson	39	North Lodge	46.3 s/c
6. J. Bamton	35	Lane Cove	51.4 s/c
7. R. Carroll	37	Manly	52.2 s/c
8. J. McAfee	39	Como	52.6 s/c
9. L. Smith	37	Carine	53.2 s/c
10. I. Wyatt	36	Tamworth	54.4 s/c

**100m BACKSTROKE**

*1. B. Newby	36	Tamworth	1.32.1 s/c
2. A. Barrett	35	North Lodge	1.32.3 s/c
3. A. Stevens	36	North Lodge	1.33.1 s/c
4. J. Thompson	39	North Lodge	1.47.1 s/c
5. R. Carroll	37	Manly	1.49.9 s/c
6. I. Wyatt	36	Tamworth	1.59.2 s/c
7. P. Wiltshire	35	Carine	2.04.0 s/c
8. P. Squire	39	Adelaide	2.14.2 s/c
9. B. Stenhouse	37	Como	2.15.7 s/c
10. E. Walsham	38	Hills	2.29.3 s/c

**200m BACKSTROKE**

*1. B. Newby	35	Tamworth	3.23.6 s/c
2. A. Barrett	35	North Lodge	3.28.1 l/c
3. R. Carroll	37	Manly	4.14.5 s/c
4. E. Szoeko	38	North Lodge	4.41.8 l/c
5. E. Walsham	38	Hills	5.53.0 s/c

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### **PROGRAMME**

TUESDAY: 1.30 p.m., Men's Triples. (Turkey Dinners)

WEDNESDAY: 1.30 p.m., Men's and Ladies' Triples. (Chicken Dinners)

THURSDAY: Ladies' Day.

FRIDAY: 1.30 p.m. Men's Pairs.

SATURDAY: 1.30 p.m., Men's fours. (Turkey Dinners)

SUNDAY: 9.30 a.m., Club Championships. 1.30 p.m., Mixed Fours. (Turkey Dinners)

### **SNACK BAR**

FRIDAY, 4.30 to 9 — SATURDAY, 4.30 to 9 — SUNDAY, 4.30 to 8 p.m.

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Wednesday, 7.30 p.m., Indoor Bowls — Old-Time Dance, Friday Nights

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*W.J. DAVIES, Secretary Manager*



**25m BUTTERFLY**

*1. A. Stevens	36	North Lodge	17.3 s/c
2. A. Carroll	37	Manly	17.5 s/c
3. A. Barrett	35	North Lodge	18.9 s/c
4. B. Newby	36	Tamworth	19.3 s/c
5. J. Thompson	39	North Lodge	20.1 s/c
6. E. Walsham	38	Hills	24.6 s/c
7. R. Dezaraulds	36	Lane Cove	27.5 s/c
8. M. Bower	38	Canberra	28.6 s/c
9. P. Squire	39	Adelaide	31.6 s/c

**50m BUTTERFLY**

*1. A. Stevens	36	North Lodge	40.5 s/c
2. A. Barrett	35	North Lodge	41.7 s/c
3. B. Newby	35	Tamworth	42.6 s/c
4. R. Sargent	35	Canberra	44.6 s/c
5. J. Thompson	39	North Lodge	50.0 s/c
6. Potter	35	Adelaide	51.0 s/c
7. Walsham	38	Hills	61.0 s/c
8. M. Bower	38	Canberra	62.5 s/c

**100m BUTTERFLY**

*1. B. Newby	36	Tamworth	1.37.7 s/c
2. E. Walsham	38	Hills	2.34.7 s/c

**100m MEDLEY**

*1. A. Stevens	36	North Lodge	1.31.4 s/c
2. B. Newby	35	Tamworth	1.33.6 s/c
3. C. Butler	35	St. George	1.35.6 s/c
4. J. Thompson	39	North Lodge	1.56.0 s/c
5. I. Wyatt	35	Tamworth	2.01.4 s/c
6. E. Walsham	38	Hills	2.11.7 s/c

**200m MEDLEY**

*1. A. Barrett	35	North Lodge	3.15.4 l/c
2. B. Newby	35	Tamworth	3.17.5 s/c
3. A. Stevens	36	North Lodge	3.35.1 l/c
4. M. Bower	38	Canberra	4.41.5 s/c
5. E. Walsham	38	Hills	4.41.6 s/c

**AGE: 40-45 YEARS (WOMEN)****50m FREESTYLE**

*1. F. Hogben	40	Manly	34.1 s/c
2. M. Wilson	40	Tamworth	34.7 s/c
3. B. Wilson	44	North Lodge	36.1 s/c
4. L. Mundy	43	Adelaide	37.8 s/c
5. S. Lindsell	42	Como	39.6 s/c
6. M. Connolly	43	S.S.J.	40.8 s/c
7. R. Carley	42	Maroubra	41.0 s/c
8. J. Richardson	44	Geelong	41.1 s/c
9. J. Dowd	40	Como	42.0 s/c
10. D. Ross	42	Adelaide	42.1 s/c

**100m FREESTYLE**

* B. Wilson	43	Victoria (77)	1.19.3 s/c
*1. F. Hogben	40	Manly	1.19.3 s/c
2. B. Wilson	44	North Lodge	1.19.7 s/c
3. M. Wilson	40	Tamworth	1.21.6 s/c
4. L. Mundy	43	Adelaide	1.27.3 s/c
5. R. Carley	42	Maroubra	1.32.0 s/c
6. D. Ross	42	Adelaide	1.32.8 s/c
7. M. Connolly	43	S.S.J.	1.36.0 s/c
8. S. Lindsell	42	Como	1.36.2 s/c
9. D. Simons	42	Adelaide	1.38.4 s/c
10. V. Yates	43	Melville	1.42.3 l/c

**200m FREESTYLE**

* B. Wilson	43	Victoria (77)	2.55.7 s/c
1. B. Wilson	44	North Lodge	3.01.4 s/c
2. M. Wilson	40	Tamworth	3.03.6 s/c
3. L. Mundy	43	Adelaide	3.07.5 s/c
4. F. Hogben	40	Manly	3.10.0 s/c

5. R. Carley	42	Maroubra	3.27.0 s/c
6. A. Gugler	40	Canberra	3.31.2 s/c
7. J. Dowd	40	Como	3.36.6 s/c
8. S. Lindsell	42	Como	3.39.5 s/c
9. M. Connolly	43	S.S.J.	3.50.6 s/c

**400m FREESTYLE**

* B. Wilson	43	Victoria (77)	6.15.4 s/c
*1. B. Wilson	44	North Lodge	6.15.4 s/c
2. F. Hogben	40	Manly	6.33.0 s/c
3. M. Wilson	40	Tamworth	6.35.2 s/c
4. L. Mundy	43	Adelaide	6.56.2 s/c
5. R. Carley	42	Maroubra	7.23.0 s/c
6. D. Ross	42	Adelaide	7.36.0 s/c
7. D. Simmons	42	Adelaide	7.57.2 s/c
8. J. Dowd	40	Como	7.58.0 s/c
9. M. Connolly	43	S.S.J.	8.25.3 s/c

**800m FREESTYLE**

*1. B. Wilson	44	North Lodge	13.15.1 s/c
2. F. Hogben	40	Manly	14.06.6 s/c
3. M. Wilson	40	Tamworth	14.18.0 s/c
4. R. Carley	42	Maroubra	15.46.8 s/c
5. M. Connolly	43	S.S.J.	17.59.2 s/c

**1500m FREESTYLE**

*1. B. Wilson	44	North Lodge	25.13.6 s/c
2. M. Wilson	40	Tamworth	27.54.0 s/c
3. R. Carley	42	Maroubra	28.53.7 s/c
4. M. Dowd	40	Como	33.35.2 s/c

**50m BREASTSTROKE**

*1. F. Hogben	40	Manly	46.9 s/c
2. J. Dowd	40	Como	49.2 s/c
3. D. Simmons	42	Adelaide	51.4 s/c
4. M. Connolly	43	S.S.J.	52.2 s/c
J. Richardson	44	Geelong	52.2 s/c
6. D. Ross	42	Adelaide	53.2 s/c
7. S. Lindsell	42	Como	53.3 s/c
8. B. Wilson	44	North Lodge	53.9 s/c
9. M. Wilson	40	Tamworth	54.5 s/c
10. A. Gugler	40	Canberra	56.4 s/c

**100m BREASTSTROKE**

*1. D. Simmons	42	Adelaide	1.49.9 s/c
2. D. Ross	42	Adelaide	1.53.0 s/c
3. B. Wilson	44	North Lodge	1.55.6 s/c
4. M. Wilson	40	Tamworth	1.57.2 s/c
5. J. Richardson	44	Geelong	2.01.0 s/c
6. L. Mundy	43	Adelaide	2.02.8 s/c
7. B. Purnell	40	North Lodge	2.04.8 s/c
8. M. Connolly	43	S.S.J.	2.05.2 s/c
9. H. Robertson	43	North Lodge	2.21.0 s/c

**200m BREASTSTROKE**

*1. B. Wilson	44	North Lodge	4.12.9 s/c
*2. M. Wilson	40	Tamworth	4.12.9 s/c

**50m BACKSTROKE**

*1. F. Hogben	40	Manly	39.5 s/c
2. D. Ross	42	Adelaide	45.0 s/c
3. L. Mundy	43	Adelaide	47.4 s/c
4. M. Wilson	40	Tamworth	48.0 s/c
5. B. Wilson	44	North Lodge	48.5 s/c
6. D. Simmons	42	Adelaide	50.1 s/c
7. S. Lindsell	42	Como	50.3 s/c
8. M. Connolly	43	S.S.J.	52.9 s/c
9. B. Robinson	40	Melville	57.3 l/c
10. R. Jobling	40	Como	66.2 s/c

**100m BACKSTROKE**

*1. F. Hogben	40	Manly	1.38.4 s/c
2. L. Mundy	43	Adelaide	1.41.4 s/c
3. B. Wilson	44	North Lodge	1.41.7 s/c

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4. D. Ross	42	Adelaide	1.48.0 s/c
5. D. Simmons	43	North Lodge	1.50.4 s/c
6. M. Wilson	40	Tamworth	1.52.3 s/c
7. M. Connolly	43	S.S.J.	3.18.0 s/c

**200m BACKSTROKE**

* B. Wilson	43	Victoria (77)	3.33.4 s/c
1. B. Wilson	44	North Lodge	3.38.8 s/c
2. M. Wilson	40	Tamworth	3.59.0 s/c

**25m BUTTERFLY**

*1. M. Wilson	40	Tamworth	16.5 s/c
2. B. Wilson	44	North Lodge	18.6 s/c
3. R. Carley	42	Maroubra	19.4 s/c
4. L. Mundy	43	Adelaide	20.2 s/c
5. M. Connolly	43	S.S.J.	20.6 s/c
6. D. Simmons	42	Adelaide	22.1 s/c
7. D. Ross	42	Adelaide	22.3 s/c
8. A. Gugler	40	Canberra	28.7 s/c

**50m BUTTERFLY**

*1. M. Wilson	40	Tamworth	43.4 s/c
2. B. Wilson	44	North Lodge	45.1 s/c
3. S. Lindsell	42	Como	46.7 s/c
4. L. Mundy	43	Adelaide	49.7 s/c
5. M. Connolly	44	S.S.J.	50.2 s/c
6. D. Simmons	42	Adelaide	51.2 s/c
R. Carley	42	Maroubra	51.2 s/c
8. D. Ross	42	Adelaide	52.8 s/c

**100m BUTTERFLY**

*1. B. Wilson	44	North Lodge	1.47.5 s/c
2. M. Wilson	40	Tamworth	1.50.0 s/c
3. L. Mundy	43	Adelaide	1.54.6 s/c

**100m MEDLEY**

*1. M. Wilson	40	Tamworth	1.37.1 s/c
2. B. Wilson	44	North Lodge	1.38.8 s/c
3. D. Ross	42	Adelaide	1.49.8 s/c
4. S. Lindsell	42	Como	1.50.5 s/c
5. L. Mundy	43	Adelaide	1.52.5 s/c
6. D. Simmons	42	Adelaide	1.54.0 s/c
7. M. Connolly	43	S.S.J.	1.56.4 s/c
8. A. Gugler	40	Canberra	2.01.0 s/c

**200m MEDLEY**

*1. B. Wilson	44	North Lodge	3.33.8 s/c
2. M. Wilson	40	Tamworth	3.38.8 s/c
3. L. Mundy	43	Adelaide	3.52.1 s/c
4. M. Connolly	43	S.S.J.	4.24.9 s/c

**AGE: 45-49 YEARS (WOMEN)****50m FREESTYLE**

*1. S. Howard	46	North Lodge	37.2 l/c
2. W. Watson	47	Carine	37.3 s/c
3. L. Pearce	46	Carine	40.0 s/c
4. J. Bridger	47	Melville	43.1 l/c
5. J. Forbes	45	Hills	44.1 s/c
6. M. Grant	49	Melville	45.8 l/c
7. E. Nelson	46	Carine	48.0 s/c
8. B. Gale	47	Tamworth	50.7 s/c
9. R. Hall	49	South Hedland	52.0 s/c
10. P. McLeod	49	Melville	55.1 l/c

**100m FREESTYLE**

*1. S. Howard	46	North Lodge	1.24.7 s/c
2. L. Pearce	46	Carine	1.40.0 s/c
3. W. Watson	47	Carine	1.46.0 s/c
4. J. Forbes	45	Hills	1.49.6 s/c
5. K. Steward	45	Como	3.10.9 s/c

**200m FREESTYLE**

*1. S. Howard	46	North Lodge	3.12.5 s/c
2. L. Pearce	46	Carine	4.04.0 s/c
3. W. Watson	47	Carine	4.40.0 s/c

**400m FREESTYLE**

*1. S. Howard	46	North Lodge	6.57.6 s/c
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**800m FREESTYLE**

*1. S. Howard	46	North Lodge	14.57.1
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**1500m FREESTYLE**

*1. S. Howard	46	North Lodge	29.19.0 l/c
2. L. Pearce	46	Carine	36.04.6 l/c

**50m BREASTSTROKE**

* J. Sansom	47	S.A. (75)	45.2 s/c
1. L. Pearce	46	Carine	50.5 s/c
2. J. Bridger	47	Melville	52.0 l/c
S. Howard	46	North Lodge	52.0 s/c
4. J. Forbes	45	Hills	60.2 s/c
5. M. Grant	49	Melville	62.0 l/c
6. P. McLeod	49	Melville	64.5 l/c
7. J. Dickson	49	North Lodge	65.6 s/c
W. Watson	47	Carine	65.6 s/c
9. R. Hall	49	South Hedland	81.7 s/c
10. K. Steward	45	Como	1.52.4 s/c

**100m BREASTSTROKE**

* J. Sansom	48	S.A. (76)	1.44.0 s/c
1. L. Pearce	46	Carine	1.55.0 s/c
2. S. Howard	46	North Lodge	1.57.9 s/c
3. J. Forbes	45	Hills	2.27.0 s/c
4. J. Dickson	49	North Lodge	2.29.4 s/c
5. B. Gale	47	Tamworth	2.56.2 s/c
6. K. Steward	45	Como	4.14.4 s/c

**200m BREASTSTROKE**

*1. S. Howard	46	North Lodge	4.26.6 l/c
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**50m BACKSTROKE**

* P. Clinton	(74)		45.4 l/c
1. S. Howard	46	North Lodge	49.7 s/c
2. L. Pearce	46	Carine	50.1 s/c
3. B. Anderson		St. George	52.9 s/c
4. W. Watson	47	Carine	54.0 s/c
5. M. Grant	49	Melville	55.5 l/c
6. J. Forbes	45	Hills	61.0 s/c
7. P. McLeod	49	Melville	62.4 l/c
8. B. Gale	47	Tamworth	81.4 s/c
9. K. Steward	45	Como	1.48.7 s/c

**100m BACKSTROKE**

* E. Wallis	49	Manly (77)	1.39.5 s/c
1. S. Howard	46	North Lodge	1.53.8 s/c
2. L. Pearce	46	Carine	1.54.0 s/c

**200m BACKSTROKE**

* E. Wallis	49	Manly (77)	3.58.3 l/c
1. S. Howard	46	North Lodge	4.28.4 l/c

**25m BUTTERFLY**

* J. Sansom	48	S.A. (76)	19.3 s/c
1. S. Howard	46	North Lodge	25.5 s/c

**50m BUTTERFLY**

* J. Sansom	47	S.A. (75)	43.1 s/c
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**100m MEDLEY**

* S. Howard	46	Victoria (77)	1.51.2 s/c
1. S. Howard	46	North Lodge	1.53.0 s/c

**AGE: 50-54 YEARS (WOMEN)****50m FREESTYLE**

*1. J. Sansom	50	Adelaide	37.3 s/c
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2. E. Mahle	52	S.S.J.	42.4 s/c
3. J. Nairn	50	Nelsons Bay	45.1 s/c
4. B. Grace	54	Narooma	48.0 s/c
5. A. Horvat	51	S.S.J.	48.5 s/c
6. G. Doyle	54	Canberra	49.6 s/c
7. J. Gaebler	50	Melville	51.5 l/c
M. Hilton	54	Hibiscus Gardens	51.5 s/c
9. P. Adams	51	Hills	57.1 s/c
10. I. Dewberry	50	Como	63.1 s/c

**100m FREESTYLE**

*1. J. Sansom	50	Adelaide	1.24.0 l/c
2. J. Nairn	50	Nelsons Bay	1.34.3 s/c
3. B. Grace	54	Narooma	1.44.5 s/c
4. M. Hilton	54	Hibiscus Gardens	1.55.6 s/c
5. J. Gaebler	50	Melville	2.05.0 l/c
6. P. Ryan	52	North Lodge	2.17.3 s/c
7. P. Adams	51	Hills	2.24.5 s/c

**200m FREESTYLE**

*1. J. Sansom	50	Adelaide	3.05.2 s/c
2. B. Grace	54	Narooma	3.45.6 s/c
3. A. Horvat	50	East	3.47.5 s/c
4. E. Mable	52	S.S.J.	3.49.9 s/c
5. I. Dewberry	50	Como	5.28.2 s/c

**400m FREESTYLE**

*1. J. Sansom	50	Adelaide	6.50.3 l/c
2. E. Mable	52	S.S.J.	8.19.2 s/c
3. M. Hilton	54	Hibiscus Gardens	9.00.1 s/c
4. J. Dickson	50	North Lodge	12.28.0 s/c

**1500m FREESTYLE**

*1. J. Sansom	50	Adelaide	26.30.0 l/c
2. J. Nairn	50	Nelsons Bay	30.05.0 s/c
3. B. Grace	50	Narooma	30.30.0 s/c
4. J. Dickson	50	North Lodge	48.54.0 l/c

**50m BREASTSTROKE**

*1. J. Sansom	50	Adelaide	45.2 l/c
2. J. Nairn	50	Nelsons Bay	57.5 s/c
3. J. Gaebler	50	Melville	63.5 l/c
4. J. Dickson	50	North Lodge	68.4 s/c
5. B. Calman	51	North Lodge	70.0 s/c
6. A. Horvat	50	East	72.8 s/c
7. P. Adams	51	Hills	80.0 s/c
8. B. Grace	54	Narooma	93.8 s/c

**100m BREASTSTROKE**

*1. J. Sansom	50	Adelaide	1.42.5 l/c
2. J. Nairn	50	Nelson Bay	2.11.7 s/c
3. J. Dickson	50	North Lodge	2.30.0 s/c

**200m BREASTSTROKE**

*1. J. Sansom	50	Adelaide	3.39.0 l/c
2. J. Dickson	50	North Lodge	6.07.3 l/c

**50m BACKSTROKE**

* M. Duffy	53	Queensland (77)	42.7 s/c
1. J. Sansom	50	Adelaide	49.5 s/c
2. E. Mable	52	S.S.J.	58.8 s/c
3. G. Doyle	54	Canberra	1.05.4 s/c
4. A. Horvat	50	East	1.05.6 s/c
5. B. Grace	54	Narooma	1.08.0 s/c
6. I. Dewberry	50	Como	1.10.8 s/c
7. J. Dickson	50	North Lodge	1.23.0 s/c
8. S. Robinson	50	Nelsons Bay	1.26.0 s/c

**100m BACKSTROKE**

* M. Duffy	53	Queensland (77)	1.37.6 s/c
1. J. Sansom	50	Adelaide	1.45.3 l/c
2. B. Grace	54	Narooma	2.24.1 s/c
3. S. Robinson	50	Nelsons Bay	3.07.3 s/c

**200m BACKSTROKE**

*1. J. Sansom	50	Adelaide	3.51.2 l/c
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**25m BUTTERFLY**

*1. J. Sansom	50	Adelaide	19.0 s/c
2. B. Grace	54	Narooma	31.1 s/c

**50m BUTTERFLY**

*1. J. Sansom	50	Adelaide	42.7 l/c
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**100m BUTTERFLY**

*1. J. Sansom	50	Adelaide	1.43.2 l/c
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**100m MEDLEY**

*1. J. Sansom	50	Adelaide	1.37.2 s/c
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**200m MEDLEY**

*1. J. Sansom	50	Adelaide	3.37.5 l/c
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**AGE: 55-59 YEARS (WOMEN)****50m FREESTYLE**

* E. Whillier	57	East (75)	39.3 s/c
1. D. Brown	58	Adelaide	39.8 s/c
2. B. Callaghan	55	Manly	42.1 s/c
3. B. Bailly	57	Manly	42.4 s/c
H. Parker	57	Manly	42.4 s/c
5. E. Watson	56	Como	43.8 s/c
6. B. Grace	55	Narooma	45.0 s/c
7. G. Doyle	55	Canberra	45.6 s/c
8. B. George	55	Tamworth	53.1 s/c
9. J. Jacobs	59	Hills	58.0 s/c

**100m FREESTYLE**

* E. Whillier	58	E.S. (76)	1.33.2 s/c
*1. D. Brown	58	Adelaide	1.33.2 s/c
2. B. Bailey	57	Manly	1.35.2 s/c
3. B. Grace	55	Narooma	1.40.5 s/c
4. E. Watson	56	Como	1.44.1 s/c
5. H. Parker	57	Manly	1.48.6 s/c

**200m FREESTYLE**

*1. B. Grace	55	Narooma	3.41.0 s/c
2. E. Watson	56	Como	3.44.0 s/c
3. B. Bailey	57	Manly	3.51.5 s/c

**400m FREESTYLE**

*1. D. Brown	58	Adelaide	7.20.1 s/c
2. E. Grace	55	Narooma	7.34.9 s/c
3. E. Watson	55	Como	7.50.5 s/c
4. B. Bailey	57	Manly	7.52.0 s/c
5. B. Callaghan	55	Manly	9.00.0 s/c

**800m FREESTYLE**

*1. E. Watson	56	Como	15.54.0 s/c
2. B. Grace	55	Narooma	16.05.6 s/c

**1500m FREESTYLE**

*1. B. Grace	55	Narooma	30.30.0 s/c
2. E. Watson	56	Como	31.12.3 s/c

**50m BREASTSTROKE**

*1. B. Callaghan	56	Manly	49.1 s/c
2. E. Watson	56	Como	50.0 s/c
3. B. George	55	Tamworth	1.13.0 s/c
4. B. Grace	55	Narooma	1.25.0 s/c

**100m BREASTSTROKE**

* E. Watson	55	St. George (77)	1.51.4 s/c
1. E. Watson	55	Como	1.52.8 s/c
2. B. Callaghan	56	Manly	1.53.9 s/c
3. B. George	55	Tamworth	2.46.1 s/c

**200m BREASTSTROKE**

*1. E. Watson	56	Como	4.06.1 s/c
2. B. Callaghan	55	Manly	4.29.7 s/c



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**50m BACKSTROKE**

* E. Whillier	57	E.S. (75)	45.8 s/c
1. B. Callaghan	56	Manly	47.8 s/c
2. E. Watson	56	Como	51.4 s/c
3. G. Doyle	55	Canberra	57.5 s/c
4. B. George	55	Tamworth	63.0 s/c
5. B. Grace	55	Narooma	63.1 s/c
6. H. Parker	57	Manly	77.5 s/c

**100m BACKSTROKE**

*1. E. Watson	56	Como	1.57.3 s/c
2. B. Grace	55	Narooma	2.16.2 s/c
3. B. George	55	Tamworth	2.30.1 s/c

**200m BACKSTROKE**

*1. E. Watson	56	Como	4.14.0 s/c
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**25m BUTTERFLY**

* E. Watson	55	St. George (77)	23.1 s/c
1. E. Watson	56	Como	24.3 s/c
2. B. Grace	55	Narooma	25.2 s/c

**50m BUTTERFLY**

* B. Barrie	59	E.S. (75)	51.7 s/c
1. E. Watson	56	Como	58.5 s/c
2. B. Grace	55	Narooma	1.07.3 s/c

**100m MEDLEY**

*1. E. Watson	56	Como	1.51.7 s/c
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**AGE: 60-64 YEARS (WOMEN)****50m FREESTYLE**

* B. Barrie	61	E.S. (77)	41.9 s/c
1. B. Barrie	62	Maroubra	42.3 s/c
2. D. Nicol	63	Manly	48.8 s/c
3. J. Meagher	60	Como	55.0 s/c
4. I. Parker	62	North Lodge	59.0 s/c
5. L. Dawson	62	Hunter	94.0 s/c

**100m FREESTYLE**

* B. Barrie	61	E.S. (77)	1.36.9 s/c
1. B. Barrie	62	Maroubra	1.40.0 s/c

**200m FREESTYLE**

* B. Barrie	60	E.S. (76)	3.44.7 s/c
1. B. Barrie	62	Maroubra	4.20.0 s/c
2. J. Meagher	60	Como	5.15.7 s/c

**400m FREESTYLE**

*1. J. Meagher	60	Como	12.22.4 s/c
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**1500m FREESTYLE**

*1. J. Meagher	60	Como	45.06.9 s/c
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**50m BREASTSTROKE**

* B. Barrie	60	E.S. (76)	50.0 s/c
1. B. Barrie	62	Maroubra	52.8 s/c
2. D. Nicol	63	Manly	66.3 s/c
3. G. Dunn	61	Nelsons Bay	76.6 s/c

**100m BREASTSTROKE**

* B. Barrie	60	E.S. (76)	1.55.6 s/c
1. B. Barrie	62	Maroubra	2.01.0 s/c
2. D. Nicol	63	Manly	2.20.7 s/c
J. Meagher	60	Como	2.52.6 s/c
G. Dunn	61	Nelson Bay	2.56.0 s/c

**50m BACKSTROKE**

*1. I. Parker	62	North Lodge	55.8 s/c
2. J. Meagher	60	Como	1.03.0 s/c
B. Barrie	62	Maroubra	1.03.0 s/c
4. D. Nicol	64	Manly	1.03.8 s/c

**100m BACKSTROKE**

*1. I. Parker	62	North Lodge	2.14.2 s/c
2. B. Barrie	62	Maroubra	2.16.0 s/c

**25m BUTTERFLY**

* B. Barrie	60	E.S. (76)	21.8 s/c
1. B. Barrie	61	Maroubra	22.7 s/c

**50m BUTTERFLY**

* B. Barrie	60	E.S. (76)	49.4 s/c
1. B. Barrie	62	Maroubra	53.0 s/c

**100m MEDLEY**

*1. B. Barrie	62	Maroubra	1.58.2 s/c
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**AGE: 65-69 YEARS (WOMEN)****50m FREESTYLE**

* D. Hyde	66	E.S. (76)	58.0 s/c
1. G. Macaulay	65	Melville	66.1 l/c

**100m FREESTYLE**

* L. Been	68	E.S. (77)	3.00.4 s/c
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**50m BREASTSTROKE**

* D. Hyde	66	E.S. (77)	84.0 s/c
1. G. Macaulay	65	Melville	91.5 l/c

**100m BREASTSTROKE**

* D. Hyde	66	E.S. (77)	3.14.3 l/c
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**AGE: 70-74 YEARS (WOMEN)****50m FREESTYLE**

*1. E. Sargent	70	Manly	51.2 s/c
2. M. Bishop	70	Melville	52.6 l/c

**50m BREASTSTROKE**

* M. Lewis	71	E.S. (76)	1.55.5 s/c
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**50m BACKSTROKE**

*1. E. Sargent	70	Manly	61.0 s/c
2. M. Bishop	70	Melville	73.9 l/c

**MEN****AGE: 25-29 YEARS (MEN)****50m FREESTYLE**

* M. Wendon	28	St. George (77)	26.2 l/c
1. K. Wallis	29	North Lodge	27.3 s/c
2. R. Todhunter	25	Hunter	27.5 s/c
3. B. Shapland	26	Carine	27.7 s/c
4. M. Franklin	28	Como	27.8 s/c
5. D. Quinlivan	28	Hunter	28.1 s/c
6. S. DeGelder	28	North Lodge	28.8 s/c
T. Upton	26	Tamworth	28.8 s/c
8. B. Ritchie	27	Manly	29.0 l/c
9. B. Harvey	29	Geelong	29.1 s/c
10. A. Grigg	27	North Lodge	29.3 s/c

**100m FREESTYLE**

* C. Shapland	29	Everton Park (77)	59.2 s/c
1. R. Todhunter	25	Hunter	1.00.0 s/c
2. B. Shapland	26	Carine	1.02.6 s/c
3. M. Franklin	28	Como	1.03.4 s/c
4. K. Wallis	29	North Lodge	1.03.9 s/c
5. B. Ritchie	27	Manly	1.06.3 l/c
6. S. DeGelder	28	North Lodge	1.07.4 s/c
D. Noonan	25	Lane Cove	1.07.4 l/c
8. P. Pember	29	Carine	1.08.5 s/c
9. N. Rasheed	29	Adelaide	1.10.1 s/c
10. A. Grigg	27	North Lodge	1.10.2 s/c
A. Knights	27	North Lodge	1.10.2 s/c

**200m FREESTYLE**

* W. Devenish	26	B'Town (76)	2.12.3 s/c
1. R. Todhunter	25	Hunter	2.19.8 s/c
2. D. Quinlivan	28	Hunter	2.22.4 s/c
3. B. Shapland	26	Carine	2.23.0 s/c
4. R. McInnes	25	Canberra	2.30.3 s/c
5. K. Wallis	29	North Lodge	2.32.1 s/c

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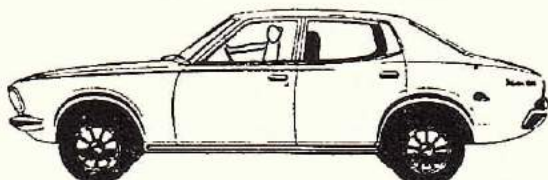
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6. M. Franklin	28	Como	2.35.9 s/c	9. R. McInnes	25	Canberra	38.9 s/c
7. M. Forbes	27	Canberra	2.37.8 s/c	10. B. Newman	29	Hunter	39.6 s/c
8. D. Noonan	25	Lane Cove	2.40.2 l/c		25	Lane Cove	39.6 s/c
9. T. Jordon	26	Narooma	2.41.2 s/c				
10. T. Jorgenson	26	Canberra	2.46.7 s/c				

**400m FREESTYLE**

* G. Reddan	29	Harboard (76)	4.50.8 s/c
1. R. Todhunter	25	Hunter	4.56.2 s/c
2. B. Shapland	26	Carine	5.06.0 s/c
3. D. Quinlivan	28	Hunter	5.10.5 s/c
4. M. Franklin	28	Como	5.12.5 s/c
5. K. Wallis	29	North Lodge	5.19.6 s/c
6. R. McInnes	25	Canberra	5.33.0 s/c
7. T. Jordan	26	Narooma	5.39.2 s/c
8. R. Pember	29	Carine	5.59.0 s/c
9. S. DeGelder	28	North Lodge	6.09.2 s/c
10. B. Newman	29	Hunter	6.13.8 s/c

**800m FREESTYLE**

*1. R. Todhunter	25	Hunter	10.11.0 s/c
2. R. McInnes	25	Canberra	11.12.0 s/c
3. R. Spink	25	Canberra	11.12.5 s/c
4. M. Franklin	28	Como	11.55.3 s/c
5. B. Newman	29	Hunter	13.32.0 s/c
6. B. Ritchie	27	Manly	13.35.0 l/c

**1500m FREESTYLE**

*1. T. Jordan	26	Narooma	21.36.5 s/c
2. B. Shapland	26	Carine	22.05.0 l/c
3. T. Jorgensen	26	Canberra	26.47.3 s/c
4. B. Ritchie	27	Manly	27.33.4 l/c
5. B. Newman	29	Hunter	29.21.6 s/c

**50m BREASTSTROKE**

* P. Tonkin	28	Victoria (77)	33.2 s/c
1. B. Ritchie	27	Manly	35.4 l/c
2. K. Wallis	29	North Lodge	36.0 s/c
3. R. McInnes	25	Canberra	37.0 s/c
4. S. DeGelder	28	North Lodge	39.8 s/c
5. B. Harvey	29	Geelong	40.2 s/c
N. Rasheed	29	Adelaide	40.2 s/c
7. R. Browne	27	Geelong	40.3 s/c
8. B. Newman	29	Hunter	41.0 s/c
9. T. Jordan	26	Narooma	41.6 s/c
10. G. Landwehr	29	Carine	42.0 s/c

**100m BREASTSTROKE**

*1. B. Ritchie	27	Manly	1.15.6 s/c
2. K. Wallis	29	North Lodge	1.21.8 s/c
3. R. McInnes	25	Canberra	1.22.0 s/c
4. T. Upton	26	Tamworth	1.30.6 s/c
5. S. DeGelder	28	North Lodge	1.35.2 s/c
6. B. Shapland	26	Carine	1.35.7 s/c
7. R. Gummersall	29	North Lodge	1.40.4 s/c
8. G. Landwehr	29	Carine	1.40.7 s/c
9. M. Franklin	28	Como	1.41.8 s/c
10. B. Newman	29	Hunter	1.42.2 s/c

**200m BREASTSTROKE**

* P. Wyatt	29	E.S. (76)	2.52.3 s/c
1. B. Ritchie	27	Manly	3.01.0 l/c

**50m BACKSTROKE**

* P. O'Brien	25	E.S. (75)	30.9 s/c
1. K. Wallis	29	North Lodge	35.0 s/c
2. M. Franklin	28	Como	35.1 s/c
3. R. Todhunter	25	Hunter	35.3 s/c
4. T. Jordan	26	Narooma	36.3 s/c
5. S. DeGelder	28	North Lodge	36.5 s/c
6. M. Forbes	27	Canberra	36.7 s/c
7. B. Shapland	26	Carine	36.8 s/c
8. P. Woodward	29	Canberra	37.0 s/c

**100m BACKSTROKE**

*1. K. Wallis	29	North Lodge	1.15.3 s/c
2. M. Franklin	28	Como	1.22.4 s/c
3. M. Forbes	27	Canberra	1.24.0 s/c
4. R. Gummersall	28	North Lodge	1.28.6 s/c
J. Whittle	25	Canberra	1.28.6 s/c
6. R. McInnes	25	Canberra	1.29.0 s/c
7. B. Shapland	26	Carine	1.35.6 s/c
8. D. Noonan	25	Lane Cove	1.36.1 l/c
9. N. Rasheed	29	Adelaide	1.43.6 s/c
10. T. Jorgensen	26	Canberra	1.44.0 s/c

**200m BACKSTROKE**

*1. M. Franklin	28	Como	3.18.8 s/c
2. M. Forbes	27	Canberra	3.25.7 s/c

**25m BUTTERFLY**

* A. Gallaty	27	St. George (77)	13.5 s/c
1. B. Harvey	29	Geelong	13.6 s/c
2. K. Wallis	29	North Lodge	14.2 s/c
3. T. Upton	26	Tamworth	14.3 s/c
4. S. DeGelder	28	North Lodge	15.0 s/c
5. R. Browne	27	Geelong	15.1 s/c
6. R. Todhunter	25	Hunter	15.2 s/c
7. M. Owen	28	North Lodge	15.5 s/c
N. Rasheed	29	Adelaide	15.5 s/c
9. M. Franklin	28	Como	15.6 s/c
B. Shapland	26	Carine	15.6 s/c

**50m BUTTERFLY**

* J. Edgar	25	St. George (75)	30.0 s/c
1. B. Harvey	29	Geelong	32.2 s/c
2. A. Knights	27	North Lodge	32.5 s/c
3. R. Browne	27	Geelong	32.7 s/c
K. Wallis	29	North Lodge	32.7 s/c
5. T. Upton	26	Tamworth	32.8 s/c
6. D. Quinlivan	28	Hunter	33.1 s/c
7. R. McInnes	25	Canberra	33.8 s/c
8. B. Ritchie	27	Manly	34.4 l/c
9. M. Franklin	28	Como	34.9 s/c
B. Shapland	26	Carine	34.9 s/c

**100m BUTTERFLY**

*1. M. Franklin	28	Como	1.25.4 s/c
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**100m INDIVIDUAL MEDLEY**

* P. Wyatt	29	E.S. (76)	1.08.5 s/c
1. K. Wallis	29	North Lodge	1.14.4 s/c
2. R. McInnes	25	Canberra	1.17.0 s/c
3. M. Franklin	28	Como	1.19.6 s/c
4. A. Knights	27	North Lodge	1.20.0 s/c
5. D. Quinlivan	28	Hunter	1.22.4 s/c
6. M. Rollason	26	Brisbane	1.27.8 s/c
7. M. Forbes	27	Canberra	1.33.3 s/c
8. B. Newman	29	Hunter	1.36.4 s/c
9. D. Henry	25	Tamworth	1.42.4 s/c
10. T. Jorgensen	26	Canberra	1.45.0 s/c

**200m INDIVIDUAL MEDLEY**

* P. Wyatt	29	E.S. (76)	2.35.0 s/c
1. R. McInnes	25	Canberra	2.48.1 s/c
2. B. Ritchie	27	Manly	2.57.5 l/c
3. M. Franklin	28	Como	3.03.3 s/c
4. B. Newman	29	Hunter	3.23.1 s/c

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## AGE: 30-34 YEARS (MEN)

## 50m FREESTYLE

*1.	R. Patterson	30	North Lodge	26.4 s/c
2.	C. Shapland	30	Everton Park	26.6 s/c
3.	P. Doak	34	Geelong	26.9 s/c
4.	R. Puskar	33	Manly	27.0 l/c
5.	G. Neill	34	Geelong	28.1 s/c
6.	A. Dowker	30	Nelsons Bay	28.2 s/c
7.	J. Kemp	31	Como	28.4 s/c
8.	E. Hanninen	31	Lane Cove	28.5 s/c
9.	P. Wyatt	31	S.S.J.	28.6 s/c
10.	D. Bleakley	31	Brisbane	28.8 s/c

## 100m FREESTYLE

*1.	C. Shapland	30	Everton Park	58.6 s/c
2.	R. Patterson	30	North Lodge	59.2 s/c
3.	R. Puskar	33	Manly	1.00.9 s/c
4.	P. Doak	34	Geelong	1.01.5 s/c
5.	P. Wyatt	31	S.S.J.	1.03.4 s/c
6.	E. Hanninen	31	Lane Cove	1.04.5 l/c
7.	G. Neill	34	Geelong	1.05.6 s/c
8.	J. Koorey	34	Manly	1.05.7 l/c
9.	P. Brown	32	Manly	1.06.2 l/c
10.	O. Bree	34	Tamworth	1.08.1 s/c

## 200m FREESTYLE

*1.	E. Hanninen	31	Lane Cove	2.21.7 l/c
2.	P. Wyatt	31	S.S.J.	2.22.8 s/c
3.	J. Dawson	33	Hunter	2.23.0 l/c
4.	R. Patterson	30	North Lodge	2.23.2 s/c
5.	P. Brown	32	Manly	2.25.5 l/c
6.	J. Koorey	34	Manly	2.26.3 l/c
7.	P. Joy	30	Lane Cove	2.31.5 l/c
8.	R. Selleck	33	Narooma	2.35.3 s/c
9.	J. Kemp	31	Como	2.45.5 s/c
10.	J. Tomkin	33	North Lodge	2.54.0 s/c
	J. Tremain	34	Manly	2.54.0 s/c

## 400m FREESTYLE

* J. Koorey	31	Manly (75)	4.47.3 s/c
1. C. Shapland	30	Everton Park	5.02.7 s/c
2. E. Hanninen	31	Lane Cove	5.04.5 s/c
3. P. Brown	32	Manly	5.08.5 l/c
4. J. Dawson	33	Hunter	5.11.3 s/c
5. J. Koorey	34	Manly	5.12.7 l/c
6. G. Neill	34	Geelong	5.20.4 s/c
7. R. Patterson	30	North Lodge	5.32.0 s/c
8. J. Wainwright	33	Hurstville	5.46.0 s/c
9. P. Joy	30	Lane Cove	5.46.3 l/c
10. O. Bonutto	33	Brisbane	5.48.4 s/c

## 800m FREESTYLE

*1.	P. Brown	32	Manly	10.32.8 l/c
2.	J. Koorey	34	Manly	10.38.1 l/c
3.	R. Puskar	33	Manly	11.21.1 l/c
4.	J. Tremain	34	Manly	12.49.5 l/c
5.	G. Taylor	30	Hills	13.29.6 s/c
6.	D. Hiscock	32	Tamworth	14.10.0 s/c
7.	J. Bishop	34	Manly	14.50.0 l/c
8.	P. Chilton	34	Tamworth	18.20.0 s/c

## 1500m FREESTYLE

*1.	P. Brown	32	Manly	20.26.6 l/c
2.	E. Hanninen	31	Lane Cove	21.10.0 l/c
3.	J. Koorey	34	Manly	21.16.3 l/c
4.	J. Tremain	34	Manly	24.19.8 l/c
5.	G. Taylor	30	Hills	26.18.8 s/c
6.	J. Bishop	34	Manly	28.03.0 l/c
7.	J. Tomkin	33	North Lodge	28.08.5 s/c
8.	T. Beal	34	Carine	28.49.4 l/c

## 50m BREASTSTROKE

*1.	P. Wyatt	31	S.S.J.	35.5 s/c
2.	D. Bleakley	31	Brisbane	36.4 s/c
3.	R. Patterson	30	North Lodge	36.9 s/c
4.	I. Ingram	34	Narooma	38.0 s/c
5.	S. Burns	32	North Lodge	38.7 s/c
6.	C. Staines	34	Brisbane	39.9 s/c
7.	J. Bookless	34	Carine	42.0 s/c
8.	P. Brown	32	Manly	42.5 l/c
9.	O. Bonutto	33	Brisbane	42.6 s/c
10.	T. Beal	34	Carine	43.0 s/c

## 100m BREASTSTROKE

* P. Wyatt	30	E.S. (77)	1.17.5 s/c
1. P. Wyatt	31	S.S.J.	1.17.9 s/c
2. R. Patterson	30	North Lodge	1.27.5 s/c
3. S. Burns	32	North Lodge	1.28.2 s/c
4. T. Beal	34	Carine	1.42.2 s/c
5. J. Tomkin	33	North Lodge	1.47.2 s/c
6. P. Brown	32	Manly	1.48.0 l/c
7. D. Hiscock	32	Tamworth	1.48.7 s/c
8. D. Morris	31	Adelaide	1.55.0 s/c
9. H. Hamilton	34	Adelaide	2.03.1 s/c
10. G. Taylor	30	Hills	2.04.6 s/c

## 200m BREASTSTROKE

* P. Wyatt	30	E.S. (77)	2.55.1 s/c
1. J. Tomkin	33	North Lodge	4.02.0 l/c
2. H. Hamilton	34	Adelaide	4.35.2 s/c
3. G. Taylor	30	Hills	4.37.6 s/c

## 50m BACKSTROKE

*1.	R. Patterson	30	North Lodge	33.9 s/c
2.	C. Shapland	30	Everton Park	34.9 s/c
3.	A. Hunter	33	Hills	35.0 s/c
4.	J. Dawson	33	Hunter	36.0 s/c
5.	H. Hamilton	34	Adelaide	36.8 s/c
6.	J. Lidstone	34	Geelong	38.2 s/c
7.	P. Joy	30	Lane Cove	38.3 l/c
8.	J. Tomkin	33	North Lodge	39.5 s/c
9.	K. Wilson	32	Ettalong	40.1 s/c
10.	D. Habel	30	Adelaide	40.6 s/c

## 100m BACKSTROKE

* P. Wyatt	30	E.S. (77)	1.16.9 s/c
1. R. Patterson	30	North Lodge	1.21.5 s/c
2. H. Hamilton	34	Adelaide	1.26.9 s/c
3. J. Tomkin	33	North Lodge	1.28.2 s/c
4. D. Habel	30	Adelaide	1.31.3 s/c
5. A. Broughton	32	Carine	1.35.7 s/c
6. P. Brown	32	Manly	1.42.0 l/c
7. P. Chilton	34	Tamworth	1.45.7 s/c
8. A. Foster	34	Adelaide	1.45.7 s/c
9. T. Beal	32	Carine	2.02.3 s/c

## 200m BACKSTROKE

* P. Wyatt	30	E.S. (77)	2.51.0 s/c
1. J. Tomkin	33	North Lodge	3.23.1 s/c
2. D. Habel	30	Adelaide	3.34.1 s/c
3. H. Hamilton	34	Adelaide	3.39.2 s/c

## 25m BUTTERFLY

*1.	R. Patterson	30	North Lodge	13.3 s/c
2.	P. Doak	34	Geelong	13.7 s/c
3.	E. Hanninen	31	Lane Cove	14.0 s/c
4.	G. Neill	32	Geelong	14.5 s/c
5.	J. Bishop	34	Manly	14.8 s/c
6.	J. Koorey	34	Manly	16.3 s/c
	J. O'Keefe	30	Tamworth	16.3 s/c
8.	O. Bree	34	Tamworth	16.4 s/c
9.	H. Hamilton	34	Adelaide	16.6 s/c
	C. Staines	34	Brisbane	16.6 s/c

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**50m BUTTERFLY**

* G. Elliott	30	Cronulla (75)	29.9 s/c
1. P. Wyatt	31	S.S.J.	30.2 s/c
2. R. Patterson	30	North Lodge	30.5 s/c
3. P. Doak	34	Geelong	30.9 s/c
4. G. Neill	32	Geelong	32.8 s/c
5. J. Bishop	34	Manly	32.9 l/c
6. A. Dowker	30	Nelsons Bay	33.3 s/c
7. C. Shapland	30	Everton Park	33.8 s/c
8. G. Dawson	33	Hunter	34.9 l/c
9. J. Koorey	34	Manly	36.7 l/c
10. J. O'Keefe	30	Tamworth	37.9 s/c

**100m BUTTERFLY**

* P. Wyatt	30	E.S. (77)	1.10.5 s/c
1. G. Taylor	30	Hills	1.59.0 s/c

**100m INDIVIDUAL MEDLEY**

*1. C. Shapland	30	Everton Park	1.09.8 s/c
2. D. Bleakley	31	Brisbane	1.16.8 s/c
3. J. Dawson	33	Hunter	1.18.9 s/c
4. I. Ingram	34	Narooma	1.21.8 s/c
5. P. Brown	32	Manly	1.22.3 s/c
6. O. Bonutto	33	Brisbane	1.23.5 s/c
7. J. Kemp	31	Como	1.25.9 s/c
8. J. Bishop	34	Manly	1.26.4 s/c
9. R. Selleck	33	Narooma	1.28.0 s/c
10. J. Tremain	34	Manly	1.30.5 s/c

**200m INDIVIDUAL MEDLEY**

*1. P. Wyatt	31	S.S.J.	2.34.7 s/c
2. P. Brown	32	Manly	2.59.8 l/c
3. J. Koorey	34	Manly	3.08.3 l/c
4. D. Hiscock	32	Tamworth	3.36.1 s/c
5. J. Bishop	34	Manly	3.52.1 l/c
6. G. Taylor	30	Hills	3.52.4 s/c

**AGE: 35-39 YEARS (MEN)****50m FREESTYLE**

*1. T. Strahan	36	Geelong	26.3 s/c
2. B. Brymer	36	Hibiscus Gardens	27.1 s/c
3. T. Olsen	38	North Lodge	28.2 s/c
4. H. Turner	35	Lane Cove	28.5 l/c
5. R. Lawson	38	Hunter	28.6 s/c
6. W. Harris	35	Manly	29.0 l/c
R. Moore	39	Tamworth	29.0 s/c
8. R. Ford	38	Hunter	29.1 s/c
9. P. Mackenzie-wood	36	Lane Cove	29.2 s/c
I Nicol	37	Manly	29.2 s/c
G. Stutsel	39	Como	29.2 s/c

**100m FREESTYLE**

*1. T. Strahan	36	Geelong	58.6 s/c
2. H. Turner	35	Lane Cove	1.02.9 l/c
3. B. Brymer	36	Hibiscus Gardens	1.03.1 s/c
4. R. Ford	38	Hunter	1.03.9 s/c
5. J. Olsen	38	North Lodge	1.04.6 s/c
6. P. Jackson	39	Manly	1.05.3 s/c
7. R. Lawson	38	Hunter	1.06.0 s/c
8. M. Emms	37	North Lodge	1.06.9 s/c
9. O. Bree	35	Tamworth	1.07.7 s/c
10. G. Stutsel	39	Como	1.08.0 s/c

**200m FREESTYLE**

*1. H. Turner	35	Lane Cove	2.22.2 l/c
2. J. Olsen	38	North Lodge	2.25.0 s/c
3. R. Ford	38	Hunter	2.26.4 s/c
4. R. Lawson	38	Hunter	2.29.2 s/c
5. O. Bree	35	Tamworth	2.33.5 s/c
6. G. Stutsel	39	Como	2.36.0 s/c
7. P. Jackson	39	Manly	2.39.2 l/c

8. P. Willis	37	North Lodge	2.41.1 s/c
9. E. Emms	37	North Lodge	2.41.8 s/c
10. P. Mackenzie-wood	36	Lane Cove	2.42.6 l/c

**400m FREESTYLE**

*1. T. Strahan	36	Geelong	4.51.7 s/c
2. R. Ford	38	Hunter	5.06.7 s/c
3. H. Turner	35	Lane Cove	5.09.0 l/c
4. J. Olsen	38	North Lodge	5.11.5 s/c
5. B. Brymer	36	Hibiscus Gardens	5.23.6 s/c
6. R. Lawson	38	Hunter	5.24.0 s/c
7. K. Watts	38	Hills	5.43.0 s/c
8. P. Jackson	39	Manly	5.44.7 l/c
9. M. Emms	37	North Lodge	5.59.4 s/c
10. P. Willis	37	North Lodge	6.02.0 s/c

**800m FREESTYLE**

*1. R. Ford	38	Hunter	11.28.0 s/c
2. R. Lawson	38	Hunter	11.37.5 s/c
3. H. Turner	35	Lane Cove	11.39.0 l/c
4. P. Jackson	39	Manly	11.51.8 s/c
5. J. Schwinghammer	38	Hunter	12.20.0 s/c
6. O. Bree	35	Tamworth	12.33.2 s/c
7. K. Watts	38	Hills	12.38.0 s/c
8. K. Walsham	36	Hills	12.50.0 s/c
9. T. Ramsay	37	Manly	13.00.5 l/c
10. P. Willis	37	North Lodge	13.17.3 s/c

**1500m FREESTYLE**

*1. H. Turner	35	Lane Cove	22.06.0 l/c
2. R. Ford	38	Hunter	22.30.2 s/c
3. R. Lawson	38	Hunter	22.33.0 s/c
4. O. Bree	35	Tamworth	23.36.0 s/c
5. K. Watts	38	Hills	23.48.5 s/c
6. J. Schwinghammer	38	Hunter	24.46.2 l/c
7. T. Ramsay	37	Manly	25.12.2 l/c
8. P. Willis	37	North Lodge	25.18.8 s/c
9. P. Mackenzie-wood	36	Lane Cove	25.47.0 l/c
10. I. Nicol	37	Manly	26.19.1 l/c

**50m BREASTSTROKE**

* M. Withers	37	Balmain (75)	35.4 s/c
1. G. Stutsel	39	Como	37.1 s/c
2. J. Ford	38	Tamworth	37.3 s/c
3. R. Lawson	38	Hunter	37.8 s/c
4. P. Joseph	35	Lane Cove	38.8 l/c
5. M. Rappold	38	North Lodge	39.4 s/c
6. C. Collins	38	North Lodge	39.9 s/c
7. P. Jackson	39	Manly	42.0 l/c
8. H. Turner	36	Lane Cove	42.6 s/c
9. W. Harris	35	Manly	43.0 l/c
10. P. Jose	37	Carine	43.6 s/c
P. Mackenzie-wood	36	Lane Cove	43.6 l/c

**100m BREASTSTROKE**

* G. Stutsel	37	Cronulla (76)	1.22.2 s/c
1. J. Ford	38	Tamworth	1.24.2 s/c
G. Stutsel	39	Como	1.24.2 s/c
3. R. Lawson	38	Hunter	1.25.8 s/c
4. M. Rappold	38	North Lodge	1.27.8 s/c
5. C. Collins	38	North Lodge	1.29.0 s/c
6. P. Joseph	35	Lane Cove	1.30.2 l/c
7. J. Berk	39	North Lodge	1.37.7 s/c
8. S. Byles	39	Tamworth	1.38.7 s/c
9. P. Jackson	39	Manly	1.39.6 l/c
10. W. Harris	35	Manly	1.40.0 l/c

**200m BREASTSTROKE**

* G. Stutsel	38	St. George (77)	3.10.0 s/c
1. R. Lawson	38	Hunter	3.12.0 s/c
2. G. Stutsel	39	Como	3.24.0 s/c
3. P. Joseph	35	Lane Cove	3.32.0 l/c
4. J. Berk	39	North Lodge	3.43.9 s/c

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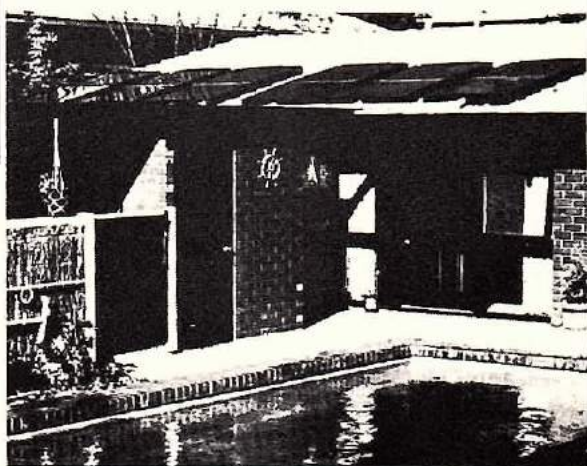
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5. K. Walsham	36	Hills	4.11.2 s/c
6. W. Pengilley	39	Canberra	4.14.0 s/c

**50m BACKSTROKE**

*1. J. Olsen	38	North Lodge	34.3 s/c
2. R. Ford	38	Hunter	35.1 s/c
3. H. Turner	35	Lane Cove	35.8 s/c
4. J. Palmer	35	Brisbane	36.0 s/c
5. R. Moore	39	Tamworth	36.3 s/c
6. R. Lawson	38	Hunter	37.9 s/c
7. P. Willis	37	North Lodge	38.3 s/c
8. G. Stutsel	39	Como	38.7 s/c
9. N. Ticehurst	37	Como	40.9 s/c
10. P. Ley	35	Manly	41.3 l/c

**100m BACKSTROKE**

*1. J. Olsen	38	North Lodge	1.17.8 s/c
2. H. Turner	35	Lane Cove	1.19.0 s/c
3. R. Ford	38	Hunter	1.21.4 s/c
4. J. Palmer	35	Brisbane	1.22.1 s/c
5. R. Lawson	38	Hunter	1.24.7 s/c
6. P. Willis	37	North Lodge	1.29.2 s/c
7. T. Ramsay	37	Manly	1.32.1 l/c
8. G. Stutsel	39	Como	1.32.6 s/c
9. P. Ley	35	Manly	1.32.8 l/c
10. K. Watts	38	Hills	1.37.5 s/c

**200m BACKSTROKE**

*1. R. Lawson	38	Hunter	3.06.1 s/c
2. P. Ley	35	Manly	3.39.0 l/c
3. K. Walsham	36	Hills	3.58.8 s/c

**25m BUTTERFLY**

*1. P. Jackson	39	Manly	14.0 s/c
*1. T. Strahan	36	Geelong	14.0 s/c
3. J. Olsen	38	North Lodge	14.4 s/c
4. R. Lawson	38	Hunter	14.6 s/c
N. Ticehurst	37	Como	14.6 s/c
6. R. Ford	38	Hunter	14.9 s/c
7. H. Turner	35	Lane Cove	15.0 s/c
8. J. Ford	38	Tamworth	15.5 s/c
I. Nicol	37	Manly	15.5 s/c
10. C. Collins	38	North Lodge	15.7 s/c

**50m BUTTERFLY**

*1. T. Strahan	36	Geelong	30.5 s/c
2. J. Olsen	38	North Lodge	31.4 s/c
3. P. Jackson	39	Manly	32.4 s/c
4. H. Turner	35	Lane Cove	32.5 s/c
5. R. Lawson	38	Hunter	32.6 s/c
6. J. Ford	38	Tamworth	35.2 s/c
7. O. Bree	35	Tamworth	37.6 s/c
8. K. Walsham	36	Hills	38.0 s/c
9. G. Stutsel	39	Como	38.2 s/c
10. K. Watts	38	Hills	38.6 s/c

**100m BUTTERFLY**

*1. H. Turner	35	Lane Cove	1.12.9 l/c
2. R. Lawson	38	Hunter	1.17.1 s/c
3. K. Walsham	36	Hills	1.47.6 s/c
4. W. Pengilley	39	Canberra	1.50.6 s/c
5. K. Watts	38	Hills	2.34.7 s/c

**100m INDIVIDUAL MEDLEY**

* R. Lawson	37	Hunter (77)	1.14.7 s/c
1. R. Lawson	38	Hunter	1.15.0 s/c
2. H. Turner	35	Lane Cove	1.15.7 s/c
3. P. Jackson	39	Manly	1.18.0 s/c
4. G. Stutsel	39	Como	1.21.0 s/c
5. K. Watts	38	Hills	1.30.0 s/c
6. I. Nicol	37	Manly	1.30.3 s/c
7. D. O'Hagan	35	St. George	1.31.9 s/c
8. N. Ticehurst	37	Como	1.33.1 s/c

9. K. Walsham	36	Hills	1.34.4 s/c
10. J. Brown	36	Hunter	1.41.9 s/c

**200m INDIVIDUAL MEDLEY**

*1. R. Lawson	38	Hunter	2.54.0 s/c
2. P. Jackson	39	Manly	2.57.7 l/c
3. G. Stutsel	39	Como	3.09.6 s/c
4. I. Nicol	37	Manly	3.23.1 l/c
5. R. Moore	39	Tamworth	3.27.5 s/c
6. K. Walsham	36	Hills	3.34.1 s/c
7. J. Brown	36	Hunter	3.47.9 s/c

**AGE: 40-44 YEARS (MEN)****50m FREESTYLE**

* J. Brownjohn	44	Cronulla (75)	28.1 s/c
1. A. Ayers	42	Manly	29.9 l/c
2. L. Hardy	44	Como	30.0 s/c
3. P. Fries	40	Hills	30.2 s/c
B. Lawrence	40	Hunter	30.2 s/c
5. R. Ross	44	Adelaide	30.4 s/c
P. Watson	40	Tamworth	30.4 s/c
7. J. Robertson	40	North Lodge	31.0 s/c
8. B. Rance	44	Manly	31.2 l/c
9. D. Holt	41	Manly	31.5 l/c
10. J. Hawthorne	44	Hunter	32.2 s/c

**100m FREESTYLE**

* J. Kerry	(74)		1.03.4 l/c
1. P. Fries	40	Hills	1.06.0 s/c
2. B. Lawrence	40	Hunter	1.07.6 s/c
3. P. Watson	40	Tamworth	1.07.8 s/c
4. A. Ayers	42	Manly	1.09.6 l/c
5. D. Holt	41	Manly	1.10.2 l/c
6. R. Ross	44	Adelaide	1.10.6 s/c
7. B. Rance	44	Manly	1.11.4 l/c
J. Robertson	40	North Lodge	1.11.4 s/c
9. V. Asher	43	North Lodge	1.12.7 s/c
10. W. Tilley	42	North Lodge	1.20.4 s/c

**200m FREESTYLE**

* J. Crisp	41	Queensland (77)	2.25.0 l/c
1. P. Fries	40	Hills	2.31.2 s/c
2. P. Watson	40	Tamworth	2.33.5 s/c
3. A. Ayers	42	Manly	2.37.2 l/c
4. B. Lawrence	40	Hunter	2.38.0 s/c
5. J. Hawthorne	44	Hunter	2.42.1 s/c
6. J. Robertson	40	North Lodge	2.44.4 s/c
7. L. Hardy	44	Como	2.50.0 s/c
8. D. Holt	41	Manly	2.53.3 l/c
9. B. Rance	44	Manly	2.55.7 l/c
10. V. Asher	43	North Lodge	3.01.1 s/c

**400m FREESTYLE**

* J. Crisp	40	Queensland (76)	4.55.8 s/c
1. R. Ross	44	Adelaide	5.28.8 s/c
2. A. Ayers	42	Manly	5.38.1 l/c
3. P. Fries	40	Hills	5.42.7 s/c
4. B. Lawrence	*40	Hunter	5.44.8 s/c
5. P. Watson	40	Tamworth	5.56.4 s/c
6. J. Robertson	40	North Lodge	6.07.0 s/c
7. J. Hawthorne	44	Hunter	6.08.0 s/c
8. D. Holt	41	Manly	6.29.3 l/c
9. P. Pacey	40	Brisbane	6.31.5 s/c
10. V. Asher	43	North Lodge	6.34.0 s/c

**800m FREESTYLE**

*1. A. Ayers	42	Manly	11.36.8 l/c
2. B. Lawrence	40	Hunter	11.59.0 s/c
3. P. Watson	40	Tamworth	12.08.8 s/c
4. J. Hawthorne	44	Hunter	12.40.0 s/c
5. P. Fries	40	Hills	12.47.3 s/c



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**100m FREESTYLE**

* G. Ryan	69	Manly (75)	1.25.2 l/c
1. G. Orwin	65	Manly	1.27.8 l/c
2. H. Steinkamp	68	Nth. Lodge	1.33.5 s/c

**200m FREESTYLE**

*1. G. Orwin	65	Manly	3.31.0
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**400m FREESTYLE**

* G. Ryan	69	Manly (75)	6.57.4
1. G. Orwin	65	Manly	7.51.4

**800m FREESTYLE**

*1. G. Orwin	65	Manly	15.57.0 l/c
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**1500m FREESTYLE**

*1. G. Orwin	65	Manly	31.29.8
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**50m BREASTSTROKE**

*1. H. Steinkamp	68	Nth. Lodge	51.4 s/c
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**100m BREASTSTROKE**

*1. H. Steinkamp	68	Nth. Lodge	1.55.8 s/c
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**50m BACKSTROKE**

*1. E. Neville	66	Nth. Lodge	54.5 s/c
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**70-74 YEARS (MEN)****50m FREESTYLE**

* G. Ryan	71	Manly (77)	35.1 l/c
1. G. Ryan	72	Manly	39.0 l/c
2. W. McClintock	70	Manly	43.5 s/c
3. E. Walther	72	Manly	52.6 s/c
4. R. Bishop	71	Melville	1.11.0 s/c

**100m FREESTYLE**

* G. Ryan	71	Manly (77)	1.23.3 l/c
1. G. Ryan	72	Manly	1.29.9 l/c
2. W. McClintock	70	Manly	1.41.1 s/c

**200m FREESTYLE**

* G. Ryan	71	Manly (77)	3.09.3 l/c
1. G. Ryan	72	Manly	3.25.7 l/c

**400m FREESTYLE**

* O. Griffith	70	Manly (75)	6.31.2 s/c
1. W. McClintock	70	Manly	8.07.5 s/c
2. E. Walther	72	Manly	10.04.4 l/c

**800m FREESTYLE**

*1. G. Ryan	72	Manly	15.18.0 l/c
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**1500m FREESTYLE**

* G. Ryan	71	Manly (77)	28.08.3 l/c
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**50m BREASTSTROKE**

*1. E. Walther	72	Manly	56.0 s/c
2. W. McClintock	70	Manly	1.05.7 s/c

**100m BREASTSTROKE**

*1. E. Walther	72	Manly	2.02.1 l/c
2. W. McClintock	70	Manly	2.19.1 s/c

**200m BREASTSTROKE**

*1. E. Walther	72	Manly	4.33.4 l/c
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**50m BACKSTROKE**

*1. W. McClintock	70	Manly	57.7 s/c
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**100m BACKSTROKE**

*1. W. McClintock	70	Manly	2.02.8 s/c
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**25m BUTTERFLY**

*1. W. McClintock	70	Manly	32.2 s/c
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**50m BUTTERFLY**

*1. W. McClintock	70	Manly	1.18.4 s/c
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**75-79 YEARS (MEN)****50m FREESTYLE**

* F. Lough	77	Manly (75)	37.4 s/c
1. F. Wilson	75	Ettalong	44.8 s/c

**100m FREESTYLE**

* F. Lough	77	Manly (75)	1.30.4 s/c
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**50m BREASTSTROKE**

*1. F. Wilson	75	Ettalong	1.21.8 s/c
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**80 YEARS & OVER (MEN)****50m FREESTYLE**

*1. F. Lough	80	Manly	39.6 s/c
2. B. Brownjohn	85	St. George	1.70.0 s/c

**100m FREESTYLE**

*1. F. Lough	80	Manly	1.34.8 s/c
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**400m FREESTYLE**

*1. F. Lough	80	Manly	7.05.2 s/c
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**50m BACKSTROKE**

*1. F. Lough	80	Manly	52.5 s/c
2. B. Brownjohn	85	St. George	1.36.7 s/c

**100m BACKSTROKE**

*1. F. Lough	80	Manly	1.56.0 s/c
2. B. Brownjohn	85	St. George	3.39.1 s/c

**25m BUTTERFLY**

*1. F. Lough	80	Manly	23.4 s/c
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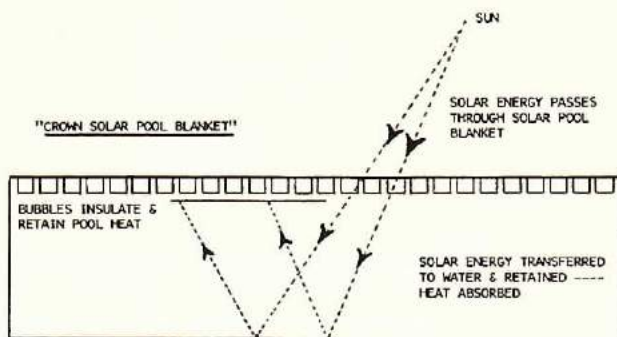
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