

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.

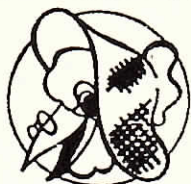
For the nine months following the 30/6/77 funds were very low, due mainly to the cost of printing brochures and forms, however we are at present in the fortunate situation of having most of our current printing paid for by a generous benefactor.

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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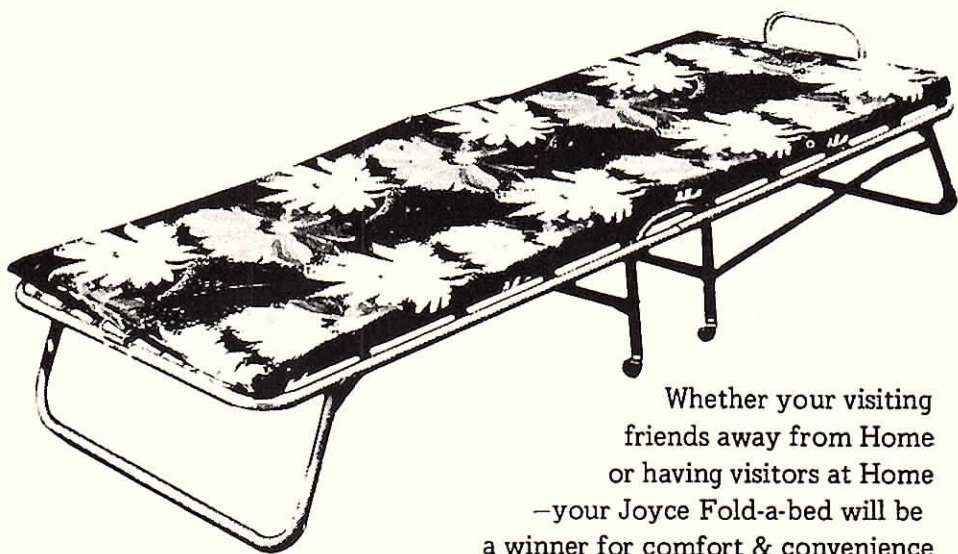
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PUBLICITY OFFICER'S REPORT

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.

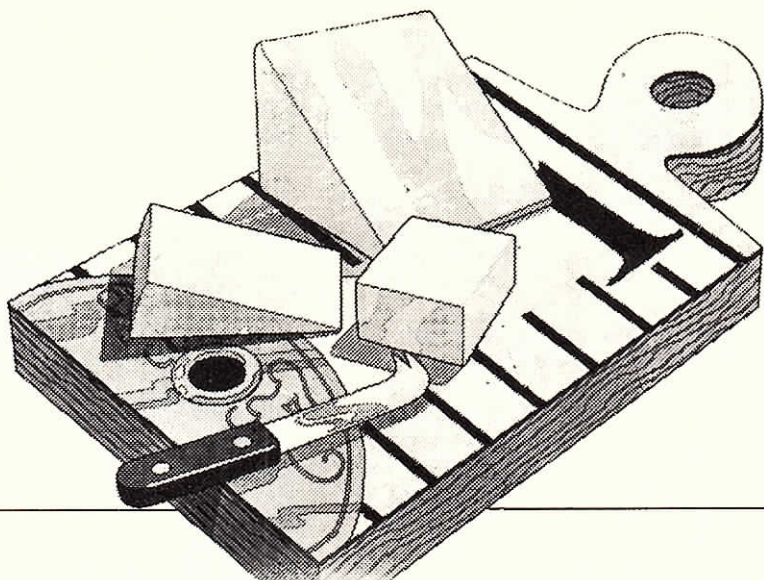
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N.S.W. STATE REPORT

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 its 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 its 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 novel 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 protem 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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HIGH CLASS CHINESE MEALS
SPECIAL TAKE-AWAY MEALS

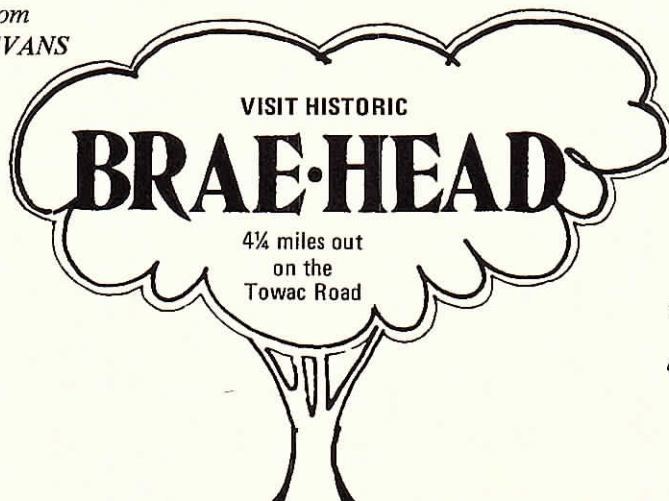
HOURS:

SUNDAY, MONDAY HOLIDAYS—5pm to 9pm
TUES., WED., THURS., 12 noon to 3pm—5pm to 9pm

54 SMITH STREET, KEMPSEY, 2440
Phone: (065) 62 5684

5TH NATIONAL SWIM MEET 7TH—8TH APRIL, 1979 NARRABEEN FITNESS CAMP SYDNEY

With Compliments from
BONNER & GWENDA EVANS



- Apples
- Pears
- Cherries
- Souvenirs

*Tours of the
Orchard by
arrangement*

PHONE
65-3110
(063)

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

NAME	DISTRICT	AGE	FREESTYLE			BREASTSTROKE		BACKSTROKE		BUTTERFLY	
WOMEN: 25-29			50m	100m	400m	50m	100m	50m	100m	25m	50m
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			