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A.U.S.S.I. ADULT SWIMMING 1979



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EDITORIAL

CAROL DAVIS, (Editor).

I believe the progress of AUSSI can be measured by this our 4th Yearbook. The level of material submitted from members in every State points to the increased activity and participation of everyone. A far cry from those early editions when the Yearbook was a mammoth one man orchestration written, directed and produced by our National Secretary, Gary Stutsel. Last year this Magazine was co-edited, however, with AUSSI's growth and the subsequent increase of work for the National Secretary, Gary has, and I suspect with a sigh of relief, handed over the job of editor to me (anything Ida Buttrose can do!). I will certainly endeavour to maintain the standard set by Gary and guide this, the voice of our organisation, onto bigger and better things.

This edition differs also in that the Top Ten does not appear. After careful consideration the National Committee felt that prospective members on viewing the Top Ten were more often lost than gained. Sadly reaction was not "What a great effort by a person that age", but "Oh, I could never do that, this is not for me".

We must never lose sight that the prime objective of AUSSI is to encourage all adults to swim regularly at a pace where they not only improve their performances, increase their fitness, but enjoy themselves in the process, hence our motto—"FITNESS AND FUN".

The Top Ten will be available to all members in a separate booklet at the end of the year. Our National Recorders, Peg Wilson and Steve Byles, are already working on its production.

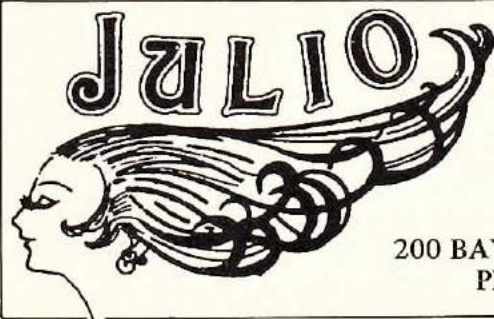
This year a greater coverage has been given to our National Titles which, after all, are the highlights of the AUSSI swim year. Every member should aim to attend this prestigious event and at publication of this magazine, turn to pages 19-45 and say, "I was there".

I am happy to say we have continued our association with Breda Publications whose co-operation is without par. My sincere thanks to all those who contributed to the magazine, without your efforts it would not be possible. A special vote of thanks goes to Evelyn Street who spent many hours typing and retyping the majority of the magazine's contributions.

In conclusion, the stature of AUSSI has developed to a stage where our efforts have gained recognition by other bodies. A close working relationship with the A.S.U. of A. through which a sponsorship of



\$500 was received from the City Mutual to aid in producing a "Club Guide Book". Also received were grants of \$250 from the N.S.W. Department of Sport and Recreation and a donation of \$100 from Haminex to assist in staging the National Titles. We have been delighted by this support and feel that the time when AUSSI will enjoy the same stature and recognition as the USA Masters is not too far away.



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PRESIDENTS MESSAGE

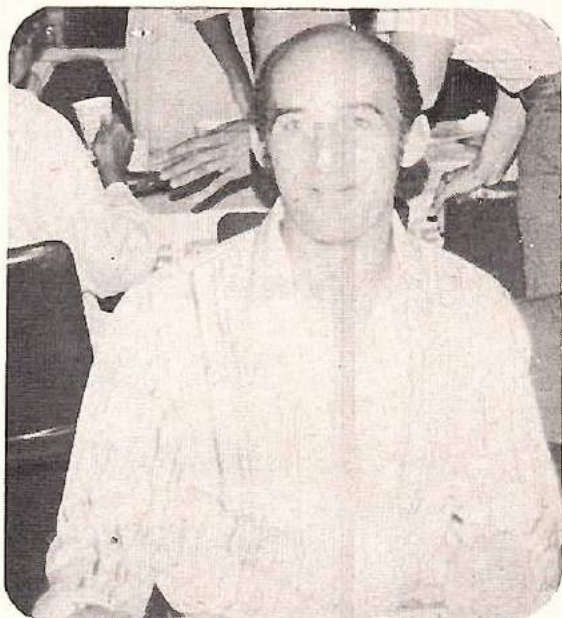
1979 saw AUSSI come of age. We have shown that we are more than a group of swimming fanatics out for self-glorification, rather that we are a group using swimming as a means of achieving personal fitness and health and encouraging others to do the same.

The Sydney National Meet brought together a third of our total members Australia wide at what could only be described as the best National Meet to date. The weather, the pool and the swimmers excelled themselves beyond all expectations. Every swimmer appeared to record personal best times in very willing competition. The standard of fitness of all competitors was reflected on the improved times in all strokes. The level of fitness of the swimmers surprised our overseas visitors, the officials of the Australian and New South Wales Swimming Unions and the new sponsors of Australian swimming, City Mutual Life Assurance. All these people were most impressed by the efforts of our group and the fact that we were not a here today, gone tomorrow organisation. So impressed were they that the swimming union officials and the sponsors, City Mutual have officially recognised our contribution to adult fitness and are prepared to help and promote AUSSI masters swimming wherever possible.

The 1980 national meet will be held in Adelaide with an enlarged programme spread over three days. Swimmers will have a choice of six swims out of ten events as well as three relays for interclub competition.

This carnival will be run entirely by the South Australian Amateur Swimming Union who are getting right behind AUSSI swimming in that state. As a further incentive for AUSSI, FINA the world swimming body has officially accepted MASTERS swimming under the control of national swimming or athletic associations. As a result, we look forward to AUSSI affiliating with the Amateur Swimming Union of Australia and through this association, forming closer ties with masters swimming groups world wide.

1979 will see the beginning of yearly seminars to further the aims of adult swimming. In conjunction with the seminar in September, a club handbook will be produced to help in the formation and promotion of new clubs particularly in country areas not readily accessible to officials of clubs already formed. The manual will include formation of clubs, committees, procedures for administration and management, and the approach needed in dealing with adult swimmers, especially those adults new to swimming. The manual will also deal with the guidance of adult swimmers in the use of swimming as a means of achieving fitness, training methods, stroke correction and conditioning. Although there have been many publications for the advanced swimmer, i.e. swimmers under eighteen, very little has been written for the adult. It is hoped this manual will help fill that gap.



PETER JACKSON, (National President).

As other masters sports, golf, tennis and athletics, have taken their place in our adult society, so now has swimming. These bodies see the extension of swimming as a sport and conditioner beyond the teens and early twenties to adulthood, and the obvious advantages of swimming as an exercise in the slowing down of the aging processes on the human body. The interest of these bodies in masters swimming can only help spread the benefits we as a group believe in. Whether we swim to overcome physical disabilities, for personal fitness and enjoyment of competition as a measure of our fitness or as a means to healthier and happier life does not matter. As long as we swim regularly at least four times a week, the personal benefits will be there for all to see . . .

—Peter Jackson

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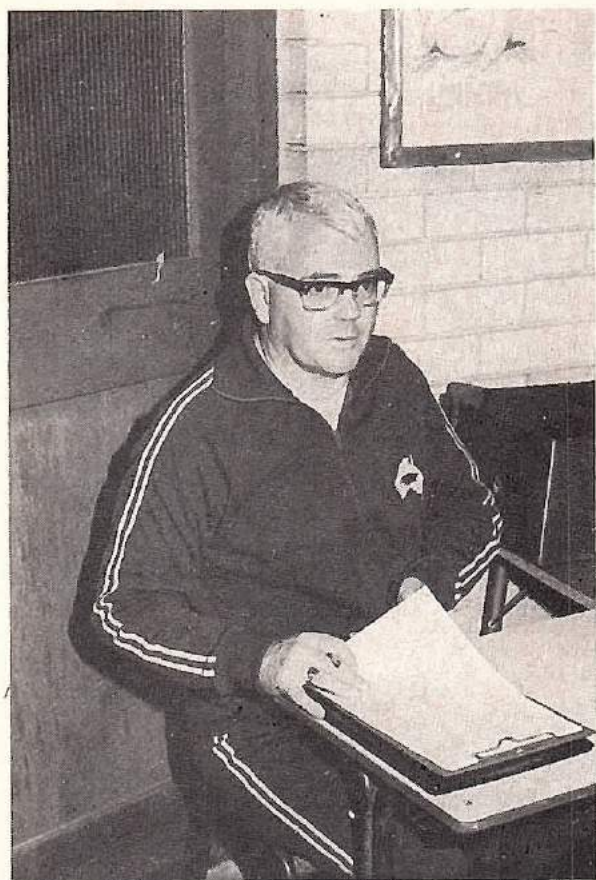
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NATIONAL SECRETARY'S REPORT

by Gary Stutsel

The most significant action taken during the past twelve months has been the AMENDMENTS TO THE NATIONAL CONSTITUTION, which ensured that the ultimate authority in AUSSI is with the State branches collectively, and not as it formerly could have been, with a self-perpetuating National Committee. The draft for the Constitution, which had been prepared by Jack Brownjohn, Frank Sykes and Gary Stutsel, was adopted at the Special Council Meeting held on 15th December, 1978. One word was deleted from the draft, thus allowing persons to be nominated for National Committee at the Annual Council Meeting if a position had not already been nominated for as required.

Outstanding results in expanding the number of clubs and increasing the number of members were achieved by the Western Australia Branch, whose enthusiasm more than makes up for the problems of geography.

Affiliations and Registrations as at the 1st April, 1979, were (1978 figures are in brackets)

Branch	No. of Affiliated Clubs	Registered Members
New South Wales	16	473
Victoria	4	104
Queensland	5	63
South Australia	2	99
Western Australia	7	221
Tasmania	1	1
Totals	35	961

These figures are not a true indication of participation in AUSSI's activities, as, for example, the Launceston Club, which is active and growing, had registered only one swimmer at that date. They are, however, the only figures available for use in measuring growth.

Several prospects for new clubs founded due to the lack of an individual prepared to commit him (her) self to taking a lead. There are three one-member clubs affiliated, and all three competed in the National Swim, so it doesn't require any more than one person to get things started. Those who wait till they can democratically elect a full committee before plunging into the pool are taking the risk of never getting wet, which is, after all, our prime reason for existing as dry swimmers are not swimmers.

On a happier note, those who are already swimming are becoming more and more involved in fitness, competition and fun (one writer tells me he gains his fun from scoring points for his club, I think perhaps he is missing out somewhere). The State branches have all conducted successful carnivals and over a third of the registered membership competed in the National Swim (see page 18). Many swimmers have attempted the longer swims which are more beneficial for the heart/lung system (if swum regularly and systematically, not on a once off basis). In the U.S. Masters (Postal) One Hour Swim, 96 AUSSI swimmers participated as against 11 in 1978 (see page 43.)

There has been a tremendous growth in club spirit and club identification, with badges, banners,



GARY STUTSEL, (National Secretary).

costumes and T-shirts, but we must take care not to lose our group identification. Clubs should incorporate the name AUSSI in their material so that the name AUSSI (note no E) is constantly in the public eye.

The competition side of our activities was highlighted by the First World Masters Swim held in Toronto, Canada, in August, 1978. The only AUSSI competitor, Josie Sansom, 51, of Adelaide Masters, excelled, winning 3 gold and 2 silver medals. Start saving now, the next World Swim will be in Germany in 1981.

For those unable to make the trip, a 1978 World Top 5 was published for times recorded in 50m pools. Due to the 50m pool requirements, only 19 Australian times were included, but 1979 will be a different story, as at the National Swim alone, 54 times would have qualified. Also, 1979 will be a Top 10 not 5.

A party of 28 swimmers competed in the U.S. Short Courses Championships in May, 1979.

The touring team was awarded a total of 46 medals. Major medal winners were Frank Griffiths (1 gold, 2 silver), Lyn McClements (1 gold, 1 silver, 1 bronze), Barbara Wilson (1 silver, 2 bronze), Jack Campbell (1 silver, 1 bronze), Ethel Sargent (2 silver, 1 bronze), Betty Callaghan (1 silver, 1 bronze), Mamie Bishop (1 silver, 1 bronze), Teresa Smith (1 bronze).

In addition, minor placing medals (4th to 8th) were won by Shirley Howard, Bill McClintock, Ed Walther, Mary Connolly, Debbie Cruickshank, Beryl Grace, Joan Dickson, Robyn Sargent, Lyn McClements, Barbara Wilson, Jack Campbell, Betty Callaghan and Teresa Smith.

For those who are either not interested or not capable of swimming top class times to win medals or for personal satisfaction, we have extended our range of awards. As well as the 1500m award which will not be finalised for the current season till December, 1979, the N.S.W. branch has introduced a 3000m patch and a 5000m patch plus a special patch for participants in the U.S. One Hour Swim.

Those not yet up to swimming 1500m should attempt the 800m award which requires five monthly 800m swims under 29 minutes each. This, with the extensive City Mutual/ASU Award Scheme which becomes available in October, 1979, will provide incentives and recognition for achievement over the whole spectrum from beginner to the all day swimmer.

The City Mutual Badge Awards will encourage regular swimming over periods from 4 weeks to ten years, by which time it is hoped that you will have gained a lifetime habit. Meantime you will have been exercising regularly without realising it!!

Fitness through regular swimming (at least 4 times a week) is AUSSI's prime objective, a point of which

we should all be well aware. Whilst we enjoy one another's company, thrill to the stimulation of competition, or cover our tracksuits with cloth patches, we are all engaged in increasing our level of fitness and therefore our chances of a longer, more enjoyable life. Our efforts are recognised by City Mutual Insurance, the Amateur Swimming Union of Australia, the State ASA's, Hamine, and the N.S.W. Department of Sport and Recreation and, accordingly, they have given and continue to offer positive assistance to AUSSI.

We face the coming twelve months optimistically expecting further growth, knowing that we have been able to consolidate our past gains and confident that we are moving in the right direction.

To guide us through this period, the National Committee will be:

<i>President:</i>	Peter Jackson (40) Manly club
<i>Vice-President:</i>	Frank Sykes (59), St. George
<i>Hon. Secretary:</i>	Gary Stutsel (40) Cronulla/ Sutherland
<i>Hon. Treasurer:</i>	Mary Connolly (43) Eastern Suburbs/Woollahra
<i>Minutes Secretary:</i>	Carol Davis (35) Cronulla/ Sutherland
<i>Committee:</i>	Des McCormick (49) Hills Helen Rees (33) Canberra Paul Wyatt (32) Eastern Suburbs/Wollahra

Ultimately, though, our success will depend on you. You the individual member becoming more active in club activities.

You, the club, becoming more involved in State activities, and you, the State branch, playing your roll of implementing AUSSI'S objectives within your boundaries.



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TREASURER'S REPORT

by Mary Connolly

Following the changes to the Constitution, the Committee voted to extend the 1977-78 Financial Year to the 31/12/78, so that from now on the financial period coincides with the calendar year.

Our income is derived mainly from the National Swim, which was held in Melbourne this past financial year, and the National Registration fee of \$1.00 per member. My thanks go to those clubs who sent accompanying letters with their cheques itemising their payments. They made life easier for me.

The travel raffle held in February, 1978, was not a financial success, so the Committee decided not to have any further major raffles.

Finally, I would like to thank our Honorary Auditor, Mr. Tenno Koolberg, for his help and advice in preparing the Financial Statement and Balance Sheet.

AUDITOR'S REPORT TO NATIONAL COUNCIL OF AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL (HEREINAFTER CALLED AUSSI)

I have examined the records of AUSSI and the Statement of Income & Expenditure prepared therefrom for the period 1.7.77 to 31.12.78 (which I have signed and dated 9.6.79 for identification).

In my opinion the records have been kept diligently and accurately and the Statement of Income & Expenditure is a correct summary of the cash transactions of AUSSI. No treasurer without accounting qualifications could be expected to do any more than Mary Connolly has done with the financial records and accounts. I was thankful for the accuracy and informative nature of her basic records.

I am sorry that, for personal reasons, I was unable to prepare my report in time for the Annual Council Meeting. Mary had given me all her records and annual account in ample time for an audit to be conducted.

The new constitution adopted on 15.12.78 requires a Statement of Income & Expenditure and Balance Sheet to be prepared annually. These documents



MARY CONNOLLY, (National Treasurer).

have a well-established technical meaning and would have to be prepared by an accountant. By way of illustration of their nature I have applied accepted accounting conventions to the figures for the period under review to produce annual accounts as required by the new constitution. These are attached to this report.

I take this opportunity to point out another requirement of the new constitution. All accounts to be paid from AUSSI funds must be passed for payment by the National Committee. For the auditor this means that he needs to see a Committee minute authorising each payment. I suggest that the next National Committee meeting should make a retrospective authorisation of all payments made so far this financial year. After that, all accounts should be authorised before payment.

T. Koolberg, A.A.S.A., A.C.I.S.
9.6.79.

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AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL

STATEMENT OF INCOME & EXPENDITURE

FOR THE PERIOD 1.7.77 TO 31.12.78

INCOME

Members' Registration Fees (676)			676.00
State Branch Affiliation Fees (N.S.W., Vic., S.A., W.A.)			40.00
Profit from Art Union—ticket sales (2,568)		1,284.00	
Less: prizes	615.14		
ticket printing	<u>60.95</u>	<u>676.09</u>	607.91
Profit from 4th National Meet (Melbourne)			
Entry fees (168)	840.00		
Less: expenses (pool hire, trophies, patches & gun caps)	<u>223.78</u>	616.22	
Social function—ticket sales (182)	1,274.04		
Less: catering cost	<u>1,260.00</u>	14.04	
Bus tour—ticket sales (70)	350.00		
Less: bus hire	<u>320.00</u>	30.00	
Raffle—ticket sales	133.00		
Less: prize	<u>39.95</u>	<u>93.05</u>	753.31
Profit on sale of track suits			337.50
Profit on sale of T-shirts			334.50
Profit on sale of AUSSI cloth badges			95.39
Proceeds of sale of car stickers			<u>20.00</u>
			2,864.61

LESS: EXPENDITURE

Printing and stationery		613.16	
Postage		172.99	
Publicity — Publicity Officer's sundry expenses	79.21		
Secretary's sundry expenses	26.38		
cost of photos at Tamworth less proceeds of sales	26.80		
T-shirts given away	<u>20.00</u>	152.39	
Freight costs		148.04	
Telephone		82.67	
1500m award badges handed out		297.50	
Magazine subscriptions		32.74	
Public liability insurance		16.65	
Bank charges		26.00	
Donations		26.00	
Samples of UK awards		<u>2.85</u>	1,570.99
Surplus for the Period			<u>\$ 1,293.62</u>

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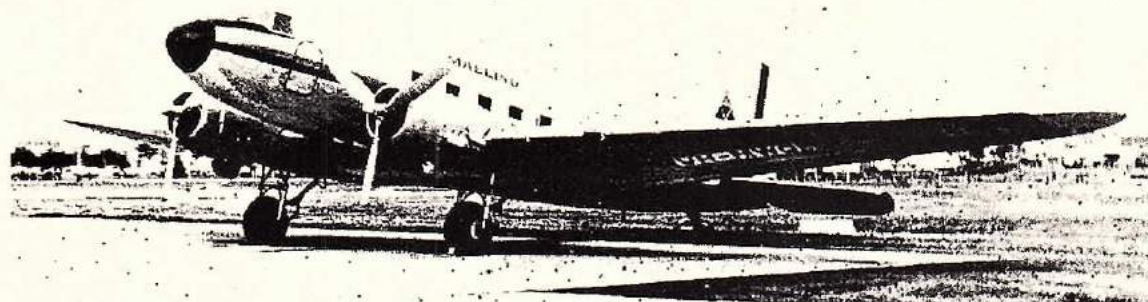
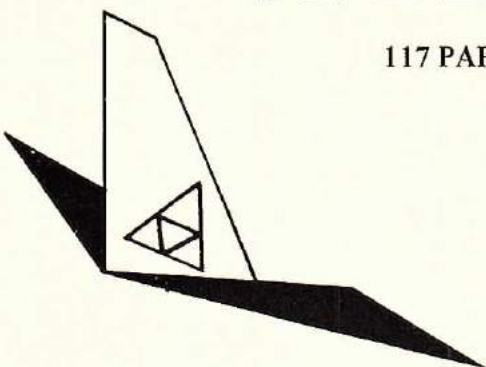
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AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL

BALANCE SHEET AS AT 31.12.78

ACCUMULATED FUNDS

Balance at 1.7.77	437.28	
Surplus for period 1.7.77 to 31.12.78	<u>1,293.62</u>	
Balance as at 31.12.78		<u>\$ 1,730.90</u>

ASSETS

Cash — at bank	340.55	
on hand with Secretary	<u>5.34</u>	345.89
Stocks — track suits (6)	171.00	
T-shirts (49)	191.10	
AUSSI cloth badges (856)	196.99	
1500m award badges (1)	2.50	
promotional brochures (10,000)	565.92	
car stickers (2,300)	<u>140.00</u>	1,267.51
Prepaid expenses — public liability insurance	83.50	
deposit for hire North Sydney Pool	<u>34.00</u>	117.50
		<u>\$ 1,730.90</u>

NATIONAL PUBLICITY REPORT

by Carol Davis

Over the past year I have found AUSSI has gained further public recognition—articles continue to appear usually monthly in the "N.S.W.A.S.A. Swimmer" and the "International Swimmer". Twice over the past year the U.S. Swim Master has reprinted AUSSI NEWS from the "International Swimmer", evidence that our activities are of interest to other swimmers. Unfortunately, I am often found wanting for "news" items as the majority of clubs seem reluctant to keep me well informed.

Similarly, our archives suffer from the same reluctance of clubs to forward press clippings. Every club needs to have a Publicity Officer or a person to liaison with the local press. In most cases, the local press are happy to print details of activities or club results. This must be carried out on a club level as it isn't feasible for either the State or National Publicity Officer to do so.

I am happy to say publicity for the '79 Nationals was far better than that for the '78 Nationals. Good coverage was received from Sydney radio stations and the television interview of President Peter Jackson and Vera Fernance of Blacktown club was well recieved. The major daily newspapers remain a

disappointment. However, they are now slowly picking up news items.

Personal presentation of AUSSI and its activities is still the best form of publicity. Vice-President Frank Sykes, Committeeman Des McCormack and myself have all found good response when speaking to various groups and I recommend each State organising a group of people who are available to speak to different community organisations.

My sincere thanks to those clubs who really do make the effort to write, forward press clippings and keep me up to date.

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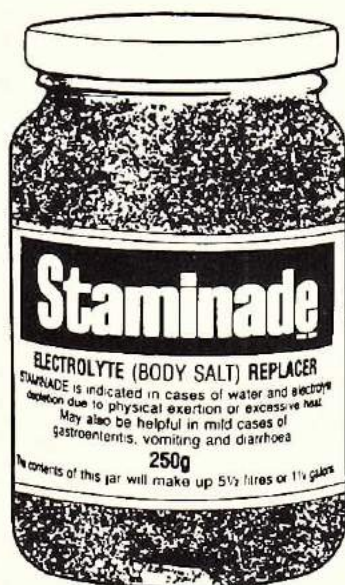
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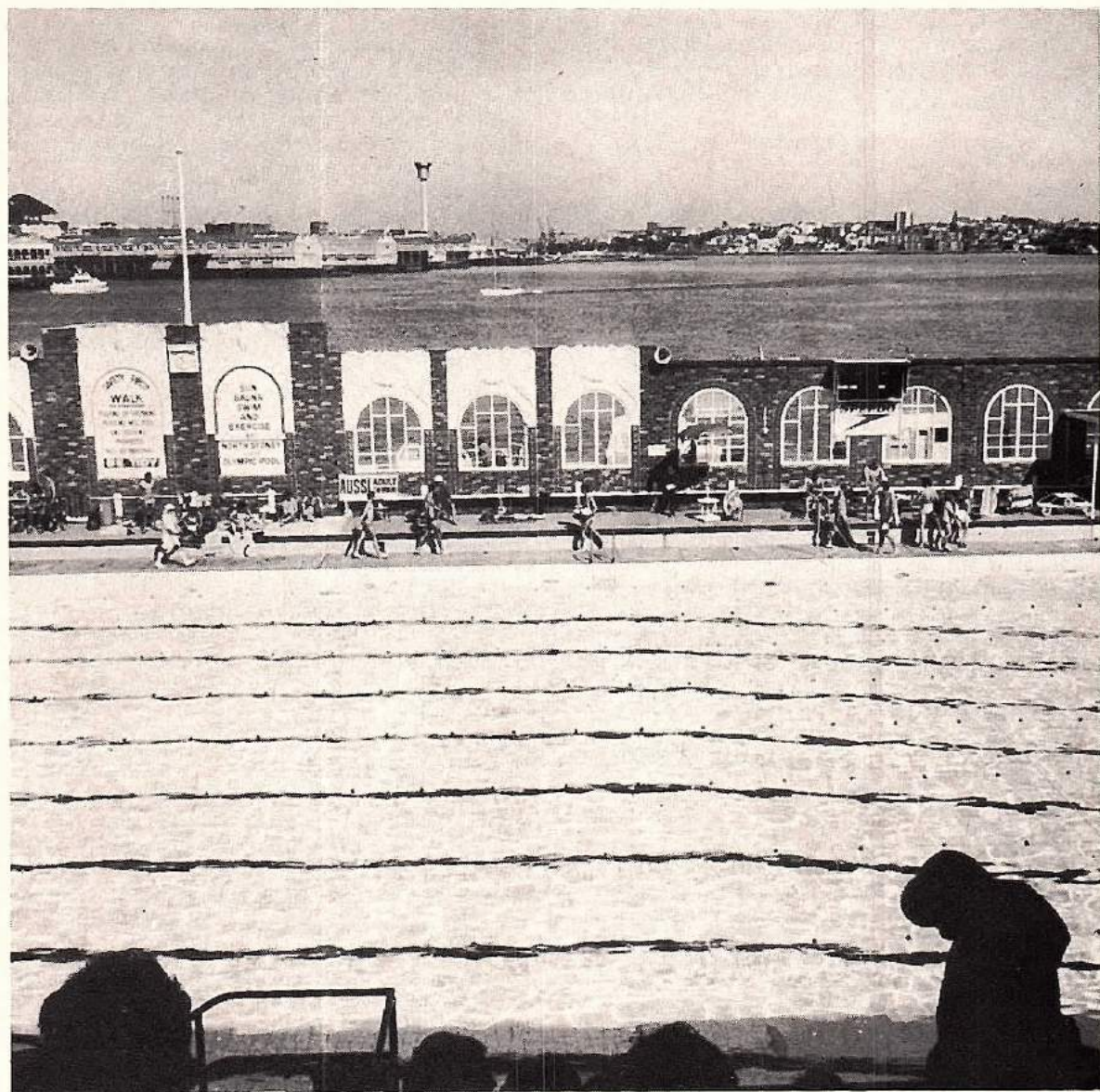


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NATIONALS



SYDNEY'79

AUSSI 5th NATIONAL SWIM

by Gary Stutsel

The 5th National Swim, which was held at the North Sydney Olympic Pool on April 21st, 1979, proved to be the most successful to date. From 348 entrants, 301 members turned up to "take their marks", and take their marks they did, 1766 times, an average of 5 swims each out of the maximum allowed of 7.

Entries weren't the only records broken. There were 68 new National Records and 54 swims which would have qualified for the 1978 World Top 5 listings.

The outstanding swims were by:

Women

Gaynor Stark (31) Canberra, 4 National records and 4 World Top 5 times; Josie Sansom (51) Adelaide, 2 National records and 4 Top 5 times with her 100m breaststroke 1.43.29 a world best; Betty Callaghan (57) Manly, 1 National record and 3 Top 5 times; Bess Barrie (63) Woollahra, 2 National records and 3 Top 5 times; Mamie Bishop (71) Melville, 2 National records and 3 Top 5 times; Vera Fernance (80) Blacktown, 2 National records which were also world bests, 50m freestyle 1.32.75 and 50m backstroke 1.57.73.

Men

Gary Steed (25) Cronulla, world best and new National record for 400m freestyle with a 4.41.48; Jim Williams (47) Tamworth, 3 National records and 4 Top 5 times; Jack Campbell (53) Woollahra, 5 National records and 3 Top 5 times; Frank Griffiths (71) Port Macquarie, two world bests, both new records, 50m freestyle 34.46 and 100m freestyle 1.20.49; Geoff Ryan (73) Manly, 3 times in Top 5 with 400m freestyle of 7.12.15 being a number one; Foster Wilson (76) Ettalong, 2 National records and 3 Top 5 times.

World Top 5

Others to produce top world times were:

Women: Alwyn Barrett (1), Barbara Wilson (2), Dulcie Nicol (1) and Ethel Sargeant (2), and

Men: Peter Doak (1), John Koorey (1), Tony Strahan (2), Gary Stutsel (2), Jack Brownjohn (1), Rod Ross (1), Bob McCabe (2), Hal Bailey (2) and Barney Brownjohn (1).

Other National record breakers were:

Women: Debbi Cruickshank, Laurie Potter, Alwyn Barrett, Frances Hogben, Barbara Wilson and Dulcie Nicol, and

Men: Cleve Mitchell, John Ayerbe, Chris Shapland, Carlo Vaccari, Peter Doak, Tony Strahan, Peter Jackson, Gary Stutsel, Rod Ross, Bob McCabe, Kevin Vickery, Hal Bailey, Ken Coulton, Ron Wilson, Henry Steinkamp, Bill McClintock and Barney Brownjohn.

Fears of slower times as this was the first occasion on which the Nationals had been held in a long course pool proved completely unfounded. The superb weather, the warm water (76°F) and the keen competition brought out best ever performances from even the slowest of swimmers.

In keeping with AUSSI's emphasis on fitness, the only individual awards made were for the three swimmers in each 5 year age group who were able to score the most points in the maximum of 7 events allowed. Points were awarded as follows: fastest 4, second 3, third 2, all other placings not disqualified 1, giving a maximum possible of 28. This number was scored by Gaynor Stark, Barbara Wilson, Josie Sansom and Foster Wilson.

MEDAL WINNERS WERE

Women:

Age	Award	Name	Club	Pts.
25-29	Gold 1.	Debbi Cruickshank	Nth. Lodge Vic.	26
	Silver 2.	Laurie Potter	Adelaide SA	15
	Bronze 3.	Danny Olbrich	Woollahra NSW	15
30-34	Gold 1.	Gaynor Stark	Canberra ACT	28
	Silver 2.	Terry Smith	St. George NSW	16
	Bronze 3.	Helen Rees	Canberra ACT	14
35-39	Gold 1.	Alwyn Barrett	Nth Lodge Vic.	21
	Silver 2.	Carol Butler	St. George NSW	18
	Bronze 3.	Alison Stevens	Nth Lodge Vic.	15
40-44	Gold 1.	Frances Hogben	Manly NSW	24
	Silver 2.	Margaret Wilson	Tamworth NSW	17
	Bronze 3.	Di Simons	Adelaide SA	10
45-49	Gold 1.	Barbara Wilson	Nth Lodge Vic.	28
	Silver 2.	Shirley Howard	Nth Lodge Vic.	17
	Bronze 3.	June Richardson	Geelong Vic.	10
50-54	Gold 1.	Josie Sansom	Adelaide SA	28
	Silver 2.	Jean Nairn	Nelson Bay NSW	21
	Bronze 3.	Margot Grant	Melville WA	13
55-59	Gold 1.	Emily Watson	Cronulla NSW	24½
	Silver 2.	Betty Callaghan	Manly NSW	18½
	Bronze 3.	Beryl Grace	Narooma NSW	14
60-64	Gold 1.	Bess Barrie	Woollahra NSW	23
	Silver 2.	Gwen Dunn	Nelson Bay NSW	16
	Bronze 3.	Joyce Meager	Cronulla NSW	13
65-69	Gold 1.	Dulcie Nicol	Manly NSW	12
70-74	Gold 1.	Mamie Bishop	Melville WA	12
	Silver 2.	Ethel Sargeant	Manly NSW	7
80-84	Gold 1.	Vera Fernance	Blacktown NSW	8

Men:

25-29	Gold 1.	Brian Birch	Hibiscus Qld.	16
	Silver 2.	Russell Manley	Everton Pk Qld.	14
	Silver 2.	Cleve Mitchell	Manly NSW	14

30-34	Gold 1. Chris Shapland	Everton Pk	Qld.	21
	Silver 2. Paul Wyatt	Woollahra	NSW	15
	Bronze 3. Deryk Bleakley	Everton Pk	Qld.	10
	Bronze 3. Carol Vaccari	Nth Lodge	Vic.	10
35-39	Gold 1. John Robertson	Ettalong	NSW	17
	Silver 2. Peter Doak	Geelong	Vic.	15
	Bronze 3. Tony Strahan	Geelong	Vic.	14
40-44	Gold 1. Peter Jackson	Manly	NSW	20
	Silver 2. Gary Stutsel	Cronulla	NSW	16
	Bronze 3. Alan Gregson	Hills	NSW	14
45-49	Gold 1. Jim Williams	Tamworth	NSW	26
	Silver 2. Roderick Ross	Adelaide	SA	28½
	Bronze 3. Alan Duffy	Narooma	NSW	10
50-54	Gold 1. Jack Campbell	Woollahra	NSW	24
	Silver 2. John McMahon	Lane Cove	NSW	12
	Silver 2. Bob Carlon	Manly	NSW	12
55-59	Gold 1. Kevin Vickery	Ettalong	NSW	24
	Silver 2. Bob McCabe	Nth Lodge	Vic.	19
	Bronze 3. Tenno Koolberg	Hills	NSW	12
60-64	Gold 1. Hal Bailey	Manly	NSW	16
	Silver 2. Ken Coulton	Tamworth	NSW	14
	Bronze 3. Stan Hutchinson	Hills	NSW	10
	Bronze 3. Bill Pippard	Lane Cove	NSW	10
65-69	Gold 1. Henry Steinkamp	Nth Lodge	Vic.	24
	Silver 2. Harry Vickery	Ettalong	NSW	11
	Bronze 3. Ken McDiarmid	Cronulla	NSW	3
70-74	Gold 1. Bill McClintock	Manly	NSW	23
	Silver 2. Frank Griffiths	Port Macquarie	NSW	12
	Bronze 3. Geoff Ryan	Manly	NSW	10
75-79	Gold 1. Foster Wilson	Ettalong	NSW	28
85 & over	Gold 1. Barney Brownjohn	Woollahra	NSW	12

MIXED FREESTYLE RELAYS

(2 Men/2 Women x 50m Each)

25 and over

1. Canberra	2.00.75R
(Rees, Stark, Golden, Russell)	
2. North Lodge A	2.02.70
(Cruikshank, Ellis, Simpson, Patterson)	
3. St. George	2.03.39
(O'Hagan, Smith, Deegenars, Quinn)	
4. Adelaide Masters	2.04.06
(Potter, Allen, Williams, Hamilton)	
5. North Lodge B	2.09.81
(Jordan, Manks, Bayley, Vaccari)	
6. Tamworth	2.10.56
(Truscott, Follington, Upton, Bree)	
7. Blacktown Beavers	2.12.14
(Jas, Newling, Jonusas, Newling)	
8. E.S./Woollahra	2.12.47
(Hodge, Olbrich, Wyatt, Warnoch)	
9. Ettalong Pelicans	2.13.80
(Coogan, Campbell, Gordon, Wilson)	
10. Hunter	2.26.01
(McKie, Brown, Lawrence, Hawthorne)	
11. Everton Park	2.26.91
(Collier, Williams, Manley, Shapland)	

12. Cronulla-Sutherland	2.29.44
(Watson, Stutsel, Westwood, Steed)	
13. Narooma	2.29.89
(Jones, Grace, Selleck, Dufty)	

35 and over

Rec Manly	2.07.00 '77
1. North Lodge A	2.10.57
(Barrett, Stevens, Willis, Smith)	
2. Tamworth	2.10.66
(Wilson, Newby, Williams, Ford)	
3. St. George	2.12.80
(Lynch, Butler, Akerman, O'Hagan)	
4. Manly	2.14.76
(Callaghan, Hogben, Koorey, Jackson)	
5. Melville	2.18.75
(Bailey, Westaway, Hartley, Johnson)	
6. Canberra	2.18.82
(Bower, Ford, Green, Snoad)	
7. Lane Cove	2.24.17
(Birrell, Walker, Watkins, Winterton)	
8. Ettalong Pelicans	2.26.80
(Carney, Kroon, Hutchings, Robertson)	
9. Adelaide Masters	2.27.39
(Simons, Squire, Ross, Zevenboom)	
10. E.S./Woollahra	2.35.53
(Carley, Connolly, Chandler, Barrie)	
11. North Lodge B	3.14.64
(Dickson, Fyfe, Asher, Blake)	

45 and over

1. North Lodge	2.24.40R
(Howard, Wilson, Kane, McCabe)	
2. E.S./Woollahra	2.31.43
(Barrie, Mable, Campbell, Carley)	
3. Ettalong Pelicans	2.54.92
(Dunn, Eddy, Vickery, Harris)	
4. Geelong	3.01.18
(Boudrie, Richardson, Spicer, Boudrie)	
5. St. George	3.05.55
(Akerman, Anderson, Hessing, Stevens)	

55 and over

1. Manly	2.43.95R
(Sargeant, Nicol, Simpson, Bailey)	
2. Nelson Bay	3.09.78
(Dunn, Baker, Nairn, Winstanley)	
3. St. George	3.35.35
(Finlay, Dawson, Sykes, Yeomans)	

65 and over—No entries

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INDEX TO CLUBS IN ORDER OF PLACINGS

Note: Number in brackets after points scored indicates number of swimmers who swam for the club at Nationals.

1. NL = North Lodge, Victoria	309½	(30)
2. E = Ettalong, N.S.W.	252	(33)
3. Ma = Manly, N.S.W.	248	(24)
4. A = Adelaide Masters, S.A.	213½	(26)
5. SG = St. George, N.S.W.	163	(24)
6. W = Eastern Suburbs/Woollahra N.S.W.	162	(18)
7. T = Tamworth, N.S.W.	142	(14)
8. C = Canberra, A.C.T.	137	(17)
9. CS = Cronulla/Sutherland, N.S.W.	131½	(18)
10. H = Hills, N.S.W.	94	(15)
11. G = Geelong, Vic.	74	(9)
12. EP = Everton Park, Queensland	69	(6)
13. NB = Nelson Bay, N.S.W.	62	(6)
14. LC = Lane Cove, N.S.W.	56	(13)
15. B = Blacktown, N.S.W.	48	(12)
16. Me = Melville, Western Australia	46	(7)
17. Hu = Hunter, N.S.W.	46	(7)
18. N = Narooma, N.S.W.	32	(4)
19. HG = Hibiscus Gardens, Queensland	28½	(3)
20. Bal = Ballarat, Vic.	26	(4)
21. NZ = New Zealand Masters	16	(4)
22. PtM = Port Macquarie, N.S.W.	12	(1)
23. P = Puckapunyal, Vic.	10	(1)
24. L = Launceston, Tasmania	9	(1)

25. Car = Carine, Western Australia	6	(1)
26. O = Oakey, Queensland	5	(1)
27. At = Atlantis, South Australia	3	(2)

The National Council Meeting which is attended by two delegates from each State Branch plus the National Committee, was held on the Saturday in very difficult circumstances, so difficult that it was decided that the 1980 Council Meeting be held on the Friday prior to the 1980 Swim.

After Sunday's events finished about noon, the bulk of the swimmers moved on to the Maccabean Hall, Darlinghurst, to eat, drink, and make merry. Delayed at the pool for a further two and a half hours whilst the results were calculated were Recorders Audrey Stutsel and Jeff Winterton, and assistants Marion Baker, Lindy Stutsel and Peter Keesing (NZ), plus cleaner Gary Stutsel.

When the results arrived at the Luncheon, the presentation of trophies was made, M.C'd by our President Peter Jackson and Publicity Officer Carol Davis with the help of our guests Syd Grange of the A.S.U. of A., Nancy Dixon of the N.S.W.A.S.A., and Michael Curley, N.S.W. Manager of City Mutual Insurance. It was with some regret that we all left for home on that afternoon.

Presentations were made to:

North Lodge, Founders Trophy, for club scoring most points; Ettalong, St. Leonards Travel Trophy, for visiting club other than winner of Founders Trophy scoring most points; Manly, Melville Trophy, for club winning over 55 relay; members of the four winning relay teams; individual pointscorers as listed before.

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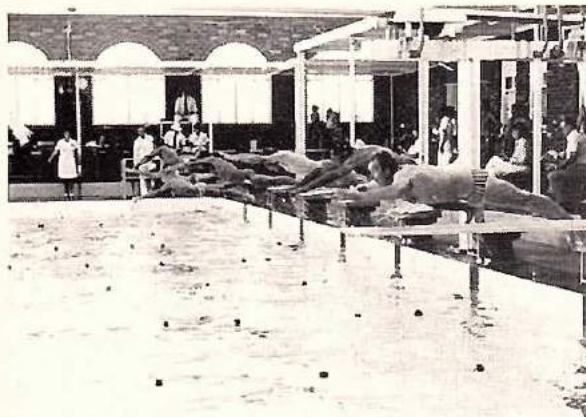
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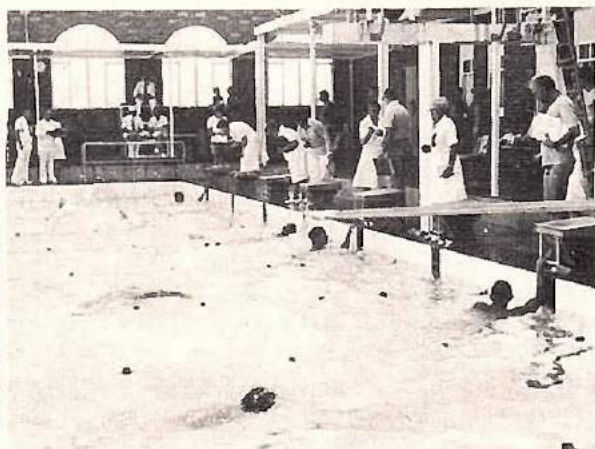
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Pictorial View of '79 Nationals



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gets them ready.



Canberra Relay Team.
G. STARK, H. REES,
P. GOLDEN, B. RUSSELL.



St. George Relay Team.
B. DEEGENAARS, T. SMITH,
D. O'HAGAN, R. QUINN.



Nth. Lodge Relay Team.
B. McCABE, M. KANE,
S. HOWARD, B. WILSON.



Manly Relay Team,
winners of the Melville Trophy.
H. BAILEY, S. SIMPSON,
E. SARGEANT, D. NICOL.

Pictorial View of '79 Nationals



BARBARA WILSON of Nth. Lodge Vic. accepts the Founders Trophy from **Mike Curley** of City Mutual.



FOSTER WILSON of Ettalong accepts the St. Leonards Travel Visitors Trophy.



The **Manly Relay Team** accepts the Melville Trophy from **FRED JOHNSON**, President Melville Club, W.A.



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NATIONAL RESULTS

Swimmers listed
Alphabetically
BA = Backstroke
F/S = Freestyle

BR/S = Breast Stroke
FLY = Butterfly
I/M = Individual Medley

® = Record
* = World Rating in Age Group

G = Top Scorer in Age Group
S = 2nd Top Scorer in Age Group
B = 3rd Top Scorer in Age Group

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
WOMEN: 25-29												
	Ashe S.	28	Blacktown		44.15				53.97			
	Baska J.	26	Canberra		42.22	51.69	1.32.65		43.46			7.40.66
	Blanch M.	29	Nelson Bay	1.40.36	40.19	55.28	1.44.01		55.30	48.45	4.23.41	
	Campbell T.	26	Ettalong	2.08.99	40.12	1.03.33			48.09			7.28.56
	Coogan D.	25	Ettalong	1.51.52	34.99	51.41	1.21.18	1.59.30				
G	Cruickshank D.	26	Nth. Lodge	1.25.69	32.90	43.15	1.14.15	1.34.65		37.09	2.59.69®	
	Dunn N.	29	Ettalong		44.88	58.32	1.43.37	2.03.44	54.73			
	Fisher B.	29	Adelaide		1.02.99	1.20.27						
	Hodge G.	26	E.S. Wooll.	2.02.15	44.94	1.08.30	1.45.51		55.38			
	Hurst J.	28	Ettalong	1.40.98	35.73							
	Jones K.	25	Narooma		39.52	53.40	1.34.64					8.01.02
	Kirley D.	26	Canberra	2.20.00	52.83	Disq.	2.04.50					9.12.17
	Lomax-Smith J.	29	Adelaide		51.76	56.10			1.02.70			
	Main J.	28	Tamworth		1.02.65	Disq.			1.02.90			
	McCann P.	25	Blacktown		35.84	Disq.						
	Newling L.	29	Blacktown		33.29	44.71	1.26.71		42.12			
B	Olbrich D.	26	E.S. Wooll.	1.41.20	33.72	43.24	1.18.43	1.36.93		39.21	3.16.77	
S	Potter L.	29	Adelaide	1.38.72	32.33	44.41	1.10.83®	1.38.94		39.06		5.36.29®
	Spender S.	28	Hills	42.60	56.96		2.14.01	2.14.01	55.12			
	Stutsel L.	29	Cronulla	1.53.94	45.24	45.34	1.46.95	1.39.40	52.14			
	Townley P.	28	Canberra		35.66	52.60	1.31.53	1.57.96	44.03	40.84	3.40.83	
	Van den Hooven S.	25	Blacktown		46.95				57.65			
	Williams M.	28	Adelaide	1.44.57	38.42	46.80	1.26.98	1.43.29	46.80			
WOMEN: 30-34												
	Allen L.	31	Adelaide	1.42.84	33.02	49.46	1.16.88		45.08	43.42		6.23.17
	Collier E.	31	Everton P.	Disq.	41.17	49.62	1.36.05	1.54.91	53.00			7.49.17
	Cooke L.	34	Cronulla		36.46	47.38		1.43.56	46.42			
	Coy H.	30	Blacktown		41.38		1.35.60					8.02.36
	Craig H.	31	Canberra	1.47.81	40.83	56.00	1.32.19		48.22			7.26.39
	Ellis C.	34	Nth. Lodge	1.39.48	37.04	54.94	1.23.37		43.71	44.55		6.46.20
	Follington P.	30	Tamworth		38.72	50.78	1.29.94	1.59.42	51.51			7.24.16
	Jas V.	32	Blacktown	1.45.02	36.50		1.23.70		46.06			
	Jordan J.	31	Nth. Lodge	1.43.99	37.45	55.28	1.24.73		47.15	45.97		6.52.50
	McKie R.	32	Hunter		Disq.	1.51.73	2.00.32	55.83				8.31.80
	O'Hagan D.	33	St. George		34.59	47.10		1.43.05	40.92	40.23	3.23.99	
	Quinn H.	30	St. George	2.11.21	41.62	55.89	1.31.78		58.84	57.53		7.25.08
B	Rees H.	33	Canberra	1.30.85	34.61	53.36	1.15.41		41.10	41.67		5.52.40
S	Smith T.	31	St. George	1.23.84	33.50	51.56	1.15.90		38.09	41.27	3.15.88	

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
G	Stark G.	31	Canberra	1.18.74*2	30.74*4⑥	45.99	1.09.76⑥		36.01*2⑥	34.92	2.56.01*4⑥	
	Still A.	31	E.S. Wooll.	2.07.97		Disq.	2.12.02			1.14.48	5.07.69	7.05.82
	Taylor L.	31	Adelaide	1.56.79	37.72		1.27.44	2.05.19	50.19			
	Theuns L.	32	Hills			57.71	1.52.39	1.53.88	51.95			7.04.13
	Truscott J.	30	Tamworth		34.96	46.93			43.02			
WOMEN: 35-39												
G	Bailey R.	37	Melville		35.76		1.24.96		44.97			
	Barrett A.	36	Nth. Lodge	1.30.91③	36.00	43.75	1.18.28	1.32.41*5	43.02		3.08.24⑥	7.32.74
	Birrell J.	38	Lane Cove									
	Bower M.	39	Canberra	2.04.16	48.94		1.51.52		55.35	1.03.00		
S	Brown F.	35	Hunter	1.43.25	38.98		1.26.14		44.54	51.75		7.00.46
	Butler C.	36	St. George	1.33.45	34.63		1.18.46		41.88	40.33	3.37.97	
	Cant M.	36	E.S. Wooll.		44.68	58.77	1.55.14	2.18.97	1.00.13			
	Chivers C.	37	Ettalong					Disq.				
	Davis C.	35	Cronulla	2.02.29	42.65	Disq.	1.48.98		55.79			
	Ford J.	36	Canberra	1.33.83	35.74	53.50	1.25.90		41.87	49.09		7.05.66
	Isaacs P.	36	Ettalong	55.95					1.12.86			
	Lynch V.	38	St. George		37.78	48.20	1.23.89	1.50.37	47.53			
	Manks M.	37	Nth. Lodge		36.80	Disq.			46.50			
	Mannix K.	39	Blacktown			58.63			1.05.20			
	McLeod J.	39	E.S. Wooll.				1.35.95					8.15.99
	McQueen M.	37	Ettalong	2.09.93	45.86	1.01.45	1.52.92	2.17.27	59.82			6.21.01
B	Newby B.	37	Tamworth	1.32.87		49.69	1.23.75	1.50.82	44.53	44.97		
	Reid R.	38	Ettalong		1.00.06	Disq.						
	Sargent R.	36	Puckapun.		38.51	45.55						
	Stenhouse B.	39	Cronulla	1.58.47	41.78	54.69	1.46.96	2.06.24	46.71	45.26		7.59.52
	Stevens A.	37	Nth. Lodge	1.35.84	35.47	47.52	1.22.84		50.85	41.51	3.24.83	
	Tutty H.	37	Hills	2.42.98	1.06.32				43.00			
	Walsham E.	39	Hills	2.04.16	45.22	1.02.87	1.40.11		1.10.11	54.97		
	Westaway M.	38	Melville	1.47.04	39.32				58.49			
	Williams D.	35	Everton P.	1.47.07	41.43		1.32.57	2.18.66	43.54	49.97		7.16.30
	Wyatt I.	37	Tamworth	2.07.97	48.99	47.99		1.42.06	46.45			8.01.55
WOMEN: 40-44												
	Asher B.	44	Nth. Lodge			52.21		1.52.80		1.05.33		8.39.01
	Baker M.	40	Cronulla		43.87	51.74		1.50.31	53.58			
	Carley R.	43	E.S. Wooll.		41.58	53.73	1.32.49		50.12	47.36		7.10.77
	Carnay M.	41	Ettalong	47.24		1.51.38		58.04				
G	Connolly M.	44	E.S. Wooll.	1.50.32		52.43	1.37.72	1.59.74	47.95	49.75	4.25.13	
	Fyfe N.	44	Nth. Lodge		58.62	Disq.			1.25.00			
	Hogben F.	41	Manly	1.35.58⑥	34.42	47.03	1.17.65⑥	1.48.26	40.89	47.87		
	Kroon M.	44	Ettalong		38.58	52.24	1.27.99		46.75			
	Mitchell J.	42	St. George		1.02.46	1.21.01	2.26.68		1.08.59			
	Phin M.	42	Adelaide		1.00.07				1.10.11			
	Robinson B.	41	Melville	1.55.50		Disq.		Disq.	52.06			

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
B	Simons D.	43	Adelaide	1.54.88	42.78	50.90	1.39.07	1.53.75	51.82		3.59.67	
	Squire P.	40	Adelaide		45.15	1.06.70	1.44.90		1.00.34			8.17.19
S	Vabel G.	43	St. George		54.83	53.89		2.15.58		1.18.85		
	Wilson M.	41	Tamworth		36.00	52.83	1.20.13	1.53.76	49.08	45.67		6.29.03
WOMEN: 45-49												
	Anderson B.	48	St. George	2.02.60	57.25				52.08			
	Boudrie V.	45	Geelong		56.17				1.02.86			
	Dunn P.	46	Ettagong	2.02.23	44.88		1.44.70	2.17.43	53.42	1.16.91		9.26.55
S	Howard S.	47	Nth. Lodge	1.55.76	40.84	57.82	1.36.45	2.10.19	51.82			7.39.64
B	Richardson J.	45	Geelong		42.83	57.18		2.08.50	53.00			8.30.18
	Steward K.	46	Cronulla	3.30.50	1.17.90	Disq.	2.50.50	4.05.30	1.48.03			
G	Wilson B.	45	Nth. Lodge	1.45.71	36.49 [®]		1.20.13*3 [®]	1.59.92	50.07	45.26	3.38.26 [®]	6.11.77*2 [®]
	Walker H.	45	Lane Cove	2.08.82		1.08.39	1.40.90		54.85	1.03.07		7.54.59
WOMEN: 50-54												
	Adams P.	52	Hills	2.08.16	56.44	Disq.	2.07.80	Disq.	56.22			10.09.00
	Dickson J.	51	Nth. Lodge		59.78	1.08.02	2.15.45	2.28.39	1.36.38			10.11.45
	Eddy O.	51	Ettagong		1.04.39	1.18.79						
B	Grant M.	50	Melville	Disq.	41.78	57.46	1.38.40	2.14.88	53.02			7.55.90
	Horvat A.	53	E.S. Wooll.	2.17.46	48.70		1.46.24		1.05.88			7.50.48
	Mabel E.	53	E.S. Wooll.	2.09.04	43.37		1.40.22		58.84			8.17.91
	Meldrum E.	51	Blacktown		2.58.16				1.48.03			
S	Neirn J.	51	Nelson Bay	2.03.44	40.80	55.40	1.32.65	2.02.96	57.13			7.12.48
	Robinson S.	51	Nelson Bay	2.54.72					1.19.19			
G	Sansom J.	51	Adelaide		38.45	44.78*2 [®]	1.24.41*4	1.43.29*7	49.56	41.96*3 [®]	4.06.84	
	Vickery M.	50	Ettagong	3.40.98								
	Waite J.	52	Atlantis		53.84	1.18.15						
WOMEN: 55-59												
	Baker J.	58	Nelson Bay		48.86		1.52.33					9.46.67
S	Callaghan B.	57	Manly	1.47.95*4 [®]	43.35	48.54*4		1.57.68	46.81*3			
	Finlay C.	57	St. George		1.09.83	1.04.85		2.33.39	1.25.10			
	Fowler N.	59	Adelaide		1.06.88				1.21.02			
B	Grace B.	56	Narooma	2.26.67	48.60		1.47.62			58.58		8.25.21
G	Watson E.	57	Cronulla	1.55.13	43.35	51.02	1.40.13	1.54.10	51.86			7.46.24
WOMEN: 60-64												
G	Barrie B.	63	E.S. Wooll.	2.13.35 [®]	43.35	Disq.		1.59.27*3	1.00.70	52.32*3	4.25.53*5 [®]	
	Dawson M.	63	St. George		1.21.29				1.49.53			
S	Dunn G.	62	Nelson Bay		1.03.19	1.13.37	2.18.43	2.41.40				11.33.51
B	Meager J.	62	Cronulla	Disq.	51.97	Disq.	2.00.90	3.00.13	1.00.61			
WOMEN: 65-69												
G	Nicol D.	65	Manly		49.56 [®]	Disq.	1.54.56*5 [®]	2.38.47 [®]				

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
WOMEN: 70-74												
G	Bishop M.	71	Malville		48.23*2®	1.22.46*4	2.02.00*4®		1.01.20*2			
S	Sargeant E.	72	Manly		50.49*4	Disq.						
WOMEN: 80-84												
G	Fernance V.	80	Blacktown		1.32.75*7®				1.57.73*1®			
MEN: 25-29												
G	Bayley B.	26	Nth. Lodge		28.82	42.32	1.05.19			30.84	2.56.07	
	Birch B.	25	Hibiscus	1.18.05		36.57	1.05.37	1.24.54	33.14	30.59	2.47.30	10.00.82
	Fordice P.	28	Nth. Lodge		53.33		1.57.57		1.04.58			5.53.34
	Golden P.	29	Canberra	1.30.34	28.34	42.84	1.04.30		36.08			
	Gordon K.	25	Ettalong	1.14.72	28.57	39.39	1.05.41		33.14	32.57	2.44.55	
S	Manley R.	28	Everton P.		27.43	38.39	1.01.64			30.68		5.16.66
S	Mitchell C.	26	Manly	1.14.58®	28.41		1.03.07		32.37	30.14		
	Newling B.	29	Blacktown				1.11.25					
	Ritchie B.	28	Manly		28.48	35.52	1.19.42	1.19.50	38.35	33.40	2.50.47	
	Rowe B.	29	Nth. Lodge	1.25.01	32.92		1.13.15	1.39.44	39.04	38.99		5.51.73
	Rumble T.	25	Canberra	1.41.12	32.98	Disq.	1.17.33		42.22			6.36.86
	Schwanker R.	29	Ballerat		28.46		1.06.29			31.88		
	Shapland B.	27	Hibiscus		28.48		1.03.46					5.06.86
	Spink R.	29	Tamworth		33.91	54.68	1.24.92	2.13.12		53.85		8.37.43
	Steed G.	25	Cronulla	1.14.91	29.02		1.02.27		35.14	32.21		4.41.48*1®
	Sweeney R.	26	Canberra	1.29.16	29.73	45.03	1.08.48		38.22	32.57		6.10.83
	Upton T.	27	Tamworth		28.90	40.50	1.05.17	1.32.62	42.87	32.78		5.33.66
	Warnock M.	26	E.S. Woolli.				1.03.05					
	Whittle J.	26	Canberra		32.69	47.75	1.19.62	Disq.	44.52			6.55.85
	Williams P.	29	Adelaide	1.18.06	28.24	41.25	1.02.77		35.05	32.78	2.45.13	
	Westwood L.	28	Cronulla	1.41.95	32.14		1.12.67					6.33.35
MEN: 30-34												
B	Ayerbe J.	33	Geelong	1.21.03	27.45					29.22®	2.44.28	
	Bleakley D.	32	Everton P.		28.96	36.78	1.18.82	1.24.06	34.62		2.52.26	
	Collins T.	30	Ettalong			55.80	1.13.62	1.40.14				
	Deegenars B.	31	St. George	1.18.52	28.74		1.15.44		33.46	31.88		7.08.23
	Dorrington R.	32	Blacktown		35.05	Disq.	1.19.38		49.49			
	Elliott G.	34	Cronulla		28.01							
	Gerrard D.	34	Launceston		28.02		1.01.09			29.87		4.51.59
	Gough T.	33	Ballerat		29.33	Disq.		1.37.27	37.60	36.33	3.18.54	
	Hay I.	31	Ettalong		33.51	43.68	1.21.44	1.41.17	48.21	43.67		7.45.45
	Jonas K.	34	Blacktown		33.33	Disq.	1.18.09		46.12			
	Kemp J.	32	Cronulla		29.33							
	Lindsay I.	33	Ettalong	1.38.59	31.59	44.19			50.67	38.47		5.29.71
	Moore C.	33	Ettalong	1.47.82	38.45	Disq.	1.31.14	Disq.	45.73			7.54.67
	Nicol I.	33	Manly		29.23	44.37	1.10.43		39.47	35.73		6.01.45

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
G	Patterson R.	31	Nth. Lodge		27.16	38.35	1.06.53		34.79	29.65		
	Potter D.	31	Adelaide		40.83	47.26		1.48.05		45.74	3.53.85	
	Puskas R.	33	Manly		27.16		1.00.20					
	Quinn R.	32	St. George	1.24.24	29.02	40.40	1.08.08		36.39	31.88	2.59.63	
	Ridges J.	30	Etalong		35.66		1.27.05		46.14			
	Russell B.	31	Canberra		29.34	46.07	1.08.04			34.04	3.10.09	
	Selleck R.	34	Narooma		29.48		1.09.19		32.71	35.67		6.02.22
	Shapland C.	31	Everton P.	1.13.08 [®]	26.88		59.34	1.24.75			2.36.62	
	Simpson J.	32	Nth. Lodge		28.79		1.06.40		36.54	34.19		5.38.46
	Spender D.	30	Hills	1.28.83	31.14	42.69	1.08.74		38.65	40.33	3.15.49	
B	Stubing E.	30	Adelaide		34.04	48.22	1.18.15	1.49.32	41.87	42.82	3.45.94	
	Tomkin J.	34	Nth. Lodge	1.29.61	32.69	48.22	1.15.52		39.43	42.50		6.25.28
	Trinks J.	33	Etalong	1.50.04					32.11 [®]	30.12	2.46.86	
	Vaccari C.	32	Nth. Lodge	1.13.27	30.76		1.14.04		38.55	45.27		
	Wilson K.	33	Etalong	1.33.66	31.03		1.16.54			30.14	2.43.44	
S	Wyatt P.	32	E.S. Wooll.	1.25.68	31.46	36.19		1.20.71				
MEN: 35-39												
S	Akerman H.	39	St. George		30.14	49.92	1.10.37		42.12			6.13.91
	Bishop J.	35	Lane Cove		28.77	45.47						
	Blake N.	39	Nth. Lodge		31.73	41.81	1.10.12		43.93	38.90	3.06.38	
	Bree O.	36	Tamworth		30.49		1.07.86			37.30		5.34.43
	Brown J.	37	Hunter		32.01	46.63	1.19.10	1.51.55	46.12			6.58.65
	Bryant L.	37	St. George		34.36		1.19.20					6.41.25
	Chilton P.	35	Tamworth		34.43	Disq.	1.25.02		46.17			
	Cooke D.	37	Cronulla					1.58.35				
	Deering E.	37	Canberra		34.14		1.17.65		44.09	29.47 [®]	2.44.62 [®]	6.39.63
	Doak P.	35	Geelong		26.55 ^{*4}		1.00.37					
	Emms M.	39	Manly		30.74		1.11.25					5.53.35
	Ford J.	39	Tamworth		29.34		1.08.98		39.10	37.25	3.09.36	
	Foster A.	35	Adelaide	1.52.55	37.72	53.55	1.27.07	1.26.93	49.05	50.77		6.52.65
	Gover D.	39	Etalong		37.02		1.39.77	Disq.	50.20			
	Green B.	37	Canberra	1.27.61	31.29	51.40	1.11.12		39.46			5.46.44
	Gully M.	37	Adelaide	2.11.63	38.53	47.99	1.31.11	1.45.79		49.01	4.11.55	
	Hamilton H.	35	Adelaide	1.30.16	30.01	45.96	1.13.34		38.47	36.18	3.32.62	
	Josephs P.	37	Lane Cove		37.13			1.26.66				
	Klunder J.	39	Adelaide		35.89	43.92		1.39.13				8.13.86
	Koorey J.	35	Manly									4.51.94 ^{*3}
	Ley P.	37	Manly	1.32.14	32.64		1.04.18		39.30			6.30.42
	Lidstone J.	35	Geelong	1.32.76	30.49		1.10.51		39.64			6.02.46
	McDonald K.	39	Ballarat	1.52.52	35.47		1.23.20		47.95			7.09.83
	McIntyre G.	39	Hunter		35.22		1.23.05					7.48.27
	Napier B.	39	Hills				1.22.30		44.42			
	O'Hagan D.	36	St. George									6.46.77
	Palmer J.	36	Everton P.	1.2078	30.45		1.10.33		35.61			5.45.94
	Price J.	38	Lane Cove		42.78		1.47.74					
	Ramsay T.	39	Manly	1.27.56					40.15			5.58.15

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
G	Robertson J.	35	Ettalong	1,19.75	30.65	41.74	1,10.75		35.61	34.68	3,03.18	
	Ryan K.	38	St. George	1,44.89	32.10	Disq.	1,13.52		50.77	38.14		6,14.80
	Snoad M.	36	Canberra				1,11.03	1,42.29	39.75	30.77		5,45.72
	Strahan T.	37	Geelong		27.16		59.22*3					4,42.97*2®
B	Tremain J.	35	Lane Cove			47.64			41.80	39.36		
	Walsham K.	37	Hills		30.41	Disq.	1,12.54			41.72		
	Watts K.	39	Hills				1,23.94					6,32.70
	Wicks G.	37	Lane Cove				1,10.83					5,57.60
	Willis P.	38	Nth. Lodge	1,24.70	31.60			Disq.	43.06			7,38.83
	Wyatt R.	39	Ettalong	1,43.20	33.79	Disq.	1,28.71					
MEN: 40-44												
	Asher V.	44	Nth. Lodge		32.69	Disq.	1,13.52	1,56.14	44.08	49.06		6,22.63
	Berk J.	40	Nth. Lodge		36.59	45.61	1,31.75	1,43.73				8,31.82
	Chandler P.	41	E.S. Wooll.	1,49.74	35.49	Disq.	1,26.31		44.22			
	Ferguson C.	43	Hills	1,39.02		46.66	1,27.59	1,52.15	43.00			
B	Gregon A.	41	Hills	1,25.64	28.46	41.81	1,06.23	1,31.92		35.02		5,22.33
	Hentley R.	43	Ettalong		34.90	40.78	1,25.19	1,43.52				
	Higgins M.	41	Adelaide		39.94	43.73	1,40.37	1,39.52		43.11	4,05.92	
	Hooking B.	41	Nth. Lodge	1,52.38	37.13	51.97	1,34.95		50.06	44.40	3,58.57	
	Holt D.	42	Manly		28.46		1,09.45					
	Hutchings B.	43	Ettalong	1,43.64	29.33	42.44	1,04.68	1,37.46	44.79	31.48	2,49.34®	5,14.94
G	Jackson P.	40	Manly	1,27.18	28.48	40.52	1,05.17		36.54	36.48		5,49.99
	Lawrence B.	41	Hunter		30.49	38.18	1,08.39	1,29.09		34.73	2,59.52	
	Murphy M.	40	Ballarat		28.75	38.90		1,26.23		54.28		8,30.23
	McDade D.	42	Nth. Lodge		38.45	45.64	1,32.78	1,42.24	59.91	41.72	3,36.19	
	McQueen J.	40	Ettalong	1,40.98	33.68	48.68	1,23.62		46.09			
	Reynolds B.	40	New Zealand			44.92		1,39.74				
	Smith D.	42	Nth. Lodge	1,30.64	30.45	Disq.	1,10.57		42.12	38.74	3,16.75	
	Stephens J.	42	Ettalong	1,58.89	38.98	55.32	1,37.58					
S	Stursel G.	40	Cronulla	1,28.25	32.78	35.52*5	1,05.41	1,21.45*2®	39.10		3,02.22	
	Watson P.	42	Tamworth		28.20	41.38	1,09.97	1,34.17		36.21		6,12.19
	Winterton G.	40	Lane Cove		32.90	40.69	1,19.84	1,39.13	40.66	38.14	3,25.21	
	Zevenboom G.	42	Adelaide	1,24.85	29.99	44.02	1,07.99		37.94			5,30.11
MEN: 45-49												
	Boardman K.	48	Hibiscus G.	1,25.01		48.21	1,34.06	1,55.16	36.47		8,00.84	
	Boudrie L.	45	Geelong		42.18		1,06.23*5				5,33.48	
	Brownjohn J.	48	Cronulla		29.29		1,25.27					
	Carley K.	49	E.S. Wooll.		34.34							
	Dickson S.	49	Manly		34.70		1,24.96		53.02	36.12	3,16.23	7,10.10
B	Duffy A.	49	Narooma	1,29.58		41.39			40.47			
	Hardy L.	45	Cronulla	1,48.06	32.03	49.43	1,13.15	1,57.74	47.72			5,52.64
	Hawthorne J.	46	Hunter	1,34.96		46.26	1,09.31	1,43.22	41.61	40.72		
	Haynes D.	45	Oakey		32.85	44.35				41.72	3,25.44	6,28.83
	Kane M.	47	Nth. Lodge		33.39		1,15.08					

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
S	McCormick D.	49	Hills	1.37.51		42.80		1.47.56	41.83	44.08	3.38.18	
	Ross R.	45	Adelaide	1.25.01	30.49		1.06.91	1.43.89	36.80	35.27		5.16.67*5⑥
	Schneller G.	49	Adelaide		31.51	Disq.		1.37.55		38.99		
	Simons K.	45	Adelaide		40.11	44.84	1.41.43	1.47.87		52.05		
	Spicer A.	45	Geelong		37.68	42.96	1.29.81	1.41.55	49.53			8.06.16
	Stroethoff P.	46	Manly			41.89		1.34.93		41.90	3.29.72	
	Stubbing C.	49	Manly	1.29.46	31.53				39.35			6.13.41
	Vebl A.	46	St. George		37.31	49.01	1.34.28	1.53.76				7.41.14
	Von Cerva I.	46	E.S. Wooll.			41.40	1.13.52			38.18		6.11.58
	Watkins J.	47	Lane Cove	1.28.18	31.63	38.55	1.03.77*2⑥	1.28.43*5⑥		32.21	2.50.05*3⑥	
G	Williams J.	47	Tamworth		28.32*5	48.22		1.49.21	44.97			
	Singer K.	45	Lane Cove									
MEN: 50-54												
G	Bywater B.	51	St. George		34.34	43.76		1.37.82				
	Campbell J.	53	E.S. Wooll.	1.23.37*3⑥	30.25*4	Disq.	1.08.09⑥		36.56*4⑥	35.02⑥	3.11.68⑥	
	Carlson B.	50	Manly	1.31.99	31.73	44.35	1.12.29	1.42.99	40.94			6.03.70
	Cleaver B.	52	Hunter	1.36.60	38.22	47.64	1.34.33	1.56.34	41.12		3.55.59	
	Hartley R.	52	Melville		32.29		1.11.25					5.50.97
	Hessing J.	50	St. George	1.31.86	34.29				38.86			
	Ireson B.	51	Hills	1.47.59		43.73	1.21.40	1.41.27	44.90	50.84		6.21.81
	Jeffrey H.	50	Geelong	1.38.06	33.40		1.16.17		42.38	39.71		7.18.37
	Keating P.	51	New Zealand		35.93	43.67		1.38.68	53.83			
	Miller R.	54	Carine		37.07	48.22	1.26.13	1.59.05	49.06	41.63		
S	McMahon J.	50	Lane Cove	1.27.84		45.25	1.26.61	1.49.08	39.70	44.30	3.26.84	
	Redpath D.	52	Adelaide	1.29.51	33.02	45.51	1.20.45		40.83	47.35	3.28.21	
	Smith B.	51	St. George	1.35.28	33.33		1.19.02					6.55.44
	Stevens R.	51	St. George	1.45.66	36.11	47.23	1.26.14	1.43.61	47.70			
	Waite J.	51	Atlantis		46.16	Disq.						
	Wilson R.	52	Etalong		38.63	53.93						
	Loy P.	50	New Zealand	1.48.88	37.84		1.30.83	1.52.15	46.19			7.44.03
	Olds N.	54	Lane Cove		41.77	Disq.						
MEN: 55-59												
B	Blanchard R.	55	Adelaide		38.56	Disq.	1.36.35	Disq.				8.34.51
	Harris R.	59	Etalong	1.39.82	36.35		1.21.40		44.42			6.36.86
	Isley N.	55	Nth. Lodge	2.18.44	40.83	57.20	1.36.20	2.15.74	1.01.51			8.10.85
	Johnson F.	55	Melville		33.51		1.19.81					7.00.46
	Koolberg T.	56	Hills	1.47.34	33.72		1.19.79	Disq.	49.01	41.07		6.23.97
	Krusey S.	58	Nth. Lodge			44.88		1.45.88	51.22	43.77		9.14.50
	Lanser C.	56	Cronulla	31.46	51.18	1.73.68						
	Mable J.	56	E.S. Wooll.		54.85	Disq.	2.15.08	2.14.88				10.11.43
	McCabe B.	58	Nth. Lodge		34.07	40.52*2⑥	1.20.22	1.32.48*2⑥	47.94	40.63	3.24.68⑥	
	Stevens R.	57	St. George	1.40.91					45.14	44.02		
S	Sykes F.	59	St. George		36.80	Disq.	1.24.70	Disq.				7.11.01

Place	Name	Age	Club	100 BA	50 F/S	50 BR/S	100 F/S	100 BR/S	50 BA	50 FLY	200 I/M	400 F/S
G	Vickery K.	55	Ettalong	1.32.76 [®]	31.14	44.51	1.11.44	1.40.93	41.94	43.43	3.27.05	
	Walker S.	55	Adelaide	1.54.84	36.38	50.43	1.23.75	1.54.53				
	Wilson F.	58	Blacktown		38.68	43.28		1.42.99		45.10	4.15.61	
	Yeoman J.	58	St. George	1.50.50	35.51		1.22.84		45.59	53.43		7.08.69
MEN: 60-64												
G	Bailey H.	60	Manly		32.88	Disq.	1.13.14* ⁴ [®]			40.79 [®]		6.11.12* ⁵ [®]
	Barrie D.	63	E.S. Wooll.		38.74	Disq.	1.48.94					
S	Coulton K.	64	Tamworth	2.00.45	38.34		1.27.58	2.22.74	51.52		4.31.00 [®]	
B	Hutchinson S.	61	Hills		46.65	Disq.	1.56.44	2.04.96	1.04.47	1.12.39		
B	Pippard B.	60	Lane Cove	1.59.44	42.23	Disq.	1.45.01	Disq.	53.91			9.04.10
	Simpson S.	63	Manly		33.59		1.14.84					
	Wilson R.	61	Ettalong		35.66	Disq.	1.37.00	1.50.37 [®]	1.07.80			8.01.58
	Winstanley T.	62	Nelson Bay		41.17	Disq.	1.36.62	2.15.17				7.48.42
	Winters J.	62	Manly		38.45		1.27.55		1.01.20			
MEN: 65-69												
B	McDiarmid K.	68	Cronulla		42.99							
G	Steinkamp H.	69	Nth. Lodge		39.11	54.75	1.30.25	1.57.96 [®]	55.55			7.33.99
S	Vickery H.	65	Ettalong		1.99.04	1.27.76	2.35.63	3.30.77				
MEN: 70-74												
S	Griffiths F.	71	Pt. Macquarie		34.38* ¹ [®]	56.96	1.20.49* ¹ [®]					
G	McClintock B.	71	Manly	2.03.53	43.35	1.00.81		2.23.00	55.23 [®]	1.08.92	4.55.54 [®]	
B	Ryan G.	73	Manly		36.92* ⁴		1.27.00* ³					7.12.15* ⁷
	Treu C.	70	Blacktown	3.22.48	1.04.77				1.39.02			
	Walther E.	73	Manly	51.18	58.15		2.09.79					
MEN: 75-79												
G	Wilson F.	76	Ettalong	3.29.43	46.31* ⁴	1.18.43 [®]	1.56.69* ⁵	3.38.57	1.31.12 [®]			0.12.61 [®]
MEN: 80 and over												
G	Brownjohn B.	85	E.S. Wooll.	3.39.75* ²	1.14.05 [®]		3.18.51 [®]					

Records: 27 Women 38 Men

Times in World Top 5 (1978 List) 25 Women 29 Men

NEW SOUTH WALES STATE REPORT

by Keith Walsham, State Secretary

The development of our swimming has continued during the past year both at club and interclub level. Some clubs now meet twice per week and interclub meets have continued to be regularly scheduled and supported by 50-70 swimmers per meet.

Significant developments during the past year have been the introduction of the 3,000 metre and 5,000 metre awards for continuous swimming and our initial embarkation as an organisation upon open water swimming events. The awards have been keenly sought by members whilst the participation by over 20 of our swimmers in the inaugural Great Lake Challenge open water swim on Narrabeen Lake resulted in the 10-swimmer AUSSI Team winning the adult relay section. As with the 65 members who participated in the American Masters One Hour Swim, individual performances for these distance events ably demonstrated the fitness and endurance that has been achieved by members as a result of a sustained programme of regular swimming. On the administrative side, adoption of the card entry system for meets has made life considerably easier for those club swimmers who, in addition to swimming, devote their time to the organisation of interclub meets.

On the competitive side, our focal point for the year is the State Cup Meet. In February this year, 170 swimmers gathered to contest the Cup. The host club, Ettalong, emerged as clear winners of the event.

The State Executive Committee has formulated our swimming activities on the basis that our primary responsibility is to provide all of our swimmers, regardless of their ability, with a comprehensive



KEITH WALSHAM, (N.S.W. State Secretary).

programme of swimming in their pursuit of fitness and fun. Appreciation is acknowledged for the co-operation given by Club Secretaries during the past year.

VICTORIAN STATE REPORT - 1979

by Barbara Wilson, State Secretary

The past year in Victoria has been one of growth and achievement. Membership at the existing clubs, North Lodge and Geelong, has increased and new clubs at Ballaratt, Puckapunyal and Power Points have been formed. There have been many personal achievements with one significant "out of the water" one—AUSSI amateur members able to swim at V.A.S.A. Club, Inter-Club and District meets.

Another "first" was the Victorian AUSSI meet, held at the Footscray Municipal Pool on 3rd February and excellently conducted by officials from the VASA.

During January, 17 Victorians swam in the one hour non-stop swim organised by the U.S.A. Masters. The following places were gained: Womens North Lodge team (Shirley Howard, Alwyn Barrett and Barbara Wilson) 3rd, Barbara Wilson 4th (40-44), Debi Cruickshank 7th (25-29) and Alwyn Barrett 8th (35-39).

March 25th at the Nunawading Pool saw 12 members of the North Lodge Club break the 6 hour marathon relay record, swimming a distance of 28.2 km.



BARBARA WILSON, (Victorian State Secretary).

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We had 42 swimmers journey to Sydney to represent their clubs at the National meet in April. Age group medals were won by four Victorian swimmers.

We were very proud of the five swimmers who represented us overseas at Mission Viejo, California, in the U.S. Masters National Short Course Championships. Shirley Howard, Nancy Fyfe, Joan Dickson, Debi Cruickshank and Barbara Wilson came home with 9 medals between them, the best effort being a 2nd place to Barbara Wilson in the 45-49 1650 yards.

Probably the most pleasing aspect of the year's activities has been the willingness of the majority of members to participate in the 800m, 1500m and

3,000m award swims. Members are realising the worth of such swims and many have done one of these swims for the first time in their lives. This has been due mainly to the encouragement given them by the more "seasoned" members. There have also been a few inter-club swim meets organised and we look forward to more of these with the formation of the newer clubs. We have also had inter-club meets with the Coburg R.S.L. team.

We look forward to continued growth in Victoria. Even though we have trouble finding pools to swim in, the great spirit is always there.

SOUTH AUSTRALIAN STATE REPORT

from Patti Morris, State Secretary

AUSSI in S.A. has grown steadily in the past twelve months. There are now 6 clubs, supported by between 20-40 swimmers, and although several are not ready to affiliate yet, I am confident this will follow in the near future. They are sufficiently widespread to cater to prospective members from all parts of Adelaide, and, in the case of Gawler and Whyalla, to a large group of country swimmers.

Adelaide Masters, the pioneer club, is still "feeling its way". With some degree of reserve it initiates inter-club events, a variety of social functions and other activities designed to bring members and friends together in, and out of, the water. These have included a Handicap Meet soon after the '78 Nationals, conducted by the members who attended for those who were unable to. A presentation of small trophies and luncheon followed.

More recently, several picnic meets have been held at 50 metre pools, giving our members much needed experience in "long course". It is most encouraging to see members attempting longer distances too! Twelve months ago, anything over 400 metres evoked gasps of dismay from the majority, but now 800 metre warm-ups cause little more than a resigned shrug of the shoulders, and 1500 metre time-trials are quite popular!

Josie's trip to Canada to participate in the 1st International Aquatic Competition, was a highlight of our year, and her subsequent successes justified our pride in her. Libby Taylor's horse was minus a shoe for a time, but that was justified too!

Fund raisers to assist our "Nationals" team have taken the form of raffles, barbecues, strength contests and, most recently, a barn dance. A film night is planned prior to their departure for Sydney. The films, on swimming, purchased from the Hall of Fame in America by a member, should fire them with enthusiasm and inspiration for the coming season.

Many thanks to Gary for his patience and help, and best wishes to all AUSSI members.



PATTI MORRIS, (S.A. State Secretary).

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WESTERN AUSTRALIAN STATE REPORT - 1979

by Glenys McDonald, State Secretary

This past season of AUSSI W.A. has been a very exciting one. It has been a year of expansion and also of consolidation as we gain experience in running our affairs. Since the last annual report, when we had 3 clubs and 115 members, we have made a massive jump to 7 clubs and 230 members.

Six of these clubs are in the metropolitan area; Carine, Melville, Beatty Park, Osborne, Inglewood and Somerset. South Hedland's "Pilbara Platipii" are still rather isolated 1,770 km away, and have a struggling nucleus, but they have survived.

Friendly rivalry is keen between clubs at our inter-club carnivals with Carine, Osborne and Inglewood all trying to topple the undefeated champions, Melville, from their throne. Melville are a strong club with a wide range of swimmers in all age groups. Carine have survived wonderfully well despite the loss of approximately 14 top members to form new clubs in handier suburbs. They bounced back, however, with new members.

Osborne and Inglewood amazed us with their enthusiasm and each were holding carnivals when only newly established. Somerset are our newest addition with only 6 swimmers, but they will be a force to contend with next year.

Early in the season we had the opportunity to run an Interstate Swim Meet in September. Our acting State committee were very new at the job, but every member from W.A. and the other States said it was a great success. We would not have been able to manage without the help of the W.A. Amateur Swimming Association and their officials. Since then, we have learnt a great deal from our inter-club carnivals, attendance at which is approximately 90-110 swimmers. Our first W.A. State Swim Meet was a wonderful success. AUSSI records rolled at all these events creating great interest.

But more important than records is the improved fitness of our members. People who could not manage much more than 25m-100m on joining, are now aiming at the 800m, 1,500m and 3,000m awards. Most popular in many clubs are timed 5 and 10 minute swims with everyone trying to add that extra lap onto the count.

There is ample opportunity for the addition of even more clubs next season, without affecting existing clubs. There are 3 clubs at present nearing registration, but they need a helping hand. With this in view, the W.A. State Executive have formed a sub-committee of volunteers whose job will be to foster these new clubs, and be available to help them get started.

This season also saw the first elected State Executive take office. To make the initial election truly fair, a postal ballot to all W.A. registered members was the format. Once formed, we adopted our own constitu-



GLENYS McDONALD, (W.A. State Secretary).

tion and meet monthly with delegates of all clubs to improve liaison.

The social side of AUSSI brings us all together. Most clubs have monthly "Happy Hours" after their regular swim, some even have weekly get-togethers. There is always some function after the inter-club carnivals and we have had a Christmas social and an Annual Dinner, all well patronised.

This year at the Nationals we jumped from 2 representatives last year to 10 this year. Seven of these went on to Los Angeles to be joined by one member who was sponsored by a local T.V. station. But watch out you lot over there! Interest is so great now that there is talk already of chartering buses next year.

Finally, I would like to thank all the hard-working members of the State Executive, especially President Frank Mongan, and all club secretaries and officials. We are proud to be part of AUSSI here in W.A. and we heartily endorse its aims.

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QUEENSLAND STATE REPORT - 1979

by Coral Bond, State Secretary

The Sunshine State has now formed an official committee comprising of Chris Shapland, President; Coral Bond, Secretary; Peter Dixon, Treasurer and Elaine Collier, Registrar.

The aim of this committee is to build up and promote AUSSI—Master Swimming in Queensland. Queensland has 63 registered members.

In January, 11 swimmers from Everton Park and Hibiscus Gardens completed the one hour swim. Chris Shapland was placed 6th in his age group followed by other members with excellent times. To finish off the day, a B-B-Q was held where members could relax and discuss all the swimming failures.

On the 7th April, 1979, the Queensland Titles were held at Everton Park. It was pleasing to welcome our newest club, Bundaberg, who travelled so far to compete in the events along with Everton Park, Hibiscus Gardens and Oakey Bears. A total of 162 entries were received for the 12 event programme.

To finish the 1978-79 year on a bright note it was very pleasing for our two stalwart members Brian Birch and Chris Shapland on winning the aggregate points for their age group at the National Titles in Sydney this year.

We in Queensland look forward to a bigger year in 79/80 and wish all AUSSI members good swimming in the future.



CORAL BOND, (Qld. State Secretary).

COMPETITIVE SWIMMING

by Gary Stutsel

Competition Swimming in AUSSI is conducted in two spheres.

(1) CARNIVALS (also known as Meets or Swims).

The principal carnival is the National Swim which is open to all registered members and is usually held in March (see report 1979 Swim pp 17 to 32). In addition the State Branches conduct annual State Swims and clubs have monthly inter-club carnivals. In all these carnivals, events are conducted as timed heats with no finals, results being determined by times swum. Entries are generally seeded on times submitted, regardless of sex or age, with results being tabulated in 5 year age groups for men and for women (see Rul 7, page 70.)

(2) NATIONAL TOP 10

This is a listing of the ten best times for the year recorded in the events listed in Rule 10 (see page 71) for men and for women and in 5 year age groups. Times must be recorded in bath type pools (not tidal baths) of 25 metres, 50 metres, or 55 yards length.

As well as all carnival results received, times recorded in time-trials and club events which have been scratch started are accepted.

The aims of the Top Ten List are to:

- establish a standard by which you can measure your performances;
- help you in setting goals for achievement, e.g. you may wish to concentrate on making the Top 10 in a specific event, say the 800m or 1500m;
- give recognition to outstanding times by swimmers who are members of remote clubs (e.g. South Hedland, Western Australia and Townsville, Queensland) and who therefore find it extremely difficult to attend carnivals.

The next Top 10 will be published early in 1980 for performances recorded in 1979. It is being compiled by Peg Wilson and Stephen Byles of the Tamworth (N.S.W.) club.

A super Top 10 is currently in the throes of being established to record the World Ten Best for each event for times swum in 50m pools during 1979.

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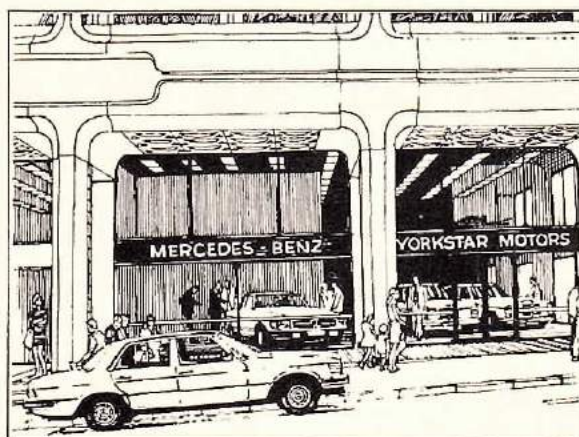
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We anticipate that many AUSSI names will appear in this list.

Details of coming competitions will be provided by Club Secretaries.

RECOGNITION FOR PERFORMANCE

Outstanding swims are published as widely as possible with the assistance of "International Swimmer", the State Amateur Swimming Associations' newsletters and the "U.S. Swim Master" which is recognised as the newsletter of World Masters Swimming.

MEDALLIONS

The emphasis in AUSSI is on fitness rather than individual excellence in one event, and members are encouraged to swim all four styles. To both reinforce this emphasis and to recognise those who best achieve our two aims (fitness and versatility) the only individual medallions awarded are for the three highest point scorers in each age group at the National Swim.

In 1979, swimmers were allowed to contest 7 of the 9 individual events and most of the medal winners had to swim a place in each of the 7 events, with four achieving 7 first placings.

At the 1980 National Swim, competitors will be restricted to 6 of the 10 individual events.

DISTANCE - A FITNESS CHALLENGE

by Keith Walsham

3000 AND 5000 METRE AWARDS

Requests from members for the opportunity to swim longer distances prompted the N.S.W. State Executive Committee to introduce the 3000 and 5000 metre awards. In keeping with the fitness objectives of AUSSI, the awards are made for a non-stop swim for each distance.

Response from members has been enthusiastic. President Peg Wilson led the way and became the first lady to qualify for a 5000 metre award. Although over 100 members have qualified for the 3000 metre award, 5000 metre qualifiers are at present time a select few.

The awards take the form of a track-suit patch and members in all states are eligible to qualify for both awards.

THE GREAT LAKES SWIM

Open water swimming has become popular and N.S.W. members have been encouraged to participate in these swims. A new and popular swim is the Great Lakes Challenge organised by Manly-Warringah S.L.S.A. and Carlile A.S.C.

Over twenty members took part and acquitted themselves very well. Committee members were well represented with President Peg travelling down from Tamworth to lead the way. Peg not only took a 1st placing but qualified for her 5000m patch at the same time. State Secretary and Assistant Secretary, Keith and Eunice Walsham, did a fine double act with Eunice using the swim as a beauty treatment—although to date we haven't heard if the mud pack on her face when she emerged was beneficial. Treasurer Mary Connolly took the official photographers eye, and she was photographed every time she turned around. Publicity Officer Carol was there, but she scratched on the day saying someone had to mind the shop and shout encouragement from the shore. She dismissed as vicious rumour the idea that she was put off by the cold water, and the fact that she had been to see Jaws II the night before.

No one knows why Des McCormick stuck a spare pair of goggles in the back of his swimmers before setting off, something about he wanted to make sure if he did see a mermaid. Terry Smith amazed everyone by doing her crossings backstroke without any navigational aids and Mike Dale so enjoyed his "open water" swim, that on his sixth crossing found everyone packed up and gone except the official landrover and a few club mates plaintively crying "come back Mike, come back . . ."

Official results:

26-36 years:	Terry Smith	1st
31-40 years:	Dianne O'Hagan	1st
	Eunice Walsham	2nd
	Keith Watts	1st
	Michael Dale	2nd
41-50 years:	Peg Wilson	1st
	Mary Connolly	2nd
	Alan Gregson	1st
	Peter Stroethoff	2nd
	Bill Ireson	2nd
51-60 years:	Tenno Koolberg	1st
over 25 years Relay Team: (10 members)	AUSSI team	1st

With a number of our members expressing an interest in open water swimming, the N.S.W. executive has established a sub-committee to investigate opportunities for participation in these endurance events.

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THE ONE HOUR SWIM

by Gary Stutsel

"The National Masters One Hour Swim for Distance (Postal) Championships" is a competition which is conducted annually by the U.S. Masters swimming organisations.

It was introduced as an incentive for U.S. swimmers to continue swimming regularly through the colder months of the year and is held in January which is the middle of the U.S. Winter. January is also mid-way between their Long Course and Short Course National Championships.

Because it is held in winter, most Americans are swimming in 25 yard indoor pools, and therefore entries and results are in yards not metres.

In January, 1978, an invitation was extended to AUSSI swimmers to participate, but due to the lack of available time only 11 Australians entered, most of them from the Hills Club, N.S.W. and only one, Tenno Koolberg, was successful in gaining a medal.

This year (1979) more advance notice was received and a total of 96 AUSSI swimmers (38 female, 58 male) entered. Entry is in two sections:

- (1) as individuals in 5 year age groups, and
- (2) as club teams of 3 swimmers in 10 year age groups.

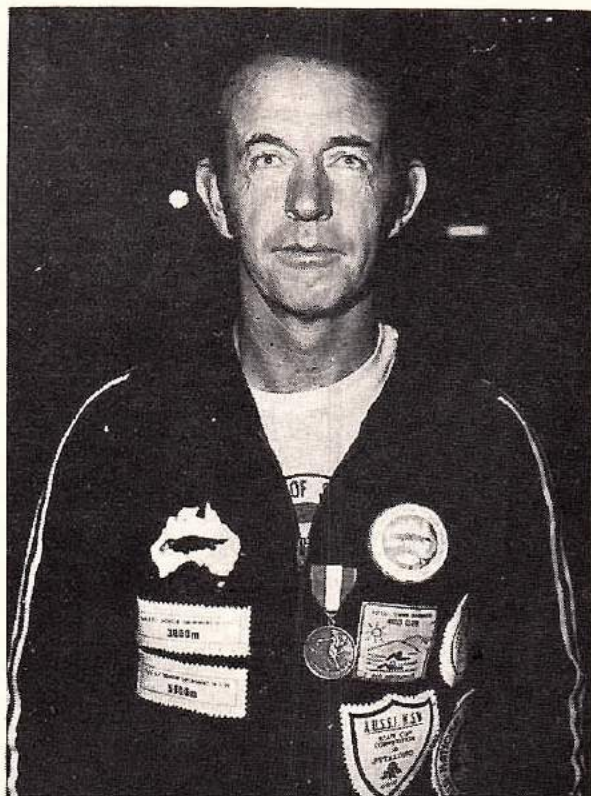
Entries were also received from Canadian, German, British and Japanese swimmers. Total entries were 537 of which one in 6 were members of AUSSI.

The aim is to swim as many yards as possible in one hour. It is a decided advantage to develop a good turn as you may do as many as 200 turns in the hour and a yard a turn is 200 yards in the hour.

AUSSI entries came principally from Everton Park and Hibiscus Gardens in Queensland; North Lodge, Victoria; Canberra, A.C.T. and Ettalong, Hills, Hunter, Manly, Nelson Bay and Tamworth in N.S.W., with a sprinkling of entries from other clubs.

The increase in AUSSI entries led to 20 medals being won by AUSSI swimmers this year (medals are awarded to first 8 individuals, first 3 teams). They were:

Plac-ing	Name	Age	Yds.	From
2nd	Allan Gregson	40-44	4570	Hills, NSW
3rd	Dulcie Nicol	65-69	2570	Manly, NSW
	Kev. Vickery	55-59	3825	Ettalong NSW
	North Lodge Womens 35+ team of Alwyn Barrett, Shirley Howard and Barbara Wilson . . .			10575 Nth Lodge VIC
4th	Barbara Wilson	40-44	3800	Nth Lodge VIC



ALLAN GREGSON, (Hills Club), Silver Medalist in the U.S. Masters One Hour Swim.

	Bill McClintock	70-74	3145	Manly NSW
5th	Rod Ross	45-49	4185	Adelaide SA
	Foster Wilson	75-79	2360	Ettalong NSW
6th	Bob Lawson	35-39	4570	Hunter NSW
	Tenno Koolberg	55-59	3615	Hills NSW
	Chris Shapland	30-34	4595	Everton Pk QLD
7th	Debbi Cruickshank	25-29	3935	Nth Lodge VIC
	Terry Smith	30-34	3910	St. George NSW
	Jim Williams	45-49	4070	Tamworth NSW
	Barbara Newby	35-39	3700	Tamworth NSW

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Robert Harris	55-59	3575	Ettalong NSW
John Koorey	30-34	4580	Manly NSW
8th Alwyn Barrett	35-39	3635	Nth Lodge VIC

The outstanding swimmers were Allan Gregson, who was only 20 yards behind the winner in his age group and Terry Smith who swam backstroke all the way (without the aid of flags) to score her 7th placing.

Other swimmers who participated were (distances in brackets):

Women:

C. Bond (3555), P. Townley (3280), M. Blanch (2555), D. Kirley (1970), J. Baska (1085), H. Rees (3655), G. Stark (3610), P. Follington (2860), R. Jones (2740), C. Davis (2600), L. Theuns (2370), E. Collier (2350), R. Steller (2240), J. Ford (3090), I. Wyatt (3035), R. Carroll (3000), E. Walsham (2930), B. Potter (2570), M. Bower (2540), M. Cooper (2510), M. Wilson (3515), J. Cadden (3255), M. Connolly (2680), S. Howard (3140), J. Nairn (3200), J. Dickson (1560), E. Watson (2925), B. Callaghan (2650), M. Hilton (2460), J. Baker (2105), J. Meager (2005), G. Dunn (1800), and

Men:

B. Shapland (4485), R. Manley (4220), C. Gordon (3770), T. Hollingsworth (3005), D. Henry (2965), J. Whittle (2815), T. Rumble (2760), A. Nicol (2735), R. Spink (2515), A. Dowker (4005), R. Tilley (3830), R. Thorn (3720), T. Eriksen (3610), I. Nicol (3335), R. Ford (4080), O. Bree (3975), J. Robertson (3855), T. Ramsay (3745), J. Schwinghammer (3730), E. Emms (3960), E. Dearing (3390), K. Walsham (3280),

R. Wyatt (3180), J. Robertson (3815), D. Smith (3775), B. Guthrie (3610), P. Watson (3510), J. Chivers (3005), R. Henley (3000), D. McDade (2830), S. Byles (2805), B. Moore (3825), J. Hawthorne (3775), F. Mongan (3665), P. Stroethoff (3280), M. Jones (2645), D. McCormick (2460), B. Carlon (3730), T. Grummet (3595), G. Ireson (3590), A. Smith (3580), J. Silva (3575), B. Steell (3075), B. McCabe (3485), B. Nairn (2550), T. Winstanley (2850), E. Walther (2350).

Relay teams entered were Canberra Women 24+ (10525-4th), North Lodge Women 45+ (10575-3rd), Tamworth Women 35+ (10250-4th), Canberra Women 35+ (8200-10th), Canberra Men 25+ (9210-8th), Tamworth Men 35+ (11555-7th), Ettalong Men 35+ (9185-11th).

A list of the distances swum by all entrants has been sent to all clubs.

For 1980, the U.S. Masters have suggested that we organise ourselves earlier, and I strongly support this suggestion. I know of several N.S.W. swimmers who did not participate this year because they felt the swim was too close to the State Cup.

Ideally, clubs or individuals should join together and organise their One Hour Swim in the period between October and December. In this way, swimmers like Allan Gregson and Bob Lawson who both swam 4570 yards would push one another to gain those few extra yards.

Clubs will be supplied with details regarding entry fees and conditions before October, but I suggest you start training immediately.

Ideally, you should combine a 3000m swim with the One Hour Swim, as even if you only manage 2000 yards in the hour, you are two thirds of the way to 3000m.

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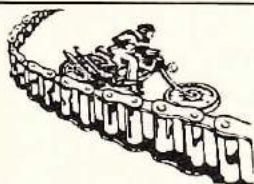
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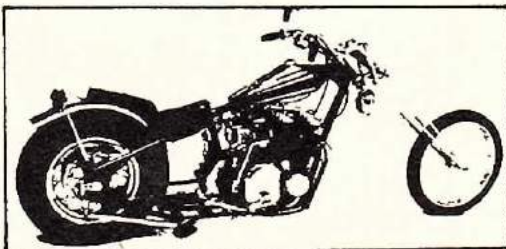
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CLUB BRIEFS

ADELAIDE MASTERS, S.A.

Reports a 100% increase in membership, with as many as 55 turning up to swim nights. Adelaide is doing its best to foster other clubs in S.A. and just before the Nationals hosted the first S.A. inter-club meet.

Twenty-five members made the trip to the '79 Nationals and came away with a fourth placing. Adelaide secretary, Phil Williams, reports members have also been active in distance swims such as the U.S. one hour, West Lakes and Delfin Island, where Josie swam 1,500m further than anyone else. Rumour has it she got lost, but that's only a rumour mind you.

ATLANTIS, S.A.

Report a good increase of members and participation. This club's home pool is 16 2/8 metres so when members first took part in an inter-club meet in a 50m pool they thought they were doing open water swimming. However, members soon adapted and recorded some good times. Two club members made the '79 Nationals and are enthusiastic about the 1980 Nationals in their home state.

BALLARAT, VICTORIA

No report received—this club was organised through the Ballarat Y.M.C.A. and sent a team to the Nationals. Hi, how about letting us know more about you.



FRANK MONGAN of Carine relaxes at the club Happy Hour.

BEATTY PARK BEARS, W.A.

No report received.

BLACKTOWN BEAVERS, N.S.W.

Swim Tuesday nights from 6 p.m. in Blacktown heated Olympic Pool—Blacktown is one of the newer N.S.W. AUSSI clubs, they had just formed in February when a few members took part in the State Cup. However, by April they had a team of 14 for the Nationals. These team members were entertained by Blacktown Council and presented with a commemorative badge for their efforts by the Mayor. How's that for Civic pride? Star of the Blacktown team? Vera Fernance (81).

BRISBANE CITY, QUEENSLAND

No report received.

BUNDABERG, QUEENSLAND

A new club which began in February this year, the club has training nights on Tuesdays and Thursdays, but club night is Wednesday. Before the olympic pool closed for winter, the membership had grown to 50. Many of this group are holding together in the winter months with a programme of jogging, squash and roller-skating. Five members made the long trip for the Queensland State Championships and secretary, Keith Favell, says when these folk have a seasons training behind them, watch out for the records.

CABRAMATTA, N.S.W.

No report received. However, this is a new club making a big effort to get going. Good luck kids, hope we'll be hearing from you.

CANBERRA, A.C.T.

This club has well and truly progressed along the aerobic programme and report better attendances, keener interest levels and general feeling of well being. The secretary, Helen Rees, reports very busy club nights with various levels of conditioning. Time trials are held once a month, followed by a social get together. Fourteen members entered the Lake Burley Griffin Swim and Canberra hope more AUSSI members will take part next year.



Melville members—on their marks.
(Photo by courtesy W.A. Newspapers).

CARINE, W.A.

Is still doing a great job in assisting other clubs getting started in W.A. A number of members have transferred, but Carine continues to flourish. The president reports that many members have achieved their 800 metres award and are now moving onwards. With improved fitness comes a social exchange with some memorable B.B.Q's and a champagne breakfast (after an early morning swim NATURALLY!!!!)

CRONULLA/SUTHERLAND, N.S.W.

Believe it or not, have finally found a home. They swim at AQUADOT, Grey Street, Sutherland, Thursday at 8 p.m. This club has struggled to exist in an area top heavy with swimming clubs. However, president Jack Brownjohn believes the AUSSI aims will capture the newer swimmer. A number of members competed in the U.S. 1 hour swim and have achieved their 3000 metres award. You can usually find at least one or two of the Sharkies at inter-club meets.

EASTERN SUBURBS/WOOLAHRA, N.S.W.

No report received. Let me see, yes they hosted a carnival on March 31st. Had strong teams at the State Cup and Nationals—guess they just forgot to write!

ETTALONG, N.S.W.

Hosted and won the N.S.W. State Cup in February, 1979, runners up for the National Club Championship and winners of the Visitors Trophy at the '79 Nationals. Ettalong are doing a great job of creating interest in AUSSI all over the Central Coast. This club originally "just a mens R.S.L. Club", pioneered getting women admitted as members. As Foster Wilson is fond of saying "It wasn't easy, but we couldn't have done it without the women". Right on, Foster—right on!

EVERTON PARK, QUEENSLAND

Swim every Tuesday night at John Rigby's Pool. Most members seemed keen to participate in the distance swims and a good deal of success has been achieved. The club had 13 members swim in the Queensland State Titles and 6 made the trip to Sydney with excellent results.

GAULER, S.A.

No report received—in recess for the winter. No indoor pool makes a continued year round programme difficult.

GEELONG, VICTORIA

No report received. Know they had some swimmers at the Nationals. Hello down there, don't be shy, write sometimes.

HAY, N.S.W.

No report received.

HIBISCUS GARDENS, QUEENSLAND

Reports an increase of membership and good attendance at club nights. The club hosted two evenings "The U.S. Masters One Hour Swim" and the 1500 night. Both nights were successful with Everton Park joining in the swim and enjoying a B.B.Q. afterwards.

HILLS, N.S.W.

Have made Galston their year round home and swim every Tuesday night at 7.30. Recently instituted a training programme with special instruction to beginners. The Hills want to congratulate Alan Gregson and Tenno Kooburg on their great swims in the U.S. Masters 1 hour swim. Members from the Hills continue to support AUSSI activities on both State and National levels.

HUNTER, N.S.W.

Report good attendances and keen interest in the aerobics programme. In April, Hunter Club held a swimathon in conjunction with NBN 3's telethon to raise money for the International Year of the Child. Not only did they raise \$400, but members also achieved their 1500, 3000 and 5000 metre awards. At the same time they conducted an experiment with a pneumoscene, measuring the breath out of the lungs in one second. Secretary, Fay Brown, writes that a further reading with the pneumoscene will be taken after members have progressed further into their aerobics programme. Interesting!!!



"Hunters Handsome Hulks" (l. to r.), BOB FORD, BOB LAWSON, JOHN HAWTHORNE, JOHN BROWN.

INGLEWOOD, W.A.

Another new W.A. club which was inaugurated on November 28th, 1978. The club colours are red and white and they swim at Inglewood Pool on Tuesday, 6.30 p.m. to 7.30 p.m. and Fridays 12 noon to 1.00 p.m. The club has hosted a successful carnival and 14 members took part in the W.A. State Championships with 3 members topping AUSSI top ten times.

LANE COVE, N.S.W.

No report received, however, they have a strong group. 21 of their members took part in the 1 hour swim, with Harry Turner providing what must be a record—1 hour of butterfly.

LAUNCESTON, TASMANIA

No report received. Hear they are getting it together, 30 members last count. We would love to hear from you—HINT HINT.

LEURA, N.S.W.

No report received.

MANLY, N.S.W.

No report received. This club is an enigma, you don't see or hear from them all year round, then comes the Nationals and they appear with a bevy of "stars"—don't be such a dark horse Manly, we'd like to see you more often.

MELVILLE, W.A.

W.A. State Champions, the club to beat say other W.A. clubs. Seven members made the long trip to Sydney for the '79 Nationals and 5 onwards to the U.S.A. Good swims were recorded by a number

of these folk, especially Maime Bishop (71). As a memento of their trip, these folk have donated a beautiful trophy to the National Committee. This trophy will be known as the Melville Perpetual Trophy, and at each Nationals will be competed for by the mixed relay teams in the 55 and over age group. Thanks Melville.

NAROOMA, N.S.W.

No report received. Believe they are in recess for the winter. Hosted a carnival earlier this year. Mr. President and Madame Treasurer said it was a good weekend. Think they should confer the title of "roving ambassador" on Beryl Grace.

NELSONS BAY, N.S.W.

The Secretary, Roma Hines, reports that a small group of very dedicated aerobic conscience members are supplementing their winter training with jogging and cycling. This club is very fortunate in having a top coach and physical fitness director in Jean Nairn and Jean believes 30 aerobic points is just basic fitness and those competing at State and National level should be on 100 points. PHEW!!

NORTH LODGE, VICTORIA

No report received. This club sent a team of 30 to the '79 Nationals and took off the Founders Trophy for the second year running. Perhaps they are so busy training for the "hat trick" in Adelaide that they forgot to write?

OAKEY, QUEENSLAND

David Haynes continues to race himself, managed to accompany himself to the Nationals—keep up the good work, David. One man/woman clubs are the basis for any organisation.

OSBORNE PARK, W.A.

Began on November 1st, 1978, and in December that year hosted a carnival. Not bad going and President, Ralph McManis, reports that they are mostly "young things" (under 40) and need a few MATURE members to help in the inter-club point score. Already 13 members have achieved the 1500, 3000 and 5000 awards and took part in the U.S. Masters One Hour Swim.

PORT MACQUARIE, N.S.W.

Another of our one man clubs who keeps up a regular correspondence with the National Secretary. Don't know what's wrong with me?

PUCKAPUNYAL, VICTORIA

This one woman club does keep in touch with the National Secretary with many good suggestions. Has a 100% attendance at club nights and the '79 Nationals, but doesn't ever meet socially with herself.

ST. GEORGE, N.S.W.

No report received. This club is the biggest city club, and the club tipped "most likely" at the State and National Championships. They are very enthusiastic about their swimming, training two nights a week, with President, Frank Sykes, organising a variety of guest speakers to motivate their fitness programme.

SOMERSET, W.A.

A brand new W.A. club which began on January 21st, 1979. President, Roy Roberts, reports members are keen, enjoy visiting other clubs for a swim and took part in the W.A. State Championships with a measure of success.

SOUTH HEDLAND, W.A.

No report received, but news received via Burma. We enjoyed having Dr. Tin Maung as our guest at the Nationals, thanks for sending him. We know you're a long way away, but is Australia Post that bad??

TAMWORTH WORKIES, N.S.W.

Probably one of N.S.W.'s most popular clubs, while maintaining they have the best complex in all of Oz, will still go anywhere for a swim. They say they were rather pleased when Capt'n Peg was elected to the N.S.W. Presidency, and of the record swims by some of their members. Good attendances at club nights, lots of interest in the distance swims, especially the U.S. Masters One Hour Swim, with President Peg travelling to Sydney to lead off the Great Lakes Challenge. A swim-a-thon by Workies' members for the Society of Crippled Children raised \$2,740. Who said swimming doesn't pay?

TOUKLEY, N.S.W.

A brand new club which started on the 22nd May, 1979, with 31 members. Well, if that's the beginning, what a terrific future this club has. Look out Ettalong, someone's moved next door.

TOWNSVILLE, QUEENSLAND

No report received. This club was formed in May, 1979. We hear they are eagerly awaiting the opening of their new pool and complex which they say will be the best equipped in all Australia.



Cronulla/Sutherland "at Home".

WHYALLA, S.A.

No report received.

Thank you to those 19 clubs who forwarded reports. Fortunately for the other 16, there has been some contact. For the other 5, sorry, but next time write. These reports give us some idea of how our organisation is progressing, and here in the magazine is a form of communication between clubs.

-Editor

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PEOPLE IN AUSSI

As this organisation grows and clubs begin all over Australia, keeping in touch, exchanging ideas, will be AUSSI's life blood. However, it's not always possible to meet those people whose names are often mentioned or those who are just tucked away doing their bit for AUSSI. This feature endeavours to bring a profile of these folk to everyone.

—Editor

AUSSI'S OLD BOY

by Jack Brownjohn

George Ernest Brownjohn (alias Barney). One of 10 children. Born 7th December (before Pearl Harbour) 1892, at Newstead Station near Inverell, N.S.W.

Barney started his swim career around the age of 7 in the McIntyre River. His first attempts were diving off one bank and swimming underwater to the other.

In 1910, Barney moved to Brisbane where, at 17, he had his first competitive swim, a 100 yard handicap, with the Toowong swim Club. He swam one minute 10 seconds. An excellent time for those days.

Whilst in Brisbane he also had the pleasure of meeting Fanny Durack and Myner Wiley, gold and silver medallist at the 1910 Olympics.

In 1914 at 21 Barney arrived in Sydney. Obtained employment with the N.S.W. Tramways and commenced swimming with the Tramways Swimming Association. At his first meet he won the 50 yard handicap and was disqualified in the 100 yard.

Barney joined the Army in August, 1915, and was shipped overseas March the following year, first to Egypt then to France where, with a friend, he swam off the coast catching waves whipped up by a storm, much to the horror of the locals who expected them to drown.

December, 1919, saw Barney return to Sydney. Once again taking up employment with the Tramways, joining their swim group and making their N.S.W. State team against Queensland and Victoria.

Things were pretty quiet swimming-wise till the mid-1930's when Barney at 43 decided to take up water polo. He played for the Tramways' N.S.W. side in 1935, 1936 and 1937 and for Rushcutters Bay A.S.C. from 1935 to 1942, playing one international game against Noumea in 1936.

The A.I.F. Swimming Association held their inaugural meeting in 1936. Barney attended as a delegate representing the Tramways, a position he has held ever since for one club or another.

Barney has never missed an A.I.F. annual meeting or an annual swimming championship since their inception 43 years ago, his biggest moment being in 1973 when he won his first ever championship in open company, the A.I.F. over 80 years of age sprint.

Barney can't help himself when it comes to swimming. Where there is a swimming group Barney's in it. For instance, not only does he compete in the



BARNEY BROWNJOHN
(Father)

JACK BROWNJOHN
(Son)

Transport (ex Tramways) and the A.I.F. Swimming Associations but also the N.S.W. Union of Old Swimmers, the Australian Winter Swimming Association and now he is the oldest competitor in AUSSI.

The enthusiasm Barney exudes, even at 86, leaves me with the impression he is just beginning.

Other attributes of Barney's: played every code of football in Australia; captained the Queensland Colts Rugby League Football Team at 18; life member Bronte Splashers Winter Swim Club and Waverley Tramways Swim Club. Commencing at 70, won 7 Senior Citizens Annual Old Time Dance Championships in a row at Sydney Town Hall, each time with a different partner.

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WOZZY'S GIRL FRIDAY

by Carol Davis

(details supplied by Sandra Goodall)

In April, 1976, WOZZY was born. For those not familiar with "Strine", Wozzy is the W.A. AUSSI—a club at Carine fostered and reared the infant until October, 1978, when a State Committee was formally elected. The new State Secretary was none other than the Carine Club's tentative State Secretary, Glenys McDonald.

Glenys is a former Victorian and a successful ballerina. Swimming or sports of any kind were not part of her developing years as all her interests and energy were taken up in dancing, then becoming a ballet teacher. Like many of AUSSI's members, Glenys didn't take up swimming till later years. When she began, 25m was a long way. Now, however, her foremost aim is achieving her 800m award. Encouraged by club members, her freestyle and back-stroke times are improving with every swim.

Like other AUSSI committee people, being Secretary is a time consuming "hobby" for Glenys who is wife, mother of three and a part-time nurse. Despite being such a busy lady, Glenys does a great job in W.A. recruiting members, especially when nursing—she's been known to counsel membership to expectant mums minutes before they have their babies (no wonder the membership is growing so fast over there). Last time Glenys had an unexpected ally, the new baby's granny was a staunch member of North Lodge Victorian Club, over in W.A. to welcome the new grandchild.

I leave the last words to Sandra Goodall, the present Secretary of Carine, who says everyone in W.A. AUSSI appreciate Glenys' sterling efforts.



by Don Williams

THE WORKIES WORKER

by Barbara Newby

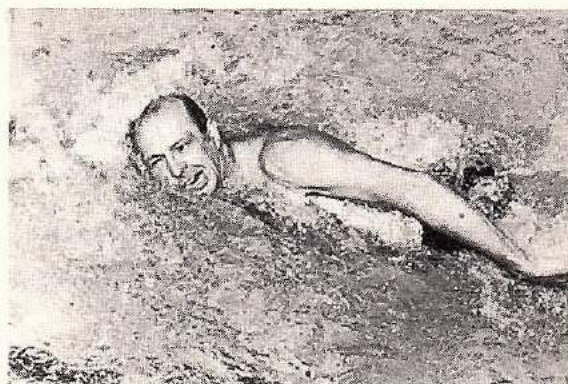
Jim Williams of Tamworth Workies' Club would have to be one of the fittest swimmers in all of AUSSI.

Training twice a day, six days a week, winter and summer, forever perfecting stroke-work and training schedules and techniques, Jim as a stickler for perfection in his chosen sport.

Proof that this regimen has paid dividends was Jim's performance at the Nationals . . . age champion, with wins and a third from as many starts, three of them records, and an electrifying final leg in the 35+ mixed relay which neither Tamworth nor North Lodge is likely to forget.

Jim was born in Tamworth on 30.1.32, the youngest of five children. His father died when Jim was only three, and it is a credit to Mrs. Williams Snr. that all her children were given every opportunity to develop their sporting abilities.

The Williams boys began their association with the Tamworth A.S. & L.S. Club in the early forties. Jim joined the Saturday morning juniors in 1942,

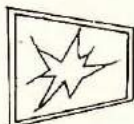


JIM WILLIAMS, (Tamworth Workies).

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then became a member of the Adult Club during the 1945-46 season, travelling to Young for the Country Championships in 1946.

Jim's association with the Club continues to the present day, with the exception of 1956-58, during which time he was overseas. While in England he was a member of the local swimming club (naturally), and acquired his taste for indoor pools.

He nearly ruined his future when he went for an ill-timed swim in the English Channel in May, but returned intact to marry Jean in April, 1960, and to expand the family to include three fine sons, all of whom have also been active members of the swimming club.

It was about this time, too, that the Williams pate began to "go-Kojak"—the result (his family assures me) of his lifelong habit of standing under scalding hot, half-hour-long showers!

His association with the Tamworth Amateur Swimming Club was as Men's Captain until 1958, after which he coached until 1973. He is a holder of the timekeeper, judge, check-starter, starter, recorder and costume steward badges, and is one exam short of his referee's badge.

He has taught "learn-to-swim" classes on Saturday mornings since 1958—21 years of non-stop service to the youngsters of Tamworth.

Water Polo got underway in 1961, and, of course Jim was among the pioneers, as player, captain-coach and today still as a player and coach of junior teams.

Out of the water (is he ever??) Jim had been an outstanding A-grade hockey player until 1975, when an injured knee turned him back to serious swimming. Canoeing and surf-skiing, a passion for motor bikes, racing circuits, a founder of the local go-karting club and its president in its formative years—racing in any form is obviously in his blood!

In 1975, he joined a small band of enthusiasts and began our own Workies Aussi Club. He has been the corner-stone of its success—as secretary and scribe, an inspiration to us all and genuinely number one Mr. Nice Guy.

The City of Tamworth awarded Jim its highest accolade when in 1976 he was voted Sportsman of the Year.

The Tamworth Amateur Swimming Club honoured Jim and Jean with Life Membership in November, 1978.

We of Workies Aussi award Jim our gratitude, our admiration and our affection and friendship in perpetuity.

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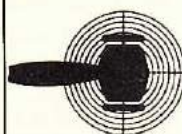
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IS THERE A DOCTOR IN THE POOL?

by Bill Robinson

Behind the cover of David Gerrard's pleasant, easy to get along with and jovial nature is an extremely determined, goal oriented and dedicated competitor.

Dave's swimming story began in Auckland, New Zealand, as a chubby 12-13 year old when he walked into the Mt. Eden Swimming Pool and asked the then coach at the Centre, Morrie Doidge, if he could try out for his squad. Doidge duly tested the young enthusiastic Gerrard and found that he had not a lot of talent as a freestyler, backstroker and especially breaststroke, which he almost went backwards in, but thought that he could probably do something with his butterfly.

This was in the late 1950's and it wasn't long before Dave displayed his greatest asset, his dedication and determination to succeed. Dave trained tirelessly, according to Doidge, and it wasn't long before swimming followers were beginning to sit up and take notice as Gerrard began to break N.Z. Junior Records in his specialist butterfly stroke.

Dave's first major success came in 1960 when he won the 220 yards butterfly at the N.Z. Championships. This was a title that Gerrard was to win an amazing 10 years in a row spreading from 1960 to 1969. Gerrard also won the 110 yards butterfly several times but this was not his favoured event.

In 1962, Dave swam for N.Z. in the Commonwealth Games in Perth and although not winning any individual medals, gained valuable international experience. The next big moment in the Gerrard story was his gaining selection for the 1964 Tokyo Olympic Games. The New Zealand A.S.A. had set very tough qualifying times for its team for the Tokyo Olympiad. Dave made many qualifying attempts to try to secure a spot in the team. In their wisdom the N.Z. selectors decided to send Dave who made it through to the semis for the 200 butterfly in a time of around 2.15.0 and only narrowly missed the final.

This was the encouragement needed for Dave who was looming as a definite gold medal prospect for the Commonwealth Games in 1966 to be held in Jamaica.

By this time Dave was in his second year as a physiotherapist and had adopted Dunedin as his base during the year and back to Auckland for training during the summer vacation months to train with coach Doidge.

Doidge's very tough, no nonsense approach to training was building a very strong group in Auckland and Dave seemed to thrive in this environment.

1966 was to be a big year for the tough Gerrard and the hard work paid off when Dave won the Commonwealth gold medals for the 200 butterfly in the record time of 2.12.8. This was one of the closest races in recent Commonwealth Games swimming with Australian Brett Hill leading Gerrard for most of the race but Dave, now renowned in swim-



DAVID GERRARD

ing circles for his incredible strength and tenacity, unfinished Hill to take the gold.

Dave continued on swimming at N.Z. National level but was beginning to become more involved in his own very successful physiotherapy practice in Auckland specialising in sports injuries.

Physiotherapy was beginning to frustrate Dave as he wanted to know more about the workings of the body and so decided he would sell his physiotherapy practice and move his wife Barbara and son Brett (named after Brett Hill) back to Dunedin where he would begin a Bachelor of Science degree in order to gain entry to Medical School.

David, displaying the same dedication to his studies as he had in his swimming, eventually graduated as a Doctor of Medicine in 1977.

As a measure of the sort of respect Dave is held in N.Z. swimming circles, Dave was selected as Manager of the very successful N.Z. Commonwealth Games swimming team in 1974.

Dave is now a doctor in Launceston, Tasmania, and it is definitely New Zealand's loss and Australia's gain.

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LAUREY

by Carol Davis

(with details supplied by Patti Morris)

"Mens sana in corpore sano" is what Adelaide Masters clubmates say when describing Laurey Potter.

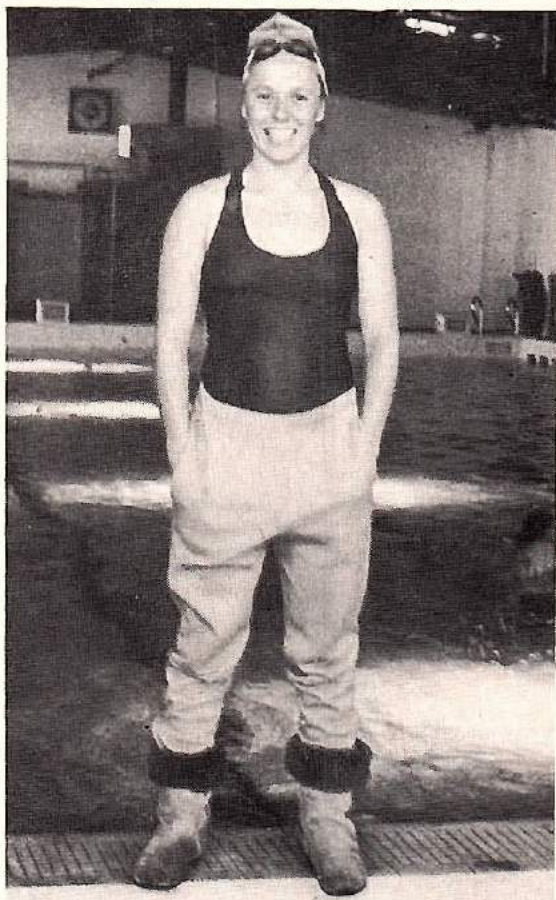
A popular club-woman, Laurey has served as Vice-President of A.M. and she, husband David and their three young children are all enthusiastic swimmers.

Laurey's day begins most mornings with a pre-dawn swim of one to two miles, then its home for breakfast. After seeing David off to work and the children to school, she bakes the family's bread, tends her garden, then its practice time at the "baby grande" as Laurey is also an accomplished classical pianist.

A second love to swimming is hockey, which Laurey plays competitively. However, it's swimming where she has won her greatest rewards, top scorer in her age group at the Melbourne Nationals, and a silver medalist this year in Sydney with even better times than last year. Plus a record swim in the 400m f/s of 5.36.29.

Also squeezed into Laurey's busy schedule is study, as she is completing her Science Degree at Adelaide University, her speciality Genetics. (Rumour unconfirmed as yet, has it that she's discovered a secret to increase her speed and lower those times.)

Laurey does have an Achille's heel, a great fondness for good old Aussie liquid gold (beer). However, she's abstaining at present because it does horrible things to her weight. Clubmates say despite her talents she is most unassuming and often makes them laugh at the odd "get-up" she wears around the pool. (Laurey obligingly posed for the above picture, but nobody told her it was for the National Magazine.)



LAUREY POTTER ►

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QUEENSLAND'S MR. PRESIDENT

by Carol Davis

(details mostly supplied by Bernie Shapland)

When AUSSI in Queensland really got off the ground and a State executive was elected, it was no surprise to find Chris Shapland as its president. Chris has been involved in swimming from a very early age, as a 9 year old he was a medalist in breaststroke in the Queensland championships. Chris then decided to concentrate on freestyle and as an under 14 years swimmer made Queensland swimming history by being the first 13 year old to break 5 minutes for 400 metres, a feat only equalled by other swimming greats Russell Pheagan and Jon Konrads.

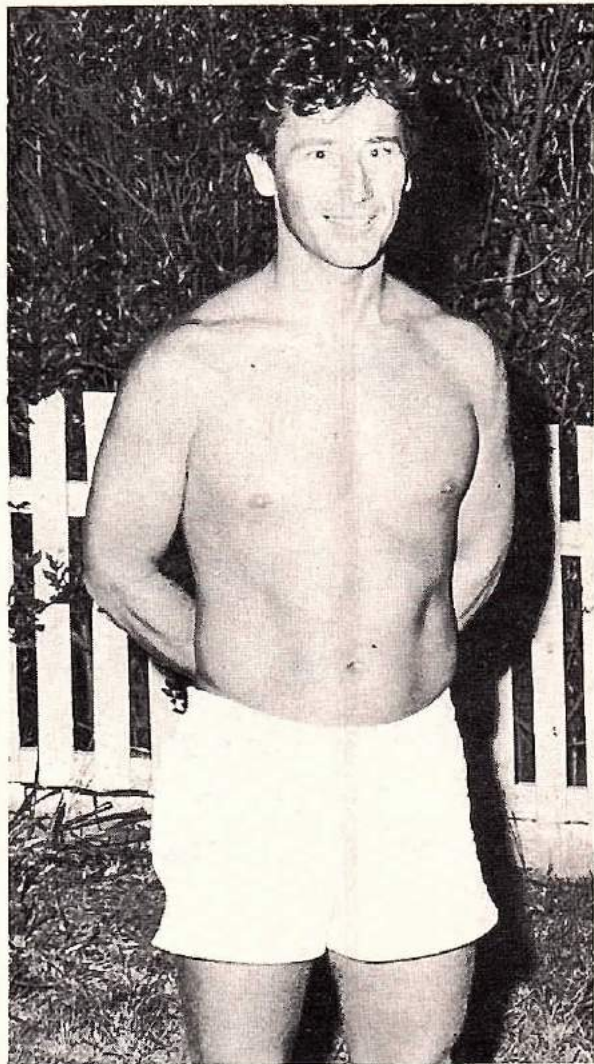
Chris continued to be a gold medalist in his age groups until he reached the senior ranks, where once again he changed directions to concentrate on medley events. He held the Australian record for the 200 metres individual medley set at the Queensland titles. However, one week later, a New South Welshman took the record at the N.S.W. titles.

During his quest for amateur titles and records, Chris was coached by his dad Bernie. It says much for their relationship that they now work together coaching young Queensland hopefuls. Mr. Shapland Snr. says Chris has one of those rare talents that allows him to impart his knowledge to these youngsters, and therefore bring out the best in them. (Praise indeed from one's former mentor.)

Like many top swimmers, Chris has a natural athletic ability. Swimming isn't his only love, he played rugby with St. Mary's College, Toowoomba and was in the second row of their premiership firsts, he is also good at squash. Perhaps the sport that appeals most to Chris after swimming is skiing. He has described the feeling of whizzing down the slopes as second to none. Typically, Chris always gives to the sport from which he receives, so it was no surprise to learn that he served in the Red Cross Ski Patrol at Thredbo.

In 1978, Chris was the only Queenslander to attend the National Titles in Melbourne. He, along with Tony Strahan and Robert Patterson, provided one of the highlights when all three touched virtually together in the 100 metres freestyle all under the minute. At that time, Chris withstood a lot of teasing about being "the Queensland TEAM". However, he was already excited with the concept of AUSSI and its aims and felt there was a future for the organisation in Queensland. He departed promising to return to Sydney in '79 with a Queensland team. He did just that and the results show just how well they acquitted themselves.

Perhaps the best yardstick used in measuring a champion is his sportsmanship. Chris is a champion, but he recognises effort by others and, I know, won a few fast friends amongst the battlers by going up to them and congratulating them on THEIR efforts.



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WE DID IT

by Barbara Wilson

One of the finest team efforts one can envisage was the six hour marathon relay record attempt held at the Nunawading Pool on Sunday, 25th March, 1979. Our team members were: Debi Cruickshank 26, Chris Ellis 34, Alwyn Barrett 36, Jean Jordan 31, Barbara Wilson 45, Shirley Howard 47, Tim Hughes 25, Ken Wallis 30, John Robertson 42, Danny Smith 42, Peter Willis 38 and Noel Blake 39. Average age 36.

Starting time was set at 8.00 a.m. The above 12 swimmers had agreed to have a go at the record of 26.1 km set by the Tamworth Club, N.S.W., in 1978. None of the 12 knew what they were letting themselves in for. Ken's opening words on arrival were, "Sunday morning was meant for a sleep-in—what are we doing here?" as he threw down his bag.

Derrick gave us all an average figure to aim for and kept a mammoth sheet of figures with all the actual times compared with the average times. We got a red figure in the difference column if we went over our average time. Due to this, the support of other members and well wishers, our fanatical desire not to let the side down, to give our best to the end, to make the record as hard as possible for anyone else to break—it proved to be a wonderful combined experience for us all.

We broke the record—smashed it, in fact, swimming exactly 47 laps each, total 564 laps or 28.2 km in the six hours from 8.15 a.m. to 2.15 p.m. (42 laps better than the record). Bill Tilley and his daughter kept on the ball timing each swimmer for each lap. Derrick kept his figures up to date despite many interruptions. Bob McCabe checked times with us, opened the Sustagen, timed when needed, kept the lane clear of swimmers and was a great supporter. Several other members came to give us support and to all these, including Derrick and Colin, we were most grateful because it helped to keep us going.

Some ondits during the attempt.

1st hour—Ken starts at the deep end. It has begun. 101 laps—all doing well feeling fine, spirits high, 13

laps ahead of average.

2nd hour—settling into steady lap rate, much checking of times against average, eye troubles, practice diving with goggles, changeovers improve. 97½ laps covered in the hour. Still well in front.

3rd hour—a little harder, Sustagen sips at each end, use of banana lounges, lovely in the sun, very wet towels. 93½ laps for the hour, well ahead, half way, a few red marks. Debi looked good sitting in bathers and water polo hat doing her knitting. Trouble with goggles.

4th hour—the big test. Can we keep going? Comment made "what maniac thought this up?". 6-7 minutes rest seemed short, the coffee was fine, also nibbled was chocolate, jelly beans, glucose tablets. 91½ laps this time—well ahead still.

5th hour—getting harder towards the last 10 metres. The banana lounges were heaven and always full. No thought of giving up. Some of us in the red at times but not behind overall, 91 laps, very steady.

6th hour—1 hour to go. Record in sight, arms getting heavier, hard to get out of pool at end. Only about 8 laps each to go, we can do it. The record falls at 1.50 p.m. We are all thrilled, fatigue falls away. How much further can we go? Shirley does the last lap, photos, elation, achievement, a magnificent team effort. Last hour 89½ laps covered. What an experience, collection of wet towels and blankets, lovely hot shower, then acceptance of Bill Tilley's wonderful offer of a drink and barbecue at his home which enabled us all to relax, talk and feel proud of ourselves.

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"Aussi", these characters called themselves, and they had this crazy slogan—"Fitness and Fun"—which goes without sayin' around here. Not a Norm or wowsler to be seen!

Well, we "fitted-and-funned" like crazy on the home front, then some geyser got all enthusiastic and carted us off to Nelson's Bay back in early '76. Seems to me we ain't stopped since—doesn't matter where it is, we'll be there for the carnival.

Now, not to mention any names, but you take the Manly mob—they won't even cross the Sydney Harbour Bridge without getting a concession fare from Freddie Laker. The only place they ever showed up to, really, was Harbord, and even then half of them was sufferin' from jet lag.

Your spoilt city-slickers could learn a lot from us hicks up here in the glorious north-west. We gotta travel, so we love it—we revel in it.

Nothin' is too much for us . . . shattered wind-screens, busted doors hangin' askew at the hinges, broken axles, crazy bone-shakin' detours—our brains blown out by 400 km straight of "Grease" or Roger Whittaker or whatever tape someone managed to remember to bring.

Even when we take to the air we can't fly in straight lines—Canberra via Orange and Cudal, two planes, two pilots. Trips to Melbourne via Albury and Avis cars—we do 'em all!

Rumours that a camel safari will be setting out from Cap'n Peg's at the stroke of midnight, New Year's Eve for . . . you guessed it, the Nationals at Adelaide in 1980 . . . are entirely based on fact. Burke and Wills move over, here comes Tamworth Workies!

And, after all, what other club has its own exclusive beach club on Sydney's Northern Shore—not that Manly ever gets there, it would mean a 10 mile drive now, wouldn't it? But all our mates from



the Hills, Hunter, Canberry and Cronulla come along in droves—just knock three times and whisper LOUD that you're from Tamworth and yer in, mate.

There are healthy signs that the Tamworth spirit and joi-de-vivre (that's Froggy for love of life yer twit—we got culture as well as geetars up here, y'kno) are spreading. Canberra and Hunter are part of the gypsy band and even some of the Big Smokies are putting their little toesies out into Frontier-land in increasing numbers (just look how many of the Manly mob got to North Sydney in April!).

I would write more for yez, my dear readers, but I hafta save me surplus foolscap for camel fodder.

See yez in Adelaide—yahoo! and yode-odde-de-o!

Yours,

—Bo'weavil Nooby—

of Grand Ol' Opry, Tamworth.

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SOME FUNNY (??) STORIES

CLUB NUISANCE AWARD

Bob Ford from Hunter who continues to lark about on club nights, turning out lights and hosing down the swimmers as they mount the blocks—boys will be boys!!!

DRIVER OF THE YEAR

To the fellow booked on the Sydney Harbour Bridge going South (??) to Tamworth.

AUSSI HELLS ANGELS AWARD

To Kojack Williams naturally—A BIKE—A BIKE, MY KINGDOM FOR A BIKE!!

The Wozzies are a tough breed, two Carine stalwarts are still doing their 6 a.m. constitutional in an open unheated pool. The temp.? a mere 9 degrees. Perhaps that's why one is known as "the iron duck".

Some N.S.W. Aussie members are to be congratulated on their efforts to stimulate government business. Chief beneficiaries are Telecom, the PMG and the Secretary, N.S.W. Police Department.

Suggested extra gear for future Canberra swims held during mid-winter, foghorn and lights. That's just for finding your way to the blocks. If swimming is intended, radar equipment would be of great assistance.

Hear tell Melville are having a fund raising drive for extensions to President Fred Johnson's house. Apparently he is running out of room for all those trophies the club keeps winning.

There was a reported cooling of relations between the National Secretary and the National Publicity Officer at the Cronulla Carnival after some twit locked them in the "cold room" for 10 minutes.

*A young fellow who
comes from the Saints,
Claims this is just
what he ain't.
I can tell you why,
his claim isn't a lie—
But propriety demands
that I can't.*

What National Committee person broke all speed records in haste to get home after overstayng at President Peg's party?? My lips are sealed but friends now refer to him as "The Yellow Streak".

Carine's President, John Canning, turned up for a 7 a.m. weekend swim after a bucks party with his head heavily bandaged. The reply to anxious inquiries was that the bandage was to hold his head on.

Cut to the core was the Canberra coach when Ettalong's Secretary inferred that the National City's Adult Swimmers didn't see the water all that often—"Hasn't he heard of our Inland Sea" (Lake Burleigh Griffin readers) "besides we use our initiative, Pres. Ern has his sewers and drains and fireman John NEVER misses an opportunity.

The N.S.W. AUSSI swimmers are a forgetful lot—hence all the gear left behind after the State Cup at Ettalong. There were T-shirts, thongs, swimmers, caps, pyjamas pants—pyjamas pants?

Well, we waited to see who would claim the pyjamas. Perhaps we'd never known, except the owner's wife rang to say she thought his excuse so poor (It was so hot love, that I kicked them down to the bottom of the bed) that it deserved to be in the funny pages. Thanks for the info. Audrey.

WHAT WE DO FOR PUBLICITY

Whilst waiting on the corner of Sydney's infamous Palmer Street for her lift to Narrabeen and laden with an oversize scrapbook, a bulging swim bag and afternoon tea making goodies, one of "our ladies" overheard one gent say to another, "I don't believe it! This one even makes afternoon tea".

Those who thought the cream of Australian breaststrokeroes swam in the mens 50m Br/s at the Nationals are sadly misled. Cron/Suth's David Cooke recorded 30.38 on 1.2.79. Dave a 38 sec. 50m freestyler feels 30 seconds may have been lost somewhere?

SHORT CUT??

Ron Spink, being a native of those parts, knows all the short cuts out the back of Cessnock. His short cut proved to be a "bum steer" and the time saved to be a joke—AND it did dreadful things to Pres. Peg's turn, too, hence—

The Millfield Meander

(with apologies to C.J. Dennis)

"I wanna see Burning Mountain!" she said,
 "I wanna take in ALL the sights!"
 "This is your President speaking," she said,
 "And I'm gunna assert all my rights!"

—Dinky Spinky speaks up from the back of the van,
 "Hey Jim! There's this kinky detour,
 "We'll go for Broke—it's a great little road,
 "And we'll save an hour for sure!"

It was kinky all right, and gravelly too,
 And hilly, and narrow, and curvy—
 Madame President's tour began to turn sour,
 And her tummy was quite topsy turvey.

"Forget about Burning Mountain!" she groaned,
 "I'll make do with a Millfield Meander.
 "Just gimme a bag and a breath of fresh air,
 "And I'll walk over this hill for a gander!"

Did you hear about the North Lodge swimmer who thought the entertainment around Sydney poor, so to brighten up the local scene did the Foggy City's version of the dance of the seven veils. Unfortunately, he hasn't been booked for a reappearance, the restaurateur can't afford the paper serviettes.

I WANT TO BE ALONE

Was the cry from a certain Adelaide Masters gent when asked "if he had the time" during a late night stroll up the Cross. He raced back to the rarefied Adelaide air without sampling the delights of bawdy old Sydney Town so HE says—and you know politicians never lie.

Most folk lose their shirts on Sydney's pokies, but not North Lodge's Peter Willis. He won a bundle and lost his trousers—the explanation defies believability.

The visitors from the Foggy City unused to ferry travel (I mean you can see anything larger than an outboard on the River Yarra) found the complexities of the token system a little difficult to understand. We can just imagine the feelings of the Southern visitors when their leader ushered them through the gates, only to have 50 Sydney-siders also grab the opportunity for a free ride (perhaps it's just as well the Eastern Suburbs Railway wasn't open then).

WE ALWAYS KNEW HE HAD STAR QUALITY

Well, I never saw Pete look so pretty as when being prepared for his tele. interview—"A little bronze tan colour?" says the make-up girl. "Not much chance to catch the sun this season" says Pete. But talk about squawk when he was dusted down with the powder puff—"But Mr. Jackson", protested the lass, "We've got to cut down on the SHINE!"

Who was the best-dressed gal in Tamworth—a little put out at her friend's rather casual dress. Oops Carol, it's a radio, not television interview.

Many Carine members came awash at a champagne breakfast held for club members. State secretary Glenys still can't understand why there were so many enquiries about her health the next day.

Gems from Secretary's Mailbag: That fellow who wrote to say he gets his "fun" earning points for his club—boy! fella you belong to the wrong club.

Talk about the highs National Committee Meetings reach—Conversation between the Vice-Pres. and the National Secretary, "Don't your lot ever get up to any hanky panky?" "Us?" exclaimed the Vice-Pres. "You forget we're all SAINTS!" Urk!

Rumour has it that the National Publicity Officer is a little sensitive these days about the subject of age. It seems she was recently introduced thus... "The National Publicity Officer of AUSSI and when you see her you must agree for folk past their prime they are still very fit and active..."

Is there something her best friends aren't telling her?

Life! Be In it?? Reaction to Nat. Sec. being held up by an armed bandit at his Bexley AUSSI headquarters—oh, sorry, pharmacy, was somewhat mixed. Most were sympathetic, but some thought Secretary should have been more heroic—nonsense! We love him as he is, alive...?

However, Secretary reports his love of speed severely tested when driven by Highway Patrol to Sydney C.I.B. at speeds up to 140 k.p.h.

By the way, members are requested not to show Secretary family snaps. After his sojourn at the C.I.B. he has seen enough "mug shots" to last a life-time.

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PICTORIAL ROUND UP or What the Cameraman Saw



The Canberra mob with "what's her name" raspserrring the cameraman.



Sister Eunice "preaching the Creed?" (EUNICE WALSHAM, Assistant Secretary, N.S.W. State Committee).



We are not amused! Tamworth's PEG WILSON and Melville's FRED JOHNSON are enjoying the yarn by Carine's ROD MILLER, but Tamworth's JIM WILLIAMS just doesn't get the point.



"That was the meeting that was". PETE'S on his feet, MARY'S on her knees, but I wouldn't count on GARY or CAROL'S vote.

AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL

RULES

17th June, 1979

1. These Rules are binding on all State Branches and all clubs. They may be added to, but cannot be altered without the consent of the National Committee.

2. ELIGIBILITY

(a) Membership of the Australian Union of Senior Swimmers International (A.U.S.S.I.) is gained by joining a club which is affiliated with a State Branch of A.U.S.S.I. and being registered with the State Branch by that club.

(b) Membership is open to all persons 25 years or older.

(c) Swimmers who are registered with A.U.S.S.I. may participate in non-A.U.S.S.I. competitions without endangering their A.U.S.S.I. registration.

(d) Swimmers who are not registered with A.U.S.S.I. or another country's Masters Swimming Body may participate by invitation in A.U.S.S.I. competitions, however, their results will not be included in Top Ten Lists or point-score competitions.

3. REGISTRATION

(a) It is the duty of affiliated clubs to submit member registrations to their State Branch when called for.

(b) State Branches are required to forward copies of all registrations received with stipulated fees to National Secretary when called for.

4. AFFILIATION & FEES

(a) Clubs must affiliate with their State Branch of A.U.S.S.I. (A.C.T. Clubs with N.S.W. Branch and Northern Territory Clubs with South Australian Branch).

(b) State Branches must affiliate with A.U.S.S.I.

(c) Fees as determined must be paid when requested.

(d) Non-financial clubs and State Branches shall be suspended until fees as due are paid.

5. CLUBS

(a) Clubs shall include in their constitution a clause which states, "The first objective of the club is to promote fitness by way of the A.U.S.S.I. Fitness Program."

(b) Clubs shall appoint a Fitness Director (or Coach) who shall supervise the Fitness Program.

(c) Clubs may affiliate with associations other than A.U.S.S.I. and may participate in non-

A.U.S.S.I. competitions.

(d) Clubs may conduct whatever other activities they wish, but they are pledged to making the Fitness Program their principal activity.

(e) Whilst participating in A.U.S.S.I. activities, clubs shall abide by these rules of A.U.S.S.I.

(f) Any club which swims a non-registered person to gain points for the club in an A.U.S.S.I. inter-club pointscore, shall forfeit all points scored in that particular pointscore competition.

(g) Each year, clubs shall forward a concise report of the club's activities during the past twelve months' period, so that the report is received by the National Secretary by the 30th April.

6. MEMBER TRANSFERS

(a) Swimmers are free to transfer from one club to another at the end of the Season (31st December).

(b) Swimmers may transfer from one club to another during the Season (see Rule 8) provided they have the written approval of the Secretary of the club with which they were first registered for the Season, and that this approval is forwarded to the State Branch with the application for registration with the new club.

(c) In the event of disputes, the A.U.S.S.I. State Committee, with which the clubs are affiliated, shall arbitrate. No member of the Committee who is a member of either club involved in the dispute, shall arbitrate in the matter.

7. AGE DETERMINATION & AGE GROUPS for recording and competition

(a) Swimmers age groups shall be determined by their age on the first day of a swim meet. It is possible for a swimmer to be in two age groups during a Season, in which event times recorded before the birthday shall appear in the younger age group, and times recorded after the birthday shall appear in the older age group.

(b) Competition results are separated for men and women and then divided into age groups as follows:

(i) for individuals, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and 85 and over;

(ii) for relay teams, 25 and over, 35 and

over, 45 and over, 55 and over, and 65 and over. The age grouping of a relay team shall be determined by the age of the youngest member.

8. THE SEASON

The Season for the recording of Member Registrations, Top Ten Times and 1500m Awards shall be from the 1st January to the 31st December each calendar year.

9. MEET RULES (swim carnivals are usually referred to as meets).

(a) For times recorded to be accepted for Top Ten recording, meets must be conducted in bath-type pools of 25 metres, 50 metres or 55 yards length. Tidal pools are not accepted.

(b) Wherever possible, swimmers shall be graded from slowest to fastest in each event, regardless of sex or age.

(c) All events to be recorded shall be conducted as scratch start events. As times only are recorded, not placings, there shall be no finals.

(d) Sealed handicap competitions may be conducted in conjunction with selected events. This means the event is scratch started and the swimmer who records the time closest to his nominated time shall win the handicap competition.

(e) Novelty events (see Rule 10 (d)) may be included in meet programs. Results of novelty events shall not be included in pointscore competitions.

(f) Except in backstroke events, swimmers may start from the starting blocks, the pool end, or push off from the pool end-wall, whilst in the water with one hand on the pool end-wall. Backstroke swimmers must start in the water and push off backwards from the pool end-wall.

(g) Amateur Swimming Association (F.I.N.A.) Rules shall apply regarding turns and stroking except that in breaststroke swimming the following shall apply:

(i) the body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface from the beginning of the first arm stroke after the start and on the turn;

(ii) all movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement;

(iii) hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water;

(iv) simultaneous up and down movements of the legs and feet in the vertical plane are not permitted;

(v) at the turn, and upon finishing the event, the touch shall be made with both hands simultaneously at the same level, either at, above or below the water level;

(vi) a part of the head shall always be above the general water level, except that at the start and at each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged.

NOTE: The "somersault" or "tumble turn" is permitted in breaststroke swimming.

CLARIFICATION: A swimmer may take one stroke to assist him in returning promptly to the surface. Either the complete movement of the arms and legs shall be considered as one stroke or kick. From the moment when a swimmer, after the start of turn, begins the second stroke, one part of the head shall always break the surface of the water.

A breaststroke swimmer shall not be disqualified if he submerges below the surface for not more than one stroke for the purpose of returning to his proper lane.

It is permissible for the heels of the feet to break the normal surface of the water, providing that the provisions of Rule 9 (g) are observed.

(vii) If a competitor at the turn or finish when lunging for the wall submerges his head below the normal water level before making contact with the end of the pool he shall be disqualified.

NOTE: Rule 9 (g) is an A.U.S.S.I. rule only and does not apply in International competition. International competitors should read the F.I.N.A. Rule carefully.

(h) Entry fees for swim meets and suppers must be notified when the swim meet is advertised.

(i) It is the obligation of the body conducting a meet to notify all clubs of the meet details.

(j) Swimmers may swim in only one freestyle relay team, one medley relay team and one mixed relay team at a meet.

(j) Clubs may enter as many teams in a relay event as the Meet Director allows.

(l) Clubs shall appoint a Recorder who shall maintain a register of all times recorded in time-trials and carnivals conducted by the club, including those recorded by visitors from other clubs. Swims must be in accordance with Rule 9, parts (a), (c), (f) and (g) and for events listed in Rule 10 (a).

10. EVENTS

(a) A.U.S.S.I. records are to be kept for each of the following events:

Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m

Backstroke: 50m, 100m and 200m

Breaststroke: 50m, 100m and 200m

Butterfly: 50m, 100m and 200m

Individual Medley: 100m (25m pools only), 200m and 400m

Relays: womens 4 x 50m freestyle
womens 4 x 50m medley
mens 4 x 50m freestyle
mens 4 x 50m medley
mixed 4 x 50m freestyle (2 men plus 2 women—any order)

(b) Swim meets shall cater for all styles and include at least one of the above relay events.

(c) Events may be conducted in which swimmers may nominate the style they wish to swim and have recorded, e.g. a 200m could include freestyle, backstroke, breaststroke, butterfly and medley swimmers.

(d) Any event not listed in 10 (a) is to be regarded as a novelty event, e.g. 25m backstroke, mixed medley relay.

11. NATIONAL SWIM MEET

(a) A National Swim Meet shall be conducted each year during Autumn.

(b) The National Secretary shall notify all clubs of the date, venue, events, entry fees and other details of the National Swim no later than the 1st October in the preceeding year.

(c) Clubs shall compete for perpetual trophies as follows:

(i) Founders' Trophy, which is open to all affiliated clubs;

(ii) St. Leonards Travel Trophy, which is restricted to clubs whose regular swim venue is more than 300km from the National Swim venue by the most direct road route. It cannot be won by the winner of the Founders' Trophy;

(iii) Melville Trophy for 55 years and over relay competition;

(iv) Such other trophies as may be approved by National Committee.

(d) Individuals scoring three highest individual points in each five year age group (see Rule 7 (b), (i) shall be awarded a medallion as follows: highest points gold, 2nd silver, 3rd bronze.

(e) Points shall be allocated for the trophies as follows in each age group and for both sexes separately:

(i) individual events: fastest time—4 points, 2nd—3 points, 3rd—2 points, then one point to all who finish, excepting that

swimmers who are disqualified score no points;

(ii) relay events: score double points, that is, 1st—8, 2nd—6, 3rd—4, all others not disqualified—2;

(iii) where equal times are recorded, the points for the placings involved are to be totalled and then divided evenly between the swimmers involved.

(f) A swimmer may compete only for his registered club at a National Swim or other meet, however, where the Meet Director allows composite teams may swim in relay events. Their times shall not be recorded, nor can they be awarded points.

12. TOP TEN LISTS

(a) Club recorders shall forward such information as requested to the National Recorders within fifteen (15) days of receipt of request.

(b) Rule 2 (d) must be observed, that is, swimmers who are not registered members of A.U.S.S.I. shall not be included in Top Ten Lists.

13. NATIONAL 1500m AWARD & 800m AWARD

Two awards have been adopted as a stimulus to strive for greater fitness:

(a) **1500m:** Any registered member of A.U.S.S.I. who swims 1500m (as 60 x 25m, 30 x 50m, or 30 x 55 yds.) in 50 times or less than their best 50m time for the whole season in the same stroke shall be eligible to register for the 1500m award, provided that the stipulated form has been correctly completed and prescribed fee are both forwarded to Awards Registrar.

(b) **800m:** Any registered member of A.U.S.S.I. who records a time for a non-stop 800m on five separate occasions, each time in a different month, and each time less than 29 minutes, may register a claim for the 800m award (note: odd distances such as 880 yds. or 900 yds. are acceptable for this award). Applications must be on the stipulated form and be accompanied by the prescribed fee.

(c) Whilst times recorded in tidal pools are not accepted for Top 10 they will be accepted for the 1500m and 800m awards.

14. ALTERATIONS

These rules may be altered at any time by the National Committee, however, all clubs must be notified in print of any and all changes.

Peter Jackson
National President

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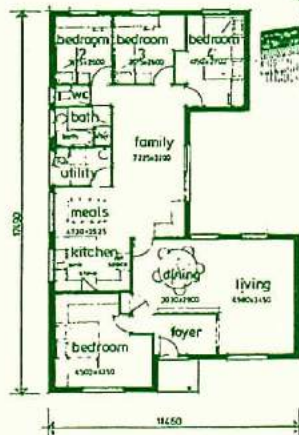
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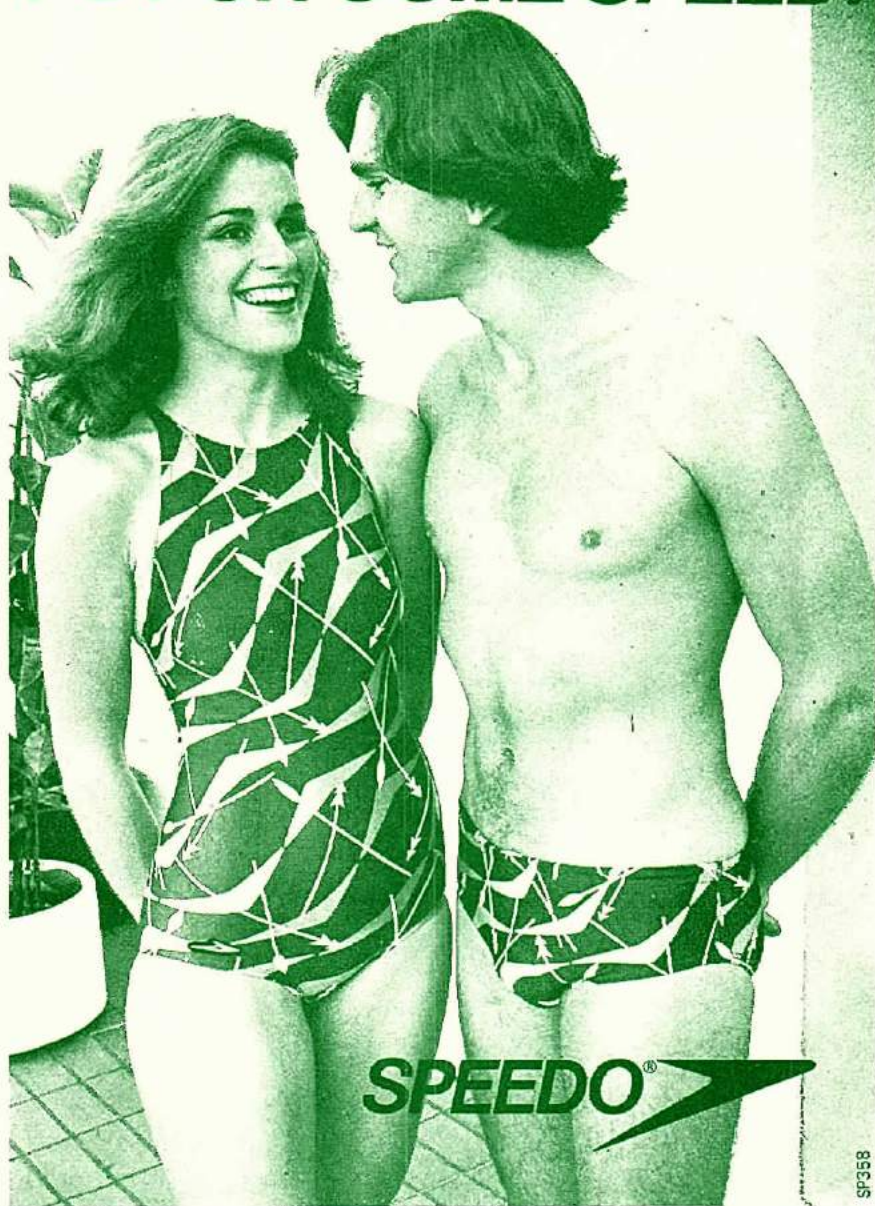
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