

Off the Blocks

1979 TOP 5 WORLD RATED TIMES

By Gary Stutsel

The recently published list of the Top 5 times recorded in 50 metre pools showed that AUSSI women are performing better than AUSSI men.

Twice as well in fact. 40 of the women's times were listed as against 19 of the men's. Unfortunately many

more fine swims were not eligible for listing as most of AUSSI's swim meets are held in indoor 25m pools.

Top rated woman was Gaynor Stark of Canberra Club with first places in the 30 to 34 years 50 metre and 100 metre backstroke events. Gaynor's 100 metres was $3\frac{1}{2}$ seconds faster than the second time in the event.

Also $3\frac{1}{2}$ seconds faster than his closest rival was Tony Strahan of Geelong in the 35-39 400 metre freestyle. Tony ranked second in the 100 freestyle and would have been first in the 200 freestyle but his time was not submitted.

Bess Barrie of Woollahra was the only other swimmer to achieve a number 1. Bess made her mark in the 60 to 64 years 50 metre butterfly.

The best all round performer was Josie Sansom of Adelaide Masters who achieved ratings in 13 of the 16 events in the 50 to 54 years group. Josie's only weak points were the three backstroke events, so with more attention in these she could well achieve ranking in every event!

Barbara Wilson of North Lodge Club was next best in the all rounder stakes with 6 mentions.

The ratings were dominated by U.S. swimmers except in the breaststroke events which were almost monopolised by the Germans. As I stated previously many fine Australian swims were not eligible for listing because they were recorded in 25 metre pools. It is hoped that carnival organisers in this country will endeavour to use the longer pools where they are available.

Copies of the complete World Top 5 can be obtained by sending your name and address and a cheque for \$1 to cover photocopying and postage to AUSSI, 299 Bexley Road, Bexley North, 2207.

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Women's swims to rank in World Top 5 1979

25 to 29 years	Betty Anderson	50m	back	2nd	36.00
	Betty Anderson	100m	back	3rd	1.16.80
	Lyn McKenzie	50m	fly	2nd	31.93
30 to 34 years	Gaynor Stark	50m	free	4th	30.74
	Gaynor Stark	50m	back	1st	36.01
	Gaynor Stark	100m	back	1st	1.18.74
35 to 39 years	Laurie Potter	400m	free	3rd	5.27.00
	Alwyn Barrett	100m	breast	5th	1.32.41
	Barbara Wilson	100m	free	5th	1.20.13
45 to 49 years	Barbara Wilson	200m	free	3rd	2.56.31
	Barbara Wilson	400m	free	3rd	6.08.70
	Barbara Wilson	1500m	free	2nd	24.33.34
50 to 54 years	Barbara Wilson	400m	I/Med	3rd	7.35.30
	Josie Sansom	50m	free	3rd	36.50
	Josie Sansom	100m	free	2nd	1.24.40
	Josie Sansom	200m	free	2nd	3.09.40
	Josie Sansom	400m	free	3rd	6.40.90
	Josie Sansom	1500m	free	2nd	26.04.70
	Josie Sansom	50m	breast	2nd	44.70
	Josie Sansom	100m	breast	2nd	1.40.64
	Josie Sansom	200m	breast	3rd	3.44.20
	Josie Sansom	50m	fly	2nd	41.76
	Josie Sansom	100m	fly	3rd	1.44.62
	Josie Sansom	200m	fly	3rd	3.52.20
	Josie Sansom	200m	I/Med	4th	3.40.70
	Josie Sansom	400m	I/Med	5th	7.49.30
55 to 59 years	Betty Callaghan	50m	breast	2nd	47.60
60 to 64 years	Sheila Moiler	400m	free	4th	8.00.76
	Anita Eifler	100m	breast	3rd	1.59.27
	Bess Barrie	100m	breast	3rd	1.59.27
	Bess Barrie	50m	fly	1st	52.32
	Bess Barrie	200m	I/Med	5th	4.25.53
	Mamie Bishop	50m	free	2nd	48.23
70 to 74 years	Mamie Bishop	100m	free	3rd	2.02.00
	Mamie Bishop	50m	breast	2nd	1.22.46
	Ethel Sergeant	50m	free	3rd	50.49
80 plus years	Ethel Sergeant	50m	back	3rd	1.01.20
	Vera Fernance	50m	free	3rd	1.32.75
	Vera Fernance	50m	back	2nd	1.57.73

Men's swims to rank in World Top 5 1979

25 to 29 years	Gary Steed	400m	free	5th	4.41.48
35 to 39 years	Tony Strahan	100m	free	2nd	59.22
	Tony Strahan	400m	free	1st	4.42.97
	John Koorey	400m	free	3rd	4.51.94
40 to 44 years	Gary Stutsel	50m	breast	4th	35.52
45 to 49 years	Jim Williams	100m	free	2nd	1.03.77
	Jim Williams	200m	I/Med	3rd	2.50.05
	Rod Ross	400m	free	3rd	5.16.67
50 to 54 years	Rod Ross	1500m	free	3rd	21.50.00
	Jack Campbell	50m	back	4th	36.56
55 to 59 years	Bob McCabe	50m	breast	4th	40.52
60 to 64 years	Hal Bailey	100m	free	3rd	1.13.14
	Hal Bailey	400m	free	4th	6.11.12

70 to 74 years	Frank Griffiths	50m	free	2nd	34.36
	Frank Griffiths	100m	free	2nd	1.20.49
	Geoff Ryan	200m	free	2nd	3.15.00
	Geoff Ryan	400m	free	2nd	7.03.00
75 to 79 years	Foster Wilson	100m	free	4th	1.56.69
80 plus years	Barney Brownjohn	100m	back	3rd	3.39.75

CITY MUTUAL-ASU DISTANCE AWARDS

Swum as a SINGLE SWIM

In the December 1979 issue Des McCormick outlined the City Mutual-ASU awards for accumulative distance swimming.

There is another two sets of awards for single swims. The first is the Platypus Awards for beginners covering distances of 25 metres, 50 metres, 100 metres and 150 metres.



The second is the Fish Motif Badges covering 200 metres, 300 metres, 400 metres, 800 metres, 1000 metres, 1500 metres, and 3000 metres.

To qualify for these awards you must swim the nominated distance (no time limit applies) with an

examiner present. The examiner may be an official or officer of an affiliated club, a school teacher, a teacher of swimming, or a national accredited swimming coach.

It is suggested that clubs could decide to award a selection of these badges to members who qualify, say the 25 metres and 100 metres for beginners, and others as they improve.



Badges, which are exquisitely embroidered, are \$1 each and badges and brochures can be obtained by writing to: Secretary, City Mutual Awards, Amateur Swimming Union of Australia, P.O. Box 133, Chatswood, NSW, 2067.

Points to Ponder

CONDITIONING FOR DISTANCE SWIMMING

By Des McCormick, Chairman — National Education & Coaching Committee

This article deals with the conditioning required for long distance swimming. It is written with the inexperienced swimmer in mind. The more advanced swimmer will find little trouble in swimming for one hour or longer. This type of swimmer should only require about three weeks preparation for a swim of this type. The group that the article is written for is that which may only swim a quarter and a half during training.

Thanks to the National Committee we have, in my

opinion, a new and exciting award — the 800. This type of award is a wonderful stepping stone to the 1500 and one hour swims. This award is just what was required to encourage the not so strong swimmer to try harder. Every member should be trying for the 800, it is possible for everyone. The time has been set at a level at which, with a bit of care, the weaker swimmers can achieve the award and so progress to higher levels.

I would like to present this article to you and hope