



# *AUSSI Adult Swimming*

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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1 Sixth Avenue, Jannali, 2226

PHONE (02) 528 9509

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JUNE 1980

\$1.50

## NATIONAL SWIM — ADELAIDE 1980



Left to Right: Josie Sansom, Tom Herriman (Hon. Sec. S.A.A.S.A.) and Patti Morris (State Sec. S.A. A.U.S.S.I.).

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# A.U.S.S.I. ADULT SWIMMING 1980



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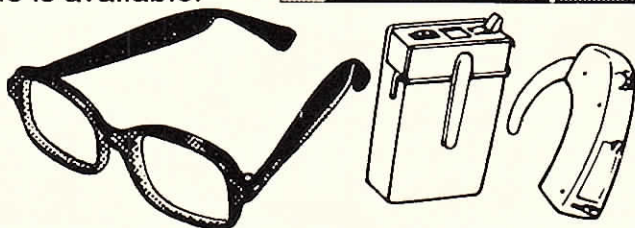
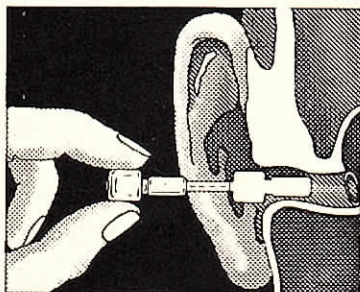
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# Carol's Comments

Hello and welcome to our new look A.A.S. As you know originally we intended A.A.S. to be a small journal of communication, supported by a minimum of advertisers and subscribers, it had one year (1980) to become self supporting or it was to be dropped. However, two things have happened to change this point of view. One was, you the majority of our members said you wanted and needed this journal, second, the National Council when meeting in Adelaide passed a motion which said in effect that ALL members in 1981 were to receive A.A.S. as part of the membership fee would be a subscription to A.A.S. At the same time the Management & Finance Sub-Committee advised me that our costs for producing the magazine far exceeded monies coming in. This was partly my fault, as I felt the standard and quality of the magazine could not be compromised in any way. Therefore our decision to go commercial, what this means is that content will be matched by advertisement, these advertisements will be solicited professionally by our new publishers Eros Publications, with whom we hope to have a long and happy association. However, this does not mean a lessening of personal contact between members and magazine, I will still be responsible for all content and design. (So keep writing).

Again our sincere thanks to Nancy Dixon and all those at the N.S.W.A.S.A. whose assistance was invaluable in getting edition one and two of A.A.S. to print.



This issue carries a full report of the National Swim — Adelaide 80, and what a beaut weekend it was, take a bow Adelaide Masters for a job well done. President Peter Jackson has also written a message to all members, setting out some of the objectives for A.U.S.S.I. in 1980/81, it's going to be an exciting time, and don't forget, your part of it — good reading.

*Carol*

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# President's Message

## AUSSI in 1980-1981

The aims of AUSSI in 1980-1981 will be greatly increased. We feel the need to extend the aims of the clubs beyond swimming for exercise and competition to encompass learn to swim, coaching and teaching of the disabled, education in coaching and training and improvement in standards of officials.

The aims of the National body are to promote the above club aims, to encourage greater co-operation and exchange of ideas at inter state levels, and to promote an awareness at club and state level of the need to keep pushing swimming as the most comprehensive exercise for adults of all ages to gain a healthier, longer and more satisfying life.

Now that the National Office has been established, we look forward to receiving your ideas and thoughts on the future of AUSSI swimming. At the moment the office is staffed with volunteers, some from the executive and others from clubs. We look forward to the time when we can pay part-time, and eventually full time staff, who can promote AUSSI more vigorously. Of course, this ideal situation is in the future, and is entirely geared to the growth of our group and the need for staff. While there is Government assistance for these situations initially the support must be met by the members, and the more members the less the costs per member.

In order to increase greater co-operation and the need to exchange ideas, club to club, state to state, the clubs will have to support schemes to finance delegates to inter-state seminars and council meetings. There is no better information than that received first hand — we can send all the minutes and notices to clubs, and they will only receive a cursory read, but a personal visit by two delegates from each state will push the message further. Please support these meetings, they mean the future of AUSSI.

The AUSSI manual is nearing completion. The exchange of ideas has meant many changes and a much fuller booklet than was first thought. It will make the establishment of new clubs much easier, because it will include all the information needed, such as rules, administration, coaching, club format, etc., and should suffice as a general handbook for existing clubs.

With the AUSSI magazine going to all members in 1981, we look forward to greater communication, and hopefully from the information and ideas we receive a greater promotion of AUSSI swimming to you the members.

A recent National Seminar on Sport and Recreation, whilst supporting the motives of The Life Be In It campaign, stated emphatically the need for tangible goals and incentives for the individuals to accept and pursue.

With its 1500, 3000 and 5000 metres fitness awards, The City Mutual Awards and the top 10 and competition system, AUSSI meets the need for positive goals, and we believe plays an active part in the promotion of better health through fitness and fun.



## National Committee Elections

Adelaide, Friday 7th March, 1980

As at closing date of this magazine (1st May) a vacancy still existed for the position of committee-member. Any person available to attend Committee meetings at 7pm Thursday nights once a month in Sydney (Mascot) should phone Gary Stutsel at night (522 6450) as soon as possible.

Elected were: President — Peter Jackson (Coogee-Randwick, NSW); Vice-President — Frank Sykes (St George, NSW); National Secretary — Gary Stutsel (Coogee-Randwick, NSW); National Treasurer — Mary Connolly (Coogee-Randwick, NSW); Minutes Secretary — Carol Davis (Cronulla-Sutherland, NSW); Committeemen — Des McCormick (Hills, NSW) & Paul Wyatt (Woollarra, NSW).

Three nominees for committee withdrew due to difficulties in getting to meetings, leaving one position vacant.

Chairman for the election was Frank Mongan (WA) with Ralph McManus (WA) as assistant scrutineer. Ballots were destroyed.

Appointments made by Committee at meetings on 27th March were: Publicity and Promotions Chairman — Carol Davis; Education and Coaching Chairman — Des McCormick; Editor, AUSSI Adult Swimming — Carol Davis; Awards Secretary — Des McCormick.

AUSSI National Office has been established on the first floor 299 Bexley Road, Bexley North, 2207, phone (02) 50 7737. Calls to Gary Stutsel are to be made at night on (02) 522 6450.

Peter Jackson



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# A.U.S.S.I. ANNUAL REPORT

by Gary Stutsel — National Secretary

In the 4½ years since AUSSI was constituted by a group of 8 men on 22/9/75, membership has grown to 1280 (605 females/675 males), whilst entries in the National Swim have increased from 95 in 1976 to over 300 in 1979 and 1980.

These increases have brought many changes, some like stricter entry rules for the National Swim have received a mixed reception, whilst others like the change from individual to club membership have aided AUSSI growth and at the same time been most welcome.

Even welcome changes have brought mixed blessings. The club system has resulted in many members being unaware of what is happening in AUSSI at State and National levels.

To combat this ignorance the National Body decided to introduce our quarterly magazine "AUSSI ADULT SWIMMING". "A.A.S." format has been designed to serve several functions, namely:

- to inform members of all activities
- to publish items on exercise, training programmes, techniques and diet
- to act as a forum for the exchange of opinions and ideas.

National Committee had perceived that lack of communication at all levels was one of the most important problems confronting AUSSI. The establishment of "A.A.S." was endorsed at the Annual Conference in Adelaide on Friday 7/3/80 when the State Delegates voted to include an automatic subscription to "A.A.S." as part of every member's registration for 1981.

Other important decisions made at the Adelaide Conference were:

1. that Rule changes were not to be made without first consulting all State Branches.
2. that a National Office be established to handle
  - i) enquiries for information
  - ii) preparation and distribution of "A.A.S."
  - iii) preparation and distribution of circulars, awards etc.
3. that all AUSSI Awards are now to be controlled by the National Body.
4. that date and venue of National Swim were to be decided two years in advance to enable members to plan holidays and finances accordingly.

As shown in this edition of "A.A.S." the 1980 National Swim was a great success and a credit to AUSSI-SA, the SA Amateur Swimming Association, and the ability of the two bodies to work together.

Whilst having to concentrate on the 1980 National Swim the SA Branch has achieved significant growth (in both numbers of clubs and of members), which can be partly attributed to the influence of the National Swim, but mainly to the Branch's adherence to "Fitness and Fun".

Spectacular growth was achieved by the WA Branch due to the enthusiasm of the members, the clearly defined objectives of the Branch, and the hard work of the Committee, particularly the Secretary. Another factor was the attendance of delegates from each club at the monthly Committee Meetings.

NSW and Victoria have suffered from a lack of this frequent interaction between clubs and their Branch Committees, and are finding their growth is somewhat slower. In spite of this there exists a great spirit within many of the clubs.

Queensland Branch has now recovered from its spate of new secretaries and is ready to surge ahead. Interest has been shown in many country centres but

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WG 448/77



unfortunately the Branch is handicapped by AUSSI's two great problems:

1. the vast distances between major population centres, and
2. the lack of individuals prepared to take a lead in forming new clubs.

We believe that the Club Guide and Coaching Manual which is finally almost ready will enable anyone with the interest to establish a new club.

The Coaching section ideas were evolved and tested in the preparation and conduct of the National Education Seminar held in Sydney in September, 1979. The Seminar, which aroused much interest in ABC radio, was attended by representatives from each State Branch. Following the exchange of ideas and information it took us 6 months to finally decide how much detail we needed to go into so that the format would be informative and yet remain readable.

When this book is available to clubs it is planned that all State Branches will hold State Seminars (1980) to discuss the use of the book with club officials.

As a third step, a National Coaching Accreditation Scheme will be introduced in 1981. The purpose of this scheme is to set a standard of qualification for club coaches which will be recognised Australia-wide.

Through these moves, but only if they are fully sup-

ported by members, clubs and State Branches, we will all be able to say that AUSSI is an organisation which can and is contributing to the fitness and health of Australians. To support this statement we will have a balanced program graded from beginners to the most advanced. We will then be in a position to expand on our present philosophy of "the user pays" by seeking finance from Government and private sources.

Assistance has been received from City Mutual Insurances, the Amateur Swimming Union of Australia and the state A.S.A.'s, that has enabled us to stretch our meagre resources to the full, and, as with the ASU-City Mutual Awards, removed the need for us to provide incentives other than those we already had.

Also of great assistance has been the voluntary work of so many people, that this report cannot possibly name them all. I have singled out Margaret Wilson and Steve Byles, our Top 10 Recorders, as I know from experience that compiling the National Top 10 is the most time-consuming and tedious single task in AUSSI.

Finally on a happy note. All this "free help" plus Mary Connolly's ability to curb my desires to spend money have left AUSSI with a balance on hand at the end of the financial period. Surely a promising start to the year ahead.

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# ANNUAL TREASURER'S AND AUDITOR'S REPORT

## INCOME AND EXPENDITURE ACCOUNT 1st January to 31st December, 1979

### INCOME

5th National Swim Entries .....	1,735.00
Gate Receipts .....	37.50
Supper Fees .....	1,145.00
State Branch Affiliations	
WA, SA, Vic, Tas, NSW, 2 Qld .....	70.00
Member Registrations .....	1,275.00
Sales T Shirts .....	267.00
Track Suits .....	227.00
Patches .....	294.00
Car Stickers .....	77.00
800m Awards .....	82.00
Donations Hanimex .....	100.00
Anon .....	27.00
Grants City Mutual .....	500.00
NSW Sport & Rec .....	250.00
USA Entries and Bonds .....	1,934.35
Air Freight Payment .....	35.00
Seminar .....	263.00
Awards City Mutual .....	20.00
Payments to cover costs	
Seminar Air Travel .....	576.48
Photos .....	14.00
Bank Charges .....	1.50
Freight and Postage .....	5.80
Photo Copies of National Times .....	9.00
NSW Registration fees payment included in cheque payable to AUSSI National .....	24.00
Refund of duplicated petty cash payment to National Secretary .....	103.53
Fur Toys and Pins (US Tour) .....	7.50

### TOTAL

\$9,080.66

### EXPENDITURE

5th National Swim Lunches .....	1,262.00
Pool .....	306.00
Hall .....	150.00
Medals, Trophies, Patches .....	285.61
Batteries, Starting Caps .....	27.90
Cafe Bar Hire (Pool) .....	30.00
Purchases Patches .....	361.00
Typewriter .....	99.00
Notice Boards .....	20.74
Filing Cabinet/Dividers .....	58.50
6th National Swim Advance .....	300.00
Printing .....	89.04
Postage .....	30.15
Education and Coaching .....	167.67
Publicity Photos .....	95.48
Petty Cash .....	99.19
Seminar Hire Venue .....	75.00
Lunches .....	150.00
Air Travel/Accommodation .....	717.54
Publicity .....	72.75
Printing/Post .....	41.59
Quarterly Magazine Post .....	5.00
Telephone .....	17.02
Stationery .....	24.51
USA Tour Entries/Post .....	941.52
Refund bonds .....	950.00
Publicity .....	48.50
Donation Heart Foundation .....	6.00
Bank Charges .....	29.50
Postage .....	298.07
Telephone .....	241.16
Printing .....	469.85
Advance on Petty Cash .....	50.00
Subscriptions to Magazines .....	125.31
Rail .....	4.30
Packing .....	5.85
Registration Payment NSW .....	24.00
Sports Australia Seminar .....	80.00
Reference Book .....	6.75
City Mutual Awards .....	20.00
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### TOTAL

\$7,942.92

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\$7,932.24

Excess of Income over Expenditure \$1,148.42



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## BALANCE SHEET

Surplus for Year 1978.....	340.55
Surplus for Year 1979.....	<u>1,148.42</u>
Cash at CBC Sydney/Bondi Inc. ....	1,488.97

### Assets

Typewriter .....	99.00
Filing Cabinet .....	58.50
Notice Board.....	<u>20.74</u>
Total Assets	<u>\$1,667.21</u>

## AUDIT CERTIFICATE — 21st February, 1980

I have examined the Books of Account and the Vouchers for the Australian Union of Senior Swimmers International for the year ended 31st December, 1979 and have obtained all the information and explanations required.

In my opinion the Income and Expenditure Account and Balance Sheet exhibit a true and correct view of the state of affairs of AUSSI according to the best of my knowledge and information given to me.

(Signed) R.H. Stevens  
20-22 Stanley St., Peakhurst, 2210  
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# Swimmers' Viewpoint

Dear Editor,

Hopefully this letter is one of many that you should receive to sincerely congratulate the Adelaide Masters Adult Swim Club together with all the officials including the S.A.A.S.A. for staging what would be regarded by our members as the most successful swim carnival we have ever competed in.

As our club is only nine months old it had been our first experience at a national swim meet and, as a result we are all looking forward to our visit to Perth next year for the 1981 national swim. We all feel that the thorough organisation was reflected in the smoothness and efficiency of the running of the carnival right through to and including the presentation luncheon.

Once again on behalf of our competing members, I wish to congratulate all those responsible and express our appreciation of a job very well done.

David S. Gordon,  
Hon. Sec./Treasurer,  
Powerpoints Adult Swimming Club.

Answer —

On behalf of Adelaide Masters and the S.A.A.S.A. and indeed all of us who enjoyed the National Swim — thanks for writing.

Carol.

Dear Editor,

I suppose all clubs will be writing to you re the Nationals. I would like to congratulate Adelaide Masters on being the top club of Australia and also on the way the Nationals were organised. I'm sure most clubs in S.A. were unaware of the work that had to be done for such a large swim meet. All clubs have contributed but the bulk of the work was done by Adelaide Masters.

The article on "Flexibility" is greatly appreciated by us older swimmers. Keep up the good work.

June Waite,  
Secretary, Atlantis AUSSI.

Answer —

Thanks for your kind words — we'll do our best to keep bringing you informative articles.

Carol.

Dear Carol,

1. After the Adelaide Nationals a group of NSW members discussed the possibility of having relay teams made up of 5 men and 5 women in age groups 25+, 35+ etc. as representatives of their respective States. This could be run as a 10 x 50m

freestyle event. It gives competition between States rather than clubs, and would give stronger unity within each State between clubs as the members are then representing not just their club but also their State. Points would not be applicable here, however, some form of perpetual trophy could be awarded. It is a suggestion which would be interesting to find out how other AUSSI members think of this idea. I would not want the Nationals to become totally State level competitions, but this would be more of a novelty event, using the fastest 5 in each age group and sex.

2. I would like to see the age for AUSSI eligibility dropped to 20 years, rather than the present 25 years minimum. I think that at 20, swimmers have finished their true competitive swimming but have no group to which they can train with. Once they leave their amateur clubs, they either give up swimming for another sport or wait until they turn 25 before they can participate in a club atmosphere and at carnivals, run by AUSSI.

Robin Sweeney, Canberra.

Answer —

It's an interesting idea Robin, perhaps your letter will bring comments from our other readers. Likewise you can write to your State Secretary with the same suggestion and request he forward your letter to the National Secretary. Point (2) we, AUSSI, did not set the age for eligibility to compete in Masters competitions, F.I.N.A. did, and as we recognise F.I.N.A. as the governing body for world wide swimming, we abide by their directives.

Carol.

Dear Editor,

Thought to let you know that through our Journal I met and competed in a Swim Meet in Honolulu on 6.4.80. I left my March copy of our Journal with the group here. There are some VERY GOOD swimmers here. Some hope to compete in Perth in 1981. It is satisfying to find people all over the world who share the same interest.

G.O. Schueler, Adelaide Masters,  
Waikiki Beach, Honolulu, Hawaii.

Answer —

Sport and competition has always provided a common meeting ground for mankind. It's a sobering thought, but with the demise of the Olympic movement, organisations such as ours can play their part in generating goodwill through our sport.

Carol.

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Dear Carol,

First let me congratulate you, Gary and all associated with the excellent No. 2 edition of AUSSI Adult Swimming. I promise to do my best to encourage all members of Melville to become contributors.

I now refer to Des McCormick's article on training for awards and Barry Moore's letter in edition No. 2.

The comment "it can't be stressed strongly enough that proper preparation is most important", meets with no contradiction from me.

But what is a "proper preparation"? I think I typify quite a number of AUSSI male members. A keen surf lifesaver in younger days who gave up active competition for about 20 years then AUSSI — and renewed enthusiasm.

Now at age 56 with a sedentary occupation and many social commitments it is difficult to undertake a proper preparation for award swimming or racing.

After each race I am usually completely "pooped" despite the fact that I swim up to 5000 metres each week. Which leads me (finally) to my question "do we place too much emphasis on our members racing, viz. top 10, Nationals, State and inter-club swim meets? I have never yet had any member advise me NOT to swim in a particular event because I had not prepared correctly to swim that event — many people cannot afford a personal coach.

At a coaching seminar held in Perth this year I posed the question to Dr Brian Blanksby of the University of W.A. Phys. Educ. Dept. who said that "swimmers would stop swimming before any physical damage was done",

Perhaps other AUSSI members are as confused as I am and I would appreciate an article in AUSSI Adult Swimming incorporating the answers to the following:—

1. Should we concentrate on non time restrictive awards e.g. City Mutual?
2. Should we endeavour to strain our bodies so as to achieve the prestigious 1500 metre award?
3. Should we train so that in a race we beat our fellow age group and so rate a mention in the National Top 10?
4. or should we just swim for the sheer enjoyment of swimming?

My apologies for being so long winded in this letter but I do feel that we owe it to our members to advise them just where we are heading for in AUSSI. I feel also that if we can provide the answers to the above questions we would reduce our "drop out" percentage.

Yours sincerely,

Fred Johnson,

President, AUSSI Melville W.A.

Answer —

Thanks for your kind words Fred, they were appreciated. Your letter raised a number of important issues and I feel will bring comments from other members. Please turn to page where Des McCormick from the National Education and Coaching Committee has written an article in answer to your question.

Carol.



## Gary's Gazings

This column is usually devoted to happenings in AUSSI, but on this occasion I wish to digress and cover winter activities and swim entry cards.

From the "Calendar" page you will see what is coming and of particular interest is the National Seminar to be held in Sydney on 13th September. Clubs and State Branches will be given fuller details later, but if you are interested in the moves to train and accredit ordinary members in the basic instruction of adults then you are welcome to attend. Clubs should endeavour to sponsor representatives to this Seminar.

If your club has planned a carnival or other open event and it is not listed in the calendar then the simple answer is that "A.A.S." was not notified in writing before the 1st May.

WINTER is now well and truly on us and even heated pools have cold surrounds. Club night formats should be modified to allow longer periods in the water so that no one is left shivering on the side. It is an ideal



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time for the longer swims and if you follow Des McCormick's suggestions (see "A.A.S." December, 1979) you can be building up through the 800m to the 3000m and 5000m swims.

Those members without access to heated pools should turn their interests to basketball, roller skating, jazz ballet, skipping, walking, running on grass, or as a last resort jogging. For guidance in these activities see your bookshop for Perce Russo's "Aussirobics", Coopers "Aerobics" or send two 40¢ stamps and your address to Elaine Collier, 8 Stellmach St., Everton Park, 4053 for a copy of "You and Your Heart" which gives programs of other activities.

SWIM ENTRY CARDS have long been a concern of mine, but comments regarding entries to the recent National Swim and Coogee Pentathlon indicate that some members continue to disregard others by the careless way in which they fill in (or leave blank) vital information on swim cards. The acceptable abbreviations for strokes are: Freestyle — F/S or Free; Backstroke — Back or Ba; Breaststroke — BR/S or Br/S; Butterfly — Fly; Medley — I/M. Any others are either out of usage or made up.

**Date of birth** is the date on which you were born, not age or date of this year's birthday (e.g. 1/3/80 has been seen).

**Age** is actual age in years on the date of the swim, not the date of your entry. People continue to confuse

things by forgetting they will have a birthday before the carnival is held whilst others are so vague they put 25 to 29 instead of say 28.

**Nominated time** should be given in minutes and seconds and if no time is available and it is not possible to arrange a time-trial before sending the entries then an educated guess should be made. Where no time is shown swimmers go into the slowest heat. Several entries have been received with the time in seconds instead of minutes and seconds e.g. 210 instead of 3mins 30.

**Name** is in two parts First name and Surname. Please enter them properly. Whilst Joan Brown will not be confused Bruce Leslie can be read as Leslie Bruce.

The information on these cards is essential for properly conducted carnivals and correct Top 10 recording. The least you can do is take the time to fill them in clearly and correctly.

#### **REGISTERED MEMBERS at 1st May, 1980**

The last registration numbers issued by each State Branch are

NSW	466	SA	229
VIC	178	WA	432
QLD	109		

WA is rapidly catching up to NSW and Victoria seems to be trying to overtake South Australia. Further news in the battle of the numbers next issue.

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# State News

## QLD AUSSI'S TV DEBUT

AUSSI in Queensland made a big splash on TV this week (Monday 28th April) when we featured on the Channel 9 program Today Tonight.

Credit for organising the coverage goes to Desley Williams and Brian Duffy who interested the program organisers originally with a press release re results 1 Hour Swim.

Members who had taken part in the 1 Hour Swim were hurriedly contacted and asked, if possible, to be at the Valley Pool 9.30 a.m. Anzac Day lured by the promise that they might be on TV.

Swimmers and TV crew alike were right on time and then followed a fun hour while we started, stopped, turned, splashed and chatted.

The edited version which appeared on TV on the Monday night was excellent with the emphasis of the competition and right onto the fitness angle. The segment concluded with the "oldies" swimming in slow motion up and down the pool while the song "When I'm 65" played on.

\* \* \* \* \*

Rick Thorn from Everton Park reports that five of their members, husband and wife teams Brian and Merle Duffy, Elaine and Bert Collier and Peter Dixon clocked up 235,000 metres between them. Ron Kayrooz from City Mutual made special presentations to them, this attracted attention from the local newspaper who published an excellent article on AUSSI and its drive for physical fitness.

\* \* \* \* \*

## SOUTH AUSTRALIA

Adelaide Masters are very proud to hold the Founders Trophy for the top scoring club at the National Swim. The swim through Adelaide was a great success with the AUSSI group winning a special trophy from the S.A.A.S.A. for their efforts. A special item from the National Swim is still available, the AUSSI Port \$3.60 a bottle plus postage. Contact Maryanne Llewelyn, 97 Watson Avenue, Toorak Gardens, S.A.

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Josie Sansom of Adelaide Masters receives 'The Founders Trophy' for the top point scoring club.



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# *The National Swim Adelaide, 1980*

## **6th National Swim and Australian Club Championships**

Adelaide Swim Centre, North Adelaide — 7th, 8th, 9th March, 1980

310 Swimmers (137 women and 173 men) lined up before the starter in Adelaide, nine more than the 1979 swim in Sydney. The number of swims was also very similar with an average of 4½ out of the maximum of 6 as compared with 5 out of 7 in 1979. Total swims were 1402.

This was the first National Swim to use electronic timing which led to the uninitiated swimmers being confused because their unofficial hand-held times were generally faster than the official electronic times.

The small number of disqualifications was gratifying, but was it due to the club coaches getting through to the swimmers or the swimmers being more careful in their choice of events?

The new events, the men's and women's freestyle and medley relays were well received, as shown by the number of entries. Several of these relays were keenly contested with only tenths of seconds separating the place-getters. North Lodge (100 pts), Adelaide Masters (70 pts) and Ettalong (64 pts) took the lion's share of the placings, but the outstanding swim was by Power-points (Victoria) in the 35 plus men's 4x50m medley relay. Their 2.09.14 would have won the men's 45 plus freestyle relay.

Outstanding individual swimmers were:

### **Women**

- K. Heenan (Adelaide Masters) 5 national records.
- B. Wilson (North Lodge-Vic) 4 national records.
- L. Potter (Adelaide Masters) 3 national records.

### **Men**

- G. Bush (Atlantis-SA) 3 national records.
- B. Harris (Ettalong-NSW) 3 national records.

In all 47 National individual records were set, with the women doing much better than the men (28 records to the men's 19). Other record breakers were:—

### **Women**

B. Barrie (2), D. Nicol (2), B. Jones (2), H. Rees, B. Dillon, F. Gould, J. Sansom, B. Callaghan, B. Grace, E. Watson, S. Moiler, M. Bishop, and E. Sargent one each.

### **Men**

R. Patterson (2), M. Maloney (2), J. Campbell (2), K. Vickery (2), R. Campion, G. James, H. Turner, C. Bond and G. Edwards one each.

It hasn't been possible to rate the results for world rankings as the 1979 World Top 5 has not yet been received.

Holding the 400m on the Friday evening meant there was more time available on Saturday for mixing with swimmers from other states and many members were seen taking advantage of this.

After the Sunday session finished, competitors and officials adjourned to the nearby Estonian Hall where they were greeted by two bunny girls. Several ladies were heard to comment that they found Rod Ross the wine waiter far more to their taste.

Host for the afternoon was Hugh Hamilton of Adelaide Masters, and after everyone had wine and dined and started to feel relaxed, Hugh introduced Tom Harriman, the Secretary of the South Australian Amateur Swimming Association. In a very warm mood, Tom congratulated everyone on the success of the Meet and then presented the trophies to the top scoring clubs (details follow).

Following this the trophies for the clubs scoring the most aggregate points in each age group's relays were presented by representatives of the donor states.

Hugh then introduced newly re-elected National President of AUSSI Peter Jackson. After a short speech Peter presented the individual medals with the assistance of Vicki Murphy (South Australia) and Gary Stutsel (National Secretary). The medals were presented to the three swimmers in each age group who scored the most points in the maximum of 6 out of a total of 10 events. Medals were gold for 1st, silver for 2nd, and bronze for 3rd. Points were allocated 4 for fastest time, 3 for 2nd fastest, 2 for 3rd fastest and 1 for every other swimmer to finish a race without being disqualified. Double points were allocated for relays.

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**Top Scoring Club** was Adelaide Masters with 475 points (Founders Trophy). Runners-up and winners of Visitors' Trophy were North Lodge with 451½ pts. Other clubs in order were:

3. Ettalong	NSW	294	17. Aitkenvale	Qld	39
4. Powerpoints	Vic	166½	18. Osborne Park	WA	38
5. Melville	WA	150	19. Ballarat	Vic	37
6. Atlantis	SA	143	20. Tea Tree Gulley	SA	35
7. Canberra	ACT	134	21. Narooma	NSW	31
8. Lane Cove	NSW	114	22. Carine	WA	30½
9. Coogee/Randwick	NSW	99	23. Hills	NSW	26
10. Manly	NSW	97	24. New Zealand Masters		23
11. Central District	SA	92	25. Blacktown	NSW	22
12. Hunter	NSW	91	26. Pt Macquarie	NSW	20
13. Cronulla/Sutherland	NSW	76	27. Maida Vale	WA	17
14. Tamworth	NSW	60	28. Nelson Bay	NSW	16
15. Inglewood	WA	54	29. St. George	NSW	11
16. Woollahra	NSW	44	30. Trisports	Qld	9
			31. Paradise	Qld	2

**Relay Trophies winners were:—**

- 25 North Lodge (32 pts) followed by Adelaide (26) and Canberra (20).
- 35+ Adelaide (28 pts), followed by North Lodge (24) and Powerpoints (16).
- 45+ North Lodge (28 pts), followed by Ettalong (24) and Hunter (14)
- 55+ North Lodge (18 pts), followed by Ettalong (12) and Melville 12)
- 65+ Manly (8 pts) sole contestants.

**Individual Medal Winners**

were as follows with Vera Fernance, oldest competitor in the Meet, receiving a standing ovation from all present.

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# MEDAL WINNERS

MALE				FEMALE			
Age	Award	Name	Club		Name	Club	
25-29	1.	G. Bush	Atlantis	24	K. Heenan	Adelaide	24
	2.	P. Williams	Adelaide	20	D. Cruikshank	North Lodge	20
	3.	R. Bayley	North Lodge	14	K. Hughes	Lane Cove	17
30-34	1.	M. Ringuet	Aitkenvale	20	L. Potter	Adelaide	24
	2.	C. Vaccari	North Lodge	18½	G. Stark	Canberra	21
	3.	R. Paterson	North Lodge	15	H. Rees	Canberra	16
35-39	1.	H. Turner	Lane Cove	20	V. Murphy	Adelaide	19
	2.	R. Campion	P. Points	19	C. Ellis	North Lodge	14
	3.	R. Pelling	P. Points	16	R. Sargent	Melville	13
40-44	1.	P. Jackson	Coogee/Rand	20	M. Wilson	Tamworth	23
	2.	C. Bell	Aitkenvale	19	F. Gould	Hunter	20
	3.	K. Woods	P. Points	14	D. Ross	Adelaide	15
45-49	1.	J. Williams	Tamworth	24	B. Wilson	North Lodge	24
	2.	R. Ross	Adelaide	20	K. Kroon	Ettalong	21
	3.	J. Watkins	Lane Cove	12	M. Connelly	Coogee/Rand	15
50-54	1.	J. Campbell	Coogee/Rand	23	J. Sansom	Adelaide	24
	2.	G. Schueller	Adelaide	18	P. Adams	Hills	13
	3.	D. Redpath	Adelaide	17	M. McKinnon	C.D. Seals	10
					G. Spoonley	New Zealand	10
55-59	1.	K. Vickery	Ettalong	24	B. Callaghan	Manly	23
	2.	R. McCabe	North Lodge	19½	E. Watson	Cron./Suth.	22
	3.	R. Miller	Carine	13½	B. Grace	Narooma	17
60-64	1.	R. Harris	Ettalong	23	S. Moiler	Inglewood	20
	2.	T. Winstanley	Nelson B.	14	B. Barrie	Woollahra	20
	3.	T. Lamers	Melville	13	A. Eifler	New Zealand	17
65-69	1.	C. Bond	Ettalong	21	D. Nicol	Manly	16
	2.	T. Neville	North Lodge	15			
	3.	H. Cilento	Adelaide	10			
70-74	1.	B. McLintock	Manly	21	M. Bishop	Melville	20
	2.	H. Steinkamp	North Lodge	20	B. Jones	Inglewood	10
		F. Griffiths (equal 2nd)	Pt. Macquarie	20	E. Sargent (equal 2nd)	Manly	10
75-79	1.	F. Wilson	Ettalong	22			
	2.	G. Edwards	Melville	21			
80-84	1.				V. Fernance	B. Beavers	8

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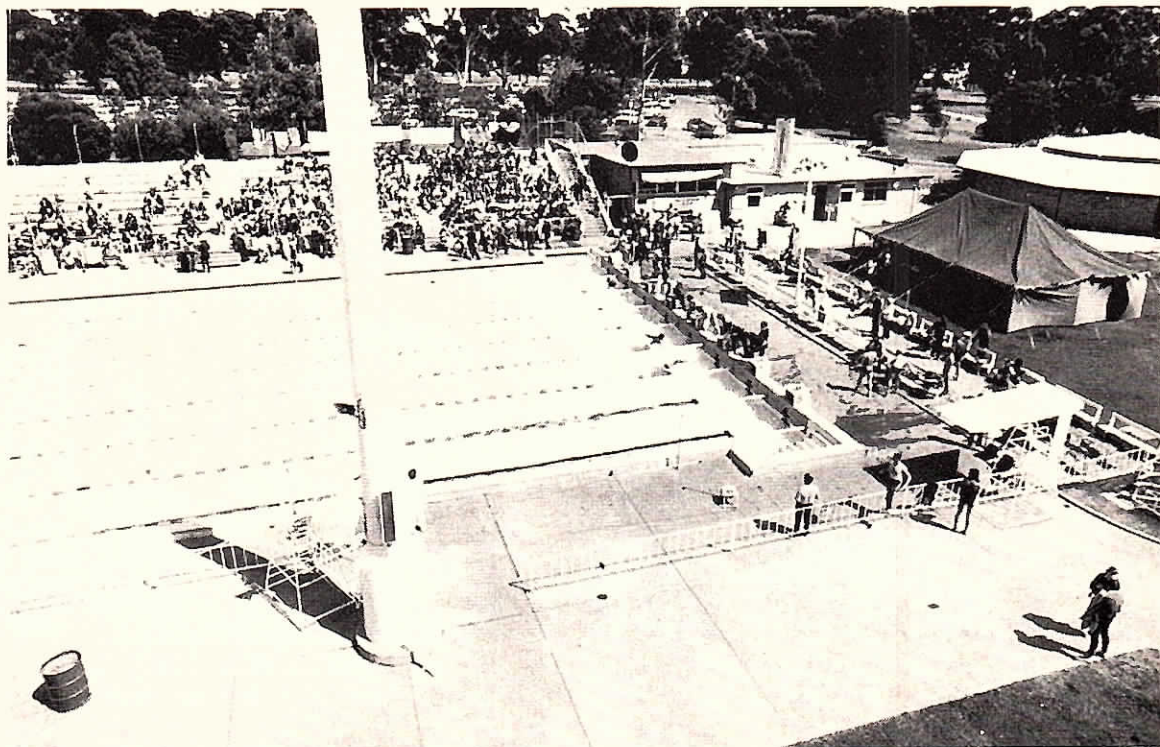
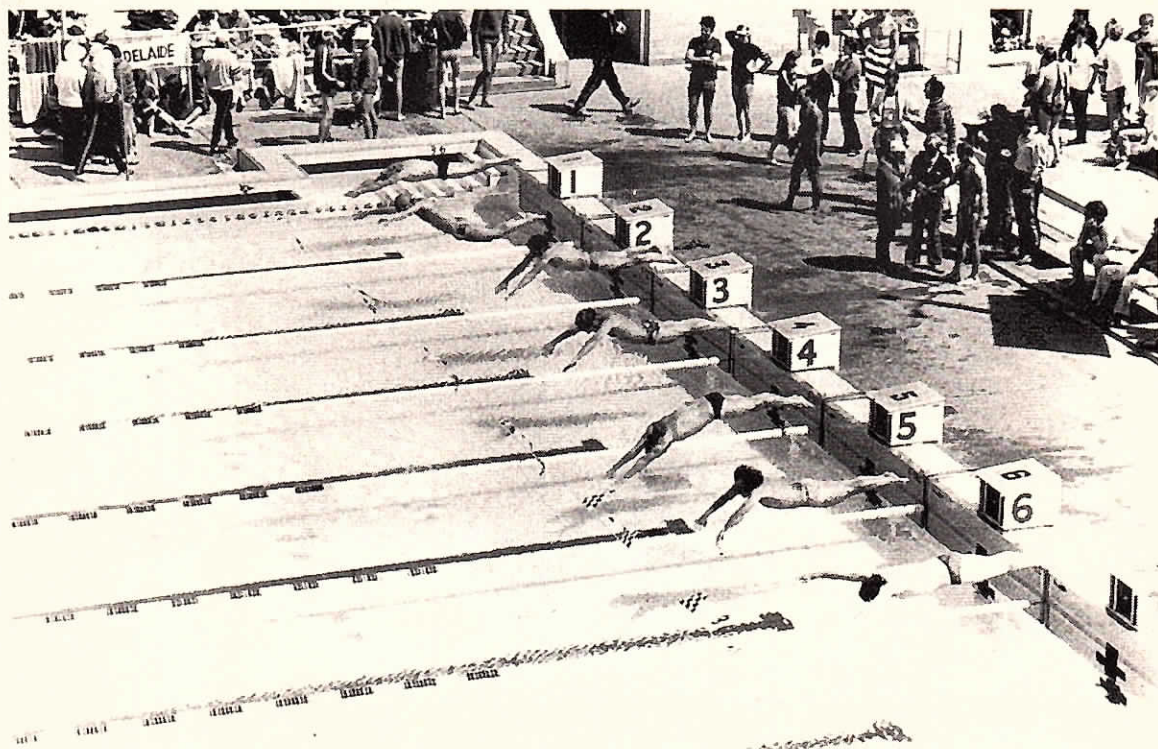
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## The National Swim via the Cameraman



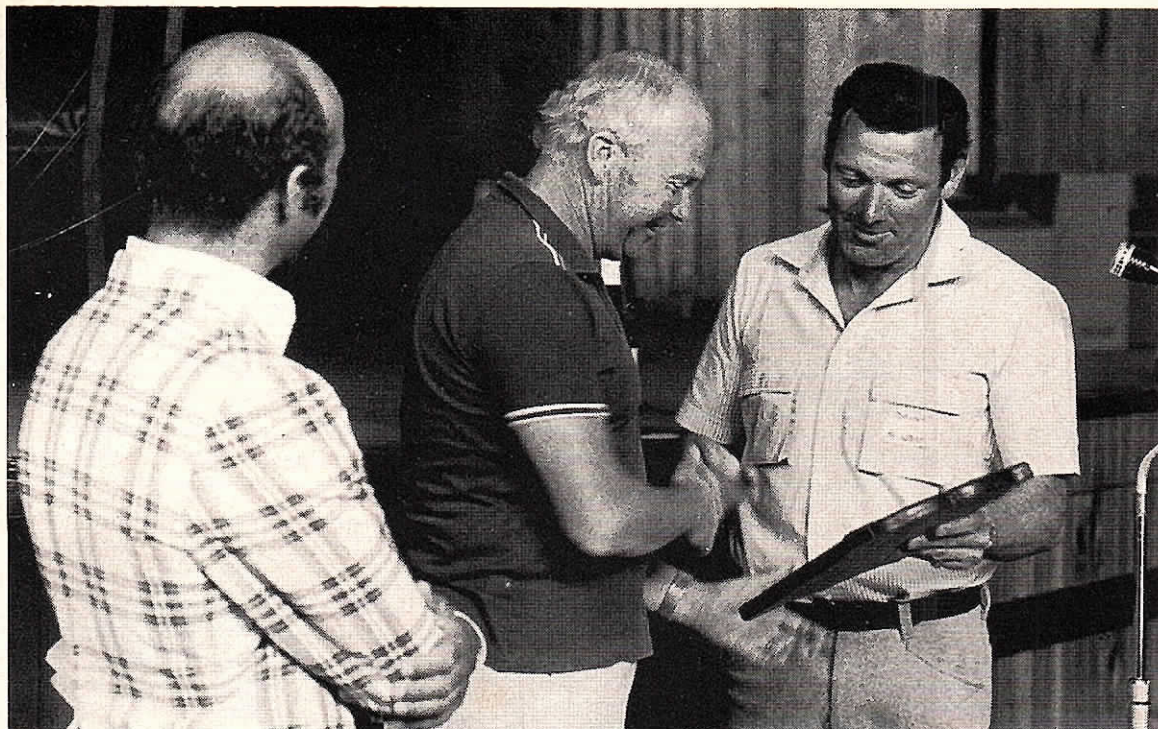




The S.A. Minister for Sport and Recreation, Mr Wilson, congratulates Foster Wilson and the 'Golden Oldies' from Ettalong (NSW). Left to Right: C. Bond, K. Vickery, Mr Wilson, B. Harris, F. Wilson and President Peter Jackson.

Photographs by P. Stroethoff & Pam Donnelly)



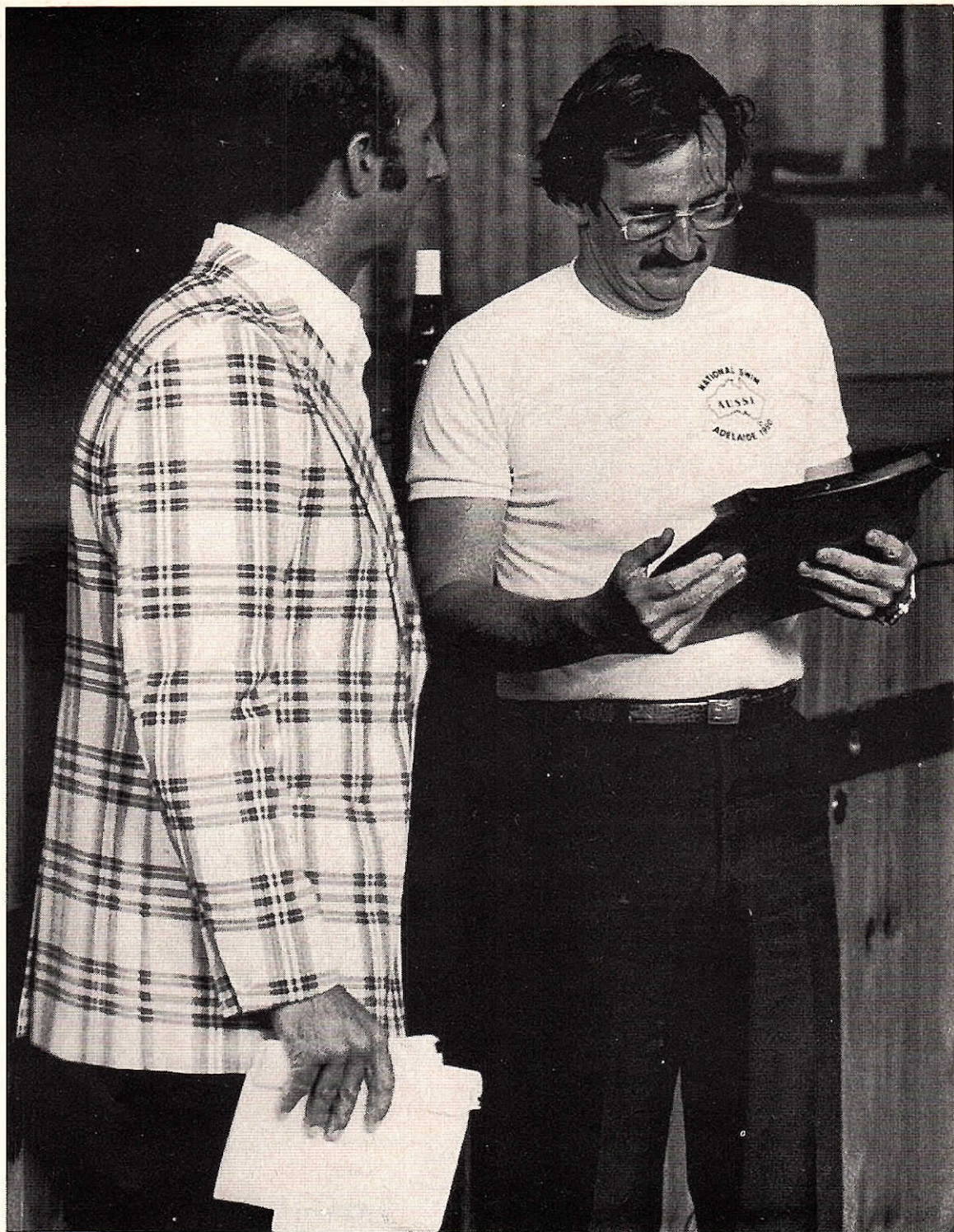


D. Smith (North Lodge) presents 'The Victorian Relay Trophy to B. Harris (Ettalong, NSW).



"Gold" and congrats from Gary to NSW President — Peg Wilson (Tamworth, NSW).





**Chris Bell (Aitkenvale), presenter of the Queensland Relay Trophy, with President Peter Jackson.**

**Photographs by P. Stroethoff.**



# Individual Results

Individual results follow showing the times every competitor recorded. Carnival results were prepared by computer (and manually when it failed) listing the swimmers in every age group in order of time. To save considerable space in "A.A.S." these figures had to be transposed to the format printed here. This was a very time consuming task and I am indebted to Dianne O'Hagan and Terri Smith (St George Club) who did this whilst I was relaxing in the rain at Lindeman Island.

Note medal winners are shown by letter next to their name: G — gold; S — silver; B — bronze; and records are shown by \* next to the time.

NAME	CLUB	400 F/S	100 F/S	50 F/S	100 BA	50 BA	100 BR/S	50 BR/S	100 FLY	50 FLY	200 1/M
<b>MEN: 25-29</b>											
R. Aughey	Atlantis	6.09.42	1.12.78			35.97					
R. Bayley (B)	N. Lodge	5.27.70	1.05.32	29.00					1.10.07*	31.18	2.56.99
G. Bush (G)	Atlantis	4.33.84*	1.00.35	27.02			1.13.88*	34.26			2.28.38*
R. Bochmann	Adelaide		41.17								
R. Ellis	Atlantis	6.41.45	1.15.66			1.51.26					
S. Friend	C. D. Seals		1.41.72	41.24			2.08.13	53.66			
T. Gower	O. Park		1.22.96			47.55		53.19			
C. Hall	N. Lodge	5.35.22	1.11.84	31.64			1.29.21				
G. Hawthorne	Adelaide		1.46.50	40.80						36.93	2.58.88
J. Hillam	Atlantis	8.05.06	1.33.76	41.94			52.78				
M. Hillier	T.T. Gully			42.58		59.57		56.22			
S. Kromkamp	Adelaide	5.28.40	1.10.03	31.54						35.92	3.06.98
T. Rumble	Canberra	7.15.56	1.22	14	34.97	1.45.31					
K. Ryan	Atlantis			30.52		45.46		43.26		31.74	3.06.09
R. Sweeney	Canberra	5.56.39	1.08.69	29.19	1.25.96					35.97	
G. Tedder	Adelaide		1.14.27	31.63			1.28.18	38.32	1.34.48		
C. Thompson	N. Lodge			39.00							
W. Tinckwell	Adelaide		1.30.76	38.59							
M. Waite	Atlantis			32.51	1.36.01						
L. Westwood	Cron.-Suth.	6.20.10	1.11.72	39.00				45.49			
D. Wills	Adelaide			27.74						31.12	2.43.42
P. Williams (S)	Adelaide	5.02.75	1.02.89		1.19.42						
<b>MEN: 30-34</b>											
M. Brennan	Adelaide	6.10.36	1.11.58	31.14				47.12		38.42	
J. Brown	Atlantis	9.03.61		41.63		52.34					
G. Cashman	Atlantis			31.16		37.14					
G. Davies	T.T. Gully	6.12.35	1.12.68				1.38.14	43.03			

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MEN: 30-34 (Cont.)											
T. Erikson	Trisports	5.29.68	1.06.27	29.85		36.52			1.22.71		3.03.00
D. Fisher	Adelaide		2.11.13	52.87							
R. Foale	Ballarat			34.08		45.84		52.59			
M. Franklin	Cron.-Suth.	5.39.14	1.05.53	29.29	1.27.46		1.34.09	40.82			
T. Gough	Ballarat			29.44		37.85	1.37.96	40.42		35.63	3.21.76
P. Green	T.T. Gully	6.16.88	1.11.68	31.31	1.33.17	40.49		48.71			
D. Higgins	Atlantis	8.50.88	1.34.26								
T. Hilton	Atlantis	8.36.26		37.69		48.80		54.89			
D. Leach	Ettalong	6.26.84	1.11.29	30.23			1.36.28	42.04			
T. Lindsay	Ettalong	5.32.14	1.12.34				1.40.32	43.39	1.34.41	47.55	
A. Llewellyn	Adelaide	8.44.94	1.33.00	38.20		48.21		53.95			
W. Lodge	C.D. Seals		1.17.05	31.24			1.50.68	45.70			
R. McManis	O. Park	6.38.17	1.16.01	35.49		42.68					
C. Moore	Ettalong	8.09.42	1.36.14		1.52.55	50.86	2.22.14	1.10.92			
D. Morris	Adelaide	7.10.13	1.19.16	33.34		45.46		46.12		43.04	2.57.56
R. Patterson (B)	N. Lodge		59.80	26.22®				39.35	1.41.61	28.51®	3.53.95
D. Potter	Adelaide	7.51.19					1.49.88	47.77		30.12	2.38.88
M. Ringuet (G)	Aitkenvale	5.11.76		26.78		34.51		35.84	1.29.00		3.02.02
B. Rowe	N. Lodge	5.42.92	1.12.94		1.22.64	37.72					
P. Sadler	Powerpoints		1.04.54	28.48		33.18					
M. Sansford	Atlantis		1.12.56	30.31					1.25.93	33.51	
R. Schwanker	Ballarat		1.07.35	29.29						31.86	
G. Smith	Ballarat		1.15.14								
E. Stubing	Adelaide	6.21.61	1.14.83		1.31.26	40.56	1.38.39	43.57			
A. Till	T.T. Gully		1.42.85			53.63					
C. Vaccari (S)	N. Lodge	5.24.61		29.24	1.13.78	33.18			1.15.52	30.21	2.48.92
G. Wasser	Canberra										
T. West	O. Park					52.30		56.18			
P. Wyatt	Woolahra		1.06.25			36.84	1.22.81	36.73		30.35	2.40.47
MEN: 35-39											
B. Auld	Atlantis	7.04.38	1.19.54	35.10							
J. Brown	Hunter	6.58.00		31.60			1.49.56	46.07			
R. Campion (S)	Powerpoints	4.58.33	1.04.96				1.46.89		45.00	3.44.21	
A. Foster	Adelaide		1.25.55	39.67			1.27.21	40.07	1.11.58		2.40.01®
P. Gilbert	C.D. Seals		1.22.14	33.00		52.24					
G. Gowing	Atlantis	6.48.24					1.36.47	44.25			
B. Green	Canberra	5.20.48	1.07.16		1.22.23	38.56			1.19.34		3.03.38
D. Griffith	Googee RSL				1.33.13	43.36	1.33.39	41.26	1.38.44		3.27.23
H. Hamilton	Adelaide	5.57.32	1.07.86	30.56	1.24.18	35.51				37.72	

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<b>WOMEN: 35-39 (Cont.)</b>											
G. James	Powerpoints	5.28.77	1.33.18	38.42	1.13.24 <sup>®</sup>	32.71			1.23.30	33.72	3.06.43
P. Jose	Carine	8.03.76	1.19.13		1.42.80		1.47.27	45.89			
P. Joseph	Lane Cove	7.07.80				53.81	1.26.05	37.66			
J. Klunder	Adelaide			33.45			1.37.51	42.69	1.38.68	42.27	3.42.92
M. Lea	St. George	5.27.10		30.45				42.97	1.19.10	32.38	3.01.44
R. Pelling (B)	Powerpoints	5.58.78	1.11.45	29.27			1.27.76	38.41			3.01.01
C. Potter	Atlantis	8.11.64	1.34.52	40.99				1.04.47			
J. Robertson	Ettalong				1.20.70	36.59	1.33.17	40.36		34.07	3.03.40
M. Snood	Canberra	5.46.61		31.55			1.40.07	42.33		35.00	3.04.08
C. Thompson	N. Lodge	5.38.15	1.10.60	31.92						38.24	3.30.53
N. Thredgold	Adelaide		1.17.79	33.32						40.83	
H. Turner (G)	Lane Cove	5.12.81	1.03.22			35.88	1.43.51	44.79	1.10.90 <sup>®</sup>	31.98	2.41.24
P. Willis	N. Lodge	6.01.01	1.12.04	31.53	1.25.17	38.00				38.49	
A. Young	O. Park		1.21.65	36.46		54.12					
<b>MEN: 40-44</b>											
R. Andrew	Melville	5.37.88	1.08.13	29.79	1.21.98	35.55					3.04.87
C. Bell (S)	Aitkenvale	5.27.72			1.21.00	36.89			1.21.37	34.13	2.55.58
R. Blair	Adelaide		1.09.76	30.97		41.40				35.96	3.00.96
M. Emms	Manly	6.11.66	1.12.45	31.09		52.29	1.54.58	50.09			
J. Foote	Adelaide		1.32.47	38.84		46.46	1.47.65?	47.95		47.36	
P. Gillett	C.D. Seals		1.22.47	34.31							
D. Gordon	Powerpoints	5.57.08	1.13.03	32.57	1.35.72	41.59					3.22.94
M. Higgins	Adelaide		1.49.25			1.00.41	1.43.12	42.75		43.46	4.07.27
B. Hocking	N. Lodge			37.16	1.57.35	49.37			1.52.55	43.54	4.01.75
P. Jackson (G)	C/R'wick	5.18.89	1.05.59	28.72	1.26.98					32.44	2.50.67
K. McDonald	Ballarat	6.54.89	1.23.04	34.71	1.48.94	49.32					
F. McGrath	N. Lodge	7.26.94	1.24.03	37.84	1.51.07	46.55					
M. Maloney	Powerpoints		1.14.69	33.45			1.19.97 <sup>®</sup>	57.39		2.53.62	
G. Milner	N. Lodge	5.55.96	1.07.92	30.12				35.42 <sup>®</sup>		37.09	3.16.01
T. Morgan	C.D. Seals			48.63				43.20			
F. Murphy	Adelaide			40.41				58.17			
M. Murphy	Ballarat		1.07.08	29.40				46.46		36.22	2.59.63
W. Pengilley	Canberra		1.27.43	38.23			1.24.14	36.87		52.84	
R. Reid	Ettalong				2.31.72	53.83	1.49.00	45.74			
J. Robertson	N. Lodge		1.13.26	31.69				52.36			
D. Smith	N. Lodge		1.09.74	30.33	1.27.57	48.69		44.43		3.35.24	3.12.05
P. Soltan	N. Lodge			38.52		39.86				41.61	
J. Stephen	Ettalong		1.33.79		2.07.25	51.23	1.30.50	41.80		48.29	
G. Stuisel	C/R'wick		1.06.01	28.98		41.35	2.34.88	57.64			2.55.80

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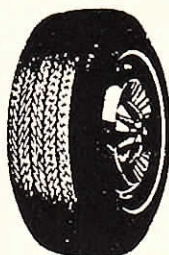
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<b>MEN 40-44 (Cont.)</b>											
R. Tribe	Powerpoints	6.09.90	1.09.64	31.64			1.39.00	41.60			3.20.34
J. Wilson	N. Lodge		1.36.31	42.59		58.27		1.07.54			
I. Wingate	Atlantis	6.02.50	1.09.77	30.41			1.41.91	43.38		40.71	3.01.17
K. Woods (B)	Powerpoints	5.34.15	1.04.36	28.56	1.31.28	39.05					
R. Wyatt	Ettalong	6.54.00	1.20.80	32.22	1.33.90	39.18		52.01			
<b>MEN: 45-49</b>											
V. Asher	N. Lodge	6.25.46	1.14.87	32.75	1.38.39	44.47			1.34.25	42.86	3.24.77
J. Hawthorne	Hunter	5.55.35	1.10.54		1.33.68		1.43.22		1.43.74	42.17	
P. Holmberg	Hunter	7.54.76					1.36.46	42.53			
J. Legler	Tamworth	5.52.69	1.15.31	34.03	1.45.77						
S. Levett	Lane Cove	7.34.01		37.32			1.56.52	46.14		39.92	
J. McDonough	Ballarat			38.56				53.45			
R. McKinder	Powerpoints	6.34.73	1.19.06	34.64	1.41.09	42.07		45.60	1.26.48	41.53	1.06.55
F. Mongan	O. Park	6.03.94	1.14.52	32.95		40.82					
R. Ross (S)	Adelaide	5.13.29	1.07.86	30.17	1.28.17						
K. Simons	Adelaide	8.41.74		41.46		51.91	1.43.54	44.80			
K. Singer	Lane Cove	8.06.73	1.32.04		1.48.78	49.74	1.50.88	48.60	1.37.37	41.72	3.36.45
P. Stroethoff	Manly			32.07		50.92	1.36.42	42.59	1.16.30	38.70	3.16.25
J. Watkins (B)	Lane Cove	6.01.93	1.13.90	28.45				40.90		32.27	2.54.89
J. Williams (G)	Tamworth		1.05.43					39.48		Disq.	3.26.91
J. Wilson	Powerpoints	6.47.69	1.13.98	32.77			1.38.42	44.01			
<b>MEN: 50-54</b>											
S. Aungles	Adelaide	6.29.42	1.18.89	35.19		42.84			1.51.74	39.38	
J. Campbell (G)	C/R'wick	5.55.69	1.09.26	29.92 <sup>g</sup>		37.13		43.05		34.77 <sup>e</sup>	
T. Cartwright	Ettalong	8.36.45					Disq.	47.32			
B. Cleaver	Hunter				1.39.64	42.04	1.55.97	49.89		48.79	4.08.11
J. Coles	C.D. Seals	7.20.00	1.16.47	32.61				1.00.07			
D. Dixon	C.D. Seals						1.51.70	49.56			
A. Duffy	Naroona	6.19.85							1.43.59	39.21	
J. Grigg	Adelaide	7.14.15	1.28.00	38.85							
K. Jones	Ettalong	7.25.20	1.21.04	33.57							
D. McCormick	Hills	7.44.95			1.42.01	42.92	1.52.27	46.48			
J. McMahon	Lane Cove	6.16.03			1.33.13	41.21		45.48		49.42	3.27.39
G. Medcalf	Melville	6.56.22	1.13.67	31.00	1.48.02	41.95		1.03.75			
W. O'Neill	Paradise						2.00.57	54.16			
B. Phillpott	C.D. Seals		2.00.99		2.27.89	1.04.64	2.25.92	1.01.08			
D. Redpath (B)	Adelaide			32.47	1.32.90	40.21			1.43.95	38.14	3.25.34

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<b>MEN 50-54 (Cont.)</b>											
G. Schueller (S)	Adelaide		1.15.94	31.20			1.37.47	41.89	1.37.69	38.57	
J. Waite	Atlantis		1.50.84	51.54			2.14.10	55.28			
R. Wilson	Ettalong			41.38							
<b>MEN: 55-59</b>											
R. Blanchard	Adelaide	8.05.70	1.34.42	40.78							
J. Calnan	N. Lodge	7.06.43	1.21.32	35.48		45.83				45.79	
N. Ilsley	N. Lodge	8.00.26	1.34.36	40.23	2.16.04		2.18.52	59.93			
F. Johnson	Melville			33.96			2.08.13	51.89		50.15	
S. Krasey	N. Lodge	6.50.22	1.19.76			53.51	1.48.00	45.04	1.45.54	43.76	
R. McCabe (S)	N. Lodge					48.69	1.36.55	43.01		40.85	3.29.55
T. McCarthy	Atlantis			38.27							
R. Miller (B)	Carine	6.53.49		35.95		46.26			1.54.86	40.85	4.16.35
R. Rodgers	Powerpoints	8.10.94	1.39.66	36.66	1.58.37	48.36		55.75			
K. Vickery (G)	Ettalong	5.56.45	1.11.91	31.38	1.32.52 <sup>o</sup>	40.50					3.21.93 <sup>o</sup>
S. Walker	C.D. Seals	7.04.04	1.24.99	36.97		49.32	1.55.94	49.58			
F. Wilson	B. Beavers			39.16			1.49.22	43.56		43.50	4.23.89
<b>MEN: 60-64</b>											
F. Armstrong	Hunter	8.48.78	1.43.86	44.93		1.05.55	2.17.71	57.94			
D. Barrie	Wollahra		1.48.83	39.72				1.00.97			
C. Greedy	Nelsons Bay			52.43							
B. Harris (G)	Ettalong	6.22.84	1.19.46		1.39.85 <sup>e</sup>	44.40 <sup>e</sup>				46.45	3.53.66 <sup>o</sup>
T. Lamers (B)	Melville	8.51.12	1.31.38	38.72	1.57.99	50.97		1.11.71			
R. McNeill	Ettalong		1.30.53	36.45			2.13.34	54.06			
B. Pippard (B)	Lane Cove	8.40.45	1.48.68		2.11.06	54.47				1.18.74	5.29.90
G. Royle	Melville			41.23			2.20.55	53.70			
T. Winstanley-S	Nelsons Bay	8.16.80	1.39.46	41.78		1.06.81	2.01.81	53.21			
<b>MEN: 65-69</b>											
C. Bond (G)	Ettalong	8.15.13	1.44.30	42.90		46.58		57.66			
H. Ciento (B)	Adelaide			43.71	1.47.41 <sup>o</sup>		1.59.15	54.59			
H. Haigh	C.D. Seals			1.09.67							
E. Neville (S)	N. Lodge		1.41.07	40.46	2.04.53	52.32		1.07.72			
<b>MEN: 70-74</b>											
R. Bishop	Melville			1.25.14							
R. Colquhoun	Inglewood			47.48						1.09.42	
F. Griffiths (S)	Pt. Mac.		1.20.91	35.68	1.59.14	58.85	1.59.62	55.11			
B. McClintock-G	Manly	8.23.80			2.03.51	51.84	2.03.14	56.50	2.22.05	57.64	4.38.38

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<b>MEN: 70-74 (Cont.)</b>											
H. Steinkamp-S	N. Lodge			40.97		55.72	1.58.81	53.80		1.03.93	4.27.57
E. Walther	Manly			57.47		1.15.51	2.14.65	1.00.60			
<b>MEN: 75-79</b>											
G. Edwards (S)	Melville	10.50.80	2.00.81	47.75		1.35.72	3.04.81 <sup>o</sup>	1.20.85			
F. Wilson (G)	Ettalong		2.06.35	46.60	3.14.63	1.27.88	3.05.27	1.13.90			
<b>WOMEN: 25-29</b>											
P. Anderson	N. Lodge			55.67		1.04.94		1.28.49			
T. Campbell	Ettalong		1.37.34	49.47		54.29		1.02.07		52.00	4.22.18
D. Coogan	Ettalong	7.19.38	1.21.58	35.34	1.55.52	47.77	2.00.07	47.62			
J. Crowl	N. Lodge		1.15.40	32.56		42.76				39.10	
D. Cruikshank-S	N. Lodge				1.24.69	38.09	1.36.59	41.81	1.24.82		2.58.01
B. Dier	Adelaide	7.40.79	1.26.95	38.18		41.07	2.03.63	52.06			
L. Garling	C.D. Seals			41.76		56.01					
J. Harmon	Atlantis		1.19.29	36.23	1.37.47				40.23		
K. Heenan (G)	Adelaide	5.22.79 <sup>o</sup>	1.07.15 <sup>o</sup>	29.85 <sup>o</sup>					1.15.57 <sup>o</sup>	32.48	2.52.50 <sup>o</sup>
R. Hiller	T.T. Gully	7.22.17	1.32.32	38.29		51.82		47.97			
G. Hodge	Woollahra	7.22.09	1.24.34	36.39	1.45.76	46.83		Disq.			
A. How	N. Lodge		1.42.30	44.28			1.51.19	49.56			
K. Hughes (B)	Lane Cove	5.40.35	1.09.99	30.95	1.23.34				1.44.25	35.14	2.55.55
S. Johnstone	Cron.-Suth.	6.26.05	1.23.99		1.43.02	48.01					3.31.29
L. Keen	N. Lodge		1.07.38	29.90							3.02.10
D. Kirley	Canberra	10.19.26				1.08.59	3.40.26		Disq.		6.41.89
M. Llewelyn	Adelaide	8.27.81	1.42.64	46.76		56.39	1.55.23	53.17			
J. Lomax-Smith	Adelaide	8.56.09	1.53.80	50.76		1.02.40	1.52.19	54.44			
D. Metcalfe	C.D. Seals					57.22		1.09.73			
E. Polasenska	C.D. Seals							Disq.			
<b>WOMEN: 25-29 (Cont.)</b>											
C. Power	Atlantis	6.51.81	1.24.01	36.66					1.45.97	43.13	3.37.89
D. Townley	Canberra	6.49.57			1.35.47	44.33			1.36.11	38.32	3.29.56
D. Whitehead	Narooma	6.18.46			1.33.58	42.78			1.38.26	39.33	3.18.14
M. Williams	Adelaide							45.51			
W. Williams	N. Lodge	6.56.08					1.43.62	46.01	1.48.80	48.88	3.41.12
<b>WOMEN: 30-34</b>											
L. Allen	Adelaide										
D. Anstey	Atlantis	6.19.97	1.16.68	32.96		48.24		47.76		43.56	
J. Campion	Powerpoints			45.62		48.56					

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NAME	CLUB	400 F/S	100 F/S	50 F/S	100 BA	50 BA	100 BR/S	50 BR/S	100 FLY	50 FLY	200 1/M
<b>WOMEN: 30-34 (Cont.)</b>											
J. Crowther	Atlantis	7.04.68	1.31.72	40.99		1.06.42		52.42		54.71	
B. Fisher	Adelaide			1.05.26				1.04.32			3.36.03
J. Gillett	T.T. Gully	7.06.78	1.29.07	36.06	1.32.26	42.10					
S. Heath	C.D. Seals						2.11.31	1.00.13			
E. Hutchins	N. Lodge	8.37.40		43.75	1.55.80	53.30				58.45	
P. Hutton	Adelaide	6.57.14	1.32.76	40.57				51.70		56.99	
R. Jones	Hills	7.18.84	1.33.81	40.17	1.51.32	52.06				46.19	
J. Jordan	N. Lodge	6.47.39	1.26.56	38.91	1.45.92	47.55					
G. McDonald	Carine	10.27.60	2.00.26	48.81		1.03.51					
P. Morris	Adelaide	6.53.46	1.29.35			51.10	1.58.07	51.87			
B. Pope	Atlantis				1.45.38	48.20		1.04.82			3.04.78
L. Potter (G)	Adelaide	5.24.26 <sup>o</sup>	1.08.72 <sup>o</sup>	30.81			1.33.38 <sup>o</sup>	41.63	1.32.02 <sup>o</sup>		3.14.81
H. Rees (B)	Canberra	5.49.97	1.16.00		1.32.92	44.31					
C. Robinson	N. Lodge			51.43			2.12.97	57.38		34.61	3.05.85
G. Stark (S)	Canberra		1.12.03	31.02	1.21.33	36.84					
R. Steller	Canberra	7.48.63		48.83	1.46.21	48.55		57.51	1.54.67	48.33	3.48.08
L. Taylor	Adelaide	6.35.43	1.23.48	39.54							
J. Watson	C.D. Seals						1.47.52	49.43			
B. Winn	C.D. Seals			39.15		46.80		59.50			
<b>WOMEN: 35-39</b>											
L. Ames	O. Park	9.05.39	1.53.38		2.22.93				2.37.55	1.09.28	4.53.98
A. Andrew	Melville	7.45.41	1.43.40	43.25		58.17	1.59.77	57.13			
F. Brown	Hunter	6.50.54	1.24.39	38.18	1.40.18	46.34					4.16.85
J. Burgess	Canberra	7.24.68		42.85							
C. Davis	Cron.-Suth.	8.30.81	1.53.36	43.34	2.11.09	57.11		1.10.87			
C. Ellis (S)	N. Lodge	6.27.85	1.21.91	36.59	1.37.73	42.85			2.01.39	40.87	
J. Ford	Canberra	6.53.71	1.26.13	35.29	1.32.23	41.77					
J. Foster	Adelaide		2.00.10	54.09	2.04.97	54.55	1.54.97	50.14			
J. Green	Canberra		2.04.09	46.93		1.02.59					
M. Haime	Ettalong				1.56.72	48.70		59.63			
M. Marks	N. Lodge	7.11.54	1.26.38	37.49	48.43	48.43		54.13			4.25.65
T. Morris	Inglewood	7.37.52	1.37.91		1.48.44	49.91		56.20			3.17.99
V. Murphy (G)	Adelaide		1.19.49	34.17			1.39.76	44.34			3.20.31
S. Pelling	Powerpoints	6.35.40		35.88	1.31.80	39.66		48.85			
W. Potter	Atlantis							52.87			
M. Ryde	N. Lodge			51.53	59.19	2.47.85	1.09.04	44.15		42.17	
R. Sargent (B)	Melville	7.43.99		37.36		45.46	1.40.06				
A. Smith	C.D. Seals			39.74		47.44					

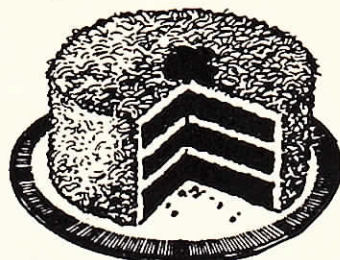
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MEN: 35-39 (Cont.)											
B. Solly	Cron.-Suth.			41.26		51.48					
A. Stevens	N. Lodge		1.23.86	34.7	1.39.01	46.90		46.74		43.30	
D. Timmins	O. Park		1.46.30			54.88	2.16.61	58.91			
L. Wardale	Adelaide	7.33.05	1.36.81	42.93		50.89	2.28.62	1.01.22			
C. Williamson	Ettalong	7.54.23	1.33.05	41.16	2.02.64	52.76		1.07.86			
A. Wilson	N.Z.	7.08.26	1.27.76	37.52	1.29.30	39.63					3.31.43
WOMEN: 40-44											
R. Blom	Melville	8.11.17		43.43		56.55	1.49.45	49.20		56.13	
R. Carley	Coogee					1.00.10		54.41			
M. Carney	Ettalong	8.44.37	1.51.01	45.61	2.09.80	49.95		1.11.71			
J. Collins	Ettalong	7.52.05	1.31.64	38.96	1.51.64			1.01.34			
B. Dillon	Cron.-Suth.	7.20.33		36.74			Disq.	45.54 <sup>o</sup>		46.77	3.54.21
F. Gould (S)	Hunter	7.13.23	1.21.83	33.61 <sup>o</sup>		42.42	1.48.51	47.91			
W. Higgins	Adelaide					1.13.35		1.15.27			
J. McLeod	Coogee	7.20.05	1.34.26	39.66				55.59		56.51	
F. Milham	Atlantis			43.69		56.43					
N. Penning	Inglewood			46.57		1.01.10		59.67			
M. Phin	Adelaide			1.00.18		1.09.59					
J. Piper	Ettalong							2.07.93			
D. Ross (B)	Adelaide	7.03.86			1.46.60	48.55	1.56.69	51.77			3.46.29
J. Ryan	Carine	8.24.35	1.40.60	44.16	2.06.11	55.05					
D. Simons	Adelaide	8.04.29			1.58.69		1.56.32		1.53.64	48.93	4.06.59
P. Squire	Adelaide	8.18.71	1.47.00	46.39			2.27.60	1.09.01			
E. Walsham	Hills										4.07.27
M. Wilson (G)	Tamworth	6.37.89	1.21.26	35.43					1.49.30	42.85	3.38.52
WOMEN: 45-49											
W. Byrne	Melville		1.47.66	43.21		56.89	2.21.02				
M. Connolly (B)	C.-R'wick			41.10	1.48.69	50.09	1.59.12	53.92		47.54	
P. Donnelly	Ettalong		1.41.26	44.39	1.54.64	51.27	2.13.13	58.19			
P. Dunn	Ettalong	8.24.93	1.44.61	43.03	1.58.90	50.76				1.09.80	
M. English	Melville			52.76		1.11.89					
C. Harner	C.D. Seals			42.97	2.06.96	56.08		59.11			
S. Howard	N. Lodge	7.24.82	1.34.19	41.08	1.56.39	52.50		56.45			
C. King	Tamworth	9.27.67	2.08.04	53.78	2.50.13	1.24.05		1.34.33			
M. Kroon (S)	Ettalong		1.27.25			49.25	1.53.87	49.78		43.98	3.44.65
B. Large	N. Lodge							52.28			
Y. McNab	Melville		2.44.59	1.05.75		1.10.17	2.30.58	1.05.97			
K. McNeill	Ettalong		2.29.76								

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<b>WOMEN: (45-49 (Cont.))</b>											
J. Roberts	Atlantis	7.40.14	40.32	1.57.58	53.44		58.77				
H. Robertson	N. Lodge		1.47.35	47.82			2.14.93	58.01			
K. Steward	Cron.-Suth.	14.51.96	3.10.01		3.43.34	1.43.57	4.06.00	1.53.71			
S. Toth	C./R'wick		2.56.30					1.27.47			
H. Walker	Lane Cove	7.00.23	1.31.03	41.99						56.01	4.14.67
B. Wilson (G)	N. Lodge	5.57.79 <sup>o</sup>	1.19.88	35.31		51.68			1.45.66 <sup>o</sup>	42.84 <sup>o</sup>	3.29.47 <sup>o</sup>
<b>WOMEN: 50-54</b>											
P. Adams (S)	Hills										
J. Dixon	N. Lodge	9.54.65	2.07.51	53.89	2.09.46	55.93		1.17.29			
C. Dixon	C.D. Seals		2.21.17	1.05.35		1.23.01	2.30.00	1.12.13			
O. Eddy	Ettalong	9.28.24	2.09.70				2.17.40	59.97			
M. MacKinnon	C.D. Seals			52.14	2.22.59	1.08.00	2.27.26	1.08.97		1.03.30	
E. Meldrum	B. Beavers			2.32.00		1.06.39		1.01.47		2.56.26	
J. Sanson (G)	Adelaide		1.23.55 <sup>o</sup>	36.74		1.40.96				42.00	
S. Spoonley (B)	N.Z.	8.40.98	1.39.36	40.57			1.44.17	45.06	1.45.09		
J. White	Atlantis		2.04.54	51.54			2.50.43	1.21.80			
<b>WOMEN: 55-59</b>											
K. Adams	N. Lodge										
J. Arthur	A.C.T.	9.25.43	2.03.79	53.07				1.13.99			
R. Byass	C.D. Seals					58.01					
B. Callaghan-G	Manly			44.79	1.53.78	50.55	1.59.34	51.12		54.28 <sup>o</sup>	
D. Field	Ettalong							1.25.77			
N. Fowler	Adelaide		2.16.08	59.65	3.01.13	1.24.01		1.29.56			
B. Grace (B)	Narooma	8.18.34	1.47.70		2.26.89				2.28.09 <sup>o</sup>	1.02.26	5.02.88
M. Jones	Nelson Bay			1.11.62							
E. Watson (S)	Cron.-Suth.	7.52.45	1.42.25		1.56.49		1.56.76			56.26	4.02.87 <sup>o</sup>
<b>WOMEN: 60-64</b>											
B. Barrie (G)	Woollahra				2.15.39	59.30	1.54.84 <sup>o</sup>	51.24		51.15	4.17.91 <sup>o</sup>
A. Eifler (B)	N.Z.	9.23.00			2.09.66	59.90	2.02.19	54.07		1.19.45	
M. Hatwell	Adelaide		2.14.20	1.02.36	2.43.66	1.12.67	2.32.26	1.09.14			
J. McCabe	N. Lodge		2.31.76	1.03.64			2.31.52	1.07.43			
S. Moiler (G)	Inglewood	7.50.30 <sup>o</sup>	1.37.29	49.91	2.09.16	59.22					
T. Parker	Hunter	10.13.67			2.13.43	59.95					

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<b>WOMEN: 65-69</b>											
D. Nicol (G)	Manly		2.00.64	49.76			2.33.97 <sup>®</sup>	1.07.19 <sup>®</sup>			
<b>WOMEN: 70-74</b>											
M. Bishop (G)	Melville	10.19.55 <sup>®</sup>	2.03.01	48.59		1.11.64	3.07.31	1.21.35			
B. Jones (S)	Inglewood			1.07.40			2.45.95 <sup>®</sup>	1.14.92			
E. Sargent (S)	Manly			48.52		57.92		1.31.30			
<b>WOMEN: 80-84</b>											
V. Fernance-G	B. Beavers			1.45.80		2.03.80		Disq.			

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### 4x50 Metres Mixed Freestyle Relay 2 Women & 2 Men

<b>65 Years +</b>	
Manly	3-24.38
<b>55 Years +</b>	
Adelaide Masters	3-25.24
North Lodge	3-37.05
<b>45 Years +</b>	
North Lodge	2-23.01
Ettalong	2-29.29
Melville	2-39.89
Central Districts	2-45.72
<b>35 Years +</b>	
Adelaide Masters	2-11.99
North Lodge	2-12.85
Hunter	2-13.11
Canberra	2-19.24
Coogee-Randwick	2-20.31
Ettalong	2-22.47
Atlantis	2-23.56
Melville	2-30.32
Osborne Park	2-43.73
<b>25 Years +</b>	
North Lodge	2-02.19
Adelaide Masters	2-02.64
Canberra	2-06.18
Powerpoints	2-09.30
Atlantis	2-10.05
Cronulla-Sutherland	2-15.03
Lane Cove	2-16.28
Ettalong	2-16.43
Tea Tree Gully	2-20.40
Central Districts Seals	2-25.31
Woollahra	2-42.12
Carine	2-52.59

### Women's 4x50 Metres Freestyle Relay

<b>45 Years +</b>	
North Lodge	2-51.03
Ettalong	3-01.27
Central Districts	3-43.26
<b>35 Years +</b>	
Adelaide Masters	2-30.88
North Lodge	2-41.15
Cronulla-Sutherland	2-44.66
Melville	2-47.42
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Atlantis	2-54.97
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Canberra	2-17.94
Atlantis	2-39.07
Central Districts	2-45.55
Ettalong	3-29.67

#### Men's 4x50 Metres Freestyle Relay

<b>55 Years +</b>	
Melville	2-31.11
Ettalong	2-34.05
North Lodge	2-49.70

<b>45 Years +</b>	
Adelaide Masters	2-10.93
Hunter	2-36.50

<b>35 Years +</b>	
Powerpoints	1-56.39
North Lodge	2-03.38
Coogee-Randwick	2-08.72
Adelaide Masters	2-12.44
Atlantis	2-23.09
Ettalong	2-32.21

<b>25 Years +</b>	
North Lodge	1-58.87
Canberra	2-00.22
Ballarat	2-01.69
Powerpoints	2-02.76
Adelaide Masters	2-06.29
Ettalong	2-18.06
Central Districts	2-19.34
Osborne Park	2-21.17
Atlantis	2-25.11
Tea Tree Gully	2-27.53

#### 4x50 Metres Women's Medley Relay

<b>55 Years +</b>	
Ettalong	—

<b>45 Years +</b>	
North Lodge	3-18.73
Ettalong	3-28.62
Central Districts	3-50.64

<b>35 Years +</b>	
Adelaide Masters	2-53.22
Melville	3-08.21
North Lodge	3-09.67
Cronulla-Sutherland	3-11.65
Atlantis	3-45.09
Coogee Randwick	3-54.76
Inglewood	4-10.70

<b>25 Years +</b>	
Adelaide Masters	2-31.24
North Lodge	2-34.69
Canberra	2-39.26
Atlantis	2-59.16
Ettalong	3-49.07

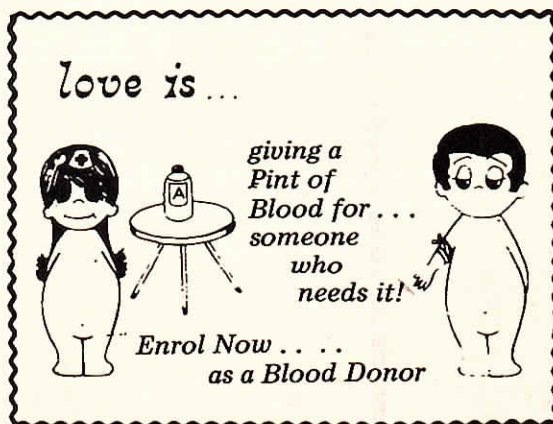
#### Men's 4x50 Metres Medley Relay

<b>55 Years +</b>	
Ettalong	2-36.35
North Lodge	2-56.35
Melville	3-21.52

<b>45 Years +</b>	
Hunter	2-51.91
Ettalong	3-53.48
North Lodge	2-54.18

<b>35 Years +</b>	
Powerpoints	2-09.14
Coogee-Randwick	2-21.16
Lane Cove	2-23.30
North Lodge	2-28.73
Adelaide Masters	2-32.97
Ettalong	2-48.68
Atlantis	3-15.30

<b>25 Years +</b>	
Atlantis	2-15.28
Powerpoints	2-17.33
North Lodge	2-19.10
Adelaide Masters	2-19.83
Canberra	2-22.96
Ballarat	2-23.54
Ettalong	2-43.81



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# Off the Blocks

## Rules

It is becoming very evident that a number of swimmers are ignoring the basic rule of swimming at our carnivals. It must be remembered that we are bound by the laws of the A.S.A. with relation to Starts, Turns and Swimming. The only place that we differ at this stage is in Breast Stroke Leg action.

Comment has been made regarding the number of swimmers who disregard the rules of Back Stroke when turning. These rules are very clear and should cause very little trouble to each member. The time will have to come when it will be necessary to disqualify swimmers for illegal turning.

I can well understand the problem that will cause, who is going to be brave enough to do it?

Butterfly swimming is causing some concern and I have contacted each state to furnish me with their interpretation of how they should be swum. Later we will publish the final rule. The main concern is with the arm movement, the legs do not worry us at this stage. Any suggestions are welcome. Please, club coaches do advise your swimmers about turns.



## The One Hour Swim

This again proved a popular event with' AUSSI swimmers — this year our medal winners were:—

Roderic K. Ross 2 Bareside Ave. Seacombe Heights Adelaide	2nd Men 45—49
--	---------------

Allan Gregson 17 Graham Ave. Carola	2nd Men 40—44
---	---------------

Foster Wilson 19 Kaley Ave., Daleys Point	1st Men 75—79
---	---------------

Kevin Vickery George Street Woy Woy	4th Men 55—59
---	---------------

Barbara Wilson 5 Bennett Avenue Mt. Waverley	1st Women 45—49
--	-----------------

## Corrections to 1979 National Top 10 Times

### Women

35-39	800m Freestyle T. Morris	delete entry
60-64	800m Freestyle J. Meager, 62 Cronulla-Sutherland	20.23.05 1/c
	1500m Freestyle J. Meager, 62 Cronulla-Sutherland	39.16.00 1/c (R)

### Men

25-29	200m Breaststroke R. Moebius, 26 Osborne Park	3.32.2s not 2.31.2
30-34	100m Individual Medley D. Spencer, 31, Hills	1.20.76 10th
40-44	400m Freestyle A. Gregson, 41, Hills	5.13.78 not 5.13.38
	1500m Freestyle A. Gregson, 41, Hills	20.33.41 no5 20.16.0 wrong time sent to recorders
	5m Butterfly G. Winterton, 41 Lane Cove	s/c not 1/c
	400m Individual Medley A. Gregson, 41, Hills G. Winterton, 41 Lane Cove	6.12.30 7.27.53 s/c
50-54	800m Freestyle Record K. Vickery R. Hartley, 53 Meville	12.10.90 77 12.39.00 s/c
	1500m Freestyle R. Hartley, 53 Melville	23.20.00 s/c (R)
65-69	800m Freestyle J. Collins, 67 Inglewood	21.11.50
	1500m Freestyle R. Colquhoun Inglewood	37.27.00

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# Points to Ponder

(From the Coaching & Education Committee)

## What is 'Proper Preparation'

by Des McCormick

To be in condition or fit means that a person can carry out his normal duties without undue strain. In our case if we are fit we can compete in certain races without feeling unduly exhausted. The preparation that we do will determine how far we race and also at what speed. The fact that you can swim 5,000m each week does not mean that you are fit. The manner in which the swim is done is most important as is also how the distance is broken up and what strokes are used.

Our different body systems will only get stronger if we place a controlled type strain on them. Our heart is a muscle and if it's made work it becomes stronger. When we race we must endeavour to keep in perspective why we race. Races should be used as a gauge to determine if we are getting fitter or not. The race is a personal affair between the swimmer and his training programme. If in the race you happen to beat someone else, that is a bonus, but not the main aim of the exercise.

Non-Time swims will not test a swimmer's ability and his fitness may even get lower. I will go into this in another article.

Regarding training and as you say it is difficult to undertake a proper preparation. May I point out to you that if you can afford the time to swim 5,000m per week then you are doing enough to be able to prepare yourself for anything.

To set up a training table for you would be pointless until I had more information. I show below the type of information requested. If you wish to fill up the form and send it to me then I'm sure we can make your training more profitable to you.

Days spent training.

How long each session.

Total metres done for sessions.

Strokes in order of preference.

Times for 200m, F/S BRS BKS.

Any extra work done. Exercises. Jogging.



## Portraits

### "Gran" Fernance

by Barb Newby



Blacktown Beavers' "Gran" Fernance is a local celebrity, as well as Aussi's "Grand Old Lady of Swimming".

As Mal would put it, "Life wasn't meant to be easy" — and Vera Fernance's 82 years of experience would echo that sentiment — yet "Gran" has proven a multitude of times that human endeavour, grit and singleness of purpose can overcome every adversity.

Her swimming career began when at the age of 64, she joined her daughter and grand-daughter in the Blacktown Mothers' Swim Club's learn-to-swim campaign. Pool manager, Fred Wilson can now lay claim to having taught and trained a State, Australian and World Champion in Gran, who currently holds World Records in Freestyle and Backstroke in the 80/84 years age group.

She turned her new found swimming skills towards many fund raising efforts as swimathons helped swell the coffers of some of her favourite charities. These appear to be legion — with Red Cross, Hospital Auxiliaries and the Marella Mission Farm featuring highly

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on her list. Add to this her active participation in the C.W.A., Musical Societies, Church activities and her own large family circle, and you have one very busy lady!

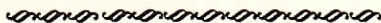
In fact her community work was acknowledged on January 26th 1980, when she was awarded the Order of Australia in the Australia Day Honours List — the only member of Aussi to be so honoured to date.

The Nationals at Adelaide were tinged with sadness as her husband Milton after a long illness had passed away shortly before the Titles. However, her family insisted "Dad would've wanted you to go — as he was

always so proud of your achievements."

Gran continues to swim several times each week — consistent training helps keep her arthritis at bay, as so many Aussi swimmers have found. She is justly proud of the fact that her driver's license has been renewed and no doubt she will be buzzing around the Sydney meets, breaking new records as she goes.

In 1981 Gran will be blazing the Perth trail — and now that we know she is an award winning musician as well — we'll be begging a tune on the violin to while away the travelling hours — along with a richness of reminiscences that only she can tell.



## Changeroom Chatter

### Overhead at the Nationals

Gentleman (??) from Lane Cove as he surveyed his room at the Grovernor — "Pity they took the bars off the windows, otherwise we would have felt quite at home" and same fellow calling (!) to club mate down the hallway "Harry, turn off that T.V. — you'll disturb the other guests."

To the gentleman in the adjacent building to the Grovernor, we apologize on behalf of the Cronulla lady who forgot to pull her blinds — it's just that those fellows from Lane Cove kept assuring her if one looked hard enough out of their windows, one could see parkland and green trees.

Who told "little white lies" to the two dear old ladies staying at the Grovernor? Overhead in the lift: "Did you know dear that those people in the green track suits with AUSSI on the back are the senior Olympic team here for trials before Moscow — they say it'll take more than Mr Frazer to stop them from going." NAUGHTY! NAUGHTY!

There is no truth in the story that Lane Cove and Cronulla swimmers didn't "warm up" before their swims because the 800m dash between their rooms and the lift at the Grovernor left them too exhausted. It was trying to hail a taxi outside that did it.

\* \* \* \* \*

Hunter Club had a Swim-a-thon to raise money for the National Heart Foundation during National Heart Week. It was held at Lambton Pool on Saturday, April 19. Betty Hawthorne (a trained nurse and wife of John Hawthorne) took each swimmer's blood pressure, before and after the 1500 metre swim. Betty was pleased to say that all swimmers were fit, each one having his/her blood pressure within normal limits. Approximately \$200 was raised. It is interesting to note that

one of our swimmers, Peter Passlow had a heart attack in September last year, and is now able to fully participate in all of our activities. Peter gradually took to the water, following doctors' orders rigidly. Some swimmers may remember Peter as a NSW diving champion in the 50's.

Of course we followed the swim with a barbeque breakfast and bubbly at the poolside. What a great way to start a weekend.

\* \* \* \* \*

A non-patchswim was held at Bateau Bay on Sunday, 6th April for members and friends of Hunter Aussi.

The swimmers walked around to Boob Point, where the swim commenced. (The swimmers not being dissatisfied with the scenery).

Just to prove that we are not a sexist group, two females were sent off to show the guys the way round the rocks and up through the channel to Bateau Bay. The swim was approximately 500 metres.

The day although overcast was mild with the water temperature beautiful. During the swim a board rider was most surprised to come across two gals swimming in the middle of the Bay. "Where did you come from?" "Oh!" said Marie McQueen from Ettalong very casually, "We're in a race". Marie is the sister of Hunter's president, John Hawthorne.

Following the swim we had a barbeque, starting with abalone taken from the Bay. Swimmers who took part were: John Brown, Fay Brown, Liz Kidd, Rod Kidd, Jack Cavanagh, Brian Newman, all from Hunter, and Marie and John McQueen from Ettalong.

All in all it was a great day, and we are thinking of making it an event for next year.

from Fay Brown, Hunter.





**Blacktown**  
**Saturday, 19th April**

The Cronulla Club recently enjoyed a social evening out at "Roberto's". Secretary Marion Baker presented those members who attended the National Swim with beautifully typed and signed certificates. Emily was presented with her "Silver Medal" and the Club gave Barb, Betty, Carol and Emily a memento to reward them for their 3rd placing in the ladies 0/35 4x50m F/style relay.

There was a toast to Marion (a terrific secretary) then to Emily (our champion) then to the relay team (well done girls) then to David and Lynn (celebrating 16 years of wedded bliss) to which David felt should have been (well done David). Perhaps it's lucky the Sharkies pool was empty and no excuses had to be found for the absence of swimmers at 6 a.m. next morning.

\*\*\*\*\*

Two NSW clubs Coogee/Randwick and Blacktown held their first carnivals in March and April, those who attended said they really enjoyed the early start, and the B.B.Qs which followed.

#### Heard at the Pool

Everton Park Club coach recently drew up training programs for Club members to follow during the winter months. Commented one bright spark when he saw next week's schedule "Are we on the road to Moscow?"

Another member (and not the youngest either) casually announced that during training the previous week he had swum 42km. Would this qualify for some sort of record?

\*\*\*\*\*

#### Pleasant Interlude

All those present at Tri-Sports AUSSI Meet on 27th April were given a special treat when members of the Tri-Sports Diving Club displayed their talents with an exhibition of plain and fancy dives. It is hoped this may become a regular program feature at future AUSSI Meets. We certainly hope so!

Second prize in the raffle the same afternoon was something quite unique in Queensland; a bottle of AUSSI PORT kindly donated by Thor Eriksen.

\*\*\*\*\*

A great fund raising idea and social night is a progressive dinner so on Saturday 23rd February Hunter AUSSI Club happily drank and munched their way progressively through dinner beginning in Adamstown and ending at Waratah.

Dinner began with hors d'oeuvres at the Brown's. Everybody wet their appetites both literally and figuratively with snacks prepared by Doreen Long and Fay Brown and with drinks kindly supplied by Bob Ford.

We then proceeded to Waratah and the



Kolatchew's where the main courses prepared by Ann Kolatchew and Pam Passlow were enthusiastically consumed. Yet more wine was drunk and some of those who decided to eat their meat outside found themselves unexpectedly seated in the garden.

Dessert was served at the Hawthorne's by Betty Hawthorne and Liz Kidd, only a stone's throw to those who drove from the Kolatchew's, a little more to those who walked. And still more wine was drunk, diluted a little by coffee. Paul Kolatchew made a most interesting non-speech in his newly acquired position as Entertainment Secretary, perhaps because of his being so unaccustomed to public speaking.

Overall we all had a most enjoyable evening, although some, I am sure, paid for it on Sunday.

from Liz Kidd, Hunter.

\*\*\*\*\*

Hi everyone!! from Inglewood, Western Australia.

The development of our Inglewood Club has been very successful since we started two years ago, and our membership now numbers 55.

Not only have we doubled our membership, we also boast a few World, National and State Record Holders. HOW ABOUT THAT???

Five Marron swimmers attended Nationals in Adelaide, and they did very well, not only in the water but on dry land, even to the point of looking for the "Pub that wasn't there".

On our fun side of Inglewood AUSSI we are proud to announce our Fitness Director is still swimming even though her baby is due any day. By the time we read this she will be a candidate for Mother's Day. Congratulations Betty.

Also we can boast a wedding in April of Alan and Julie who met in AUSSI. So romance is everywhere.

On a sadder note it was very disappointing to see Lance Roberts, our Secretary, stand down. Lance has done an excellent job since we started and we will miss him.

Our members who joined for Fitness (medically) have nothing but praise for the results they are achieving. Keep it up you "crocks" it is great to see you all improving.

Also praise must go to some of our members who just make it to the 25 metre mark. It sure is encouraging to see their efforts giving out results. With their plodding, Bob's words of advice and encouragement I'm sure we will give all other W.A. clubs a "hurry up".

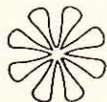
Many members are aiming at, and achieving both the Awards of AUSSI and City Mutual A.S.U. Congratulations to all concerned.

Best wishes to all Aussies for 1981. See you all in Perth.

from Norma Penning, Inglewood.

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# Calendar of Coming Events

## 1980

- July 30 Osborne Park, W.A. Meet — contact Beth Berry  
268 Hector Street, Tuart Hill (09) 444 4884 home
- August 2 Ettalong, NSW Meet — contact Foster Wilson  
19 Daley Avenue, Daleys Point, 2256. (043) 419 602 home
- 29 U.S. LONG COURSE CHAMPIONSHIPS  
to Santa Clara, California — contact  
September 1 Cindy Baxter, 740 Clara Drive, Palo Alto, CA 303, USA
- 13 AUSSI NATIONAL COACHING SEMINAR — Sydney  
All clubs will be circulated with details. New super Apex fares now apply
- 20 Cronulla, NSW Meet — contact Marianne Baker  
13 Veronica Street, Loftus, 2232. (02) 521 6515 home
- October 11 Hunter (Newcastle), NSW Meet — contact Fay Brown  
44 Westwood Avenue, Adamstown, 2289. (049) 521 489 home (see below)
- November 16 Inglewood, W.A. Meet — contact N. James  
78 Ashington Street, Dianella, 6062 (09) 276 1776 home

## 1981

- February 14 W.A. STATE SWIM — contact your club for details
- March 13 AUSSI NATIONAL SWIM — Beatty Park Pool, Perth, WA  
to Open to Registered Members of AUSSI and other Masters Bodies  
15 Brochures to all clubs when available or write to AUSSI  
5 Fortis Place, Carine, W.A. 6020

### AUSSI MEET FOR HUNTER OCTOBER 11 AND DAYLIGHT BALL

The Hunter Club will be having their Annual Carnival on Saturday October 11, followed by a barbeque. The following day the Annual Mackerel Daylight Ball will be held. Last year we had an Aussie group, and it was a most successful day. Everyone enjoyed themselves immensely. Anyone wishing to go to the Daylight Ball may contact Fay Brown at 44 Westwood Ave., Adamstown Hts or phone 521489, where details of money, times, accommodation, etc. can be obtained in more detail when to hand. The Ball is very popular, so anyone wishing to attend will have to have money and names in well ahead of time this year. Dress is semi-formal to formal. Hope to see you there! John has just told me that anyone wishing to go to the Ball is advised to send a deposit of \$5 to me by 30th June, so that a ticket will be set aside. It is a very popular event in Newcastle and tickets do go like wild fire.

Regards,

Fay Brown

## 1982

- March end AUSSI NATIONAL SWIM — Sydney, NSW

### TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the September Edition of "AUSSI ADULT SWIMMING" must be received by 1st August. Write to The Secretary, AUSSI, 299 Bexley Road, Bexley North, 2207, Australia.

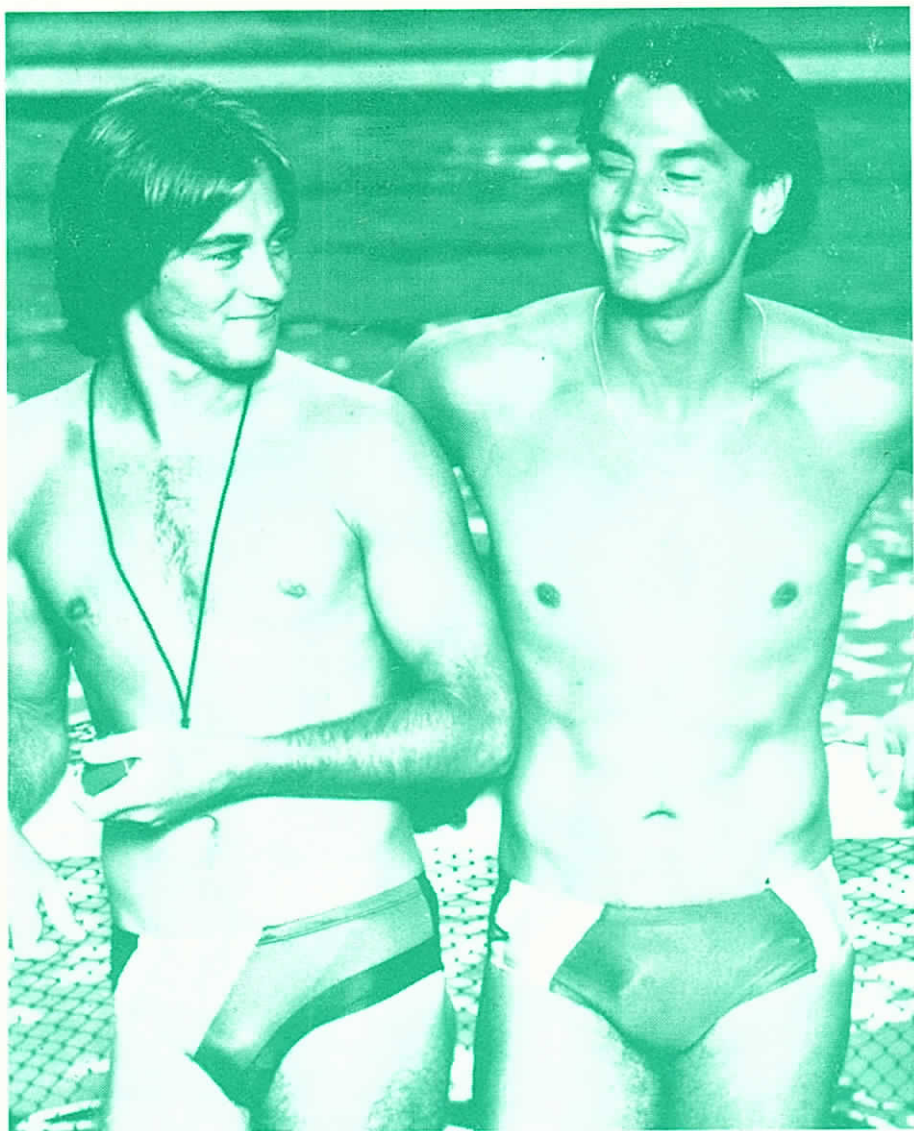


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