



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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MARCH 1981

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GARY STUTSEL
Retiring National Secretary

THIS ISSUE . . .

The Top Ten

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A.U.S.S.I. National
Awards Listing

* * *

Australian 1 hour
Listings

* * *

Jim Williams on
Timekeeping

* * *

Harry Turners
Maui Channel
Swim



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A.U.S.S.I. ADULT SWIMMING 1981



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Carol's Comments

Lately I've been hearing comments such as, "AUSSI is losing sight of its objectives" or "AUSSI is becoming a monster". Of the first comment I can only say, AUSSI is what you and I, its members, make it. I would remind you that FITNESS AND FUN is a slogan not a rule. Ask around, see how many definitions you get of what is FITNESS and what is FUN. AUSSI's aim as I understand it is to provide a programme for the individual, not mould the individual to a programme.

Now is AUSSI a monster? Yes! AUSSI has reached adolescence, it's suddenly grown at such a rate it's alarmed a number of folk. However, let's not panic, our aims were always to expand, now at the National Council Meeting in Perth, we must sit down and assess the situation. I see 1981 as a year where we consolidate on what was achieved in 1980 — decide on our priorities and work towards our aims.

Like everyone I was sad to learn that because of a change in work situation, Gary felt unable to stand again as National Secretary, the time effort and direction given by Gary to AUSSI could not be calculated. A "Thank you" seems rather inadequate. However, for what it's worth, "Thanks Gary, From All Of Us". The good news, Gary's services are not being lost entirely, someone twisted his arm and he agreed to become our "Historian" and I ask you, with his background knowledge, who better?

Now onto this issue, for all our top achievers, the National Top Ten — for those special



achievers, the AUSSI Awards listing. I'm also sure you'll be interested in the feature story of our most distant club — the Pilbara Platypi. Please read and absorb Jim Williams article "The Timekeeper", we can all learn something on that score.

To all those attending the Nationals in Perth, good luck and good swimming to you.

Carol

Swimmers' Viewpoint

Dear Carol,

I'm writing this in the hope that it can be included in the next edition of AAS — that it will result in some thought provoking comments.

It is with great regret that I notice AUSSI has gradually slipped away from its original high ideals — those of fitness and fun for

EVERYONE. More and more carnivals are now being advertised with prizes such as medals as their major drawcard. Gone, it seems, is the original idea of a certificate for each entrant listing personal times swum at the carnival.

As a result, the same few swimmers continue to receive medals and there is no incentive for

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the average to poor swimmers (who may still be fit) to continue participating in carnivals.

With our State and National Competitions being mainly for our better swimmers let us concentrate on making our other carnivals enjoyable and worthwhile events for ALL AUSSI members. As a result all members will have the incentive to stay with AUSSI and keep fit. This is our major objective — a fit population — not a handful of elitist competitive swimmers.

*Judy Ford
Canberra AUSSI*

Answer —

I'm with you Judy, I feel for one thing the giving of medals at club carnivals lessens the value of the State and National Medals. Sometimes the situation borders on the ridiculous with every swimmer attending going home with a medal. We at Cronulla tried to take the "mickey" out of the situation by awarding "Super Shark Awards" with the words "I am Super" (got the idea from my little daughter [7 years] who gains "Super Badges" at school when she is very good). Most folk took the joke in good part, but I did overhear one swimmer say, "Whose bird-brained idea was this". GUILTY!!

Like you I prefer certificates, I recognise the need for competition for the top swimmers, and I think even the not so good ones like myself enjoy competition, but I'd like to see the "fun" back in our club carnivals. Whatever happened to the Novelty Event, like the old fashioned swim costume race at St. George or the arms and legs tied together race at Tamworth, or that exhausting balloon-race to name a few — What do you readers think?

Carol

Dear Editor,

Launceston Club now on the go again.

The Coaching Manual is of great use. A tremendous effort by those who compiled it. Congratulations.

*Tina Mackenzie
Launceston, Tasmania*

Answer —

Thank you for your kind words. Des McCormick will be gratified to hear this.

Carol

Dear Editor,

As the only Sydney swimmer to accept Canberra AUSSI's invitation to spend the Australia Day weekend with them, I'd like to tell you what a great weekend you missed.

The first function was the carnival at Macquarie Pool. Swimmers from North Lodge (Vic), Hunter, Wagga, Ettalong, Cronulla/Sutherland (me) and Canberra competed in a well-organised meet while our children exhausted themselves on "the longest water slide in the world". Then we went to Judy Ford's home for supper and a chance to meet the swimmers from other clubs, as well as helping some of the Hunter men add to their beer can collection.

On Sunday morning we met at Black Mountain Peninsula for a barbecue. The certificates for visiting swimmers were given out with the times already typed in. The point score for visiting clubs was won narrowly by Hunter. There were some sunburnt bodies by the end of the day, but we all enjoyed the company and the chance to get used to swimming in the lake. Later, some of the visiting swimmers joined Canberra club's Sunday evening training session while the others rested in preparation for Monday's lake swim.

Monday was another hot day, and the lake looked most inviting at 3 o'clock as we gathered at West Basin for the 1.4 km swim under Commonwealth Avenue bridge past Regatta Point to the park where the Australia Day celebrations were being held. It's more interesting swimming along a lake than just doing laps in a pool, especially for someone who doesn't usually do any longer swims.

The biggest cheer at the finish was for Joan Dickson from North Lodge, as she was given her crutches at the end of a very creditable swim. Who won the swim? John Hawthorne (Hunter) — insisted it was him, as he was the first to swim around the correct buoy, but I didn't care — I finished, although it took me 33 minutes.

Thanks Canberra, for a great weekend. I hope there'll be more Sydney swimmers there next year to enjoy it with me.

*Beryl Stenhouse
(Cronulla/Sutherland)*

Answer —

Well my excuse was that I was in Kempsey, promoting AUSSI at the Country Championships. Seriously Beryl, it sounds a great weekend, and other letters agree with you.

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FOR APPOINTMENT

I guess we all decide on priorities, and what swims we can and can't make.

Carol

Dear Carol,

I am a member of AUSSI (North Lodge) and am planning a trip to Europe in May 1981 for a period of 6 months.

Do I need any kind of clearance from your office in order to swim overseas (in organised meets that is)? If so how do I arrange that?

Thanking you in anticipation.

John Calnan

Answer —

Dear John,

You will need a Clearance Form to compete overseas and this is available from the AUSSI National Secretary.

I have attached one to this letter. Fill it in then forward it to the ASU Office, P.O. Box 133, Chatswood, 2067. Please send me a photocopy for our records.

Best wishes for your trip.

Gary Stutsel

Dear Gary,

Five members from North Lodge thoroughly enjoyed the last Australia Day Weekend when we travelled to Canberra for their carnival on Saturday 24th and their swim, 1 mile, across Lake Burley Griffin on Monday 26th, but the main thing I would like to "get across" to all clubs all over Australia is that these Canberra people opened their homes to us for the full weekend. I for one could not have gone and would have missed out on a really fantastic weekend if I hadn't been billeted, and made feel most welcome by Mr & Mrs William Parker, because I am madly saving for the trip to Perth for the Nationals. Joan Dickson and three other members were looked after by Robin Sweeney. What we all feel is that if all clubs could billet members from visiting clubs for carnivals etc., more people would be only too willing to travel to these events and would be able to offer their homes in return, which I have done for our Victorian Titles in February. This way weekend trips to country and interstate carnivals could be enjoyed by many more. It certainly helps the "pockets" and enables swimmers to "get away" for a most reasonable weekend. I would like to see this become a regular "thing" for all AUSSI clubs — what do you and the readers think?

P.S. I would like it mentioned in the paper how very much we appreciated what Canberra Club and its members did for us and to thank them very much for their kindness and for Mr & Mrs Bill Parker and Mr Robin Sweeney for really "spoiling" us and looking after us so well — we had a "ball"!!

Carol, congratulations with all your good work with AAS. I really enjoy it all.

Sincerely,

*Shirley Howard
North Lodge, Melbourne*

Answer —

Shirley, all we can say is thank you for writing and repeat what you have said "what do the readers think?"

Carol

Dear Editor and fellow AUSSIs,

I would like to share with you a little of what AUSSI means to me and how it has changed my life.

I am a loveable 42 year old female and have been swimming for AUSSI Carine WA for 14 months.

Before AUSSI my swimming consisted of bobbing about and having a splash in the river or sea a couple of times a year. I always fancied that if I had the chance in my youth I could have been quite a good swimmer. Sometimes when I was feeling extra energetic I could stylishly swim at least six over arm strokes (with my head under) holding my breath the whole time. VERY CLEVER.

The first night, myself and a couple of fearful friends were welcomed with open arms and warm acceptance. In no time coach Jan Van Den Drieson with gentle persuasion had taught us simple breathing and stroking techniques.

Straight away I felt this was for me. Within 3 months I was competing with the best of them. Within 10 months I found myself in the top ten in my age group and competing in the Nationals in Adelaide.

I have found AUSSI swimming to be an inspiration, particularly at the National Titles. To see young and old mixing and competing with no thought to age or gender was indeed a heart warming experience.

Before AUSSI, at 40 years of age I found myself feeling old, arthritic and despondent. Now I feel fit, young and happy.

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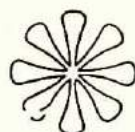
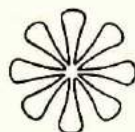
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AUSSI has added a new dimension to my life. So AUSSI stay as sweet as you are, hopefully, growth will not take away the fun we enjoy now by becoming too professional.

Cheerio for now, see you at the Perth Nationals in 1981.

Sincerely,

*Joy Ryan
AUSSI Carine, WA*

Answer —

AUSSI couldn't be more delighted to be credited with your new lease of life Joy. There are times when, with deadlines looming, the Editor of this journal clutches her breast and cries "Why do I do this to myself". Dramatics over, she returns to the task, glad like you, that through AUSSI she found the fitness and fun thing.

Carol

Dear Gary,

I felt very disappointed reading of your decision — but not surprised. It is very unfortunate that AUSSI is growing so quickly — the original ideals of Fitness & Fun, camaraderie, and shared workload are being lost, as are people like you, through excessive and time consuming responsibilities. I think the progress should be slowed down — less emphasis on planning for the future, ensuring all members have access to the right fitness programmes etc., most are happy with what is available. Membership is increasing dramatically and will continue to do so without all this. There are many people supporting our aims, participating in Club Swims and enjoying the social activities, increasing their fitness etc. but comparatively few who really care how their "times" compare with swimmers in other States — and these people care about little else! Much more time is spent, (by a growing number of members on ever growing committees) organizing and operating, than swimming — and the former two occupations certainly don't provide fitness or fun. If this growth, and the workload it creates doesn't slow down a lot of valuable office bearers will be lost, for the very reasons you have given.

Sadly but sincerely,

Patti

Answer —

Dear Patti,

I agree with most of your thoughts. Now that we have the Coaching Manual, the Club Guide and the Rules of AUSSI available to all members who have the December issue of AAS we should be concentrating our efforts on ensuring that everyone reads and understands these before embarking on new ventures.

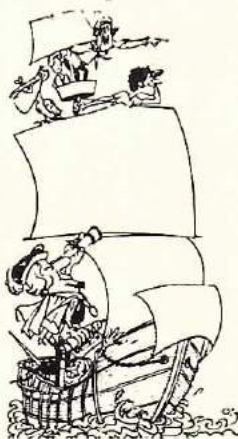
I cannot speak for South Australia, but it is evident (from the bundles of cards received and from past observations starting from my own period as the first TOP 10 compiler) that a great many people **do** care how "their times" compare with others.

As one of these people I feel justified in saying that I for one care.

You are right in pointing out that the workload is falling on too few people and more people should share the load especially at Club level. However, I can assure you and all who read this that my reasons for not standing for Secretary in 1981 have nothing to do with "excessive and time consuming responsibilities".

Gary

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Gary's Gazings



I KNOW
THAT YOU BELIEVE
YOU UNDERSTAND
WHAT YOU THINK I SAID,
BUT, I AM NOT SURE
YOU REALIZE THAT WHAT YOU HEARD
IS NOT WHAT I MEANT

No doubt you are confused.

This doesn't surprise me.

When I see the way things are misread or misinterpreted, for example people who think their age is 25-29, that their nominated time is where they should place their recorded time and that "illegible running writing" will pass as "clear block printing" then I am quite sure that the above quotation will confuse many people.

But it is very deep and there is a real message for all of us in AUSSI.

We (the hierarchy) have rushed through many changes in the past two to three years and

because we have known what we were doing we assumed everyone else has too.

This was a foolish assumption!

1981 must be the time when all levels in AUSSI take time to carefully explain to Club Officials and they in turn to Club Members procedures which we take for granted.

Like the difference between Club Affiliation and Member Registration.

Why it is important to fill entry cards in carefully and neatly.

How to operate a stopwatch (see Jim William's article).

Why we need to swim or do some other aerobic form of exercise at least every second day.

How to set goals for ourselves which are meaningful and yet still within reach.

1981 must be the year when we really come to grips with what we are about.

The tools are now available — The Coaching Manual, the Club Guide and our awards. The only thing still lacking is the incentive to swim regularly all season through.

Speaking of incentives.

The competitive minded are due for a real bonus. The first Pan Pacific Masters Championships will be held over 4 days (3rd-6th September) in the magnificent Warringah Aquatic Centre, Sydney later this year.

Entrants have been invited from all of the swimming nations of the world and we are looking forward to over 1000 participants.

Finally, I would like to wish Carol Davis well in her new job as National Secretary. If she can derive half the satisfaction I have had over the past 5½ years then she will be justly rewarded for her decision.

State News

WESTERN AUSTRALIA

I have been very interested to read in the various AAS magazines of AUSSI's participation in long distance swimming events such as "Across the Lakes", "Between the Bridges" and the annual "Swim Thru Adelaide". It is pleasing to see a challenging and fun alternative to sprint distance swim meets. Swim Thrus in WA have been conducted by the WA Amateur Swimming

Assoc. for over 50 years and have been immensely popular, with not only distance swimmers but a variety of swimmers of differing abilities. Unfortunately AUSSI members and "professionals" (amateur status problems) are not permitted to swim in these 5-7 events each summer. However, in an attempt to remedy this two Winter Swimming Clubs have in the past couple of years conducted Swim Thrus of their own. As news has travelled of how successful and how much fun

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these swims (and of course the "after swims") are. entries have flooded in. AUSSI members are invited to swim and this year we had so many entries the host clubs adjusted their trophy list to include trophies for the first swimmer in from each club.

For those readers who are unfamiliar with the "Swim Thru" it is a swim of a mile or more through, across or around a location, in the case of WA the river or ocean. The swim is on a handicapped basis so that everyone has an equal chance of winning or gaining a trophy. Although the aim of the exercise is not to win a trophy they do provide an incentive particularly when they are of the standard provided in this year's swims and when there is provision for lucky place trophies and last place prizes so that anyone making the course has a chance of winning.

The two swims in November and December of 1980 were at Bunbury, a town some 120 miles S.W. of Perth hosted by the Bunbury Icebergers and at Rottnest Island, an island 12 miles off the west coast of WA (I wonder if it qualifies as an overseas swim?) hosted by Cottesloe Crabs. As a testimony to their popularity some clubs hired buses to transport swimmers to Bunbury and for Rottnest we caught the ferry or went in private "Armadas". In both cases most added to and continued the "Fun" by staying overnight. Not only were AUSSI swimmers there in number but we acquitted ourselves well. Both swims were a mile in length. At Bunbury there were 103 starters, 35 of which were AUSSI members (34%) and we won 6 out of 24 trophies.

Trophy winners were (AUSSI Clubs)

1st in 30-39 age group — Ralph McManus.
Osborne Park
1st Lady to finish — Margo Grant, Melville
1st AUSSI Carine — Phil Jose
1st AUSSI Osborne Park — Jenni McCauley
1st AUSSI Melville — Mamie Bishop (72 years)
Fastest Lady — Kay Cox, Carine.

In the Rottnest swim out of 116 starters 46 were AUSSI swimmers (40%) and we took off 9 of the 30 trophies. Congratulations to Lester Watkins who took off 1st place honours with a time of 27 minutes 38 secs. and to Sue Finney who was the fastest lady to complete the course in 30 mins. 55 secs. At this rate the Carine Club will be getting a reputation of having the "fastest ladies" as in the past 2 years they have gained 3 out of 4 of these places.

Trophy Winners were (AUSSI Clubs)

1st Place — Lester Watkins, Maida Vale
1st AUSSI Carine — Sue Finney
1st AUSSI Claremont — Rob Perrin
1st AUSSI Inglewood — Ruth Allender
1st AUSSI Maida Vale — Rick Ainley
1st AUSSI Melville — Ray Andrew
1st AUSSI Osborne Park — Ralph McManus
1st AUSSI Whitford — M. Casson
Fastest Lady — Sue Finney, Carine
Last Place — Yvonne McNab, Melville.

Melville club were very proud of Yvonne's effort which demonstrates the AUSSI spirit of "having a go" and finishing the course. Keep at it Yvonne.

The Cottesloe Crabs also provided spot place prizes for 10 swimmers of a bottle of Champus which added to the "spirit" of things. It was pleasing to see both Clubs provide trophies for each age group which again widens the chances of everyone.

Thanks must go to Bunbury Icebergers and Cottesloe Crabs for providing the opportunity to swim and making the weekends so enjoyable and I am sure they will find their entries from AUSSI clubs greatly increased if they (and we certainly hope they do) conduct swims this year. AUSSI is also hoping to organise a swim thru later this year or in early '82. If any clubs want further information on how swim thrus are conducted please don't hesitate to contact the WA State Branch.

Kay Cox

State Director of Education and Coaching

SOUTH AUSTRALIA

The South Australian ASA's invitation to AUSSI to participate in their annual "Glenelg Long Swim" resulted in eleven members completing the 3000 metres in commendable times and gaining valuable experience. On a handicap of 9 mins., Rob Blair of Adelaide Masters was first in and won the first of SA's "Long Swim" trophies. Congratulations Rob!

Other competitors in order of times were:-

Greg Bush	Atlantis	39.57
Steve Walker	Ad. Mast.	42.40
Rob Blair	Ad. Mast.	43.39
Colin Mellor	Ad. Mast.	45.47
Sue Needham	Ad. Mast.	49.56

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Richard Brabkowski	T.T.G.	51.07
Jean Billett	T.T.G.	52.36
Patti Morris	Ad. Mast.	54.37
Rose Hillier	T.T.G.	58.08
Brian Auld	Atlantis	59.37
Anton Unger	T.T.G.	65.28

Congratulations to all and I hope their efforts stimulate others to attempt distance swims. Apologies to Rose Hillier but I can't resist telling of the most amusing incident that occurred on that day.

Rosie is a strong swimmer but knows when she's had enough. That point came at about the 2500m mark! She raised her arm, as we had been told to do if we needed assistance. There were numbers of small craft along the route just waiting for signals such as this, so we'd been told! But did they see Rosie? No — so, "Bugger this", said Rose to herself, and set off again, to finish and prove to herself she could do it as well as anyone else! No excuse next time!

Central District Seals Interclub Meet (13.12.80)

After a week of perfect weather the 13th of December dawned grey and uninviting. As the

day wore on there was no change, but by evening, time to set off, the sky turned black, the thunder crashed, lightning lit up the sky — particularly in the direction of the pool and the rain poured down in torrents. Our gutters overflowed in no time but we dutifully headed off — just to put in an appearance, in case anyone else was there!

And there was! Peter Gillett, C.D.S. President and chief organiser, (determined to carry on regardless of weather conditions) and what appeared at that time to be a very poor attendance. But they kept coming, and the rain was less noticeable, even if we did convince each other of that — and it was a most enjoyable experience.

Patti Morris, State Secretary

SA's Coming Events

- March 1 — Adelaide Masters Club Champs or Interclub — Hartley College.
- March 7 — AUSSI promotion "Life. Be In It".
- March 8 — Elizabeth Carnival (Details SAASA Handbook)
- March 22 — Swim Thru Adelaide (Details SAASA Handbook)
- April 11 — Bordertown Carnival (Details SAASA Handbook)
- May 10 — Atlantis Interclub — Parks Pool
- August — SA Winter Championships

QUEENSLAND

Queensland have a new State Secretary, and Ray Rose of Tri-Sports. Ray is assisted by Jill Pringle of Caloundra, between them they are handling the fast growing Queensland clubs by each taking responsibility for certain areas. Some of the new clubs to register are: Ipswich, Gold Coast — Logan Otters and Noosa Pelicans.

* * *

HISTORY OF AUSSI

Gary Stutsel has accepted the position of Honorary Historian and will be cataloging all the material AUSSI has on file.

Photos and photocopies of press clippings, old and new, would be most welcome.

Please forward to Gary Stutsel, c/- AUSSI, 299 Bexley Road, Bexley North. 2207.

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Feature Articles

PERCY IN THE PILBARA



Secretary Lois Hammond

In 1977 in the Australian Pilbara region — 1700 km from Perth, the South Hedland AUSSI Club was formed, named the Pilbara Platypi.

For the next couple of years the little club struggled to exist — isolation, shifting population both playing their part in the problem. However, due to the hard work of past secretary Lyn Hooper, and the guidance of Graham Landwher, a former Carine member, the club has survived, and membership has grown from 5 to 45.

The Pilbara Platypi have a magnificent pool complex managed by Merv Hammond who is the club's PR Officer; he is assisted by wife Lois who is secretary. The club consists of the usual mixture of competitive and non competitive members but the majority are keen participants in the aerobics programme, and all enjoy the 'Happy Hour'.

The long weekend in October last year saw the Platypis' first interclub carnival. Sixty-one Platypi's first interclub carnival. Sixty-one members from six Perth clubs under the leader-

ship of Fred Johnstone chartered an aircraft for the 2hr flight to South Hedland on Friday 10th. The carnival was held over two days, Saturday 9 am to 12 noon — Sunday 9 am to 12 noon — both programmes contained novelty events, which were enjoyed by all. The weekend contained something for everyone, swimming, sight-seeing and socialising so, by Monday evening, when the visitors returned home everyone was tired but happy. It is hoped that the long weekend visit will become a permanent calendar event.



The AUSSI tradition of 'fun' continued at the Platypi Xmas Party where the finals of the Miss Pilbara were held. The judges had a terrible task trying to find the male beauty to fill this title. (see photograph)

Now members are back at hard training with nine of the Platypi keen to make the 'Nationals' in Perth — so for the first time the flag of the Pilbara Platypi will be seen outside of South Hedland.

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AUSSI TOP TEN AWARDS 1980

I have been more involved in the TOP 10 this year than for some time as Peg Wilson and Steve Byles passed the cards on to the Office (after doing the bulk of the initial sorting).

There Mary Connolly and Vivienne Watson slotted in the cards which had been presorted in some States and any late-comers. The final sorting was done by Glad and Art Uebel of the St. George Club.

Having coordinated all this activity I was rather taken aback by a letter which stated that the majority of people are not interested in other people's times.

IF THIS IS TRUE TELL US NOW AND THERE WON'T BE A 1981 TOP 10.

As before some of the writing was atrocious (worse than any doctor's I have ever seen), people didn't know their age or the length of the pool they swam in. This isn't fair to all those who

have to process the cards. PLEASE TAKE TIME AND CARE when filling in your cards.

Contrary to the opinion that people aren't interested in times the number and standard of times recorded continues to surge ahead.

Records are not shown because the clubs made it obvious that they are more interested in having a comprehensive guide to use to set goals for their members rather than a less extensive more accurate record of performances.

Anyone, even you, can make this list. It is just a matter of studying it carefully till you find the place where you can fit in even if it is waiting till you are 81.

1981 TOP 10

ONLY FORWARD CARDS WHICH WOULD HAVE QUALIFIED for 1980 TOP 10, that is times that are faster than the 10th time for 1980 or all times where there are less than 10 times for 1980.

Gary Stutsel

TOP TEN LISTINGS 1980

s/c = short course l/c = long course

AGE: 25 - 29 YEARS (WOMEN)

50m FREESTYLE

1.	K. Heenan	25	Adelaide Masters	29.85	l/c
2.	L. Keen	25	North Lodge	29.90	l/c
3.	K. Hughes	25	Lane Cove	30.66	l/c
4.	M. Robinson	25	Coogee-Randwick	31.00	s/c
5.	L. McKenzie	28	Osborne Park	31.11	
6.	R. Cobbe	26	Everton Park	31.29	l/c
7.	E. Belchambers	26	Adelaide Masters	31.60	s/c
8.	S. Wickes	28	Ettalong	32.33	
9.	B. Tynan	25	Valley	32.50	l/c
10.	J. Crowl	29	North Lodge	32.56	l/c

100m FREESTYLE

1.	L. Keen	25	North Lodge	1.07.10	l/c
2.	K. Heenan	25	Adelaide Masters	1.07.15	l/c
3.	M. Robinson	25	Coogee-Randwick	1.09.28	
4.	R. Cobbe	26	Everton Park	1.09.56	l/c
5.	K. Hughes	25	Lane Cove	1.09.70	l/c
6.	D. Cruickshank	27	North Lodge	1.14.20	s/c
7.	M. Hynes	26	Suncoast P.B.	1.15.32	s/c
8.	J. Crowl	29	North Lodge	1.15.40	l/c
9.	A. Erpic	29	Wagga	1.16.68	l/c
10.	Y. Robertson	25	Maida Vale	1.16.92	

200m FREESTYLE

1.	M. Robinson	25	Coogee-Randwick	2.34.05	s/c
2.	K. Heenan	25	Adelaide Masters	2.36.50	l/c
3.	D. Cruickshank	27	North Lodge	2.40.60	s/c
4.	K. Hughes	25	Lane Cove	2.42.09	l/c
5.	L. Cannings	26	Carine	2.44.70	
6.	B. Anderson	28	Inglewood	2.48.13	
7.	S. Wickes	28	Ettalong	2.49.12	
8.	D. Whitehead	26	Narooma	2.51.60	
9.	J. Gregory	26	Canberra	2.54.26	s/c
10.	M. Hynes	26	Suncoast P.B.	2.54.97	s/c

AGE: 25 - 29 YEARS (WOMEN)

400m FREESTYLE

1.	L. Keen	25	North Lodge	5.18.37	l/c
2.	K. Heenan	25	Adelaide Masters	5.22.79	l/c
3.	M. Robinson	25	Coogee-Randwick	5.25.73	s/c
4.	R. Cobbe	26	Everton Park	5.40.22	l/c
5.	K. Hughes	26	Lane Cove	5.40.35	l/c
6.	J. Gregory	26	Canberra	5.58.70	s/c
7.	M. Hynes	26	Suncoast P.B.	6.15.14	s/c
8.	D. Whitehead	26	Narooma	6.18.40	
9.	S. E. Johnstone	27	Cronulla	6.26.05	l/c
10.	V. Barnes	25	Claremont	6.38.00	

800m FREESTYLE

1.	R. Cobbe	27	Everton Park	11.43.52	s/c
2.	B. Anderson	28	Inglewood	12.15.00	
3.	M. Hynes	26	Suncoast P.B.	12.53.36	s/c
4.	L. Cannings	26	Carine	12.58.00	
5.	K. Hughes	26	Lane Cove	13.03.13	
6.	S. E. Johnstone	27	Cronulla	13.12.55	s/c
7.	S. Finney	26	Carine	14.06.00	
8.	L. Freed	28	Cronulla	14.14.67	s/c
9.	H. Mason	28	Inglewood	14.16.41	l/c
10.	A. Andrews	28	Inglewood	14.18.00	l/c

1500m FREESTYLE

1.	K. Hughes	26	Lane Cove	23.52.49	
2.	M. Hynes	26	Suncoast P.B.	24.25.50	s/c
3.	S. E. Johnstone	27	Cronulla	25.43.97	l/c
4.	H. Mason	28	Inglewood	27.00.71	l/c
5.	S. Finney	26	Carine	28.55.00	
6.	J. Skellham	28	Osborne Park	28.59.00	
7.	J. Macaulay	25	Osborne Park	29.22.48	
8.	K. Bilton	26	Carine	33.19.74	
9.	E. Kidd	29	Hunter	37.43.00	

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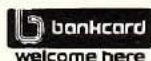


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AGE: 25 - 29 YEARS (WOMEN)

50m BACKSTROKE

1. M. Robinson	25	Coogee-Randwick	35.81 s/c
2. L. Cannings	25	Carine	36.48
3. K. Heenan	25	Adelaide Masters	37.50
4. D. Cruickshank	27	North Lodge	38.09 1/c
5. F. Bobridge	25	Atlantis	38.10
6. A. Erpic	29	Wagga	38.89 1/c
7. B. Anderson	28	Inglewood	39.05
8. M. Hynes	26	Suncoast P.B.	39.60 1/c
K. Hughes	26	Lane Cove	39.60
10. L. Freed	28	Cronulla	39.63 s/c

100m BACKSTROKE

1. K. Heenan	25	Adelaide Masters	1.21.70 1/c
2. L. McKenzie	28	Osborne Park	1.22.16
3. M. Robinson	25	Coogee-Randwick	1.22.95
4. K. Hughes	25	Lane Cove	1.23.34 1/c
5. L. Cannings	25	Carine	1.23.44
6. F. Bobridge	25	Atlantis	1.24.13
7. D. Cruickshank	27	North Lodge	1.24.69 1/c
8. S. Needham	29	Adelaide Masters	1.28.02 s/c
9. M. Hynes	26	Suncoast P. B.	1.29.65 s/c
10. B. Dier	27	Adelaide Masters	1.33.08

200m BACKSTROKE

1. M. Robinson	25	Coogee-Randwick	2.57.10 s/c
2. M. Hynes	26	Suncoast P. B.	3.21.70 s/c
3. J. Gregory	27	Canberra	3.24.72 1/c
4. W. Holton	29	Carine	3.26.58
5. K. Heenan	25	Adelaide Masters	2.57.77 s/c
6. P. Townley	29	Canberra	3.30.40
7. S. E. Johnstone	27	Cronulla	3.40.43 s/c
8. S. Finney	26	Carine	3.43.86
9. K. Bilton	26	Carine	4.40.19

50m BREASTSTROKE

1. E. Belchambers	25	Adelaide Masters	40.40 s/c
2. D. Cruickshank	27	North Lodge	41.81 1/c
3. L. Cannings	26	Carine	43.61
4. D. McKeown	28	Claremont	43.66
5. R. Cobbe	27	Everton Park	44.48 s/c
6. M. Robinson	25	Coogee-Randwick	44.58
7. K. Heenan	26	Adelaide Masters	44.70 1/c
8. W. Williams	25	North Lodge	44.76
9. K. Hughes	26	Lane Cove	45.07
10. L. Lyall	26	Pilbara Platypus	45.33

100m BREASTSTROKE

1. K. Gibson	26	Frenchville	1.30.09 s/c
2. E. Belchambers	25	Adelaide Masters	1.30.23 s/c
3. K. Heenan	25	Adelaide Masters	1.31.76 s/c
4. S. Wickes	28	Ettalong	1.35.32
5. K. Hughes	26	Lane Cove	1.36.16
6. D. Cruickshank	27	North Lodge	1.36.59 1/c
7. D. Olbrich	27	Woolahra	1.38.19
8. D. Whitehead	25	Narooma	1.40.34
9. W. Williams	25	North Lodge	1.41.89 1/c
10. D. McKeown	28	Claremont	1.47.25

200m BREASTSTROKE

1. J. Gregory	26	Canberra	3.42.96 s/c
2. W. Williams	25	North Lodge	3.47.35 s/c
3. D. McKeown	28	Claremont	3.49.13
4. M. Hynes	26	Suncoast P.B.	3.51.27 s/c
5. R. Hillier	28	T.T.G.	3.52.35 1/c
6. A. Now	29	North Lodge	3.54.10
7. M. Smith	29	Carine	3.55.88
8. S. E. Johnstone	27	Cronulla	3.57.15 s/c
9. W. Holton	29	Carine	4.07.42
10. P. Lumbus	27	Carine	4.08.66

AGE: 25 - 29 YEARS (WOMEN)

50m BUTTERFLY

1. K. Heenan	25	Adelaide Masters	32.48 1/c
2. L. McKenzie	28	Osborne Park	32.66
3. M. Robinson	25	Coogee-Randwick	34.31
4. K. Hughes	25	Lane Cove	35.14
5. L. Cannings	26	Carine	35.30
6. R. Cobbe	26	Everton Park	35.86 1/c
7. S. Wickes	28	Ettalong	36.35
8. M. Hynes	26	Suncoast P.B.	36.44 s/c
9. D. Cruickshank	27	North Lodge	36.96 s/c
10. D. Whitehead	25	Narooma	37.12

100m BUTTERFLY

1. K. Heenan	25	Adelaide Masters	1.15.57 1/c
2. K. Hughes	25	Lane Cove	1.24.60
3. D. Cruickshank	27	North Lodge	1.24.82 1/c
4. R. Cobbe	26	Everton Park	1.32.11 s/c
5. P. Townley	29	Canberra	1.36.11 1/c
6. M. Hynes	26	Suncoast P.B.	1.36.58 s/c
7. D. Whitehead	26	Narooma	1.38.20
8. S. E. Johnstone	27	Cronulla	1.44.25 1/c
9. C. Power	25	Atlantis	1.45.97 1/c
10. B. Dier	27	Adelaide Masters	2.00.78

200m BUTTERFLY

1. K. Heenan	25	Adelaide Masters	3.00.51 s/c
2. S. E. Johnstone	27	Cronulla	3.47.87

100m MEDLEY

1. K. Heenan	25	Adelaide Masters	1.18.00 s/c
2. M. Robinson	25	Coogee-Randwick	1.19.92
3. K. Hughes	26	Lane Cove	1.21.19
4. R. Cobbe	27	Everton Park	1.22.27 s/c
5. D. Cruickshank	27	North Lodge	1.22.90
6. L. Cannings	26	Carine	1.24.66
7. M. Hynes	26	Suncoast P.B.	1.27.09
8. Y. Robertson	25	Maida Vale	1.30.01
9. J. Gregory	26	Canberra	1.31.78 s/c
10. S. E. Johnstone	27	Cronulla	1.35.07

200m MEDLEY

1. K. Heenan	25	Adelaide Masters	2.52.50 1/c
2. L. McKenzie	28	Osborne Park	2.55.45
3. K. Hughes	25	Lane Cove	2.55.55 1/c
4. M. Robinson	25	Coogee-Randwick	2.57.94 s/c
5. D. Cruickshank	27	North Lodge	2.58.01 1/c
6. L. Keen	25	North Lodge	3.02.10 1/c
7. R. Cobbe	27	Everton Park	3.04.50 s/c
8. B. Tynan	25	Valley	3.05.50 1/c
9. A. Erpic	29	Wagga	3.09.81 1/c
10. S. Wickes	28	Ettalong	3.11.18

400m MEDLEY

1. K. Heenan	25	Adelaide Masters	6.00.99 s/c
2. K. Hughes	26	Lane Cove	6.30.00
3. W. Williams	25	North Lodge	7.40.00 s/c
4. S. E. Johnstone	27	Cronulla-Sutherland	7.47.34 s/c

AGE: 30 - 34 YEARS (WOMEN)

50m FREESTYLE

1. L. Potter	30	Adelaide Masters	30.81 1/c
2. G. Stark	32	Canberra	31.02 1/c
3. L. Bishop	34	Lane Cove	31.90
4. L. Meaney	34	Melville	32.60
5. A. Burton	31	Golden City Masters	32.75 s/c
6. L. Allen	32	Adelaide Masters	32.96 1/c
7. K. Liggins	31	Claremont	33.16
8. S. Eastoe	34	Power Points	33.59 s/c
9. B. Byers	34	Carine	33.91
10. P. Pollington	31	Tamworth	35.02

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AGE: 30 - 34 YEARS (WOMEN)

100m FREESTYLE

1.	L. Potter	30	Adelaide Masters	1.08.72	1/c
2.	L. Bishop	34	Lane Cove	1.09.10	1/c
3.	G. Stark	33	Canberra	1.11.02	
4.	H. Rees	34	Canberra	1.16.00	1/c
5.	L. Allen	32	Adelaide Masters	1.16.68	1/c
6.	D. Campbell	30	Coogee-Randwick	1.19.04	s/c
7.	M. Green	31	Maida Vale	1.19.05	
8.	K. Liggins	31	Claremont	1.19.06	
9.	S. Eastoe	33	Power Points	1.20.10	1/c
10.	B. Van-der-Leest	34	Maida Vale	1.20.28	

200m FREESTYLE

1.	L. Bishop	30	Lane Cove	2.31.90	
2.	G. Stark	33	Canberra	2.40.96	
3.	J. Evans	31	A'vale Masters	2.53.50	s/c
4.	H. Rees	34	Canberra	2.55.89	1/c
5.	J. Jordan	32	North Lodge	2.59.97	s/c
6.	J. Gillett	34	T.T.G.	3.00.80	1/c
7.	C. Bond	30	Trisports	3.02.02	1/c
8.	D. O'Hagan	34	St. George	3.02.20	
9.	G. Robertson	34	North Lodge	3.03.33	1/c
10.	S. Eastoe	33	Power Points	3.04.06	

400m FREESTYLE

1.	L. Potter	30	Adelaide Masters	5.24.26	1/c
2.	L. Bishop	34	Lane Cove	5.26.40	
3.	G. Stark	32	Canberra	5.44.42	s/c
4.	H. Rees	34	Canberra	5.49.97	1/c
5.	S. Needham	30	Adelaide Masters	6.15.30	s/c
6.	L. Allen	32	Adelaide Masters	6.19.97	1/c
7.	J. Jordan	32	North Lodge	6.30.42	s/c
8.	L. Taylor	32	Adelaide Masters	6.35.43	1/c
9.	B. Van-der-Leest	34	Maida Vale	6.37.89	
10.	G. Robertson	34	North Lodge	6.40.37	s/c

800m FREESTYLE

1.	L. Bishop	34	Lane Cove	11.45.90	
2.	G. Stark	33	Canberra	11.47.94	s/c
3.	J. Evans	31	A'vale Masters	12.57.10	s/c
4.	M. Green	31	Maida Vale	13.54.85	
5.	K. Cox	31	Carine	14.00.00	
6.	B. Van-der-Leest	34	Maida Vale	14.16.09	
7.	C. Masters	31	A'vale Masters	14.26.50	s/c
8.	J. Jordan	32	North Lodge	14.33.30	s/c
9.	R. Allender	32	Inglewood	14.51.00	1/c
10.	G. Robertson	34	North Lodge	14.52.60	s/c

1500m FREESTYLE

1.	C. Bailliff	31	A'vale Masters	27.30.00	s/c
2.	P. Townley	30	Canberra	27.42.37	s/c
3.	K. Cox	31	Carine	29.07.00	
4.	R. Allender	32	Inglewood	29.11.50	1/c
5.	R. Jones	33	Hills	30.26.00	s/c
6.	K. Creusot	32	Inglewood	30.45.38	1/c
7.	B. Berry	33	Osborne Park	34.54.50	

50m BACKSTROKE

1.	G. Stark	33	Canberra	36.51	
2.	M. Green	30	Maida Vale	37.30	
3.	S. Eastoe	34	Power Points	38.01	s/c
4.	L. Bishop	34	Lane Cove	38.50	
5.	K. Liggins	31	Claremont	40.00	
6.	D. O'Hagan	34	St. George	40.61	
7.	S. Needham	30	Adelaide Masters	40.80	s/c
8.	J. Gillett	34	T.T.G.	41.40	s/c
9.	K. Laurenson	34	Claremont	43.08	1/c
10.	H. Rees	34	Canberra	44.31	1/c

AGE: 30 - 34 YEARS (WOMEN)

100m BACKSTROKE

1.	G. Stark	32	Canberra	1.21.33	1/c
2.	L. Bishop	34	Lane Cove	1.22.40	
3.	M. Green	31	Maida Vale	1.24.85	
4.	S. Needham	30	Adelaide Masters	1.28.20	s/c
5.	D. O'Hagan	34	St. George	1.30.53	
6.	J. Gillett	33	T.T.G.	1.32.20	
7.	H. Rees	34	Canberra	1.32.81	1/c
8.	K. Liggins	31	Claremont	1.33.47	
9.	B. Van-der-Leest	31	Maida Vale	1.34.40	
10.	S. Eastoe	33	Power Points	1.35.90	s/c

200m BACKSTROKE

1.	G. Stark	33	Canberra	2.55.80	
2.	L. Bishop	34	Lane Cove	2.57.50	
3.	S. Needham	30	Adelaide Masters	3.06.84	1/c
4.	H. Rees	34	Canberra	3.14.66	s/c
5.	D. Campbell	30	Coogee-Randwick	3.27.88	s/c
6.	J. Evans	31	A'vale Masters	3.45.50	s/c
7.	R. Steller	34	Canberra	3.47.90	
8.	J. McGuire	31	Carine	3.50.42	
9.	J. Jordan	33	North Lodge	3.55.10	s/c
10.	R. Jones	32	Hills	3.58.18	

50m BREASTSTROKE

1.	L. Potter	30	Adelaide Masters	41.63	1/c
2.	J. McLeod	33	North Lodge	43.50	s/c
3.	M. Farrar	31	Ballarat	43.50	
4.	K. Coulson	34	Golden City Masters	43.80	s/c
5.	L. Potter	31	Adelaide Masters	43.99	1/c
6.	A. Burton	31	Golden City Masters	44.99	s/c
7.	J. Hall	32	Carine	45.31	
8.	G. Robson	34	Adelaide Masters	45.44	s/c
9.	L. Castle	32	Power Points	45.86	1/c
10.	G. Stark	33	Canberra	46.12	

100m BREASTSTROKE

1.	L. Potter	30	Adelaide Masters	1.33.38	1/c
2.	D. Campbell	30	Coogee-Randwick	1.40.65	s/c
3.	P. Robson	34	Adelaide Masters	1.41.50	s/c
4.	L. Castle	32	Power Points	1.43.50	1/c
5.	C. Bond	30	Trisports	1.44.60	1/c
6.	J. Hall	33	Carine	1.45.65	
7.	K. Laurenson	34	Claremont	1.46.60	
8.	J. Watson	30	Central D. Seals	1.47.52	1/c
9.	C. Searle	31	Maida Vale	1.48.43	
10.	H. Rees	34	Canberra	1.49.44	s/c

200m BREASTSTROKE

1.	G. Stark	33	Canberra	3.45.27	1/c
2.	P. Robson	34	Adelaide Masters	3.46.29	1/c
3.	H. Rees	34	Canberra	3.53.84	1/c
4.	P. Townley	30	Canberra	3.57.13	s/c
5.	M. Randell	30	Carine	3.58.43	
6.	M. Smith	30	Carine	4.00.70	
7.	E. Collier	33	Everton Park	4.01.19	s/c
8.	J. Watson	30	Central D. Seals	4.03.46	1/c
9.	R. Drescher	34	Carine	4.05.02	
10.	C. Searle	31	Maida Vale	4.05.10	

50m BUTTERFLY

1.	G. Stark	32	Canberra	34.61	1/c
2.	D. Campbell	30	Coogee-Randwick	37.05	s/c
3.	C. Bond	30	Trisports	37.60	
4.	L. Bishop	34	Lane Cove	37.60	
5.	S. Eastoe	33	Power Points	39.22	s/c
6.	P. Townley	30	Canberra	40.63	
7.	K. Liggins	31	Claremont	40.79	
8.	J. Campion	34	Power Points	41.17	s/c
9.	A. Burton	31	Golden City Masters	41.23	
10.	H. Rees	34	Canberra	41.43	



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AGE: 30 - 34 YEARS (WOMEN)

100m BUTTERFLY

1. L. Bishop	34	Lane Cove	1.31.00
2. H. Rees	34	Canberra	1.32.02 1/c
3. R. Allender	32	Inglewood	1.43.26 1/c
4. J. Campion	34	Power Points	1.45.70 s/c
5. P. Robson	34	Adelaide Masters	1.51.57 s/c
6. M. Green	31	Maida Vale	1.52.64
7. L. Taylor	32	Adelaide Masters	1.54.67 1/c
8. J. Crowther	34	Marion	1.55.50
9. E. Hutchini	34	North Lodge	1.56.00
10. R. Jones	33	Hills	2.05.36 s/c

200m BUTTERFLY

1. H. Rees	34	Canberra	3.41.24
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100m MEDLEY

1. G. Stark	33	Canberra	1.24.25
2. M. Green	31	Maida Vale	1.28.01
3. D. O'Hagan	34	St. George	1.29.47
4. J. Evans	31	Adelaide Masters	1.31.00 s/c
5. S. Eastoe	33	Power Points	1.31.29 s/c
6. A. Burton	31	Golden City Masters	1.31.83 s/c
7. R. Allender	32	Inglewood	1.33.34
8. B. Van-der-Leest	34	Maida Vale	1.34.75
9. J. Campion	34	Power Points	1.35.60
10. H. Quinn	32	St. George	1.47.78

200m MEDLEY

1. L. Potter	30	Ad. Masters	3.04.78 1/c
2. G. Stark	32	Canberra	3.05.65 1/c
3. L. Bishop	33	Lane Cove	3.07.39
4. H. Rees	34	Canberra	3.14.81 1/c
5. D. O'Hagan	34	St. George	3.23.15
6. S. Eastoe	33	Power Points	3.27.60
7. M. Green	31	Maida Vale	3.27.93
8. R. Allender	31	Inglewood	3.33.25
9. J. Gillett	33	T.T.G.	3.36.03 1/c
10. B. Van-der-Leest	34	Maida Vale	3.39.55

400m MEDLEY

1. H. Rees	34	Canberra	7.01.27 s/c
2. J. McLeod	32	North Lodge	7.37.92 s/c

200m FREESTYLE

1. B. Newby	37	Tamworth	2.57.00
2. G. Robertson	35	North Lodge	2.59.30 s/c
3. C. Ellis	35	North Lodge	3.03.00 s/c
4. L. Williams	36	Everton Park	3.05.20
5. G. Pringle	35	Polar Bears	3.05.80 1/c
6. S. Olyer	35	Inglewood	3.05.83
7. C. Butler	37	St. George	3.07.46
8. F. Brown	36	Hunter	3.09.33
9. C. Grant	38	Manly	3.11.60 1/c
10. R. Bailey	39	Melville	3.14.94

400m FREESTYLE

1. V. Murphy	36	Ad. Masters	6.03.20 s/c
2. D. Williams	36	Everton Park	6.23.92 1/c
3. G. Robertson	35	North Lodge	6.25.02 s/c
4. C. Ellis	35	North Lodge	6.27.85 1/c
5. G. Pringle	35	Polar Bears	6.29.19 s/c
6. B. Newby	38	Tamworth	6.31.00 s/c
7. S. Pelling	35	Power Points	6.35.40 1/c
8. F. Brown	37	Hunter	6.49.30 s/c
9. J. Ford	36	Canberra	6.53.71 1/c
10. R. Bailey	39	Melville	7.06.36

800m FREESTYLE

1. B. Newby	38	Tamworth	13.01.13
2. G. Pringle	35	Polar Bears	13.16.38
3. D. Williams	36	Everton Park	13.33.30 s/c
4. J. Watson	37	Noosa Pelicans	13.49.74 s/c
5. J. Ford	36	Canberra	14.22.00 s/c
6. G. Robertson	35	North Lodge	14.30.82 s/c
7. F. Brown	37	Hunter	14.51.26 s/c
8. D. Hogan	35	Inglewood (WA)	15.35.04 1/c
9. C. Grant	38	Manly	15.37.00 1/c
10. L. Edebone	38	Golden City	15.57.20

1500m FREESTYLE

1. B. Newby	38	Tamworth	24.56.00 s/c
2. G. Pringle	35	Polar Bears	25.09.54 s/c
3. J. Watson	37	Noosa Pelicans	26.19.00 s/c
4. D. Williams	36	Everton Park	26.36.40
5. J. Ford	37	Canberra	27.31.49 s/c
6. D. Hogan	35	Inglewood	29.24.67 1/c
7. L. Edebone	38	Golden City	29.57.60
8. R. Bailey	39	Melville	30.46.00
9. A. Morris	37	Inglewood	30.58.04 1/c
10. R. Steller	35	Canberra	31.44.37 s/c

50m BACKSTROKE

AGE: 35 - 39 YEARS (WOMEN)

50m FREESTYLE

1. C. Grant	38	Manly	32.60 1/c
2. C. Butler	37	St. George	33.87
3. V. Murphy	36	Ad. Masters	34.17 1/c
4. A. Stevens	38	North Lodge	34.75 1/c
5. S. Olyer	35	Inglewood	34.93
6. G. Robertson	35	North Lodge	35.20 s/c
7. J. Ford	36	Canberra	35.29 1/c
8. S. Pelling	36	Power Points	35.30
9. L. Mcghey	35	Melville	35.76
10. G. Pringle	35	Polar Bears	35.90 1/c

100m FREESTYLE

1. V. Murphy	36	Ad. Masters	1.18.19 s/c
2. C. Grant	38	Manly	1.19.10 1/c
3. S. Olyer	35	Inglewood	1.20.66
4. G. Robertson	35	North Lodge	1.20.99 s/c
5. B. Newby	38	Tamworth	1.21.20
6. C. Ellis	35	North Lodge	1.21.91 1/c
7. G. Pringle	35	Polar Bears	1.23.92 s/c
8. F. Brown	36	Hunter	1.24.39 1/c
9. L. Meamey	35	Melville	1.24.62
10. A. Stevens	38	North Lodge	1.24.86 1/c

100m BACKSTROKE

1. S. Pelling	36	Power Points	1.29.59 s/c
2. J. Ford	36	Canberra	1.32.23 1/c
3. B. Newby	37	Tamworth	1.34.92
4. C. Butler	37	St. George	1.35.68
5. C. Ellis	35	North Lodge	1.37.73 1/c
6. A. Stevens	38	North Lodge	1.39.01 1/c
7. F. Brown	36	Hunter	1.40.18 1/c
8. G. Pringle	35	Polar Bears	1.41.86 s/c
9. G. Robertson	35	North Lodge	1.42.35 s/c
10. T. Morris	37	Inglewood	1.48.44

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200m BACKSTROKE

1. B. Newby	38	Tanworth	3.23.75
2. J. Ford	37	Canberra	3.36.90
3. G. Robertson	35	North Lodge	3.45.78 a/c
4. D. Williams	36	Everton Park	3.51.84
5. F. Brown	36	Hunter	3.53.18
6. R. Bailey	38	Melville	4.02.46
7. C. Davis	36	Cronulla Suth.	4.31.28 s/c
8. J. McAfee	39	Cronulla Suth.	4.32.04 s/c
9. D. Timmins	37	Osborne Park	4.33.08
10. Z. Lawrence	38	Carine	4.35.44

50m BREASTROKE

1. S. Goodall	37	Whitfords	41.78
2. A. Stevens	38	North Lodge	43.56 s/c
3. R. Sargent	36	Melville	44.07
4. V. Murphy	36	Ad. Masters	44.34 1/c
5. D. Lyell	39	Osborne Park	44.65
6. C. Grant	37	Manly	46.73
7. K. Laurensen	35	Claremont	46.95
8. L. Fuller	38	Tri-Sports	47.56
9. S. Pelling	36	Power Points	47.90 1/c
10. V. Lynch	39	St. George	48.30

100m BREASTROKE

1. R. Sargent	36	Melville	1.34.00
2. V. Murphy	36	Ad. Masters	1.37.40 s/c
3. D. Lyell	38	Osborne Park	1.40.96
4. A. Stevens	38	North Lodge	1.41.40 s/c
5. R. Bailey	39	Melville	1.43.43
6. I. Wyatt	38	Tamworth	1.44.60
7. K. Laurensen	35	Claremont	1.46.49
8. L. Orohoe	35	Maida Vale	1.48.34
9. V. Lynch	39	St. George	1.50.10
10. B. Newby	37	Tamworth	1.50.90

200m BREASTROKE

1. R. Sargent	36	Melville	3.43.41
2. L. Orohoe	35	Maida Vale	3.50.76
3. I. Wyatt	38	Tamworth	3.51.43
4. J. Ford	37	Canberra	3.57.49 s/c
5. Z. Lawrence	38	Carine	4.03.44
6. C. Pringle	35	Polar Bears	4.05.05 s/c
7. A. Ledger	38	Carine	4.18.85
8. H. Gerhard	35	Osborne Park	4.22.55
9. C. Lim	36	Ad. Masters	4.29.08 1/c
10. A. Williams	38	Blacktown	6.02.24

50m BUTTERFLY

1. C. Butler	37	St. George	40.34
2. C. Grant	37	Manly	40.53
3. S. Pelling	36	Power Points	40.70
4. J. Ford	36	Canberra	40.87
5. L. Fuller	38	Tri-Sports	41.34 1/c
6. B. Newby	37	Tamworth	41.91
7. C. Robertson	35	North Lodge	42.13 s/c
8. R. Sargent	36	Melville	42.17 1/c
9. A. Stevens	38	North Lodge	42.23 1/c
10. G. Pringle	35	Polar Bears	44.11 s/c

100m BUTTERFLY

1. L. Fuller	38	Tri-Sports	1.33.16
2. J. Ford	37	Canberra	1.44.75 1/c
3. G. Pringle	35	Polar Bears	1.46.07 s/c
4. S. Pelling	36	Power Points	1.53.40
5. D. Williams	36	Everton Park	2.00.95 s/c
6. C. Ellis	35	North Lodge	2.01.39 1/c
7. C. Williamson	39	Ettalong	2.19.89
8. L. Ames	36	Osborne Park	2.37.55 1/c

200m BUTTERFLY

1. D. Williams	36	Everton Park	4.13.60 s/c
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100m MEDLEY

1. V. Murphy	36	Ad. Masters	1.30.13 a/c
2. S. Pelling	36	Power Points	1.32.61 a/c
3. G. Robertson	35	North Lodge	1.32.99 s/c
4. C. Grant	37	Manly	1.34.01 s/c
5. C. Ellis	35	North Lodge	1.35.50 s/c
6. C. Butler	38	St. George	1.36.08
7. A. Stevens	38	North Lodge	1.37.30 s/c
8. B. Newby	36	Tamworth	1.37.71
9. W. Potter	37	Marion	1.38.15
10. J. Ford	37	Canberra	1.38.16

200m MEDLEY

1. V. Murphy	36	Ad. Masters	3.17.99 1/c
2. S. Pelling	36	Power Points	3.19.10
3. B. Newby	37	Tamworth	3.25.26
4. J. Ford	37	Canberra	3.32.05
5. C. Butler	37	St. George	3.34.34
6. G. Pringle	35	Polar Bears	3.36.33 s/c
7. S. Colyer	35	Inglewood	3.39.09
8. R. Sargent	37	Melville	3.48.85
9. R. Bailey	39	Melville	3.50.75
10. D. Williams	36	Everton Park	3.55.56 1/c

400m MEDLEY

1. J. Ford	37	Canberra	7.43.26
2. D. Williams	36	Everton Park	7.59.35 s/c
3. C. Williamson	39	Ettalong	9.56.29

AGE: 40 - 45 YEARS (WOMEN)

50m FREESTYLE

1. F. Gould	42	Hunter	33.04
2. R. Carroll	40	Manly	34.19 1/c
3. G. Robinson	41	North Lodge	35.33 s/c
4. M. Wilson	42	Tamworth	35.43 1/c
5. B. Dillon	40	Cronulla Suth.	36.31
6. I. Collins	44	Ettalong	37.99
7. D. Ross	44	Marion	38.60
8. J. McLeod	40	Coogee	39.15
9. P. Wingate	40	Atlantis	39.30 s/c
10. J. Cadden	42	Manly	39.70 1/c

100m FREESTYLE

1. M. Wilson	42	Tamworth	1.21.04
2. F. Gould	42	Hunter	1.21.83 1/c
3. G. Robinson	41	North Lodge	1.22.00
4. B. Dillon	41	Cronulla Suth.	1.23.38
5. R. Carroll	40	Manly	1.25.40 1/c
6. P. Wingate	40	Atlantis	1.31.00 s/c
7. I. Collins	44	Ettalong	1.31.44
8. J. Thompson	41	North Lodge	1.31.64 1/c
9. V. Lynch	40	St. George	1.33.12
10. J. Cadden	42	Manly	1.33.14

200m FREESTYLE

1. M. Wilson	42	Tamworth	3.07.27
2. G. Robinson	40	North Lodge	3.15.90 s/c
3. R. Carroll	40	Manly	3.17.00 1/c
4. F. Gould	42	Hunter	3.17.60
5. J. Behrend	43	Power Points	3.18.00 s/c
6. B. Dillon	40	Cronulla Suth.	3.20.03
7. J. Cadden	42	Manly	3.24.40 1/c
8. E. Walsham	40	Hills	3.26.03
9. J. McLeod	40	Coogee Randwick	3.27.25 1/c
10. A. Andrew	40	Melville	3.30.13

400m FREESTYLE

1. M. Wilson	42	Tamworth	6.37.89 1/c
2. D. Ross	44	Ad. Masters	7.03.86 1/c
3. F. Gould	42	Hunter	7.13.23 1/c
4. G. Robinson	41	North Lodge	7.13.33 s/c
5. J. Cadden	42	Manly	7.14.30 1/c
6. J. McLeod	40	Coogee	7.20.05 1/c
7. B. Dillon	40	Cronulla Suth.	7.20.33 1/c
8. M. Siemer	42	Claremont	7.28.76
9. E. Walsham	41	Hills	7.32.19 s/c
10. B. Clarke	42	Maida Vale	7.49.40

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800m FREESTYLE

1. M. Wilson	42	Tamworth	13.19.85
2. J. Cadden	42	Manly	15.42.00 1/c
3. E. Walsham	41	Hills	15.51.03 s/c
4. M. Siemer	42	Claremont	16.04.34
5. B. Clarke	42	Maida Vale	16.08.30
6. J. Hensler	40	Manly	16.21.45 1/c
7. R. Carroll	40	Manly	16.42.00 1/c
8. A. Andrew	40	Melville	16.42.30
9. B. Robinson	43	Melville	17.26.34
10. J. Ryan	43	Carine	17.48.00

1500m FREESTYLE

1. M. Wilson	42	Tamworth	27.31.00
2. J. Cadden	42	Manly	29.39.56 1/c
3. A. Andrew	40	Melville	31.34.00
4. R. Carroll	40	Manly	32.18.85 1/c
5. J. Hensler	40	Manly	33.42.77 1/c
6. B. Robinson	43	Melville	35.10.50
7. R. Blom	41	Melville	35.15.00
8. V. Thomas	41	Lane Cove	35.43.80
9. L. Ames	40	Osborne Park	36.20.64
10. S. Pang	45	Canberra	36.21.82 s/c

50m BACKSTROKE

1. F. Gould	42	Hunter	42.42 1/c
2. G. Robinson	41	North Lodge	45.32 s/c
3. D. Ross	44	Marion	46.30 s/c
4. B. Dillon	41	Cronulla Suth.	46.58
5. M. Carney	43	Ettalong	47.15
6. V. Lynch	40	St. George	47.48
7. B. Hart	44	Maida Vale	47.50
8. M. Wilson	43	Tamworth	48.30
9. P. Wingate	40	Atlantis	48.40 s/c
10. H. Powell	43	Melville	48.45

100m BACKSTROKE

1. H. Powell	43	Melville	1.43.35
2. M. Wilson	42	Tamworth	1.45.79
3. D. Ross	44	Marion	1.46.00 s/c
4. B. Nicolle	41	Inglewood	1.49.75
5. V. Lynch	40	St. George	1.50.99 s/c
6. B. Hart	44	Maida Vale	1.51.32
7. I. Collins	43	Ettalong	1.51.64 1/c
8. F. Gould	42	Hunter	1.52.43
9. J. Thompson	41	North Lodge	1.53.70 s/c
10. R. Carroll	40	Manly	1.55.10 1/c

200m BACKSTROKE

1. J. Behrend	43	Power Points	2.03.60 s/c
2. H. Wilson	42	Tamworth	3.44.69 s/c
3. J. Ryan	43	Carine	4.18.70
4. J. Campbell	41	Osborne Park	4.19.90
5. B. Walsham	40	Hills	4.25.18
6. M. Carney	43	Ettalong	4.27.00
7. L. Ames	40	Osborne Park	4.27.45
8. B. Stenhouse	40	Cronulla Suth.	5.02.55 s/c

50m BREASTROKE

1. J. Behrend	43	Power Points	40.07
2. G. Robinson	41	North Lodge	44.32
3. B. Dillon	40	Cronulla Suth.	45.53 1/c
4. H. Powell	43	Melville	47.01
5. F. Gould	42	Hunter	47.22
6. R. Blom	41	Melville	47.50
7. B. Clarke	42	Maida Vale	48.43
8. V. Lynch	40	St. George	48.70
9. J. Milner	41	Power Points	50.75
10. B. Asher	44	North Lodge	51.48

100m BREASTROKE

1. G. Robinson	41	North Lodge	1.40.89 s/c
2. H. Powell	43	Melville	1.44.23
3. F. Gould	42	Hunter	1.47.66
4. B. Clarke	42	Maida Vale	1.48.50
5. B. Dillon	40	Cronulla Suth.	1.48.71
6. R. Blom	40	Melville	1.49.45 1/c
7. J. Behrend	43	Power Points	1.50.43
8. M. Baker	40	Cronulla Suth.	1.53.05
9. C. Duif	43	Marion	1.54.30 s/c

200m BREASTROKE

1. G. Robinson	41	North Lodge	3.40.17
2. H. Powell	43	Melville	3.48.64
3. B. Dillon	41	Cronulla Suth.	4.07.10
4. F. Gould	42	Hunter	4.16.60
5. B. Stenhouse	40	Cronulla Suth.	4.26.20 s/c
6. M. Siemer	42	Claremont	4.29.70
7. B. Robinson	43	Melville	4.30.67
8. G. Uebel	44	St. George	4.52.61
9. G. Adcock	44	Carine	5.15.90

50m BUTTERFLY

1. M. Wilson	42	Tamworth	42.85
2. F. Gould	42	Hunter	44.66
3. B. Dillon	40	Cronulla Suth.	46.77
4. B. Clark	41	Maida Vale	48.49
5. D. Simons	44	Ad. Masters	48.93
6. G. Robinson	41	North Lodge	49.13 s/c
7. E. Walsham	40	Hills	50.85
8. I. Collins	44	Ettalong	50.94
9. H. Powell	43	Melville	52.30
10. J. McLeod	40	Coogee	53.34

100m BUTTERFLY

1. M. Wilson	42	Tamworth	1.49.30
2. D. Simons	44	Ad. Masters	1.53.64 s/c
3. E. Walsham	41	Hills	2.02.94 1/c
4. L. Ames	40	Osborne Park	2.31.78

200m BUTTERFLY

1. M. Wilson	42	Tamworth	4.13.00
2. E. Walsham	41	Hills	4.34.58

100m Medley

1. G. Robinson	41	North Lodge	1.36.26 s/c
2. M. Wilson	43	Tamworth	1.36.66
3. F. Gould	42	Hunter	1.36.89
4. V. Lynch	40	St. George	1.43.36
5. B. Clark	41	Maida Vale	1.44.86
6. H. Powell	43	Melville	1.46.00
7. R. Carroll	41	Manly	1.47.91
8. I. Collins	44	Ettalong	1.49.27
9. J. Behrend	43	Power Points	1.49.40
10. E. Walsham	41	Hills	1.54.77 s/c

200m MEDLEY

1. M. Wilson	42	Tamworth	3.38.52 1/c
2. D. Ross	44	Ad. Masters	3.46.29 1/c
3. B. Dillon	40	Cronulla Suth.	3.54.21 1/c
4. B. Clarke	42	Maida Vale	3.57.88
5. D. Simons	44	Ad. Masters	4.06.59 1/c
6. E. Walsham	40	Hills	4.07.27 1/c
7. F. Gould	42	Hunter	4.09.93
8. J. McLeod	40	Coogee	4.16.82
9. B. Stenhouse	40	Cronulla Suth.	4.22.52
10. I. Collins	44	Ettalong	4.23.16

400m MEDLEY

1. M. Wilson	42	Tamworth	7.51.99
2. E. Walsham	41	Hills	9.02.40 s/c

AGE: 45 - 49 YEARS (WOMEN)

50m FREESTYLE

1. B. Wilson	45	North Lodge	35.31
2. R. Kellahan	45	Tamworth	36.30
3. M. Kroon	45	Ettalong	37.21
4. S. Howard	49	North Lodge	38.76 s/c
5. M. Connolly	45	Coogee Randwick	39.30
6. J. Roberts	47	Marion	40.10
7. H. Walker	46	Lane Cove	40.12
8. P. Bierenbrood	47	North Lodge	40.51 s/c
9. P. Donnelly	45	Ettalong	40.82
10. B. Hart	45	Maida Vale	41.13

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100m FREESTYLE

1.	B. Wilson	46	North Lodge	1.17.08 1/c
2.	M. Kroon	45	Ettagong	1.27.25 1/c
3.	S. Howard	49	North Lodge	1.28.76 s/c
4.	H. Walker	46	Lane Cove	1.31.03 1/c
5.	B. Jones	49	Osborne Park	1.33.09
6.	J. Roberts	47	Atlantis	1.33.22 1/c
7.	B. Hart	45	Maida Vale	1.33.22
8.	P. Dunn	47	Ettagong	1.35.45
9.	M. Connolly	46	Coogee	1.37.78
10.	M. Sharpe	45	Armidale	1.39.36

200m FREESTYLE

1.	B. Wilson	46	North Lodge	2.48.24
2.	S. Howard	48	North Lodge	3.16.68
3.	B. Hart	45	Maida Vale	3.22.18
4.	M. Kroon	45	Ettagong	3.25.30
5.	H. Walker	45	Lane Cove	3.28.90
6.	B. Jones	49	Osborne Park	3.32.92
7.	M. Connolly	45	Coogee Randwick	3.33.30
8.	P. Bierenbroodspot	46	North Lodge	3.33.90 s/c
9.	M. Devries	45	Geelong	3.38.60 1/c
10.	J. Roberts	47	Marion	3.46.81 1/c

400m FREESTYLE

1.	B. Wilson	45	North Lodge	5.57.79
2.	S. Howard	49	North Lodge	6.51.57 s/c
3.	H. Walker	46	Lane Cove	7.00.23 1/c
4.	B. Hart	45	Maida Vale	7.38.65
5.	J. Roberts	47	Atlantis	7.40.14 1/c
6.	M. Sharpe	45	Armidale	8.09.42 1/c
7.	D. Simons	45	Ad. Masters	8.14.00 1/c
8.	R. Law-Davis	48	Melville	8.14.47
9.	P. Dunn	46	Ettagong	8.24.93 1/c

800m FREESTYLE

1.	B. Wilson	46	North Lodge	12.45.58 1/c
2.	H. Walker	45	Lane Cove	14.50.40
3.	B. Hart	45	Maida Vale	15.50.10
4.	P. Dunn	47	Ettagong	16.09.00 s/c
5.	R. Law-Davis	48	Melville	17.43.30
6.	V. Chenoweth	49	Osborne Park	19.42.88 1/c
7.	N. Cotterell	45	Osborne Park	20.30.50 1/c
8.	Y. McNab	46	Melville	27.26.00

1500m FREESTYLE

1.	B. Wilson	46	North Lodge	23.59.91 1/c
2.	H. Walker	45	Lane Cove	28.01.10
3.	R. Law-Davis	48	Melville	32.53.66
4.	P. Dunn	47	Ettagong	32.53.74 s/c
5.	V. Chenoweth	49	Osborne Park	40.30.54 1/c
6.	Y. McNab	46	Melville	54.03.00

50m BACKSTROKE

1.	M. Devries	45	Geelong	42.21 1/c
2.	B. Hart	45	Maida Vale	45.80
3.	B. Wilson	46	North Lodge	46.66 s/c
4.	M. Connolly	45	Coogee Randwick	46.69
5.	M. Kroon	45	Ettagong	46.98
6.	P. Dunn	46	Ettagong	49.13 s/c
7.	D. Simons	45	Ad. Masters	49.20
8.	P. Connolly	45	Ettagong	51.27 1/c
9.	S. Howard	49	North Lodge	51.64 s/c
10.	H. Walker	46	Lane Cove	51.68 1/c

100m BACKSTROKE

1.	B. Wilson	46	North Lodge	1.40.23 s/c
2.	M. Connolly	45	Coogee Randwick	1.48.69 1/c
3.	B. Hart	45	Maida Vale	1.48.70
4.	M. Kroon	45	Ettagong	1.51.24
5.	P. Connolly	45	Ettagong	1.54.64 1/c
6.	S. Howard	48	North Lodge	1.56.39 1/c
7.	J. Roberts	47	Atlantis	1.57.58 1/c
8.	H. Walker	45	Lane Cove	1.58.30
9.	P. Dunn	46	Ettagong	1.58.90 1/c
10.	D. Simons	45	Ad. Masters	1.58.96 1/c

200m BACKSTROKE

1.	B. Wilson	46	North Lodge	3.29.94
2.	M. Connolly	46	Coogee	4.13.80
3.	H. Walker	45	Lane Cove	4.19.80
4.	P. Dunn	47	Ettagong	4.20.36
5.	S. Howard	49	North Lodge	4.29.52

50m BREASTROKE

1.	M. Kroon	45	Ettagong	48.77
2.	M. Devries	45	Geelong	48.82 1/c
3.	M. Connolly	45	Coogee Randwick	51.16
4.	H. Robertson	46	North Lodge	51.70
5.	B. Wilson	46	North Lodge	51.80 s/c
6.	R. Large	45	North Lodge	52.28 1/c
7.	D. Simons	45	Ad. Masters	52.91
8.	B. Hart	45	Maida Vale	54.30
9.	M. Vrakking	45	Atlantis	54.90
10.	P. Bierenbroodspot	47	North Lodge	54.93 s/c

100m BREASTROKE

1.	M. Devries	45	Geelong	1.49.63 1/c
2.	M. Kroon	45	Ettagong	1.53.87 1/c
3.	B. Wilson	46	North Lodge	1.54.00 s/c
4.	D. Simons	45	Ad. Masters	1.55.30 s/c
5.	M. Connolly	45	Coogee Randwick	1.57.10
6.	R. Law-Davis	48	Melville	2.01.45
7.	S. Howard	48	North Lodge	2.06.59 1/c
8.	V. Chenoweth	49	Osborne Park	2.07.26
9.	B. Hart	45	Maida Vale	2.08.13
10.	P. Dunn	47	Ettagong	2.09.70

200m BREASTROKE

1.	B. Wilson	46	North Lodge	4.08.59 s/c
2.	M. Kroon	45	Ettagong	4.16.16
3.	V. Chenoweth	49	Osborne Park	4.28.68
4.	P. Dunn	47	Ettagong	4.35.61
5.	N. Cotterell	45	Osborne Park	4.42.12
6.	F. McNeill	47	Ettagong	5.04.46
7.	P. Atkins	45	Inglewood	5.09.60
8.	C. Adcock	45	Carine	5.25.17
9.	J. Holbrook	46	C.D. Seals	5.27.95
10.	K. Steward	48	Cromulla Suth.	9.02.28 s/c

50m BUTTERFLY

1.	B. Wilson	45	North Lodge	42.84 1/c
2.	M. Kroon	45	Ettagong	43.98 1/c
3.	M. Connolly	45	Coogee Randwick	46.82
4.	B. Jones	49	Osborne Park	47.64
5.	D. Simons	45	Ad. Masters	48.93 1/c
6.	B. Hart	45	Maida Vale	51.95
7.	H. Walker	46	Lane Cove	55.38
8.	R. Law-Davis	48	Melville	55.99
9.	J. Roberts	47	Marion	57.35
10.	P. Dunn	47	Ettagong	65.98 s/c

100m BUTTERFLY

1.	B. Wilson	46	North Lodge	1.44.54 1/c
2.	D. Simons	45	Ad. Masters	1.53.64 1/c
3.	M. Connolly	45	Coogee	2.13.50 s/c
4.	P. Dunn	47	Ettagong	3.29.00 s/c

200m BUTTERFLY

1.	R. Wilson	46	North Lodge	4.09.21 1/c
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100m MEDLEY

1.	B. Wilson	46	North Lodge	1.36.59 s/c
2.	M. Kroon	45	Ettagong	1.39.23
3.	B. Hart	45	Maida Vale	1.45.26
4.	M. Connolly	45	Coogee Randwick	1.45.39
5.	P. Bierenbroodspot	47	North Lodge	1.48.94 s/c
6.	D. Simons	45	Ad. Masters	1.51.48 s/c
7.	S. Howard	49	North Lodge	1.53.85 s/c
8.	H. Walker	47	Lane Cove	1.54.00
9.	R. Law-Davis	48	Melville	1.56.03
10.	P. Dunn	47	Ettagong	1.59.28

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200m MEDLEY

1. B. Wilson	46	North Lodge	3.26.20 1/c
2. M. Kroon	45	Ettalong	3.44.65 1/c
3. M. Connolly	45	Coogee Randwick	4.09.61
4. H. Walker	46	Lane Cove	4.14.67 1/c
5. P. Dunn	46	Ettalong	4.50.25

400m MEDLEY

1. B. Wilson	46	North Lodge	7.11.59 1/c
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50m BACKSTROKE

1. E. Wallis	52	Manly	43.16
2. J. Sansom	53	Ad. Masters	49.80 1/c
3. B. Anderson	50	St. George	53.14
4. M. Grant	51	Melville	53.41
5. P. Adams	53	Hills	53.52 s/c
6. E. Mable	54	Coogee Randwick	56.52
7. N. Rose	50	North Lodge	56.59 s/c
8. O. Eddy	52	Ettalong	1.01.82
9. D. Boyd	50	Nelson Bay	1.02.47
10. D. Williams	50	Atlantis	1.04.50

100m BACKSTROKE

1. P. Bruce	50	Osborne Park	1.40.34
2. E. Wallis	53	Manly	1.42.50 s/c
3. J. Sansom	53	Ad. Masters	1.47.24 1/c
4. M. Grant	51	Melville	1.59.06
5. J. Nairn	53	Nelson Bay	2.05.06
6. P. Adams	53	Hills	2.08.00 s/c
7. O. Eddy	52	Ettalong	2.22.59 1/c
8. M. McKinnon	53	C.D. Seals	2.23.00
9. J. Dickson	52	North Lodge	2.45.10 s/c
10. S. Robinson	51	Nelson Bay	3.17.90

200m BACKSTROKE

1. J. Sansom	53	Ad. Masters	3.51.29 s/c
2. P. Bruce	51	Osborne Park	3.53.93
3. E. Mable	54	Coogee Randwick	4.30.70
4. P. Adams	53	Hills	4.36.59
5. O. Eddy	52	Ettalong	5.09.20
6. J. Dickson	52	North Lodge	7.29.36

50m BREASTROKE

1. P. Bruce	51	Osborne Park	44.61
2. J. Sansom	53	Ad. Masters	44.71 1/c
3. B. Jones	50	Osborne Park	47.04
4. E. Wallis	52	Manly	52.04
5. N. Rose	50	North Lodge	52.88
6. J. Van Der Mark	51	Carine	53.60
7. L. McNamara	50	Claremont	56.19
8. M. Grant	51	Melville	58.92
9. C. Dixon	53	C.D. Seals	59.97 1/c
10. M. Bougher	50	Claremont	1.00.20

100m BREASTROKE

1. J. Sansom	53	Ad. Masters	1.40.26 1/c
2. J. Nairn	52	Nelson Bay	1.57.19
3. L. McNamara	50	Claremont	2.08.00
4. M. Grant	52	Melville	2.12.79
5. C. Dixon	53	C.D. Seals	2.17.40 1/c
6. J. Gaebler	52	Melville	2.21.88
7. J. Dickson	52	North Lodge	2.26.51 s/c
8. M. MacKinnon	53	C.D. Seals	2.27.26 1/c

200m BREASTROKE

1. J. Sansom	53	Ad. Masters	3.35.41 1/c
2. C. Dixon	53	C.D. Seals	4.47.92 1/c
3. J. Gaebler	52	Melville	5.11.02

50m BUTTERFLY

1. J. Sansom	53	Ad. Masters	41.90 s/c
2. B. Jones	50	Osborne Park	50.14
3. J. Nairn	52	Nelson Bay	58.16
4. E. Wallis	53	Manly	1.02.00 s/c
5. M. MacKinnon	53	C.D. Seals	1.03.30 1/c
6. E. Mable	54	Coogee Randwick	1.06.55
7. M. Grant	52	Melville	1.12.69
8. J. Gaebler	53	Melville	1.18.92
9. E. Meldrum	52	Blacktown	2.16.99

100m BUTTERFLY

1. J. Sansom	53	Ad. Masters	1.49.90 1/c
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200m BUTTERFLY

1. J. Sansom	53	Ad. Masters	3.49.36 1/c
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AGE: 50 - 54 YEARS (WOMEN)

50m FREESTYLE

1. J. Sansom	53	Ad. Masters	36.50
2. E. Wallis	53	Manly	38.81 s/c
3. J. Nairn	53	Nelson Bay	38.87
4. B. Jones	50	Osborne Park	39.72
5. N. Grant	51	Melville	43.22
6. E. Mable	54	Coogee Randwick	43.65
7. P. Bruce	50	Osborne Park	45.80
8. J. Parkes	51	Ettalong	45.90
9. N. Rose	50	North Lodge	46.10 s/c
10. L. McNamara	50	Claremont	48.01

100m FREESTYLE

1. J. Sansom	53	Ad. Masters	1.23.28 1/c
2. E. Wallis	53	Manly	1.27.95 1/c
3. B. Jones	50	Osborne Park	1.33.09
4. M. Grant	51	Melville	1.41.19
5. E. Mable	54	Coogee Randwick	1.41.40
6. P. Bruce	51	Osborne Park	1.44.81
7. M. Arnold	51	Aitkenvale	1.50.30
8. M. Davey	54	Inglewood	1.52.55
9. J. Gaebler	53	Melville	1.54.69
10. P. Adams	53	Hills	2.03.48 s/c

200m FREESTYLE

1. J. Sansom	53	Ad. Masters	3.03.24 1/c
2. E. Wallis	53	Manly	3.12.00 s/c
3. J. Nairn	52	Nelson Bay	3.32.05
4. B. Jones	50	Osborne Park	3.32.92
5. M. Grant	52	Melville	3.33.17
6. P. Bruce	51	Osborne Park	3.52.22
7. E. Mable	54	Coogee Randwick	3.52.40
8. M. Arnold	51	Aitkenvale	3.53.80 s/c
9. J. Gaebler	53	Melville	4.03.00
10. P. Adams	53	Hills	4.29.81 s/c

400m FREESTYLE

1. E. Wallis	53	Manly	6.53.50 1/c
2. M. Arnold	51	Aitkenvale	8.11.60 s/c
3. M. Grant	52	Melville	8.18.00
4. G. Larson	52	North Lodge	8.55.67 s/c
5. J. Gaebler	53	Melville	9.00.49
6. J. Dickson	52	North Lodge	9.22.90 s/c
7. P. Adams	53	Hills	9.54.65 1/c
8. M. Thomas	53	Melville	12.21.04

800m FREESTYLE

1. J. Sansom	53	Ad. Masters	13.33.20 s/c
2. E. Wallis	53	Manly	14.10.30 s/c
3. M. Arnold	51	Aitkenvale	15.33.00 s/c
4. M. Davey	54	Inglewood	17.42.00
5. M. Grant	52	Melville	18.47.25
6. J. Gaebler	53	Melville	19.39.19

1500m FREESTYLE

1. J. Sansom	53	Ad. Masters	25.29.26 s/c
2. E. Wallis	53	Manly	27.23.00 1/c
3. M. Arnold	51	Aitkenvale	30.05.50 s/c
4. M. Davey	54	Inglewood	34.06.00 1/c
5. M. Grant	52	Melville	35.23.56
6. J. Gaebler	53	Melville	38.00.90

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100m MEDLEY

1. J. Sansom	53	Ad. Masters	1.36.42. s/c
2. E. Wallis	53	Manly	1.40.04 s/c
3. B. Jones	50	Casborne Park	1.43.43
4. M. Grant	52	Melville	2.04.15
5. E. Mable	54	Coogee Randwick	2.09.32
6. J. Van Der Mark	52	Carine	2.16.32
7. J. Gaebler	52	Melville	2.27.61
8. P. Adams	53	Hills	2.29.54
9. E. Moldrum	53	Blacktown	4.48.28 s/c

200m MEDLEY

1. J. Sansom	53	Ad. Masters	3.37.20 1/c
2. J. Nairn	52	Nelson Bay	4.08.47
3. M. Grant	52	Melville	4.54.68
4. J. Gaebler	53	Melville	5.05.22
5. M. MacKinnon	54	C.D. Seals	5.19.30 1/c

400m MEDLEY

1. J. Sansom	53	Ad. Masters	7.35.21 1/c
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1500m FREESTYLE

1. B. Watson	59	Cronulla Suth.	31.05.00 1/c
2. M. Davey	55	Inglewood	36.20.97
3. M. Hilton	56	Tri-Sports	37.24.00
4. B. Callaghan	58	Manly	37.40.00 1/c
5. J. Arthur	57	Canberra	41.38.00 1/c

50m BACKSTROKE

1. B. Callaghan	58	Manly	48.72
2. J. Drake-Brockman	59	Claremont	49.15
3. E. Watson	59	Cronulla Suth.	50.70
4. N. Rowe	57	Cronulla Suth.	51.93 s/c
5. R. Byass	58	C.D. Seals	56.34
6. E. Mable	55	Coogee Randwick	58.08 s/c
7. B. O'Connor	57	Manly	58.50 1/c
8. R. Thornley	59	Coogee Randwick	59.59
9. J. Arthur	57	Canberra	1.01.00
10.			

100m BACKSTROKE

1. B. Callaghan	57	Manly	1.53.78 1/c
2. E. Watson	58	Cronulla Suth.	1.56.49 1/c
3. N. Rowe	57	Cronulla Suth.	2.02.96 s/c
4. R. Thornley	59	Coogee Randwick	2.20.89
5. B. Grace	58	Narooma	2.22.10
6. C. Finlay	58	St. George	2.42.42
7. N. Ayres	56	North Lodge	2.57.52 s/c
8. N. Fowler	59	Ad. Masters	3.01.13 1/c

200m BACKSTROKE

1. E. Watson	59	Cronulla Suth.	4.09.97 s/c
2. E. Mable	55	Coogee Randwick	4.47.49 s/c

50m BREASTROKE

1. B. Callaghan	58	Manly	48.40 s/c
2. E. Watson	58	Cronulla Suth.	51.11
3. C. Finlay	58	St. George	1.04.96
4. R. Byass	58	C.D. Seals	1.07.21
5. R. Thornley	59	Coogee Randwick	1.08.34
6. M. Davey	55	Inglewood	1.09.88
7. J. Arthur	57	Canberra	1.11.50
8. K. Adams	56	North Lodge	1.13.99 1/c
9. I. Sommer	57	Wagga Wagga	1.14.02 1/c
10. Y. Irving	56	Nelson Bay	1.14.84

100m BREASTROKE

1. E. Watson	59	Cronulla Suth.	1.53.73 s/c
2. B. Callaghan	58	Manly	1.55.10 1/c
3. C. Finlay	58	St. George	2.29.74
4. E. Mable	55	Coogee Randwick	2.32.19
5. I. Sommer	57	Wagga Wagga	2.39.82 1/c
6. M. Davey	55	Inglewood	2.41.22
7. J. Thomas	55	Hunter	2.51.58
8. N. Ayres	56	North Lodge	2.55.76 s/c
9. J. Arthur	57	Canberra	3.00.24 s/c

200m BREASTROKE

1. E. Watson	59	Cronulla Suth.	4.06.40 s/c
2. B. Callaghan	58	Manly	4.24.81
3. C. Finlay	58	St. George	5.17.34

50m BUTTERFLY

1. B. Callaghan	58	Manly	49.71
2. E. Watson	58	Cronulla Suth.	51.94
3. B. Grace	57	Narooma	58.93
4. E. Mable	55	Coogee Randwick	1.09.09 s/c

100m BUTTERFLY

1. B. Grace	57	Narooma	2.28.09 1/c
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AGE: 55 - 59 YEARS (WOMEN)

50m FREESTYLE

1. J. Drake-Brockman	59	Claremont	42.06
2. E. Watson	58	Cronulla Suth.	42.97
3. N. Rowe	57	Cronulla Suth.	43.09 s/c
4. B. O'Connor	57	Manly	44.50 1/c
5. B. Callaghan	58	Manly	44.79 1/c
6. E. Mable	55	Coogee Randwick	45.47 s/c
7. B. Grace	57	Narooma	47.36
8. M. Davey	55	Inglewood	48.84 1/c
9. J. Arthur	57	Canberra	49.86
10. J. Baker	58	Nelson Bay	49.96

100m FREESTYLE

1. E. Watson	59	Cronulla Suth.	1.41.56 s/c
2. E. Mable	55	Coogee Randwick	1.44.68
3. N. Rowe	57	Cronulla Suth.	1.46.14 s/c
4. B. Grace	58	Narooma	1.47.60
5. J. Arthur	57	Canberra	1.50.81
6. B. O'Connor	57	Manly	1.55.01 1/c
7. B. George	57	Tamworth	2.00.70
8. M. Hilton	56	Tri-Sports	2.01.60 s/c
9. J. Baker	59	Nelson Bay	2.08.15
10. N. Fowler	59	Ad. Masters	2.12.90

200m FREESTYLE

1. B. Grace	57	Narooma	3.47.62
2. E. Watson	58	Cronulla Suth.	3.51.50
3. E. Mable	55	Coogee Randwick	3.53.21 s/c
4. N. Rowe	57	Cronulla Suth.	4.00.63 s/c
5. M. Davey	55	Inglewood	4.07.80
6. R. Thornley	59	Coogee Randwick	4.11.57
7. M. Hilton	56	Tri-Sports	4.14.70
8. J. Arthur	57	Canberra	4.16.90 s/c
9. B. O'Connor	57	Manly	4.20.00
10. B. Callaghan	58	Manly	4.22.10 s/c

400m FREESTYLE

1. E. Watson	58	Cronulla Suth.	7.52.45 1/c
2. E. Mable	55	Coogee Randwick	8.16.56 s/c
3. B. Grace	58	Narooma	8.17.00
4. M. Davey	55	Inglewood	8.56.54
5. N. Rowe	57	Cronulla Suth.	9.03.00 s/c
6. B. Callaghan	58	Manly	9.13.80 s/c
7. J. Arthur	57	Canberra	9.22.14 s/c
8. M. Hilton	56	Tri-Sports	9.24.42 1/c

800m FREESTYLE

1. E. Watson	59	Cronulla Suth.	15.57.92 s/c
2. E. Mable	55	Coogee Randwick	16.57.25 s/c
3. N. Rowe	57	Cronulla Suth.	18.32.00 1/c
4. J. Arthur	57	Canberra	18.36.31 s/c
5. B. Callaghan	58	Manly	19.55.00 1/c

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100m MEDLEY

1. E. Watson	58	Cronulla Suth.	1.45.66
2. B. Callaghan	58	Manly	1.50.01
3. B. Mable	55	Coogee	2.10.34
4. B. Grace	57	Narooma	2.16.07
5. R. Thornley	59	Coogee Randwick	2.24.92
6. J. Arthur	57	Canberra	2.26.65
7. M. Davey	55	Inglewood	2.33.06
8. C. Finlay	58	St. George	2.41.42
9. N. Ayres	56	North Lodge	2.43.42 s/c

200m MEDLEY

1. E. Watson	58	Cronulla Suth.	4.02.87 1/c
2. B. Mable	55	Coogee Randwick	4.44.79 s/c
3. B. Grace	57	Narooma	5.02.88 1/c
4. M. Davey	55	Inglewood	5.46.25

AGE: 60 - 64 YEARS (WOMEN)

50m FREESTYLE

1. S. Moiler	63	Inglewood	41.26
2. B. Barrie	64	Woollahra	43.20
3. B. Baily	60	Manly	43.60 1/c
4. H. Parker	60	Manly	44.10 1/c
5. D. Marion	60	Power Points	45.20
6. M. Calthorpe	62	Ettalong	50.90
7. R. Thornley	60	Coogee	50.52 s/c
8. S. Ferris	63	Melville	50.71
9. J. Meager	62	St. George	51.46
10.			

100m FREESTYLE

1. S. Moiler	63	Inglewood	1.37.29 1/c
2. B. Barrie	60	Coogee Randwick	1.41.56 s/c
3. B. Baily	60	Manly	1.44.10 1/c
4. M. Dutton	60	Power Points	1.44.16 s/c
5. R. Thornley	60	Coogee Randwick	1.55.21
6. S. Ferris	63	Melville	2.01.36
7. H. Parker	60	Manly	2.01.90 s/c
8. J. Meager	62	St. George	2.04.47
9. N. Fowler	60	Ad. Masters	2.10.00 s/c
10. C. Hattswell	61	Ad. Masters	2.14.20 1/c

200m FREESTYLE

1. S. Moiler	63	Inglewood	3.34.95
2. B. Baily	60	Manly	3.48.90 1/c
3. B. Barrie	60	Coogee Randwick	3.52.19 s/c
4. M. Dutton	60	Power Points	3.55.85
5. R. Thornley	60	Coogee Randwick	4.16.73 s/c
6. H. Parker	60	Manly	4.31.63
7. J. Meager	62	St. George	4.37.02
8. A. Eifler	61	Maida Vale	4.43.14
9. S. Ferris	63	Melville	4.44.49
10. G. Dunn	63	Nelson Bay	5.10.70

400m FREESTYLE

1. S. Moiler	63	Inglewood	7.50.30 1/c
2. B. Baily	60	Manly	8.18.04 1/c
3. R. Thornley	60	Coogee Randwick	8.46.59 s/c
4. A. Eifler	60	Maida Vale	9.23.00 1/c
5. B. Barrie	60	Coogee Randwick	9.49.67 s/c
6. I. Parker	64	Hunter	10.13.67 1/c

800m FREESTYLE

1. S. Moiler	63	Inglewood	16.16.00
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1500m FREESTYLE

1. S. Moiler	63	Inglewood	32.55.64
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50m BACKSTROKE

1. M. Dutton	60	Power Points	50.32
2. A. Eifler	60	Maida Vale	55.67
3. R. Thornley	60	Coogee Randwick	58.12 s/c
4. S. Moiler	63	Inglewood	58.89 1/c
5. B. Barrie	64	Woollahra	59.30 1/c
6. I. Parker	64	Hunter	59.95 1/c
7. J. Meager	63	St. George	1.00.98
8. S. Ferris	63	Melville	1.08.00
9. C. Hattswell	61	Ad. Masters	1.11.80
10. N. Fowler	60	Ad. Masters	1.20.00 s/c

100m BACKSTROKE

1. A. Eifler	60	Maida Vale	2.02.52
2. S. Moiler	63	Inglewood	2.09.16 1/c
3. R. Thornley	60	Coogee Randwick	2.13.12 s/c
4. I. Parker	64	Hunter	2.13.43 1/c
5. B. Barrie	64	Woollahra	2.15.39 1/c
6. C. Hattswell	60	Ad. Masters	2.43.66 1/c
7. J. Meager	62	St. George	2.46.60
8. N. Fowler	60	Ad. Masters	3.01.13

200m BACKSTROKE

1. R. Thornley	60	Coogee Randwick	4.40.50
2. J. Meager	63	St. George	5.28.40

50m BREASTROKE

1. M. Dutton	60	Power Points	50.90 s/c
2. B. Barrie	64	Woollahra	51.24 1/c
3. A. Eifler	60	Maida Vale	52.26
4. C. Hattswell	61	Ad. Masters	1.07.20 s/c
5. J. McCabe	60	North Lodge	1.07.43 1/c
6. R. Thornley	60	Coogee Randwick	1.07.72 s/c
7. P. Dunn	64	Nelson Bay	1.14.07
8. J. Meager	62	St. George	1.14.52
9. S. Ferris	63	Melville	1.15.69
10. L. Morris	60	Ad. Masters	1.16.44 s/c

100m BREASTROKE

1. M. Dutton	60	Power Points	1.52.70
2. B. Barrie	64	Woollahra	1.54.84 1/c
3. A. Eifler	61	Maida Vale	1.59.90
4. C. Hattswell	61	Ad. Masters	2.27.42 s/c
5. R. Thornley	60	Coogee Randwick	2.30.78 s/c
6. J. McCabe	60	North Lodge	2.31.52 1/c
7. G. Dunn	63	Nelson Bay	2.52.55
8. J. Meager	62	St. George	2.55.48
9.			
10.			

200m BREASTROKE

1. A. Eifler	61	Maida Vale	4.33.40
2. B. Barrie	60	Coogee Randwick	4.40.33 s/c
3. G. Dunn	63	Nelson Bay	6.26.65

50m BUTTERFLY

1. B. Barrie	64	Woollahra	50.58
2. M. Dutton	60	Power Points	54.66
3. R. Thornley	60	Coogee Randwick	1.13.74 s/c
4. A. Eifler	61	Maida Vale	1.15.70

100m MEDLEY

1. M. Dutton	60	Power Points	1.49.48 s/c
2. B. Barrie	64	Woollahra	1.56.41
3. R. Thornley	60	Coogee Randwick	2.17.74
4. A. Eifler	61	Maida Vale	2.18.20
5. J. Meager	62	St. George	2.39.06 s/c

200m MEDLEY

1. B. Barrie	64	Woollahra	4.17.91 1/c
2. R. Thornley	60	Coogee Randwick	4.55.46 s/c
3. A. Eifler	61	Maida Vale	5.24.64

AGE: 65 - 69 YEARS (WOMEN)

50m FREESTYLE

1. B. Barrie	65	Woollahra	44.73 s/c
2. D. Nicol	67	Manly	49.50 1/c
3. D. Jones	66	Wentworth	50.32
4. J. Lloyd	67	Inglewood	57.38
5. K. McNamara	69	Blacktown	1.01.76
6. R. Tilley	65	Tri-Sports	1.14.02
7. T. Mercer	68	Osborne Park	1.29.06

100m FREESTYLE

1. B. Barrie	65	Coogee Randwick	1.42.88
2. D. Nicol	66	Manly	2.00.64 1/c

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1. D. Nicol	66	Manly	4.19.10 1/c
2. D. Jones	66	Whitfords	4.46.44

400m FREESTYLE

1. D. Nicol	67	Manly	9.09.20
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50m BACKSTROKE

1. D. Jones	66	Whitfords	58.80
2. B. Barrie	65	Woollahra	59.12
3. J. Lloyd	68	Inglewood	1.16.84

50m BREASTROKE

1. B. Barrie	65	Woollahra	54.49 s/c
2. D. Nicol	66	Manly	1.07.19 1/c
3. J. Lloyd	68	Inglewood	1.20.46
4. H. Daniels	65	Tri-Sports	1.44.93 1/c

100m BREASTROKE

1. B. Barrie	65	Coogee Randwick	2.00.83 s/c
2. D. Nicol	66	Manly	2.33.97 1/c

100m MEDLEY

1. B. Barrie	65	Coogee Randwick	1.54.51
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AGE: 70 - 74 YEARS (WOMEN)

50m FREESTYLE

1. E. Sargent	72	Manly	48.52 1/c
2. M. Bishop	72	Melville	48.59 1/c
3. B. Jones	70	Inglewood	1.04.10

100m FREESTYLE

1. M. Bishop	72	Melville	2.01.41
2. E. Sargent	73	Manly	2.11.00 1/c

200m FREESTYLE

1. M. Bishop	72	Melville	4.39.76
2. E. Sargent	73	Manly	4.49.40 1/c

400m FREESTYLE

1. M. Bishop	72	Melville	10.19.55 1/c
2. B. Jones	70	Inglewood	12.40.00 1/c

800m FREESTYLE

1. B. Jones	70	Inglewood	25.20.00 1/c
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1500m FREESTYLE

1. B. Jones	70	Inglewood	49.22.00 1/c
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50m BACKSTROKE

1. E. Sargent	72	Manly	57.92 1/c
2. M. Bishop	72	Melville	1.08.18
3. B. Jones	70	Inglewood	1.22.56 1/c

50m BREASTROKE

1. B. Jones	70	Inglewood	1.10.93
2. M. Bishop	72	Melville	1.12.20
3. E. Sargent	72	Manly	1.31.30 1/c
4. B. Hilmi	71	Inglewood	1.37.87

100m BREASTROKE

1. B. Jones	70	Inglewood	2.38.80
2. M. Bishop	72	Melville	3.07.31 1/c

200m BREASTROKE

1. B. Jones	70	Inglewood	7.25.17 1/c
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AGE: 80 - 84 YEARS (WOMEN)

50m FREESTYLE

1. V. Fearnace	82	Blacktown	1.26.89 1/c
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50m BREASTROKE

1. V. Fearnace	82	Blacktown	2.52.20
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100m BREASTROKE

1. V. Fearnace	82	Blacktown	6.27.27
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50m BACKSTROKE

1. V. Fearnace	82	Blacktown	1.50.23
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AGE: 25 - 29 YEARS (MEN)

50m FREESTYLE

1. H. Griffiths	28	Power Points	25.50
2. D. Wilson	25	Coogee Randwick	25.98
3. J. Wilson	28	Blacktown	26.79
4. G. Bush	27	Atlantis	27.02
5. D. Rosenblum	28	Valley	27.31
6. R. Brendan	29	Manly	27.34
7. A. Shean	27	Valley	27.40 1/c
8. T. Hughes	26	North Lodge	27.40 s/c
9. P. Williams	29	Adelaide Masters	27.74
10. D. Tantan	26	North Lodge	27.90 s/c

100m FREESTYLE

1. D. Wilson	25	Coogee Randwick	59.44 s/c
2. T. Hughes	26	North Lodge	59.53 s/c
3. G. Bush	27	Atlantis	1.00.35
4. D. Rosenblum	28	Valley	1.01.53
5. A. Linton	25	Coogee Randwick	1.01.83 s/c
6. H. Griffiths	28	Power Points	1.01.84
7. M. Saunders	25	Everton Park	1.02.01 s/c
8. P. Williams	29	Ad. Masters	1.02.89
9. B. McKenzie	27	Carine	1.03.07
10. R. Bayley	27	North Lodge	1.03.99

200m FREESTYLE

1. B. Arnold	25	Hunter	2.05.15
2. U. Steed	26	Cromilla	2.10.10
3. D. Wilson	25	Coogee Randwick	2.11.65
4. R. Scott	29	Maida Vale	2.15.00
5. T. Hughes	27	North Lodge	2.17.10 s/c
6. A. Linton	25	Coogee Randwick	2.17.96 s/c
7. A. Shean	27	Valley	2.19.90 1/c
8. B. Stapland	29	Trisports	2.22.50 1/c
9. J. Stein	28	Blacktown	2.23.03
10. M. Stanton	27	Claremont	2.23.19

400m FREESTYLE

1. G. Bush	27	Atlantis	4.33.84
2. D. Wilson	25	Coogee Randwick	4.51.34 s/c
3. R. Scott	29	Maida Vale	5.02.50
4. P. Williams	29	Ad. Masters	5.02.75
5. B. Stapland	28	Tri-Sports	5.03.27 1/c
6. M. Stanton	26	Claremont	5.11.93
7. A. Linton	25	Coogee Randwick	5.13.18 s/c
8. H. Griffiths	28	Power Points	5.14.31
9. T. Hughes	26	North Lodge	5.16.64 s/c
10. D. Rosenblum	28	Valley	5.16.70 1/c

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AGE: 25 - 29 YEARS (MEN)

800m FREESTYLE

1. R. Scott	29	Maida Vale	10.37.31
2. B. Shapland	29	Tri-Sports	11.00.88 1/c
3. M. Stanton	26	Claremont	11.09.92
4. T. Upton	25	Tamworth	11.20.90
5. G. Hughes	26	Hunter	11.48.24
6. B. McKenzie	27	Carine	11.53.00
7. M. Rollason	29	Tri-Sports	12.19.20
8. R. Sweeney	27	Canberra	12.32.48 s/c
9. A. Davis	28	Canberra	12.40.25 s/c
10. R. Kidd	29	Hunter	12.59.00

1500m FREESTYLE

1. M. Stanton	27	Claremont	20.52.49
2. B. Shapland	29	Tri-Sports	20.54.35 1/c
3. B. McKenzie	27	Carine	22.38.00
4. A. Davis	29	Canberra	22.42.51 s/c
5. G. Neale	29	Tri-Sports	23.31.56 s/c
6. G. Hughes	26	Hunter	23.45.63
7. R. Sweeney	28	Canberra	24.21.97
8. G. Gordon	26	Everton Park	24.57.69 s/c
9. R. Kidd	29	Hunter	28.31.41
10. I. Gower	26	Osborne Park	30.36.29 1/c

50m BACKSTROKE

1. A. Shean	27	Valley	30.40 1/c
2. B. McKenzie	27	Carine	31.30
3. M. Saunders	25	Everton Park	32.34 s/c
4. J. Stein	29	Blacktown	33.14
5. D. Wilson	25	Coogee Randwick	33.38 s/c
6. S. Donney	26	Canberra	33.40
7. B. Martin	28	Valley	33.52 s/c
8. D. Wilson	25	Coogee Randwick	33.84
9. G. Anderson-Smith	27	Pilbara Platypi	34.50
10. S. Rogers	26	Inglewood	34.70

100m BACKSTROKE

1. L. Cook	26	Ettilong	1.09.04
2. A. Shean	27	Valley	1.10.05 1/c
3. M. Saunders	26	Everton Park	1.12.62 s/c
4. J. Stein	28	Blacktown	1.16.59
5. B. McKenzie	26	Carine	1.17.95
6. G. Steed	26	Cronulla	1.18.85
7. S. Donney	26	Canberra	1.19.36 s/c
8. P. Williams	29	Ad. Masters	1.19.42
9. D. Wilson	25	Coogee Randwick	1.19.88 s/c
10. G. Hughes	26	Hunter	1.22.87

200m BACKSTROKE

1. M. Saunders	25	Everton Park	2.39.86 s/c
2. S. Donney	26	Canberra	2.45.05 s/c
3. B. McKenzie	27	Carine	2.56.57
4. W. Thrupp	26	Jandowae	3.00.6
5. A. Davis	28	Canberra	3.05.34 s/c
6. R. Sweeney	28	Canberra	3.11.50
7. A. Linton	25	Coogee Randwick	3.19.65
8. A. Faulkner	29	Carine	3.30.31
9. L. Sawyer	27	Carine	3.30.80
10. D. Mayvis	25	Osborne Park	4.00.84

50m BREASTROKE

1. D. Wilson	25	Coogee Randwick	31.33 s/c
2. S. Arnold	25	Hunter	33.75
3. B. Ritchie	29	Manly	34.21
4. G. Bush	27	Atlantis	34.26
5. B. Ritchie	29	Manly	35.30 1/c
6. R. Kiss	25	Tri-Sports	35.41 1/c
7. S. Donney	26	Canberra	36.82
8. H. Griffiths	28	Power Points	36.98 s/c
9. J.B. Wilson	28	Blacktown	37.57
10. M. Saunders	25	B'bane City	38.21 1/c

100m BREASTROKE

1. D. Wilson	25	Coogee Randwick	1.11.61
2. G. Bush	27	Atlantis	1.13.88
3. M. Saunders	25	B'bane City	1.22.32 1/c
4. H. Griffiths	28	Power Points	1.22.70
5. R. Kiss	25	Tri-Sports	1.23.00 1/c
6. L. Cook	26	Ettilong	1.23.30
7. G. Tedder	26	Ad. Masters	1.28.18
8. D. Tantau	26	North Lodge	1.28.76 s/c
9. B. Bayley	28	North Lodge	1.30.90 s/c
10. T. Upton	28	Tamworth	1.31.13

200m BREASTROKE

1. M. Saunders	25	B'bane City	2.51.40
2. G. Tedder	26	Ad. Masters	3.01.90 1/c
3. T. Upton	29	Tamworth	3.10.04 s/c
4. L. Sawyer	27	Carine	3.13.00
5. M. Stanton	27	Claremont	3.18.16
6. R. Kiss	25	Tri-Sport	3.19.50
7. A. Davis	28	Canberra	3.22.60 s/c
8. B. McKenzie	27	Carine	3.25.29
9. R. Caebler	25	Melville	3.33.20
10. R. Sweeney	28	Canberra	3.41.05 s/c

50m BUTTERFLY

1. D. Wilson	25	Coogee Randwick	28.68
2. H. Griffiths	28	Power Points	29.12 s/c
3. M. Saunders	26	Everton Park	29.62 s/c
4. L. Cook	26	Ettilong	30.02
5. T. Hughes	26	North Lodge	30.08
6. K. Nyberg	28	Valley	30.90 1/c
7. B. McKenzie	27	Carine	31.00
8. P. Williams	29	Ad. Masters	31.12
9. R. Bayley	27	North Lodge	31.18
10. J. Stein	28	Blacktown	31.37

100m BUTTERFLY

1. M. Saunders	26	Everton Park	1.04.92 s/c
2. D. Wilson	25	Coogee Randwick	1.06.17 s/c
3. R. Bayley	27	North Lodge	1.10.07
4. R. Sweeney	28	Canberra	1.19.89 1/c
5. B. McKenzie	27	Carine	1.20.00

200m BUTTERFLY

1. M. Saunders	26	Everton Park	2.26.82 s/c
2. G. Hughes	26	Hunter	3.54.60

100m MEDLEY

1. D. Wilson	25	Coogee Randwick	1.05.89
2. H. Griffiths	28	Power Points	1.08.09 s/c
3. B. Ritchie	29	Manly	1.12.25
4. J. Stein	28	Blacktown	1.14.33
5. B. McKenzie	27	Carine	1.14.53
6. T. Hughes	26	North Lodge	1.15.00 s/c
7. S. Donney	26	Canberra	1.15.00 s/c
8. B. Martin	27	Valley	1.15.09 s/c
9. R. Ainley	29	Maida Vale	1.16.55
10. R. Scott	28	Maida Vale	1.16.58

200m MEDLEY.

1. D. Wilson	25	Coogee Randwick	2.25.89 s/c
2. G. Bush	27	Atlantis	2.28.38
3. M. Saunders	25	Erisbane	2.33.85 1/c
4. S. Donney	26	Canberra	2.34.38 s/c
5. G. Steed	26	Cronulla	2.36.17
6. L. Cook	26	Ettilong	2.39.00
7. J. Stein	28	Blacktown	2.47.34
8. W. Thrupp	26	Jandowae	2.48.55 1/c
9. K. Nyberg	28	Valley	2.49.70 1/c
10. R. Baley	27	North Lodge	2.51.84

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AGE: 25 - 29 YEARS (MEN)

400m MEDLEY.

1.	M. Saunders	25	Brisbane	5.23.10	s/c
2.	D. Wilson	25	Coogee Randwick	5.34.34	s/c
3.	S. Downey	26	Canberra	5.49.39	s/c
4.	G. Hughes	26	Hunter	7.01.34	
5.	R. Sweeney	28	Canberra	7.28.98	1/c
6.	R. Kidd	29	Hunter	8.36.27	

AGE: 30 - 34 YEARS (MEN)

50m FREESTYLE.

1.	R. Patterson	32	North Lodge	26.22	
2.	M. Ringuet	31	Aitkenvale	26.78	
3.	J. Dean	30	Manly	27.28	s/c
4.	B. Hutton	30	Trisports	27.49	s/c
5.	C. Chapland	32	Toowoomba	27.55	s/c
6.	B. Hutton	31	Trisports	27.56	1/c
7.	A. McKenzie	34	Osborne Park	27.69	
8.	B. Deganaars	32	St. George	28.05	
9.	R. Eastoe	33	Power Points	28.13	
10.	W. Felsch	30	Coogee Randwick	28.17	

100m FREESTYLE.

1.	R. Patterson	32	North Lodge	59.32	
2.	E. Hanninen	33	Coogee Randwick	1.01.91	
3.	R. Ainley	30	Maida Vale	1.02.00	
4.	B. Hutton	30	Trisports	1.02.60	s/c
5.	J. Dean	30	Manly	1.02.95	s/c
6.	B. Eastoe	33	Power Points	1.03.50	
7.	P. Lacey	33	Everton Pk.	1.03.68	1/c
8.	A. Edwards	32	Osborne Park	1.04.08	
9.	T. Hoddy	30	Maida Vale	1.04.30	
10.	C. Chapland	32	Toowoomba	1.04.40	s/c

200m FREESTYLE.

1.	E. Hanninen	30	Coogee Randwick	2.15.53	s/c
2.	B. Eastoe	33	Power Points	2.21.81	
3.	R. Ainley	30	Maida Vale	2.24.42	
4.	P. Joy	33	Coogee Randwick	2.24.93	
5.	P. Wyatt	33	Woollahra	2.25.70	
6.	B. Hutton	31	Trisports	2.25.80	1/c
7.	A. Edwards	32	Osborne Park	2.26.22	
8.	T. Fraser	30	Coogee Randwick	2.27.02	s/c
9.	T. Erikson	34	Trisports	2.29.40	s/c
10.	R. Tilley	33	Trisports	2.29.80	s/c

400m FREESTYLE

1.	P. Lacey	33	Everton Park	4.44.59	1/c
2.	E. Hanninen	30	Coogee Randwick	4.51.49	s/c
3.	C. Reddan	33	Everton Park	4.58.82	1/c
4.	B. Eastoe	33	Power Points	5.10.00	
5.	M. Ringuet	31	Aitkenvale	5.11.76	
6.	R. Ainley	30	Maida Vale	5.22.00	
7.	C. Vaccari	33	North Lodge	5.24.61	
8.	R. Tilley	33	Trisports	5.26.69	1/c
9.	P. Driscoll	34	Claremont	5.27.62	
10.	T. Erikson	34	Trisports	5.29.68	

800m FREESTYLE.

1.	E. Hanninen	30	Coogee Randwick	10.12.45	s/c
2.	P. Joy	30	Coogee Randwick	11.07.63	s/c
3.	W. Felsch	30	Coogee Randwick	11.15.00	s/c
4.	R. Ainley	30	Maida Vale	11.23.00	
5.	D. Spender	32	Hills	11.30.00	s/c
6.	B. Hutton	30	Trisports	11.41.00	
7.	G. Neale	30	Trisports	11.48.00	s/c
8.	T. Erikson	34	Trisports	11.56.00	s/c
9.	R. Tilley	34	Trisports	12.01.50	s/c
10.	K. Holton	33	Carine	12.13.00	

1500m FREESTYLE.

1.	E. Hanninen	30	Coogee Randwick	19.46.14	s/c
2.	P. Joy	30	Coogee Randwick	21.44.94	
3.	K. Holton	33	Carine	23.01.00	
4.	R. Tilley	33	Trisports	23.10.00	
5.	T. Erikson	34	Trisports	23.19.60	1/c
6.	D. Spender	32	Hills	23.28.00	s/c
7.	M. Hollason	30	Trisports	24.17.00	1/c
8.	J. Dean	30	Manly	24.59.00	1/c
9.	B. Daley	34	Tamworth	25.13.00	
10.	R. Vaughan	32	Canberra	25.31.70	1/c

50m BACKSTROKE

1.	P. Sadler	33	Power Points	32.74	
2.	J. Dean	30	Manly	32.79	
3.	B. Hutton	31	Tri-Sports	32.90	1/c
4.	C. Vaccari	33	North Lodge	33.02	
5.	M. Ringuet	31	Aitkenvale	34.51	1/c
6.	J. Kneebone	34	Maida Vale	34.57	
7.	B. Hutton	30	Tri-Sports	34.77	s/c
8.	A. McKenzie	34	Osborne Park	34.78	
9.	P. Tierney	32	Geelong	34.92	
10.	R. Ainley	30	Maida Vale	34.93	

100m BACKSTROKE

1.	J. Dean	30	Manly	1.12.80	s/c
2.	C. Vaccari	33	North Lodge	1.13.78	
3.	R. Ainley	30	Maida Vale	1.19.30	
4.	B. Rowe	30	North Lodge	1.19.90	s/c
5.	B. Deganaars	31	St. George	1.20.08	
6.	P. Joy	33	Coogee Randwick	1.24.23	
7.	P. Wyatt	33	Woollahra	1.24.90	
8.	T. Erikson	34	Tri-Sport	1.25.30	
9.	M. Franklin	30	Cronulla	1.25.62	
10.	B. Watson	30	Maida Vale	1.25.63	

200m BACKSTROKE

1.	J. Dean	30	Manly	2.48.90	s/c
2.	P. Joy	33	Coogee Randwick	2.58.06	
3.	A. Edwards	32	Osborne Park	3.00.35	
4.	B. Rowe	30	North Lodge	3.01.11	
5.	D. Habel	32	Ad. Masters	3.02.10	1/c
6.	D. Spender	32	Hills	3.09.55	
7.	G. Hodge	30	Carine	3.13.99	
8.	R. Tilley	33	Tri-Sport	3.18.04	
9.	M. Franklin	30	Cronulla-Suth.	3.18.61	s/c
10.	R. Baker	32	Adelaide Masters	3.41.09	1/c

50m BREASTROKE

1.	M. Ringuet	31	Aitkenvale	35.41	1/c
2.	B. Eastoe	33	Power Points	36.10	s/c
3.	R. Powell	33	Hibiscus Gdns	36.37	1/c
4.	K. Wallis	31	North Lodge	36.50	s/c
5.	P. Wyatt	33	Woollahra	36.73	
6.	G. Williams	34	Maida Vale	37.59	
7.	J. Bolger	33	Osborne Park	37.77	
8.	J. Dean	30	Manly	37.93	
9.	G. O'Hare	34	Canberra	38.19	s/c
10.	P. Joy	30	Coogee Randwick	38.70	

100m BREASTROKE

1.	P. Wyatt	34	Woollahra	1.20.76	
2.	G. Williams	34	Maida Vale	1.25.80	
3.	B. Eastoe	33	Power Points	1.25.67	
4.	J. Bolger	32	Osborne Park	1.26.68	
5.	K. Wallis	32	North Lodge	1.27.60	
6.	E. Hanninen	33	Coogee Randwick	1.29.32	
7.	P. Lacey	30	Power Points	1.31.45	
8.	D. Spender	32	Hills	1.31.57	
9.	M. Franklin	30	Cronulla-Suth.	1.33.33	
10.	P. Joy	33	Coogee-Randwick	1.33.87	

200m BREASTROKE

1.	D. Spender	32	Hills	3.23.81	
2.	J. Bolger	33	Osborne Park	3.23.92	
3.	G. O'Hare	34	Canberra	3.28.19	s/c
4.	R. Quinn	33	St. George	3.28.44	
5.	A. Edwards	32	Osborne Park	3.30.93	
6.	R.J. Daley	34	Tamworth	3.37.85	
7.	G. Needham	30	Ad. Masters	3.37.94	
8.	R. McLellan	34	Melville	3.41.24	
9.	W. Newton	33	Carine	3.48.46	
10.	R. McManis	34	Osborne Park	3.53.52	

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50m BUTTERFLY

1.	R. Patterson	32	North Lodge	28.51
2.	P. Wyatt	33	Woolahra	29.63
3.	C. Vaccari	33	North Lodge	30.00
4.	J. Dean	30	Manly	30.09 s/c
5.	R. Ainley	30	Maida Vale	30.09
6.	M. Ringuet	31	Aitkenvale	30.12
7.	B. Eastoe	33	Power Points	30.60
8.	R. Quinn	33	St. George	30.74
9.	R. Schwanker	30	Illegible	30.98
10.	B. Deganaars	32	St. George	31.25

100m BUTTERFLY

1.	J. Dean	30	Manly	1.09.29 s/c
2.	B. Eastoe	33	Power Points	1.10.16
3.	R. Ainley	30	Maida Vale	1.13.82
4.	C. Vaccari	33	North Lodge	1.15.52
5.	E. Hanninen	30	Coogee Randwick	1.16.50 s/c
6.	D. Badenoch	32	Adelaide Masters	1.16.76
7.	T. Erikson	34	Tri-Sports	1.22.71
8.	R. Schwanker	30	Ballarat	1.25.93
9.	D. Spender	32	Hills	1.27.33
10.	B. Rowe	30	North Lodge	1.29.00

200m BUTTERFLY

1.	C. Shapland	32	Toowoomba	3.22.50 s/c
2.	B. Rowe	30	North Lodge	3.24.28 s/c

100m MEDLEY

1.	P. Wyatt	34	Woolahra	1.10.93
2.	J. Dean	30	Manly	1.11.00
3.	B. Eastoe	33	Power Points	1.11.22
4.	E. Hanninen	33	Coogee Randwick	1.15.59
5.	A. Edwards	32	Osborne Park	1.16.05
6.	G. Williams	34	Maida Vale	1.15.90
7.	R. Ainley	30	Maida Vale	1.16.60
8.	G. Needham	30	Ad. Masters	1.16.90 s/c
9.	R. Quinn	33	St. George	1.16.92
10.	P. Joy	30	Coogee Randwick	1.17.08 s/c

200m MEDLEY

1.	M. Ringuet	31	Aitkenvale	2.38.88
2.	P. Wyatt	33	Woolahra	2.40.47
3.	B. Eastoe	33	Power Points	2.44.67
4.	J. Dean	30	Manly	2.46.04 1/c
5.	A. Henry	33	Valley	2.47.85 s/c
6.	C. Vaccari	33	North Lodge	2.48.92
7.	K. Wallis	31	North Lodge	2.50.42
8.	G. Williams	34	Maida Vale	2.51.11
9.	P. Joy	30	Coogee Randwick	2.52.38 s/c
10.	E. Hanninen	33	Coogee Randwick	2.53.46

400m MEDLEY

1.	J. Dean	30	Manly	6.16.80 s/c
2.	E. Hanninen	30	Coogee Randwick	6.16.99 s/c
3.	P. Joy	30	Coogee Randwick	6.30.43 s/c
4.	B. Rowe	30	North Lodge	6.39.50 s/c
5.	D. Spender	32	Hills	6.45.66

AGE: 35 - 39 YEARS (MEN)

50m FREESTYLE

1.	T. Strahan	37	Geelong	26.75
2.	P. Doak	36	Geelong	27.11
3.	C. Bridle	36	Osborne Park	28.60
4.	J. Bishop	36	Lane Cove	28.61
5.	I. Barkla	38	Osborne Park	28.93
6.	B. Gipe	37	Valley	29.00 1/c
7.	D. Campion	39	Power Points	29.02 1/c
8.	J. Koorey	36	Manly	29.06 s/c
9.	L. Murray	35	Everton Park	29.08 1/c
10.	R. Pelling	38	Power Points	29.27

100m FREESTYLE

1.	T. Strahan	37	Geelong	1.00.70
2.	H. Turner	38	Lane Cove	1.03.08
3.	L. Murray	35	Everton Park	1.03.08 1/c
4.	R. Campion	39	Power Points	1.04.60 1/c
5.	G. James	36	Power Points	1.05.22 1/c
6.	I. Barkla	38	Osborne Park	1.05.87
7.	J. Van Den Driesen	38	Carine	1.05.95
8.	J. Koorey	36	Manly	1.06.09 1/c
9.	T. Nott	37	North Lodge	1.06.56
10.	G. Stewart	38	Osborne Park	1.06.67

200m FREESTYLE

1.	T. Strahan	36	Geelong	2.14.90
2.	J. Koorey	36	Manly	2.20.00 s/c
3.	A. Shean	28	Valley	2.20.60 s/c
4.	D. Campion	39	Power Points	2.21.30
5.	H. Turner	38	Lane Cove	2.22.18
6.	B. Green	38	Canberra	2.26.67 s/c
7.	T. Nott	37	North Lodge	2.29.09
8.	J. Kneebone	35	Maida Vale	2.30.17
9.	G. Smith	36	Somerset	2.30.46
10.	P. Norton	37	Maida Vale	2.31.42

400m FREESTYLE

1.	J. Koorey	36	Manly	4.37.37 1/c
2.	D. Campion	39	Power Points	4.57.08
3.	L. Murray	35	Everton Park	5.05.63 1/c
4.	H. Turner	38	Lane Cove	5.12.81
5.	B. Green	37	Canberra	5.12.83 s/c
6.	G. James	36	Power Points	5.15.59
7.	M. Lea	36	St. George	5.27.10
8.	T. Nott	37	North Lodge	5.28.71 s/c
9.	Bob Cope	37	Valley	5.30.39 1/c
10.	P. Rigby	35	Ribiscus Gdns	5.34.14 1/c

800m FREESTYLE

1.	J. Koorey	36	Manly	9.57.12 1/c
2.	P. Norton	37	Maida Vale	11.31.92
3.	M. Snod	36	Canberra	11.38.98 s/c
4.	M. Brown	37	Claremont	12.27.57
5.	G. Stewart	38	Osborne Park	12.29.00 1/c
6.	J. Van Den Driesen	38	Carine	12.35.00
7.	C. Bridle	36	Osborne Park	12.40.00 1/c
8.	G. Marker	39	Aitkenvale	12.45.90 s/c
9.	R. Dudley	38	Tri-Sports	12.46.43
10.	P. Ley	38	Manly	13.05.00 s/c

1500m FREESTYLE

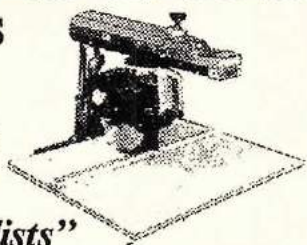
1.	J. Koorey	36	Manly	19.23.81 1/c
2.	B. Green	38	Canberra	21.47.25 s/c
3.	J. Palmer	36	Everton Park	23.15.11 s/c
4.	J. Van Den Driesen	38	Carine	23.28.00
5.	G. Stewart	38	Osborne Park	24.00.45 1/c
6.	C. Bridle	36	Osborne Park	24.06.00
7.	B. Bishop	39	Claremont	24.15.03
8.	M. Brown	37	Claremont	24.49.55
9.	P. Ley	38	Manly	25.42.00 1/c
10.	M. Snod	37	Canberra	25.47.30 1/c

50m BACKSTROKE

1.	G. James	36	Power Points	31.98
2.	T. Strahan	37	Geelong	33.29
3.	P. Doak	36	Geelong	34.21
4.	D. Campion	39	Power Points	34.41
5.	D. Einselbach	37	Everton Park	34.52 1/c
6.	H. Turner	38	Lane Cove	34.78
7.	A. MacDermott	39	Claremont	34.92
8.	H. Hamilton	36	Adelaide	35.51
9.	J. Palmer	37	Everton Park	35.73 1/c
10.	I. Barkla	38	Osborne Park	35.91

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100m BACKSTROKE

1. G. James	35	Power Points	1.13.24
2. A. MacDermott	39	Claremont	1.17.93
3. P. Norton	36	Somerset	1.19.62
4. J. Robertson	36	Ettalong	1.20.70
5. D. Campion	39	Power Points	1.21.30
6. B. Green	37	Canberra	1.22.23
7. H. Turner	38	Lane Cove	1.22.79
8. J. Palmer	37	Everton Park	1.22.91
9. H. Hamilton	36	Adelaide	1.24.18
10. P. Willis	39	North Lodge	1.24.22 s/c

100m BUTTERFLY

1. P. Gilmour	37	Power Points	1.09.03
2. H. Turner	38	Lane Cove	1.10.90
3. R. Campion	38	Power Points	1.11.58
4. G. Williams	35	Maida Vale	1.12.21
5. J. Koorey	36	Manly	1.17.94 1/c
6. J. Lea	36	St. George	1.19.10
7. B. Green	37	Canberra	1.19.34
8. J. Van Den Driesen	38	Carine	1.22.40
9. G. James	36	Power Points	1.23.30
10. R. Kilgariff	35	Osborne Park	1.31.09

200m BACKSTROKE

1. G. James	36	Power Points	2.46.30
2. B. Green	38	Canberra	3.07.13 s/c
3. J. Palmer	37	Everton Park	3.12.70 s/c
4. H. Hamilton	36	Ad. Masters	3.18.90 s/c
5. D. Habel	35	Ad. Masters	3.19.68 s/c
6. R. Murphy	37	Valley	3.22.00 1/c
7. D. Finselbach	37	Everton Park	3.30.40 s/c
8. E. Dearing	38	Canberra	3.39.84
9. R. Kilgariff	35	Osborne Park	3.42.76
10. T. Landwehr	35	Carine	3.50.76

200m BUTTERFLY

1. P. Gilmour	37	Power Points	2.36.43
2. P. Wilns	39	North Lodge	3.41.80 s/c

100m MEDLEY

1. D. Campion	39	Power Points	1.11.05 s/c
2. H. Turner	38	Lane Cove	1.12.09
3. P. Norton	37	Maida Vale	1.15.42
4. J. Van Den Driesen	38	Carine	1.15.60
5. I. Barkla	38	Osborne Park	1.15.89
6. G. Williams	35	Maida Vale	1.15.97
7. G. James	36	Power Points	1.18.87 s/c
8. B. Kirkbride	36	Blacktown	1.18.99
9. J. Koorey	36	Manly	1.19.84 s/c
10. J. Robinson	37	Ettalong	1.19.95

50m BREASTROKE

1. G. Williams	35	Maida Vale	36.77
2. P. Josephs	38	Lane Cove	36.80
3. D. Campion	39	Power Points	37.59 s/c
4. I. Barkla	38	Osborne Park	38.02
5. D. Pelling	39	Power Points	38.16
6. I. Ingram	37	Narooma	38.20
7. P. Norton	37	Maida Vale	39.64
8. P. Doak	36	Geelong	40.01
9. J. Van Den Driesen	37	Carine	40.05
10. H. Turner	38	Lane Cove	40.22

200m MEDLEY

1. D. Campion	39	Power Points	2.40.01 1/c
2. H. Turner	38	Lane Cove	2.41.24
3. T. Strahan	37	Geelong	2.44.06
4. G. Williams	35	Maida Vale	2.49.95
5. P. Gilmour	37	Power Points	2.52.50
6. G. James	36	Power Points	2.54.31
7. P. Norton	36	Somerset	2.55.99
8. B. Green	38	Canberra	2.59.34
9. R. Pelling	38	Power Points	3.01.01
10. M. Lea	36	St. George	3.01.44

100m BREASTROKE

1. G. Williams	35	Maida Vale	1.22.97
2. D. Campion	39	Power Points	1.25.23
3. P. Josephs	38	Lane Cove	1.26.05
4. R. Pelling	38	Power Points	1.27.37
5. P. Norton	37	Maida Vale	1.30.26
6. H. Turner	38	Lane Cove	1.30.64
7. R. Holt	36	Carine	1.32.20
8. J. Robinson	37	Ettalong	1.32.51
9. D. Griffiths	38	Coogee Randwick	1.33.39
10. G. Dienhoff	36	Claremont	1.33.59

400m MEDLEY

1. D. Campion	39	Power Points	5.52.30 s/c
2. J. Koorey	36	Manly	6.18.10 s/c
3. C. Thompson	38	North Lodge	7.00.01 s/c
4. R. Murphy	37	Valley	7.06.50 1/c

AGE: 40 - 44 YEARS (MEN)

50m FREESTYLE

1. K. Wood	41	Power Points	27.40 1/c
2. P. Jackson	41	Coogee Randwick	27.63
3. B. Arstey	40	Valley	28.40 1/c
4. R. Ford	40	Hunter	28.46
5. G. Milner	42	Power Points	28.47
6. M. Murphy	42	Ballarat	28.56 s/c
7. J. Olsen	40	North Lodge	28.61
8. G. Stutsel	41	Coogee Randwick	28.72
9. B. Lawson	40	Hunter	28.78
10. R. Hodgson	40	Lane Cove	28.93

200m BREASTROKE

1. D. Campion	39	Power Points	3.11.40
2. I. Ingram	37	Narooma	3.13.00
3. D. Barnett	36	Lane Cove	3.13.26
4. J. Van Den Driesen	38	Carine	3.22.42
5. I. Barkla	38	Osborne Park	3.23.35
6. P. Gilbert	39	C.D. Seals	3.28.21 1/c
7. H. Turner	39	Lane Cove	3.30.83
8. G. Dienhoff	36	Claremont	3.32.74
9. P. Josephs	39	Lane Cove	3.33.15
10. R. Holt	36	Carine	3.37.81

50m BUTTERFLY

1. P. Doak	36	Geelong	29.75
2. P. Gilmour	37	Power Points	30.45
3. D. Campion	39	Power Points	30.76
4. T. Strahan	37	Geelong	30.88
5. H. Turner	38	Lane Cove	31.04
6. G. Williams	35	Maida Vale	31.70
7. J. Koorey	36	Manly	32.09 s/c
8. M. Lea	36	St. George	32.38
9. G. James	36	Power Points	32.67
10. J. Robertson	36	Ettalong	33.00

100m FREESTYLE

1. K. Wood	41	Power Points	1.04.10
2. R. Ford	41	Hunter	1.04.23
3. B. Lawson	40	Hunter	1.04.90
4. P. Jackson	41	Coogee Randwick	1.05.59
5. J. Olsen	40	North Lodge	1.06.00
6. G. Stutsel	41	Coogee Randwick	1.06.01
7. A. Gregson	43	Hills	1.06.29
8. G. Milner	43	Power Points	1.06.30
9. M. Murphy	41	Ballarat	1.07.08
10. R. Andrew	41	Melville	1.07.87

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200m FREESTYLE

1.	B. Lawson	41	Hunter	2.24.41
2.	P. Jackson	41	Coogee Randwick	2.25.12
3.	K. Wood	41	Power Points	2.25.50
4.	A. Gregson	43	Hills	2.27.26 s/c
5.	R. Ford	41	Hunter	2.27.30 s/c
6.	J. Olson	40	North Lodge	2.28.23
7.	R. Andrew	41	Melville	2.31.00
8.	B. Power	42	Claremont	2.33.45
9.	G. Milner	43	Power Points	2.35.30
10.	D. Smith	43	North Lodge	2.36.50 s/c

200m BACKSTROKE

1.	A. Gregson	43	Hills	2.54.08 s/c
2.	D. Smith	43	North Lodge	3.05.99
3.	B. Ford	41	Hunter	3.17.64
4.	R. Wyatt	40	Ettalong	3.24.77
5.	D. Lake	41	Lane Cove	3.30.40
6.	P. Passlow	43	Hunter	3.30.44
7.	R. Richards	44	North Lodge	3.37.17 s/c
8.	R. Worthington	41	Osborne Park	4.09.90
9.	J. Ames	42	Osborne Park	4.11.77
10.	B. Hocking	42	North Lodge	4.30.30

400m FREESTYLE

1.	A. Gregson	43	Hills	5.14.14 s/c
2.	P. Jackson	41	Coogee Randwick	5.18.89
3.	R. Lawson	41	Hunter	5.19.07
4.	C. Bell	42	Aitkenvale	5.27.72
5.	K. Woods	41	Power Points	5.34.15
6.	R. Andrew	41	Melville	5.37.83
7.	B. Power	42	Claremont	5.38.00
8.	D. Gordon	40	Power Points	5.39.52
9.	J. Ward	41	Manly	5.39.77 s/c
10.	R. Ford	41	Hunter	5.49.30 s/c

50m BREASTROKE

1.	M. Maloney	44	Power Points	35.34
2.	G. Stutsel	41	Coogee Randwick	36.49
3.	M. Murphy	41	Ballarat	36.87
4.	G. Middleton	44	Ballarat	36.90
5.	L.R. Richards	44	North Lodge	37.63 s/c
6.	B. Lawrence	42	Hunter	37.67
7.	B. Lawson	40	Hunter	38.14
8.	A. Sharpe	41	Everton Park	39.22 s/c
9.	P. Soltau	42	North Lodge	39.63 s/c
10.	H. Behrend	43	Power Points	40.07

800m FREESTYLE

1.	A. Gregson	43	Hills	10.38.62 s/c
2.	J. Ward	41	Manly	11.57.85 s/c
3.	B. Power	42	Claremont	11.58.77
4.	R. Andrew	41	Melville	12.08.30
5.	R. Richards	44	North Lodge	12.16.31 s/c
6.	P. Passlow	43	Hunter	12.20.04
7.	G. Stutsel	41	Cronulla Suth.	12.22.99 s/c
8.	C. Bell	43	Aitkenvale	12.26.00 s/c
9.	D. Lake	41	Lane Cove	12.34.50
10.	M. Emms	40	Manly	12.50.56 s/c

100m BREASTROKE

1.	M. Maloney	44	Power Points	1.19.50
2.	G. Stutsel	41	Coogee Randwick	1.22.10
3.	M. Murphy	41	Ballarat	1.24.14
4.	R. Richards	44	North Lodge	1.25.72 s/c
5.	R. Lawson	41	Hunter	1.28.02
6.	P. Soltau	43	North Lodge	1.30.00 s/c
7.	A. Gregson	43	Hills	1.31.14
8.	P. Jackson	41	Coogee Randwick	1.33.06
9.	C. Moore	40	Melville	1.35.00
10.	C. Collins	40	North Lodge	1.35.42

200m BREASTROKE

1.	M. Maloney	44	Power Points	2.53.00
2.	R. Andrew	41	Melville	3.00.00
3.	B. Lawson	40	Hunter	3.12.54
4.	A. Gregson	43	Hills	3.16.95 s/c
5.	G. Stutsel	41	Cronulla Suth.	3.17.95 1/c
6.	P. Soltau	43	North Lodge	3.20.06 s/c
7.	C. Collins	41	North Lodge	3.28.37 s/c
8.	J. Berk	41	North Lodge	3.33.01 s/c
9.	A. Sharpe	41	Everton Park	3.36.00 s/c
10.	B. Power	42	Claremont	3.40.13

1500m FREESTYLE

1.	A. Gregson	43	Hills	20.21.00 s/c
2.	R. Andrew	41	Melville	22.58.00
3.	J. Ward	41	Manly	23.04.59 1/c
4.	B. Power	42	Claremont	23.07.40
5.	C. Bell	43	Aitkenvale	23.23.50 s/c
6.	B. Eves	44	Inglewood	24.01.80
7.	R. Richards	44	North Lodge	24.29.80 s/c
8.	B. Guthrie	44	Tri-Sports	24.32.00 1/c
9.	D. Smith	44	North Lodge	24.44.76 s/c
10.	M. Emms	40	Manly	24.47.00 1/c

50m BACKSTROKE

1.	R. Andrew	42	Melville	34.84
2.	J. Olson	40	North Lodge	35.08
3.	K. Wood	41	Power Points	35.59 s/c
4.	B. Power	42	Claremont	35.61
5.	B. Ford	40	Hunter	36.71
6.	C. Bell	42	Aitkenvale	36.89
7.	M. Murphy	42	Ballarat	37.25 s/c
8.	P. Jackson	41	Coogee	37.30
9.	R. Hodgson	41	Lane Cove	37.68
10.	B. Lawson	41	Hunter	37.71

50m BUTTERFLY

1.	P. Jackson	41	Coogee Randwick	32.01
2.	B. Lawson	40	Hunter	33.80
3.	M. Murphy	42	Ballarat	33.93 s/c
4.	M. Maloney	44	Power Points	34.10
5.	C. Bell	42	Aitkenvale	34.13
6.	R. Hodgson	40	Lane Cove	34.31
7.	H. Behrend	43	Power Points	34.50 s/c
8.	B. Ford	40	Hunter	34.80
9.	G. Stutsel	41	Coogee Randwick	35.45
10.	B. Lawrence	42	Hunter	35.86

100m BACKSTROKE

1.	C. Bell	42	Aitkenvale	1.21.00
2.	R. Andrew	41	Melville	1.21.98
3.	R. Ford	40	Hunter	1.22.31
4.	A. Gregson	43	Hills	1.23.21 s/c
5.	R. Lawson	41	Hunter	1.25.55
6.	P. Jackson	41	Coogee	1.26.98
7.	D. Smith	43	North Lodge	1.27.57
8.	P. Passlow	43	Hunter	1.30.61
9.	K. Woods	41	Power Points	1.31.28
10.	L. Cameron	41	Ettalong	1.31.91

100m BUTTERFLY

1.	C. Bell	42	Aitkenvale	1.21.37
2.	A. Gregson	43	Hills	1.22.00 s/c
3.	R. Lawson	41	Hunter	1.23.25
4.	M. Maloney	44	Power Points	1.26.99 s/c
5.	R. Tribe	41	Power Points	1.33.67
6.	B. Hocking	42	North Lodge	1.52.55
7.	D. Lake	41	Lane Cove	2.00.36

200m BUTTERFLY

1.	A. Gregson	43	Hills	3.04.27 s/c
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100m MEDLEY

1. P. Jackson	42	Coogee Randwick	1.15.07
2. M. Murphy	42	Ballarat	1.15.41 s/c
3. B. Lawson	41	Hunter	1.15.53
4. K. Maloney	41	Power Points	1.16.46 s/c
5. G. Stutsel	41	Coogee Randwick	1.17.04
6. A. Gregson	43	Hills	1.18.06
7. E. Behrend	43	Power Points	1.18.70 s/c
8. I. Wingate	41	Atlantis	1.19.60
9. B. Lawrence	42	Hunter	1.19.60
10. R. Hodgson	40	Lane Cove	1.19.77

200m MEDLEY

1. P. Jackson	41	Coogee Randwick	2.50.67
2. A. Gregson	43	Hills	2.51.17 s/c
3. M. Maloney	40	Power Points	2.53.62
4. M. Murphy	41	Ballarat	2.55.52
5. C. Bell	42	Aitkenvale	2.55.58
6. G. Stutsel	41	Coogee Randwick	2.55.80
7. B. Lawson	40	Hunter	2.56.99 s/c
8. R. Blair	40	Ad. Masters	3.00.90
9. I. Wingate	41	Atlantis	3.01.17
10. R. Andrew	41	Melville	3.04.87

400m MEDLEY

1. A. Gregson	43	Hills	6.04.10 a/c
2. D. Smith	43	North Lodge	6.43.60 s/c
3. J. Ward	41	Manly	7.07.92 s/c
4. P. Passlow	43	Hunter	7.25.24

AGE: 45 - 49 YEARS (MEN)

50m FREESTYLE

1. J. Williams	48	Tamworth	28.45
2. J. Brownjohn	49	Cronulla Suth.	29.34
3. R. Ross	46	Ad. Masters	29.8 s/c
4. L. Watkins	45	Maida Vale	30.20
5. J. Wilson	49	Power Points	30.18 s/c
6. B. Moore	46	Cronulla Suth.	30.44 1/c
7. L. Hardy	46	Cronulla Suth.	30.84
8. R. Smith	45	Coogee Randwick	31.03 1/c
9. J. Hawthorne	47	Hunter	31.31
10. J. Watkins	48	Lane Cove	31.43

100m FREESTYLE

1. H. Williams	48	Tamworth	1.02.95
2. R. Ross	46	Ad. Masters	1.05.59 s/c
3. L. Watkins	45	Maida Vale	1.07.18
4. A. Charleston	46	Claremont	1.07.39
5. R. Smith	45	Coogee Randwick	1.09.31
6. J. Hawthorne	46	Hunter	1.10.54
7. J. Watkins	48	Lane Cove	1.11.10
8. V. Asher	45	North Lodge	1.13.87
9. J. Wilson	48	Power Points	1.13.98
10. P. Mongan	49	Osborne Park	1.14.52

200m FREESTYLE

1. R. Ross	46	Ad. Masters	2.26.80 s/c
2. J. Williams	48	Tamworth	2.27.83
3. L. Watkins	45	Maida Vale	2.28.20
4. J. Brownjohn	48	Cronulla Suth.	2.36.72
5. A. Charleston	46	Claremont	2.38.75
6. R. Smith	45	Coogee Randwick	2.39.37
7. J. Hawthorne	46	Hunter	2.41.02
8. R. MacKinder	47	Power Points	2.48.89
9. F. Mongan	49	Osborne Park	2.49.24
10. J. Watkins	48	Lane Cove	2.51.43

400m FREESTYLE

1. R. Ross	46	Ad. Masters	5.13.29
2. L. Watkins	45	Maida Vale	5.24.42
3. R. Smith	40	Coogee Randwick	5.39.96 s/c
4. A. Charleston	46	Claremont	5.43.41
5. J. Williams	48	Tamworth	5.44.30 s/c
6. J. Legler	49	Tamworth	5.52.69
7. J. Hawthorne	46	Hunter	5.55.35
8. J. Watkins	49	Lane Cove	5.56.84
9. F. Mongan	49	Osborne Park	6.03.94
10. D. Mew	48	Power Points	6.00.80

800m FREESTYLE

1. L. Watkins	45	Maida Vale	11.28.26
2. R. Ross	46	Ad. Masters	11.30.32 s/c
3. J. Williams	48	Tamworth	11.42.90
4. J. Brownjohn	49	Cronulla Suth.	11.50.50 s/c
5. R. Smith	45	Coogee Randwick	12.02.12 s/c
6. J. Hawthorne	47	Hunter	12.22.20
7. J. Watkins	49	Lane Cove	12.31.87
8. J. Legler	49	Tamworth	12.33.98
9. I. Hodgkinson	49	Canberra	12.51.80 s/c
10. K. Boardman	49	Tri-Sports	13.50.00

1500m FREESTYLE

1. R. Ross	46	Ad. Masters	21.30.32 1/c
2. J. Williams	48	Tamworth	22.04.88 s/c
3. R. Smith	45	Coogee Randwick	22.52.07 s/c
4. J. Hawthorne	47	Hunter	23.45.56
5. I. Hodgkinson	49	Canberra	24.25.78
6. K. Boardman	49	Tri-Sports	26.30.00
7. R. Bertomeu	46	Everton Park	26.34.59 s/c
8. W. Mathieson	49	Inglewood	27.26.00
9. P. Stroethoff	48	Manly	28.03.00 1/c
10. G. Read	48	Lane Cove	28.49.86

50m BACKSTROKE

1. J. Gibson	45	Power Points	35.37
2. H. Green	45	Power Points	37.29
3. K. Boardman	49	Tri-Sports	37.99
4. J. Williams	48	Tamworth	38.50
5. D. Mew	48	Power Points	39.90
6. L. Watkins	45	Maida Vale	39.98
7. R. Ross	46	Ad. Masters	39.80
8. G. Bruce	47	Osborne Park	39.80
9. R. Smith	45	Coogee Randwick	39.82
10. J. Hawthorne	47	Hunter	40.36

100m BACKSTROKE

1. L. Watkins	45	Maida Vale	1.26.70
2. K. Boardman	48	Tri-Sports	1.27.01 1/c
3. R. Ross	46	Ad. Masters	1.28.17
4. R. Smith	45	Coogee Randwick	1.28.95 s/c
5. G. Bruce	47	Osborne Park	1.29.12
6. J. Williams	48	Tamworth	1.31.48
7. J. Hawthorne	47	Hunter	1.32.56
8. D. Mew	48	Power Points	1.33.20
9. V. Asher	45	North Lodge	1.38.39
10. J. Wilson	49	Power Points	1.41.00

200m BACKSTROKE

1. R. Smith	45	Coogee Randwick	3.08.01 s/c
2. K. Boardman	49	Tri-Sports	3.14.72
3. J. Hawthorne	47	Hunter	3.23.00
4. D. Williams	48	Canine	4.30.81

50m BREASTSTROKE

1. J. Williams	48	Tamworth	39.30
2. A. Charleston	46	Claremont	39.53
3. D. Mew	48	Power Points	39.95 s/c
4. J. Watkins	48	Lane Cove	40.79
5. P. Stroethoff	47	Manly	41.60
6. P. Holmberg	45	Hunter	41.58
7. J. Wilson	49	Power Points	41.89 s/c
8. J. Vrakking	45	Atlantis	42.60
9. A. Spicer	45	Geelong	42.90
10. D. McDonald	46	Ettalong	43.70

100m BREASTSTROKE

1. J. Williams	48	Tamworth	1.31.10
2. P. Stroethoff	48	Manly	1.32.74
3. J. Watkins	48	Lane Cove	1.33.76
4. P. Holmberg	45	Hunter	1.34.59
5. J. Wilson	49	Power Points	1.35.49
6. D. Haynes	45	Q'land	1.37.18
7. K. Austin	45	Osborne Park	1.37.89
8. L. Watkins	45	Maida Vale	1.38.20
9. D. Mew	48	Power Points	1.38.70
10. A. Spicer	45	Geelong	1.39.12

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200m BREASTROKE

1.	J. Vrakking	45	Atlantis	3.39.43 1/c
2.	D. McDonald	46	Etalong	3.42.40
3.	K. Austin	45	Osborne Park	3.42.88
4.	J. Watkins	49	Lane Cove	3.43.20
5.	L. Watkins	45	Maida Vale	3.45.10
6.	J. Hawthorne	47	Hunter	3.46.90
7.	A. Unger	47	T.T.C.	4.07.79 1/c
8.	A. Uebel	47	St. George	4.15.40
9.	D. Williams	48	Carina	4.21.56
10.	A. Gaebler	49	Melville	4.32.57

AGE: 50 - 54 YEARS (MEN)

50m FREESTYLE

1.	J. Campbell	54	Coogee Randwick	29.73
2.	G. Medcalf	50	Melville	30.00
3.	J. Julian	52	Claremont	30.09
4.	B. Brownjohn	54	Cronulla Suth.	30.44
5.	G. Schuster	50	Ad. Masters	31.20
6.	R. Baker	52	Osborne Park	31.59 1/c
7.	R. Hartley	53	Melville	31.66
8.	B. Carlon	51	Manly	31.67
9.	A. Duffy	51	Narooma	32.10
10.	D. Redpath	53	Ad. Masters	32.47

50m BUTTERFLY

1.	J. Williams	48	Tamworth	32.27
2.	R. Ross	46	Ad. Masters	34.20 s/c
3.	L. Watkins	45	Maida Vale	34.53
4.	J. Wilson	49	Power Points	35.50
5.	J. Watkins	48	Lane Cove	36.27
6.	J. Brownjohn	49	Cronulla Suth.	37.30
7.	S. Levett	49	Lane Cove	39.60
8.	R. Smith	45	Coogee Randwick	39.84
9.	D. McDonald	46	Etalong	40.50
10.	P. Holmberg	45	Hunter	41.02

100m FREESTYLE

1.	J. Campbell	53	Coogee	1.09.26
2.	J. Julian	52	Claremont	1.10.38
3.	R. Hartley	53	Melville	1.11.09
4.	J. Lemmon	50	Etalong	1.12.57 s/c
5.	G. Medcalf	51	Melville	1.13.66
6.	B. Banwell	51	Hunter	1.14.12 s/c
7.	R. Hamilton	51	Port Macquarie	1.14.26
8.	G. Schneller	50	Ad. Masters	1.14.47 s/c
9.	K. Row	54	Osborne Park	1.14.81
10.	R. Matheson	53	Melville	1.14.94

100m BUTTERFLY

1.	J. Williams	48	Tamworth	1.16.30
2.	R. Ross	46	Ad. Masters	1.26.48
3.	L. Watkins	45	Maida Vale	1.29.13
4.	J. Wilson	49	Power Points	1.30.35
5.	J. Hawthorne	46	Hunter	1.34.25
6.	P. Stroethoff	47	Manly	1.37.37
7.	D. McDonald	46	Etalong	1.42.00
8.	P. Holmberg	45	Hunter	1.43.74
9.	K. Simons	47	Ad. Masters	1.49.67 s/c

200m FREESTYLE

1.	R. Baker	51	Osborne Park	2.34.27
2.	R. Hartley	53	Melville	2.35.30
3.	J. Lemmon	50	Etalong	2.39.58 s/c
4.	J. Campbell	50	Coogee Randwick	2.41.34 s/c
5.	B. Banwell	51	Hunter	2.44.10 s/c
6.	B. Carlon	51	Manly	2.47.49
7.	B. Brownjohn	54	Cronulla Suth.	2.48.54
8.	J. Julian	52	Claremont	2.49.01
9.	A. Smith	54	Manly	2.49.60 1/c
10.	J. Legler	50	Tamworth	2.50.30 s/c

200m BUTTERFLY

1.	P. Stroethoff	48	Manly	3.37.10 s/c
2.	J. Hawthorne	47	Hunter	4.21.10

400m FREESTYLE

1.	R. Hartley	53	Melville	5.37.69
2.	J. Campbell	54	Coogee Randwick	5.45.29 s/c
3.	J. Lemmon	50	Etalong	5.53.52
4.	J. Legler	50	Tamworth	6.00.50 s/c
5.	B. Banwell	51	Hunter	6.02.10 s/c
6.	B. Carlon	51	Manly	6.06.70 s/c
7.	D. Morrison	51	Claremont	6.09.34
8.	A. Smith	54	Manly	6.09.75 1/c
9.	J. Julian	52	Claremont	6.14.47
10.	J. McMahon	52	Lane Cove	6.16.03

100m MEDLEY

1.	J. Williams	48	Tamworth	1.18.37
2.	L. Watkins	45	Maida Vale	1.20.35
3.	R. Smith	45	Coogee Randwick	1.24.76
4.	D. Mew	48	Power Points	1.25.70
5.	J. Watkins	48	Lane Cove	1.25.23
6.	J. Hawthorne	47	Hunter	1.26.37
7.	J. Wilson	49	Power Points	1.27.50 s/c
8.	V. Asher	45	North Lodge	1.30.80 s/c
9.	P. Stroethoff	48	Manly	1.31.80
10.	G. Bruce	47	Osborne Park	1.33.02

800m FREESTYLE

1.	R. Hartley	53	Melville	11.52.10
2.	J. Legler	50	Tamworth	12.20.20 s/c
3.	B. Banwell	51	Hunter	12.22.54
4.	J. Campbell	54	Coogee Randwick	12.27.83 s/c
5.	A. Smith	54	Manly	12.32.84 1/c
6.	B. Carlon	51	Manly	12.52.01 s/c
7.	K. Row	54	Osborne Park	12.54.00 1/c
8.	D. Morrison	52	Claremont	13.07.08
9.	T. Grummet	53	Manly	13.42.00
10.	T. Donovan	53	North Lodge	13.47.69 s/c

200m MEDLEY

1.	J. Williams	48	Tamworth	2.54.89
2.	R. Ross	46	Ad. Masters	3.06.55
3.	L. Watkins	45	Maida Vale	3.02.33
4.	R. Smith	45	Coogee	3.15.49 s/c
5.	J. Watkins	48	Lane Cove	3.16.25
6.	J. Hawthorne	46	Hunter	3.20.97
7.	J. Wilson	49	Power Points	3.21.30
8.	V. Asher	45	North Lodge	3.26.29
9.	P. Stroethoff	48	Manly	3.29.22 1/c
10.	L. Hardy	46	Cronulla	3.46.48

1500m FREESTYLE

1.	J. Legler	50	Tamworth	23.24.95 s/c
2.	J. Campbell	54	Coogee Randwick	23.44.09 s/c
3.	D. Morrison	51	Claremont	24.11.90
4.	B. Carlon	51	Manly	24.19.00 1/c
5.	K. Row	54	Osborne Park	24.34.00 1/c
6.	B. Banwell	51	Hunter	25.20.00 s/c
7.	T. Grummet	53	Manly	25.38.70 1/c
8.	J. Beresford	50	Tri-Sports	28.35.90 1/c
9.	R. Rees	51	Tri-Sports	32.52.42 1/c
10.	E. Leppard	52	Inglewood	33.44.67 1/c

400m MEDLEY

1.	P. Stroethoff	48	Manly	7.24.40 s/c
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50m BACKSTROKE

1. J. Campbell	54	Coogee Randwick	36.08
2. R. Hamilton	51	Port Macquarie	37.29
3. W. Richards	53	Geelong	38.12
4. A. Duff	50	Narooma	39.66
5. D. Redpath	53	Ad. Masters	40.21
6. J. Hession	51	St. George	41.07
7. J. McMahon	52	Lane Cove	41.21
8. B. Banwell	51	Hunter	41.84
9. B. Cleaver	53	Hunter	41.91
10. G. Madcalf	50	Melville	41.95

100m BACKSTROKE

1. J. Campbell	53	Coogee Randwick	1.28.22
2. D. Redpath	53	Ad. Masters	1.28.89 s/c
3. R. Baker	51	Osborne Park	1.31.82
4. J. McMahon	52	Lane Cove	1.31.93
5. D. Redpath	53	Ad. Masters	1.32.90
6. D. Morrison	51	Claremont	1.34.07
7. B. Carlon	51	Manly	1.35.06
8. J. Hession	50	St. George	1.37.67
9. D. McCormick	50	Hills	1.39.01
10. B. Cleaver	53	Hunter	1.39.64

200m BACKSTROKE

1. R. Hamilton	51	Port Macquarie	3.23.71
2. K. Row	54	Osborne Park	3.55.19
3. B. Cleaver	53	Hunter	4.01.97

50m BREASTROKE

1. G. Schueler	50	Ad. Masters	40.40
2. A. Duff	50	Narooma	40.89
3. B. Banwell	51	Hunter	41.80 s/c
4. J. Julian	52	Claremont	42.00
5. J. Campbell	54	Coogee Randwick	42.45
6. J. Berndes	50	Melville	42.90
7. R. Stevens	52	St. George	44.39
8. K. Row	54	Osborne Park	44.51
9. J. McMahon	52	Lane Cove	44.60
10. M. Anderson	54	Illegible	44.62

100m BREASTROKE

1. G. Schneller	50	Ad. Masters	1.34.40 s/c
2. B. Banwell	51	Hunter	1.37.89 s/c
3. A. Duff	50	Narooma	1.38.00
4. B. Bywater	52	St. George	1.39.00
5. B. Ireson	52	Hills	1.41.63
6. T. Grummet	53	Manly	1.42.05
7. J. McMahon	52	Lane Cove	1.42.48
8. J. Campbell	53	Coogee Randwick	1.42.60
9. D. Redpath	53	Ad. Masters	1.43.81 s/c
10. K. Row	54	Osborne Park	1.45.30

200m BREASTROKE

1. B. Banwell	51	Hunter	3.31.67 s/c
2. G. Schneller	50	Ad. Masters	3.33.40 s/c
3. W. Ireson	52	Hills	3.35.90
4. K. Row	54	Osborne Park	3.51.70
5. J. McMahon	52	Lane Cove	3.55.81
6. D. Redpath	53	Ad. Masters	4.02.00 s/c
7. D. McCormick	51	Hills	4.05.94
8. D. Dixon	54	C.D. Seals	4.11.19 1/c
9. D. Connolly	50	Coogee Randwick	4.22.16
10. G. Nash	54	Manly	4.25.00 1/c

50m BUTTERFLY

1. J. Campbell	54	Coogee Randwick	33.86
2. A. Duff	51	Narooma	35.90
3. D. Redpath	53	Ad. Masters	38.14
4. G. Schneller	50	Ad. Masters	38.25 s/c
5. S. Aungles	50	Ad. Masters	39.38
6. B. Banwell	51	Hunter	40.90 1/c
7. J. McMahon	52	Lane Cove	41.34
8. J.M. Hession	50	St. George	41.66
9. R. Matheson	53	Melville	42.86
10. T. Donovan	53	North Lodge	44.16 s/c

100m BUTTERFLY

1. J. Campbell	54	Coogee	1.26.10 s/c
2. G. Schneller	50	Ad. Masters	1.37.45 1/c
3. A. Duff	51	Narooma	1.43.50
4. D. Redpath	53	Ad. Masters	1.43.95
5. St. Aungles	50	Ad. Masters	1.51.79
6. T. Grummet	53	Manly	2.09.50 1/c

100m MEDLEY

1. J. Campbell	54	Coogee	1.19.57
2. A. Duff	50	Narooma	1.24.03
3. G. Schneller	50	Ad. Masters	1.24.10 s/c
4. R. Baker	52	Osborne Park	1.26.16
5. J. McMahon	52	Lane Cove	1.28.74
6. T. Grummet	53	Manly	1.30.66
7. B. Carlon	51	Manly	1.31.12 s/c
8. J. Hession	50	St. George	1.33.04 s/c
9. R. Hartley	53	Melville	1.36.00
10. K. Row	54	Osborne Park	1.37.40

200m MEDLEY

1. J. Campbell	54	Coogee	3.14.75
2. A. Duff	51	Narooma	3.17.10
3. R. Banwell	51	Hunter	3.19.38 s/c
4. J. McMahon	52	Lane Cove	3.21.56
5. D. Redpath	53	Ad. Masters	3.25.34
6. B. Carlon	51	Manly	3.32.25
7. K. Row	54	Osborne Park	3.38.04
8. R. Hartley	54	Melville	3.41.67

400m MEDLEY

1. J. Campbell	54	Coogee Randwick	7.04.42 s/c
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AGE: 55 - 59 YEARS (MEN)

50m FREESTYLE

1. K. Little	59	Coogee Randwick	29.93
2. C. Lanser	57	Cronulla Suth.	30.67
3. K. Vickery	50	Ettalong	31.38
4. B. Brown	57	Somerset	31.91
5. F. Johnson	57	Melville	33.56
6. J. Calnan	55	North Lodge	33.71
7. J. Yeomans	59	St. George	34.21
8. F. Carr	58	Cronulla Suth.	34.27
9. F. Knudsen	58	Valley	34.90 1/c
10. R. Miller	56	Carine	35.20

100m FREESTYLE

1. K. Vickery	56	Ettalong	1.11.91
2. B. Brown	57	Somerset	1.15.20
3. F. Knudsen	58	Valley	1.18.90 1/c
4. F. Johnson	56	Melville	1.19.76
5. J. Calnan	55	North Lodge	1.21.32
6. A. Smith	55	Manly	1.23.88 s/c
7. R. Miller	56	Carine	1.23.91
8. S. Walker	56	C.D. Seals	1.24.99
9. M. Clarke	56	North Lodge	1.29.94
10. B. Hansen	58	Tamworth	1.30.84

200m FREESTYLE

1. K. Vickery	56	Ettalong	2.40.73
2. K. Little	59	Coogee	2.44.20
3. C. Lanser	57	Cronulla Suth.	2.50.00
4. F. Knudsen	58	Valley	2.57.00 1/c
5. A. Smith	55	Manly	3.04.51 s/c
6. B. Brown	57	Somerset	3.04.59
7. I. Craig	56	Manly	3.05.10 1/c
8. F. Carr	58	Cronulla Suth.	3.06.08
9. F. Johnson	57	Melville	3.07.34
10. R. Miller	56	Carine	3.10.70

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400m FREESTYLE

1. K. Vickery	57	Etalong	5:53.52
2. F. Knudsen	58	Valley	6:21.70 1/c
3. A. Smith	55	Manly	6:25.64 1/c
4. I. Craig	56	Manly	6:50.20 1/c
5. P. Johnson	56	Melville	6:50.22
6. B. McCabe	59	North Lodge	6:52.60 s/c
7. R. Miller	55	Carine	6:53.49
8. S. Walker	56	C.D. Seals	7:04.04
9. J. Calnan	55	North Lodge	7:06.43
10. A. Tall	57	Valley	7:07.50 1/c

800m FREESTYLE

1. F. Knudsen	58	Valley	13:22.40 1/c
2. A. Smith	55	Manly	13:22.44
3. B. McCabe	59	North Lodge	14:16.62 s/c
4. J. Calnan	55	North Lodge	14:30.03 s/c
5. P. Johnson	57	Melville	14:35.10
6. M. Clarke	56	North Lodge	15:05.27 s/c
7. N. Ilsey	56	North Lodge	15:51.24 s/c
8. S. Krasey	59	North Lodge	17:04.14 s/c
9. J. Pope	56	Melville	17:16.50
10. B. Lennon	55	Coogee	17:40.05 s/c

1500m FREESTYLE

1. F. Knudsen	58	Valley	26:02.50 1/c
2. I. Craig	56	Manly	27:30.72 1/c
3. P. Johnson	57	Melville	29:05.00

50m BACKSTROKE

1. K. Vickery	56	Etalong	40.50
2. K. Little	59	Coogee	41.14
3. R. Miller	56	Carine	45.03
4. J. Calnan	55	North Lodge	45.10 s/c
5. B. Brown	57	Somerset	45.14
6. B. Gaston	58	Claremont	44.66
7. R. McCabe	59	North Lodge	46.97
8. S. Walker	57	C.D. Seals	47.58
9. R. Rodgers	56	Power Points	48.35
10. J. Yeomans	59	St. George	47.59

100m BACKSTROKE

1. K. Vickery	56	Etalong	1:32.52
2. R. Stevens	58	St. George	1:44.27
3. A. Smith	55	Manly	1:47.20 s/c
4. B. Gaston	59	Claremont	1:52.95
5. J. Yeomans	59	St. George	1:56.64
6. R. Rodgers	56	Power Points	1:58.37
7. F. Johnson	57	Melville	2:01.71
8. N. Ilsey	56	North Lodge	2:16.04
9. F. Wilson	58	Blacktown	2:40.90

200m BACKSTROKE

1. N. Ilsey	56	North Lodge	4:55.90 s/c
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50m BREASTSTROKE

1. R. McCabe	59	North Lodge	41.96
2. W. Wilson	58	Blacktown	43.47
3. K. Vickery	56	Etalong	43.71
4. K. Little	59	Coogee	44.07
5. S. Krasey	59	North Lodge	44.42
6. R. Miller	56	Carine	45.03
7. F. Johnson	57	Melville	45.56
8. S. Miklosi	57	Valley	47.00
9. B. Brown	57	Somerset	48.00
10. N. Olds	55	Lane Cove	49.04

100m BREASTSTROKE

1. R. McCabe	59	North Lodge	1:35.21
2. K. Vickery	56	Etalong	1:38.90
3. S. Krasey	59	North Lodge	1:43.80
4. F. Wilson	58	Blacktown	1:49.22
5. F. Johnson	57	Melville	1:50.99
6. R. Miller	56	Carine	1:52.91
7. K. Little	59	Coogee Randwick	1:54.16
8. S. Walker	56	C.D. Seals	1:55.94
9. N. Olds	55	Lane Cove	2:00.50
10. N. Clarke	56	North Lodge	2:20.32

200m BREASTSTROKE

1. K. Vickery	56	Etalong	3:37.21
2. F. Johnson	57	Melville	4:00.75
3. W.W. Wilson	59	Blacktown	4:05.84
4. B. Hansen	58	Tamworth	4:17.90
5. R. Miller	56	Carine	4:31.75
6. N. Olds	55	Lane Cove	4:42.87
7. J. Van Der Mark	56	Carine	5:14.53

50m BUTTERFLY

1. K. Little	59	Coogee Randwick	39.46
2. R. McCabe	59	North Lodge	40.85
3. R. Miller	55	Carine	40.85
4. B. Brown	57	Somerset	41.12
5. F. Wilson	58	Blacktown	43.50
6. R. Stevens	58	St. George	43.68
7. S. Krasey	59	North Lodge	43.76
8. K. Vickery	56	Etalong	43.89
9. J. Calnan	55	North Lodge	44.02
10. F. Johnson	57	Melville	45.55

100m BUTTERFLY

1. R. McCabe	59	North Lodge	1:45.59
2. R. Miller	55	Carine	1:54.86

200m BUTTERFLY

1. B. McCabe	59	North Lodge	3:40.26 s/c
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100m MEDLEY

1. K. Vickery	56	Etalong	1:27.55
2. K. Little	59	Coogee Randwick	1:24.99
3. F. Johnson	57	Melville	1:32.60
4. B. McCabe	59	North Lodge	1:32.63 s/c
5. R. Miller	56	Carine	1:40.00
6. J. Calnan	55	North Lodge	1:42.72 s/c
7. W.W. Wilson	58	Blacktown	1:43.66
8. S. Walker	57	C.D. Seals	1:46.15
9. J. Yeomans	59	St. George	1:46.20
10. A. Smith	55	Manly	1:57.80 s/c

200m MEDLEY

1. K. Vickery	56	Etalong	3:21.93
2. R. McCabe	59	North Lodge	3:29.55
3. R. Rodgers	56	Power Points	3:47.80
4. B. Brown	57	Somerset	3:48.75
5. F. Johnson	57	Melville	3:50.31
6. R. Stevens	58	St. George	3:57.98
7. R. Miller	55	Carine	4:17.04
8. W.W. Wilson	59	Blacktown	4:17.91 1/c

400m MEDLEY

1. K. Vickery	57	Etalong	7:21.42 s/c
2. B. McCabe	59	North Lodge	7:44.00 s/c

AGE: 60 - 64 YEARS (MEN)

50m FREESTYLE

1. J. Allen	63	Cromalla Suth.	32.66
2. S. Simpson	64	Manly	33.14
3. B. Harris	60	Etalong	33.44
4. D. Joy	62	Coogee Randwick	33.63
5. O.B. Clifton	61	Golden City	35.12
6. B. McCabe	60	North Lodge	35.45 s/c
7. J. Winters	63	Manly	35.78
8. R. McNeill	62	Etalong	36.02
9. R. Wilson	62	Etalong	36.50
10. P. Sykes	60	St. George	37.21

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100m FREESTYLE

1. B. Harris	61	Ettalong	1.19.23
2. H. Bailly	63	Manly	1.20.90 s/c
3. J. Yeomans	60	St. George	1.24.02
4. O. Clifton	61	Golden City	1.24.15
5. J. Corfe	63	Maida Vale	1.27.09
6. R. McNeill	61	Ettalong	1.27.50
7. T. Lamers	64	Melville	1.29.31
8. K. Coulton	64	Tamworth	1.35.11
9. J. Winter	63	Manly	1.36.91 1/c
10. T. Winstanley	63	Ettalong	1.38.38

200m FREESTYLE

1. B. Harris	60	Ettalong	2.58.19
2. H. Bailly	63	Manly	3.03.70 s/c
3. S. Simpson	64	Manly	3.08.41
4. J. Allen	63	Cromulla Suth.	3.12.56
5. J. Corfe	63	Maida Vale	3.15.75
6. R. McNeill	61	Ettalong	3.20.00
7. O.E. Clifton	61	Golden City	3.23.65
8. F. Sykes	60	St. George	3.24.46
9. D. Joy	62	Coogee Randwick	3.28.70
10. T. Lamers	64	Melville	3.29.65

400m FREESTYLE

1. B. Harris	60	Ettalong	6.22.84
2. B. McCabe	60	North Lodge	6.40.72 s/c
3. H. Bailly	63	Manly	7.37.30 s/c
4. J. Winter	63	Manly	7.50.20 s/c
5. O.E. Clifton	61	Golden City	7.51.20
6. T. Winstanley	63	Ettalong	8.05.00 1/c
7. B. Pippard	61	Lane Cove	8.40.45
8. F. Armstrong	64	Hunter	8.48.78
9. T. Lamers	64	Melville	8.51.12

800m FREESTYLE

1. S. Krasey	60	North Lodge	15.17.32 s/c
2. O.E. Clifton	61	Golden City	15.57.00
3. J. Winter	63	Manly	16.59.00 s/c
4. T. Lamers	64	Melville	18.10.10
5. T. Winstanley	63	Ettalong	18.42.20 1/c
6. R. Nagle	62	Tri-Sports	26.15.00

1500m FREESTYLE

1. B. Harris	61	Ettalong	25.40.72
2. H. Bailly	63	Manly	26.47.00 s/c
3. J. Winter	63	Manly	31.31.83 1/c
4. T. Lamers	64	Melville	34.23.92
5. R. Nagle	62	Tri-Sports	49.59.00 1/c

50m BACKSTROKE

1. B. Harris	60	Ettalong	43.57
2. B. McCabe	60	North Lodge	47.65 s/c
3. D. Joy	62	Coogee	48.05
4. T. Lamers	64	Melville	48.07
5. J. Yeomans	60	St. George	48.39
6. S. Krasey	60	North Lodge	50.26
7. R. McNeill	62	Ettalong	50.84
8. O.E. Clifton	61	Golden City	53.00
9. J. Corfe	63	Maida Vale	53.16
10. J. Lacey	64	Inglewood	54.10

100m BACKSTROKE

1. J. Allen	63	Cromulla Suth.	1.32.81
2. B. Harris	60	Ettalong	1.39.85
3. T. Lamers	64	Melville	1.39.85
4. T. Winstanley	63	Ettalong	1.56.35
5. B. Pippard	61	Lane Cove	2.03.53
6. F. Sykes	60	St. George	2.13.61
7. J. Winters	63	Manly	2.24.43

200m BACKSTROKE

1. B. Harris	61	Ettalong	3.49.17 s/c
2. K. Coulton	64	Tamworth	5.15.26

50m BREASTROKE

1. B. McCabe	60	North Lodge	41.51
2. S. Krasey	60	North Lodge	42.70 s/c
3. O.E. Clifton	61	Golden City	43.22
4. T. Winstanley	63	Ettalong	49.01 1/c
5. R. McNeill	62	Ettalong	49.55
6. G. Royle	62	Melville	53.50
7. J. Yeomans	60	St. George	54.13
8. J. Lacey	64	Inglewood	55.18
9. F. Sykes	61	St. George	57.69
10. F. Armstrong	64	Hunter	57.94

100m BREASTROKE

1. B. McCabe	60	North Lodge	1.36.87 s/c
2. R. Wilson	62	Ettalong	1.55.76
3. T. Winstanley	63	Nelson Bay	1.59.41
4. J. Yeomans	60	St. George	2.00.04
5. G. Royle	62	Melville	2.00.45
6. R. McNeill	61	Ettalong	2.13.34
7. F. Sykes	60	St. George	2.13.60
8. O.E. Clifton	61	Golden City	2.16.00
9. F. Armstrong	64	Hunter	2.17.71
10. S. Hutchinson	62	Hills	2.17.63

200m BREASTROKE

1. B. McCabe	60	North Lodge	3.44.65
2. R. McNeill	61	Ettalong	4.32.31
3. T. Winstanley	63	Nelson Bay	4.37.85

50m BUTTERFLY

1. B. McCabe	60	North Lodge	41.40 s/c
2. S. Krasey	60	North Lodge	43.71 s/c
3. B. Harris	60	Ettalong	46.45
4. H. Bailly	63	Manly	48.30 s/c
5. J. Winters	63	Manly	54.51
6. F. Sykes	60	St. George	58.77
7. K. Coulton	64	Tamworth	1.06.65
8. S. Hutchinson	62	Hills	1.10.49
9. T. Lamers	64	Melville	1.14.41
10. B. Pippard	62	Lane Cove	1.18.47

100m MEDLEY

1. B. McCabe	60	North Lodge	1.32.63 s/c
2. B. Harris	60	Ettalong	1.40.78
3. S. Krasey	60	North Lodge	1.44.30 s/c
4. J. Yeomans	60	St. George	1.47.17
5. R. McNeill	62	Ettalong	1.50.58
6. F. Sykes	60	St. George	1.54.70
7. T. Lamers	64	Melville	2.03.27
8. J. Winter	63	Manly	2.14.10 s/c
9. B. Pippard	62	Lane Cove	2.19.26
10. D. Johnston	62	Western Subs.	3.07.31

200m MEDLEY

1. B. Harris	60	Ettalong	3.53.66
2. F. Sykes	60	St. George	4.56.55
3. B. Pippard	61	Lane Cove	5.20.53

400m MEDLEY

1. B. Harris	60	Ettalong	8.23.30 s/c
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AGE: 65 - 69 YEARS (MEN)

50m FREESTYLE

1. E. Williams	69	Claremont	34.05
2. I. Craig	65	Manly	36.91
3. M. Parker	65	North Lodge	37.40 s/c
4. M.B. Pulsford	65	Blacktown	39.02
5. J. Lacey	65	Inglewood	39.84
6. T. Neville	69	North Lodge	39.84 s/c
7. J. Edwards	66	Atlantis	40.00
8. L. Lambert	66	Inglewood	40.76 1/c
9. C. Bond	67	Ettalong	41.57
10. K. Ford	67	Coogee Randwick	41.65

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100m FREESTYLE

1. E. Williams	69	Claremont	1.16.38
2. K. Ford	67	Coogee Randwick	1.34.87
3. C. Bond	68	Ettalong	1.37.35
4. J. Lacey	65	Inglewood	1.38.80
5. B. Neville	68	North Lodge	1.38.82
6. M. Parker	65	North Lodge	1.40.69
7. L. Lambert	66	Inglewood	1.45.80
8. J. Edwards	66	Atlantis	1.47.14
9. B. Boulden	69	Claremont	1.49.08
10. V. Morgan	66	Gold Coast	1.50.30

50m FREESTROKE

1. K. Sarson	68	Tea Tree Gully	54.00
2. J. Collins	68	Inglewood	54.66
3. L. Lambert	66	Inglewood	54.59
4. H. Cilento	65	Ad. Masters	54.59
5. C. Bond	66	Ettalong	55.37
6. E. Williams	69	Claremont	55.99
7. J. Lacey	65	Inglewood	56.75
8. K. Ford	67	Coogee Randwick	1.01.67
9. M. Parker	65	North Lodge	1.02.74
10. B. Boulden	69	Claremont	1.03.39

200m FREESTYLE

1. E. Williams	69	Claremont	3.02.00
2. I. Craig	65	Manly	3.07.98
3. K. Ford	65	Coogee Randwick	3.29.62
4. C. Bond	68	Ettalong	3.38.80
5. J. Lacey	65	Inglewood	4.05.00
6. L. Lambert	66	Inglewood	4.07.14
7. B. Boulden	69	Claremont	4.14.83
8. M. Parker	65	North Lodge	4.15.42
9. H. Cilento	66	Ad. Masters	4.26.39 1/c
10. V. Morgan	67	Valley	4.28.10

100m BREASTROKE

1. H. Cilento	65	Ad. Masters	1.59.15 s/c
2. L. Lambert	66	Inglewood	2.01.14 1/c
3. C. Bond	68	Ettalong	2.13.61
4. J. Lacey	65	Inglewood	2.13.80 1/c
5. J. Collins	68	Inglewood	2.14.05 1/c
6. I. Craig	65	Manly	2.14.27
7. K. Ford	67	Coogee Randwick	2.19.61
8. V. Morgan	67	Valley	3.03.28

200m BREASTROKE

1. H. Cilento	65	A. Masters	4.34.20 s/c
2. L. Lambert	66	Inglewood	4.42.84 1/c
3. J. Lacey	65	Inglewood	4.59.30 1/c

400m FREESTYLE

1. E. Williams	69	Claremont	6.22.63
2. K. Ford	65	Coogee Randwick	7.15.64
3. C. Bond	67	Ettalong	8.15.13
4. J. Lacey	65	Inglewood	8.53.70 1/c
5. V. Morgan	67	Valley	9.25.80 1/c
6. B. Bowker	67	Aitkenvale	10.38.57 1/c
7. P. Edwards	66	Tri-Sports	17.17.03 1/c

50m BUTTERFLY

1. C. Bond	68	Ettalong	54.11
2. K. Ford	65	Coogee Randwick	58.46 s/c

100m MEDLEY

1. C. Bond	68	Ettalong	1.50.65
2. K. Ford	67	Coogee Randwick	2.02.46

200m MEDLEY

1. K. Ford	67	Coogee Randwick	4.32.23 s/c
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800m FREESTYLE

1. K. Ford	65	Coogee Randwick	15.26.72 s/c
2. J. Lacey	65	Inglewood	18.43.60 1/c
3. L. Lambert	66	Inglewood	19.43.40 1/c
4. J. Collins	68	Inglewood	22.15.00 1/c
5. B. Bowker	67	Aitkenvale	22.59.50 s/c
6. V. Morgan	66	Gold Coast	19.28.00 1/c

AGE: 70 - 74 YEARS (MEN)

50m FREESTYLE

1. F. Griffiths	72	Port Macquarie	33.31
2. E. Williams	70	Claremont	33.84
3. T. Allen	70	Melville	39.23
4. H. Steinkamp	70	North Lodge	40.97
5. W. McClintock	72	Manly	41.43
6. W. Boulden	70	Claremont	42.58
7. J. Dowell	74	St. George	44.91
8. R. Colquhoun	70	Inglewood	47.48
9. C. House	72	Osborne Park	49.49
10. S. Gibson	71	Ettalong	51.53

100m FREESTYLE

1. E. Williams	70	Claremont	1.16.40
2. F. Griffiths	72	Port Macquarie	1.20.91
3. T. Allen	70	Melville	1.38.91
4. B. Boulden	70	Claremont	1.52.18
5. R. Colquhoun	70	Inglewood	2.09.68

200m FREESTYLE

1. E. Williams	70	Claremont	2.51.71
2. F. Griffiths	72	Port Macquarie	3.12.81
3. B. McClintock	72	Manly	3.49.45 1/c
4. W. Boulden	70	Claremont	4.17.35
5. B. Colquhoun	70	Inglewood	4.36.64
6. E. Walther	74	Manly	4.47.10 s/c

400m FREESTYLE

1. E. Williams	70	Claremont	6.30.41
2. W. McClintock	72	Manly	8.23.80
3. T. Allen	70	Melville	8.25.00
4. B. Boulden	70	Claremont	9.33.07
5. E. Walther	74	Manly	10.15.50 s/c

200m BACKSTROKE

1. C. Bond	67	Ettalong	3.40.79
2. K. Ford	67	Coogee Randwick	4.39.56
3. F. Edwards	65	Tri-Sports	7.12.40 s/c

50m BACKSTROKE

1. C. Bond	68	Ettalong	44.49
2. T. Neville	68	North Lodge	49.61
3. E. Williams	69	Claremont	51.06
4. J. Lacey	65	Inglewood	53.55
5. K. Ford	65	Coogee Randwick	57.29 s/c
6. M. Parker	65	North Lodge	60.02
7. L. Lambert	66	Inglewood	68.30 1/c
8. B. Boulden	69	Claremont	1.05.43
9. H. Haigh	68	C.D. Seals	1.17.38 1/c

100m BACKSTROKE

1. C. Bond	68	Ettalong	1.45.22
2. E. Williams	69	Claremont	2.02.05
3. T. Neville	68	North Lodge	2.04.53
4. K. Ford	65	Coogee Randwick	2.07.95 s/c
5. I. Craig	65	Manly	2.08.68
6. J. Lacey	65	Inglewood	2.09.20 1/c

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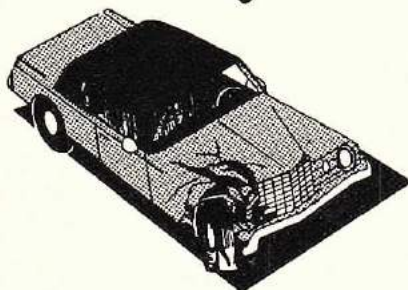
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800m FREESTYLE

1. B. Boulden	70	Claremont	20.54.50
2. E. Walther	74	Manly	21.21.08 1/c

50m BACKSTROKE

1. E. Williams	70	Claremont	44.60
2. F. Griffiths	72	Port Macquarie	49.23
3. H. Steinkamp	70	North Lodge	53.39 s/c
4. B. McClintock	72	Manly	53.83
5. B. Colquhoun	70	Inglewood	54.89
6. B. Boulden	70	Claremont	1.07.86
7. E. Walther	74	Manly	1.08.20 s/c

100m BACKSTROKE

1. E. Williams	70	Claremont	1.45.90
2. F. Griffiths	72	Port Macquarie	1.59.14
3. B. McClintock	72	Manly	2.01.80 1/c

50m BREASTROKE

1. E. Williams	70	Claremont	52.76
2. B. Colquhoun	70	Inglewood	52.85
3. F. Griffiths	72	Port Macquarie	52.90
4. E. Walther	74	Manly	53.73
5. H. Steinkamp	70	North Lodge	53.80
6. B. McClintock	72	Manly	66.20 1/c
7. B. Boulden	70	Claremont	1.09.41

100m BREASTROKE

1. F. Griffiths	72	Port Macquarie	1.58.20
2. H. Steinkamp	70	North Lodge	1.58.81
3. B. Colquhoun	70	Inglewood	1.59.33
4. E. Williams	70	Claremont	2.02.20
5. E. Walther	74	Manly	2.08.08
6. B. McClintock	72	Manly	2.23.10
7. B. Boulden	70	Claremont	3.00.00

200m BREASTROKE

1. F. Griffiths	72	Port Macquarie	4.26.38
2. E. Williams	70	Claremont	4.34.38
3. E. Walther	74	Manly	4.57.97 s/c

50m BUTTERFLY

1. F. Griffiths	72	Port Macquarie	46.57
2. E. Williams	70	Claremont	55.60
3. W.A. McClintock	72	Manly	56.26
4. H. Steinkamp	70	North Lodge	1.03.93
5. W. Colquhoun	70	Inglewood	1.07.32
6. E. Walther	74	Manly	1.13.00 s/c

100m BUTTERFLY

1. W. McClintock	72	Manly	2.22.05
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100m MEDLEY

1. E. Williams	70	Claremont	1.42.09
2. F. Griffiths	72	Port Macquarie	1.45.71
3. H. Steinkamp	70	North Lodge	1.55.80
4. W. Colquhoun	70	Inglewood	2.06.84
5. W. McClintock	73	Manly	2.14.78 s/c
6. E. Walther	74	Manly	2.21.07

200m MEDLEY

1. E. Williams	70	Claremont	3.57.43
2. F. Griffiths	72	Ettalong	4.14.21
3. H. Steinkamp	70	North Lodge	4.27.57
4. W. McClintock	72	Manly	4.38.38
5. W. Colquhoun	70	Inglewood	4.49.37

AGE: 75 - 79 YEARS (MEN)

50m FREESTYLE

1. C. Jardine	76	St. George	37.92
2. G. Edwards	77	Melville	45.21
3. F. Wilson	77	Ettalong	45.55
4. J. Dillon	79	St. George	48.76

100m FREESTYLE

1. G. Edwards	77	Melville	1.55.24
2. F. Wilson	77	Ettalong	2.00.10 s/c

200m FREESTYLE

1. F. Wilson	77	Ettalong	4.43.87
2. G. Edwards	77	Melville	4.59.28

400m FREESTYLE

1. G. Edwards	77	Melville	10.50.80 1/c
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800m FREESTYLE

1. G. Edwards	77	Melville	24.19.00
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50m BACKSTROKE

1. G. Edwards	77	Melville	1.10.09
2. F. Wilson	77	Ettalong	1.14.07 s/c

100m BACKSTROKE

1. G. Edwards	77	Melville	2.45.13
2. F. Wilson	77	Ettalong	3.20.22

50m BREASTROKE

1. G. Edwards	77	Melville	1.10.69
2. F. Wilson	77	Ettalong	1.13.90

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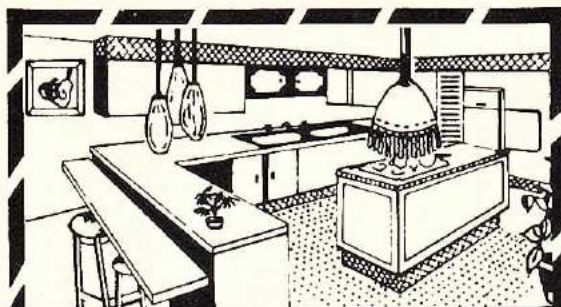
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800m. Awards

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Arnold, Marie
Bailiff, Christine
Bell, Chris

Claremont

Commins, Lyn
Nash, Charles

Carine

Adcock, Gwen
Adcock, Bryan
Bilton, Kate
Cox, Kay
Donnelly, Pat
Dreschler, Ros
Finney, Sue
Griffiths, Helen
Griffiths, Kelvin
Jones, Brad
Jose, Phil
Hultam, Kevin
Loudon, Di
Loudon, Des
Lawson, Wendy

Cronulla

Freed, Leonie
Johnstone, Sue Ellen
McAfee, Janne
Stutsel, Gary

Canberra

Green, Jan

Golden City Masters

Berry, Janet
Burton, Ben
Burton, Anthea
Begir, Larry
Clifton, Oliver

St George

Finlay, Claire
Meager, Joyce
Orchard, Margaret

Hills

Adams, Patricia
Gregson, Stephen
Gregson, Allan
Jones, Robyn
McCormick, Des
McLeay, Tony
Spender, Suzanne

Inglewood

Anderson, Betty
Andrews, Ann
Allender, Ruth
Atkins, Pamela
Brooks, Jillian
Creusot, Kay
Colquhoun, Robert
Davey, Margaret

Melville

Law-Davis, Ruth

Cordukes, Roger
McCrae, Jim

Power, Barry

Lawrence, Swanny
Lawrence, Alan
Malone, Lynne
McDonald, Glenys
McQuire, Judy
McKenzie, Bill
Paine, Brian
Randell, Maria
Roffman, Margaret
Sutton, John
Stevens, Marilyn
Wannell, Max
Williams, Don
Wood, Fran

Stenhouse, Beryl
Watson, Emily
Westwood, Larry

Arthur, Joan

Edebone, Lyn
Frank, Richard
Shoosmith, Margaret
Sutcliffe, John
Tout, Frank

Quinn, Helen
Sadler, Anne
Smith, Alan

Spender, Don
Smith, Lynn
Tutty, Hazel
Theuns, Lena
Pitfield, Valarie
Allan, Fiona
Walsham, Eunice

Hogan, Dellice
James, Noel
Lacy, Jack
Leppard, Edward
Lambert, Leonard
Moiler, Sheila
Mason, Heather
Mathieson, William
Penning, Norma

McNab, Yvonne

Nelson Bay

Baker, Joan
Dunn, Gwen
Heath, Anne
Howard, Norman
McCarter, Janice

North Lodge

Donavan, Ted
Fordyce, Peter
Hlsley, Norman
Ireland, Gladys
Jordan, Jean
Krasey, S.

Osborne Park

Ames, Lyn
Ames, John
Birch, Robert
Chenoweth, Ian
Chenoweth, Verna
Cotterell, Nancy
Gerhara, Helen

Ron Faulds AUSSI

Bierenbroodspot, Win
Bourke, Peter
Burt, Graham
Campbell, Frank

Tamworth

Wilson, Margaret

Wagga

Erpic, Angelika
Nye, Vince

Nairn, Robert
Perry, Dudley
Smith, Herbert
Wilkinson, Lynette

Mahoney, Warwick
Ryde, Moira
Robertson, Gail
Smith, Danny
Wilson, Barbara

Hill, John
Horton, Ken
McManis, Ralph
Pearce, Leslie
Skellham, J.
Worthington, Robert

Miller, Jean
Osborne, Colin
Quartermain, Susan
Tulberg, Edward

Sommer, Inge

1500m. Award

Aitkenvale Masters

Arnold, Marie
Bailiff, Christine
Bell, Chris

Claremont

Nash, Charles

Carine

Adcock, Gwen
Bilton, Kate
Cox, Kay
Finney, Sue
Holtam, Kevin

Coogee Randwick

Harkness, Norman
Lennon, William

Cronulla Sutherland

Johnstone, Sue Ellen
Stenhouse, Beryl

Canberra

Davis, Adrian
Gregory, Julie
Hodgkinson, Ivor
Mackenzie, Elinor

Golden City Masters

Edebone, Lyn
Frank, Richard

Cordukes, Roger
Dowker, Bill

Power, Barry

Loudon, Di
McKenzie, Bill
Van Den, Dnesen
Wannell, Max

Linton, Andrew
Thornley, Rona

Watson, Emily

Pang, Shirley
Rees, Helen
Townley, Peggy
Vaughan, Ross

Sutcliffe, John



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Gaebler, Jeanette

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Richards, Ron

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Ames, Lyn
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Birth, Robert
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Orchard, Margaret

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James, Noelle
Mason, Heather
Mathieson, William
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Sargent, Robyn

Smith, Danny

McManis, Ralph
Pearce, Leslie
Row, Kenneth
Skellham, Jacqui
Stewart, Garry
Young, Alastair

Osborne Park
Ames, Lyn
Ames, John

Ron Faulds AUSSI
Burt, Graeme
Kempson, Pam

Tamworth
Dailey, Robert

Whyalla Duckbills
Wegener, Alison

Birch, Robert
Skellham, Jacqui

Quartermain, Susan
Tullberg, Edward

Newby, Barbara

5000m Award

Aitkenvale Masters
Arnold, Marec

Blacktown Beavers
Christie, Michael

Central District Seals
Haines, Laurilyn

Carine
McKenzie, Bill

Canberra
Hodgkinson, Ivor

Melville
Andrew, Ann
Bailey, Ros
Burgers, Andrew

Osborne Park
Ames, Lyn

Tamworth
Daily, Robert
Newby Barbara

Stein, Jeff

Wannell, Max

Coventry, Graeme
Law-Davis, Ruth
Sargent, Robyn

Wilson, Margaret

3000m Award

Aitkenvale Masters
Bailiff, Christine
Arnold, Marec
Cullen, Margaret

Blacktown Beavers
Christie, Michael

Claremont
Nash, Charles

Central District Seals
Watson, Jane

Carine
Adcock, Bryan
Adcock, Gwen
Cox, Kay
Finney, Sue

Coogee Randwick
Harkness, Norman

Canberra
Davies, Adrian
Gregory, Julie

Hills
Gregson, Allan
Spender, Don

Inglewood
Brooks, Jillian

Melville
Bailey, Rosalind
Coventry, Graeme

Noosa Pelicans
Watson, Janice

North Lodge
Rose, Norma

Cordukes, Roger
Marker, Garry
McCrae, Jim

Stein, Jeff

Power, Barry

Holton, Kevin
McKenzie, Bill
Wannell, Max

Linton, Andrew

Hodgkinson, Ivor
Vaughan, Ross

Van Middeldyke, Paul

Davey, Margaret

McManus, Roy
Wheeler, Fred

AUSTRALIAN LISTING FOR THE ONE HOUR SWIM

Compiled by Des McCormick

25-29 yrs Women

Gregory, Julia	27	Canberra	3860
Cullen, Margaret	29	Aitkenvale	3310
Haines, Laurilyn	27	Cept. Dist. Seals.	2860
Stanbrock, Faye	26	Aitkenvale	2610
Spender, Suzanne	29	Hills	2555
Henderson, Joyce	29	Golden City	1970

30-34 yrs Women

Rees, Helen	34	Canberra	3925
Stark, Gayner	33	Canberra	3920
Jordan, Jean	33	North Lodge	3460
Townlet, Peggy	30	Canberra	3410
Bailiff, Christine	31	Aitkenvale	3370
Cox, Kay	31	Carine	3365
Burton, Athea	31	Golden City	3265
Price, Rosemary	32	North Lodge	3235
Jones, Robyn	34	Hills	3225
Wilkinson, Lynette	33	Nelson Bay	3135
Hanninen, Denise	31	Coogee Randwick	2960
Theuns, Lena	34	Hills	2920
Stokes, Ailsa	30	Ettalong	2810
Shoosmith, Margaret	32	Golden City	2050
Watson, Jane	30	Cent. Dist. Seals.	2675

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35-39 yrs Women

Watson, Janice	37	Noosa Pelicans	3555
Robertson, Gail	35	North Lodge	3495
Ford, Judy	37	Canberra	3290
Burgess, Jan	37	Canberra	3255
Edebone, Lyn	39	Golden City	3115
Stellar, Robyn	35	Canberra	3060
Williamson, Colleen	39	Ettalong	2980
Smith, Lynn	35	Hills	2840
Haime, Margaret	37	Ettalong	2670
McCart, Janice	36	Nelson Bay	2605
Green, Jan	38	Canberra	2395
Loudon, Di	35	Carine	2295
Tutty, Hazel	39	Hills	2190

40-44 yrs Women

Walsham, Eunice	41	Hills	3220
Carney, Mary	43	Ettalong	2980
Collins, Irene	44	Ettalong	2980
Pitfield, Valerie	40	Hills	2670
Bennett, Marion	43	Whyalla Duckbills	2200
Piper, Jane	43	Ettalong	1455

45-49 yrs Women

Wilson, Barbara	46	North Lodge	3820
Howard, Shirley	49	North Lodge	3540
Walker, Helen	47	Lane Cove	3415
Kroom, Maria	46	Ettalong	3085
Dunn, Penny	47	Ettalong	2990
Mackenzie, Elinor	45	Canberra	2695
Robertson, Heather	46	North Lodge	2670
Sharpe, Margaret	46	Armidale Masters	2625
Pang, Shirley	45	Canberra	2580
McNeill, Fay	47	Ettalong	2300
Wegner, Alison	49	Whyalla Duckbills	2130
Tatnell, Lola	48	Ettalong	1590

50-54 yrs Women

Arnold, Maree	51	Aitkenvale	3115
Eddy, Opal	53	Ettalong	2270
Dickson, Joan	53	North Lodge	2150

55-59 yrs Women

Arthur, Joan	57	Canberra	2325
Baker, Joan	59	Nelson Bay	2210

60-64 yrs Women

Thornleigh, Rona	60	Coogee Randwick	2730
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65-69 yrs Women

Barrie, Bess	65	Coogee Randwick	2580
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25-29 yrs Men

Linton, Andrew	26	Coogee Randwick	4305
Davis, Adrian	28	Canberra	3925
Sweeney, Robin	28	Canberra	3815
Hayes, Shane	25	Everton Park	3645
Sawyer, Les	27	Carine	3445
Jones, Brad	25	Carine	2955
Van Middeldyke, Paul	29	Hills	2630
Rumble, Anthony	27	Canberra	2615
Stanbrook, Raymond	27	Aitkenvale	2405

30-34 yrs Men

Hanninen, Erik	33	Coogee Randwick	4550
Spender, Don	32	Hills	4125
Snoad, Mike	32	Canberra	3735
Fraser, Tony	34	Coogee Randwick	3700
Vaughan, Ross	32	Canberra	3675

35-39 yrs Men

Koorey, John	36	Manly	4921
Nott, Anthony	38	North Lodge	4405
Turner, Harry	39	Lane Cove	4320
Green, Brian	38	Canberra	4105
Robins, David	38	Armidale Masters	4075
Marker, Garry	39	Aitkenvale	3860
Wicks, Geoff	39	Lane Cove	3775
Cordukes, Roger	39	Aitkenvale	3405
Burt, Graham	39	Ron Faulds AUSSI	3280
Burton, Ben	35	Golden City	3200
Goulding, Ray	36	Golden City	2695
Wannell, Max	35	Carine	2680
Brooks, Ray	38	Coogee Randwick	2515
Fordyce, Peter	35	North Lodge	2160

40-44 yrs Men

Gregson, Allan	43	Hills	4760
Richards, Ron	44	North Lodge	4005
Wyatt, Ronald	41	Ettalong	3730
Anstey, Barry	41	Gold Coast	3665
Frank, Richard	42	Golden City	3310
Kemp, Peter	43	Ettalong	3280
Worthington, Les	40	Canberra	3265
Humphries, Clive	44	Ettalong	3120
Harkness, Norman	43	Coogee Randwick	3000
Napier, Robert	41	Hills	2590
Loudon, Des	40	Carine	2295
Griffiths, Kelvin	44	Carine	1970

45-49 yrs Men

Smith, Russell	46	Coogee Randwick	4130
Hodgkinson, Ivor	49	Canberra	3930
Walkins, John	49	Lane Cove	3830
Malcolm, Bill	48	North Lodge	3605
Kane, Maurice	49	North Lodge	3350
Toffoli, Ennio	49	Ron Faulds AUSSI	2295
Bierenbroodspot, W.	46	Ron Faulds AUSSI	2295

50-54 yrs Men

Donovan, Ted	53	North Lodge	3505
McCrae, James	51	Aitkenvale	3165
Barry, Thomas	52	Gold Coast	2895
Mahony, Warwick	50	North Lodge	2475

55-59 yrs Men

Vickery, Kevin	57	Ettalong	4025
Knudsen, Fredrick	59	Valley AUSSI	3775
Isley, Norman	57	North Lodge	2990
Lennon, Bill	55	Coogee Randwick	2920

60-64 yrs Men

Harris, Robert	61	Ettalong	3775
McCabe, Bob	60	North Lodge	3510
McNeill, Rod	62	Ettalong	3390
Clifton, Harry	61	Golden City	3170
Winstanley, Tom	63	Ettalong	2495
Pippard, Bill	62	Lane Cove	2385
Barrie, Doug	64	Coogee Randwick	2100

65-69 yrs Men

Ford, Ken	67	Coogee Randwick	3140
Bond, Cecil	68	Ettalong	2756
Morgan, Victor	66	Gold Coast	2640
Dowker, Bill	67	Aitkenvale	1995

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"Off the Blocks"

THE TIMEKEEPER

By Jim Williams

In AUSSI Swimming our performance results at swim meetings (whether it be an enthusiastic swimmer or just a member swimming to gauge his improvement in fitness) pivot around the TIMES recorded.

There being no Judges — the TOTAL result rests in one area i.e. THE TIMEKEEPING.

So, it can be seen that this is one of the most important (if not the most important) area for accuracy.

It is very easy to regard timekeeping as a casual "if you have time, no experience necessary" ... sort of a job.

First we must look at the rules (yes, even study them closely!!) and it will be seen very quickly that there is more to good timekeeping than meets the eye.

There are two "broad" areas of responsibility

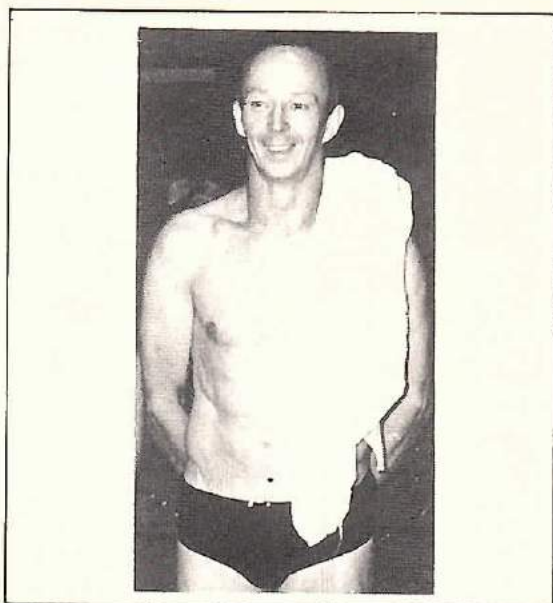
- a) That of the organisers to organise the area of timekeeping in TOTAL — so that all areas of timekeeping will be adequately covered on the day of the "meet" (do not fall into the trap of saying "Oh, we don't need to worry about a chief timekeeper, they are all adults so they know what it's all about"). Unfortunately, even those of us that have had timekeeping experience do get a little lax sometimes — and the correct type of chief timekeeper is ESSENTIAL. The organisers of the Meet MUST cover all areas in total.

Remember the whole thing pivots around effective timekeeping.

- b) The responsibility of those involved in timekeeping to carry out their activity accurately.

I don't feel it necessary to comment on all rules etc. involved in timekeeping — but I do feel it may help to "highlight" some of the pitfalls.

As mentioned earlier it is ABSOLUTELY ESSENTIAL that this area (i.e. Timekeeping) be given specialised attention by the organising body — I would even suggest that one person be given this responsibility — as his or her sole responsibility for the Meet. And of equal importance make sure that the Chief

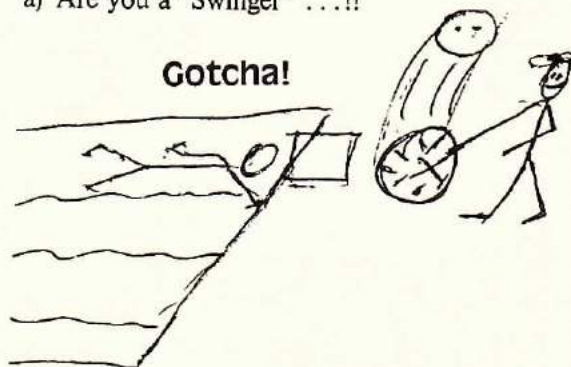


Timekeeper is exactly that — a CHIEF Timekeeper. The type of person that is active — energetic and can keep people on their toes without losing his or her shirt! Some people are blessed with this capability — hope you have one in your Club. If not, see if you can "borrow" one because it is so important. Perhaps to a slightly lesser degree, your Chief Lane Timekeeper (if you use two or more Timekeepers).

And now the TIMEKEEPER:-

Some of the problems we are all guilty of at some time:- FOR example —

- a) Are you a "Swinger" ...!!



But at what part of the swim "did you Gotcha?"

(but at which point of the swim did you "Gotcha"?). Make sure you know the correct way to hold your watch (mechanical or electronic).

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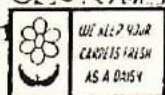
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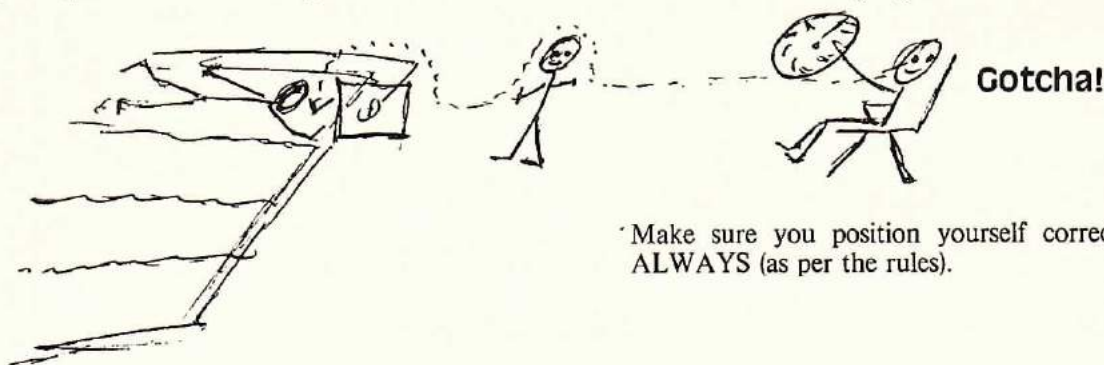
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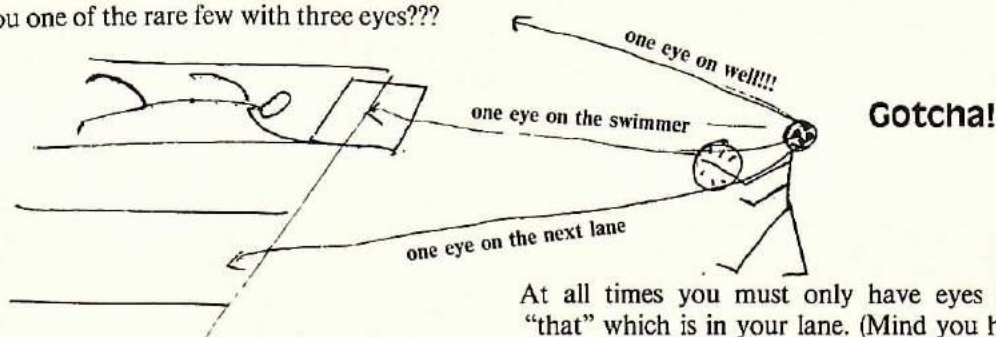
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b) Are you blessed with "long distance-round the Official — over the block" eyesight?



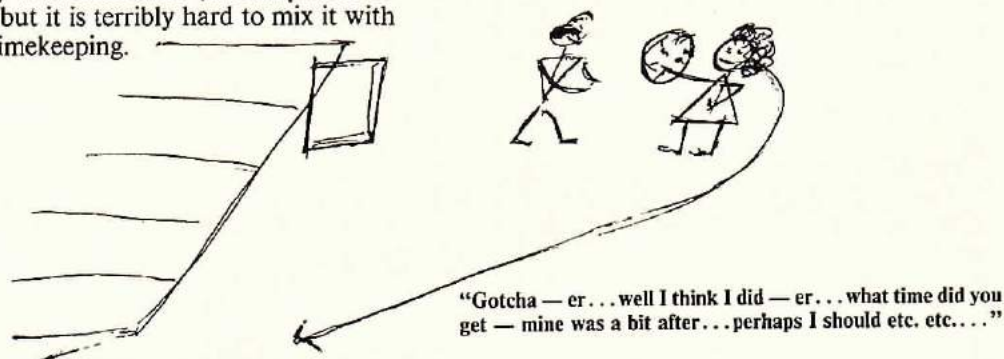
Make sure you position yourself correctly
ALWAYS (as per the rules).

c) Are you one of the rare few with three eyes???

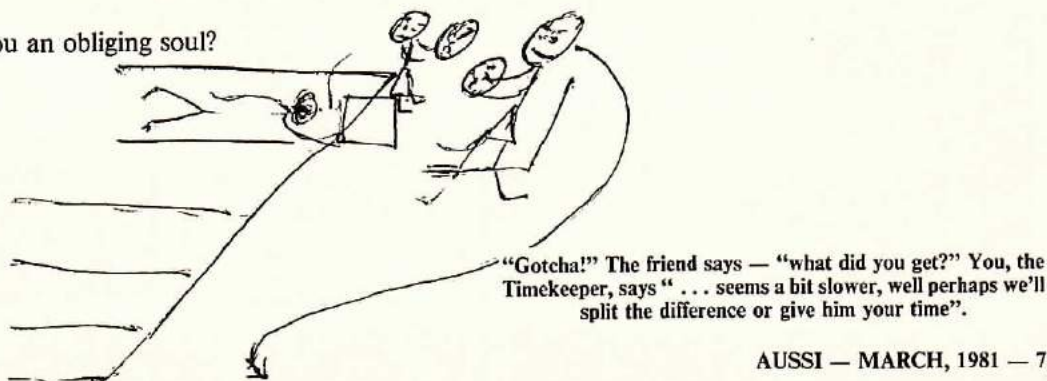


At all times you must only have eyes for
"that" which is in your lane. (Mind you hav-
ing three eyes is better than being one-eyed!).

d) Being a sociable mob we all like to pass the
time of day with each other (and may it never
cease!) — but it is terribly hard to mix it with
accurate timekeeping.



e) Are you an obliging soul?





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REMEMBER — if you are the **appointed** Timekeeper — you can only “split the difference” with the **CHIEF** Timekeeper (or Lane Timekeeper). This is one time you cannot be an obliging soul.

Likewise, I feel all members should be discouraged from talking to other members that are timekeeping; at those critical stages (i.e. the end of the race and the start).

In Conclusion

1. In order to “reinforce” the importance of timekeeping and the fact that things do go wrong, refer to Paragraph 6 of page 1 of Notes marked *(thus ...
2. It is a good idea (in fact almost essential) to understand the duties and activities of the Starter, Check Starter, (Judges if any) and those of any other Officials you may come in contact with, so you can “fit in” just that much better.
3. If in doubt about any area or as to any interpretation of the Rules — consult your nearest Swimming Club or someone with a Referee’s ticket and sort out your problems.

REMEMBER — in most cases we have no Judges. The accuracy of the result is up to you — **THE TIMEKEEPER**.

REMEMBER — Timekeeper IS AN important area.

- It can be a confusing area.
- It is up to the organising Club to have the Timekeeping area sorted out before the day and make sure all Timekeepers know the “ropes”.
- It is up to all Clubs to see that their own Members become skilled Timekeepers.

TIMEKEEPER

These notes cover the duties and responsibilities of the position of **TIMEKEEPER** and those procedures applicable to the Timekeeper.

The **TIMEKEEPER** should arrive at the pool at least thirty (30) minutes before the advertised starting time of the Meet so that he will have time to meet the other officials, receive any special instructions, check watches for accuracy, and head up any result sheets, if necessary.

The Timekeeper should report to the Referee as soon as he arrives at the pool, to be marked present, and receive a programme.

The Timekeeper needs to bring several items of equipment with him such as pencils, pad, clipboard and he also needs to have a stopwatch which he should have had certified by an approved authority (such as a reputable watchmaker) as being accurate. In particular, the watch should be checked before the first Meet of the season.

Pencils are required instead of pens or biro as they will continue to

write even if the paper becomes wet and the official needs more than one pencil in case of a breakage.

*One of the apparently confused areas of all official positions is that of the **TIMEKEEPER GROUPS** and **THEIR PARTICULAR RESPONSIBILITIES**.

At a major State Meet with an eight (8) lane pool, there will be a total of **TWENTY SEVEN (27) TIMEKEEPERS**, **ONE (1) CHIEF TIMEKEEPER**, **THREE (3) TIMEKEEPERS PER LANE**, one (1) of whom is appointed as a **CHIEF LANE TIMEKEEPER** for that particular lane, and **TWO (2) RESERVE TIMEKEEPERS**. Each of these four (4) groupings i.e. —

1. Chief Timekeeper
2. Chief Lane Timekeepers
3. Lane Timekeepers
4. Reserve Timekeepers

have designated and specific duties and responsibilities.

Let us now look at these groups in turn:

1. CHIEF TIMEKEEPER

The **CHIEF TIMEKEEPER** is in charge of all the Timekeepers and is required to allocate all the Timekeepers to their respective lanes, also the Reserve Timekeepers. There will be three (3) Timekeepers allocated to each lane; the Chief Timekeeper appoints one (1) of these as a **CHIEF LANE TIMEKEEPER** for that particular lane.

The Chief Timekeeper needs to check with the Starter as to the method of start he will use in both Scratch or Handicap events, and pass this information on to the Timekeepers.

He must check that all watches are fully wound and allowed to run to relieve tension on the spring, and carry out the watch check by using the recommended procedure to ascertain that all watches are accurate prior to the Meet commencement.

He must instruct them as to what they shall do in the event of their watch failing at the start or during the race. He shall advise them to check that their watches are functioning immediately after the start and to check it several times during distance events.

He must instruct the Timekeepers to return their watches to zero for the commencement of the next event. (They should NOT zero their watches until they get this instruction).

He may inspect the watch of any Timekeeper, where he thinks it necessary, and he should personally check the time of the first place-getter and any record breaker.

He should have an understanding with the Referee and see that all Timekeepers are ready for the commencement of the race. He must also ensure that the card or slip showing the times recorded is collected from each lane and forwarded to the Recording Table.

If Timing Devices are in operation, the Chief Timekeeper should check that the Device is operable, and where required, direct the Timekeepers in the method of operation of the Timing Device.

2. CHIEF LANE TIMEKEEPER

The **CHIEF LANE TIMEKEEPER** assists the Chief Timekeeper by checking the times recorded by the watches on his lane, and recording these times on the slip or card for that lane. He should also make sure that the slip or card shows the correct event and heat number.

He shall determine the **OFFICIAL TIME** for that lane from the times recorded. He must sign the slip or card and hand it to the Runner to take to the Recording Table. He should also report to the Chief Timekeeper any irregularities, such as the failure of a watch or an inefficient Timekeeper.

3. LANE TIMEKEEPERS

LANE TIMEKEEPERS must operate, as directed, any timing device approved by the Association.

They shall start their watches in any **SCRATCH EVENT** on the “flash” from the gun or where some bright lighting obscures the “flash”, on the **SMOKE** of the gun. Stop watches should never be started from the sound of the gun.

In **HANDICAP EVENTS** they shall start the watch on the word “GO” or at a previously pre-determined position of the handicap signalling device used by the Starter.

In both **SCRATCH AND HANDICAP RACES** they shall **STOP** their watches at the instant ANY PART of the body of the competitor they are timing makes contact with the finish line. The method of touch especially in form strokes is not the concern of the

Timekeepers — again the watch is stopped when ANY PART of the competitor's body makes contact with the finish line.

They shall also keep a personal record of their individual times for an event in the case of queries from the Result Stewards, the Referee or any other official appointed for that purpose.

On the instruction from the CHIEF TIMEKEEPER watches must be zeroed prior to the start of the next race.

As most swimmers want to know what time they have achieved as soon as they have finished the race, the TIMEKEEPERS are permitted to inform them of the time recorded but must inform them that is UNOFFICIAL until the official announcement of results is made.

4. RESERVE TIMEKEEPERS

There are TWO (2) RESERVE TIMEKEEPERS who shall start their stop watches on the starting signal for all races.

They may be called upon at any time by the Chief Timekeeper to act as a Timekeeper in the case of a watch failure on a lane, or in any other timekeeping capacity requested by the Chief Timekeeper or the Referee, e.g. an additional time check on a record attempt or illness of a Timekeeper.

WATCH READING AND DETERMINATION OF OFFICIAL TIME

With most stop watches it is possible for the sweep hand to stop in between the tenths of a second. If this happens, the Timekeeper must record the time to the next tenth of a second slower as it is not possible to credit the swimmer with a time faster than he has actually achieved. e.g. the hand stopping between 7/10s and 8/10s would be recorded as 8/10ths of a second.

In determining the OFFICIAL TIME for a lane certain procedures are laid down. Where all three (3) watches do not record the same time and WHERE TWO WATCHES AGREE AND THE THIRD DIFFERS, the OFFICIAL TIME shall be that recorded as the two watches with the same time.

Where all THREE WATCHES DIFFER, the OFFICIAL TIME shall be that of the watch recording the middle time.

If for some reason there are only TWO WATCHES on a lane, the watch showing the SLOWER TIME recorded is taken as the OFFICIAL TIME.

To get a proper view of the finish by a competitor, the Timekeeper should be at the finish line directly over the lane in which is officiating.

To avoid anticipating the finish the Timekeeper should watch the swimmer approach until he gets to within about five metres from the finish. The Timekeeper then looks down the face of the finish wall and stops the watch when any part of the competitor's body touches the finish line.

It is essential that TIMEKEEPERS do not anticipate the finish and consequently stop the watch before the actual contact is made with the finish line.

WATCH READING ADJUSTMENTS

It sometimes happens that the Timekeepers' official times disagree with the Judges' placings by crediting the second placed swimmer a faster time than the first placed swimmer, according to the Judges. In this case the Judges' placings prevail and the times are adjusted to

credit both swimmers with the same time. The METHOD OF ADJUSTMENT is to add the times of all watches on the lanes concerned and then average these times. This AVERAGE TIME is given to both swimmers concerned.

This method would also be applied for any adjustment to the minor placings where the times and Judges' placings are in disagreement.

USE OF DIGITAL STOP WATCHES

Because of the increased use of stop watches reading up to 1/100th of a second and the fact that in some events, stop watches reading to 1/10th of a second are also being used, the following procedures shall be followed by the Timekeepers.

(a) Where there is a COMBINATION OF 1/100TH AND 1/10TH reading stop watches on a lane, the times recorded by the Timekeepers shall be that shown on each individual stop watch, and the Official time shall NOT in these instances be determined by the CHIEF LANE TIMEKEEPER.

(b) However, in the case where all stop watches on a lane are 1/100th of a second stop watches, the official time shall be recorded in 1/100th of a second by the Chief Lane Timekeeper in accordance with the procedure for determining the Official time for 1/10th of a second stop watches (see above).

Note: The CHIEF TIMEKEEPER shall note the combination of 1/10th second and 1/100th second stop watches used on each lane at the particular Meet and pass the information on to the Referee and the Chief Result Steward prior to the commencement of the Meet.

As a Timekeeper you may be required to sign an 'APPLICATION FOR RECORD' form. This form is signed by the three Timekeepers on the lane concerned, showing the times they actually recorded, and also is signed by the Official who actually checked the watches. This is normally signed by the Chief Timekeeper and in some instances the Referee. The form must be signed before leaving the pool at the conclusion of the Meet.

RECORDS

There must be three watches to record the winner's time in case a record is created, but it is desirable to have three watches on every lane in case RECORDS ARE CREATED BY SWIMMERS OTHER THAN THE WINNER.

- (a) A local record can be created by a swimmer other than the winner.
- (b) An Age Group record can be created by a swimmer competing outside his age group, without winning the event.

WATCH FAILURE

Even if there are three watches at the start and one stops during the race, the times from the two watches are not acceptable for record purposes.

To be accepted for record purposes, each of the watches must be started at the start of the race and not stopped until any part of the competitor's body touches the finishing line.

If a Timekeeper has found his watch has stopped during the race he must inform the CHIEF LANE TIMEKEEPER IMMEDIATELY

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so he can inform the CHIEF TIMEKEEPER. If there are RESERVE TIMEKEEPERS who have started their watches at the start they will be appointed to replace the Timekeeper whose watch has stopped. If there are no Reserve Timekeepers, the Chief Timekeeper will replace that Timekeeper by another Timekeeper from a lane where the competitor is not expected to fill a major placing.

The CHIEF TIMEKEEPER can also give the Timekeeper a start on his watch by a call from his own watch at say thirty or sixty seconds. The Timekeeper will ADD THIS ELAPSED TIME to the reading of his watch to allow his time to be used in the race. This time, taken in 'two (2) parts', WILL NOT BE ACCEPTED FOR RECORD PURPOSES as the watch was not started on the starting signal (gun).

CONTINUED NEXT ISSUE

Portraits

'OUR MAUI CHANNEL SWIM'

*By Harry Turner
(Lane Cove Masters)*

On Saturday, August 30th I had the pleasure of teaming with Paul Blake, David Barnett, Peter Josephs (all members of the Lane Cove Masters AUSSI Group), Alex Hillston and Ron Rodgers to represent Tattersalls' Club Sydney in the 9th Annual Maui Channel swim. This 9.6 mile 6 person relay between the Hawaiian islands of Lanai and Maui is organised by the Outrigger Canoe Club of Honolulu and attracts teams from all over the United States. Our team was the first overseas team to compete.

Fourteen teams and supporters left the Maui harbour town of Lahaina by boat at 6.00am on the day of the race and arrived at the starting line which is the beach of Lanai harbour at 8.00am.

Each team consisted of 6 swimmers, there were: all female teams, all male teams and mixed teams competing and each team had to have its own guide boat. The rules of the race require that each swimmer swim for 30 minutes and when each swimmer has completed their 30 minute segment each is required to swim for 10 minutes until the distance has been covered. Teams are not allowed to change the order of their swimmers which is established prior to the event commencing.

Unfortunately for our team our boat captain was inexperienced in escorting swimmers across the channel and after leading early in the race we

were caught in a strong rip which pushed us a mile off course and it took us some 45 minutes to complete the last 400 yards. Next time we will know why all the other teams headed to the right.

Overall we finished in 6th place which was a pleasing effort considering the crack swimmers in some of the other teams.

The water itself is magnificent to swim in but a little bit rough especially in the early stages of the race. Some of the swells were approximately 4' high and a couple of our supporters were sea sick. We were assured that there were no sharks in the area (we doubted this as someone had been attacked two weeks before the race) and we followed the example of the other teams by not swimming in cages. Consequently, there was always the nagging thought when you were 5 miles offshore that a big crunchy fish might come along and tickle your toes. However, we all survived.

After Maui the party returned to Honolulu and on the following Monday we lined up for the 11th Annual Waikiki Rough Water Swim. This swim covered 2.5 miles and is the swimming equivalent of Sydney's City to Surf run. Some 700 people took part in the swim which started with a mad run down the beach, a big sprint for some 200 yards to get clear of the mob and then

a great swim down the length of Waikiki culminating in a final sprint of some 50 yards up the beach to the finish. The course itself was well patrolled by boats and people on skis and it was marked by flags set at every 200 yards. Despite the flags it is still easy to get lost especially when goggles fog up and the chop picks up.

Our contingent swam well and we all finished within the first 80 competitors. Times for the

event range from 50 minutes to 3 hours so as you can see all abilities are attracted.

In summary, I would recommend that anyone interested in a great holiday which can be combined with some real fun swimming should very seriously consider going to Hawaii at the end of August. The climate is great and the swims are an experience not to be missed. I certainly hope to be able to make it back there before too long.

Calendar of Coming Events

1981

June Queen's Birthday Weekend — Tamworth Meet Saturday and Sunday — Open to all AUSSI Members.

September 3-6 PAN PACIFIC MASTERS — International Championship Swim Warringah Aquatic Centre — Sydney — open to members of any Country's Master Swimming Organisation. Entry forms — Brochures — Gary Stutsel, 299 Bexley Road, Bexley North, 2207. Phone: 522-6450 or AUSSI Office 50-7737.

1982

March SYDNEY — NATIONAL SWIM

Meets are held monthly in most States — Contact State Secretary.

Tasmania	—	Tina MacKenzie	Launceston	31-2918
Western Australia	—	Glenys McDonald	Perth	447-3578
South Australia	—	Patti Morris	Adelaide	264-8798
Victoria	—	Barbara Wilson	Melbourne	233-4847
Queensland	—	Ray Rose	Brisbane	343-2541
Nth Coast & Central Qld	—	Jill Pringle	Sunshine Coast	42-1500
Nth Queensland	—	Ray Stanbrook	Townsville	79-2684
New South Wales	—	Gary Stutsel	Sydney	50-7737

TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the June Edition of "AUSSI ADULT SWIMMING" must be received by 1st May.

Write to the Secretary, 299 Bexley Road, Bexley North. 2207 Australia

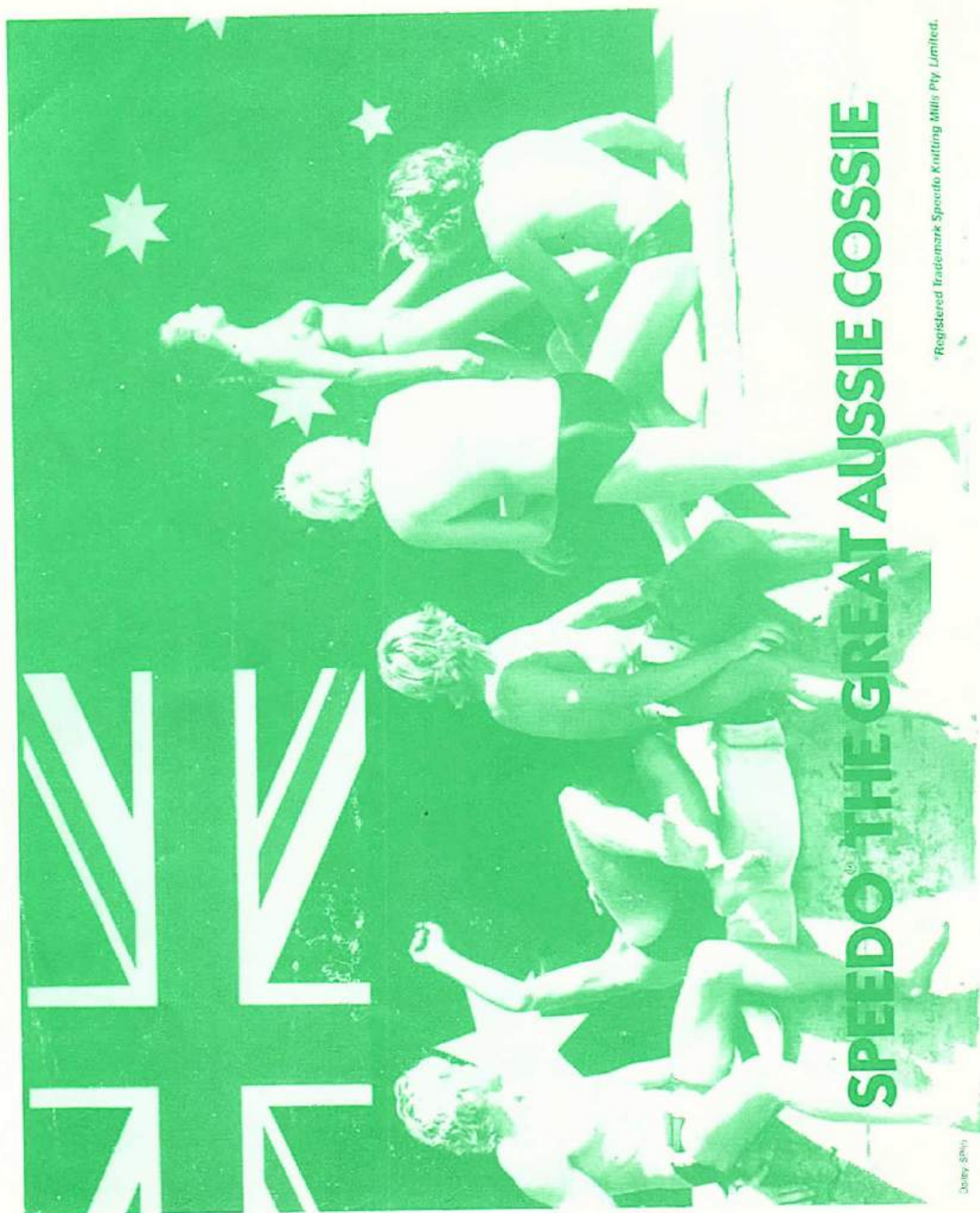
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