



# AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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JUNE, 1982

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## NATIONAL SWIM SYDNEY 1982



The Hon. Michael Cleary, M.P., Minister for Sport & Recreation 'opens' the 1982 National Swim at Warringah Aquatic Centre.

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# A.U.S.S... ADULT SWIMMING 1982



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## Carol's Comments



The National Swim is over, and our Annual General Meeting has been conducted. For 1982/83 the National Executive hasn't changed very much, however AUSSI has a new National Secretary, the current NSW State Secretary, Brian Hird has taken this office. At this stage one must thank Ann Still for the work load she carried from September '81 to April '82. The popular Peter Jackson is once again President and the ever reliable Mary Connolly, Treasurer. Des McCormick heads Fitness and Coaching and Carol Davis continues with AAS.

As I mentioned in the last two AAS magazines I was impatient to see the results of the WA Review — "AUSSI Where are we Heading?" I was not disappointed, the work put into this 80-odd-page publication was tremendous. When I explain that after 4 hours reading I still felt there were many areas I had to read again and reassess, you will realise that the review will assist those holding office for many years. I urge each State to make a detailed study of the recommendations and report back on their findings to the National Executive.

The National Office will continue on a shared basis with the NSW Branch Office — hopefully always helpful and pleasant will be Mesdames Evelyn Street and Carol Davis at (02) 521-8636 — P.O. Box 456, Sutherland.

I reiterate that AAS is not only a news sheet, I hope all members will use it as a means of sharing ideas and experiences, very little is ever rejected — so keep those letters and articles coming in.

The highlight of the AUSSI year is always the National Swim, certainly not everyone can attend for various reasons, and not all our members wish to attend, because competition is not what they want from AUSSI. However, for those who do, I believe they find the National Swim has an atmosphere of its own. This year 557 entries were received. There were 2,285 in-

dividual races in which 77 new Australian Records were set, 34 by the women, 43 by the men. Congratulations to the outstanding swimmers of the Meet, Richard Champion (41) of Power Points, Victoria and Jim Williams (50) of Tamworth NSW, 5 new National Records each and Alva Wyatt (40) of Baddaginnie, Victoria who kept the ladies' flag flying with 4 new National Records.

The six relay events saw 231 teams participate, and if there was some shyness in cheering on the individual, then it disappeared once "the team" was in the water, in fact during the medley relay one lady was so carried away that she was seen running alongside the pool, arms breaststroking furiously while calling to her teammate "swim, Swim, SWIM".

The National Executive would like to congratulate NSW for the great job they did in hosting the National Swim, the Sydney clubs did a fine job of officiating. Four people who worked long and hard, yet are not members of AUSSI were Jack Macklin (starter) and Alf Sparkes (referee) from the NSW ASA and the chief recorder/results and assistant, Audrey Stutsel and Jean Williams, who as Peter Jackson put it, just happened to be married to AUSSI members.

To our sponsors — City Mutual, Speedo and Gestetner, many thanks.

*Carol*

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# Swimmers' Viewpoint

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Miandetta Park  
DEVONPORT. TAS. 7310  
30th April, 1982

Dear Carol,

First impressions are lasting! and necessary ingredients for fond memories and that is just what my recollection of my introduction to AUSSI nationally is.

Slightly apprehensive of accepting the role of State delegate for Tasmania, I attended the morning session review of the WA Report — a report which was compiled in a truly professional manner, deserving of not only praise in the setting out but recognition to every member who sat on any of the sub-committees formed to deal with the tasks outlined. Many hours of planning and collating, sleepless nights of disappointing replies and reams of discarded notes are obviously justified in the final analysis. To quote that it is a "GOOD" report will not solve the many problems and situations which are now to light but it is the first rung on the ladder to the growing success of AUSSI.

I am sure that everyone can appreciate how important "follow-up" to the recommendations of this report will be. Let's not waste the manpower — or should I say women-power generated in the initial stages by lapsing into the relaxing lull of off-season rest. This is the time for seeking solutions through discussion with your members.

Following on to the Annual Meeting, I was pleased to see people anxious to accept positions for a second or perhaps in some cases more, season. Obviously this shows strong leadership through our President who, however, is only as good as his back-up crew and it would seem all of these members are enthusiastic and generous with their time for AUSSI. You, yourself have taken on a mammoth undertaking and I hope I will be able to supply you with some newsy tit-bits from Tassey.

I was looking forward to the coaches' meeting which was held on the Friday evening, however, thought it disappointing that each State could not supply a representative. It is true that a club needs a president, a secretary a general dog's

body and a "go for" girl but let's not forget that without the coaches there is little to be achieved. Unless someone is there to offer help to swimmers no matter how trivial their request may be and someone there to greet and encourage the newcomers then surely we would have no need for AUSSI at all.

If there were any problems during the swim meet itself, and I am sure you would have had more than your fair share — they were not evident in a happy and pleasant manner emanating from officials and competitors alike. I was always made to feel very much at home and for this I thank each of you, with special mention to Bob and Val Dorrington from Blacktown Beavers who approached me pool side some days prior to the championships with an offer to have somewhere to sit during the events.

I have my work cut out for me down here but I approach it with optimistic eagerness. Short term hopes of establishing the Devonport Club will commence with a Wine and Cheese evening next Thursday. Hopefully, in the longer term goal, Tassey will contest the Brisbane Nationals with a team of . . . more than one.

Thank you all, for the opportunity of competing and socialising with some of the most interesting personalities I have had the pleasure of working with.

*Trish Beveridge*

Dear Trish,

Thanks for your pertinent comments. Follow up will be very important — clubs must inform their States re the recommendations from the WA Review so as much material as is possible can be discussed at the July Council Meeting. I'm sure everyone would be keen to see a "team" from Tassie at the Brisbane Nationals — good luck.

*Carol*

Dear Carol,

On behalf of the members of Gold Coast AUSSI, I would like to express our appreciation to all those involved in the running of this year's National Swim.



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From the outset, with the welcoming barbecue, all members of our group without exception were most impressed, and appreciative of the AUSSI fellowship extended to them. Next year it will be Queensland's turn and we feel we have a hard act to follow ... If any members of Coogee/Randwick Club (especially their chef and caterers) wish to transfer to Gold Coast, they will be welcomed with open arms!

We wish to congratulate Ettalong Club for their fine performance. Their club spirit is a classic example to everyone that team involvement at these meets is what it is all about. We look forward to seeing the Pelicans, along with all the other teams, next April at Chandler.

Yours sincerely,

*Barry Anstey,  
President, Gold Coast AUSSI*

---

Dear Peter,

We would like to compliment all those involved in organising and running the 1982 National Swim. We have only been involved with AUSSI for some 6-7 months (after learning about AUSSI from the local paper which gave some space to our local club after last year's Pan Pacific Masters Championships) and consequently this was the first such Swim we had attended. With 16 events, 50 clubs, over 550 swimmers and a total of some 384 heats to be swum, the task of organisation must have been enormous. Nevertheless the Swim went smoothly over the 2½ days and we enjoyed it thoroughly.

Congratulations to the Carnival Committee and all who helped to make the Swim the success that it was and congratulations to all the swimmers who participated.

*Patsy & Peter Wilson  
Blacktown AUSSI, NSW  
48 Whitby Road,  
Kings Langley, 2147  
28th April, 1982*

Answer:

The Carnival Committee don't mind a little praise, so thanks. We are glad you enjoyed yourselves, and I know Queensland will come up with a top line carnival for the Nationals '83 — so start saving/training and getting that team spirit together.

Hills Aussi Masters,  
Pat Sommerville,  
Secretary  
97 Sommerville Road  
HORNSBY HEIGHTS. 2077

Dear Carol,

In my short time with AUSSI I have attended 3 large carnivals: 2 State Cups and one Pan Pacific, and being a mother of young children myself, I couldn't help but notice the number of very young children present, accompanying their very harassed parents. Wouldn't it be possible to put aside an area as a creche at these carnivals where pre-schoolers of competitors, officials and spectators could be looked after and entertained by a team of responsible people for a small fee?

With the big AUSSI carnivals turning into 3 and 4 day marathons now, it is becoming increasingly difficult to find sympathetic friends to take the kids over such a long period, and the lack of childminding facilities must deter a lot of young mums and dads from competing at all. Three days of keeping a bored toddler quiet or out of the pool isn't much fun!

Yours sincerely,

*Pat Sommerville (The Hills)*

Dear Pat,

I'm sure your letter will strike a cord with many of our readers. Evelyn rang Child Welfare, The Department of Youth and Community Services. They told us it would be possible to organise a creche or child minding because it would be viewed as occasional care, as the Meets are conducted over a limited period.

There are several ways of doing this, you can organise friends of swimmers to do the child minding at an agreed rate i.e. no union rates of pay involved, however, parents would have to sign a form stating that they took full responsibility for the child/children and that they would not be leaving the premises. In other words "all care taken, but no responsibility".

Or you can have trained staff on union rates, the rates depend on qualifications, i.e. babies require nursing qualifications. Child Welfare suggest that area should be 35 sq. ft. per child and a ratio of 1 adult for every 5 children as reasonable requirements. They also said equipment to amuse the children would have to be looked into.

Again Child Welfare said they would be happy to help if we wished to set up a creche or child minding centre for our next National Swim (don't forget there are small differences with



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regulations from State to State). So now it's over to you, what do you want? What are you prepared to pay for? I'm sure if there is a large enough need then something can be done.

*Carol*

---

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Dear Carol,

Thank you for the opportunity of representing City Mutual at your well-organised and obviously successful National Swim last month.

I had the pleasure of meeting a number of Aussies from all over Australia and some of your National Executive colleagues as well as the chance to acquire first hand experience of the well-deserved reputation enjoyed by your organisation for friendliness and enthusiasm.

During lunch Peter Jackson and I spent some time talking about how best AUSSI and City Mutual could work together and I thought you and your readers would be interested in one of our ideas.

City Mutual, like AUSSI is an expanding and successful organisation which depends on people as its principal resource. Despite gloomy media reports about the unemployment situation we are in need of quality career people to maintain our current momentum and long term growth. It seemed to me that your members may be able to help us identify some suitable people for these appointments which offer excellent career development opportunities.

To test the idea I have asked our New South Wales managers to contact the AUSSI clubs in their locality for an exploratory discussion. Any help your members can offer will be very much appreciated.

Meantime, thank you again for the chance to see AUSSI in action last month. I congratulate you all on a most successful National Swim and I would like to know that City Mutual is delighted to be associated with your organisation.

Yours sincerely,

*R.J. Betts*  
*Manager for New South Wales*

The Editor,  
A.A.S.

Dear Carol,

Two ACT Branch members recently attended a course arranged by the Centre for Continuing Education at ANU entitled "The Science of Fitness". I thought other AUSSI members may be interested in the content of the course, and I'm including a brief resume.

The course ran for one session on Friday night and three sessions on Saturday. It began with a lecture by Dr Frank Pyke of the Canberra CAE followed by question time. Topics covered included-

**1. The Case for being Physically Fit**

- \* Improve physical performance/productivity
- \* Control body weight
- \* Lessen chance of cardio-vascular disease
- \* Improve sense of well-being

**2. Understanding Physical Fitness**

- \* What is meant by being physically fit
- \* Basic components of fitness
  - Aerobic fitness
  - Muscular fitness
- \* Basic body structure
- \* Benefits of vigorous exercise

**3. Measuring Physical Fitness**

- \* Body composition
- \* Lung function
- \* Cardio-vascular endurance
- \* Muscular strength/endurance
- \* Flexibility

**4. Factors in Exercise Prescription**

- \* intensity, duration, frequency, type

**5. Factors in Exercise Adherence**

- \* Family support
- \* Availability of facilities
- \* Knowledge of Whys and Hows
- \* Enjoyment and Variety
- \* Competent leadership
- \* Group camaraderie
- \* Freedom from injury
- \* Periodic testing

Although this was a general course, point 5 especially is very relevant to our Club structure.

On Saturday morning each participant was scientifically tested at the Sport Studies Laboratory at the Canberra CAE. Physical characteristics (age, height, weight, total skinfold and percentage fat), blood pressure, lung func-

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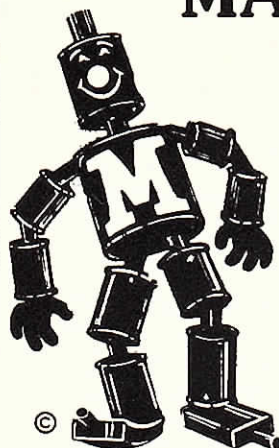
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tion, cardio-vascular endurance and flexibility were tested.

The afternoon session was held at a local health studio. The results of the morning's tests were discussed and put in perspective. We were then shown over the studio, evaluation of members and fitness programming was explained, and the equipment was demonstrated. The group then participated in a one hour Jazznastics session followed by a swim and spa.

The evening session was shared between Alan Hahn, an expert on muscles and exercising and Janet Pyke. Dr Hahn discussed:

### 1. Further Consideration in Exercise Programming

- \* Danger exercises
- \* Overuse injuries
- \* Heat illness
- \* Asthma
- \* Female considerations

Janet Pyke spoke on:

### 2. Nutrition, Weight Control and Exercise

- \* Basics of Nutrition
- \* Caloric value of foods
- \* Caloric expenditure of exercise
- \* Obesity
- \* Role of exercise in weight control

There was such a wealth of information and such a short time available that we are hoping to draw on the expertise of the above people for future coaching seminars. The section on danger exercises I found extremely relevant and could expand on this in another issue, if there is any interest.

The following books were listed as recommended reading:

**Bud Getchell** Physical Fitness, A Way of Life  
**Brian J. Sharkey** Physiology of Fitness  
**Frank Katch & William McArdle** Nutrition, Weight Control and Exercise  
**Dennis Lille's** Book of Family Fitness  
*Judy Ford, Canberra*

Dear Judy,

Thanks for your most informative letter, just speaking for myself I'd be very interested in hearing about "danger exercises", what about other AAS readers?

*Carol*

Dear Carol,

Your letter arrived just after I had finished reading the December 1981 issue of AAS which was very interesting and informative. But what I enjoy most is the AUSSI's sense of humour and obvious enjoyment of life which is evident throughout your magazine. Many terms used in Australia are quite different than we use in Canada.

Here for our readers are a few examples.

- instead of "meets" down under, they hold "swims" or better still "carnivals". To be more specific "The Festival of Fishers Ghost Carnival".
- Wouldn't your club enjoy returning home from a competition with the "Pelican Trophy" as the high point award?
- After our meets we sometimes serve "snacks, lunches, buffets" or perhaps a "disco dance". An example of post "swim" entertainment in Australia is the annual "BILLABONG BACKSTROKE FOLK DANCE" held "in a hall decorated with eucalyptus leaves and tilley lamps" of course!
- As to naming our clubs in CANADA we usually use the name of the town or city, perhaps adding the pool name or "Y". Why not something more imaginative such as the "WESTERN SUBURBS TURTLES" the "PILBARA PLATYPUS" the "MIGHTY MARLINS" or the best of all the "TEA TREE GULLY".

According to the ad on the back cover of AUSSI we swimmers don't even appear to be properly attired. Let's get with it CANUCKS — get yourself a "COSSIE"!

*Beth Whittall, Editor  
Masters Aquatic Canada*

Dear Beth,

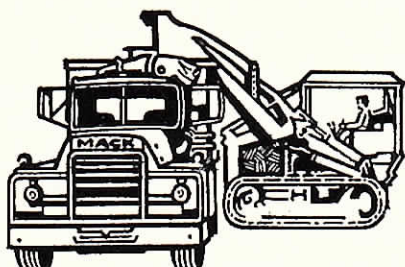
After reading your results page I felt my Club, the Cronulla/Sutherland Sharks, would have an affinity with your "Ernestown Barracuda Swim Club" however, my favourite was the Alderwood Teddy Bears, are they all fellows? because it conjures up such a cuddly image!!

I decided in this issue of AAS instead of featuring one of our own clubs in Club Profiles, I'd reprint your "Regina Masters Swimming Club" as I felt sure AUSSI members would be as interested as I was in how Masters Swimming Clubs in other countries function.

*Carol*



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Dear Carol,

Summerland AUSSI started in Lismore in mid-December, 1981, so is almost 6 months old or young! We have 15 members ranging in age from 25 to 76. Our 76-year-old senior member will be known to many AUSSI swimmers, he is Harry Fowler, who for many years has been his own AUSSI Club. Our congratulations to Harry for doing so well at the Nationals recently.

We have a very enthusiastic "core" of swimmers and to date our social gatherings are once a month coffee or snack meeting after our swimming sessions.

The Club is presently run by Angela, the secretary and myself — President/Fitness Director/Club Captain/Recorder and Organiser!! We seem to have great difficulty in getting other people onto the committee — is this a general problem for new clubs? Our membership ratio is 12:3!! women:men of which 12 members are under the age of 35.

Recently 4 of us travelled up to Southport for the Gold Coast carnival. We thoroughly enjoyed our first "encounter" with other AUSSIs and look forward to others.

Anyone who has advice to offer a new club please write as suggestions are welcome — as Angela and I are "feeling" our way.

Sincerely,

*Kevin Gallaway*

Any suggestions please write to Kevin C/AAS your suggestions may not only help Summerland, but also other struggling clubs.

*Carol*

---

## Open Letter to Masters Swimmers

Dear Fellow Aquaticians:

Regretfully I must bid farewell to all of you as a competitor. However, you may see me at some of the Regional and National meets in a different role. Those of you who were at Canton, OH last summer may already be aware of this. I hope to dutifully continue this privilege.

Some of you may already know that I suffered a heart attack in the 5th Region 11 Masters Championships near Baltimore on the 28th February, 1982. From this day forward I will support the gracious host team, Maryland Masters, my team, in a variety of non-competitive roles.

Our founder, Ransom Arthur, has told us

**"that we cannot absolutely guarantee that continued physical fitness through heavy exercise will protect you against all heart attacks."** Until 28 February, this seemed to be to be an invincible shield of immunity. But now, this 'my' umbrella of protection, has been shattered.

I believe that we owe Ransom Arthur infinite thanks. 10 years of glory, 10 national championships and one (1) national title should be enough for **anyone!** Verily I will miss competition, but I agree with my cardiologist that the risk to continue would be perilous. In lieu of this however, I will just swim for the fun of it.

In parting I would not recommend that you work out on your own as I had been doing since 1979. Unless you are a professional coach or M.D., you might work yourself into an overly stressful situation. Taking L.S. and W.S. I. concurrently and trying to maintain a level of 75% combat readiness may have been the deciding factor.

I further recommend that all 40 plus year olds have a semi-annual check up and ease off a bit on repeat 50's and 100's. I shall see you again dear friends but 'until we meet once more, here's wishing you a happy voyage home'.

**Anchors Aweigh.**

*Mark Coughlin*

*Maryland Masters Swim Team*

I've reprinted this letter from Swim Master because I believe it conveys a warning in first person which will perhaps be heeded more than any other than can be given by National, State or Club Fitness Directors.

*Carol*

---

14 Gracilis Way,  
BIDWILL. 2770

Dear Carol,

On behalf of the Blacktown Beavers I would like to thank all the clubs that attended our carnival and for the individual help from people (names too numerous to mention) who helped make our day a success.

We were happy that some of the records attempted were successful and we would like to congratulate each one —

Bess Barrie (Coogee/Randwick), Pat Somerville (Hills), N. Russell Smith (Coogee/Randwick), Jim Williams (Tamworth), Kevin Vickery (Ettalong).

We were very impressed with Ettalong's



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presentation to Graham Irvine of Western Suburbs Club. It was a beautiful gesture on their part. Thank you Ettalong, you made our day.

We enjoyed the National and State Titles — Congratulations to all the organisers. It was an excellent 3 days of swimming.

Thank you,

*M. McCafferty  
Publicity Officer,  
Blacktown Beavers*

Dear Marlene,

Everyone who attended the Blacktown Carnival had a good time. The 200m events gave a lot of swimmers the chance to clock times under carnival conditions. The great thing about AUSSI is that all in one day's outing we swam hard and records were achieved, relaxed over that great BBQ then found time to compliment a young man whose attitude to a disability makes us all admire him.

*Carol*

---

## HEARD BY HIRD

Another change in National Secretary, let me introduce myself. My name is Brian Hird, although many of you probably don't know me by name, those of you who swam at the 1982 National Swim know my face.

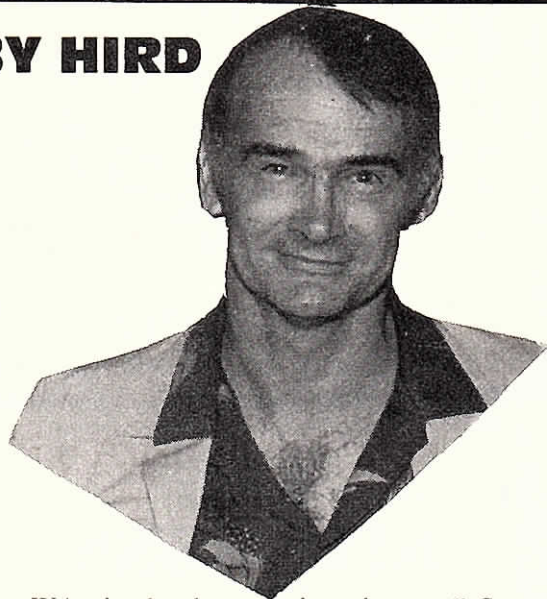
I have replaced Ann Still as Secretary and would like to take this opportunity to thank Ann for the hard work and effort she put into the job as National Secretary since the resignation of Garry Stutsel last September. It wasn't an easy job and although Ann declined as National Secretary at the recent National Conference, she is still willing to work and offered to assist the National Executive where possible.

The job of National Secretary is becoming more demanding with the growth of AUSSI but with the team of Peter Jackson (President), Mary Connolly (Treasurer) and the two ladies in the office, Carol Davis and Evelyn Street, I'm sure we can cope with your support.

Peter Gillett, President of the South Australian Branch, has offered to take some of the burden away from NSW. Peter has volunteered to take over the recording to the Top Ten for 1982. Good luck Peter.

Another point worthy of mention is that at the recent Annual National Council Meeting it was decided by the States' delegates to publish a summary of all future National Council minutes in the AAS Magazine. This we hope will keep all AUSSI registered members up to date with the running of your Association.

At the National Council Meeting held in Canberra early August 1981, it was resolved that the WA Branch should review the direction that AUSSI was taking and report back to the Annual National Council Meeting held at Warringah Pool (Sydney) 15th April, 1982.



WA circulated a questionnaire to all States and clubs with a very negative result, in fact they only received thirteen replies, four of these from their own clubs. Despite this WA came up with a most comprehensive 85-page report and are to be congratulated.

It was obvious to all State delegates who received a copy of the report called "Where are we At" "Where are we Going", that WA had put a lot of time and research into producing this report.

I urge all States to get behind WA and study their report, then come back with answers to their recommendations by the next National Council Meeting to be held in Adelaide at the end of July, 1982.

AUSSI Masters Swimming in Australia is a fast growing organisation, so let's all get together and plan something concrete for the future.

Yours in swimming,

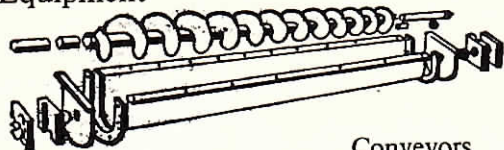
*Brian Hird*



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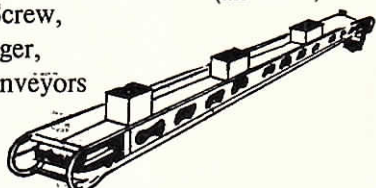
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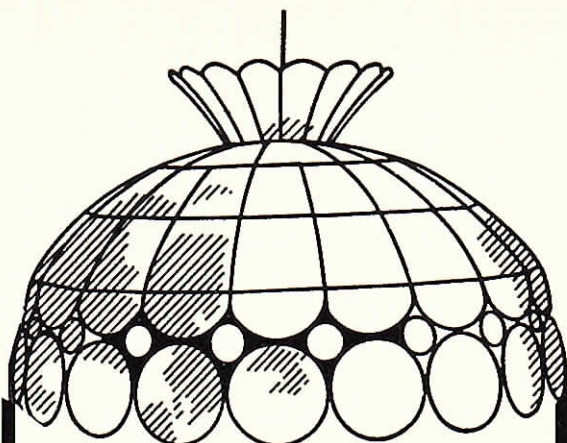
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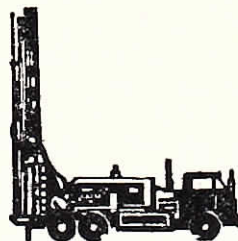
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# SUMMARY OF NATIONAL COUNCIL MEETING

15th April, 1982 at Warringah Aquatic Centre

## Present:

P. Jackson, President  
A. Still, Secretary  
National Executive: Mary Connolly,  
Treasurer; Des McCormick, National Fitness &  
Coaching Director; Carol Davis, AAS Editor,  
Publicity & Promotions.

ACT — Bill Parker, Judy Ford  
NSW — Brian Hird, Bob Dorrington  
Qld — Robyn Cobbe  
SA — Peter Gillett, June Waite  
WA — Glenys McDonald, Toni Morris  
Vic — Danny Smith, Barbara Wilson  
Tas — Patricia Beveridge

The formal reading of the minutes from the AGM 13th March, 1981 and Council Meeting 1st/2nd August, 1981 and business arising were dealt with. All reports presented and accepted.

## Election of Officers

Elected unopposed for the 1982/83 term were:  
President: Peter Jackson, Coogee/Ranwick,  
NSW.

Secretary: Brian Hird, Western Suburbs,  
NSW.

Treasurer: Mary Connolly, Coogee/Randwick,  
NSW.

Appointed by Council —  
National Fitness and Coaching Director: Des  
McCormick, Hills, NSW

AAS Editor: Carol Davis, Cronulla-  
Sutherland, NSW.

1. On recommendation of WA Review and AAS Editor — the positions of National Fitness and Coaching Director and Editor AAS be nominated and voted positions, not appointments.
2. Victoria presented submission to host 1984 Nationals — this was accepted.
3. Discussion regarding States distributing the awards badges — Council in favour.
4. Formal thanks were directed to Ann Still for her work as National Secretary from September, 1981 and to the WA Branch for

their presentation of the Review on "Where AUSSI is heading — 10 years Ahead".

5. The mid-year Council Meeting will be held on July 24/25th — South Australia to host and organise the weekend.
  6. The Victorian Branch presented a new proposed programme for the 1983 National Swim. Council were impressed with programme and sought its implementation for the 1983 and 1984 National Swims.
  7. Due to an increase in events, 7 individual swims will be needed, also due to not only increase in events but also numbers, an extra day or sessions may be required for the 83/84 National Swims.
  8. Fees for 1983 were deferred until the mid year Council meeting where a full cost/expenses and proposed budget will be presented.
  9. 18-24 age group — Deferred until the mid year Council Meeting — where written confirmation of the ASU ruling is requested.
  10. The 2nd Pan Pacific is to be run by the National Executive with assistance requested from the NSW clubs.
  11. **Top Ten** — Each State to elect a recorder or sub-committee to deal with Top Ten Cards. The South Australian Branch will then be responsible for the final production of the 1983 National Top Ten.
  12. The Objectives for 1982/83 — That the BRANCHES research WA Review report and such items for possible implementation be in the hands of the National Secretary by 11th June 1982 and copies of such reports be forwarded to State Secretaries by 25th June.
- In conclusion all delegates were pleased with the amount of business handled, however requested a full day to deal with business for the mid year Council Meeting, with Sunday morning kept free to deal with any overflow.

*Compiled by Carol Davis for AAS*



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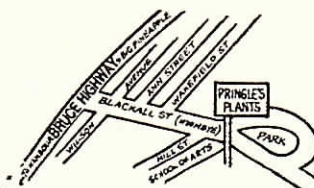
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# State News

## NEW SOUTH WALES

Well, it's all over, and what an event it turned out to be. The 1982 National Swim and Australian Club Championships incorporating the NSW State Cup ran like clock work, considering there were sixteen events with no less than 384 heats. The greatest number of entries were in the 50 metre Freestyle, this event had 53 heats.

All officials are to be commended on the effort and hard work put into making the championships the success they were.

From marshall Des McCormick to starter Jack Macklin, referee Alf Sparkes through to timekeepers, then to recorders, with a team like this how could we go wrong.

The two top teams of the carnival, Ettalong and Coogee/Randwick combined together to make the welcome barbecue a night to remember.

Ettalong were responsible for the raising of funds, and Coogee/Randwick the catering. Both clubs did an excellent job.

I could go on forever praising the different people, and clubs, who had a hand in the organisation of this memorable occasion, so I will cut it short and will just mention two gentlemen in particular. Alf Sparkes referee, and Jack Macklin starter. These two men, not members of AUSSI, worked through Friday (9 hours) non stop without a break, continued Saturday all day and Sunday morning on a voluntary basis, our sincere thanks to these two on a job well done.

I would like to point out that there were 556 individual swimmers entered this year, which is an increase on last year of 92, and 50 clubs increase of 8 clubs. This argues well for the future of AUSSI Masters Swimming in Australia.

There were many records broken at the recent National Swim and some of them were NSW records. To my knowledge there is no such thing as a NSW record. Let's make it official, after all Paul Wyatt of Coogee/Randwick spent hours prior to the Nationals, researching and recording these times, congratulations Paul.

At the time of writing we have held two council of Club meetings in country areas one at

Armidale and the other at Ettalong, both meetings ran successfully. The next country meeting will be held at Tamworth. Followed by a city meeting, then the AGM on September 18th. Let's have a good role up at this AGM, our intention is to hold it at the State Office at Sutherland in the morning prior to the Cronulla/Sutherland Swim.

The Cronulla/Sutherland Swim will be the first Pelican Trophy event in the 1982/1983 season. Speaking of the Pelican Trophy at the conclusion of the State Cup Coogee/Randwick holds the lead on 5 points followed by Ettalong 7 points, Cronulla/Sutherland 10 points and North Sydney on 13 points. I will keep Club Secretaries informed on the progressive points of the Pelican Trophy with a newsletter with each copy of the State Council of Clubs minutes.

Another new date to add to your calendar is the 21st November 1982. Muswellbrook are holding their first carnival, they intend to hold it Sunday so teams from Sydney can travel up on Saturday and have a fresh start on Sunday around 10am to 11am. Information will be forwarded to all clubs.

### Update NSW AUSSI Calendar for 1982

- June 12th: General Meeting — Tamworth
- 13th: Tamworth Swim — Pelican Trophy
- July 3rd: Western Suburbs Swim — Post Entries
- 31st: Ettalong Swim — Pelican Trophy
- Aug 14th: General Meeting — Sports House
- Sept 18th: Annual General Meeting — Sutherland
- 18th: Cronulla/Sutherland Swim — Pelican
- Oct 2nd: Hunter Swim
- Nov 6th: Hills Swim — Pelican Trophy
- Nov 21st: Muswellbrook Swim
- Dec 4th: Western Suburbs Swim — Pelican Trophy
- 18th: General Meeting

NOTE: Hunter and Muswellbrook have yet to apply for inclusion in the Pelican Trophy.

Yours in swimming,

*Brian*



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## WESTERN AUSTRALIA

Dear Carol,

There always seems to be something going on in the AUSSI year. Our State Swim in February saw a great carnival for nearly 300 swimmers, with Osborne Park running out winners yet again in a narrow victory over Melville. Some great National records went flying plus a world record of 31.75 from 50m Fly in the 30-34 age group for Lyn McKenzie of Osborne Park.

Then a team of about 40 swimmers, representing seven WA clubs, competed in the Nationals in Sydney. Perhaps travelling so far has its advantages because we all forgot we came from seven different clubs, and for once we were all just West Australians and loudly cheered and encouraged each and everyone of our swimmers during their swim. Our thanks to Peter Jackson and all his helpers for a terrific 3-day carnival.

Now back home we are preparing for the second of our interclub swim meets where Carine, Maida Vale, Somerset and Whitfords meet together at one venue and Osborne Park, Inglewood, Claremont and Melville meet at another. The first mentioned club is the host and this works well for us. Everyone gets to swim in all the interclub swims and the overworked, underpaid recorders don't have so many headaches.

Now, also I have heard the clubs are busy clocking up their swims towards the National Aerobic Trophy. So come on you other States, WA is issuing a challenge. Who is the fittest club in Australia?

Yours,

*Glenys McDonald*

## A.C.T.

Hello from Canberra! Although it was quite a while ago, I'm sure all who participated in the Australia Day activities enjoyed themselves as much as we did. Thank you for trekking up the hill and making the carnival and Lake Swim such successes.

The cold water of the Deakin pool didn't sway many from their tasks, and quite a few probably surprised themselves with their performances. Although the results were read out at the party at Helen Rees', the first placegetters are here in print for future reference.

### Ladies

25-29	Julie Gregory	CNB
30-34	Andree Gilroy	CNB
35-39	Judy Ford	CNB
40-44	Fay Gould	HUN
45-49	Penney Dunn	ETT
50-54	Liz Wallis	MAN
55-59	Daphne Field	ETT
60-64	Thea Oliver	ETT

### Men

25-29	Robin Sweeney	CNB
30-34	Don Spender	HILLS
35-39	Brian Green	COO
40-44	Peter Watson	TAM
45-49	Vic Asher	VIC
50-54	Des McCormick	HILLS
55-59	Kevin Vickery	ETT
60-64	Bob Harris	ETT

The BBQ'ers on Sunday were given an extra treat from the many coloured sailing craft on the Lake near the Black Mountain Peninsula. From what I hear, not many interrupted their meals to have a good look, so I can assume the food wasn't too bad.

For those who stayed and pitted their strength against the demon moss-grower (i.e. the lake) on the Monday, the satisfaction of finishing without Water Police aid was reward in itself. The "Le Mans" style start was exciting to watch with several onlookers muttering "they must be mad" ... Des Renford watch out!

The team of 11 from both Clubs that competed in the Nationals performed well, with "personal best times" being swum in many cases. The competitors can be assured that all the ACT members are proud of their performances and naturally we would be lacking not to congratulate Gaynor Stark, Helen Rees and Judy Ford upon their placings.

Spare a thought for the ACT Branch committee meetings on these cold Canberra nights, where the ideas for an August Southern Districts Coaching Seminar and an interdepartmental competition have been suggested. Any AUSSI members interested in attending/participating in the Coaching Seminar on 21st August should contact the Branch Secretary, Judy Ford, at 7 Brownlow Place, Holt, 2615 (Phone 062-548-541) by 31st July, 1982. The Committee has also been busy dissecting the WA Report. Sub-committees have been formed and reports will be presented by the end of May.

*Bill Whitaker*  
Publicity Officer



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# NATIONAL SWIM AND CLUB CHAMPIONSHIPS — 1982

AT WARRINGAH AQUATIC CENTRE

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APRIL 16-17-18

by Carol Davis



President Peter Jackson welcomes everyone to the 1982 National Swim.

Any State who hosts a National Swim or group of people who become the Carnival Committee know the work begins months before and becomes more frantic as the time draws closer. Usually every group has a Worry Whart — well that was me. I used to hand everyone check lists, in fact drove the rest of the Carnival Committee mad with them.

"Don't worry Carol, it'll all get done" Brian Hird said many times — while Peter Jackson tended to automatically ask if I had one of my "check lists" even when I said, "shall I make the coffee".

Actually it's great to be part of such a good group and we did have a "dress rehearsal" with the Pan Pacific in September. Also it's a big ad-

vantage having a complex like Warringah Aquatic Centre. So, all arrangements made, suddenly it's the 15th of April, mad dash along General Holmes Drive to Mascot Airport where the delegates and some competitors from the other States are arriving, hugs and kisses (being a female has its advantages) when greeting folk, although often only seen twice a year have become good friends. Welcome to Sydney and NSW.

Thursday, an early morning swim for the keen ones and who could resist that lovely pool. Then off to listen to Glenys McDonald and Toni Morris present the "WA Review — AUSSI — Where are we Heading".

Everyone was so absorbed that before we



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knew it, it was lunch time. The afternoon was taken up with the business of running AUSSI as per the Council Meeting. Thursday night — get together time, a welcome BBQ from NSW to all interstate competitors. What a fun night, plenty to eat and drink, lots of old friends to greet and new friends to make.

Friday morning and it's down to business, the first event (and one of the most popular) the 400m F/s and as the morning wore on some fine performances and exciting swims. This year 557 competitors from 50 clubs from all over Australia competed. Des McCormick marshalled us into our lanes, Jack Macklin put us in the water and Alf Spakes kept his eagle referee's eye on us, while members from the Sydney clubs timekept and recorded our efforts.

Saturday and the first of the relay events, these are real club efforts and all the more exciting. It's always a little sad if you have travelled a long way and there just aren't enough of your club members to make up a team, so NSW felt extra good on their home ground. However, strong teams from Queensland, Victoria and South Australia made sure the Sydney-siders were kept honest.

The Hon. Mike Cleary, Minister for Sport and Recreation, joined us for our official opening, then he and our other guests from City Mutual, Speedo, the N.S.W.A.S.A. and Warringah Shire Council along with the State delegates had a most enjoyable lunch. Well, yours truly had to pass on the cheesecake as the 100m F/s was the next event after lunch.

Sunday the final day and naturally the most popular event, 50m F/s — with some smart officiating we managed this event very well.

Then it was time for everyone to relax and enjoy themselves at the Manly Vale Hotel. Wine, dine and dance — was the order of the day, talking was impossible however, those of us with teenage children took the rock band in our stride.

The results arrived, cheers all around, Ettalong Pelicans waited patiently to be announced 1982 winners, with Coogee/Randwick runners up, Adelaide Masters took home the Visitors Trophy yet again. The State Relay Shields were evenly shared around, and it says a lot when North Lodge can take a Relay Shield even though they were a visiting club.

The individual winners were duly presented with their medals, congratulated, photographed and certainly feted in their own clubs.

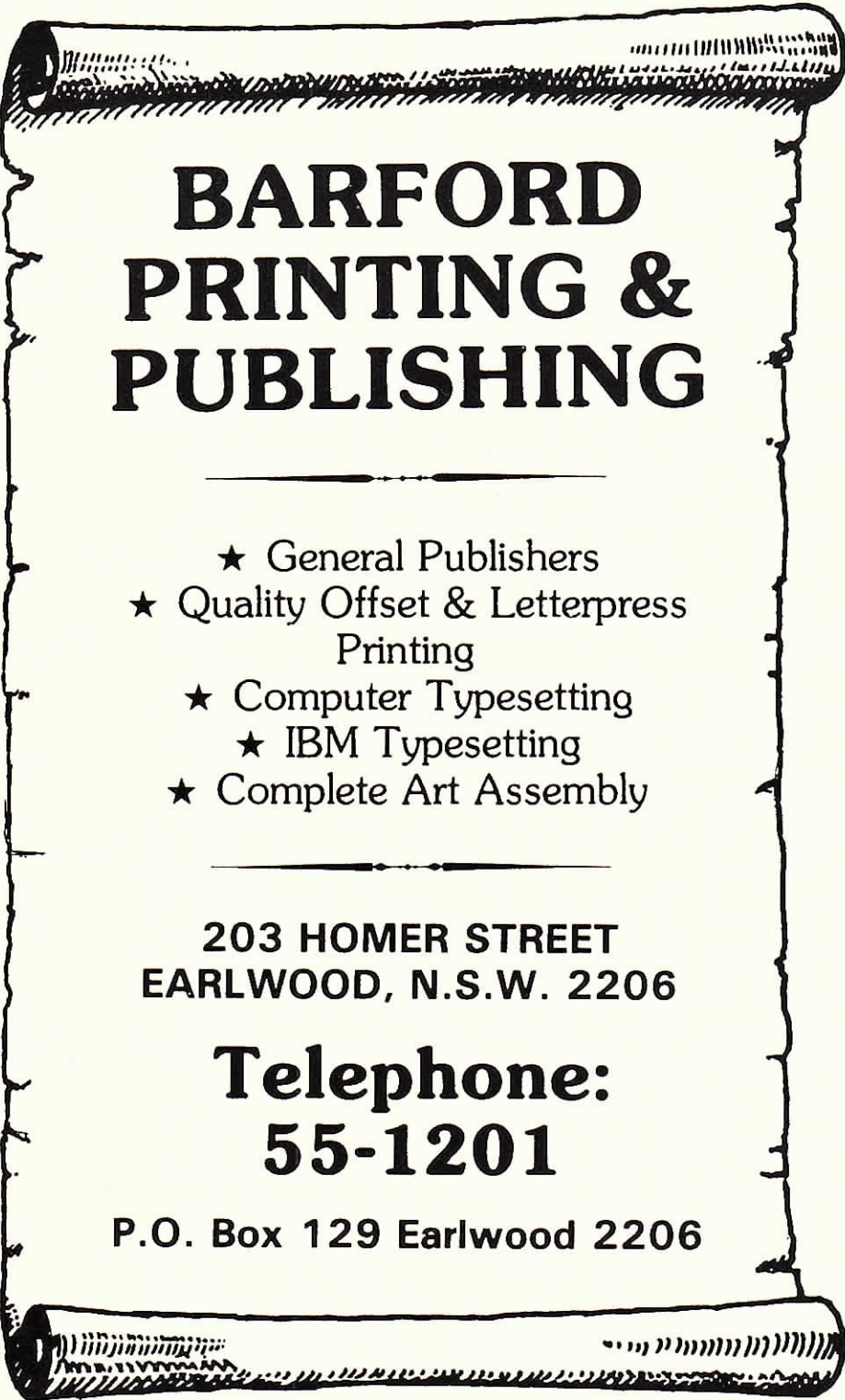
So that was the Nationals 1982 — always something special, hard work for the Carnival Committee, but then isn't anything that's special or worthwhile. Me! I'm looking forward to Brisbane, you know what they say, maybe next year I'll . . . .

Full results as follows:-

#### **CLUB POINT SCORE:**

1. Ettalong (NSW) Founders Trophy
2. Coogee/Randwick (NSW) Runners Up Trophy
3. Adelaide Masters (SA) Visitors Trophy
4. Manly (NSW)
5. North Lodge (Vic)
6. Cronulla/Sutherland (NSW)
7. Power Points (Vic)
8. North Sydney (NSW)
9. Gold Coast (Qld)
10. Meville (WA)
11. Hills (NSW)
12. Claremont (WA)
13. Blacktown Beavers (NSW)
14. Osborne Park (WA)
15. Canberra (ACT)
16. University of NSW (NSW)
17. Hunter (NSW)
18. Tamworth (NSW)
19. Western Suburbs (NSW)
20. Lane Cove (NSW)
21. Atlantis (SA)
22. St George (NSW)
23. Rockhampton (Qld)
24. Central District Seals (SA)
25. Muswellbrook (NSW)
26. Campbelltown (NSW)
27. Whitford (WA) and Badagginie (Vic)
29. Marion (SA)
30. Townsville (Qld)
31. Franston Peninsula (Vic) and Sydney Sharks (Vic)
33. Summerland/Lismore (NSW)
34. Narooma (NSW) and Corryong (Vic)
36. Inglewood (WA)
37. Ryde (NSW)
38. Tea Tree Gully (SA) and Diamond Valley (Vic)
40. Burley Griffin (ACT)
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 45 and over — North Lodge (Vic)  
 55 and over — Manly (NSW)  
 65 and over — Ettalong (NSW)

## RELAY RESULTS

The State Shields for the relay point scores were won by:

25 and over — North Sydney (NSW)

The relays were point scored over 6 events, 4 x 50 mixed medley, 4 x 50 mixed freestyle, 4 x 50 women's medley, 4 x 50 men's medley, 4 x 50 women's freestyle and 4 x 50 men's freestyle.

Individual results were calculated over the 6 events out of 10 swum.

## Women

25 - 29	Gold	M. Eccleston, Coogee/Randwick, NSW	22
		A. Killmier, Power Points, VIC	22
	Bronze	K. Gibson, Rockhampton, QLD	18
30 - 34	Gold	G. Stark, Canberra, ACT	19
	Silver	S. Anderson, Gold Coast, QLD	18
	Bronze	M. Earp, North Sydney, NSW	15
35 - 39	Gold	Rae Wilshire, Cronulla/Sutherland, NSW	24
	Silver	H. Rees, Canberra, ACT	17
	Bronze	S. Eastoe, Power Points, VIC	15
40 - 44	Gold	A. Wyatt, Baddaginnie, VIC	22
	Silver	C. Green, Osborne Park, WA	18
	Bronze	B. Newby, Tamworth, NSW	12
		G. Robinson, North Lodge, VIC	12
45 - 49	Gold	B. Wilson, North Lodge, VIC	23
	Silver	A. Kinnaird, Frankston, VIC	17
		M. Kroon, Ettalong, NSW	17
50 - 54	Gold	E. Wallis, Manly, NSW	23
	Silver	J. Sansom, Adelaide Masters, SA	22
	Bronze	S. Howard, North Lodge, VIC	17
55 - 59	Gold	M. MacKinnon, Central District Seals, SA	22
	Silver	N. Rowe, Cronulla/Sutherland, NSW	20
	Bronze	B. Grace, Narooma, NSW	15
60 - 64	Gold	B. Callaghan, Manly, NSW	21
	Silver	J. Drake-Brockman, Claremont, WA	19
		M. Dutton, Power Points, VIC	19
65 - 69	Gold	B. Barrie, Coogee/Randwick, NSW	24
	Silver	L. Johnstone, Manly, NSW	19
	Bronze	D. Nicol, Gold Coast, QLD	13
70 - 74	Gold	M. Bishop, Melville, WA	22
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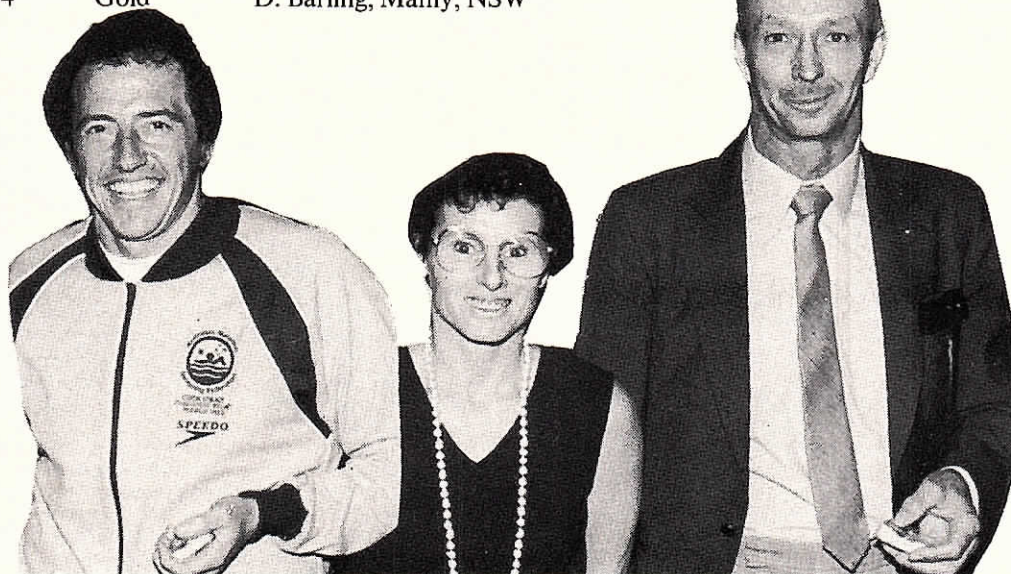
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	Silver	H. Turner, Lane Cove, NSW	13
	Bronze	G. Stutsel, Cronulla/Sutherland, NSW	12
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	Gold	J. Crips, Gold Coast, QLD	17
	Silver	D. Leoliger, Adelaide Masters, SA	17
	Bronze	W. Riley, Coogee/Randwick, NSW	16
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	Silver	J. Wilson, Power Points, VIC	12
	Bronze	J. McMahon, Lane Cove, NSW	11
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	Silver	T. Donovan, North Lodge, VIC	16
		D. Redpath, Adelaide Masters, SA	16
60 - 64	Gold	K. Little, Coogee/Randwick, NSW	23
	Silver	B. Harris, Ettalong, NSW	15
		B. McCabe, North Lodge, VIC	15
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	Silver	I. Craig, Manly, NSW	16
	Bronze	T. Winstanley, Ettalong, NSW	12
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	Silver	E. Walther, Manly, NSW	20
	Bronze	H. Fowler, Summerland Lismore, NSW	16
80 - 84	Gold	D. Barling, Manly, NSW	8



"The Record Breakers"

National Treasurer Mary Connolly with Richard Campion of Power Points, Victoria (left) and Jim Williams of Tamowrth, NSW (right.)



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The prohibitions against misleading or deceptive conduct and certain other specified conduct in advertising are contained in various sections of the Act, some of which are as follows:

**Section 52** of the Act provides in effect that no person or incorporated body whether within or in some cases outside Australia shall engage in conduct that is misleading or deceptive, in trade or commerce.

**Section 53** of the Act provides in effect that it shall be a criminal offence for a person or incorporated body whether within or, in some cases, outside Australia, in trade or commerce in connexion with the actual or possible supply of goods or services or in connexion with the promotion by any means of the supply or use of goods or services—

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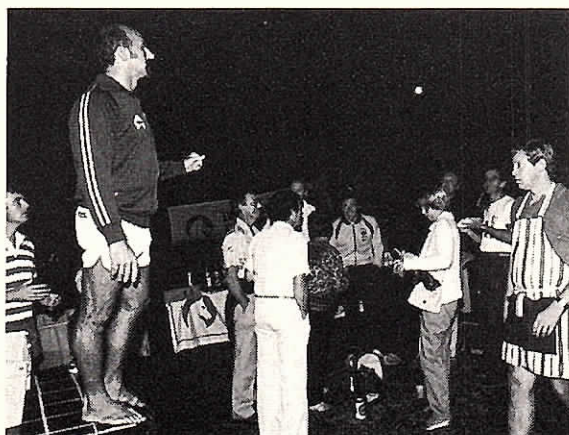
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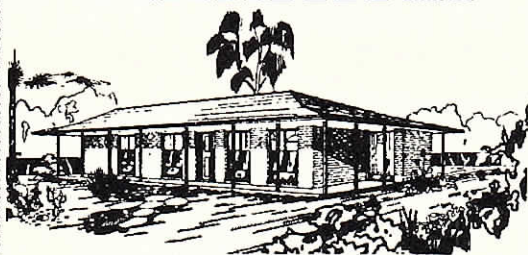


4.

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5.  
Foster Wilson responds on Ettalong's behalf (Founders Trophy winners) — while Kevin Vickery and Peter Jackson look on.



6.  
Adelaide Masters take home the Visitors Shield presented by Peter Theodore of City Mutual.



7.  
The NSW Relay Shield to Ettalong — accepted by Frank Griffiths presented by NSW Treasurer, Bob Dorrington.



8.  
The WA Relay Shield to Manly — accepted by Betty Callaghan from WA President, Toni Morris.



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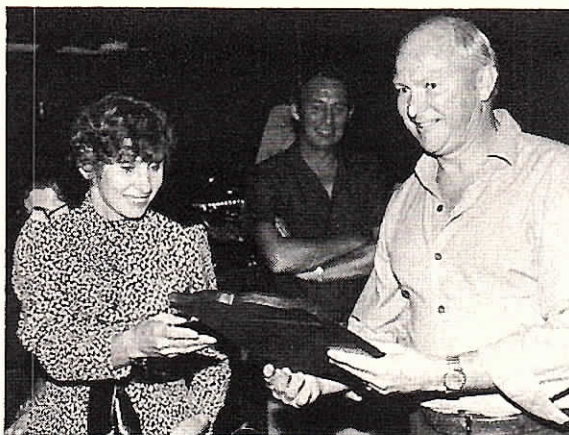
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9.

The Victorian Relay Shield — they took it home themselves — John Robinson of North Lodge accepts from AAS Editor, Carol Davis.



10.

The Runners Up Shield from ACT Branch to Coogee/Randwick.



11.

The National Fitness and Coaching Director, Des McCormick, flanked by the dual gold medalist 25/29 (left) Anita Killmier (Power Points, Vic.) and Maree Eccleston (Coogee-Randwick, NSW).



12.

Talent to spare — Brains, Beauty and Speed — they have it all. 35/39 Medalists, left to right, Sue Eastoe (Power Points, Vic.), bronze, Rae Wilsmore (Cronulla/Sutherland, NSW) gold and Helen Rees (Canberra, ACT) silver.



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3



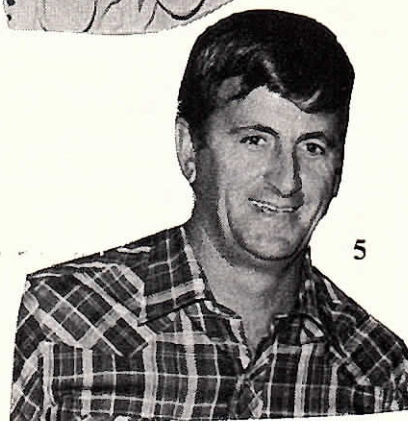
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4



6



5



7

1. Elizabeth Wallis (50/54), Manly, NSW (Gold).
2. Betty Callaghan (60/64), Manly, NSW (Gold).
3. Josie Sansom (50/54), Adelaide Masters SA (Silver).
4. Ray Taylor (30/34), Manly, NSW (Gold).
5. Bob Ford (40/44), Hunter, NSW (Bronze).
6. Ross Wilcock (30/34), Cronulla, NSW (Silver).
7. Jack McMahon (50/54), Lane Cove, NSW (Bronze).



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# Club Profile

## REGINA MASTERS SWIMMING CLUB

*by Wendy Warren, President*

As I sit at my typewriter, looking out my window, I can see the smoke of a dozen chimneys, spewing itself into the frosty air. It makes a sharp right angle turn as it is hit by the high winds sweeping out of Alberta.

The voice on the radio tells me that the wind-chill factor today is 2600 watts. sq. meter. I believe him only because he goes on to tell me that this is the dangerous level, when exposed skin will freeze in less than a minute!

What do the descendants of the hardy pioneers, who settled the great plains, less than a hundred years ago, do, to retain their sanity, in this hostile environment? We SWIM!

Swimming is a popular sport in Saskatchewan, for all ages, and Masters Swimming is no exception.

The Regina Masters Swimming Club is the most successful club in Regina. This is due to several factors; the first being the community-consciousness of the University of Regina, which provides us with the use of their facility at a cost which enables us to keep our operating expenses reasonable. The second factor which contributes to our success is our membership. This has been both large and enthusiastic since the inception of the Club in 1977, and our number currently stands at 65, the size of our pool prohibiting any

further growth. Consequently our waiting list has grown every year, in spite of the fact that we have never advertised ourselves! The third, and to my thinking, most important factor, which has contributed to our success, is the fact that our Club is dedicated to fitness, and conditioning rather than to competition. While we have had excellent coaching aimed at high performances at meets, we do not stress the competitive aspect of swimming. Rather, we view competition as just another measure of our fitness program.

Having now stated our disinterest in competition, I must mention the achievements of the Club in this area. Since September Club members have participated in Masters Meets in Saskatoon, Edmonton, Winnipeg, and Calgary. We had an excellent turn out at our own meet in November. In addition to the Masters Meets, our Club has participated in two celebrity meets, successfully bringing home the first place relay trophy from one.

After a long Christmas lay-off, due to the annual refit of the pool, we are all eager to be back in the water with our new coach, Mr Shawn Derby, and are looking forward to the Western Canadian Championships, in Saskatoon, this spring.

See you all there! (the weather does improve).

# Portraits

## A TRIBUTE TO FITZ LOUGH

*by Jamie Jenkins, Manly*

Fitz Lough was one of the most remarkable characters I have ever met. He was a sportsman, a lay preacher, a deep thinker, a patriot, an eccentric and in some respects a loner for he remained a bachelor.

My association with Fitz dates back over some fifty years and for the last forty of these I became a close associate of his as we discussed varying topics such as sport in general, swimming in par-

ticular, politics, finance, religion and just about anything controversial.

I was introduced to swimming at the old Manly tidal baths (now non-existent after being demolished by a gale in May, 1974) back in the late 1920s and as my father knew Fitz as a boy, Fitz in turn came to know me as a lad.

As a youngster I marvelled at his strong build, his beautifully muscled body, his abounding



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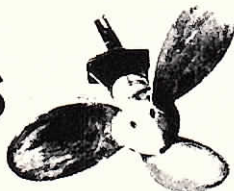
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energy, his love of life, his friendliness and his willingness to advise young swimmers.

In those days it was considered bad to train in the early morning but Fitz refuted this, claiming that race horses trained at dawn so humans could do the same thing.

Maybe his reasoning was paradoxical but nevertheless his early morning swims kept him in such condition that nobody in his age group could even then hope to compete with him.

In my early twenties I decided Fitz's theory of pre-breakfast swimming had something to it and so I joined him at the old baths where our training times coincided each morning and continued until the pool was demolished.

At much the same time the bath manager's son, a teenager called Frank O'Neill joined us and with Fitz's encouragement he became an Australian champion and Olympic representative.

Fitz's sporting achievements over the years must be unparalleled since they commenced before I was born and as accurate records are difficult to locate, word of mouth from old time locals must be relied upon.

However there is no doubt that at the Surf Life Saving Association's first Australian Championship Carnival held at Bondi Beach in March, 1920, Fitz did in fact win the open belt title then known as the alarm reel event.

Legend has it that Fitz who was a great exponent of running underwater dived under a wave and emerged a few minutes later almost at the buoys leaving his opponents wallowing in the white broken water.

During the 1920s he was a member of the Manly Life Saving Club's R & R team which captured the Australian honours.

When the A.I.F. swimming championships were first organised in the 1930s, Fitz won the 100m freestyle beating his fellow clubmate and former Olympian Harry Hay.

To demonstrate his versatility he won the open golf championship at the Long Reef Club in 1923 and in the same era played first grade football for the Manly Rugby Union Club.

Fitz was one of these freaks who excelled at any sport which he undertook.

Even in recent years he was the billiards and snooker champion of the Manly Civic Club and in my youth I can recall that he was absolutely unbeatable at table tennis.

I clearly remember the late Harold "Rastus"



Fitz Lough as a young man chaired by his fellow team mates after one of his many surfing victories.

Evans, legendary surfboat sweep of the Surf Life Saving Association, relating at the North Steyne Surf Club of which, naturally, Fitz was the boxing champion, how some of the members learnt that Fitz was going to play croquet one particular day. Regarding croquet as a sport for old ladies they thought this would be a great opportunity to go along and poke fun at him.

However their jeers soon turned to cheers at the dexterity displayed by Fitz only to learn that he, completely unknown to them, was also a champion at this game.

Hearsay has it that Fitz's father, a physical fitness fanatic, left him a set of lawn bowls and needless to relate when Fitz took up this sport after a short period he became the club champion at that too!

Fitz was a deeply religious man, a staunch christian who became a lay preacher after graduating with first class honours from Sydney University in the course apertaining to that branch of divinity.

I can personally recall discussing various religious topics at our old "Rendezvous", the Manly baths, and how Fitz used to discuss



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theological theories with the local Catholic monsignor, Father McDonald, also a regular swimmer at the old pool.

It was Fitz's deeply-religious convictions that possibly robbed him of further world records at our Pan Pacific swim meet last September because he would not compete on Sundays.

Fitz was a true patriot. The walls of his home on the harbour front at Manly are decorated with pictures of past British Kings and the present Queen.

Fitz enlisted in the army in World War I and tried to enlist with the Australian Armed Corps in World War II but due to his age and a damaged knee (a legacy of sport) he was rejected.

Undaunted, in 1940 Fitz set sail for London to enlist in the English Army but was again turned down.

Whilst there he survived the "Battle of Britain" being bombed in both London and Liverpool.

Disillusioned with this further rejection he set sail for Australia only to be torpedoed in the Atlantic Ocean.

English newspapers recorded how Fitz ushered fellow travellers behind the funnels as German planes straffed the decks and the bravery he displayed in launching the life boats and assisting in the rescue of fellow passengers as the ship sank.

Fitz was a deep thinker and nothing gave him more delight than to solve mathematical problems.

Whilst not having had a tertiary education nor probably much of a secondary education in mathematics, he was virtually self taught and right up to his death he had an extraordinary interest in the subject. As an engineering University academic I can recall a particular problem he derived about a speed boat performing on a river the answer of which resolved into the solution of a set of complex algebraic equations that brought our school to a standstill as I and my colleagues puzzled over the answer.

Claiming that this particular problem was causing him many sleepless nights, Fitz's mathematical curiosity was not satisfied until he was presented with a complete solution to this "mind-boggler".

Fitz also had a great sense of humour. He and Bill Lough, the former president of AUSSI pretended to be father and son. Fitz carried this

prank to his grave for upon his death Bill Lough received many messages of sympathy.

Fitz was both eccentric and fearless. He would not permit cigarette smoking in his house yet on festive occasions he would smoke a cigar and then eat the ash!!

He would not eat an egg because he once saw a hen lay one!

Bright sunny, hot, summer days were described as terrible weather because in later life he hated to expose his body to the sun, although as a youth I believe he lazed about the beach as a typical sun bronzed life saver.

He hated jelly fish and many times I have seen him stamp out of the old baths because of their presence.

And yet he had no fear of sharks for I personally saw him dive over the side of the Manly Baths and swim some quarter of a mile across to the Manly ferry wharf and back because something displeased him within the pool. On his 65th birthday he swam alone from Manly to Queenscliff and back, a distance of two miles in the open surf.

His fearlessness is legendary.

He used to ride a bicycle off a ten metre platform at Manly Swimming Club's carnivals in the 1920s, whilst I believe a precipitous part of one of the ski runs at Kosciusko is to this day known as "Lough's Leap" because of his daredevil jump when the snowfields were being developed.

He was a champion fisherman, jokingly claiming that he understood the "language of bream" and that he had a secret bait which they could not resist.

I clearly remember the Christmas day he fished off the Manly baths and presented each senior heat winner of the Manly Swimming Club (and there were some eight heats) with a live bream caught during the progress of each 50m dash.

Despite his religious convictions Fitz was not a "wowser" for he liked a little gamble whether it be on the stock exchange, the race horses or even a dollar or two in the poker machines.

It is known that he was a shrewd investor as was evidenced by his comfortable style of living during his long retirement.

Each night before dinner within the confines of his own home he enjoyed a whiskey or two followed by a bottle of his favourite beer.

I feel that although Fitz considered this as excessive, my almost daily observation of him



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never in the slightest way suggested that he overindulged but more likely his moderate intake of alcohol contributed to his longevity.

All members of AUSSI will recall Fitz's great swimming record since our inception and without results at my side I would believably state that he was never beaten in his age division in any style over any distance. His farewell performance of world age records in the 200m and

400m freestyle last year at our Pan Pacific meet stand as clear evidence that at the age of 84 years he was a true and worthy world champion.

Although I mourn the death of a lifelong friend I am pleased that when death came it overtook him quickly for a man of Fitz's calibre just could not tolerate being an invalid.

As for myself, I feel that my life has been just so much richer in knowing Fitz Lough.

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200 FREE	1.53.78	2.01.26	2.08.42	2.09.08	2.15.33	2.18.75	2.29.71	2.30.39	2.48.01	2.58.75	2.57.83	3.36.75	
400 FREE	4.19.77	4.23.41	4.33.14	4.38.82	4.48.49	4.52.42	5.24.47	5.28.90	5.59.67	6.25.17	6.27.76	7.34.12	
1500 FREE	17.31.53	18.06.20	18.41.90	19.07.05	19.39.09	21.30.12	22.03.54	23.08.40	26.02.41	26.08.40	31.41.66	45.22.00	
<b>50 BACK</b>	<b>28.76</b>	<b>29.21</b>	<b>28.04</b>	<b>30.89</b>	<b>33.01</b>	<b>34.50</b>	<b>34.61</b>	<b>35.75</b>	<b>37.72</b>	<b>40.60</b>	<b>42.28</b>	<b>59.54</b>	<b>1.02.40</b>
<b>100 BACK</b>	<b>1.01.68</b>	<b>1.04.33</b>	<b>1.03.00</b>	<b>1.09.35</b>	<b>1.12.80</b>	<b>1.16.10</b>	<b>1.18.97</b>	<b>1.20.74</b>	<b>1.28.83</b>	<b>1.33.92</b>	<b>1.37.48</b>	<b>2.06.19</b>	<b>2.43.70</b>
<b>200 BACK</b>	<b>2.14.07</b>	<b>2.19.85</b>	<b>2.19.40</b>	<b>2.35.98</b>	<b>2.40.81</b>	<b>2.46.52</b>	<b>2.51.91</b>	<b>3.07.73</b>	<b>3.22.25</b>	<b>3.29.67</b>	<b>3.42.54</b>	<b>4.33.53</b>	
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<b>200 BRST</b>	<b>2.32.10</b>	<b>2.33.51</b>	<b>2.46.83</b>	<b>2.49.12</b>	<b>2.54.31</b>	<b>3.04.04</b>	<b>3.22.82</b>	<b>3.21.95</b>	<b>3.36.04</b>	<b>3.45.01</b>	<b>4.21.18</b>	<b>5.40.12</b>	<b>6.23.90</b>
<b>50 FLY</b>	<b>25.48</b>	<b>26.70</b>	<b>27.31</b>	<b>28.21</b>	<b>29.41</b>	<b>29.97</b>	<b>33.30</b>	<b>34.26</b>	<b>36.50</b>	<b>44.60</b>	<b>49.34</b>	<b>58.97</b>	
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<b>100 BACK</b>	<b>1.10.97</b>	<b>1.11.85</b>	<b>1.17.94</b>	<b>1.21.47</b>	<b>1.24.69</b>	<b>1.30.52</b>	<b>1.35.94</b>	<b>1.39.73</b>	<b>1.46.95</b>	<b>1.59.62</b>	<b>2.17.74</b>	<b>2.45.24</b>	
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CANBERRA as advised per March A.A.S. with additional time	Friday 7-8.00 p.m.	
BURLEY GRIFFIN MASTERS as advised per March A.A.S. with alteration —	delete Sat. (Club night) and add Sun (Club morning) 9-11.00 p.m.	
OSBORNE PARK Jacqui Austin, 4 Parnell Parade, Bassendean. 6054	Lyn McClements Swim Academy 419 Scarborough Beach Road, Osborne Park. Wed. from 7.15 p.m. Club night Mon. & Thurs. 6-7.00 p.m. Training.	
BLACKTOWN John Hall, 748 Garfield Road, Riverstone. 2765	as advised.	John Hall 627-3235 after 5.00 p.m. Gerrard Coogan 635-9055 9-5 p.m. Mon-Fri.
COOGEE Stephen Badger, 2/334 Arden Street, Coogee. 2034	as advised March A.A.S.	
TEA TREE GULLY David Johnston, 18 Zircon Crescent Highbury. 5089	as advised.	264-9878 Home 260-2299 Work
BRISBANE SOUTH SIDE MASTERS John Beresford, 6 Lewana Street, Mansfield	as advised.	(07) 349-6733
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NEWCASTLE (HUNTER) Bob Ford, P.O. Box 74, Mereweather. 2291	as advised.	435-711
OAK FLATS Wolfgang Zinnerman, 28 Elm Street, Albion Park Rail.	Oak Flat Swimming Pool, Oak Flats Fri. 7-8.30 p.m. Club night	(042) 563-939
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Hamilton. 3300

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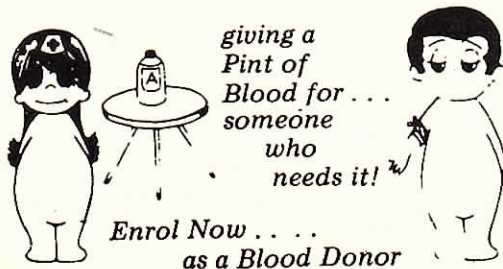
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# Calendar of Coming Events

## 1982

- July 3: Western Suburbs — Swim — Ann Still, 604-6902.  
 31: Ettalong — Swim — Penney Dunn, (021) 477-3313.  
 September 18: Cronulla/Sutherland — Swim — Beryl Stenhouse, 523-2361. (Pelican P.S.).  
 October 2: Hunter — Swim — Bob Ford, P.O. Box 74, Merewether. 2291.  
 November 6: Hills — Swim — Pat Sommerville, 872-3146. (Pelican P.S.).  
 20: Brisbane South Side Masters Annual Carnival — J. Beresford 349 6753.  
 21: Muswellbrook — Swim — Pat Moody, P.O. Box 135, Muswellbrook, 2333. (Pelican P.S.).  
 December 4: Western Suburbs Swim — Ann Still, (604 6902 Pelican P.S.).

## 1983

- January 29: A.C.T. Australia Day AUSSI Carnival.  
 April 9-12: Pan Pacific Masters International Championships  
 Warringah Aquatic Pool, Sydney (Saturday-Tuesday).  
 15-17: National Swim — Australian Club Championships  
 Chandler Pool, Brisbane.  
 15-17: Canadian S.C. Nationals — Chris Pieczora, 590 Rathburn Road, Etobicoke, Ontario.

Tasmania	—	Patricia Beverage	Devonport	246-093
Western Australia	—	Glenys McDonald	Perth	447-3578
South Australia	—	Florence Walker	Elizabeth Grove	255-7328
Victoria	—	Barbara Wilson	Melbourne	233-4847
Queensland	—	Ray Rose	Brisbane	343-2541
North Queensland	—	Ray Stanbrook	Townsville	79-2684
New South Wales	—	Brian Hird	Sydney	638-1143
A.C.T.	—	Judy Ford	Canberra	548-541

## TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the September edition of A.A.S. must be received by 1st August.

Write to the Secretary, Box 456 Post Office, Sutherland, 2232.

(CUT HERE)



DATE: .....

VENUE: .....

CONTACT: .....



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