



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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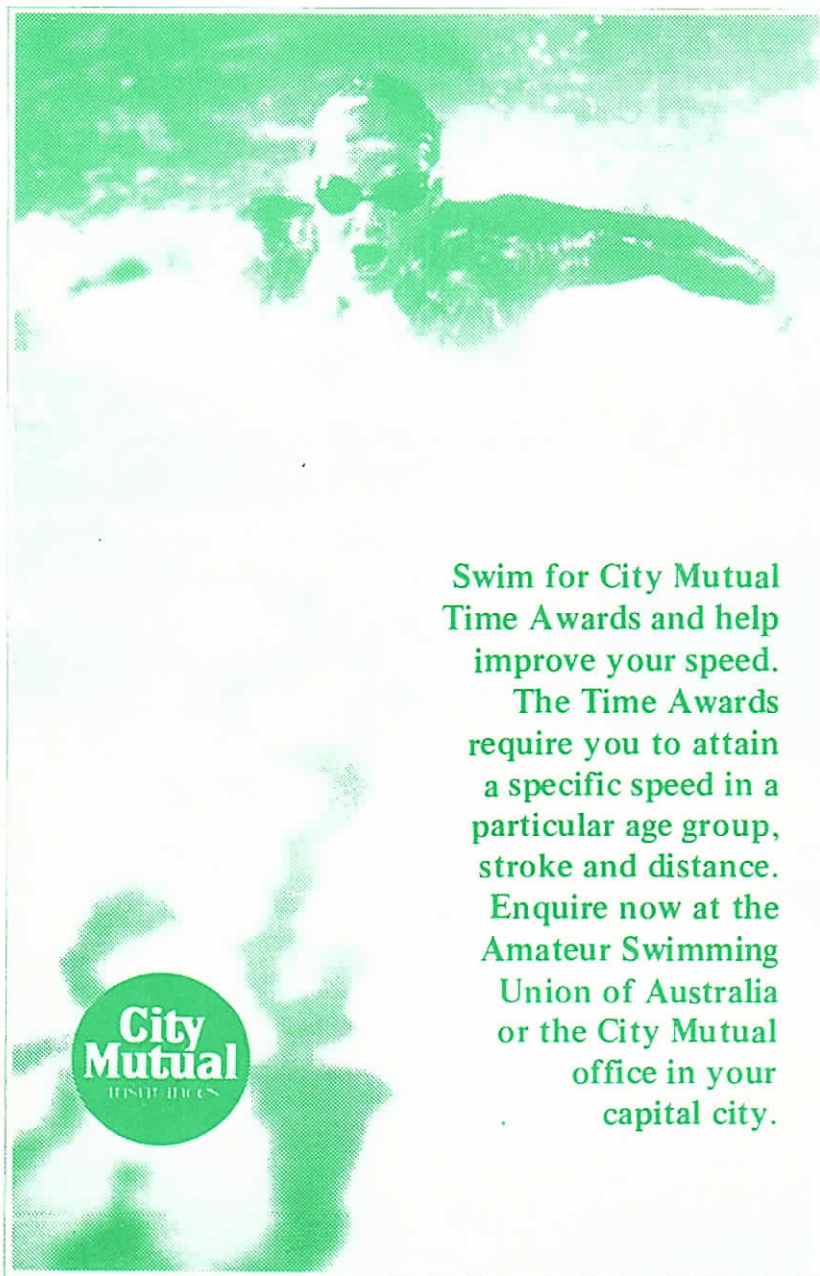
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DECEMBER, 1982

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A.J.S.S.I. ADULT SWIMMING 1982



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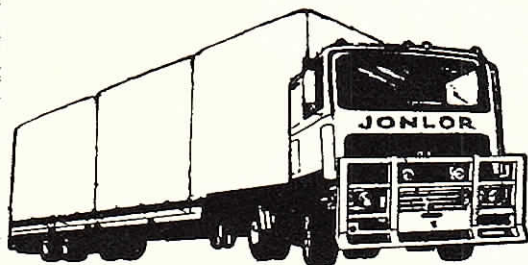
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Carol's Comments

Apologies for the late arrival of September A.A.S. but sometimes we get snowed under, then we have to stop the exciting task of putting magazines into envelopes and stapling or sticking them up.

What a year 1982 has been, I think we can be proud of the growth of our organisation, not just membership numbers, but the putting into effect of ideas and aims. The W.A. Review presented in April was the catalyst, and will continue to be a guide for the next couple of years.

Although the bulk of the workload in running A.U.S.S.I. is still carried on by voluntary help from club level upwards, its healthy to see A.U.S.S.I. becoming more professional. The National Secretary was voted an honorarium — The National Body and N.S.W. Branch continued to share office facilities and paid secretarial staff throughout '82. Western Australia through the grace and efficiency of Glenys McDonald has managed without both, despite having the same registration numbers as N.S.W. I did hear that the last time Vic McDonald looked at their house plans the area known as 'laundry and kitchen' was now labelled A.U.S.S.I. office. Victoria has during '82 had what could be described as a club explosion. Knowing the workload N.S.W. has in keeping their 30 clubs fully informed, Victoria will be another Branch requiring an office and secretary. So, when you are asked for your Club/Branch/National fees early in '83, give a thought to the cost of running your organisation, postage for the last A.A.S. was \$407 alone. Thank goodness for voluntary helpers — Government grants and sponsorships — especially our friends at City Mutual.

This edition of A.A.S. brings all the details of the 1983 Nationals. The organising committee in Brisbane is in constant contact with the National Body on the progress to date. They say, "If you think Brisbane turned it on for the Commonwealth Games, just wait till you see the Nationals..." They hasten to assure us that all the electronic equipment at Chandler Aquatic Centre is faultless, and as much as we may hate to admit it, the relay teams' disqualifications were correct. So start practising those change overs at your club swims. Actually I have a feeling the A.U.S.S.I.



records are going to be rewritten during the Nationals — Peter Gillett and Co ... at the ready!!! Plus at the presentations the awarding will take place of the National Aerobics Shield for the first time. My money's on one of the W.A. clubs to take it home, will the National Aerobics Recorder, Glenys McDonald, be able to keep the winner a secret??

All the details and entry forms for the Pan Pacific can be found in this issue. Requests for entry forms have been received from the U.S.A., Canada, England, New Zealand and West Germany. I wish I could say we have heard from the Asian countries, but so far, no! However, we still look like having a great International Meet on our hands.

Our Fitness and Health editor Kay Cox has again come up with another great article — Old Age and All Washed Up at 30? I thought when I saw the title — "Oh help! It's true ...", however, on reading on I find ALL IS NOT LOST!! Kay has done a great deal of research, then written this article in terms we can all understand.

Kay has also written our Feature Article, a profile on W.A.'s favourite lady Glenys McDonald. Those of us who know Glenys recognise her as one of A.U.S.S.I.'s personalities — I guess we really should have put her picture on the cover. However, another W.A. personality has that honour. Don Williams' popular "Duck" or Percy Platypus. Percy started off as a W.A. identity. The forerunner of this journal requested permission to introduce him Nationally back in 1979. This year he went International —

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advertising the Pan Pacific and the Nationals (see page 1). He's been so popular overseas, everyone loves him and the requests for stickers equals those for entry forms. Thanks Don for creating another A.U.S.S.I. personality and please forgive me for popping a santa hat on him and portraying him as Percy Clause and taking the liberties that I did.

This is very sad, but the National Office is losing Evelyn Street who types up not only this journal, but all the envelopes, in fact does the

typing full stop. One year of my awful writing is enough for anyone. Evelyn is retiring to be either around the house or on the beach. I shall miss her because she was so efficient, likewise so will A.U.S.S.I. Thanks Evelyn for always treating A.U.S.S.I. not as just a job, but with T.L.C. In the March A.A.S. I will introduce the new typist. However, for now, from all members of the National Executive, Peter, Brian, Mary, Des and from Evelyn and I, a very joyful Christmas and all good things in 1983.

Carol

Swimmers' Viewpoint

Dear Carol,

I would like to mention the Cronulla Sutherland Swimming Carnival on behalf of all our members and participants. It was a great success and a most enjoyable and fun day. As a newly formed club we really enjoyed ourselves, not to mention the food which was great. I wish to take the opportunity to thank all our participants whose morale boosting cheering and encouragement was just great and congratulations on a real team effort from all. I also wish to mention thank you to Michael for helping out and assisting in timekeeping.

Wolfgang Zimmermann, Oak Flats Club.

Dear Wolfgang,

The Cronulla Club would have enjoyed having you there as they do have close ties with 'their Wollongong connection'. It was great to see a new club doing their share of timekeeping.

Carol

Dear Carol,

The Victoria Police Games Committee is proposing to run an Australian National Police Games on the 9th and 10th of April, 1983 at the Police Academy at Mt. Waverley, Victoria.

Events conducted will be track, field and swimming events. If any of your readers are either serving Police personnel or know of serving members of the Police Force of their State who would be interested in competing in these Games could they contact Phil Parson, c/- D 24 Russel Street, Melbourne or Max Nathan, P.O. Box 310, Hamilton, 3300.

Les Nathan

Would any officer NOT swimming in the Pan Pacific, please contact Max or Phil.

Carol

18/11/82

Dear Carol,

I am writing so that all members of A.U.S.S.I. will have the opportunity to consider a motion that the N.S.W. Branch will be submitting to the National Council Meeting of A.U.S.S.I., to be held in Brisbane next April.

The motion is of concern to all clubs and swimmers competing in National Swims.

My wife, Audrey, and I were Chief Recorders for the Pan Pacific 1981 and the 1982 A.U.S.S.I. National Swim, both of which were held in the Warringah Pool in Sydney.

Our experience with these meets reinforced a point that I had read in the U.S. Swimming Handbook, namely that

"Times recorded by automatic timing equipment and times recorded manually cannot be directly compared as there is a 'systems difference' between them, that is, they are incompatible.

In the U.S., when automatic timing is used and a swimmer records a questionable time or fails to record a time due to some equipment breakdown then the manual time is taken and a "systems difference" calculated and added on to the manual time to record the official time. This then makes the time compatible with the other swimmers' automatic times. We have calculated that this "systems difference" can be as much as 0.21 seconds.

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Because of this difference between manual and automatic times (a fact that most competitors should be aware of) it became obvious to Audrey and I that the potential exists for inequitable results in A.U.S.S.I. competitions if the two timing systems are used together. For example, swimmer A aged 25 may record an automatic time which is 0.10 seconds slower than swimmer B aged 25. If swimmer B's time is a manual time because a valid automatic time has not been recorded then under the recording methods now being used swimmer B is placed in front of swimmer A. In fact it can be shown that swimmer A was almost certainly the faster swimmer due to the "systems difference" between automatic and manual timing.

Such results could lead to —

- incorrect placings
- incorrect medal winners (age group point-scores)
- incorrect club points, and even
- incorrect placings in inter-club pointscore.

To avoid these potential problems we will have to take one of several actions:

- a) use automatic timing with manual back-up and calculate "systems difference" to add on to all times where valid automatic times are not recorded.
- b) use manual times only for recording.
- c) use automatic times only for recording.

After considering all these alternatives I framed the following motion which will eliminate alternative a) and allow b) to be used. Motion:

"THAT ELECTRONIC TIMING NOT BE USED TO DETERMINE THE RESULTS AT A.U.S.S.I., MASTERS SWIMMING IN AUSTRALIA NATIONAL SWIMS UNTIL A FOOLPROOF, FULLY AUTOMATIC SYSTEM IS AVAILABLE. SUCH A SYSTEM WOULD NOT REQUIRE THE BACK-UP OF MANUAL TIMING."

What does this mean??

1. If an automatic system is available which requires manual timing as a back-up in case of failure, such as the system at Warringah Pool, Sydney, then the electronic scoreboard can be used for spectator interest, **but** only the manual times will be recorded so that **ALL** swimmers are timed by the one system.

2. If an automatic system is available which has an automatic back-up such as the system at the Chandler Pool in Brisbane then timekeepers will

not be used and **ALL** swimmers' times will be recorded automatically.

System 2, although mechanically appearing to be foolproof, could still be inadequate unless **SWIMMERS ARE EDUCATED AT CLUB LEVEL**

- to touch the pads firmly
- to touch only the pad in their lane not those in adjoining lanes
- to touch the pad once only when swimming in relays and then to move away from the pads and to get out the side of the pool not the ends.

System 2 is obviously a technological advance which

- saves manpower (3 timekeepers per lane), and
- gives more accurate results, but we must do our utmost to ensure that all swimmers record a valid time.

Who wants to swim a 400m freestyle or 200m butterfly a second time because they didn't activate the pad properly at the end of their race?

*Gary Stutsel
Cronulla/Sutherland*

Dear Carol,

Electronic or Manual Timekeeping?

Recent discussions regarding this contentious issue have highlighted the need to evaluate and consider where A.U.S.S.I. stands. As more and more automation is available, are we to make use of it? As our Club will be responsible for timekeeping, and we have the most modern pool complex with associated electronic timing available, we feel we should make use of it. If 7 days of Commonwealth Championship swimming can rely upon and not be let down by this system, surely our Association can do likewise. We all know that A.U.S.S.I. swimmers are not Commonwealth swimmers and consequently do not touch pads properly in all instances, even maybe touch in the adjoining lane — however, abandoning the "Gee Whiz" gear that is available is not the answer. We feel that the answer is in the clubs, through their Training Directors and Captains, educating their swimmers now! making members aware of their shortcomings in this area now and stressing the importance of correct techniques is a large part of what A.U.S.S.I. is about. We have no desire to take the fun out of A.U.S.S.I. but, if people are not prepared to listen to their Training Directors and

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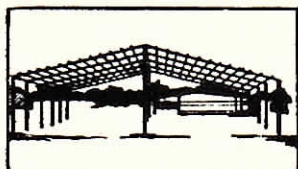
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improve their technique, I feel they will not be greatly upset if they find that their time was not registered because of their finish.

The equipment at Chandler is infinitely better than that at Warringah and Perth. We have confidence in it. The recording load will be cut by 60% and 31 Timekeepers will not be required. We would stress that we have the manpower to do manual recording, and an ample number of willing timekeepers — but feel both are superfluous.

Gold Coast A.U.S.S.I.

P.S. Our Annual Carnival is in April, we are calling it the Last of the Big Three — Pan Pacific, The Nationals — then Gold Coast Fun Carnival! We think that many overseas and interstate swimmers will still be in our State after the Nationals, and we hope to entice them to stay on and participate in our Annual Carnival. At this

stage we are proposing a mini marathon across the Broadwater and back, starting about 11 a.m.; picnic lunch in pool grounds; main Fun Carnival starting about 1 p.m. followed by social barbecue and drinks.

Even though there will be normal swim events, highlights of our meet will be the Mr & Mrs Relay (won by Reg and Mamie Bishop, W.A., last year); the World Rubber Man and Rubber Woman Championships; and events for children up to 7 years of age.

P.P.S. "Rumour has it that Gold Coast A.U.S.S.I. will launch a formidable challenge at the forthcoming Nationals, led by their 65+ mixed relay, called "THE MEAN MACHINE RELAY TEAM" — two members have indicated they may make the supreme sacrifice."

Gold Coast A.U.S.S.I.

HEARD BY HIRD

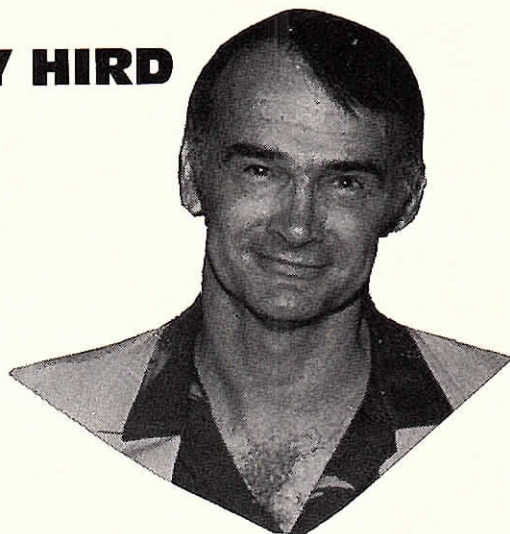
Well we have come to the end of another year and I think you will all agree quite a successful one.

Reading the reports from each Branch, one can only assume that all is going well and progressing satisfactorily in each State. I would like to take this opportunity to congratulate all Branch Executives on a job well done throughout 1982. Not being biased but without these hard working people there just wouldn't be any A.U.S.S.I. Masters Swimming.

It is also good to read about the continuing social activities in each Branch, I feel that this creates a great union between clubs and members, after all isn't that what it's all about "Fitness and Fun". I know a couple of friends from W.A. who will agree with me.

This year I attended two coaching seminars, one in Canberra and the other in Tamworth. Both groups of organisers are to be congratulated as there is a definite need for this type of seminar in A.U.S.S.I. I hope other Branches are moving along in this direction, and if not why not?

1982 is gone and left with us, I hope, plenty of fond memories, but let's look into the future. What does 1983 hold for us. Each Branch will hold their State Club Championships, with record entries hopefully, then there's the Pan Pacific Championships in Sydney April 9-12 at Warringah Aquatic Centre, and last of the big three events but not the least will be the National



Club Championships in Brisbane, April 15-17. According to all reports this National will be one to be remembered. It will be held in the beautiful Chandler Complex with all the up-to-date equipment and the Queensland Executive are determined to uphold the standard set by the Commonwealth Games.

Another big event of course will be A.U.S.S.I. Incorporating, and the update of the Constitution. I can envisage a lot of late nights and hard work throughout the different Branches, but it will all be worth it in the long run.

In closing I would like to wish all A.U.S.S.I. members a merry Christmas and a healthy and prosperous New Year.

Yours in swimming,

Brian



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ENTRIES CLOSE 13th MARCH, 1983

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NATIONAL SWIM 1983

PROGRAMME OF EVENTS

FRIDAY, 15th APRIL, 1983

8.30 a.m. Report 8.00 a.m.

2.00 p.m. Report 1.30 p.m.

1. 400m Freestyle
2. 100m Backstroke
3. 50m Breaststroke
4. 100m Butterfly
5. 200m Medley Relay Mens
6. 200m Medley Relay Womens

SATURDAY, 16th APRIL, 1983

8.30 a.m. Report 8.00 a.m.

2.00 p.m. Report 1.30 p.m.

7. 200m Backstroke
8. 50m Butterfly
9. 200m Breaststroke
10. 100m Freestyle
11. 200m Individual Medley
12. 200m Freestyle Relay Mens
13. 200m Freestyle Relay Womens
14. 200m Mixed Medley Relay

SUNDAY, 17th APRIL, 1983

8.30 a.m. Report 8.00 a.m.

15. 50m Freestyle
16. 100m Breaststroke
17. 50m Backstroke
18. 200m Butterfly
19. 200m Mixed Freestyle Relay

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Relay entries limited to one team per age group in each relay event per club.

RULES

A.U.S.S.I. RULES AS AT 1st JANUARY, 1982 APPLY

AGE

Is age in years on 15th April, 1983

SEEDING OF EVENTS

All events will be timed heats — No finals

All entries will be seeded from slowest to fastest

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Branch News

NEW SOUTH WALES

As indicated in the September issue of the A.A.S. magazine, Peter Jackson, N.S.W. Branch President and Brian Hird, N.S.W. Branch Secretary declined to stand for re-election due to their commitments to their National Executive positions.

Des McCormick was elected as N.S.W. Branch President and I, June Kuhn, was elected as N.S.W. Branch Secretary at the N.S.W. Branch Annual General Meeting. Bob Dorrington was re-elected as N.S.W. Branch Treasurer.

Personally, I'm looking forward to meeting the challenges to be faced in the coming twelve months. My task has been made easier by the hard work done by Brian Hird in the past and I would like to thank him for his efforts and his assistance to date.

In the past few months I've had the opportunity to come to terms with the requirements of the State Secretary position and I am enjoying the contact with swimmers and officials alike.

This year has seen the completion of the first Pelican Point Score Championships. The trophy was awarded the Coogee/Randwick with Ettalong in hot pursuit playing bridesmaid.

For 1982/83 Pelican Point Score Carnivals have been conducted at Cronulla/Sutherland, Hunter, Hills, and Muswellbrook. The leader in the point score is Ettalong.

In mid-November clubs participated in Muswellbrook's first Pelican Point Score Carnival. It was pleasing to compete at such a professionally conducted meet.

It was great to see the programmed events proceed smoothly, with club timekeepers present, an orderly marshalling procedure and a result at the end of the carnival. (Of course Ettalong won!) Other clubs might take note of Muswellbrook's example for future reference.

Congratulations to both officials and swimmers from Muswellbrook. Further congratulations must go to Liz Wallis of Manly for her fine swim in the 200m Medley (individual). This swim resulted in a new National Record Time.

An interesting end to the Muswellbrook Carnival was the "Championship" Relay Event

which saw some eighty (80) swimmers from country and city clubs vying for the coveted "trophy". Now that Graham Irvin, blind swimmer from Western Suburbs Club, accepting the prize on behalf of the four clubs represented in the team, has indicated that the clubs are interested in seeing the toilet seat, sorry, Laurel Wreath, Nationalised

concern is being raised in some quarters over the impact this "trophy" is likely to have on the National Awards System.

For 1983, the following dates and Pelican Point Score Carnivals are listed for your diaries:

- Feb 5: Armidale
- Feb 19: St. George
- March 5: State Cup (Warringah Aquatic Centre)
- April 9-12: Pan Pacific (Warringah Aquatic Centre)
- April 16-18: Nationals (Brisbane)
- May 1: Blacktown
- Jun 11 or 18: State Short Course Championships (Hosted by Tamworth)
- July 30: Ettalong
- Sept 17: Cronulla/Sutherland
- Oct 1: Hunter
- Nov 5: The Hills
- Dec 3: Western Suburbs

In closing, I would request that clubs notify me of any changes they might perceive are necessary in the State Branch's operation and I would ask that you give support and advice to your club delegates so that together we can further A.U.S.S.I.'s cause in N.S.W.

I look forward to meeting as many of you as is possible in the coming year.

Have fun and enjoy your swimming,

June Kuhn

QUEENSLAND

Townsville Masters Swim Club

About 20 swimmers from the above club travelled to Cairns for our first swim against the Cairns Mud Crabs on Saturday, 20th November, 1982. A barbecue was held after the swim and

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with a few sociable drinks we all got to know each other. The result of the Carnival was a win for the host side and a perpetual shield was presented. Watch out next year Cairns, we aim to win it back.

*Ran Stanbrook
Secretary, Townsville Masters*

VICTORIA

At 6.00 p.m. on a September Saturday evening a hardy group of souls gathered at the Frankston pool for the third of a series of inter-club swims. It is a municipal public pool and you have to get it when you can, thus Saturday evening.

People came from all over the suburbs plus a country contingent — Gippsland Flippers from the La Trobe Valley. This was nowhere near as exotic as the first of the series at Syndal Sharks pool which drew the full membership of Baddaginnie (both of them) and Mooropna (all of her) plus contingents from Ballarat and Gippsland Flippers and, lest I forget, South Western was there in force (all of him).

The program at Frankston was 4 swims — 50m freestyle, butterfly, backstroke and breaststroke; and the times were added together, and the lowest total won the age group. Star swimmer of the meet was Doug Tantau from Gippsland Flippers. Doug is big and strong and fast and a series of 50m sprints was right up his alley. He outclassed the field in 50m free 27+, 50m fly 30+, 50m back 32+ but had to bow to Jeff Planner by 2 hundredths of a second in the breaststroke despite making half a length on the start and turn. Their times were 35.26 and 35.28. A popular winner in 35-39 age group was Peter Fordyce, featuring his unique starting technique.

The organiser of the meet works at a plastics company so the age group winners got a dinky little plastic platypus trophy. I preferred the Syndal Sharks prizes myself. The man who ran that one works at a chocolate factory and I won two blocks. Alva Wyatt from Baddaginnie won six. Alva is a for-real type swimmer wot used to go in Olympics and things. But when they passed out the chokkies Alva had already started for home. (Baddaginnie is a whistle-stop blink-and-you-miss-it hamlet near Benalla in North Eastern Victoria.) So they entrusted Alva's six 200 gram energy-filled glass-and-a-half-of-full-cream milk prizes to the other half (or should that be 2/3rds) of Baddaginnie A.U.S.S.I. for safe transport

home to their rightful owner. It's such a long way to Baddaginnie; nobody has ever dared to investigate how many blocks made it safely home.

After the swimming was over we had free use of the sauna and spa which was fun. There was even a cold dip and a couple of addle-brains actually got in for a shiver.

Suddenly I realised the early birds had started work on the supper, generously provided by the Frankston-Peninsula ladies. Having forgone dinner in the interests of competitive success, I rushed from the sauna where I had been sweating out my chlorine, obsessed by gastronomic ambition. In my rush to get changed I turned first left instead of second left. An almighty shrieking and squealing erupted, like a hen house with a fox in it. I retreated post haste after admiring somebody's all over Queensland suntan with no nasty white stripes. It took at least five minutes for the squawking to die down to the normal pyjama party level.

According to eyewitness reports squeezed from some of her dearest and closest friends, the occupant of the suntan asked what all the fuss was about. "Nothing darling for us; we are all dressed . . .", and suddenly she changed from a lovely all over brown to a lovely all over red.

Melbourne has a new A.U.S.S.I. club, Melbourne University Gropers (MUGS). There are reports of a 60-64 male swimming times so fast it would make your hair curl (if you have any left at that age).

Your correspondent,

Bruce Rowe

SOUTH AUSTRALIA

National Record Book Torpedoed

At the final Interclub held on October 17th the National Record Book was sunk by the salvos of eight individuals and one team.

Chief destroyers were 30-year-old Greg Bush of Atlantis, and Josie Sansom who competes for Adelaide Masters.

They lowered two National records each, in the 100m breaststroke and freestyle events.

Bush became the first South Australian to 'break' the minute for 100m freestyle in an A.U.S.S.I. competition. He recorded 58.48 seconds for the distance.

Far more impressive, however, was the way he demolished the opposition in the 100m breaststroke.

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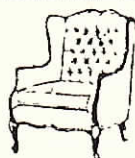
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His time of 1-12.74 would have given him fourth place in the South Australian Championships last January, competing against swimmers 15 years his junior.

Josie Sansom has become an institution in A.U.S.S.I. competition. Swimming in the 55-59 age group she continues to lower her times.

During the meet she brought her 100m freestyle time down to 1-27.19 and her 100m breaststroke time to 1-44.84, to claim two National records.

Adelaide Masters teammates, Gordon King and Dieter Loeliger each claimed a National time.

While King smashed the 40-44 year age record in the 100m freestyle by recording a 1-02.91, Loeliger took the 40-44 year time for the 100m breaststroke down to 1-26.18.

Di Ross and Kaye Williams kept the flag flying for the women.

In the 100m breaststroke, Williams of Adelaide Masters, swam 1-40.85 to claim the 40-45 year record, while Marion's Di Ross completed the 50m backstroke in 44.21 seconds — a National record for the 45-49 age group.

Adelaide Masters continued the record book assault by launching their 35+ mixed relay team. The team left the opposition in their wake as they completed the 200m in 2-02.23.

Other good swims, which pale into insignificance, as they only claimed State records, were swum by Mavis Boase (65-69 100m freestyle — 1-47.99), Ted Geary (60-64 100m breaststroke — 1-46.84), Don Redpath (55-59 100m breaststroke — 1-45.91), Josie Sansom and Dieter Loeliger (50m backstroke — 49.99 and 38.49 respectively), Gordon King (100m breaststroke — 1-27.80), Kaye Williams (100m freestyle — 1-19.15) and Greg Bush (50m backstroke — 33.93).

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Competing for the first time at the meet were the Western Districts and Cross Roads clubs.

Cross Roads only had one swimmer entered and gained 3 points, but Western Districts had a sizeable team competing, and finished with 12 points.

At the end of the meet the Interclub table read:

	October 17th	Annual Total
Adelaide Masters	277	969
Atlantis	157	528
Marion	113	337
Central Districts Seals	64	292
Tea Tree Gully	87	234
Western Districts	12	
Cross Roads	3	

*Jane McNamara
Publicity Officer*

A.C.T.

The A.C.T. Branch Annual General Meeting was held in September and the following committee was elected:

President: Bill Parker
Secretary: Judy Ford
Treasurer: Robin Sweeney
Fitness Director: Les Worthington
Publicity: Peg Townley
Social Secretary: Robert Brookes
Recorders: Elinor Mackenzie
Les Worthington
Robin Sweeney

A.C.T. members have travelled to carnivals at Blacktown, Western Suburbs, Ettalong, Cronulla and the Hills and two members attended the Coaching Seminar at Tamworth in October. At the time of writing we are in training for the One-Hour Swim.

Twenty-seven people from N.S.W. and A.C.T. clubs attended the Coaching and Education Seminar held here in August. We are still evaluating reaction to the content of the seminar, for reference in future seminars we hope to hold.

Seventeen adults and children made up an A.U.S.S.I. team which participated in the National Heart Foundation Cyclethon on 24th October. We cycled a combined total distance of 340 kilometres and raised around \$200 for the Heart Foundation. (Tally of money raised not

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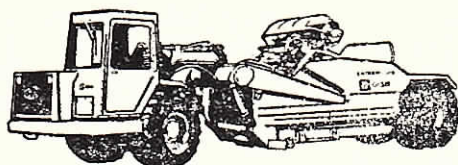
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complete at time of writing.) After a very enjoyable lunch, some of us still had enough energy left to ride home and some swimmers even turned up for that evening's training session.

Arrangements are well under way for our 1983 Australia Day Invitation Carnival to be held on Saturday, 29th January. A full weekend

of activity is planned, culminating in a lake swim of 1500 metres on Monday, 31st at 11.00 a.m., followed by the Australia Day celebrations in Commonwealth Park. We hope you can come and share our weekend with us.

See you in 1983.

Peg Townley

Fitness and Health

OLD AGE AND "WASHED UP" AT 30?

by Kay Cox



In the previous article we defined and discussed certain physical capacities that affected our physical fitness and our swimming performance. Being an adult organisation with a wide age range of members we need to consider the influence of age on performance. We obviously recognise 'age' is an important influence on performance by the very nature of our age groupings inherent in nearly all our activities. In general, we recognise that, with increasing age, there is a decrease in swimming performance. That is, our times slow down, we have to work harder (at least it feels that way) our recovery is slower, the amount we can do is decreased and it is much harder each year to get back into shape. It is usually not until we experience one or all of these symptoms that we become aware that we are 'not as young as we used to be'. The age or stage of life that we discover this varies from one person to another and probably depends on the amount of stress and demands we place on our body. If we lead a very sedentary life the awareness can be kept hidden for years which soothes our ego but makes it harder to regain our 'youth'.

Ageing is inevitable, it happens to all of us and barring the intervention of disease or injury it leads to death. We can view life and physical performance on a continuum from conception to death. Sounds depressing doesn't it? What we need to determine is the amount of decline in performance we can expect as we get older and how much we need to accept. In other words, just how much does performance and fitness have to decline? The body was designed for and functions best when exercised. It is believed that much as to decline in performance is in fact due

to lack of use and the onset of disease rather than age itself. As we get older activity studies show the amount of exercise we do decreases greatly and because of our sedentary lifestyle the decrease in fitness and performance are seen at an earlier age. In individuals who have maintained regular vigorous exercise it can be seen that the onset of decline can be delayed for years — even decades and the amount of decrease is also smaller. That is, whilst ageing is inevitable the effects it has on your lifestyle and quality of life and swimming performance can be modified by a well planned regular swimming programme. We have numerous examples of A.U.S.S.I. members who have fitness levels at 70 years far greater than many average 25-year-olds. Similarly, their times for swimming events are as good as individuals 20-30 years or more their younger.

Also those in A.U.S.S.I. who follow a regular swimming programme will find from year to year their times do not drop and may even improve as they get older reflecting the quality of their training programmes. It just may be that in that chlorinated pool, ocean, lake or river you have found the 'fountain of youth'! At least it's a practical, inexpensive means of maintaining one's sense of wellbeing and ego.

Let's examine some of the effects on performance that are known to occur with increasing age and try to determine just how much is due to the process of ageing and how much is due to other factors. Looking at the entire range of age of human life physical performance measures in general, improve rapidly from early childhood to a maximum between late teens and 30 years. See graph 1.

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ing. Your maximum heartrate can be estimated by the formulae —

$$\text{Max heartrate} = 220 - \text{Age}$$

i.e. for a 60-year-old

$$\begin{aligned}\text{Max. heartrate} &= 220 - 60 \\ &= 160 \text{ beats per minute.}\end{aligned}$$

To improve your performance and achieve conditioning it is not necessary to train at 100% effort or maximum heartrate, this in fact places great stress on your heart and circulatory system. The critical threshold heartrate for training and members 25-60 years is 60% of the way between resting and maximum heartrate. For a 40-year-old with a resting heartbeat of 80 —

e.g.

$$\begin{aligned}\text{Max. heartrate} &= 220 - \text{age (40)} \\ &= 180.\end{aligned}$$

$$\begin{aligned}\text{Train. heartrate} &= 60 + (180 - 80) \times 60\% \\ &= 60 + (100 \times .60) \\ &= 60 + 60 \\ &= 120 \text{ beats per minute.}\end{aligned}$$

However, for the person over 60 years this is 30% of the heartrate from resting to maximal.

e.g.

$$\begin{aligned}\text{a 70-year-old man resting heartrate of 80} \\ \text{maximum heartrate} &= 220 - 70 = 150 \\ \text{training heartrate} &= 80 + (150 - 80) \times 0.30 \\ &= 80 + (70 \times 0.30) \\ &= 80 + 21 \\ &= 101.\end{aligned}$$

Therefore to get any training effect he must go over 101 beats per minute but not higher than 20% more i.e. 101-121.

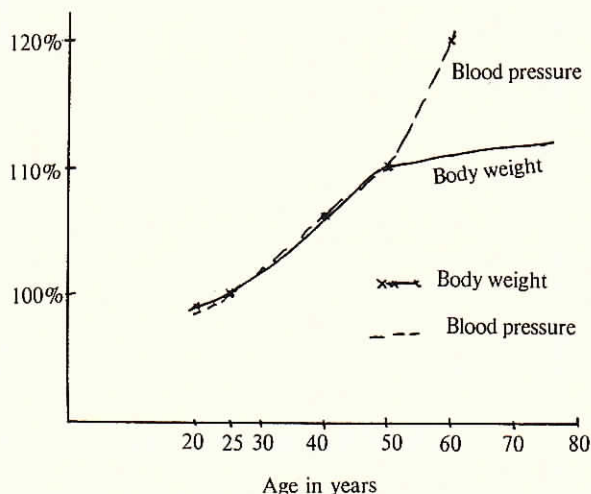
c) Cardiac output, the amount of blood pumped from the heart, is reduced after maturity (18 years) by 1% per year. This affects aerobic capacity and rate of recovery.

GRAPH 2

% Decrease in Various Physical Functions with Age

(value expressed as a % of the level at 25 years)

Body weight and blood pressure



Graph 2 — Both blood pressure (systolic and diastolic) and body weight increase with age and this brings about a decline in performance. From 25 years-50 years body weight increases rapidly. Normal blood pressure 120/80 (25 years) is considered best, any increase is a definite disadvantage. The rapid decrease in blood pressure at 50 years warrants attention and is important for A.U.S.S.I. swim programmes.

d) Circulation changes are slower making less blood available to the working muscles in the older person, can be slowed by 30-40%. There is a much slower recovery of blood pressure and a greater variation in older individuals than younger.

It is probably well known by most that blood pressure increases with age. Graph 2: Normal blood pressure is usually considered to be 120/80. The top figure systolic increases with age as it also does in exercise. The bottom figure (diastolic) also increases with age and in exercise but not a great degree. Large variations are a sign of malfunction and the condition of the C.V. system. A useful guide to what your blood pressure should be can be calculated by the formula —

$$\frac{100 + \text{age}}{80} \text{ — for a 40-year-old} = \frac{100 + 40}{80} = \frac{140}{80}$$

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capacity to cope with and recover from stress, not only in the form of swimming programmes but general stress as well.

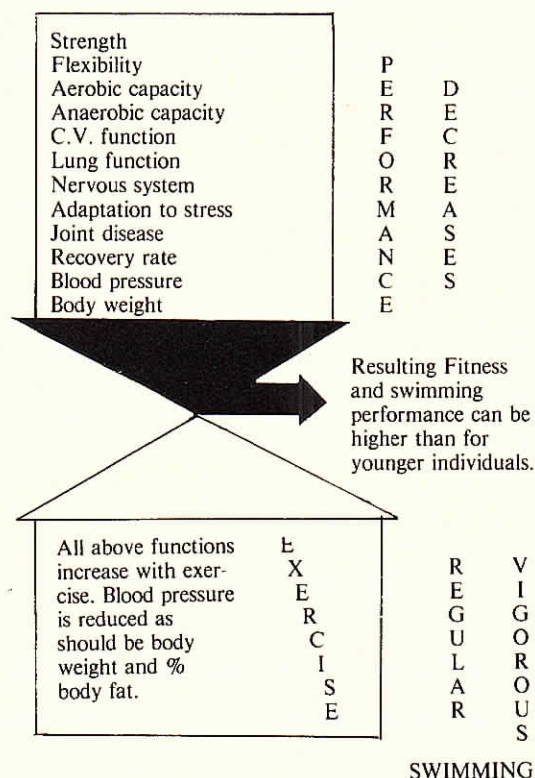
Different types of swimming impose differing amounts of stress on the body. For example, all-out sprint swims impose a great degree of stress that particularly over 25m or 50m we don't feel the full effect of until after the event. This is the period where most of the adaptation and recovery is done. Consequently we can produce tremendous efforts over short distances and it's not until we stop that we discover breathlessness, pain, 'jelly' arms and legs and maybe even dizziness and nausea. If this occurs it means we have overstressed the body and if the body is well conditioned and particularly in the younger years recovery will occur within 5-10 minutes. However, we have just mentioned with age the body is less able to and slower to cope with this stress and recovery may take longer, up to 20 minutes or it may lead to serious physical breakdown. If your heartrate has not returned to its resting rate after 20 minutes then you should have a full medical examination and talk over your swimming programme with your doctor and fitness director. Age, increased body weight, increased blood pressure and poorer integrity of blood vessels may make intensive all out swimming hazardous.

Aerobic or longer swims are usually on a 'pay as you go' system so that adaptation to stress is occurring as you swim, provided of course you are not swimming at maximum pace. Hence you are better able to pace your body functions and the body has more time to adjust and respond to exercise. Some recovery particularly if you swim above 60% effort is needed after you stop, however, the recovery is much milder and less painful. That is, you are training not straining which has significant benefits for health and fitness as we get older.

Age and Changes that affect Swimming Performance

Figure 1 summarises the changes that occur with increasing age that affect your fitness and swimming performance. Graphs 2, 3 and 4 illustrate the rates and amounts of decrease of some of these functions that are experienced as one gets older.

Figure 1. Effects of Age on Performance



1. AGE AND CARDIOVASCULAR SYSTEM

The effects of a lifetime of vigorous exercise on the cardiovascular system have not been yet studied extensively, however, studies of individuals have found that the heart muscle has been well developed, the valves normal and the coronary arteries larger than normal. This latter fact is very important as the opposite is usually the case with age and artery disease.

a) Coronary arteries are shown to have a reduced cross section with increased age, this means that less blood is able to supply the heart itself. In the 40-59 age group this cross section is reduced by 29% compared to 10-29 year age group.

b) Maximum heartrate is reduced with age. In the 20-30 years age group it is usually between 190-200 beats per minute, however, in older individuals this decreases rapidly. It is therefore very hazardous for a 40-year-old to have a heart-rate of 200 after an all-out effort, they would be under extreme stress. Swimmers should monitor their heartrate (measured by taking the pulse) and use it as a guide to the intensity of their train-

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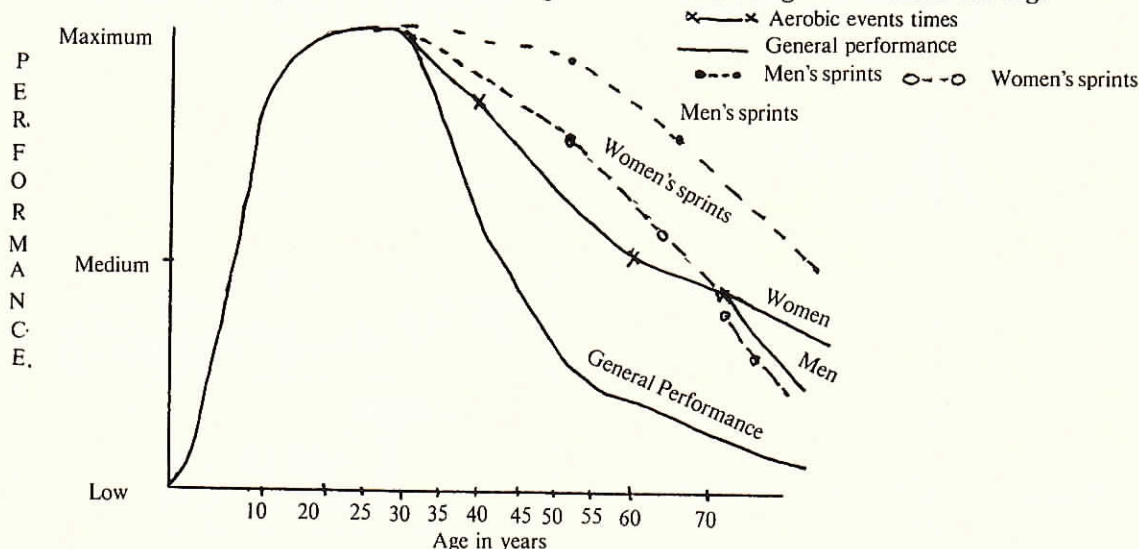
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GRAPH 1

General Physical Performance compared with Swimming Performance and Age



Graph 1 — shows peak in general performance between 20-30 years, gradual to 50s and 60s onwards a rapid decline. Note: women reach peak performance usually at an earlier age.

Swimming performance trends taken from A.U.S.S.I. Top Ten Times. For sprint freestyle and 800m + freestyle events with aerobic performance women seem to decline at about same rate as men then plateau so that % + sprint times decline sooner and to much greater degree. Decline could reflect decline in strength.

Women tend to reach maximum values much earlier than men, that is generally their decline starts earlier. Reasons for this may be that girls mature physically about 2-3 years earlier than boys and the earlier onset of sedentary life and lack of participation seen in girls and women in their late teens and early 20s. In most cases (men and women) a slow decline occurs during maturity (25-50s) and after 60 there is a much more rapid decrease. We assume this decline is natural, however, this may not be the case at least not to the degree we tend to accept. Research needs to be done in this area, however, from the examples we have in A.U.S.S.I., it can be demonstrated that many 60 and 70+ year-olds have much higher fitness levels and performances than many under 30 years. Graph 1 shows

- the onset of decline can be delayed by up to 20 or more years
- the amount of decrease is less than 'normal' trends,

for performance by A.U.S.S.I. swimmers in sprint and aerobic events.

One would not assume that A.U.S.S.I. members have a special genetic endowment that accounts for this trend and we would assume it was due to their swimming activity.

Rates of decline in Physiological Functions

Individuals are seen to age at different rates. Physiological functions are also seen to have their own rates of decline with increasing age. Some functions in fact don't decrease as one gets older, for example, blood sugar, total blood volume etc. However, where there is co-ordination of one or more organs required there is the most decrement and particularly when the person is stressed.

ADAPTION TO STRESS

Remember exercise is a stress, we use this stress in a calculated way to produce adaptation and this is called conditioning. However, we must be aware of the extent of stress and the body's ability to handle this. As we get older the body's adaptation to stress is much slower and its capacity to adapt is less depending upon the conditions of the various organs etc. Stress can be either harnessed to condition (train) the body or it can make extra demands on the body which may mean poorer performance, slower and painful recovery or breakdown. When stress is controlled in the form of a graduated, tailored swimming programme it can improve the body's



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However, it is better to have a much lower blood pressure. Physical conditioning has been shown to (i) keep BP within the same range as younger individuals and (ii) reduce BP where it is too high in the condition known as hypertension. In the latter case, however, this needs to be done in conjunction with your doctor. Continually high as well as sudden changes in blood pressure are extremely dangerous particularly as one gets older. It can cause heart damage and brain damage in the form of a stroke. Blood pressure increases with stress whether it be disease, exercise, work or emotional and swimming may be an avenue for you to alleviate this and reduce BP. You may also increase your stress by swimming erratically, without 'warm up' and 'cool down', in short intensive burst or unduly long periods of worrying about your performance or a combination of all of these. Therefore, your need to relax while you swim, make it fun and fitness.

Research has also found that hardening of the arteries, a disease found with increasing age can be reversed by systematic training.

In summary the heart and circulatory (C.V.) system lose their efficiency with age but the effects are certainly modified with exercise.

2. AGE AND LUNG FUNCTION

Again this decreases with age. The chest wall becomes much less mobile with age and hence lung volumes and capacities. Breathing becomes harder and less efficient with less oxygen being transferred from the lungs to the blood. In the young increased ventilation is achieved by increasing the rate whereas in older subjects they have to increase their volumes earlier thus making less reserves available to cope with higher workloads. Hence the feeling of not being able to get enough air in or out or breathlessness that occurs after an effort. Recovery is also longer as the system is less efficient. Graph 3 shows the effect of age on one lung function maximal ventilation which illustrates the effect. Once again, however, with training this function can be markedly increased with studies 6 weeks to 12 months, showing from 5-30% improvement.

3. AGE AND P.W.C. PHYSICAL WORK CAPACITY

Maximal oxygen consumption we discussed in the previous article as the best measure of P.W.C. or Fitness.

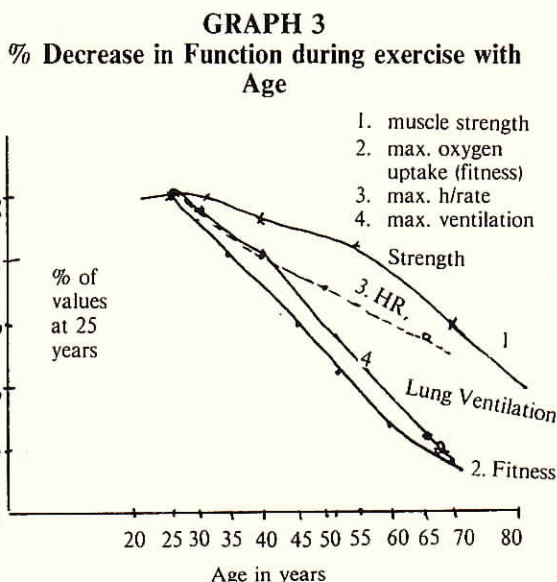
In adults there is a gradual decline in maximum oxygen uptake with age for both sexes, see Graph 4.

Graph 4 Fitness levels of maximum oxygen uptake decreases with age.

Note: earlier decline for women but plateaus earlier. Women's value less than men's (90%) up to 45-50 years and then women plateau and the decrease in capacity in men increases rapidly.

For men maximum values are found at mean age 17 years and by the age of 75 years have declined to about half that figure. In most studies (overseas) it has been found that women's maximums are found between the ages of 20-29 years, and that their values are 30% less than men's so that an average 25-year-old woman has the same PWC as a 60-65-year-old man (Astrang 1970). However, in Graph 4, Russo has shown that with Australian women this is not the case, maximal values are found between 15-20 years and the difference between male and female is closer to 5-10%. By age 50-65 women's values tend to plateau and the decrease is only about 20%. Thus women in fact are seen to have greater aerobic power than men at this age.

Remember that these figures apply to the



Graph 3 shows marked decrease in just some of the processes capacities that affect performance, e.g. by age 60 years lung ventilation and aerobic capacity are 60% of that at 25 years. Strength has the least, usually no more than 20%, even after 60 years.

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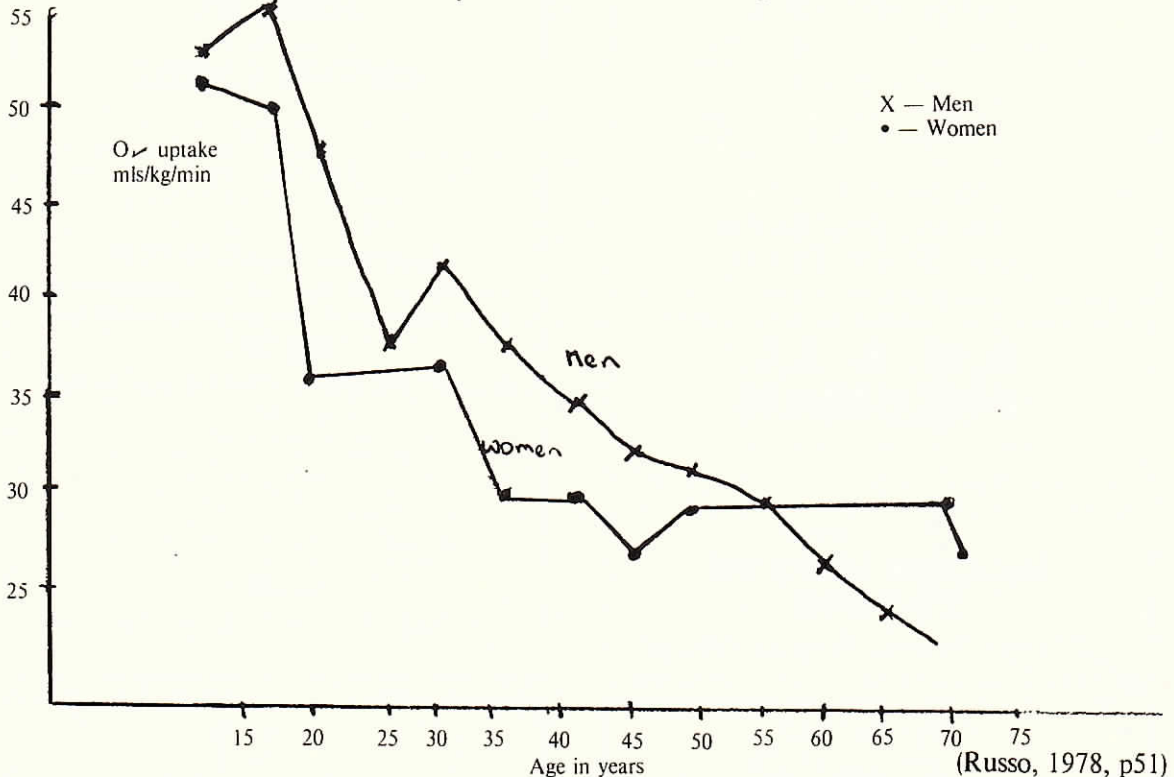
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GRAPH 4
Physical Fitness Level and Age



average or normal population not to those who necessarily exercise regularly. We have numerous cases in A.U.S.S.I. where swimmers have much higher fitness levels for their own age than others 20-30 years younger. For instance, for Ernie Williams to be swimming the times he does for 400m and 800m his aerobic capacity would be around that found for the 30-35-year-old man. Aerobic capacity can be increased some 10-20% by training, hence the decrease shown (Graph 3, 4) is probably more likely to be due to lack of exercise than age.

After the age of 30 years aerobic capacity is seen to drop by 10% each decade, however, from examination of A.U.S.S.I. performances it is more likely to be 5% per 10 years. Hence the Aerobic Trophy Point Scores only allows this much for age. Also the difference between women and men is only 5%, this is supported by the values for the Swim Swim Super Swim of 3000 metres values.

An interesting question is why best performance in endurance events are usually obtained 25-30 years when maximal oxygen uptake is at

20 years. If training is continued, maximum aerobic power can be maintained or even further increased for another 10-year period, also performance is dependent upon technique, tactics, motivation, intensity of training and experience over the years and other factors making gradual improvement possible. For young swimmers, because of the gruelling demands of training, retirement from the sport comes earlier than this as noted with Tracy Wickham and Max Metzker (retired from 1500m swimming) in all probability they would have improved their performances. For the A.U.S.S.I. swimmer it is certainly possible to achieve better times for distance (over 200m) events after age 20 years than earlier.

4. AGE AND MUSCULAR STRENGTH

Graph 3 shows the decline in strength with age and it is not as great as other factors. Maximum strength is found between the ages of 25-30 years and relates to muscle size rather than age or sex. (Women's values still less than males). Strength decreases slowly up until age 50 where it decreases at a greater rate but usually doesn't exceed 10%-20% loss. However, the loss in

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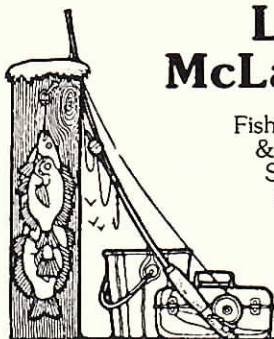
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strength for women with age is greater. In sprints events that have a high strength requirement (part of an aerobic capacity) this is perhaps the reason why the decrease in performance is not as great.

Graph 1 illustrates this factor using the Top Ten figures (1980/81) for 50m events. However, it must be remembered that whilst you can push the body to produce this effort, recovery must occur after the event. This is where stress occurs and for the young and fit can be more easily overcome, however, because of the factors we have discussed already, unless the person has a well developed aerobic capacity by regular training then recovery will be slower and hazardous. For the well trained, sprinting shouldn't be harmful, however, performance in sprint events should not be taken as a measure of fitness. Example, we often hear the case of Joe Bloggs 'who is really "fit", yet without training can still knock out an under 30 secs. of the 50m', look at Joe Bloggs after the race next time! It's also a pity (for J. Bloggs) that we can't have a look inside just to see the confusion and damage his body is undergoing to overcome the effort. Muscular Endurance, is also affected by age and the fatigue rate is greater in the old than the young, hence we feel the effects of pain and tiring earlier in an event. Pacing is hence important. Muscular Efficiency is also decreased, the main factor being the increase in body weight and body fat with age.

5. AGE AND THE NERVOUS SYSTEM

With increased age reaction time and speed of movement slow down. This may be due to reduced blood supply to the brain which is caused by arteriosclerosis occurring in old age and also reduced flexibility and the increase of joint diseases. This decline can be reduced with vigorous exercise over a number of years and need not decrease performance particularly in swimming. However, wet areas around pools can have an increased hazard and the learning of new skills particularly those with great flexibility demands may be slower.

6. AGE AND FLEXIBILITY

Children become less flexible as they grow older the low point being 10-12 years, it does improve up to age 20 years but never to the degree of the young child. After 20 years it grows steadily worse and is dependent upon specific exercise and the onset of degenerative disease. Swimmers

should make a conscious effort to improve flexibility to a) increase performance, b) decrease the possibility of injury and c) improve techniques in stroking.

7. AGE AND BODY WEIGHT AND COMPOSITION

We are all aware that height/weight charts allow us to increase body weight as we get older. This is only because they are average values found in the population, not ideal values for optimal health and fitness. Not only do we increase body weight but we increase body fat, making it 'dead weight' we are carrying around placing extra stress on the body and making movement less efficient. Because of the effect of being in the water the effect of excess body weight is not as great or is hidden. Hence we see examples of a lot of us who are overweight yet can still achieve in the pool. This is great for our egos but not so great for other bodily functions. We would perform much better and be fitter if we didn't have this excess. Also when we get out of the pool, we still have to carry it around. Swimming is a good way to control and reduce weight, this will be a feature of a future article. With age the basal metabolic rate is also decreased, therefore less food is required so unless we increase our exercise, decrease food consumption, body weight will increase and performance will drop. Those who have lost weight (within reason) should have noticed an improvement in performance and fitness.

8. AGE AND HEAT AND COLD TOLERANCE

Extremes of hot and cold provide another stress on the body and combined with exercise have increased danger as we get older.

Available evidence suggests that heat tolerance is reduced in older individuals. We witness that during summer when the victims of heat wave conditions are the older age group. Adaptation to heat and cold involve massive changes by the cardiovascular system and we have already said how this is decreased with age. Following heat exposure it takes longer for the older person's temperature to return to normal and with increased temperature, sweating starts later. In one study 70% of those suffering heat stroke were over the age of 60 years. The body cannot tolerate large changes in temperature — 2-3% is enough to cause stress and discomfort. Normal body temperature is 37°C. The most

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comfortable swimming environment is about 27°C, 3°C above or below and the stress systems are felt. The ramifications of this are—

- a) make sure members are not subject to heat stress at a swim meet, provide shade and plenty of drinks should be provided. Drinks will not slow you down (except those with alcoholic content). Alcohol will lead to further dehydration!
- b) Provide shelter from winds, rain and cold conditions and warm drinks and food should be available (adapting to cold burns energy).
- c) Make sure the pool temperature is not too hot or too cold. Temperatures over 30°C and high humidity (indoor pools) in hot weather especially are better avoided. Pool and even open water in the north of Australia have temperatures in excess of 40°C and training is not recommended. Exercise itself produces heat and this must be disposed of, impossible over 37°C. Swimming in cold water can produce shock conditions particularly if one is not accustomed to it. Swimming in this environment is a display of ignorance rather than 'toughness'. Chill or wind factor is very important.
- d) Be aware of the intensity of swimming, the more intense the greater heat produced, also the individual's degree of heat tolerance will vary, thinner people and men having less tolerance to cold and fatter people, women, pregnant women having less tolerance to heat.

9. AGE, ARM WORK AND BREATH HOLDING

Again because of the reduced efficiency of the C.V. system the body cannot adjust to the increase in blood pressure and stress caused by these activities. Isometric weight training should be approached with care and the breath should never be held. In other training methods avoid heavy arm work, watch arms only work and regular breathing should be maintained at all times.

10. AGE, BACKACHE AND BACK INJURY

Back injuries become most frequent with increasing age with not only more people suffering from the complaint but the incidence is more frequent. Most problems are caused from the cumulative effect of wear, tear and abuse over a number of years. We must be sure not to aggravate this condition with training methods. Poor conditioning, lack of flexibility, sudden

bursts of activity, incorrect techniques and indiscriminate weight training are such cases. Swimming is heralded as the best therapy for the alleviation of back pain. However, very little research has been done in the area and whilst relief and improvement certainly does occur, from experience, different strokes and different programmes vary in their effectiveness in relief and management.

11. AGE AND TRAINING EFFECTS

Despite the grim picture of what we can expect physically as we get older swimming training has been shown to give positive results in overcoming decrements and performance once thought to be due to ageing. Also the improvement in performance due to training is just as great in the older individual as the young, therefore it is never too old to start. Continual training throughout the year and from year to year is more effective than stop-start conditioning. That is, if swimming becomes part of your lifestyle your lifestyle quality and even quantity may increase.

SUMMARY

For the A.U.S.S.I. swimmer the effects of increasing age means:

- 1) Performance and fitness will decline with increasing age.
- 2) The onset of this decline can be delayed for a number of years.
- 3) The decrease in performance may not be as great as is assumed, but some allowance is still made.
- 4) Improvements in performance are still possible.
- 5) Training is essential — monitor intensity.
- 6) Training can prevent certain degenerative diseases, heart, joint, etc.
- 7) Certain hazards increase with age.
- 8) Exercise is a stress — use DON'T ABUSE.
- 9) Continual all year (lifetime) programmes are better and easier to cope with than long breaks.
- 10) 'WARM UP' AND 'COOL OFF' ARE ESSENTIAL.
- 11) DON'T SWIM in excessively hot or cold pools.
- 12) Be aware of body weight and if excessive take steps to remedy.
- 13) Be aware of blood pressure and general health. Have regular medical checks.

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References

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Feature Article

PROFILE OF AN OUTSTANDING WEST AUSSIE

by Kay Cox

This year for the first time in W.A. an A.U.S.S.I. member was nominated for the JAYCEES FIVE OUTSTANDING YOUNG AUSTRALIANS IN W.A. AWARD, as a tribute to the fine work our nominee has done for A.U.S.S.I. W.A. and Australia wide. The 5 were selected from nominations submitted throughout the State and those 5 contest the National final in October. To be eligible, nominees must be Australian, and between the ages of 18 and 40. They must have made an outstanding contribution of achievement in any one or more of the following fields:

- Personal Improvement
- Political or Government Service
- Cultural Achievement
- Economic Innovation
- Legal Reform
- Academic Leadership
- Athletic Leadership
- Moral and Religious Leadership
- Social Improvement to Major Contemporary Issues
- Philanthropic Contribution or Voluntary Service
- Success in the Influence of Public Opinion

In reading through these requirements, it was apparent that we had such a person, who has achieved results in a number of these areas as well as, and often at the same time, worked tirelessly for A.U.S.S.I. and its promotion. Thus, through the State Branch, this person was nominated for this Award and became one of the 5 outstanding young Australians in W.A. for 1982.

What are the qualities and contributions of

such a person? To give some insight and inspiration to us all, here is a brief profile:

Name: Glenys Eileen McDonald

Age: 36

Resident: of W.A. for 14 years (expatriate Victorian — our gain, their loss)

Married, with three children aged 12, 10 and 8.

Occupation: Trained nurse and midwife.

Even from a cursory view of Glenys' achievements before she joined A.U.S.S.I. it is obvious she is a person of many talents. Her academic and professional qualifications include a Matriculation Secretarial Course (proven of great benefit to A.U.S.S.I. W.A.), a General Nursing Certificate and an additional Midwifery Certificate. Glenys has worked in nursing for 19 years.

Prior to this Glenys spent 14 years in serious ballet pursuits, becoming a member of the Royal Academy of Dance (England). On her merits and potential she was awarded a scholarship for the latter years of her ballet training, the majority of which was spent at the prestigious Borovansky's Ballet School in Melbourne. Further to her credit, at the age of 18, opened up a local ballet school in Coburg, Victoria. However, her decision to pursue nursing forced her to give up a promising career.

Glenys married in 1968 and moved to Perth where she continued her career in nursing and embarked on the new career of wife, homemaker and mother. Her husband Vic, who is also a very active member of a voluntary organisation — Surf Lifesaving and A.U.S.S.I., is perhaps the only person who has an accurate and composite picture of the contribution and sacrifices Glenys

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Glenys is presented her award

has made to various community ventures and her own personal achievements. Anyone who has been in the situation know that having a husband and three children to look after is no easy task. Glenys has always been there to encourage and support Vic and their 3 children in their endeavours, and has joined the merry-go-round of taking children off to guitar classes, swimming training, other sports, and school and church activities. When weighing up a person's achievements it is sadly this contribution to family life that is either taken for granted or overlooked, whereas it is a very demanding role deserving a special award alone.

Prior to having her time monopolized by A.U.S.S.I., Glenys served in the position of Secretary of the Trigg Island Surf Lifesaving Club Ladies Auxiliary and was President of the North Beach Majellan Club. These interests have continued and Glenys is recognised as a valuable member of the community.

Since April, 1977 when A.U.S.S.I. was formed in W.A., Glenys became a member from the second night and to date you could count on two hands the number of meetings or formal commitments she has missed. Her willingness to take up a cause and capacity for work were quickly recognised and she was quickly made Secretary of the Carine Club which also doubled as a State Branch. Although not a past competitive swimmer or as she will say herself, couldn't make 25m, Glenys plunged herself into the task of improving her own swimming ability, fitness and knowledge of the sport. She has always been an ambassador for A.U.S.S.I. and a staunch supporter of its ideals and principles and provides encouragement to others, not only verbally but by example swimming three times per week up to 1600m per session. She now swims A.U.S.S.I. awards regularly and participates in Club, State

and National Swim Meets. This tenacity and zeal and dedication has shown out in the way she has tackled the various tasks placed upon her in A.U.S.S.I.

As Secretary of Carine in 1977 Glenys was one of the members involved in the setting up of the W.A. State Branch. As secretary this involved a big workload not to mention the hours spent on sub-committees to establish a constitution etc. After 2 years (1979) as Secretary of Carine, the State Branch was formed and she took on the position of State Secretary. Although she relinquished the position of Club Secretary, Glenys has always valued participation in club activities as a high priority and remained a committee member for her club. In 1980 and 1981 she was Vice-President and this year is again a committee member. In 1982 she has also taken on the role of National Aerobic Recorder.

Along with her duties as State Secretary, Glenys has also had the tasks of State Registrar and prior to 1980 was State Recorder, Publicity Officer and was involved in the running of an Interstate Swim in 1978 and State Swims in 1979, 80 and 81. Also since 1980 she has represented W.A. as State delegate at two National Council meetings per year. In 1980, she presented a talk on Aerobic Basic Conditioning on behalf of W.A. at the National seminar. She has used her expertise and knowledge gained to promote A.U.S.S.I. through talks to Weight Watchers groups and seminar for the over-50s conducted by the Department for Youth, Sport and Recreation. Glenys has also acted as recruitment officer with a group who have visited new clubs or groups wishing to set up an A.U.S.S.I. group, giving information, encouragement and preventing them from floundering by constant follow-up. It is no wonder that through such a busy schedule as promoter and 'watch dog' of A.U.S.S.I. activities, she has gained the friendly reputation as 'the mouth'.

In 1980-81 W.A. had the task of preparing for and conducting the 1981 National Swim. Glenys took out the whip and was largely the person who got us organised into a respectable working group. With her State Secretary 'hat' still on she also accepted the chairmanship of the Swim Meet sub-committee which had the responsibility of the Swim itself. I have worked with Glenys in various capacities over the past 5 years and was well aware of her ability to apply herself to a task and get results. Over the period of 12 months or

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more in a very close working relationship I fully realised her enormous capacity for work, sense of duty, fairness and unrelenting drive for high standards of performance. Nothing is ever 'slap-dash' or 'hap-hazard' with Glenys (not even her housework) and this is most reassuring to an organisation, although at times as she is aware, people interpret this as being 'held back'. It is just as well we have such a capable 'safety valve' and 'backstop'. I personally believe this is a more adequate description than 'the mouth'.

Just out of the oblivion of the Nationals, W.A. accepted to Review A.U.S.S.I. ideals on a National basis. Glenys became chairman of a sub-committee which had the responsibility of a very important section dealing with administration and a future secretariat. Here her organisational ability and thoroughness was seen again, a very comprehensive, well documented review report (typed by Glenys).

Glenys conservatively estimates she spends approximately 2 days per week on A.U.S.S.I. activities and at busy times such as State and National swims, Review Committee etc, up to 30 hours per week. Personally I think she has forgotten to count the nights worked as well. Along with this unenviable schedule she has found time to complete a Mature Age Matriculation Course (1980) and is currently studying (externally) for a Bachelor of Arts degree at Murdoch University. In her 'spare' time she writes poetry and short stories. All of this, of course, going on while she cares for her family, works three nights per week as a labour ward sister and participates in numerous other community and neighbourly activities. The 'goggles boggle' at the thought. Even when the 'chips are down' and the times rough she is uncomplaining and applies herself even harder.

As one of the 5 Outstanding Young Australians her personal achievement and commitment have been a credit to not only her personally but to A.U.S.S.I. W.A. and I am sure A.U.S.S.I. Nationally. I am certain that once she turns 40, she will be still there as one of W.A. outstanding 'middle aged' Australians. The measure of the esteem of the Award is perhaps reflected in the character and contribution of the other 4 recipients. Amongst them, Mr Brian Bourke, the leader of the State Parliamentary Opposition; a long distance runner; a prominent scout worker and a Jaycee businessman.

The motif of the Award, a Sun, is a symbol of

the award winner who has emerged from his or her environment and has achieved a measure of distinction in his or her chosen field. Perhaps this is also a symbol of another motif, the A.U.S.S.I. Playtpus, that 'shy, retiring' creature who snatches swims in the early morning or after dark emerging as a worthwhile community endeavour and change of public opinion in the promotion of fitness and fun.

Did I say this was a brief report? As I have said though, about Glenys, nothing can be 'slap-dash' or half-done and a brief article would hardly do justice to her invaluable, untiring contribution to A.U.S.S.I. and its members.

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INSTRUCTIONS INDIVIDUAL ENTRANTS
PAN PACIFIC INTERNATIONAL MASTERS CHAMPIONSHIPS

DATE: April 9th, 10th, 11th, 12th, 1983.
LOCATION: Warringah Aquatic Centre (Indoor 50m), Aquatic Drive,
French's Forest, Sydney, Australia.
CONDUCTED AND HOSTED BY: A.U.S.S.I. Masters Swimming in Australia.
SPONSORED BY: City Mutual Life Assurance Soc. Ltd. of Australia.

ENTRY PROCEDURE: There are no qualifying times for this meet. Please enter the time you expect to swim in the space next to the event(s) you wish to swim in, under the correct sex heading, on other side of this form.
YOU MUST ENTER A TIME OR YOUR ENTRY CANNOT BE ACCEPTED.

EVENT ENTRY LIMIT: You may enter only six individual events, no more than three of which may be on any one day of the swim meet (Note THIS DOES NOT INCLUDE RELAYS). If you enter more than three events on one day, then only the first three will be accepted.

ELIGIBILITY: Swimmers must be 25 years or older on Saturday, 9th April, 1983.
Australian swimmers must be members of an A.U.S.S.I. Club. Overseas swimmers must be registered with a Masters Association or Club.

CONDUCT OF THE MEET: Finals will not be swum. Placings will be determined by times only (electronic timing). Swimmers will be seeded by age group and by sex, with fastest swimmers first in each age group. The Meet Director reserves the right to place slower swimmers in empty lanes in another age group after at least one full heat has been seeded in each age group. All events will be pre-seeded. Consult your programme for your heat and lane number. SWIMMERS WHO FAIL TO REPORT WHEN IT IS THEIR TURN TO SWIM WILL NOT BE PERMITTED TO SWIM AT ANOTHER TIME.

AGE GROUPS: All events will be swum youngest to oldest, that is 25-29 then 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and then 90 and over.

AWARDS: World record breakers will receive a Special Presentation,
also * Outstanding female swimmer of the Meet
* Outstanding male swimmer of the Meet.

Medallions to 1-2-3 and ribbons for 4-8th in each event in each age group for both individual and relay events will be presented at the pool. A commemorative medallion will be issued to all participants on registration at the pool.

FEES: Individual entries \$5.00 per event. An entry will not be completed until cheques are cleared by the bank. If there is any problem with an entrant's cheque then cash in Australian dollars will have to be paid on registration to complete the entry. Any requests for refunds of fees will only be accepted if received before February 18, 1983.

AWARDS PRESENTATION: Tuesday evening there will be an informal B.B.Q. in pool grounds, food and refreshments and top Sydney Jazz Band - \$15 a head payable with entries.

Number of individual events _____	x \$5.00	=		For office use
Presentation B.B.Q. @ \$15.00		=	_____	
TOTAL FEES DUE (SEND CHEQUE NOT CASH)		= \$		PAYABLE IN AUST. DOLLARS

MAILING OF ENTRIES: Entries are to be mailed in time to be received by March 11, 1983. Cheques are payable to A.U.S.S.I. Entries with cheque for fees in Australian dollars to: A.U.S.S.I., P.O. Box 456, Sutherland, N.S.W., Australia, 2232. If you require proof that your entry has been received please enclose a self-addressed envelope.

RELEASE FROM LIABILITY: I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against A.U.S.S.I. Masters Swimming in Australia, the Meet Director and Committee and any officiating individual of the Meet, as a condition of my participation in this Meet.

SIGNATURE: _____

DATE / /
 month/day/year



OFFICIAL ENTRY FORM FOR INDIVIDUAL EVENTS

A.U.S.S.I. MASTERS SWIMMING IN AUSTRALIA
AND CITY MUTUAL INSURANCES
PRESENT THE

PAN PACIFIC INTERNATIONAL MASTERS CHAMPIONSHIPS

April 9, 10, 11, 12, 1983
at Warringah Aquatic Centre, Sydney, Australia.

NAME: _____ 'Phone: Business _____
(please print) (First) (Last) Home _____
TEAM (CLUB): _____ AUSSI REG'N NO: _____
(Does not apply to o'seas swimmers)
ASSOCIATION: _____ COUNTRY: _____

AGE: _____ BIRTHDATE: ____/____/____ SEX: M F
(On April 9, 1983) month/day/year (Circle one)

ENTRY DUE DATE: ENTRIES AND FEES MUST BE RECEIVED BY FEBRUARY 18, 1983

RELAYS separate entry form.

Event No.	WOMEN	Event	MEN	Event No.
Saturday April 9, 1983				
1		200m Freestyle		2
3		100m Butterfly		4
5		100m Breaststroke		6
7		50m Backstroke		8
9	See Relay form	200m Freestyle Relay	See Relay form	10
Sunday April 10, 1983				
11		100m Backstroke		12
13		50m Breaststroke		14
15		50m Butterfly		16
17		100m Freestyle		18
19	See Relay form	200m Mixed Freestyle Relay	See Relay form	
20	See Relay form	200m Mixed Medley Relay	See Relay form	
Monday April 11, 1983 ?				
21		200m Backstroke		22
23		200m Breaststroke		24
25		50m Freestyle		26
27		200m Individual Medley		28
29	See Relay form	200m Medley Relay	See Relay form	30
Tuesday April 12, 1983				
31		200m Butterfly		32
33		400m Freestyle		34

OFFICIAL ENTRY FORM FOR RELAY EVENTS

A.U.S.S.I. MASTERS SWIMMING IN AUSTRALIA
AND CITY MUTUAL INSURANCES
PRESENT THE

PAN PACIFIC INTERNATIONAL MASTERS CHAMPIONSHIPS

April 9, 10, 11, 12, 1983
at Warringah Aquatic Centre, Sydney, Australia.

NAME OF TEAM(CLUB) REPRESENTATIVE:

(who will be at the Meet)

(first name)

(last name)

ADDRESS:

No.

Street

City

Country

Code

Please enter for each team its estimated time under the correct event and opposite the correct age group and team ranking (A, B or C). Each Club may enter no more than 3 relay teams in any one age group per event. The age of the youngest member of the relay team determines the age group for that team. You must grade your teams so that your fastest team in an age group is the A team, second fastest the B and third fastest the C.

NOTE RELAY AGE GROUPS ARE AS LISTED BELOW.

AGE GROUP	WOMEN'S RELAYS		MEN'S RELAYS		MIXED RELAYS	
	13 200m medley	23 200m free	14 200m medley	24 200m free	34 200m medley	33 200m free
25 + A						
25 + B						
25 + C						
35 + A						
35 + B						
35 + C						
45 + A						
45 + B						
45 + C						
55 + A						
55 + B						
55 + C						
65 + A						
65 + B						
65 + C						
75 + A						
75 + B						
75 + C						

ENTRY DUE DATE: ENTRIES AND FEES MUST BE RECEIVED BY 18TH FEBRUARY, 1983.



RELAY ENTRY INSTRUCTIONS

PAN PACIFIC INTERNATIONAL MASTERS CHAMPIONSHIPS

DATE: April 9th, 10th, 11th, 12th, 1983.
LOCATION: Warringah Aquatic Centre (Indoor 50m), Aquatic Drive.
French's Forest, Sydney, Australia.
CONDUCTED AND HOSTED BY: A.U.S.S.I. Masters Swimming in Australia.
City Mutual Life Assurance Soc. Ltd. of Australia.

RELAY ELIGIBILITY: All relay team members must be registered members of the Club (team) they represent. They must be at least 25 years old on April 9, 1983. Each member may swim in only one age group per event. Each person may swim for one Club only during the Championships.

TEAM(CLUB) REPRESENTATIVE: Each team (Club) shall designate one person (see top of other side of this form) who will have the responsibility of picking up relay cards, filling in the names and ages of team members, and returning the completed cards to the relay steward's table.

NOTE: IN MIXED RELAYS SWIMMERS' SEX MUST ALSO BE SHOWN.

* RELAY TEAM MEMBERS MUST HAVE ENTERED AT LEAST ONE INDIVIDUAL EVENT *

AGE GROUPS: 25+, 35+, 45+, 55+, 65+, 75+. The age of the youngest member in a relay team determines the age of the group of the relay team.

AWARDS: Medallions to 1-2-3 and ribbons for 4th to 8th in each age group for each event.

FEES: \$10.00 per relay team. No refunds will be made after February 18, 1983. Entries will not be completed until cheques are cleared by the bank. If there are any problems with a team (Club's) cheque then cash in Australian dollars will have to be paid on registration to complete the entry.

Number of Relay Teams	_____	x \$10.00 = \$_____ FEE DUE
-----------------------	-------	-----------------------------

MAILING OF ENTRIES: Entries are to be mailed in time to be received by February 18, 1983. Cheques are payable to A.U.S.S.I. Entries, with cheque for fees in Australian dollars to:

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Calendar of Coming Events

1983

- January, 29: A.C.T. Australia Day A.U.S.S.I. Carnival, Judy Ford, (062) 54-8541.
 February 5: Armidale Swim (Pelican P.S.) M. Sharpe, 9 Proctor Street, Armidale.
 19: St. George Swim (Pelican P.S.) Glad Uebel, (02) 533-1189.
 26: Coogee/Randwick — Mary Connolly, 328-6626.
 March 5, 6: N.S.W. State Cup — Warringah Aquatic Centre.
 April 9-12: Pan Pacific Masters International Championships Warringah Aquatic Pool
 Sydney (Saturday-Tuesday).
 15-17: National Swim — Australian Club Championships
 Chandler Pool, Brisbane.
 24: Gold Coast Mini Marathon and Fun Carnival — Southport Olympic Pool
 Paddi Anstey — (075) 37-1652.
 May 1: Blacktown Swim (Pelican P.S.) — C. Turner, P.O. Box 595, Blacktown.
 June 13: Queen's Birthday Weekend Carnival — Tamworth (Pelican P.S.)
 R. Spink, (067) 66-1623, P.O. Box 773, Tamworth.
 July 30: Ettalong Carnival (Pelican P.S.)
 G. Varley, c/- Olympic Pool, Blackwall Road, Woy Woy.
 September 17: Sharks Spring Splash — Cronulla (Pelican P.S.)
 Beryl Stenhouse, (02) 523-2361.
 October 1: Hunter Swim (Pelican P.S.), Bob Ford, P.O. Box 149, Merewether, 2291.
 November 5: Hills Swim (Pelican P.S.), Pat Sommerville, 872-3146.
 December 3: Western Suburbs Swim (Pelican P.S.), Ann Still, 604-6902.

International Dates — U.S.A.

- May 28-31: U.S.M.S. S/c Championships, Swimming Hall of Fame Pool
 June F. Krauser, 2308 N.E. 19th Avenue, Fort Lauderdale, FL33305.
 August 25-28: U.S.M.S. L/c Championships, Indiana University.

1984

- May 26-29: U.S.M.C. S/c Championships, Industry Hills, California.
1983 Canada
 March 4-6: Ontario Provincial Championships, Nepean Sports-plex
 Joan Taillefer, 1700 Woodroff Avenue, Nepean, Ontario K2G 1W5.
 April 15-17: E.O.M.A.C. International Invitational — Olympium Pool
 Chris Pieczora, 590 Rathburn Road, Etobicoke, Ontario M9C 3T3.
 May 6-8: Canadian S/c National Championships, Dollard des Ormeaux
 Angus McKnight, 12001 Boul de Salaberry, Dollard des Ormeaux.
 June 11: Saskatchewan Championships, Regina Masters
 Wendy Warren, 28 Gardiner Avenue, Regina, Saskatchewan.

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Calendar of Coming Events

1984

April 24-28: FIRST WORLD MASTERS SWIMMING CHAMPIONSHIPS
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- N.S.W. — June Kuhn, 32 Woods Road Sefton, 2162 — (02) 29-5412 or (02) 29-4746 (work).
A.C.T. — Judy Ford, 7 Brownlow Place, Holt, 2615.
QLD. — Ray Rose, 76 Garie Street, Wishart, 4122 — (07) 343-2541
S.A. — Florence Walker, 4 Smitham St., Elizabeth Grove, 5112 — (08) 255-7328
W.A. — Glenys McDonald, 5 Fortis Place, Carine, 6020 — (09) 447-3578
TAS. — Patricia Beverage, 21 Wiena Cres., Miandetta Park, Devonport, 7310 — (004) 24-6093
VIC. — Barbara Wilson, 5 Bennett Ave., Mt. Waverley, 3149 — (03) 233-4847

TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the March edition of A.A.S. must be received by 1st February, 1983.

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

(CUT HERE)



DATE:

VENUE:

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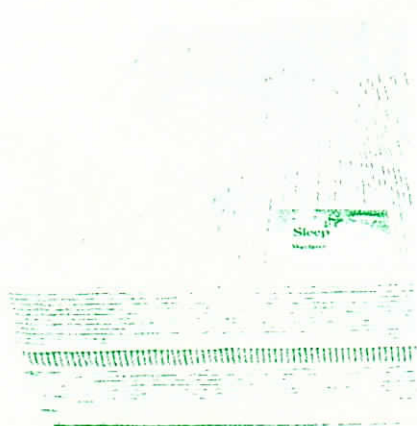
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Phone: 26 1488

S.A. 412 North East Road, Windsor Gardens,
5087. Phone: 261 3611

W.A. Stockdale Road, O'Connor, 6163.
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