



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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## NATIONAL NEWSLETTER

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Volume 5, No 5, OCTOBER 1994

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Well, quite a lot has been happening around the Globe with all the World Swimming Competitions. Some who were lucky enough to swim in Montreal also carried their good form and fortune through to Brisbane.

In this Edition some items include :-

- An item on Shoulder Rotor Cuff.
- Around the States.
- Rounding up the World and World Masters Games.

Congratulation to our past Director of Coaching Anita Killmier and husband John Iossifidis on the arrival of Zoe Brooke Iossifidis who was born on the 17/09/1994. All are extremely well.

We recently received an Executive Summary of the National Opinion Survey of Masters Swimming in England. They based their survey on the one John Iossifidis designed, prepared, and managed for AUSSI when he was the Director of Planning for the National Board. It is pleasing to see all that work is being used by other swimming organisations to help them as a starting point to assist them in conducting a survey of their members.

It was sad to see Peter Gillet resign from the position of National Recorder and also from the National Board. Peter as you know is a Life Member of AUSSI, and his contribution to the sport of swimming in the AUSSI arena will be hard to be replaced. Peter will be missed but not forgotten.

At the Mid Year Board Meeting in Brisbane, we welcomed Russell Clarke from South Australia, the new Director of Recording, and Jean Harvey of the ACT, who is the new Director of Planning.

Darryl Hawkes has been appointed as the National Recorder. All correspondence in regards to Recording, Record Applications, Top Ten etc should be to:

**Darryl Hawkes, National Recorder, AUSSI Masters Swimming**  
**54 Eyre Street, SEIVIEW DOWNS, SA, 5049**  
**Phone (08) 296 8905**

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The **AUSSI** Purpose is: "To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve general health."

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*Copied with permission from  
MASTERCRAWL, NEW ZEALAND.*

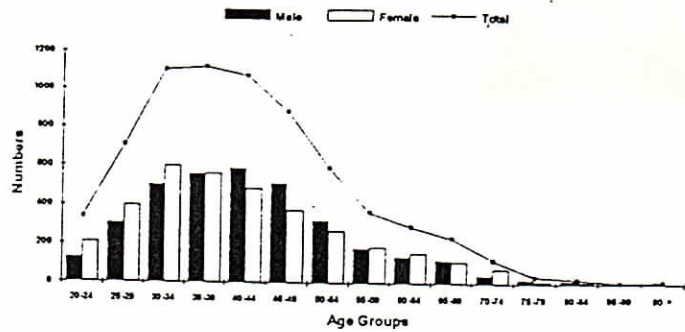
## What is the world-wide participation in Masters Swimming ?

Masters Swimming as an organised activity is the newest of the FINA disciplines. Little is known at present of the extent of participation throughout the world. In 1993 a questionnaire was distributed by FINA requesting information on Masters activities in each of the Member Federations. It was hoped that the survey would provide valuable information to assist with future development. The results of the survey were presented at the Masters Swimming Committee meeting held in Rome in November 1993 and proved to be a disappointment both in regards to the number of responses received and to the information provided. Federations in general are not as yet sufficiently well organised in their Masters activities to provide the information required. It would appear that this is largely due to a lack of communication and another attempt was made at the World Championships at Montreal. A further more specific questionnaire was circulated directly to the Federation representatives who are in charge of Masters activities in their own countries.

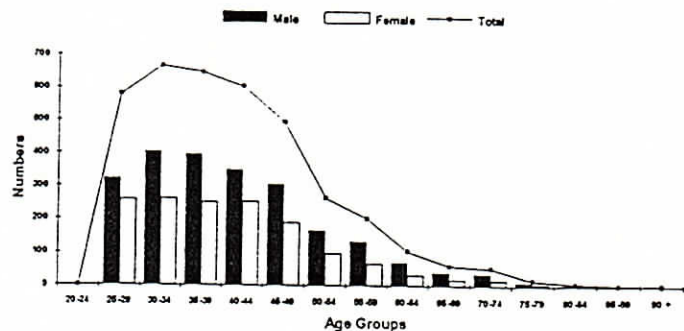
An attempt has been made to find out the age and sex distribution of Masters in the various Federations. Detailed figures for 1993 were available only from the United States, Australia, New Zealand and Great Britain. Presumably in many countries these figures are difficult to obtain. A comparison of these countries is of interest. In the United States, Australia and New Zealand, where there is a tradition of separate Masters clubs, the distribution is almost identical with a peak of membership centred on the 35-39 years age group. In Great Britain, where Masters operate within established swimming clubs, the peak is reached earlier in the 30-34 years age group. The number of Masters per head of population is dramatically greater in Federations with separate Masters clubs. So much so that New Zealand has more registered Masters than Great Britain.

Tom Logan

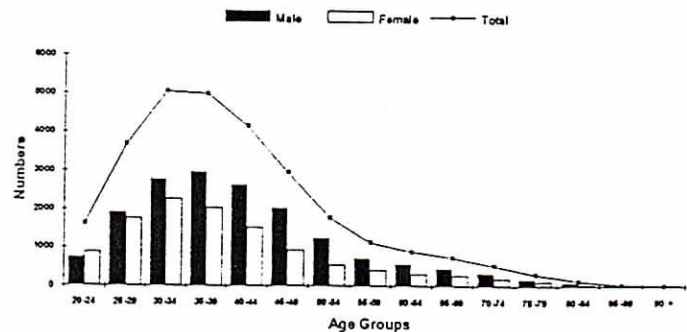
**AUSSI Masters Swimming  
Age Group Distribution 1993**



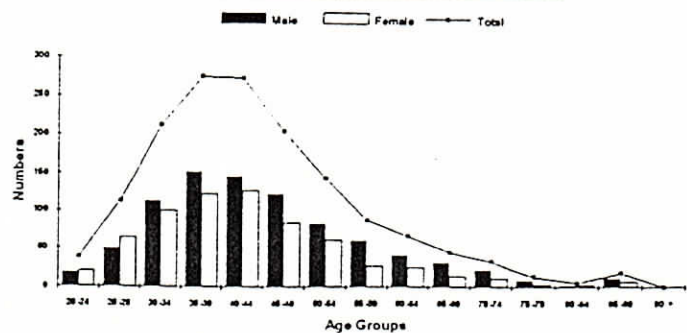
**Great Britain Masters Swimming  
Age Group Distribution 1993**



**United States Masters Swimming  
Age Group Distribution 1993**



**New Zealand Masters Swimming  
Age Group Distribution 1993**





**WISE WORDS FROM ARTHUR ASHE, FORMER WIMBLEDON CHAMPION**  
**in a final letter to his daughter**

"Whatever else you learn at school, I would like you to master at least two "life sports", those you can play long after you are out of school. Sports are wonderful; they can bring you comfort and pleasure for the rest of your life. Sports can teach you so much about yourself, your emotions and character, how to be resolute in moments of crisis and how to fight back from the brink of defeat. In this respect, the lessons of sports cannot be duplicated easily; you quickly discover your limits but you can also build self-confidence and a positive sense of yourself. Never think of yourself being above sports."

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Here are two interesting items from the  
Platypus Press, the Tasmanian Newsletter.

### **Tummy Tempters**

Our Pauline Sampsons Sultana Bran Muffins.

"This mixture will keep up to one month in the refrigerator, so you only make as many as you require at the time."

You need a very large bowl to mix the following:

6 cups plain flour (maybe all wholemeal or  
1/2 wholemeal, 1/2 white)  
5 tsp bicarb soda  
1 tsp cinnamon  
2 cups raw sugar  
3 cups all bran  
2 cups sultanas

Lightly beat together  
3 eggs,  
500g low fat yoghurt made up to 1 litre with  
water,  
1 cup vegetable oil,  
1/4 cup golden syrup,

Mix all ingredients together. Cover with plastic and refrigerate. Leave overnight before using.

Bake at 200 C for 20 mins.

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### **How do we tell you?**

It's not like you have bad breath, or your fly is undone, and nobody but your best friend will tell you!

Many of us have a few "bad habits" when we are competing in the Championships. And these habits could cost you the race by disqualification if we get a stricter Referee!

**Rule SW7.1** On the long whistle from the Referee, swimmers shall take up their positions on the front of the starting platform or immediately enter the water

**Rule SW5.5.2** The Starter shall with the concurrence of the Referee disqualify swimmers for delaying the start.

Did you notice that quite a few swimmers had to get undressed, adjust their goggles, discuss their next race with their friend, or do up their bathers just after the long whistle from the Referee?

You can also get disqualified for swimming out to the backstroke flags and back after the long whistle if it causes "undue delay" in the backstroke start.

# Greater Ankle Flexibility

Reprinted from Wave Lengths, Masters Swimming, Canada.

Written by Susan M Kleiner, Ph.d., R.D, L.D.  
Partner, Freidman-Kestner & Kleiner  
Nutrition Specialists.

*Since expert swimmers with better kicks have greater ankle flexibility, how can I improve my ankle flexibility?*

The primary position of the foot during the traditional flutter kick is one of planter flexion, or pointing of the foot. Normal reported ranges of motion for ankle planter flexion are between 45 and 65 degrees.

Increased flexibility involves stretching both the soft tissue (muscles and tendons) around a joint and the joint itself (joint capsule, ligaments). Flexibility of the ankle in the direction of planter flexion is probably most limited by joint structure and joint mechanics. Individual joint structure varies greatly and cannot be changed.

Maximum stretch of the soft tissues into the direction of planter flexion involves maximally pointing the foot. To further increase motion in this direction the foot can be pointed and then inverted (turned in) and everted (turned out).

Increasing the strength of the ankle plantor flexors (the gastrocnemius, soleus, tibialis posterior and the peroneal muscles) may also help to increase ankle flexibility for planter flexion. This can be done using Theraband, a resistive sheet of rubber, or rubber tubing: both are usually available at rehab facilities.

Exercises should include planter flexion, inversion (turning the foot in) and eversion (turning the foot outward) against resistance. In addition, performing these same motions using resistive isometric exercises at the end range of plantar flexion, eversion and

inversion with the help of a second person, or performing high repetitions of single leg toe raises may increase ankle plantar flexion range of motion.

One problem that may be encountered with excessive stretching and strengthening is achilles tendinitis or more commonly, a restriction in the opposite direction of ankle dorsiflexion.

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## AUSSI Handbook

Some Clubs have asked: "What's a Handbook"? or "What Handbook" ? or said "We don't have a Handbook".

The AUSSI Handbook is a white vinyl, two ringed binder with a large green and gold logo on the cover, containing the loose leaf Constitution, By-Laws and Rules and in some cases - Guidelines for Referees too.

When first produced some years ago, a Handbook was issued to every AUSSI Club affiliated at the time. Branches were to insure that Clubs forming since that date, would receive a copy too. Therefore, maybe with one or two exceptions, all Clubs would have a Handbook at some stage.

The complete Handbook is available from the National Office for \$10.00 plus postage, which barely covers the cost of the vinyl cover. Because many Handbooks have apparently disappeared with the change of secretaries, we now make the vinyl cover available for \$5.00 plus postage

Yes all clubs on our mailing list in March were sent a set of inserts ie Constitution, By-Laws and Rules. Further sets are available for \$5.00 plus postage.



## Age Determination Date

A resolution passed at the recent Board Meeting was:

**That AUSSI Rule SW2 will now read: "For all purposes pertaining to World Masters Records, World Masters Swim Meets and all AUSSI conducted events, the actual age of the competitor shall be determined as of 31 December of the year of competition".**

A further resolution was:

**That rule SW2 become effective on 1 January 1995.**

To put it simply - age determination date will remain as the last day of the Meet for all AUSSI activities for the rest of the year, but as of the 1 January 1995, all AUSSI Members will adopt the age in whole years that they will be on 31 December 1995 for the whole of 1995

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## **Rotator Cuff ? Don't Believe It**

- Unless you pitch for the pros, don't worry about what the sports writers say,

By Stephen J McIlveen, M.D.

If you are a regular reader of the sports pages, you probably figure throwing a ball or swimming a couple of laps is pretty risky business for your shoulder. Seems like every time a pitcher shows up on the injured list, goes off for surgery, and never plays again, the press automatically reports it was "rotator cuff" that did him in.

It must be an easy phrase to type, especially since sports writers also consider it an all-purpose equivalent for "swimmer's shoulder." And from its apparent virulence among the

elite, the rest of us amateurs can scarcely be blamed for concluding that the shoulder is a dangerous joint to mess with:

It's not, at least no more so than most of the others. My orthopaedic advice to Masters Runners or Cyclists who would work out in the pool if only they wouldn't be letting themselves in for a new set of injuries is, "Go swim." The chances of your getting rotator cuff injury - the real thing - are slight.

### **You've Outgrown Swimmer's Shoulder**

For openers, the true "swimmer's shoulder" is seldom if ever seen in a Masters-age athlete. Not only is the Shoulder the most mobile joint in the body, it's anatomy lends it to possibly having instability problems. So it's not surprising that a limber high school or college swimmers piling on the metres every day at 6am. can develop pain - the classic "swimmers shoulder."

The irritation comes from what's called subluxation, a tendency for an unstable joint to wobble and inflame the surrounding area. This slack is unlikely to persist into a swimmer's 30's and 40's.

Which isn't to say that heavy training can't give a Master's athlete a pain in the shoulder. Like any muscles, the four little ones of the rotator cuff that hold your arm bone up in it's socket don't like surprise work loads. Push them harder than usual all of a sudden, even in the freestyle swim stroke which I consider the most injury free one of them all, and they can make you pay. Ease into your swimming program, with some weight work on the side, and the chances of any trouble are slight.

But don't head off to the gym without this warning: Repeated exercises and use of the arms in the overhead position for strength can lead to irritation of the rotator cuff. If you've already brought on shoulder pain with overuse, then your strengthening program should be changed to one that maintains the arms below the "horizontal level."

## High Arms, High Risk

That's why rotator cuff problems don't just affect swimmers and pitchers. Athletes in practically any of the other overhead sports, like tennis and racquet ball, are quite susceptible too - especially athletes over 50. In addition to pushing the calf muscles harder than their ready for, some of these people have shoulder bones that over the years have produced sharp little outcroppings called spurs.

One of those spurs rubbing over and over against an already overstressed muscle is going to produce just pain if you're lucky, pain plus a rotator cuff tear if you're not. Surgery, when it's necessary, can a lot more easily remove a little spur than fix a tendon the spur has already torn.

That latter kind of mending work can, in some cases, sideline you for as long as 9 months. Fortunately, except for high-intensity athletes, full-blown rotator cuff tears are unusual under the age of 45.

But when it's your shoulder that hurts, what to do? Rest seems logical, except babying an inflamed shoulder joint for a couple of weeks is a good way to get a frozen shoulder, a condition whose cause is a mystery but whose symptoms are not: Your arm doesn't move, not without exquisite pain. Rarely do you want to immobilise the shoulder and risk courting this.

But for most Masters athletes, muscles strong enough for the sport and properly warmed up and stretched before each workout should keep "rotator cuff" no closer to you than the sport's pages.

## CUFF PRESERVERS

(three stretches for those four muscles)

Do two sets of five reps each - holding for just a few seconds - before your workout.

### 1. Wall Climb:

Stand facing a wall. Stretch arms overhead touching wall, lean forward.

### 2. Doorway Lean:

Standing in doorway, place both vertical forearms flat against either side of the door frame (palms facing out), and gently lean forward.

### 3. Hands Up:

Place hands behind you, resting on counter top, fingers facing forward. Gently bend knees, stretching arms upward.

*Dr McIlveen is Director of the Division of Sports Medicine at New York City's Columbia-Presbyterian Medical Centre.*

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## Results from the World Masters Swimming Championships, Montreal, Canada.

Please forgive me if I overlook somebody as I have not received much information about the World Masters in Montreal.

The World Masters Swimming Championships finished on the 10th of July with the 5km Open Water Swim.



#### Australians won:

23	Gold Medals
14	Silver Medals
8	Bronze Medals

Out of the 82 World Masters Records broken only one of these was by an Australian.

John Covacevich of Cairns Qld did so in the 200m Butterfly in the 45 - 49 age group in the time of 2 min 25.23 sec.

#### The best Australian Performers were:-

Kevin Vickery - Ettalong NSW.  
5 Gold. 70 - 74 year age group.

Frank Griffiths - Gladstone Qld  
5 Gold 85 - 89 year age group

John Covacevich - Cairns Qld  
4 Gold 45 - 49 year age group

Australia had 94 swimmers out of a total of 3,473 from 41 participating countries.

#### Australian Medal Winners :-

	Gold	Silver	Bronze
Kevin Vickery	5		
Frank Griffiths	5		
John Covacevich	4		
Karen Gibson	2	1	1
Dieter Loeliger	1	2	1
Barbara Brooks	1	1	1
June Granziera	3	1	
Liz Wallis		2	1
Val Lincon		1	
Beryl Grace			1
Lyn May			1

#### World Masters Games Brisbane

First of all we must congratulate Mary Sweeney and her band of tireless workers for putting together another wonderful swim meet in a way we have come to expect from the

Queensland people. On behalf of everybody in AUSSI thank-you very much on a job well done.

Where do we start :-

#### HIGHLIGHTS.

Who can forget the Mean Machine in their first major competition since the 1986 Commonwealth Games.

Tracey Stockwell (nee Caulkins) and wife of Mark Stockwell of Mean Machine fame and one of the golden girls in the 1984 Olympics also swam into the record books.

Former 1972 Olympic 400m Champion Brad Cooper smashing the 400m World Masters Record by 13 seconds.

Mother and Daughter gold medallists, Dulcie Nicol, a spritely 81, and Barbara Luscombe a fit 50. Dulcie won the 400m freestyle, while Barbara slashed 22.34 second of the Games 200m butterfly record.

One of the highlights of determination and courage was the swim of 101 year old Mary Maina who created history and pandemonium in the stands when she won the 50m freestyle in 5min 12secs and created a State, National, and World Record for the 101-104 year olds.

#### AUSTRALIAN WORLD RECORD BREAKERS

<b>BRAD COOPER</b>	
50m Backstroke	28.51
400m Freestyle	4.21.94

<b>JOHN COVACEVICH</b>	
200m Butterfly	2.25.66

<b>MARY MAINA</b>	
50m Freestyle	5.10.84

# **AUSTRALIAN W.M.G RECORD BREAKERS**

## **200M BACKSTROKE for WOMEN**

40-44	Rose Cunnington, QLD	2.54.38
50-54	Gerda Williams, QLD	3.13.98
55-59	Pamela Hutchings, NSW	3.13.86
80-84	Elaine Anderson, QLD	7.39.82

## **200M BACKSTROKE for MEN**

45-49	John Covacevich, QLD	2.32.21
60-64	Bob Barry, NSW	2.54.19
75-79	Bob Harris, QLD	3.57.21
85-89	Alfredo Cherchi, NSW	5.17.75

## **50M BREASTROKE for WOMEN**

30-34	Tracy-Anne Stockwell, QLD	37.11
40-44	Karen Gibson, QLD	38.20

## **50M BREASTROKE for MEN**

35-39	Russell Henry, QLD	33.36
40-44	Gary Henry, QLD	32.91
80-84	Arthur Evans, QLD	52.58
85-89	Frank Griffiths, QLD	1.07.18

## **400M FREESTYLE for WOMEN**

35-39	Glenise Gale, TAS	4.59.21
50-54	Jen Thomasson, QLD	5.37.02
65-69	Liz Wallis, NSW	6.48.14
80-84	Dulcie Nicol, QLD	10.18.13

## **400M FREESTYLE for MEN**

40-44	Brad Cooper, QLD	4.21.94
70-74	Kevin Vickery, NSW	6.08.77
75-79	Bob Harris, QLD	7.04.52
85-89	Alfredo Cherchi, NSW	9.01.97

## **200M BUTTERFLY for WOMEN**

50-54	Barbara Luscombe, VIC	3.19.26
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## **200M BUTTERFLY for MEN**

35-39	Russell Fletcher, VIC	2.30.01
45-49	John Covacevich, QLD	2.25.66

## **100M FREESTYLE for WOMEN**

50-54	Jen Thomasson, QLD	1.11.16
70-74	Jean Walken, QLD	1.46.90

## **100M FREESTYLE for MEN**

40-44	Gary Henry, QLD	56.42
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60-64	John Brownjohn, NSW	1.07.74
70-74	Kevin Vickery, NSW	1.14.90
85-89	Frank Griffiths, QLD	1.43.07

## **50M BACKSTROKE for WOMEN**

35-39	Christine Riley, QLD	34.99
55-59	Pamale Hutchings, NSW	39.32

## **50M BACKSTROKE for MEN**

40-44	Brad Cooper, QLD	28.51
85-89	James Walker, QLD	1.43.84

## **400M I/MEDLEY for WOMEN**

65-69	Ray Reeves, WA	10.19.32
70-74	Norma Rudolph, QLD	10.22.40

## **400M I/MEDLEY for MEN**

35-39	Russell Fletcher, VIC	5.09.79
70-74	John Scar, NSW	8.58.22

## **50M FREESTYLE for WOMEN**

30-34	Donna O'Donnell, QLD	28.33
50-54	Jen Thomasson, QLD	31.74
55-59	Pamela Hutchings, NSW	33.36
60-64	June Granziera, NSW	35.96
101-104	Mary Maina, NSW	5.10.84

## **50M FREESTYLE for MEN**

55-59	Rex Elkington, QLD	28.42
60-64	John Brownjohn, NSW	29.95
70-74	Kevin Vickery, NSW	33.24
75-79	Denis Joy, NSW	33.44
85-89	Frank Griffiths, QLD	42.83

## **100M BREASTROKE for WOMEN**

35-39	Judy Hudson, QLD	1.23.40
40-44	Karen Gibson, QLD	1.24.42

## **100M BREASTROKE for MEN**

25-29	Ian Walker, NSW	1.07.11
80-84	Arthur Evans, QLD	2.03.11

## **100M BACKSTROKE for WOMEN**

55-59	Pamela Hutchings, NSW	1.28.13
80-84	Edna McKenzie, QLD	3.45.11

## **100M BACKSTROKE for MEN**

75-79	Bob Harris, QLD	1.47.13
85-89	Frank Griffiths, QLD	2.24.56



200M	FREESTYLE for WOMEN	
30-34	Julie Parkes, QLD	2.14.32
35-39	Coral O'Connell, QLD	2.20.68
50-54	Jen Thomasson, QLD	2.39.44
80-84	Dulcie Nicol, QLD	4.57.13

200M	FREESTYLE for MEN	
40-44	Gary Henry, QLD	2.04.24
50-54	Vic Paul, WA	2.17.11
60-64	Bob Barry, NSW	2.32.23
70-74	Kevin Vickery, NSW	2.48.49
85-84	Alfredo Cherchi, NSW	4.13.24

50M	BUTTERFLY for WOMEN	
30-34	Donna O'Donnell, QLD	30.36
40-44	Judith Clarke, QLD	32.59
50-54	Barbara Luscombe, VIC	36.01
75-79	Bess Barry, NSW	1.15.43

50M	BUTTERFLY for MEN	
40-44	Neil Rogers, NSW	27.25
45-49	Roderick See, NSW	29.40
65-69	Allan Duffy, NSW	37.88

200M	I/MEDLEY for WOMEN	
35-39	Judy Hudson, QLD	2.40.16
50-54	Gerda Williams, QLD	3.08.02

200M	I/MEDLEY for MEN	
70-74	Kevin Vickery, NSW	3.32.80
85-89	Frank Griffiths, QLD	4.56.21

100M	BUTTERFLY for WOMEN	
35-39	Judy Hudson, QLD	1.12.02
50-54	Barbara Luscombe, VIC	1.27.06

100M	BUTTERFLY for MEN	
45-49	John Covacevich, QLD	1.06.10

200M	BREASTROKE for WOMEN	
35-39	Glenise Gale, TAS	3.01.30
40-44	Karen Gibson, QLD	3.02.76
50-54	Jen Thomasson, QLD	3.16.42
75-79	Bess Barrie, NSW	6.03.85
80-85	Dulcie Nicol, QLD	7.01.30
200M	BREASTROKE for MEN	
25-29	Ian Walker, NSW	2.31.36

An item of interest is that the World Masters Games had a total of 23,601 entrants, and this included 1,843 swimmers.

There were 613 competitors in the 400 Freestyle, 252 females and 361 males. Swimming two to a lane, 10 lanes at a time, it took 5 hours 33 minutes. (2:42 to 8:10pm)

The womens freestyle had 477 entries and 49 heats and the mens had 663 entries and 68 heats.

More interesting stats will emerge.

What a splendid result for AUSSI Masters Swimmers. As well as all the records and P.B's and swimmers achieving times they were extremely happy with, I am led to believe a good time was had by all. Once again thank you to Mary Sweeney and her band of hard working Queenslanders.

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### SHELLEY TAYLOR-SMITH

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The doctors have told Shelley that if it was not for swimming she would be in a wheelchair.

At 32 years old Shelley is once again the No 1 World ranked long-distance swimmer making it the seventh consecutive year. Her feats include 10 world records, solo English Channel swim, World Cup gold medals, admittance to the International Swimming Hall of Fame, and an entry into the Guinness Book of Records for the fastest swim around Manhattan Island.

Shelley wore a back brace to help with scoliosis while in high school, and while on a swimming scholarship in the USA at the University of Arkansas in 1984, she became partially paralysed for 4 weeks.

Unable to preform tumble turns without pain killing drugs her pool career ended, and she turned to long distance swimming, and boy are we glad she did.

## LETTERS TO THE EDITOR

A number of people have asked if I would start a column so that AUSSI members can write in to ask questions, comment on certain things or just to express their opinion.

Well, here is the chance. In the next newsletter a column will be included for the membership to have their say.

All letters will be answered, whether in this newsletter, or if you wish by return mail and not included in this column. Please indicate this in your letter.

If you think of anything whether it might be controversial, or just an opinion of yours, feel free to write.

Please send letters to :

**Doug Tantau,  
Director of Communications,  
59 The Avenue,  
Morwell,  
Victoria. 3840**

## **AROUND THE STATES**

### **Tasmania.**

Although Tasmania is a small State in comparison with other States, enthusiasm is usually high within the Branch

Launceston AUSSI hosted a successful Short Course Winter Championships in August. All Clubs were represented and 72 individual records including 2 National were broken.

This year saw the first presentation of Male and Female Swimmer of the Meet.

During September, the Branch conducted a 1M Coaching Course in Hobart with 10 people participating. The Year of the Coach was celebrated that same weekend with a dinner and presentations made to 9 Coaches.

Coming up in November is the Relay competition held over two sessions at two venues to allow for the Long Course and our own "Tassie" Short Course (4x25m). The 25m distance is good fun for those nervous about competing or just trying out a new stroke.

Outdoor pools open at the beginning of October in Tasmania and the keen swimmers are known as 'Icebreakers'. In Hobart the day of the week is Sunday morning at 8.30am especially for those eager to get the longer aerobic swims over for the season .

Coming events for AUSSI Masters in Tasmania are:

26/27 November	Relay Competition Hobart
5 Feb 1995	Open Water Swim Launceston
25/26 Feb 95	Long Course Meet Hobart
12 March 95	Carlton Open Water Hobart

### **Victoria.**

A Seminar for AUSSI Masters Swimming in Victoria will be held on Saturday the 19th of November.

The objective of the Seminar is to improve the profile, participation and communication of AUSSI Masters Swimming in Victoria. To collect as many ideas as possible concerning the organisation structure, the running of social and competitive swim meets, and members requirements.



The conference will be broken into syndicates, and as people register they will be asked to indicate a preferred area of interest. The syndicates will be formed with a view of achieving a good cross section of the membership.

Suggested syndicates are :-

1. **New Members**  
Retaining, Information, Promotion.
2. **Swim Meets**  
National, Club, Interclub, Club  
Open Water, Aerobic, Lap Swimming  
Competitive, Non-competitive  
Venues, Calender.

3. **Communications**  
Swim Results, Awards, Newsletters  
Publicity, Profile, Sponsorship
4. **Coaching.**  
Techniques, Training Coaches  
Qualifications, Stroke-correction
5. **Associate Structure**  
State Committee, Clubs  
Insurance, Fee Structure

**For Further Enquiries:**  
**Phone Lynne Cheshire, (03) 776 0226**

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## **New South Wales**

NSW AUSSI nominated George McGilvray for the NSW Premier's Award which was presented by the Blacktown Mayor at the 1994 State Championships. He has been Treasurer since 1987. Here is a copy of Georges award from a Newspaper Clipping kindly sent to me by the NSW Branch.

### **PREMIER REWARDS LIFETIME OF HARD WORK.**

North Turrumurra man George McGilvray has received the Premier's Award in recognition of a lifetime of community service and excellence in sport and business.

Mr McGilray's love of sport and community service can be seen throughout the life of this 82 year-old who lives with his wife Dorothy at Huon Park. Running, skiing, swimming, rowing and horse riding are just some of the activities he has pursued at the highest level, breaking National Records in Master's Swimming as recently as 1987. He is easing back on competitive swimming but can still be found at Warringah Aquatic Centre at 6.30am most days. "My swimming still gives me motivation and purpose," he said. "At my age the objective is fitness and fun. Sport has taught me how to master myself and I always try to attain the best at all times."

The son of a Sydney footwear manufacturer, George McGilvray was a State Junior Champion in middle distances during the 1920's and rowed with distinction for the Haberfield Rowing Club from 1932 to 1936.

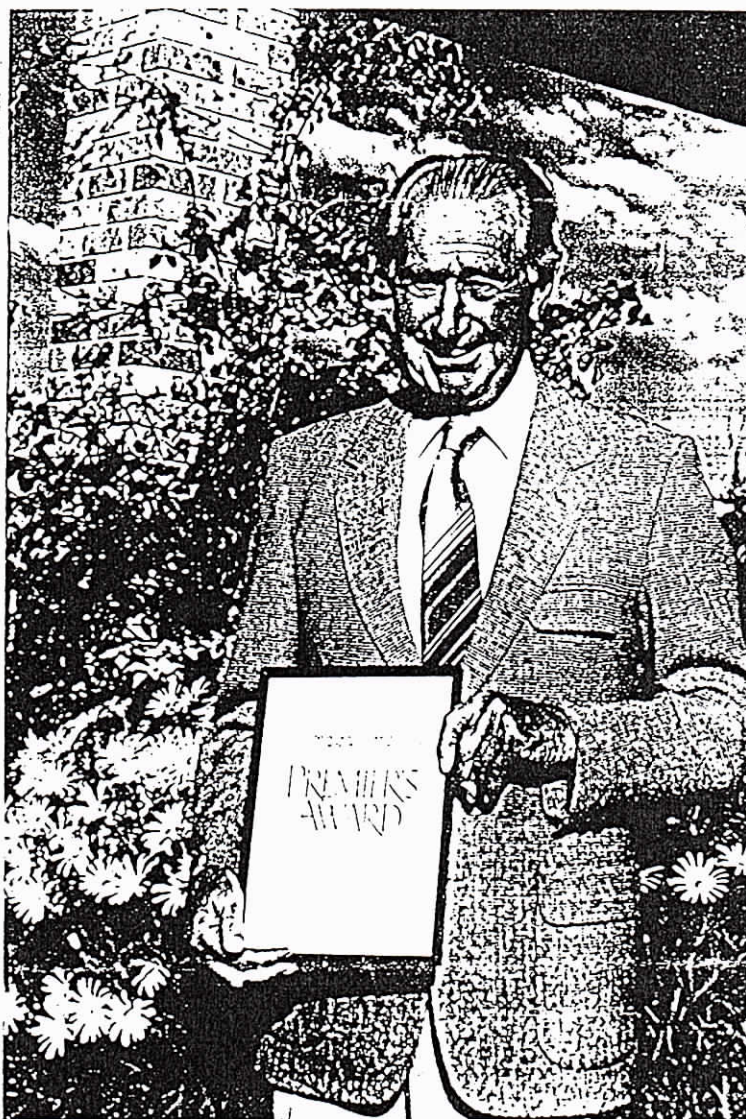
During the war he served in the RAAF as a navigator and was an instructor in high altitude bombing. After the war he returned to Sydney and started a finance company, launched a number of commercial property developments in NSW and Victoria.

His community service was spread over almost 40 years as a member of the Lions International Sydney Host Club, during which he served 15 years on the executive and two as president. He has been made a Life Member of the Royal Blind Society, the Multiple Sclerosis Society of NSW and a Life Governor of the Sydney Hospital.



The McGilvray's grandson, Matthew Renshaw, has carried on the family sporting tradition, as a member of the "Mean Machine" Relay Team which won Gold at the 1988 Commonwealth Games. His brother Stephen recently played his 100th first grade rugby union match for Gordon.

Following a coronary bypass several years ago, Mr McGilvray became a member of the Open Heart Association of Australia and continues to provide counselling to people preparing to undergo heart surgery at the Sydney Adventist Hospital in Wahroonga. The McGilvray's moved to their Huon Park home five months ago from their Turramurra home of 25 years.





## Western Australia

All is on track for the 95 National's to be held over the Easter Period.  
Included in the Newsletter is their 12 month Swim calender.

DATE	EVENT	DISTANCE/ LOCATION	ENTRY LIMITATIONS	ORGANIZERS CONTACT NOS.
OCT 94 Sun 2	PORT GREGORY SWIM-THRU	1.6 km	20 yrs +	099 351 052 Pt Gregory AUSSI
Month of October	MASTERS SWIM 3000 & 5000	3 or 5000M in a 25M or 50M Pool	AUSSI Masters Members only	Steve Boutle Carine AUSSI 309 1245 a/h
Sat 8 Sun 9	BAYSWATER 24 HOUR SWIMATHON	In 50M Pool Bayswater Aquatic Centre	AUSSI Masters members only Teams of 8 or 12	Bayswater AUSSI Peter McKenzie 279 5235 a/h 479 3100 b/h
Sat 22 Sun 23	AUSSI STATE WINTER CHAMPIONSHIPS	50M Pool Long Distance Superdrome	AUSSI Members only	441 8249 Branch Office Leonie Gaston
NOV 94 Sun 6	GERALDTON SWIM THRU	1.6 km	15 years +	099 644 637 Norma Sutherland Geraldton AUSSI
Sun 6	LAKE LESCHENAULT SWIM-THRU	1.5 km Lake	18 years +	Lynne Duncan 293 3041 Maida Vale AUSSI
Sun 20	SWIM-THRU BUNBURY	1.6 km Ocean	16 years +	Margaret Moylett Bunbury AUSSI 097 971 952
DEC 94 Sat 3	SWIM-THRU ROTTNEST	1.6 km Ocean	Open	David Cummins 383 1106 Cottesloe Crabs
Sat 10	BARRACK TO BANK SWIM	15 km approx River	Open	John Nolan 337 3411 b/h 384 4440 a/h
Sat 17	SCARBOROUGH-TRIGG SWIM THRU	2 km Ocean	Open	Somerset AUSSI Ted O'Rourke 451 4539 a/h Betty Cameron 313 2332 a/h

AUSSI Masters Swimming is an Australia wide Association of Adult Swimming Clubs. Its aim is to encourage adults between the ages of 20 to 90+ to swim regularly to promote fitness and fun regardless of swimming ability.

Events and dates are subject to change without notice. Please contact the organizing club or group for more details of each event. This Swim Calendar is compiled by AUSSI Masters Swimming WA (Inc).

DATE	EVENT	DISTANCE/ LOCATION	ENTRY LIMITATIONS	ORGANIZERS CONTACT NOS.
JAN 95. Sun 8	COTTESLOE MILE	1.6 km Ocean	Open	Stephen Redbond 314 1705 a/h Cottesloe SLSC
Sat 21	SORRENTO SUPER SWIMS	1 km Ocean 2 km Ocean	20 yrs + 20 yrs +	Glen Boorn Inglewood AUSSI 276 1997 a/h 277 2011 b/h
Sun 22	COTTESLOE AQUATHON	1 km beach run 1 km swim 4 km path run	Open - Can be Team or Individual	Cottesloe SLSC Brett Huitenga 227 8415 b/h
Thurs 26	AUSTRALIA DAY SPLASH 11 am	1500m 400m run + swim	Open Children & Novices	Carine AUSSI 448 4625 a/h Max Wannell
Sat 28	SWIM THRU PERTH	4.5 km	Open	Claremont AUSSI 384 1145 Michelle Bower
FEB 95 Sat 4	COTTESLOE- SWANBOURNE SWIM-THRU	2.2 km Ocean	18 yrs +	Colin Cook 384 2467 Swan/Nedlands SLSC
Sun 5	WASA Open Water Swimming Champs	16km & 8 km Masters 4 km River	Open	Kevin Holtom 447 7905 a/h
Sat 11	SWIM-THRU LEIGHTON	1.6 km Ocean	Open	Tony Ince 227 6522 b/h Beatty Park Bears 341 8119 a/h
Sat 18 or Sun 19 if cancelled	ROTTNEST CHANNEL SWIM	20 km Ocean	Open	Alicia Duffield GIO 320 3630 b/h
MARCH Sun 12	RAVENSWOOD SWIMALONG	1.6 km River	Open	Claremont AUSSI Michelle Bower 384 1145
APRIL Sat 1	CARNARVON SWIM-THRU	2 km Ocean	Open	Pat Tilbee Carnarvon AUSSI 099 418 072
APRIL 13 - 16 & 17	AUSSI NATIONAL SWIM TITLES & Open Water Swim	Superdrome Mt Claremont & Leighton	AUSSI Masters Registered Members Only	State Office 441 8249 Leonie Gaston
MAY Sun 21	SWAN VALLEY RELAY MARATHON	1.2 km or 800M River	14 yrs +	Bevan Dellar 327 8696 b/h 377 2638 a/h Glen Boorn 276 1997 a/h
JULY and AUGUST	AUSSI MASTERS POSTAL 1500M SWIM	1500M Any pool	AUSSI Masters Registered Members Only	State Office 441 8249 Leonie Gaston



## Coming Events

### 1995

January	28th-29th	Spanish Winter Championships	Andorra La Vella
February	4th	Finnish Super Masters	Espoo Finland
March	23rd-25th	Sth African Masters Swim	Nels Pruit Sth Africa
April	13th - 17th	20th AUSSI National Swim	Perth
May	18th-21st	USA Short Course	Ft Lauderdale Florida
June	1st - 4th	HUMU International Masters Swimming Championships	Honolulu Hawaii
June	9th-11th	Dutch Open Championships	
August	7th - 14th	The MSI Hawaii Festival	Honolulu Hawaii
October	6th - 8th	5th Australian Masters Games	Melbourne

### 1996

March	21st	AUSSI National Swim	Canberra
June	22nd-2nd July	V1 World Masters Swim	Sheffield England