



# AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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# NATIONAL

# NEWSLETTER

Volume 9, No 1, FEBRUARY 1998

**Happy New Year to you all.**

I hope that you have had a relaxing summer and managed to find yourself back in the pool since Christmas. It can be a bit of a struggle after the inevitable 'eating & drinking' season but it's worth the effort.

Those of us who have our minds focussed on the National Swim in Hobart, Tasmania in March will be very interested in our feature article on Personal Bests (PB's). The article includes some great advice about the sports psychology of training and how to handle pre-race nerves; it's well worth a read.

The Letters to the Editor section includes the last word on our name change, some more 'Million Metre Madness' and some interesting statistics from Hans Wehrens (VKC). It just shows you what a lifetime of swimming really means...

There's an amusing cartoon inspired by the recent FINA World Swimming Championships in Perth. Perhaps we should fax it to Hobart Airport so they know what to look for?! There's also an interesting snippet on one of the performances at the Championships on page 7.

Other features include some fascinating facts about the recent Nagano Winter Olympic Games, a story on Olympic 'Pinheads' and of course the regular features like the National/International Swim Calendar & the Postal Centre can all be found along with a National Record update.

Please enjoy this first edition of the year and don't forget to keep sending those brickbats and bouquets. We like to hear what you think of your National Newsletter.

**Happy swimming to you...**

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

# LETTERS TO THE EDITOR

## *A little more 'Million Metre Madness'...*

Dear Editor,

At North Canberra AUSSI Stu Fitch, Tanya Colyer and Judy Ford have all received their MMB. In fact Stu Fitch was written up in the National Newsletter when he obtained his 3 MMB and is now up to 6 million metres! However, to encourage our members to keep note of their kilometrage (?), we adapted an idea from USMS to suit our own conditions.

Our Club Recorder keeps a progressive count of everyones distance, updating it on regular occasions. From this total we are swimming around the world. We began at Jervis Bay (ACT on the coast) in 1991 and have since swum to New Zealand, New Caledonia, New Guinea, Indonesia, Singapore, Malaysia, the Philippines, Vietnam, Hong Kong, China & Japan and are currently in the Arctic Ocean having swum through the Bering Strait, heading for Europe.

Prior to departure we had a pasta loading social event and as we reach each destination, our social night out is at an appropriate restaurant. After a seafood night while in the Tasman Sea, we continued with a Maori hangi and have had numerous other seafood nights when it's been a long time between landfalls. Perhaps other Clubs would like to tell us how they motivate their members to keep swimming regularly and keep totting up their laps.

Judy Ford (Canberra North AUSSI)

*Sounds great! I hope you've all got wetsuits, I'm sure the Arctic Ocean is a little chilly at this time of year. Be sure to keep us up-to-date with your travels. - Ed.*

Dear Editor,

As past Aerobics Recorder and present Secretary, I earned my MMB after starting in 1995 whilst trying to encourage other Club members to record some of their training kilometres towards the Club's points in the National Aerobic Trophy competition. The 1997 results showed a big improvement!

Kristina Price (Brisbane Westside MSC)

## *The last word on changing our name...*

Dear Editor,

Surely "AUSSI Masters Swimming Inc." is the obvious abbreviation, if indeed any change is considered necessary by a majority of members throughout Australia.

Despite articles published from time to time on the origin of our brand name AUSSI, it is conceivable that many clubs emerging within the last decade or so are unaware that it was formed from the founding title of "Australian Union of Senior Swimmers International". I am very proud of that badge of mine and other precious memorabilia.

A trip down memory lane recalls the early times of legendary figures such as Gary Stutsel, Peter Jackson, Des McCormick, Peg Wilson, Carol Davis, Mary Connolly and Ivan Wingate - to name a few - all true blue AUSSI Masters who helped set the scene for this wonderful organisation of fun, fitness and friendship which we are part of today. I imagine those members stirring for a name change are recruits of the 90's, quite oblivious to the significance of that unique era and identities.

"What's in a Name?" indeed...just about EVERYTHING. AUSSI it should ever be!

Patricia Adams (Sunshine Coast MS Inc.)

*Letters to the Editor may be sent to P O Box 1104, HARTWELL VIC 3125 or faxed to (03) 9809-2588.*

Dear Editor,

Reading you article in the October National Newsletter regarding Million Metre swims prompted me to go back to my archives, as far as they exist, and I came up with the following interesting statistics.

| Period      | Achievement  | metres    | weeks | m/week |
|-------------|--|-----------|-------|--------|
| 27 Aug 1938 | Gained my "Swim Diploma" for 50m Breast, 50m Back and 30m fully clothed. Note there was no Free. | 130       |       |        |
| 1938 - 1945 | Club Swimming & Waterpolo  | 400,000   | 364   | 1,098  |
| 1946 - 1950 | Lap swimming & Army Waterpolo  | 300,000   | 260   | 1,153  |
| 1951 - 1975 | Life Saving Club   | 2,500,000 | 1,352 | 1,849  |
| 1976 - 1980 | Break from swimming, only surfing  |           |       |        |
| 1981 - 1983 | Amateur Club Swimming  | 64,450    | 156   | 413    |
| 1984 - 1997 | MASTERS Swimming   | 1,164,575 | 728   | 1,600  |
| 1998 -      | Masters Swimming, as long as my body lets me!  |           |       |        |
|             | TOTAL  | 4,429,155 | 2,860 | 1,550  |

The figures might not be all that fantastic, but nevertheless it was a lot of laps in the pool.

177,161 laps in a 25m pool or 88,583 laps in a 50m pool.

Hans Wehrens (Kilmore Country Masters)

## CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

|             |                     |   |
|-------------|---------------------|---|
| <b>1998</b> | 12 - 14 March       | AUSSI National Swim<br>HOBART, TAS  |
|             | 19 - 30 June        | FINA World Masters Swimming Championships<br>CASABLANCA, MOROCCO (see the update below) |
|             | 9 - 14 August       | World Masters Games Swimming<br>PORTLAND, OREGON, USA                                   |
|             | 31 Oct - 1 Nov      | Asia Pacific Masters Games Swimming<br>GOLD COAST, QLD                                  |
|             | 18 - 23 October     | HONDA Masters Games Swimming<br>ALICE SPRINGS, NT                                       |
| <b>1999</b> | 6 - 14 February     | New Zealand Masters Games<br>WANGANUI, NEW ZEALAND                                      |
|             | 11 - 15 May         | AUSSI National Swim<br>DARWIN, NT   |
|             | October?            | Pan Pacific Masters Swimming Championships<br>PERTH, AUSTRALIA (see the update below)   |
|             | 25 Sept - 3 October | Australian Masters Games<br>ADELAIDE, SA  |
| <b>2000</b> | March/April         | AUSSI National Swim<br>QUEENSLAND, AUSTRALIA  |
|             | 27 July - 8 Aug     | FINA World Masters Swimming Championships<br>MUNICH, GERMANY                            |
| <b>2002</b> | 6 - 19 October      | World Masters Games<br>MELBOURNE, VIC   |



### MEETING THE CHALLENGE FOR THE VII WORLD MASTERS SWIMMING CHAMPIONSHIPS CASABLANCA - JUNE 1998



Our friends at International Sports Tours report that bookings have now reached the 40 mark for the above tour, and there are still places available.

Prices start at \$3230 from East Coast Australia & \$3095 from Perth for the 16 day Casablanca only package, and the 7 night post tour of Morocco is a very attractive \$640. Most tour members are also taking the opportunity to travel further afield after the Championships to many places in Europe and even the U.S.A.

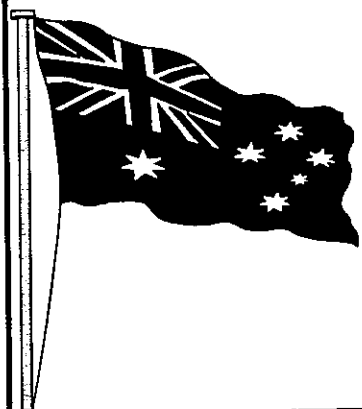
Should "Yes, I'm going!" be your final decision, then give Corinne at IST a call or fax on the numbers below.

Tel: (02) 9922 6166

Toll Free: 1800 242 987

Fax: (02) 9957 4026

### PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS 1999 - PERTH



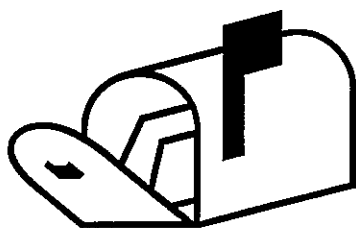
At the Pan Pacific Masters Swimming Championship in Maui, Hawaii last year, Australia was invited to host the event in 1999.

After a protracted study of bids from Townsville (Qld) and Perth (WA), the National Board has awarded the meet to AUSSI WA for it to be held in the Challenge Stadium in Perth - home of the recent FINA World Swimming Championships.

Details are still being worked out but it will probably be held in October and the other disciplines (water polo, diving and synchronised swimming) will be invited to be part of it too.

# POSTAL CENTRE

for all the latest details on postal swims...



## 1997 BADDAGINNIE ANIMAL POSTAL SWIM

STOP PRESS!

Baddaginnie AUSSI would like to thank everyone who supported the 1997 Baddaginnie Animal Postal Swim.

The event was a great success with 110 entries, several of which were from the U.S.A.

Start preparing for ANIMAL 1998...

### SWIM THE WATERWAYS OF THE WORLD

Campbelltown AUSSI ask you to challenge yourself and support the Paralympians. Register yourself before 31/3/98 and receive a logbook in which to record any swims between 1 Jan and 31 Dec 1998. Even those done with training aids will count. At the end of the year you will receive a first class coloured picture certificate (suitable for framing) showing your total kilometres and the nearest equivalent river or major water crossing that you would have completed. Part of the proceeds from this event will be donated to the Paralympians. Entry forms are available from you Club

### TRUE GRIT THE TURTLE 5000m POSTAL SWIM

Western Suburbs AUSSI challenge all AUSSI clubs to our 1998 True Grit the Turtle 5000m swim. You may swim free, back or breast in a 25m or 50m pool and must be timed by an AUSSI member. You can swim on your own or in a team of 2 (2500m each) or 5 (1000m each) Entry is \$10 per person (for your certificate & bumper sticker) and for another \$10 you can also get the "FAST WHEN WET" True Grit the Turtle t-shirt. Entry forms are available from you Club Secretary/Branch Office. Swims must be completed by 30 April and entries must be postmarked by 8th May 1998. Go for it!

The following AUSSI NATIONAL RECORDS have been approved since the last newsletter.

#### LONG COURSE WOMEN

|                            |            |                  |
|----------------------------|------------|------------------|
| <b>Alison Pegg</b>         | <b>QWS</b> | <b>30-34 yrs</b> |
| 400m Butterfly             | 05m48.56   | 15 Nov 97        |
| <b>Penny Bond</b>          | <b>QTV</b> | <b>35-39 yrs</b> |
| 400m Freestyle             | 04m41.89   | 15 Nov 97        |
| 800m Freestyle             | 09m29.61   | 15 Nov 97        |
| 200m Butterfly             | 02m36.26   | 15 Nov 97        |
| 200m Indv.Med.             | 02m40.63   | 15 Nov 97        |
| <b>Karen Maidment-Wood</b> | <b>VPP</b> | <b>35-39 yrs</b> |
| 400m Butterfly             | 05m55.39   | 23 Nov 97        |
| <b>Jenny Hhiteley</b>      | <b>NRV</b> | <b>40-44 yrs</b> |
| 50m Freestyle              | 00m29.64   | 10 Jan 98        |
| 50m Freestyle              | 00m28.91   | 17 Jan 98        |
| 100m Freestyle             | 01m04.19   | 10 Jan 98        |
| 100m Freestyle             | 01m03.33   | 17 Jan 98        |
| 200m Freestyle             | 02m20.08   | 10 Jan 98        |
| 200m Freestyle             | 02m17.97   | 17 Jan 98        |
| 50m Butterfly              | 00m32.04   | 17 Jan 98        |

#### SHORT COURSE WOMEN

|                   |            |                  |
|-------------------|------------|------------------|
| <b>Penny Bond</b> | <b>QTV</b> | <b>35-39 yrs</b> |
| 200m Indv.Med.    | 02m35.08   | 14 Dec 97        |
| 400m Indv.Med.    | 05m19.88   | 13 Dec 97        |

#### LONG COURSE MEN

|                          |            |                  |
|--------------------------|------------|------------------|
| <b>Brent Walker</b>      | <b>THB</b> | <b>25-29 yrs</b> |
| 1500m Freestyle          | 17m25.92   | 22 Nov 97        |
| 200m Butterfly           | 02m12.71   | 20 Dec 97        |
| <b>David Orchard</b>     | <b>QSM</b> | <b>30-34 yrs</b> |
| 400m Backstroke          | 05m30.44   | 15 Nov 97        |
| <b>Mike Sheppard</b>     | <b>VRW</b> | <b>35-39 yrs</b> |
| 800m Backstroke          | 11m54.49   | 23 Nov 97        |
| 1500m Back.              | 22m36.38   | 23 Nov 97        |
| <b>Francis Christian</b> | <b>VDC</b> | <b>40-44 yrs</b> |
| 400m Butterfly           | 05m09.68   | 23 Nov 97        |
| 1500m Freestyle          | 18m11.32   | 23 Nov 97        |
| <b>Michael Moloney</b>   | <b>VPP</b> | <b>40-44 yrs</b> |
| 1500m Breast.            | 24m21.35   | 23 Nov 97        |

Not too many for this period, no doubt there will be another burst following the various Branch Championships and the National Swim in Hobart.

Darryl Hawkes  
National Recorder

# P.B. or not P.B. - That is the Question

P.B.'s - Personal Bests, the best ever times that a swimmer has swum, are an important part of swimming. They are an indication of the best performance of a swimmer and are often used to determine the appropriate training speeds for a swimmer. They can be part of the process of achieving qualifying standards for metropolitan, state and national championships (*this is not so with AUSSI - Ed.*) and are a useful measuring stick to track the progress and improvement of a swimmer over time.

However, too much focus on the importance of doing a personal best rather than on the aspects of the swimming performance that lead to the personal best can be counter productive.

National Team Sports Psychologist Clark Perry says: "Swimmers should concentrate on the PROCESS of doing a personal best, rather than the actual OUTCOME (i.e. doing the time)... Parents, swimmers and coaches need to focus on the CONTROLLABLE aspects of the performance like the number of strokes per lap, the number of strokes per minute, streamlining off starts and turns, kicking rhythm etc. rather than WINNING or doing a P.B."

The goal of competing in a race may be to win -come first. However, in most cases WINNING is something over which swimmers have little or no control. They have no control over the talent of other swimmers in the race. They have no control over how much swimming training the other swimmers in the race have done. They have no control over the commitment or dedication of the other swimmers. The only thing they have some control over in terms of the race outcome is their own performance. Therefore it makes sense to focus on those things over which the swimmer has some control to achieve the best possible result.

Swimmers will often worry about the outcome of a race and stress about winning or losing. By giving swimmers control over their performance and reinforcing the importance of concentrating on the skills and techniques they have learned in training, the "freak-out" experienced by many swimmers prior to a swim meet

can be reduced. Of course the time to be working on swimming skills and techniques is at training. Getting to the meet and worrying about how to get that P.B. is too late. The skills and techniques that will make the P.B. a reality are the things that you practice as part of your daily training routine.

In training - MAKE IT HAPPEN. In racing - on the day of the meet - LET IT HAPPEN! If you concentrate on doing the little things right in training all the time, you can make the P.B. happen. If you just roll through training, not concentrating on great turns, great dives, great technique but then try to turn it all around on race day, it's too late! Make your success happen in training, then on race day, let the skills and techniques you have developed in training help you achieve your goal. Success means leaving nothing to chance. Success means not relying on luck. Success means taking control over your performance by working on doing the little things right in training every day.

Nothing can absolutely guarantee success. But you can increase the likelihood of success by MAKING things happen through your own hard work, commitment and dedication.

The Big Question is how do you control the controllable on race day?

- 1 Focus on the elements of the race competition that are important for success. For example, focus on the number of strokes per lap, the number of strokes per minute, your speed for each lap (splits), your pacing strategy and so on.
- 2 Focus on the elements of swimming technique and race skill. For example, think about exploding off the blocks in your dive, about keeping your strokes long and strong and smooth, about streamlining and kicking powerfully out of each turn, your breathing pattern, when to take your first breath after a turn, when to take your last breath before a turn, when to take your last breath before the finish, attacking the final ten meters, etc.
- 3 Focus on doing the little things right before a competition. Eat a light, sensible breakfast of fruit, cereal, toast and juice. Get to the pool early and make sure of marshalling

procedures, warm up facilities and swim down areas. If a backstroker, make sure you know where the flags are and how many strokes you will need to take from the flags to the wall. Get a good feel for the starting blocks and practice some starts. Do a great warm up, have a great stretching session and drink a little sports drink or some water and eat a piece of fruit to keep the energy stores topped up. Take some time to sit with your coach and talk about elements of the race that you will need to focus on. Keep warm (this means wearing something on your feet as well!!!).

For the "control the controllable" approach to work, the swimmer, coach and family must all be aiming for the same thing. It is vital that all three communicate and understand that success is a team effort.

Concentrating on the process of swimming well rather than on the outcome of winning or doing a P.B. is a great way to achieve your swimming goals without experiencing the highs and lows of aiming to win every race. Winning and doing P.B.'s are a fantastic HIGH, but if these are your only aims and you DON'T win or do a P.B. the lows can be really painful.

As one swimmer put it: "If I concentrate on doing my job right, I know the clock will do the same."

**Wayne Goldsmith**  
The Tip Top Times - November 1997



# PIN MANIA

For those of us who are obsessed by the Olympics, the recent XVIII Winter Games held in Nagano, Japan were an absolute joy. Hours and hours of blood, sweat & tears beamed live into the lounge room for days on end; work or swimming the only valid excuses for leaving the couch. Well believe it or not, there are those more obsessed than that as this article (source unknown) explains.

Sydney's Olympic Games fundraising efforts have taken a new turn thanks to a local sporting legend who is, quite literally, prepared to give her all for the cause. **Dawn Fraser** (who won gold at the 1956, 1960 and 1964 Games) is providing her DNA - the molecules which form the body's chemical building blocks - in support of Sydney 2000.

Local company **Aminco** has been awarded a licence to produce official lapel pins impregnated with Fraser's DNA. "Dawn Fraser is one of the greatest Olympians of all time and it (using her DNA) became a logical progression, because she is seen by most Australians as symbol of an ordinary Australian achieving great things." said Aminco Chairman, Kingsley Munday.

Fraser's liquid DNA will be mixed into the pin in the production process, with the 5000 sets of pins due to retail for A\$200. Aminco expects the presence of a genetic blueprint to add value to the pins which, perhaps not surprisingly, are claimed to be a world first.

Collecting souvenir pins has become an obsession at recent Games with 'pinheads' buying and swapping millions of dollars worth of Olympics-related pins from around the world. Actress **Demi Moore** and the US President's daughter, **Chelsea Clinton**, were numbered among the 'pinheads' at Atlanta in 1996 where an estimated 50 million pins were issued to commemorate the Games.

But Sydney has gone one step further. Recently the Sydney Olympic Pin Museum, which houses treasured pins collected from the Melbourne 1956 Summer Olympics to the Nagano 1998 Winter Olympics, opened for business. The museum will remain open through until November 2000.

*Perhaps one of our NSW readers who gets the chance to visit the museum would like to drop us a line*



FOR ALL YOU NET SURFERS

[www.usms.org](http://www.usms.org)

[www.swiminfo.com](http://www.swiminfo.com)

[www.speedo.com](http://www.speedo.com)

Highly recommended by David Pope (VNA) - Thanks David!

FIGURE IT OUT!

World class open water swimmers do the 25km swim in around five (5) hours. That's 12 minutes per km or 18 minutes for 1500 metres which is about the time Murray Rose did to win the Olympic Gold Medal in 1956. Hey, but these guys do nearly 17 consecutive 1500's, sometimes in rough water and with no black line to follow. Not Bad!

## AS TIME GOES BY . . .

The Start List for the 100m Breaststroke for Women at the recent FINA World Swimming Championships listed the first Reserve swimmer as Manuela DALLA VALLE from Italy (born in 1963) with a qualifying time of 1:11.60. Whilst she didn't even make the 'B' final, her time was nearly six (6) seconds quicker than the World Masters Record for her age group (35-39). The other five starters in the finals who would have fallen into the 25-29 age group were all well under the current World Masters Records too.

# NAGANO NUANCES

## Some interesting reminders of the recent Winter Olympic Games.

### **The Flower**

The brightly coloured flower that we all came to know as the symbol of the Games was, in fact, a Snowflower. The petals of the flower were coloured symbols of dynamic athletes performing various Winter Olympic sports. The Snowflower was chosen to symbolise the passion shown by the athletes while competing in the Games.

### **The Mascots**

The 'Snowlets' were four wise owls and were said to be keen for everyone to embrace the spirit of the Games.

### **The Restaurant**

McDonald's Official Olympic Village Restaurant in Nagano served approx.

- 8,000 Cheeseburgers
- 15,000 Big Macs
- 6,500 Double Cheeseburgers
- 8,000 serves of Chicken McNuggets
- 20,000 serves of French Fries
- 11,000 Egg McMuffins
- 3,300 Hash Browns

during the 16 days of competition. (Who said real athletes don't eat junk food?!)

Their staff wore shirts made from recycled plastic.

### **The Opening & Closing Ceremonies**

Whilst many Americans and Europeans were quick to comment that the Opening and Closing Ceremonies were 'boring', those who understand the Japanese culture are quick to point out that simple, subtle and understated are the Japanese way.

### **The Medals**

Whilst Australia only managed to bring home one medal from the Winter Olympics, we should all be very proud of the entire winter Olympic team. Zali Stegall's performance in the Women's Slalom event deserves our congratulations and will serve as an inspiration to all future Australian Winter Olympians.

### **The Future**

We all know that all the training and all the wishing in the world doesn't help if it just doesn't come together on the day. The Government has pledged more funding for Winter Olympic sports in the hopes of bringing home more medals from the next Winter Olympic which are due to be held in Salt Lake City, Utah, USA in

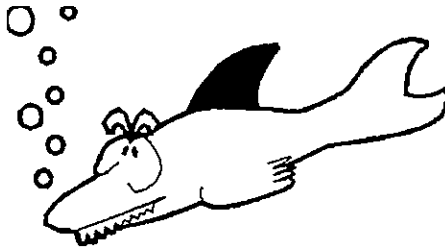
*Opinions expressed in this Newsletter, whether editorially or by contributions, do not necessarily represent the views of AUSSI. Items on matters affecting AUSSI are welcome but all contributions are subject to the discretion of the Editor. Please forward your contribution to National Newsletter Editor, P O Box 1104, HARTWELL VIC 3125 by the end of January for inclusion in the February Edition.*

# Maroney Swims the Florida Straits

Contributed by Roger Moroney

## Key West, Florida 12 May 1997

Australian marathon swimmer Susie Maroney (22yrs) on Monday became the first person to swim from Cuba to Florida, walking ashore exhausted but smiling after 24½ hours in the water. "We had strong currents and I felt really good," Maroney told reporters at Key West's Fort Zachary Taylor Beach moments after reaching the shore.



Maroney dived off Havana's Malecon sea wall Sunday at 11-46 am. She completed her 108 mile swim in just over 24 hours, standing up near what is considered the southernmost point in the continental United States on Monday 12-17pm. A small crowd waiting onshore applauded loudly as the swimmer left her shark cage and covered the last 100 yards of open water before leaving the choppy sea under an overcast sky. Maroney said she had been fueled by "happy thoughts" during the trip, whose most difficult time had been the lonely night.

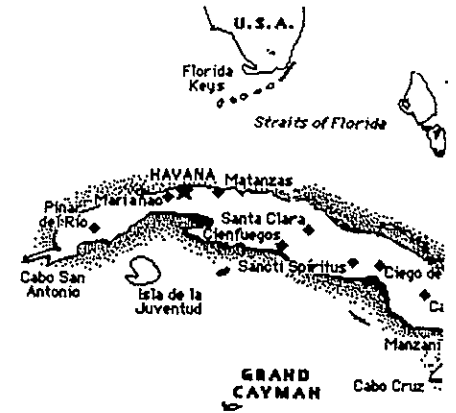
Sitting on a park bench next to her doctor, Michael Stein, who had dived into the water and swam ashore with her, a relaxed Maroney called making it to shore "the best feeling in the whole world." She said she was having difficulty talking because the long exposure to salt water had swollen her tongue. She also said she had been stung by jellyfish and had seen at least two sharks.

Sources vary widely on how many times people have attempted to swim across the shark-infested Straits of Florida, which separate Cuba from the U.S. mainland. The crossing had been considered one of swimming's last great challenges. But Connie Pignatiello, a U.S. coordinator of Maroney's swim, said the trip completed Monday was the 21st attempt.

Maroney herself tried and failed last June. A storm, heavy seas and adverse currents forced her to abandon the attempt only 12 miles short of the Florida Keys after battling for 38½ hours. She vomited and hallucinated before being plucked from the water. Her team had expected this year's trip could take as long as 45 hours, based on the near miss. But this time the weather and navigation were better.

"Everything just coincided," said Maroney's mother, Pauline, who encouraged her daughter from a platform on one of the accompanying boats. "The Gulf Stream is like a river. If you try to get through too early or too late, you just get swept away."

Maroney said she had been tempted to stop Monday morning as she neared Sand Key, a tiny uninhabited island about six miles east-southeast of Key West, but felt her real goal had been to make it to Key West. She said she was in about as much pain as last year but obviously this attempt had gone much more smoothly. "We didn't have a storm like we did last year," she said.



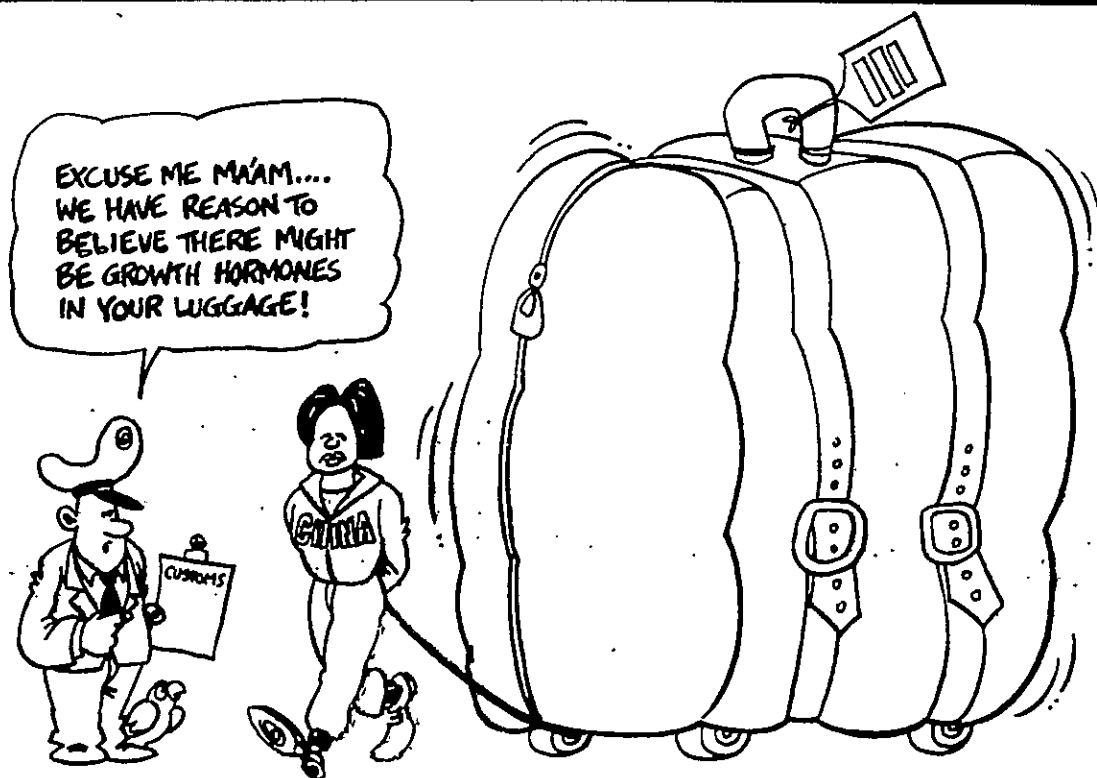
## Mexico to Cuba ?

Two television crews, from Australia and the United States, were aboard the boats, recording Maroney's crossing. Her brother, Michael, was also on a boat. Maroney said her next challenge might be to swim from Mexico to Cuba. After speaking to reporters for about half an hour, Maroney left for a nearby hospital, where she was to be examined by doctors before resting at a hotel.

- The American marathon swimmer Diana Nyad twice tried and failed to swim the Florida Straits in the 1970s.
- In July 1978, 65-year-old Waiter Poenisch attempted the crossing as a "Swim for Peace" promotion. He eventually came ashore in the Florida Keys, but his claim is doubted by swimming authorities because he allowed no independent observers on board his boat.

Source:  
Ultramarathon World: <http://fox.nstn.ca/~dblaikie>

## POLLY . . . . . and drugs in swimming!



Polly. 8/