



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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NATIONAL

Volume 9. No 3. JUNE 1998

Welcome to another edition of your National Newsletter.

This time around we've got a great competition where you could win the Australia Post *Australian Olympic Legends Book* just by answering a simple question about your favourite sporting legend. I look forward to reading your entries.

'Around the Branches' and 'Around the Board' are included again to keep you up-to-date with what's happening 'Around' the country. Many thanks to the Board Members and Branch Secretaries/Administrators who provide the information for those pages.

The 'Calendar of National/International Events' is unchanged from the last edition but there is some news on the 1998 ACTEW Active Australia Games, the 1999 Australian Masters Games and the 2000 AUSI National Swim. There's also a great new Postal Swim to think about. (It is one of my long-term ambitions to become a 'Baddaginnie Animal'...)

How expensive is the sport of swimming compared to others? Find out in the results of the latest Sports & Recreations Ministers Council report. You might be suprised at what Australia's Top 10 sports are. You won't be suprised by how many thousands of volunteers give up time (104.6 million hours in total) to help run sport and recreation activities each year; after all you're one of them!

Don't forget to browse through the National Records with an astounding three individual and one relay World FINA Masters Record in there as well. Now that's sure to get you training a little harder!

Stay wet and happy everybody,

Jodi-Ann Beard

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

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LETTERS TO THE EDITOR

Dear Editor

Our Club has a query on swims for the National Aerobic Trophy due to the paragraph in the National Newsletter Vol. 9 No. 2 which states that "all it takes is two members (who are willing to time each other), a stopwatch..." contrary to the National Aerobic Trophy rules which state "(b) organised by the Club, not individuals, (c) have at least one committee member or person nominated as an official club representative present to certify correctness of timekeeping and verify swims."

Patricia Dalle Nogare - Maida Vale AUSSI Masters

Dear Patricia,

Thank you for interest in the article about the National Aerobic Trophy Program (NATP). You are quite right; swims must be organised, certified and verified by the Club. The article was written to try to encourage a greater number of participants in the NATP by pointing out that members of smaller or more restricted Clubs who do not run formal NATP sessions can still participate. Two or more members, with the concurrence of their Club and under compliance with the Rules, are permitted to record swims for entry into the NATP. I hope this answers your query. - Ed.

Dear Editor,

Some years ago my club wrote to the NSW Executive requesting they consider limiting to three the number of freestyle entries in championships. This was accepted by NSW who submitted a similar recommendation to the National Executive which I believe was also accepted.

The reasoning behind this was that we had some splendid formstroke competitors limited to three events in their speciality and compelled to choose two other events to make up their entry. As awards were made for overall points, every competitor should have an equal chance of winning - in other words, we were trying to make the playing field even for all entrants.

Whilst I am delighted that the 800m freestyle has been included in the 1999 Nationals, I am equally dismayed that it will be possible to enter five freestyle events.

The National Championships should not only be run on a fair basis but also seen to be run fairly. Is it fair that, for example, a breaststroke champion can enter only three events on his stroke whilst a champion freestyler can enter five. I think not.

Liz Wallis (freestyler!) - Manly AUSSI Masters

Dear Liz,

The Swim Meet Programme for the 1999 National Swim in Darwin was approved by the National Board in October 1997. It was circulated to Branches well before then. A 'no limit' on the number of freestyle entries at National Swims had been under consideration for some time because of the popularity of the 'no limit' at Masters Games. The 'no limit' was introduced at the 1998 National Swim in Hobart so Darwin will be the second time.

A swimmer can still choose to do a form stroke in the 400m and 800m events for record attempts but placings will be judged as a freestyle time. A breastroker can therefore enter five breaststroke events. - Ed.

1998 NEWSLETTER DATES

August Edition

deadline for material - 1 August 1998

October Edition

deadline for material - 1 October 1998

December Edition

deadline for material - 1 December 1998

✂ SNIPPETS ✂

- ✂ Club Secretaries now have the 1997 Annual Report & Female/Male/Relay Top 10 booklets so check them out and see if you made it!
- ✂ For a FREE copy of "Fibre. The Inside Story" by Rosemary Stanton (Nutritionist), print your name, address and postcode on the back of an envelope and send it to "Tip Top Fibre Story", PO Box 189, CHATSWOOD NSW 2067. Tip Top Bakeries proudly support Australian Swimming.
- ✂ "You can't make a comeback unless you've been somewhere..."
- ✂ For our medico members: The XIIIth FINA World Sports Medicine Congress will be held in Hong Kong during April 5-7, 1999 in conjunction with the 4th FINA World Short Course Swimming Championships.
- ✂ CONGRATULATIONS to Dr Kay Cox (National Director of Coaching) who gained re-accreditation for our Level 1M coaching course in May. Kay would like to thank all the Branch Coaching Directors who assisted her in the rewriting of the course. The Level 2M course is due for re-accreditation later in the year.
- ✂ Bids for the 2002 FINA World Masters Swimming Championships are being sought. They must be presented to FINA before 31 December 1999.
- ✂ A souvenir video from the 1997 National Swim in Sydney is now available at a cost of only \$25 inc. p & h. For further details contact your Club/Branch Secretary.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

1998	9 - 14 August	World Masters Games Swimming PORTLAND, OREGON, USA
	31 Oct - 1 Nov	Asia Pacific Masters Games Swimming GOLD COAST, QLD
	18 - 23 October	HONDA Masters Games Swimming ALICE SPRINGS, NT
	21 - 28 November	Active Australia Games Swimming (20-40 yrs only)* CANBERRA, ACT
1999	6 - 14 February	New Zealand Masters Games WANGANUI, NEW ZEALAND
	11 - 15 May	AUSSI National Swim DARWIN, NT
	16 - 24 October	Pan Pacific Masters Swimming Championships PERTH, AUSTRALIA
	25 Sept - 3 October	Australian Masters Games* ADELAIDE, SA
2000	March/April	AUSSI National Swim* GLADSTONE, QLD
	27 July - 8 Aug	FINA World Masters Swimming Championships MUNICH, GERMANY
2002	6 - 19 October	World Masters Games MELBOURNE, VIC

*see article below

1998 ACTEW ACTIVE AUSTRALIA GAMES 21 - 28 November 1998

The Active Australia Games will be held in Canberra from 21 - 28 November this year and then again in 2000 and 2002. ACTEW, the ACT Electricity & Water supply authority have agreed to sponsor the Games. About thirty sports will be involved in the Games which are being organised to provide the sports participant who may never reach a national or elite level with the opportunity to participate in a large scale national event. Swimming is open to 20 - 39 year olds.

1999 AUSTRALIAN MASTERS GAMES 23 September - 3 October 1999

The SA Branch will be hosting the AMG in Sept./Oct. 1999. AUSSI has successfully negotiated to lower the minimum age for entrants in the swimming competition to 25 years based on the fact that this is the international benchmark.

2000 AUSSI NATIONAL SWIM March/April 2000

At their recent Annual General Meeting, the Queensland Branch confirmed that Gladstone will be the host city for the 2000 National Swim. This modern city, located 550km north of Brisbane is just south of the Tropic of Capricorn. It has a wonderful sub-tropical climate and an excellent array of tourist attraction & facilities. Whilst dates for the meet haven't been set, we can be sure that the Gladstone Gropers Club are planning a warm & wonderful welcome.



POSTAL CENTRE



BADDAGINNIE ANIMALS ARE AWESOME!

An animal is defined as a gutsy performer who can do 800m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly and 400m Individual Medley all in one day.

Enter in this international postal challenge, swim the listed events in one day and receive a t-shirt proclaiming that you are a 'Baddaginnie Animal'.

Entry is \$25.00 (short sleeved t-shirt) or \$28.00 (long). Entry forms are available from Club/Branch Secretaries.

May I suggest you get clearance from your GP before attempting this one. - Ed.

AROUND THE BOARD...

COMMUNICATIONS

Access to the Internet opens up a whole new world of communication for AUSSI. The plan is to start modestly with e-mail for the National Office (which will save time and cut costs), a website (containing information for existing and potential members) and web access for NED (so he can download results and items of interest). Slowly but surely each Branch is getting on-line and soon their Officers will all be able to communicate this way. As AUSSI and widespread access to the Internet grows I envisage the introduction of electronic registration, merchandising and event entry but that is a while away yet.

MARKETING

The 'Tender for the revision of AUSSI Masters Swimming Logo' has been released.

The new logo is set to appear on A4 letterhead, fax headers, newsletters, press releases, business cards, 'With Compliments' slips, address labels, certificates, envelopes, medals, embroidered badges, swim caps, t/polo shirts, swimming costumes, key rings, lapel pins, etc.

Can't wait to see it? The good news is that the final decision will be made at the October National Board Meeting. So by the end of the year you could be proudly wearing great new AUSSI gear and advertising our wonderful organisation to the world!

COACHING

The 1997 Coach of the Year, Rod Porteous (Gladstone Gropers), was presented with his award at the National Swim Dinner in Hobart. He was also presented with a Masters Swimming Coaching award at the recent 1998 Australian Swimming Teachers & Coaches (ASCTA) Convention in Melbourne.

AUSSI also presented several talks at the Convention which were very well received. Steve & Kathy Selig from Victoria spoke on the positive health aspects of being involved in Masters swimming. Their presentation was very informative and had some good practical applications. Judy Bonning from NSW presented an innovative talk about workouts. This included some practical and unique suggestions for coaches and was very popular.

The second half of the afternoon was a forum with introductory presentations by Dr Kay Cox and Jodi-Ann Beard about the competitive and fitness opportunities that AUSSI offers. This led to a very good discussion focussed on participation in Masters swimming and the need to keep innovative and stay one step ahead of the recreational trends.

Thanks to the Victorian Branch for setting up the Expo display and to Jodi-Ann Beard for her assistance in coordinating the event. Notes from the presentations will be available in the Proceedings available from ASCTA.

PLANNING

Our website is under construction. The following items have been suggested as the basis for the site.

- ◆ National Records (Branch?)
- ◆ National Swim Meet Results (Branch Champ's?)
- ◆ National Swim Programme & Entry Form?
- ◆ National Trophy Winners
- ◆ National Top Ten
- ◆ Calendar of Branch/National/International events
- ◆ National Aerobic Trophy rules & results (full?)
- ◆ National Newsletter (Branch?)
- ◆ Coaches Newsletter
- ◆ Accredited Coaches list
- ◆ Accredited Officials list
- ◆ Medical Disability register (rego. no. & code)
- ◆ National & Branch Office Bearers inc. e-mail address
- ◆ list of Clubs with 'home' pool
- ◆ list of Swimming Rules of AUSSI
- ◆ National Safety Policy
- ◆ Insurance Summary Manual
- ◆ Drug Policy

So what do you think? Is there anything there we've missed? Anything you think is unnecessary? This website is there for members to access data so have your say.

Please send your feedback to:-

Ivan Wingate, National Executive Director, AUSSI,
PO Box 207, MARLESTON SA 5033

SWIM MEET POLICY

The AUSSI Drug Policy has now been distributed to all Clubs. Here is the crux of the document in summary:-

"The issue of prescribed medications in the adult population is a very real one and Masters sportspeople have a responsibility to themselves and to others to have a knowledge of their own prescribed medications, and to ascertain whether or not they are on the permitted list or the banned list, and if the latter, to declare it prior to competition. No swimmer should feel they should discontinue necessary prescribed medicines - indeed that could have dangerous consequences."

Any questions? Call the ASDA Hotline on 1800 020 506.

TECHNICAL

Six AUSSI Victoria Referees/Trainee Referees were invited to a joint AUSSI/Swimming Victoria Referee's Seminar which covered topics including Risk Management, National Officiating Program, Masters Swimming Rules, Disabled Swimming, Philosophy of Officiating, Referee/Starter Cooperation, A Coach's Perspective and Judges of Strokes.

This is a good example of how AUSSI and amateur organisations can work together to enhance cooperation and provide mutual benefit. It also can save a great deal of time and money as kin organisations work together to negate the duplication of work.

AROUND THE BRANCHES...

AUSTRALIAN CAPITAL TERRITORY

The ACT recently ran a most successful Short Course Branch Championships at Tuggeranong. The meet was well attended by AUSSI members from not only the ACT but NSW and Victoria as well. *The Branch has expanded to three Clubs with the Canberra North and Tuggeranong Clubs welcoming the Kippax Club which is based at the Kippax pool. A group of six members travelled to Melbourne to attend the inaugural Australasian Public Sector Games. The group won several medals and really enjoyed the trip away. The ACT Long Dist. Short Course Meet will be held on Sept. 12/13 at Tuggeranong. Everyone is most welcome to*

NEW SOUTH WALES

Many National and State Records were set at the Western Suburbs Long Distance in late April, the highlight being a World Record for Jenny Whiteley (Ryde) in the 800m free (short course) 40-44 yrs. Getting a pool survey certificate for the pool was not easy and when the local council finally had the pool surveyed, we found out it was over 25m long and Jenny had actually swum about 6m more than 800m. *Masters Swimming NSW has been advised that space has become available for an office at Sports House. When it was decided to accept this and relocate the office, the Administrator, Beryl Stenhouse, tendered her resignation.*

NORTHERN TERRITORY

Three of our female swimmers have gone to Casablanca in the hope of winning medals in the Open Water Swim. *Planning for the 1999 National Swim is on schedule with sponsorship arrangements being finalised. Info. on travel, accomm. and the meet will be distributed to Clubs later in the year. Branch Champ's will be held in October in conjunction with the Honda Masters Games. Naturally there will be a strong contingent of NT AUSSI's at the meet. About 6 members will be heading off to the World Masters Games in Portland, Oregon in October, several of whom will compete in the ASPAC Masters Games on the Gold Coast on the way home. Good luck to them!*

QUEENSLAND

Logan Aquatic Masters will host the 1999 State Swim and Gladstone will host the 2000 State Swim which will be held in conjunction with the 2000 National Swim. *The Branch is gearing up to host the Asia Pacific Masters Games on the Gold Coast in October. (Sounds like a good excuse for a holiday! - Ed.) The Open Water Swim venue has not been confirmed but the pool events will take place at the Southport School Complex.. Planning is underway for a Level 1M coaching course, stroke correction workshops, officials workshops for timekeepers/marshals/check starters/starters and a Course Presenters workshop to qualify out lecturers to national training standards.*

SOUTH AUSTRALIA

A special mention must be made to June Waite who is 71 years of age; June is from the Atlantis Club. As June entered the water at Henley (to swim the Henley to Grange 2km sea swim) her goggles came off and disappeared into the depths below. Not to be deterred, June swam the 2km **without goggles!!** She was heard afterwards telling a friend that her eyes were "A little sore." What an inspiration she is to us all! *Our Coaching Director, Dieter Loeliger, has organised four stroke workshops, the first of which was held on 7th June. It was well attended, everyone enjoyed it and thought it very worthwhile.*

TASMANIA

The Tasmanian Branch has released their Final Report in the wake of the 1998 National Swim which was held in Hobart in March. This very practical report addresses each area of the meet in detail and makes recommendations where appropriate. Pauline Samson (Convenor) stated in conclusion *'Generally it was hassle free and there only some minor problems - but as Sir Guy Green indicated to me - if they (the people over in the stands) don't know, then it's not a problem. We were grateful to the people who took the time to come and thank us for a great swim meet and generally people were very happy with the event.'*

VICTORIA

AUSSI Victoria has appointed David Poulton as Director of Coaching (acting). The Branch is now hoping to go ahead with a Level 1M course later in the year. *Technical Development has focussed on Referee training with six people passing their exams and one workshop to go. Participation in a joint Swimming Victoria/AUSSI Referees Seminar was most beneficial for all involved. Our Long Distance Short Course meet was held in late June with over 50 competitors. Several State and some National Records were set/broken. We can now be found at www.vicnet.net.au/~aussi/ and you can send e-mail to us at mastswim@jeack.com.au. Home Page: www.vicnet.net.au/~aussi/*

WESTERN AUSTRALIA

Much of the focus for the past 3 months has been on putting together an organising committee for the 1999 Pan Pacific Masters Swimming Championships. Meanwhile our National President, Glenys McDonald, has taken the message with her to Casablanca, Morocco. *AUSSI Age group winners for the popular Jardines Super Series of Open Water Swims 1997/98 were awarded their prizes at the April 18 Council of Clubs meeting. The AUSSI Club Challenge introduced this year exceeded all expectations. Clubs are also gearing up for the first State Relays Swim on October 18. If successful, this event will become a permanent fixture on the WA swim calendar.*

READY RECKONER

The following table is provided as a guide to assist competitors to estimate the conversion of the time for one distance to an equivalent time for another distance. It is especially useful for newer swimmers who have not swum many different distances and for swimmers who are travelling overseas/swimming where pools are measured in yards.

<i>DISTANCE</i>										
25m	33y	33m	50m	66y	66m	100y	100m	200y	200m	400m
<i>COMPARATIVE TIMES (Minutes:seconds.hundredths)</i>										
12.50	15	16.50	27	36	39.50	56	1:03	2:08	2:22	5:00
13	16	17.50	28	37	40.50	58	1:05	2:12	2:28	5:15
13.50	16.50	18	29	38	41.50	1:00	1:08	2:18	2:34	5:30
14	17	18.50	31	40	43.50	1:03	1:12	2:24	2:40	5:44
14.50	17.50	19	32	41	45	1:05	1:14	2:30	2:46	6:00
15	18	19.50	33	43	47	1:07	1:16	2:35	2:51	6:12
15.50	19	20.50	34	44	48.50	1:10	1:19	2:41	2:57	6:25
16	19.50	21.50	35	46	50	1:12	1:22	2:46	3:05	6:40
17	20	22	37	48	52.50	1:15	1:25	2:52	3:12	6:56
17.50	21	23	38	49	53.50	1:17	1:28	2:57	3:18	7:10
18	22	24	39	51	55.50	1:19	1:30	3:02	3:25	7:24
18.50	22.50	24.50	40	52	57	1:22	1:33	3:06	3:32	7:38
19	23	25	42	54	59	1:24	1:35	3:10	3:39	7:52
19.50	23.50	25.50	43	55	1:00	1:27	1:38	3:17	3:46	8:06
20	24	26	44	57	1:02	1:29	1:41	3:23	3:54	8:20
20.50	25	27	45	58	1:03	1:31	1:43	3:28	4:00	8:30
21	25.50	28	46	1:00	1:05	1:33	1:46	3:33	4:06	8:40
21.50	26	28.50	47	1:01	1:07	1:36	1:49	3:39	4:12	8:50
22	27	29.50	48	1:03	1:09	1:38	1:51	3:44	4:19	9:00
22.50	27.50	30	49	1:04	1:10	1:40	1:54	3:49	4:24	9:10
23	28	30.50	50	1:06	1:12	1:42	1:56	3:54	4:30	9:18
23.50	28.50	31	51	1:07	1:13	1:45	1:5	4:00	4:36	9:30
24	29	32	52	1:09	1:15	1:48	2:00	4:05	4:42	9:43
24.50	29.50	32.50	53	1:11	1:17	1:50	2:03	4:10	4:48	9:55
25	30	33	54	1:12	1:19	1:52	2:06	4:15	4:54	10:05

AUSSI's travelling overseas to swim should also remember that FINA Masters rules are a little different to our own.

- ◆ you will swim only in your age group and gender
- ◆ relays will also be swum in gender and age group, you cannot swim 'down' an age group
- ◆ on the Referee's long whistle you *may* take your position at the front of the platform (not mandatory)
- ◆ feet *must* turn outwards in the breaststroke kick and all movements of the legs shall be simultaneous
- ◆ Medical Disability Certificates will *not* be taken into consideration (visible physical disabilities may be considered)
- ◆ shoulders in breaststroke need not be in line with the normal surface of the water during the race, turns nor finish
- ◆ shoulders in butterfly must be in line with the normal surface of the water during the race, but not at turns/finish
- ◆ underwater kicking on the side in butterfly is allowed
- ◆ butterfly arm recovery 'over the water' may be judged more stringently that we do in AUSSI
- ◆ you cannot go back and negate a wrong stroke in an Individual Medley event
- ◆ in form strokes you cannot 'break stroke' (ie. stop), it's OK in freestyle as long as you swim away afterwards
- ◆ formstroke swum in a freestyle event will be recorded only as freestyle and can't be used for a formstroke record.

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

LONG COURSE WOMEN

Penny Bond **QTV** **35-39 yrs**
 400m Freestyle 04m41.34 11 Apr 98
 1500m Freestyle 17m55.34 11 Apr 98 **
 400m Backstroke 05m43.35 12 Apr 98
 400m Butterfly 05m27.43 12 Apr 98
 800m Butterfly 11m25.26 12 Apr 98
 800m Indv. Medley 11m28.74 12 Apr 98

Judy Randles **QRH** **35-39 yrs**
 100m Backstroke 01m15.37 03 May 98

Jenny Whiteley **NRV** **40-44 yrs**
 100m Backstroke 01m18.12 04 Apr 98
 100m Breaststroke 01m22.52 05 Apr 98
 100m Butterfly 01m11.02 04 Apr 98

Kaye Vallance **WSM** **45-49 yrs**
 100m Freestyle 01m08.66 28 Mch 98

Laren Gibson **QRH** **45-49 yrs**
 1500m Freestyle 21m57.37 11 Apr 98

Jan Macleod **QRH** **50-54 yrs**
 50m Butterfly 00m34.78 02 May 98

Jen Thomasson **QSM** **55-59 yrs**
 100m Breaststroke 01m34.91 03 May 98
 200m Breaststroke 03m14.78 02 May 98 **
 400m Breaststroke 06m57.80 03 May 98

Norma Rudolph **QSC** **75-79 yrs**
 400m Butterfly 12m29.72 03 May 98

Margo Bates **QHB** **85-89 yrs**
 50m Freestyle 01m10.98 28 Mch 98

LONG COURSE MEN

Bruce Parry **QMM** **35-39 yrs**
 100m Backstroke 05m31.97 03 May 98

Stephen Cook **QMM** **35-39 yrs**
 50m Breaststroke 00m30.37 28 Apr 98
 100m Breaststroke 01m09.26 27 Apr 98
 400m Breaststroke 05m53.34 03 May 98

Graham Croft **WIW** **50-54 yrs**
 50m Freestyle 00m27.19 29 Mar 98
 100m Freestyle 01m00.80 28 Mar 98

Patrick Galvin **QWS** **65-69 yrs**
 50m Breaststroke 00m41.19 28 Mar 98

Gus Schussler **WAB** **65-69 yrs**
 400m Breaststroke 07m29.99 29 Mar 98

LONG COURSE RELAYS

Doncaster Dolphins 28 Mar 98
 Womens Medley 160+ 02m24.62
 Sue Crow Susan Harbottle
 Bryn Nangle Leigh Townsend

Ettalong Pelicans 05 Apr 98
 Mixed Freestyle 280+ 02m28.22 **
 Elvera Dunn Allan Dufty
 Irma Heyting Kevin Vickery

Ettalong Pelicans 05 Apr 98
 Mixed Medley 280+ 03m01.24
 Elvera Dunn Allan Dufty
 Irma Heyting Kevin Vickery

North Lodge Neptunes 28 Mar 98
 Mens Medley 320+ 04m20.59
 Tom Rees Robert McCabe
 Sid Krasey Malcolm Parker

SHORT COURSE WOMEN

Janelle MacKenzie **NWS** **20-24 yrs**
 400m Butterfly 06m40.63 26 Apr 98

Jenny Whiteley **NRV** **40-44 yrs**
 800m Freestyle 10m03.79 26 Apr 98 **
 400m Backstroke 05m58.30 26 Apr 98

Anita Saviane **NCS** **55-59 yrs**
 800m Ind. Medley 16m23.84 26 Apr 98

Liz Wallis **NML** **70-74 yrs**
 100m Freestyle 01m35.22 02 May 98
 200m Freestyle 03m23.38 03 May 98
 400m Freestyle 07m01.19 03 May 98

Alma Brecknock **SAM** **80-84 yrs**
 50m Breaststroke 01m07.87 05 Apr 98
 100m Breaststroke 02m29.97 05 Apr 98
 200m Breaststroke 05m31.75 09 May 98

Mary Garton **NBT** **80-84 yrs**
 800m Backstroke 28m47.93 26 Apr 98
 400m Breaststroke 14m45.06 26 Apr 98

SHORT COURSE MEN

John Woolford **NRV** **20-24 yrs**
 400m Backstroke 05m31.73 26 Apr 98
 800m Backstroke 11m50.00 26 Apr 98
 1500m Backstroke 22m46.82 26 Apr 98

David King **NRV** **45-49 yrs**
 800m Ind. Medley 12m20.96 26 Apr 98

Dieter Loeliger **SAM** **65-69 yrs**
 50m Breaststroke 00m40.99 09 May 98
 100m Breaststroke 01m28.68 09 May 98
 200m Breaststroke 03m15.73 05 Apr 98

Jack Mathieson **NSH** **80-84 yrs**
 1500m Backstroke 55m06.34 26 Apr 98
 400m Breaststroke 11m36.79 26 Apr 98

** World FINA Masters Record

Well done to all our Record breakers! Special congratulations to Penny, Jen, Elvera, Allan, Irma, Kevin and Jenny.

SPORT REPORT

The National Sport & Recreation Ministers' Council recently released a report on Sport & Recreation (S&R) in Australia. Some fascinating facts from the report include:

ADULT PARTICIPATION

<i>Sport/physical activity</i>	<i>000's</i>	<i>%</i>	<i>cost/yr</i>
Aerobics	565.2	4.1	\$419
Golf	450.2	3.2	\$955
Tennis	382.0	2.7	\$314
Netball	325.7	2.3	\$386
Lawn Bowls	272.0	2.0	\$374
Swimming	256.9	1.8	\$259
Basketball	249.5	1.8	\$381
Cricket (outdoor)	186.0	1.3	\$286
Martial Arts	165.2	1.2	\$370
Tennin Bowling	160.6	1.2	\$416

(It is interesting to note that swimming is the cheapest sport in the 'Top Ten'. - Ed.)

VOLUNTEERS

830,000 volunteers contribute their time to S&R which represents about one-third of all people who undertake any kind of voluntary work. There are 35% more male than female volunteers and males commit 55% more time. 105 million hours were committed by S&R volunteers.

TIME SPENT

Males participate in sport & physical activities more than females and spend more time than female on each activity.

<i>minutes per day</i>	<i>Male</i>	<i>Female</i>
Attending a sports event	159	139
Playing organised sport	154	120
Playing informal sport	110	96
Going for a walk, for exercise	54	48
Fishing, bushwalking, outdoor act.	130	99

HOUSEHOLD EXPENDITURE

<i>Commodity/service</i>	<i>\$m</i>
Sports equipment & repairs	874
Sporting club subscriptions	423
Fees/charges to participate in S&R	829
Sports lessons	145
S&R equipment hire	62
Recreational equipment & repairs	681
Spectator admission fees to sport	182
Inground swimming pools, pool chemicals	348
Boats (parts, accessories, registration, insurance)	217
Camping & caravanning	385
Lotto games, instant lottery tickets	1184
TAB on course betting, etc.	120
Poker machines, lucky ticket machines	327
Casino games, other gambling	148
Total expenditure on S&R	5928

EXPORTS

Australian exports of S&R goods amount to \$358m/yr. Watercraft, water sport equipment and swimwear account for 37% of the total. New Zealand, the USA and Japan are the main destinations for these exports.

AUSTRALIAN OLYMPIC LEGENDS

Australia Post recently released an Australian Olympic Legends range of merchandise. The merchandise features portraits and action shots of the six Olympic Legends.

These champion athletes have all captured the public imagination and have made ongoing contributions to the Olympic movement, nationally and internationally.

Dawn Fraser (4.9.1937) was the winner of eight Olympic medals and is considered Australia's greatest female athlete. She won three consecutive Olympic gold medals in the 100m freestyle from 1956 to 1964. Dawn was the first female to swim 100m under one minute and held the world record for that event for 16 years.

Murray Rose (6.1.1939) is the only Australian male to have won four gold medals and the only person ever to have won the mens 400m freestyle twice in a row. He won three gold medals at the 1956 Melbourne Olympics in the 400m, 1500m and 4 x 200m freestyle relay and a fourth gold medal in 1960 in Rome when he defended his 400m Olympic title.

Betty Cuthbert (20.4.1938) was known as the 'Golden Girl'.

She is the only Australian woman to have won four Olympic track gold medals. She won the 100m, 200m and 4 x 100m relay at the 1956 Melbourne Olympics and the inaugural 400m at the 1964 Tokyo Olympics.

Herb Elliott (25.2.1938) was the youngest athlete to break the four minute mile. He won the 1960 Olympic 1500m event in world record time. When Elliott retired in 1961 he had never been beaten over 1500m or one mile.

Shirley Strickland (18.7.1925) with eight Olympic medals holds the most track Olympic medals of any Australian. She was the first woman to successfully defend an Olympic title when she won the 80m hurdles in Helsinki in 1952 and then again in Melbourne in 1956.

The range of merchandise from Australia Post includes:

Sheetlet of 12 x 45¢ stamps	\$ 5.40
Booklet of 12 x 45¢ self-adhesive stamps	\$ 5.40
First day covers (set of two)	\$ 5.65
Sheetlet pack	\$ 5.80
Maximum cards (six)	\$ 8.50
Australian Olympic Legends Book	\$12.95

The Australian Olympic Legends Book commemorates the naming of six Australian Olympic Legends. The book depicts the extraordinary careers of these athletes and is rich with original images of their grandest moments. This book has been endorsed by the Prime Minister, the Right Honourable Mr John Howard, MP.

To win a copy of the Australian Olympic Legends Book, write to the National Newsletter and tell us, in 50 words or less, which one of these Olympic Legends is your favourite and why. The winning entry must be received by 1 August 1998 and will be published in the August National Newsletter. The judges decision shall be final.