



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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NATIONAL

Volume 9, No 4, AUGUST 1998

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We have a real 'potpourri' of items this time around so there's sure to be something for everyone...

The recent World Masters Swimming Championships in Casablanca, Morocco produced some wonderful swims as well as wonderful memories for those of us lucky enough to make the journey. Some of the swims have been declared National Records along with many others from domestic competition. Check them all out on page 4. A review of the Championship Meet and the post-meet tour can be found on page 8.

For those of you who are inspired and want to set a few records of your own, have a glance at the Calendar of National/International Events on page 3 and see if there's something there that's right for you. There is a major meet in almost every capital city in the next couple years so what's your excuse? You won't even have to travel! For those with the travel bug, however, there is a brief 'teaser' about Munich, venue for the 2000 World Masters Swimming Championships; start saving those pennies...

Interested in what's happening in your neck of the woods? Find out in 'Around the Branches' on page 6. It's always great to catch up on what's happening around this wide, brown lands of ours. Plus 'Around the Board' on page 6 has the latest from the National Board who just keep 'plugging away' to keep our organisation on track for the benefit us all.

Last but not least an article titled 'Exercise, Injury and Illness' which addresses some of the questions and thoughts we all have about pain versus gain and whether all the training is really worth the effort. It's well worth a moment when you've got a cuppa handy.

I'll leave you to enjoy this edition,

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."

LETTERS TO THE EDITOR

Dear Editor,

Northside Masters (QBN) used to send a copy of their Newsletter to other clubs but increased costs led to us discontinuing this pathway to friendship and information about our members to their friends in other clubs. We now allow our members to donate funds to send a newsletter to a chosen club, where they have friends, or simply as a thankyou for a good carnival experience. Funds cover one years supply. Our Newsletter, produced and edited by Mr Peter Grace, is a very good publication and we are justly proud of it. We wonder if other clubs around Australia would like to follow our example. We would love to hear from you. Northside Masters address is:
P O Box 3292, STAFFORD QLD 4053.

Northside Masters (QBN)

This is a great way for clubs to share their news and learn about different ideas. I hope you get lots of interest. - Ed.

Dear Editor,

Further to the National Aerobic Trophy timekeeping issue:

In finding suitable timekeepers, we should also remember people who do not swim for a club, but are willing to volunteer their services. We encourage these people to help at swim meets. These volunteers may even be willing to complete our time-keeping accreditation courses. This still complies with the NATP rules, if this person is nominated by the club as an official club representative to certify correctness of timekeeping and verify swims.

Helen Rubin (NSW Branch Aerobics Recorder)

That's a good idea, Helen. I'm sure most friends/partners would be willing to help out from time to time. - Ed.

Dear Editor,

Thanks for the excellent National Newsletters - I think they are working really well.

Janet Sutherland (WA Newsletter Editor)

Thanks Janet! It's really nice to hear that people out there are reading and enjoying the National Newsletter. Remember, we're always ready for feedback. - Ed.

1998 NATIONAL NEWSLETTER DATES

October Edition

deadline for material - 1 October 1998

December Edition

deadline for material - 1 December 1998

SNIPPETS

✂ 3 MILLION METRE MAN
Congratulations to Noel Peters (NSW) on completing his 3 million metre award. Well done!

✂ SWIMMING MOST POPULAR
Swimming has topped a national survey of interest in sport. The annual 'Australian and Sport' survey for 1997 finds that almost 60 percent of Aussies between the age of 16 and 65 participate, attend in, view and/or listen to swimming events. Cricket was second and AFL third.

✂ T V T U R N - O F F
Harvard University researchers have found that continuing to exercise after losing weight is the best way to keep it off. The strongest indicator of weight gain was television viewing. For each half hour of TV viewed per week, study subjects gained 0.2kg.

✂ FINA IS 90 YEARS OLD
Founded on 19 July 1908 in London during the 4th Olympic Games, FINA (Federation Internationale de Natation) will celebrate its 90th anniversary this year. An official ceremony will be held on November 5th in Lausanne (Switzerland), the "Olympic Capital", in the presence of the President of the International Olympic Committee, Mr. Juan Antonio Samaranch and the President of FINA, Mr. Mustapha Larfaoui.

✂ QUOTABLE QUOTE
"Age is just a date on the calendar, it is what is in your heart and mind that counts." Meta Wilson (84)

✂ SYDNEY OLYMPICS STAFF RECRUITMENT
SOCOG is in the process of recruiting both paid and volunteer staff for the Sydney 2000 Olympic Games. If you are interested in helping to run the Games, further information is available from their website www.Sydney.Olympic.org or by calling 13 63 63.

✂ WONDERFUL WATER
Did you know your blood contains 92% and your brain contains 75% water? Water helps to regulate your body temperature, carries nutrients and oxygen to all cells in the body, helps to convert food into energy and is required for you to breathe efficiently.

✂ A SOBERING THOUGHT
'The sad truth is that it's never going to hurt less, but we will go faster for the same amount of pain!'

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

1998	18 - 23 October	HONDA Masters Games Swimming ALICE SPRINGS, NT
	31 Oct - 1 November	Asia Pacific Masters Games Swimming GOLD COAST, QLD
	21 - 28 November	ACTEW Active Australia Games Swimming (20 - 40 years 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, WA, AUSTRALIA
	25 September - 3 October	Australian Masters Games* ADELAIDE, SA
2000	March/April	AUSSI National Swim GLADSTONE QLD
	27 July - 8 August	FINA World Masters Swimming Championships MUNICH, GERMANY*
2001	March/April	AUSSI National Swim MELBOURNE, VIC
2002	6 - 19 October	World Masters Games MELBOURNE, VIC

* see below for further information

7th AUSTRALIAN MASTERS GAMES ADELAIDE 1999 25 SEPTEMBER - 3 OCTOBER

Expressions of interest are now being taken for participants and volunteers for the 7th Australian Masters Games. You can let them know all your contact details at

Address: 7th Australian Masters Games
GPO Box 2860
ADELAIDE SA 5001

Telephone: 08 8300 6140
Facsimile: 08 8300 6190

e-mail: games@ausmasters99.org.au
home page: www.ausmasters99.org.au

The South Australia Branch of AUSSI are gearing up to host the Games which will be held in the beautiful Adelaide Aquatic Centre, home of our National Office. Don't forget there is plenty to see before and after the meet including Kangaroo Island, the Barossa Valley, the Flinders Ranges and, of course, the 'City of Churches' itself. So why not make a holiday of it?

VIII WORLD MASTERS SWIMMING CHAMPIONSHIPS MUNICH 2000

A brief profile of Munich...

Munich, the capital city of Bavaria can be easily reached by plane. The city was founded in 1158 by monks. The House of Wittelsbach formed the history and the appearance of Munich until today; they built the largest Renaissance church of Germany as well as the imposing palaces of Nymphenburg and Schleißheim in a Baroque style. Munich is a town of art, culture and 'joie de vivre'. Innumerable theatres, museums, galleries and exhibitions attract visitors from all over the world. Also the largest fair of sports is held here twice a year.

Munich lies at the foot of the Alps, and a lot of charming lakes and typical Bavarian villages invite you to stay and relax. Last but not least Salzburg, the native town of Wolfgang Amadeus Mozart is only 90 minutes away, right behind the Austrian border.

Inspired? NN will let you know as soon as preliminary information about the Championship meet is available.

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

LONG COURSE WOMEN

Lesley Gough	NCH	50-54 yrs
100m Butterfly	01m23.14	11 Jul 98
Carrol Wannell	WCR	55-59 yrs
800m Freestyle	11m59.75	16 May 98
800m Freestyle	11m55.00	25 Jun 98 #
1500m Freestyle	22m57.70	03 May 98
Anita Saviane	NCS	55-59 yrs
1500m Backstroke	30m19.96	09 May 98

LONG COURSE MEN

Murray Allen	QIP	35-39 yrs
200m Butterfly	02m22.17	24 Jun 98 #
Stephen Twartz	WSM	45-49 yrs
800m Indv. Medley	12m40.21	21 Jun 98
Vic Paul	WCM	50-54 yrs
800m Backstroke	13m40.56	16 May 98
800m Breaststroke	13m56.03	16 May 98
Kevin Vickery	NET	75-79 yrs
100m Freestyle	01m19.84	19 Jun 98 #
200m Freestyle	02m59.65	23 Jun 98 #
800m Freestyle	13m46.21	25 Jun 98 #
200m Butterfly	04m28.85	24 Jun 98 #
Stuart Somerville	NML	75-79 yrs
50m Butterfly	00m47.66	30 May 98
Jack Mathieson	NSH	80-84 yrs
800m Breaststroke	27m16.60	09 May 98
Alfredo Cherchi	NTR	90-94 yrs
100m Freestyle	02m14.96	30 May 98

SHORT COURSE WOMEN

Andrea Zavetchanos	VPP	35-39 yrs
800m Breaststroke	13m26.02	27 Jun 98
1500m Breaststroke	25m44.40	27 Jun 98
Penny Bond	QTV	35-39 yrs
800m Freestyle	09m22.05	30 May 98
Jackie Lamont	VSP	40-44 yrs
800m Breaststroke	14m38.39	27 Jun 98
Jennifer Noonan	NSW	40-44 yrs
400m Breaststroke	06m40.37	16 May 98
Jenny Whitely	NRY	40-44 yrs
50m Freestyle	00m28.21	27 Jun 98
50m Breaststroke	00m37.37	27 Jun 98
100m Indv. Medley	01m11.13	27 Jun 98 **
200m Indv. Medley	02m37.08	27 Jun 98
Glenys Gale	TSB	40-44 yrs
100m Backstroke	01m17.03	04 Jul 98
200m Backstroke	02m45.93	20 Jun 98
400m Backstroke	05m41.67	05 Jul 98
400m Breaststroke	06m29.01	05 Jul 98
Lesley Gough	NCH	50-54 yrs
800m Freestyle	11m08.44	06 Jun 98
50m Butterfly	00m36.44	06 Jun 98
200m Butterfly	02m58.12	07 Jun 98
Helena Morris	VPP	55-59 yrs
400m Freestyle	06m07.34	27 Jun 98
1500m Freestyle	23m45.77	27 Jun 98
Gerda Williams	CDW	55-59 yrs
400m Backstroke	06m39.25	30 May 98
800m Backstroke	13m32.98	30 May 98
100m Indv. Medley	01m31.28	30 May 98
200m Indv. Medley	03m17.84	30 May 98
Jen Thomasson	QSM	55-59 yrs
50m Freestyle	00m32.23	30 May 98

100m Freestyle	01m11.46	30 May 98
800m Freestyle	11m15.10	06 Jun 98 **
50m Breaststroke	00m42.67	30 May 98
50m Breaststroke	00m42.50	07 Jun 98
50m Butterfly	00m38.11	06 Jun 98
100m Indv. Medley	01m24.15	30 May 98
200m Indv. Medley	03m01.37	07 Jun 98
Barbara Brooks	VNL	60-64 yrs
1500m Freestyle	26m17.54	27 Jun 98
400m Indv. Medley	08m12.33	27 Jun 98
Sue Mayne	TTL	60-64 yrs
800m Breaststroke	15m59.42	05 Jul 98
Liz Wallis	NML	70-74 yrs
200m Freestyle	03m17.76	16 May 98
Margaret Russell	QIF	80-84 yrs
100m Indv. Medley	05m05.20	30 May 98
Mary Garton	NBT	80-84 yrs
200m Backstroke	06m12.52	27 Jun 98

SHORT COURSE MEN

Matthew Wright	QPN	25-29 yrs
100m Breaststroke	01m06.72	16 May 98
200m Breaststroke	02m25.68	16 May 98
Murray Burns	VDC	45-49 yrs
800m Butterfly	13m53.64	27 Jun 98
Rob Kelly	QCN	55-59 yrs
800m Backstroke	15m02.09	30 May 98
Tony Goodwin	NML	60-64 yrs
400m Breaststroke	06m49.47	16 May 98
Chris Bell	QTV	60-64 yrs
800m Indv. Medley	14m00.80	30 May 98
John Pugh	TLC	60-64 yrs
1500m Freestyle	21m48.89	30 May 98
Patrick Galvin	QWS	65-69 yrs
50m Breaststroke	00m40.76	16 May 98
Robert Hamilton	NPM	70-74 yrs
50m Backstroke	00m41.74	07 Jun 98
Stuart Somerville	NML	75-79 yrs
50m Butterfly	00m46.70	27 Jun 98
Kevin Vickery	NET	75-79 yrs
50m Freestyle	00m36.20	06 Jun 98
100m Freestyle	01m19.75	07 Jun 98
400m Freestyle	06m32.46	16 May 98
800m Freestyle	13m25.16	16 May 98
50m Butterfly	00m53.20	06 Jun 98
100m Indv. Medley	01m43.37	16 May 98

SHORT COURSE RELAYS

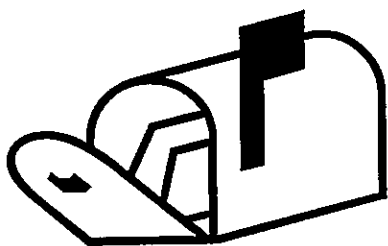
Brisbane Southside		160+
Womens Freestyle	02m06.19	28 Mar 98
Kay Huysing	Nancy Richards	
Jen Thomasson	Donna O'Donnell	

World Masters Swimming Championships, Casablanca
 ** FINA Masters World Record

Congratulations to all these new National Record holders and to the 32 AUSSI's who won medals (1st - 10th place) at the recent VII World Masters Swimming Championships in Casablanca, Morocco.

OSTAL CENTRE

for all the latest details on postal swims...



SWIM THE WATERWAYS OF THE WORLD

Our invitation to participate in swimming 'The Waterways of the World' was received with great enthusiasm. 141 swimmers have enrolled and are doing well. We thank you all for your effort and generosity. We are pleased to inform you that we are able to donate \$500 to the Paralympians for the Sydney 2000 Paralympic Games. We envisage to improve on the amount donated next year and the year after which requires your continuous support and patronage. Please let us know if you have ideas and suggestions to improve our next years Waterways swim. We would like to see AUSSI Clubs collectively return log books to us.

Campbelltown AUSSI

EXERCISE, INJURY AND ILLNESS

It is really a mystery. Sports scientists tell us that if we exercise it will make us stronger, physically fit, give us high energy levels and the ability to maintain good health. Then why is it that a couple of days after you start a training program you feel worse off than when you were supposedly unfit?

Physical activity does increase fitness levels, which consequently increase energy levels, strength and health. Feeling weak, experiencing stiffness, swelling and soreness are all associated with muscle fibre damage, which can occur when you get a little too perky. It is your body's answer to the strenuous exercise demands you are placing on it. During exercise, microtears occur in the muscle, which is why you become sore. Over time the body adapts to these demands, making it easier to perform similar exercises. Remember, if your muscles are still sore they are also still weak. It is very important to let your muscles recover or you will risk injury and get no benefit from the exercises you are performing.

And what about illness? For people undertaking moderate exercise, the news is all good. Moderate exercise produces and increase in the number of white blood cells which are responsible for fighting disease. People undertaking regular moderate exercise are proven to be more resistant to infection than those who are exercising very little, if at all. Engaging in a thirty minutes exercise session or three ten minute sessions a day, three times a week is all you need to do to improve your health.

Of course, if you do too much, or are competitive, the story changes. Recent studies from the Australian Institute of Sport, University of Newcastle, and the University of Canberra have found that there is a significant trend in upper respiratory tract infections of highly trained athletes. A number of researchers have also observed that elite athletes have a lower count of antibodies in their blood which may be the reason for their increased susceptibility to illness.

The thought of sickness developing is daunting. Plan an exercise program for yourself, vary it according to the types of exercise you enjoy. Remember though, it is very important to start a training program gradually, so that your body has a chance to adapt to the exercise intensity. That way you are less likely to get injured and become more resistant to illness, which means less visits to the doctor.

FOUR KEY POINTS FOR AN EXERCISE PROGRAM

- **Begin a new exercise program slowly.**
- **Increase intensity gradually.**
- **When soreness occurs, rest or reduce training intensity.**
- **Do not exercise with a severe cold. If it is a runny nose, or slight cough take care and reduce normal training intensity.**

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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

AROUND THE BRANCHES...

AUSTRALIAN CAPITAL TERRITORY

Most attention at present is focused on preparations for the ACTEW ACTIVE AUSTRALIA GAMES. It is a joint project with ACT Swimming and AUSSI and we successfully negotiated an entry discount for AUSSI Members.

The annual ACT Long Distance carnival will be at Tuggeranong on 12/13 September 1998. Swimmers from other Branches are invited to come and challenge those long distance records.

The incomparable Stu Fitch is at it again – amazing us with his outstanding swimming exploits. At age 45 he has just achieved five (5) Lifetime Best Times.

SOUTH AUSTRALIA

Ten swimmers from SA went off to Casablanca in June to do battle in the 7th World Masters Swimming Championships. Medals were won by Margaret Armstrong (3rd-800m free) and Pauline Wingate (3rd-800m free/6th-200m free/6th-100m free). Pauline & Ivan Wingate and Sue & John Double entered two relays but both Ivan and John were sick so they did not get a placing. Others were also sick with a stomach bug. *Adelaide Masters won the third Interclub Meet on 26th July and therefore won the Cup with just over 150 points more than Atlantis. Congratulations to all involved.*

NEW SOUTH WALES

The main news from NSW is their successful 'Never Too Late' Grant. A joint initiative of the Dept. of Veterans Affairs and the Australian Sports Commission, the program is to encourage participation in sports amongst the veteran community.

The NSW Dept. of Sport & Rec. has finally recognised Masters Swimming NSW as a separate entity, giving them the opportunity to apply for funding for special projects.

TASMANIA

The State Short Course Winter Championships were held on 15/16 August. All 9 Clubs were represented with over 110 entries.

Coaching Director, Megan Stronach, has planned a Coaches' Seminar and Stroke Clinic for 26/27 September. It will be conducted by internationally acclaimed Masters Swim Coach, Judy Bonning from the USA, currently residing in Sydney. It is open to all AUSSI members. Michael Bellis (THB) has achieved his Million Metres this month. He started recording swims in March 1991!

NORTHERN TERRITORY

Arnhem Salties have come up with a novel idea for recording the distances swum at training whilst incorporating social functions. Sounds like fun.

Postal swims continue to fill an important role for NT AUSSI's. With little or no local competition throughout the year, they give us the opportunity to compare our times to our peers both interstate and overseas.

For the first time swimmers from the NT have ventured overseas to compete in international competition. Three Darwin Stingers competed in the World Masters Swimming Championships in Casablanca and another three in the World Masters Games in Portland.

VICTORIA

Our State Short Course Championships were held on Sunday 16 August at the Melbourne Sports & Aquatic Centre. Number were down a little with 488 entries but it was still a great day with many State and National records tumbling. One of the highlights for the day was the return to the pool of our Branch President, Danny Smith. Many of our younger members didn't even know he could swim. Great to see you leading by example, Danny!

A Level 1M Coaching Course/Stroke Clinic is scheduled for 17/18 October at the Ringwood Aquatic Centre.

Queensland

The ASPAC Masters Games on the Gold Coast from 31 October to 8 of November is shaping up as the largest Masters meet to be hosted in Queensland since 1994. With ten weeks to go, over 450 competitors have already nominated to swim in the 12 lane, 50 metre Southport School Pool. Electronic timing and a 25 metre warm up pool are also to be used to enable the expected 600 competitors to compete to the best of their ability in relative comfort over the two days. Major sponsor, Konica have assisted with printing and quality programs for all. Robina Town Centre have provided the Open Water Swim venue at a man made lagoon within 100 metres of one of the largest shopping centres on the Coast.

WESTERN AUSTRALIA

Six swimmers from WA (Klaus Eckhof, Lynne Malone, Glenys McDonald, Max & Carrol Wannell and Marg Roffinan) competed at the World Masters Swimming Championships in Casablanca bringing home 9 medals. Well done!

An Organising Committee for the 7th Pan Pac Masters Swimming Championships (Challenge Stadium, Perth 16-24 October 1999) has been elected. Anyone interested in being on the mailing list for the event should contact Janet Sutherland (janets@gateway.net.au) or write to AUSSI WA Branch, P O Box 564, CLAREMONT 6010.

The popular SuperSeries of Open Water Swims for summer 98/99 will be promoted as a joint venture between AUSSI and WASA.

AROUND THE BOARD...

COACHING

Branch Coaching Directors are being kept busy conducting coaching courses. New South Wales and Queensland are conducting Level 1M courses and Western Australia is to run a Level 2M course later this year.

Coaching Directors are also busy helping to review the Level 2M course for submission for re-accreditation to the Australian Coaching Council. This has been a very active year for review (the Level 1M course was re-accredited in May) keeping all of us on our toes. The changes to the course will hopefully make it easier for Branches to conduct courses and improve our training of coaches for Masters swimmers.

Dr Kay Cox

COMMUNICATIONS

I have been sharpening my webskills (and knowledge about swimming) with some serious 'surfing'. I am soon to attend a government sponsored Webpage Design & Maintenance Seminar in preparation for AUSSI's forthcoming launch onto the World Wide Web next year.

Jodi-Ann Beard

PROGRAMMES

Numbers for this years Aerobic Trophy Programme are looking healthy. With almost eight months of the year gone, now is the time to promote longer swims and as the weather warms up hopefully there will be members back in the pool and some new members who might want to 'have a go' at the 1500m, ½ hour, ¾ hour or 1 hour swims which are worth big points for a one-off effort.

David Cummins

MARKETING

There has been a somewhat disappointing response to the tender for a new logo for AUSSI. The good news is that it is not too late. If you know someone who is interested in graphic design, please arrange to get them a copy of the tender document as soon as possible.

The finalists are due to be reviewed at the National Mid-Year Board Meeting in Adelaide in October.

David Speechley

RECORDING

All swimmers need to be made aware of the new 'Certificate of Performance' cards. These yellow cards must be used for National Record applications and to verify swims performed at non-AUSSI events such as Masters Games and amateur meets.

Each Branch has been provided with a supply of these cards and members should be made aware of their existence through Branch & Clubs newsletters, etc.

Darryl Hawkes

MEMBERSHIP DEVELOPMENT

The key to developing services for members is stronger clubs. To help clubs grow stronger, every club was recently sent a copy of the Club Development Manual on disk. I would really appreciate some comments on how your club's committee has used the contents on the Manual to say, "Market Your Club". If you haven't used this section but have used another then let me know what you achieved. Has the disk ever been looked at? **Let me know by writing to the Editor or our Executive Director, Ivan Wingate.**

Gary Stutsel

TECHNICAL DEVELOPMENT

I have been reviewing the recent rule changes made at the 1998 FINA Masters Technical Congress for possible adoption by AUSSI at the National Mid-Year Board Meeting in Adelaide in October.

I am thrilled to hear that several Branches are conducting Referees Courses and that trainee Referees are busily accruing hours for their accreditation.

Pauline Samson

VII WORLD MASTERS SWIMMING CHAMPIONSHIPS & TOUR June 1998 - Casablanca, Morocco

PRESIDENT'S REPORT

Jodi-Ann asked me to give you a short review of the VII World Masters Swimming Championships in Casablanca and I will attempt to highlight some of the main points from my 12 page report to the Board.

About 66 AUSSI's and partners joined our tour. It certainly was a trip of contrasts. Those who were fortunate enough to spend an extra week touring Morocco were so very lucky because the country is quite spectacular. Casablanca took a little bit of getting used to. Unbelievable traffic, we soon became adept at judging the Russian roulette type road crossings; the broken footpaths; the complete lack of toilet paper in the city; the 'men only' bars and cafes; the crowded souks; the couscous and boiled chicken... Ah, but that's right, we were there to swim.

Well we had our doubts that the Moroccans would know enough to run a large Masters Championships. They certainly lived up to our expectations. Everything that could go wrong, did go wrong. The registration desk was like a cattle yard; the electronic timing people had to integrate two different computer systems - theirs and the one used for the program. Great numbers of people were missed out of events including one entire country. But from an abominable beginning, the organisers, with a great deal of assistance from the FINA Masters Committee, pulled it all together, so that the swimmers did not know too much about the problems.

They had no protest period when posting results, and some incorrect medals were handed out, and the recording for the Open Water Swim was a mass of confusion because of the amalgamation of the two computer systems. All in all, quite a nightmare. There was a less than adequate warm up pool in the stadium, but a beautiful (cold) training pool just across the road. The outdoor area was wonderful with plenty of space to curl up under a tree while you waited for your swim and the medical cover coped well. We had some wonderful swimming performances, and a wonderful spirit of camaraderie amongst the Australians, and we had lots of fun. I had fun attending four meetings, protesting on behalf of Australia twice, promoting the 1999 Pan Pac's and, of course, swimming. All in all a great challenge and a great trip.

Glenys McDonald

POST CHAMPIONSHIP TOUR

You can imagine the smiles on the faces of the AUSSI's when they left Casablanca on the day after the Open Water Swim to commence their "Morocco Magic" seven day tour. They travelled comfortably in two large airconditioned coaches. They spend a full day in Marrakech then travelled through the High Atlas Mountains - spectacular views, gorges, mile and miles of Berber villages in the valleys, kasbahs galore and two days later were riding camels in the dunes of the Sahara.

The day before arriving at the edge of the Sahara, it was 40°C and a dust storm. Unfortunately for the group, the morning in the desert was cloudy so they did not get to see the full beauty of the sunrise. It was still spectacular though, and quite an experience. The tour then went through the Middle Atlas, more but different spectacular views, through to the ski resort areas, then on to Fes where a full day was spent looking at more fine examples of Moroccan architecture, mosaics and gateways. Much of the day was spend walking through the Old Medina which will remain in everyone's memories - especially the lessons in carpet making. Everyone there has something to sell.

Every day of the tour had something completely different to see and experience. To see villages without power and water, nomad tribes, 9th century buildings still in good condition and being used, and even the ruins of a 2000 year old Roman city with much of the aqueduct system and mosaics still in good condition.

Ivan Wingate