



# AUSSINEWS.COM

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The time between newsletters seems to get shorter. I collect all sorts of bits and pieces and place them in a folder. There's always a pile to choose from but the hardest part is choosing what to put on the front. There have been numerous articles on healthy lifestyle, avoiding the ageing process etc. How depressing!! However this poem I think everyone will relate to, especially the master swimmer who just wants to swim that next swim meet, get to that next age group, made the Top10 and just go on enjoying the social life of AUSSI.

There's lots to read inside including some great articles about healthy lifestyle, some good news stories, latest National records, a poem from Jennie Mack, letters from club members, and of course Lane 9. Read and enjoy.

**Pauline Samson, Newsletter Editor.**

## "Prayer"

*Today, dear Lord, I'm 80 and there's much I haven't done I hope dear Lord,  
you'll let me live until I'm 81  
but then, if I haven't finished all I want to do, would you let me stay awhile until I'm 82?*

*So many places I want to go, so much to see. do you think that you could manage  
to make it 83?*

*The world is changing very fast, there is so much in store. I'd like it very much to live to 84.  
And, if by then, I'm still alive, I'd like to stay 'til 85! More planes will be up in the air  
so I'd really like to stick and see what happens to the world when I'm 86.*

*I know dear Lord, it's much to ask, and it must be nice in Heaven)  
but I would really like to stay until I'm 87.*

*I know, by then, I won't be fast, and sometimes will be late, but it would be pleasant  
to be around at 88.*

*I have seen so many things and had a wonderful time  
so I'm sure that I will be willing to leave at 89.....MAYBE  
(author unknown)*

## AUSSI NATIONAL RECORDS

The following performances have been approved as National Records since the last newsletter.

### LONG COURSE WOMEN

<b>Cathy Codling</b>	<b>NSP</b>	<b>35-39 yrs</b>
50 Freestyle		00m28.29 12 Mar 00
<b>Lesleigh Mayes</b>	<b>QTV</b>	<b>40-44 yrs</b>
200 Freestyle		02m16.29 23 Apr 00
400 Freestyle		04m44.38 21 Apr 00
<b>Jenny Whiteley</b>	<b>NRV</b>	<b>40-44 yrs</b>
800m Backstroke		12m46.60 08 Apr 00
1500m Backstroke		24m15.07 08 Apr 00
<b>Kathryn Langthorne</b>	<b>QCN</b>	<b>50-54 yrs</b>
400 Freestyle		05m28.00 31 Mar 00
<b>Marilyn Earp</b>	<b>NWG</b>	<b>50-54 yrs</b>
100m Butterfly		01m22.94 23 Apr 00
<b>Sue Needham</b>	<b>QMW</b>	<b>50-54 yrs</b>
400m Butterfly		07m44.12 22 Apr 00
<b>Tricia Legge</b>	<b>QTT</b>	<b>60-64 yrs</b>
400 Breaststroke		08m24.06 08 Apr 00
800 Breaststroke		17m10.43 08 Apr 00
1500m Backstroke		29m15.26 08 Apr 00
<b>Robin Henze</b>	<b>NWL</b>	<b>60-64 yrs</b>
400 Breaststroke		08m08.88 22 Apr 00
<b>Denise Wangel</b>	<b>SAM</b>	<b>65-69 yrs</b>
200m Backstroke		03m41.00 07 May 00
<b>Thelma Bryan</b>	<b>QCN</b>	<b>70-74 yrs</b>
200m Butterfly		05m08.10 21 Apr 00
800 Indiv. Medley		20m28.57 01 Apr 00
<b>Norma Rudolph</b>	<b>QSC</b>	<b>75-79 yrs</b>
400m Butterfly		12m12.04 22 Apr 00
<b>Joan Knobel</b>	<b>QBL</b>	<b>80-84 yrs</b>
100 Breaststroke		02m34.06 22 Apr 00
200 Breaststroke		05m25.80 23 Apr 00
<b>Margaret Russell</b>	<b>QIF</b>	<b>85-89 yrs</b>
200m Backstroke		08m06.91 21 Apr 00
<b>Margo Bates</b>	<b>QHB</b>	<b>90-94 yrs</b>
100 Freestyle		02m46.69 23 Apr 00
200 Freestyle		06m31.51 23 Apr 00

### LONG COURSE MEN

<b>Mark Que</b>	<b>QGS</b>	<b>20-24 yrs</b>
50m Breaststroke		00m32.03 21 Apr 00
50m Backstroke		00m28.85 23 Apr 00
<b>Stephen Bradbury</b>	<b>QRH</b>	<b>20-24 yrs</b>
1500m Breaststroke		39m28.50 01 Apr 00
<b>Noel Kime</b>	<b>QRH</b>	<b>40-44 yrs</b>
400m Breaststroke		06m07.36 22 Apr 00
<b>Francis Christian</b>	<b>VDC</b>	<b>40-44 yrs</b>
400m Butterfly		05m04.43 22 Apr 00
<b>Mark Taylor</b>	<b>QGS</b>	<b>45-49 yrs</b>
400m Breaststroke		06m05.80 22 Apr 00
<b>Mark Fitzwalter</b>	<b>QMM</b>	<b>45-49 yrs</b>
50m Butterfly		00m29.26 22 Apr 00
<b>Ivan Wingate</b>	<b>SAT</b>	<b>60-64 yrs</b>
400m Butterfly		07m40.72 09 Apr 00
<b>John Crisp</b>	<b>QMM</b>	<b>65-69 yrs</b>
1500m Freestyle		22m48.56 01 Apr 00

<b>Allan Dufty</b>	<b>NET</b>	<b>70-74 yrs</b>
800m Breaststroke		17m11.09 08 Apr 00
<b>George Stewart</b>	<b>NWS</b>	<b>75-79 yrs</b>
400m Butterfly		13m09.24 08 Apr 00
400m Butterfly		11m57.76 22 Apr 00
800m Butterfly		25m23.31 08 Apr 00
<b>Arthur Thomas</b>	<b>QTT</b>	<b>80-84 yrs</b>
400m Backstroke		09m20.38 08 Apr 00
400m Backstroke		09m02.36 22 Apr 00
800m Backstroke		19m30.43 01 Apr 00
800m Backstroke		18m44.13 08 Apr 00
1500m Backstroke		36m36.14 01 Apr 00

### LONG COURSE RELAYS

<b>Ryde AUSSI Masters</b>	<b>4x50m</b>	<b>80+ yrs</b>
<b>Female Medley</b>		02m15.54 01 Apr 00
Rachelle Jones Natalie Hamilton		
Belinda Hall Jenny Whiteley		
<b>Manly AUSSI</b>	<b>4x50m</b>	<b>320+ yrs</b>
<b>Male Freestyle</b>		03m00.45 02 Apr 00
Terry Kelly Jack Winters		
Jamie Jenkins Stuart Somerville		
<b>Manly AUSSI</b>	<b>4x50m</b>	<b>320+ yrs</b>
<b>Male Medley</b>		03m42.89 01 Apr 00
Terry Kelly Jack Winters		
Jamie Jenkins Stuart Somerville		

### SHORT COURSE WOMEN

<b>Lesleigh Mayes</b>	<b>QTV</b>	<b>40-44 yrs</b>
200 Freestyle		02m13.27 01 Apr 00 @
<b>Joanne Sutcliffe</b>	<b>SAM</b>	<b>40-44 yrs</b>
100m Backstroke		01m14.72 28 May 00
<b>Dorothy Dickey</b>	<b>VDC</b>	<b>70-74 yrs</b>
100m Freestyle		01m34.94 09 Apr 00
<b>Thelma Bryan</b>	<b>QCN</b>	<b>70-74 yrs</b>
400m Backstroke		08m45.42 20 May 00
200 Indiv. Medley		04m31.13 20 May 00

### SHORT COURSE MEN

<b>B. Robertson-Dunn</b>	<b>ATN</b>	<b>55-59 yrs</b>
50m Breaststroke		00m34.78 13 May 00
<b>Colin Mayrhofer</b>	<b>ACN</b>	<b>60-64 yrs</b>
50m Butterfly		00m33.02 14 May 00
<b>Allan Dufty</b>	<b>NET</b>	<b>70-74 yrs</b>
50m Breaststroke		00m42.17 13 May 00
100m Breaststroke		01m41.60 14 May 00
200m Breaststroke		03m44.97 13 May 00
100m Butterfly		01m39.30 13 May 00
200m Indv. Medley		03m28.60 14 May 00
<b>Ronnie Elgar</b>	<b>QCN</b>	<b>75-79 yrs</b>
200m Breaststroke		04m21.74 20 May 00

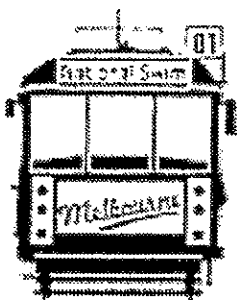
@ Provisional World Record

Darryl Hawkes  
National Recorder

30th June, 2000







### Tram for Melbourne—AUSI Masters National Swim, 2001

The tram was chosen as the official logo for this meet, as this icon characterises a unique aspect of the Melbournian way of life.

Melbourne will host the 26th National Swim at the Melbourne Sports and Aquatic Centre 4th-8th April.

### Officials for the 2001 AUSI National Swim

Officials, qualified and trainees are invited  
to apply to officiate at  
The 26th AUSI Masters Swimming National Swim  
4th—8th April, 2001.

Write to or ring  
Alan Davis  
90 Yarra View Road  
YARRA GLEN, VIC 3775  
(03) 9730 2226



All applications to be received no later than March 1st, 2001.

*Madame Lily Bollinger made the most famous comment on Champagne,  
published in the Daily Mail in 1961.*

*"I drink it when I'm happy and when I'm sad.  
Sometimes I drink when I'm alone. When I have company  
I consider it obligatory.  
I trifle with it if I'm not hungry and drink it when I am.  
Otherwise I never touch it—unless I'm thirsty."*



### Your officiating website

THE NATIONAL OFFICIATING PROGRAM ONLINE

How to become an endorsed NOP sport  
How to become an accredited NOP official  
How to become an NOP member  
NOP Merchandise and Publications  
Hot links & Officiating Forums  
Conference & Workshop Information  
NOP Newsletters

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

### AUSI National Swim, 2002

16th – 18th March

Sydney International Aquatic  
Centre, Homebush.

This meet has been advertised as a  
short course event.

<p align="center"><b>The Torch Relay</b></p> <p><b>Jennie Mack QMK    Torch Bearer    22/06/00</b></p>		
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Achievers and athletes help carry this flame  
As along the way its citizens loudly acclaim  
Young and old runners together unite  
'To keep the torch flame burning bright  
As they pass it along from hand to hand  
And carry the torch across this land  
Australians have waited in anticipation  
To see the flame run to its final destination  
The cauldron at Homebush in Sydney town  
Where the last runner ignites it on a countdown.

Beneath five Olympic rings united as one  
And when it has finished and the race is run  
We'll remember the courage and excellence shown  
And trust we will learn from the seeds that are sown  
Of honour and glory which have been inspired  
When a spiritual torch sparked into life and fired  
Camaraderie and sportmanship by example show the way  
To the youngsters that follow and show them a ray  
Of hope for their future to 'drink of the cup'  
And keep hanging in there and never give up.

One of the Jindabyne Yetis' Club members, Gordan Jenkinson, will be skiing the Olympic torch part of the way down Thredbo in September.

Hobart Masters—Justine Bamford

Tina Smit (THB) may not be carrying the torch, however she was lucky enough to win a trip (\$15,000 worth) with accommodation and tickets to the Olympic Games—she entered a competition in a local paper. She is taking husband, John and this will be just after their 50th wedding anniversary (that's equal to any Olympic feat!!).

Dear Pauline

Roslyn Hodge who carries the torch on August 23rd at Clunes, near Lismore, and

The other member was involved simply because 40 years ago, she (me) lead a marching team which preceded the torch through Sandgate and me and my old (literally) team had to do the same for this torch.

Freda Shaw (Secretary)

Thank you Freda for this information—I hope you have a great time when the torch relay comes to town.

**Is your club online to the world?**  
This free web site for your club will allow members and visitors to view your club's information.  
**If you already have your own website, why not link to it from Club World?**  
Visit <http://www.clubsworld.com/> and see for yourself.



## Lane 9

**"Swimming" - is the art of staying alive whilst in the water!**

For discussion: Aerobic Points—could they accrue like frequent flyers or fly buys?

**An 800 Individual Medley in a Short Course pool? Hm, what about a 1500m Individual Medley—but where to change-over the strokes—well in short course, that's easy, every 15 laps!!**

Seen on a bumper sticker recently: [orgy@myplace.come.now](mailto:orgy@myplace.come.now) - I tried this address and it didn't work!!

**Heard on radio interview about dressage: "I don't need to spend 20 minutes watching somebody prove that they can parallel park a horse".**

Remember RB from the last newsletter who wouldn't come out of the bathroom as he was wearing a towel—he has protested his situation—his modesty is commendable as he wasn't wearing anything under the towel!!

Heard at the Wagga Veterans Games— "I've never swum 100m backstroke before, I wonder how long it will be?" (meaning time). Reply from the adjacent lane: "It's about 6 times further than the 50."

One of our newer members was being waved at by some enthusiastic spectators recently—he thought it was his amazing stroke work until he realised he had swum 20 laps backstroke in his undies.

And not to be deterred, he also sought help from other club members on how to keep his goggles on during a dive—it worked, they stayed on, but he lost his bathers!!!

Which also reminds me on an incident where a swimmer tied his bathers up rather well and almost strangled the family jewels!!

*At a recent technical officials course, members were practicing with the stop-watches—a new member had to leave the room to take a phone call—when he returned he was asked what time his stop watch had recorded—he looked confused and said—"I'm not even in stop watch mode"!!*

PM, with the gym styled, shaved down physique strutted his stuff in a thigh length aquablade suit only to be upstaged by the taller IG who mounted the blocks in a full length 'fastskin' suit. Did a PB in the 200m free as well!!

Swimmers set a cracking pace in the inaugural 200m Trolley (pull buoy)—possibly to be discussed as a permanent inclusion in masters swimming. No doubt the times would achieve world ranking but it was the antics on the blocks as the swimmers adjusted their equipment that had the Time-keepers calling for assistance.

Lane 9 is snippets heard in and around the swimming pool—some masters swimmers are only too willing to talk about their antics and those of their friends. Only the names have been changed to protect the innocent.

Any gossip or tales would be gratefully accepted for publication—so keep your ears open.