

AUSSI



OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR
SWIMMERS-INTERNATIONAL

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CAROL'S COMMENTS



Carol Davis

Thank you to all those lovely people who took the time to write or phone saying how pleased they were to receive their journal after such a long break, and how impressed they were with our new look. Everyone likes to receive a compliment and encouragement. I most certainly do. To those who urged, 'keep up the good work', we intend to. We keep looking for ways to improve in not only presentation but contents constantly. That's where you can help. I'm forever looking for contributions, so pen to paper please. Also, we need advertisers to offset our costs. Please don't hesitate to contact me if you can help.

We've a wordy issue this time, as I decided we'd print the Branch Secretaries' reports to the Annual General Meeting along with Branch News. This gives everyone the opportunity to see the growth and development of AUSSI from Branch to Branch. President Peter Jackson's annual report is also included.

I know there will be many people delighted with their own copy of the National Records, as compiled by Peter Gillett. These, along with the National Top Ten which I understand will be available before the National Swim, will have everyone comparing times. Glenys McDonald also reports that it was neck and neck for the National Aerobic's Shield, with a photo-finish for the winner. The winner will be announced at the National Swim Presentation Dinner and named in our June journal.

With an eye to the Championships in Christchurch, Jack Brownjohn, one of the founding members of AUSSI, has written his account of that first visit by an overseas team to our shores; all the trials and tribulations of organising, then carrying off such an event. While Bruce Edmunds (who said, 'why you would pick on me, Carol') tells of the "Growth of The Yabbies".

Last month a very important meeting took place in Melbourne, Victoria. It was to put together all the information gathered by each Branch delegate on behalf of their Branch into the updated draft constitution which will be voted on at the Annual General Meeting in April. Victoria's delegate, Geoff James, made his office available and organised sustenance for the delegates, while other Victorians kindly billeted the interstate delegates. Anyone who has ever worked on a constitution will know it's "Hard Work", so I'm sure you are all indebted to Chairman, Peter Jackson, Geoff James (Victoria), Robin Sweeney (A.C.T.), Bob Dorrington (N.S.W.), Glenys McDonald (W.A.) and Ivan Wingate (S.A.). Glenys' account of being shut in with 5 AUSSI men, Friday night, all day Saturday and until 1 p.m. Sunday, was lighthearted,

"all perfect gentlemen", she insisted. However, even Glenys, who is never one to complain about workloads, was moved to say, "what a job!" I know I can thank these people on your behalf, for what I'm sure is a job well done.

For some time now I've been anxious for the National Fitness and Coaching Director, Des McCormick, to have a higher profile in this journal. I've been wondering just how to achieve this, with benefits to A.A.S. readers. Last month, listening to Des' comments at an Executive Meeting, my ideas crystalised. Des said swimmers were hungry for information that related to them personally. He felt one of the frustrations of his position was to see the need but be unable to be a "personal" coach to 3000 members. So I thought, why not let's have a "You ask Des" column.

I believe there are hundreds of members out there with dozens of questions. If you are shy, you need not include your name, although I prefer to have a name and not print it if requested. You never know, someone else just may benefit from the answer to your question. So, it's over to you! I assure you nothing will be too small a problem or unimportant enough question not to receive a considered answer.

To all those travelling to Melbourne for the Nationals and those lucky folk going on to Christchurch for the World Championships, have a safe and happy trip. Best of luck with your swimming. Remember, winning is great; being able to take part is wonderful.

Cheers.

Carol
Editor

ARE YOU DOING YOUR AEROBICS SWIMS?

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SWIMMER'S VIEWPOINT

Dear Carol,

In reply to Sid Levitt's letter, I am very glad to hear he is well on the way to recovery. However, could I suggest some reading both for him and other AUSSI members on diet. There is much information now from the U.S. Heart Foundation, Nathan Pritikin and our own Ross Horne on the subject of avoiding degenerative diseases such as heart disease, high blood pressure, diabetes and cancer by diet and exercise. AUSSI provides the exercise and some useful volumes on diet are:

'The Pritikin Program of Diet and Exercise' and
'Live Longer Now' both by Nathan Pritikin
'The New Health Revolution' and
'The Health Revolution Cook Book' both by Ross Horne and only very recently published and reviewed in the National newspapers.

It seems that fitness and correct diet go together hand in glove so perhaps A.A.S. is overdue for an informative article on the importance of correct diet for continuing good health.

Yours in swimming,

Judy Ford
A.C.T. AUSSI

Dear Judy,

Couldn't agree more. Now, is it a firm offer or only a suggestion?
Carol.

Dear Carol,

Fitness is a word we use at Lane Cove Aussi Masters all the time and in all our activities. What is fitness?

Fitness means being a vegetarian, not smoking, not drinking, not being overweight, following a good healthy exercise programme, being coaching

director of the Lane Cove Masters and being married to a physiotherapist. I fit this bill exactly and therefore I am fit.

Then, what am I doing here in the Royal North Shore Hospital this 11th February 1984 watching Dr. James examine me from head to toe. Could he be preparing me for a brain transplant or open heart surgery? He not only could be but he wasn't. He was examining me after a bike accident.

What of my fitness then? It may have saved me from a brain transplant and open heart surgery but not from a bike crash. Why didn't it, you may ask and I must admit I don't know the answer to this. However, fitness sure helped me recover. Day 1, minus 21 hours I was back home in bed demanding food, constant physio. treatment and attention. Day 2, I was back at Aussi, in my training director's role, cracking the whip. Day 3, I was telling anyone who would listen all about the accident. Day 4, my scars were on display for all to see and to the complete surprise of my doctor I have so far managed to successfully avoid another accident.

Of course, the speed of my recovery was due to my fitness. Further, my fitness saved me from further damage even though I had to endure triple x-rays and the pummeling hands of investigative doctors and nurses.

I first became aware that something was wrong with me when I felt a numbness in my left leg after a lady driver took a dislike to me as I was coming to the end of my 2 hour bike ride. As I flew through the air on the way to meeting the Pacific Highway at Chatswood I knew that the ride had come to an end and that there was no point going on but regretfully I could not stop until I hit the ground.

Tests revealed the extent of my problem. There can be no guarantees in life but being fit sure helps.

Yours in swimming and fitness.

Harry Turner

Dear Harry,

To be sure, there are no guarantees in life, as your club mate Sid Levitt found out. However, once the shock of "how could this happen to me" passes, we then realise with gratitude, our recovery has been hastened by being fit and that tends to vindicate our efforts towards achieving that fitness.

Dear Carol,

In your "comments" in the June journal you asked members to write you regarding views and opinions.

This query concerns the points scale for Aerobic swimmers where I understand that in order to gain full points members aged 80 and 90 are required to do the same times as 65-year-olds.

If this is correct, could the scale be extended in the same ratio to the age groups beyond 65. A simple solution would be full points for those over 70.

Yours sincerely,

Dick Jeffrey

Dear Dick,

In actual fact the National Aerobic Trophy Rule and Pointscore book gives points allocation for men 65-74 and 75-84. I guess we didn't think we would have too many 85 plus's swimming the awards.

Your suggestion will be looked at by the National Aerobic's Trophy review committee which will be appointed in September 1985 to review all the pointscores. Thank you for your interest.

Glenys McDonald

National Aerobic's Recorder

Changeroom Chatter

Congratulations to Gaynor Corlis (remembered by many AUSSIs Australia wide as Gaynor Stark) and John Corlis on the birth of a daughter, Erin Ann, on Saturday 21st January 1984. I hear she has a mass of black hair, long arms and fingers — another champion backstroker of the future?!?

GET FIT GO SWIMMING

MASTERS SWIMMING — INTERNATIONAL

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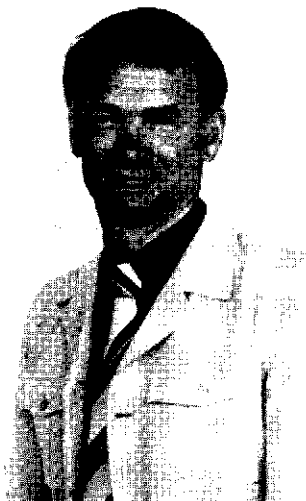
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HEARD FROM HIRD



Brian Hird

This article is the final one for my second year in office as Honorary National Secretary, as the Annual Conference is to be held in Melbourne on the 11th and 12th April 1984.

I am sorry to report that Mary Connelly the National Treasurer has declined to stand for 1984.

Mary, whom I met for the first time at the 1981 National Swim in Perth, has been Treasurer since AUSSI National inception. She has been very hard working, and in the two years that I have worked with her I found her most co-operative and helpful. I feel I speak for many AUSSies in saying we are sorry to see you go, but wish you all the best for the future, and hope to meet up with you around the poolside.

Thanks for a job well done.

The 1983 season was quite busy for all Branches of AUSSI and it is for this reason that we have included the Branch Secretaries' Annual Reports in this issue.

During the year much was achieved, the successful running of the Second Pan Pacific Masters International Championship in Sydney, the Ninth National Swim and Club Championships in Brisbane, the first inhouse Mid Year Conference in Sydney then the Second City of Sydney City Mutual Relay Championships. But that's not all, clubs throughout Australia during 1983 rallied to the call of fitness and many competed in the National Aerobic Trophy.

In mentioning the above competitions I would like to thank both City Mutual Life Assurance Society and the Speedo Company for their sponsorship which helped to make the events a viable proposition.

I must also pay tribute to the staff of the AUSSI office, Carol Davis and Maureen Rose. These two ladies have always been pleasant and conscientious in their work for AUSSI. I trust they will be with us for some time to come.

One could go on and on paying tribute to people who work hard for the cause of fitness through AUSSI. Apart from those already mentioned I must thank Peter Jackson (President), Des McCormick (Fitness Coaching Director), Peter Gillett (National Recorder) and Glenys McDonald (National Aerobic Recorder).

In conclusion, I thank the Branches and their members for their co-operation and confidence in allowing me to occupy this most important position for a most constructive year.

Brian Hird

Hon. National Secretary

N.S.W. NEWS

Since our last News our Branch accepted the resignation of our President, Des McCormick (due to medical reasons) so we have been without a President for a few months. However, the position has been filled by Sue Ellen — and good luck leading the N.S.W. Branch (profile next issue).

In November, 1983, the N.S.W. Executive appointed Carol Davis to promote AUSSI on our North Coast where she was well received. Ballina and Grafton showed interest in getting AUSSI established in their areas. Coffs Harbour enjoyed the visit and a lot of questions were asked and information supplied. Carol reported the promotional film was a great help. We've received Coffs Harbour's registrations this week so we give the Banana Benders a big welcome to AUSSI.

We are about to lose "Man about Town", Chuck Hahn, who hails from the Coogee/Randwick Club. He is off to New Zealand to take up a position with a large brewery. We're hoping he will be back on our shores after twelve months. Good luck Chuck from all your friends in AUSSI.

A get well to Rona Thornley, President of Coogee/Randwick who is recovering from a brain tumour operation. Our love and prayers go to you Rona, for a speedy recovery.

David Robbins, Neil Adamson and Margaret Sharpe welcomed the few who braved the trip to Armidale's annual



Chuck Hahn

carnival. A well run carnival and warm weather made it a good day and well worth the trip. Shane Longmore, "the chef", put on a great feast afterwards and Blacktown Beavers invited everyone back to the "Bunkhouse" for a social chat and a few drinks.

Soaking up the sun at Armidale



It's a nice way of finishing off a day of swimming. FITNESS AND FUN is a great motto.

Our members are preparing for an onslaught to the Nationals and New Zealand. I think quite a few interstate swimmers are going to be in for a few shocks, going on the information I've been receiving.

Peter Gillett will have a busy time ahead rewriting the National records. We'd like to wish all our N.S.W. swimmers the best in Victoria and at the World Championships in New Zealand. Maybe we can get a few world records to bring home.

I would like to take this opportunity to congratulate the N.S.W. swimmers who made the National Top Ten. Also to our members who made the N.S.W. Top Ten.

There were many swimmers who swam extremely well in 1973.

Cheers.

Val Dorrington

N.S.W. Publicity and Promotions' Officer



Jane McNamara

In South Australia, AUSSI has started the "Year of Big Brother" in resounding style with large numbers of nominations for the long swims held so far, and with four Interclubs being held this year competitors are looking forward to a busy year.

A week later the second annual Jack Baker Tyres AUSSI long swim was held in West Lakes with Western Districts' husband and wife, Mollie and Ross Whitehorn completing the quinella. Mollie swam the 1,800 metres in 32 minutes 50 seconds, while Ross who started a minute after his wife finished in 34.03. Graham Ormsby (Adelaide Masters) filled third placing in the good time of 32.21.

The year began with young country club, Blue Lakes Masters, organising a long swim on New Years Day. The swim, which was held in Valley Lake, was a torturous affair designed to test the swimmers' resolutions after New Years Eve celebrations.

Breastroker Dieter Loeliger, 50, showed that form stokers can win the fastest time trophies. Loeliger, from Adelaide Masters, completed the swim in 25-32, compared the favoured freestyle specialists Steve Walker (25-53), Neill Venn (25-54) and Robert Blair (26-00). At 69 years of age, and the oldest lady to compete, Mavis Boase finished in 14th place in the smart time of 37-58.

An innovation to this year's swim was the inclusion of awards to the fastest swimmers in each age group to encourage older swimmers to compete.

The following week swimmers turned out for an early (8.30 am) start at the Magill pool of the SA College of Advanced Education for the opening of the 4-meet Interclub series.

The highlight of the meet was the 200 metres freestyle swim by Robert Mackay (WDM) when he became the first Australian to 'break' 2:00 for the event. His time of 1:59.45 was coupled to his Australian record 50 metre freestyle (25.02) and his State record for the 100 metre Medley (1:06.47.)

Mackay's team-mates from Western Districts Masters, Nick Smith and Peter Stanton cleaned up in the 20-24 year age group.

Smith lowered both the breaststroke records with his swims of 36.60 seconds (50) and 3:11.27(200m), while Stanton claimed the Australian record for the 200 metre freestyle (2:31.40)

Despite their efforts Mackay and Co. could not prevent Western Districts from slipping to fourth position while host club Tea Tree Gully grabbed the coveted third place, behind traditional leaders, Adelaide Masters and Atlantis.

New club Largs Vikings Masters entered the National record book for the first time when Len Schenk swam 3:18.83 (200 metre f/s) and 35.91 (50 metre f/s) to claim the 65-69 year age group.

The final pointscore at the meet was: Adelaide Masters (436 points), Atlantis (234), Tea Tree Gully (175), Western Districts Masters (162), Marion (142), Largs Vikings Masters (55), Central Districts Seals (46), Blue Lakes Masters (8), and Reynella (4).

Jane McNamara
Publicity Officer AUSSI (SA)

WA NEWS



Glenys McDonald

This always seems to be the busiest period of the AUSSI calendar for our Branch. The Top Ten have been sent off, the Aerobic Trophy points are being checked and tallied and meetings are underway to organise our State Swim and Interclub swim meet format.

In February, we have our Branch election and AGM and of course, annual reports, registrations and updates of club details. Swimmers are training hard for the Interclubs, States, Nationals and World swims and members are already well underway with the 1984 Aerobic swims.

Our Branch office is set up and a joy to work in — all we need now is some staff. We have much of our furniture and an \$800 Government grant to purchase some more. Perhaps in time, we might be able to utilize the new Government grant system of \$2 for \$1 AUSSI W.A. to employ an Administrator on a salary commitment for three years.

As mentioned before, planning for our State Swim is already underway. The State Swim committee consists of a member from every club. We now run our swims using our own officials and this year, due to the weight of numbers, we have had to extend the programme to a two day event. Like South Australia we have realized the need for computers in AUSSI. Mayne Nickless programmed the Nationals when they were conducted in Perth, but unfortunately, we have not yet got around to organising this for our State Swims, but it won't be long. Our State Championships are on Saturday 31st March and Sunday, April 1st (hopefully not significant as April Fools Day). This will be followed by our Annual Presentation Dinner. At this dinner three trophies are presented:

State Swim Shield
State Aerobic Trophy
Administration Trophy to best club secretary.

Next year the Lifemembers Trophy will be presented to the top scoring country club in the Aerobic Trophy.

We have had many stories of fine personal achievements during the last few months, not the least of which saw Dave Gosser of the Whitfords club who recently learnt to swim for the first time at the age of 74 enter his first Swim meet carnival. And Jan Gray of the Claremont club whose grim determination saw her finish the Rottnest Mile Swim Thru in the gruelling time of 77 minutes.

The social scene amongst the W.A. clubs seems to be at an all time high, and to read some club reports, you wonder if they have time to fit in any swimming. But we still have found the time to become involved in a couple of extended areas.

Some of our members have been going along on a Friday night to offer assistance to the Association for Recreational Swimming. This is a wonderful organisation who look after handicapped swimmers from 6 years to 80 years. Our members report great satisfaction in helping those not as fortunate as themselves.

The other venture began from a comment of mine to a gentleman at our Department for Youth, Sport and Recreation. I stated that I received many phone calls from adults wanting to learn to swim and our clubs at present were not geared to cater for them. We decided to conduct a pilot programme at 8 metropolitan pools for a Learn to Swim for the over 50's. There were to be three sections:

Learn to Swim
Revise your swimming and Improve your Swimming.

We conned Kay Cox into helping out and a course content and instructors manuals were printed. Instructors were advertised for and requirements included maturity; Bronze (S.L.S. or Royal); and preferable an Austswim certificate. We kept our fingers crossed that the response would be worth while and that we might

be able to stretch things to take 360 swimmers. The course was free. The Department for Youth, Sport and Recreation were meeting the costs and we were to help with the Administration. My phone number was placed in the advertisements which appeared once only in the daily paper and in a few local papers. In four days we had agreed to take 1,110 swimmers and over 200 were directed to place their name on a waiting list. My family almost packed up and left home, and Kay now has a giant size headache sorting out the mess. Unfortunately, the very pressure of numbers might inhibit this project being the success it could have been. However, it has certainly highlighted a desperate need in the community.

Older adults, in many circumstances, never had the opportunity to learn to swim. Now in later life they wish to learn but are inhibited about learning with the young. This ad, they said, was what they had been waiting for. Perhaps this might be an idea for other Branches if they wish to extend their activities into the 'community service' area.

Glenys McDonald
W.A. Branch Secretary

QUEENSLAND NEWS



Paddy Anstey

Congratulations to the National Body for the revamped edition of AUSSI Magazine. It certainly has come a long way since its inception. On the local Queensland scene, the state's "Project 400" looks like being successful with over 350 State registered swimmers to date — fewer than 50 to go. The State swim will be staged at Rockhampton during March, making it the first such swim away from the capital, Brisbane. Interest from all clubs is high, and the local community of Rockhampton can expect a large contingent of AUSSIs during the weekend.

On the local scenes —

CAIRNS MUD CRABS: One of the latest clubs to affiliate with the Queensland Branch, Cairns now has 40 active members and is doing its own thing in many various ways — involving itself in many charitable community activities, the

latest being a fund raising relay for "Fun in the Sun" Festival. A weekend camp involving 2 distance swims — dubiously dubbed the "Eacham Exertion Excursion" raised over \$500 for the Mayor's Christmas Cheer appeal. Keep up the good work Mud Crabs...even if you can only do it sideways!!

MACKAY AUSSI recently visited Townsville for Short Course Queensland Championships, with Sugar City's Jill Miller showing a clean pair of heels in her events. The notorious Desley Williams has hit the local headlines once again — she is considering training in gum boots to improve her stamina...watch out Cliff! Prior to the end of last year, two of the local "Lively Lads", Peter Barry and Geoff Robinson completed good 3,000m swims, and are now walking around boasting that the youngsters may be able to do it faster, but the oldies can do it longer! Any AUSSI tourists will always receive a warm welcome in Mackay at North Mackay Pool.

MARYBOROUGH AUSSI carnival on 3.12.83 was an excellent affair, with Sunshine Coast AUSSI winning the President's Cup. As usual the celebrations afterward were superb, with a top band — and some fine performances on the dance floor.

SUNCOAST AUSSI: Watch out Queensland, here comes Sunshine Coast AUSSI! Now two in a row — Maryborough Carnival plus own first up, and what a Carnival! The weather was perfect, the beach umbrellas around the pool looked great, and 192 swimmers took part in the proceedings. Sunshine blitzed all opposition, with Southside Masters second and Gold Coast third. The local club, with over 90 registered members, is on a high with, no doubt, the State Titles in Rockhampton their goal. They now swim at 3 venues on the Sunshine Coast, and visitors are always welcome at Coolum/Perigian 25m open pool, Caloundra 25m open pool, or Maroochydore 50m open pool. Secretary Patricia Tarrier, ph. 434558.

NORTH BRISBANE AUSSI's loss. Gold Coast AUSSI's gain...local member and Queensland Branch President, Fred Knudsen, is retiring to the Gold Coast, and will be lost to Northside. No doubt his departure will leave a gaping hole in the local club, as in the early days Fred virtually ran the old Valley Club single handed, and has always been an inspiration to all AUSSI swimmers. With more time on his hands, Fred is sure to push a few of the youngsters in his age group. Talking of youngsters, Young Freddie Richards is still training hard, but may be land locked shortly, as the intended renovations to his private pool "The Valley" commence soon — watch out you ladies up at the Centenary Pool, a new batchelor is about to appear in your midst — good luck Freddie.

SOUTH BRISBANE MASTERS now know how Gold Coast AUSSI feel after being soundly beaten by South Brisbane Masters in recent meets. Suncoast is now doing the same to South Brisbane Masters. However, the locals were successful at their Chandler Carnival earlier in the season, with an all time record attendance for a mid-season meet — 217 swimmers. Congratulations South Brisbane, it was a great day and the refreshments afterward were superb. The ladies who catered can be justly proud. There is no doubt that in Queensland at least, electronic timing is here to stay. Without doubt, there are a lot of posers in Queensland who love to see their names in lights!

TOOWOOMBA AUSSI. They call Toowoomba the Beautiful Garden City, and its representatives are living reminders — despite limited numbers, the Toowoomba Tadpoles make their presence felt at all carnivals — not only by their swimming ability, but their appearance in colourful matching costumes, banners etc. They are not too bad on the dance floor either!

GOLD COAST AUSSI: Dulcie Nicol does it again! For close on 50 years, Dulcie has been grabbing the headlines — this time a half front page of the Brisbane daily "Telegraph", advertising the very successful Robina Lake Swim, which attracted 70 swimmers. Gold Coast have been keeping a low profile since its success at the Nationals last year, apparently leading all the other Queensland Clubs into a false sense of security — wait until Rockhampton!

Congratulations to local member Barry Galton. After 3 years of research and hard work, his book "Gladiators of the Surf" has been published, and for anyone with interest in the surfing movement it is a must. In fact, for anyone who appreciates the achievement of any sports-person, this book is great. Already AUSSI members are hinting to Barry that a similar book regarding AUSSI would be welcomed. Local member Bill Worrall has the latest cover of AUSSI on his mantlepiece — the gent in the photo sure bears a resemblance! Perhaps Carol can inform us where and when that shot was taken, and we can confirm these suspicions.

★★★ STOP PRESS ITEM ★★★

State Registrar Ed Milligan's latest update... Project 400 now becomes Project 500 — with some 437 members now registered with Queensland AUSSI.

Paddy Anstey

AUSSI readers may like to hear something about the new Swimming Hall at the National Sports Centre, Bruce. One person's pool may be another's disappointment, so I can only give you my own impressions (which are enthusiastic) about it.

Before the pools were officially opened a few members of A.C.T. AUSSI responded to an invitation to the public to attend a meeting about their future use. David Dickson, the National Sports Centre Manager (and Perth Commonwealth Games medallist, gold 1962) made a good start by inviting ideas on allocating the use of the pools, allowing for absolute priority being given to Institute of Sport swimmers. It was refreshing to hear him insist that the general public have rights of access to the pools, having "paid for them", and also that organised swimmers would get their fair share of pool time and space. Since then ACT AUSSI has consistently received a good reception to requests and friendly help from pool staff.

How could I forget that first evening when we were shown the pools, after the aforesaid meeting? In our thick winter Canberra woollies, the warmth of the air was magnificent. The water gleamed; the red, white and blue triple anti-wave ropes impressed; and the stepped 'waves', struts and angled lights of the ceiling intrigued me. I don't know if the 50m pool ceiling works as intended (as a solar trap and a low level enclosure to minimise volume of air to be warmed), but it has certainly avoided the dangers of looking like a forbidding tunnel. Of course the 'cost' of such a design is the reduction in seating capacity. The maximum spectator seating is approximately 1500, but there is potential for more viewing spots than this, albeit not seated.

The 50m pool area is fitted with an overhead gantry crane which can easily move an end pontoon into position in the centre of the pool, to transform it to 2x25m pools if required. It is also designed for overhead television cameras and as an observation post for coaches. Both pools in fact, also have underwater viewing 'rooms' for coaches, the 25m pool with some especially ingenious devices. Events in the 50m pool can be monitored and broadcast from a glass enclosed elevated 'pulpit', and the pool area can be thrown open on the north window-wall which leads to a terrace area.

After 6 months, do I still like swimming there? I guess the answer is an obvious one. Yes, I look forward to it — even to driving up to this strange slab of a building, rather like a cut block of grey-green plasticene, with its 'science fiction' style pipes and funnels along one exterior wall. You will come here for swimming hopefully, but spare a minute to look at



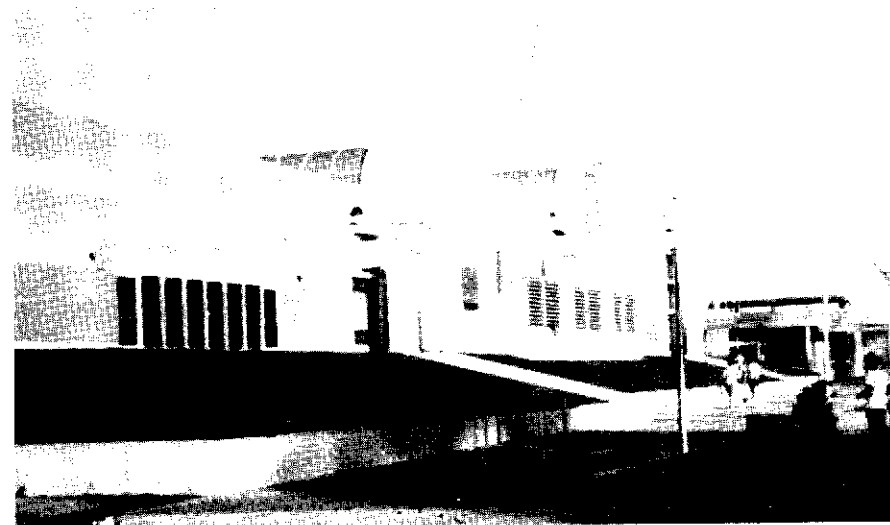
National Sports Centre, A.I.S. Pool, Bruce.

this interesting building while you are here.

Since A.C.T. AUSSI moved to the Bruce Pool, membership has been steadily growing and the venue must be a major reason for this. Our new members represent a wider cross section of ages and swim ability/fitness than has been the case for some time — which will be a good test of the club's capacity to serve different types of need and interest. Meanwhile, with some important additions and subtractions, a small fairly regular band of travellers has kept up our representation at the following carnivals: Cronulla/Sutherland — 3; Hunter — 1;

complete washout and was abandoned before it began. However, once again Judy Ford opened her front gate, front door and double garage and we had a very enjoyable evening there.

For the first time for a few years the weather held out long enough (just) for A.C.T. AUSSI in conjunction with the National Heart Foundation (and with the kind help of The Royal Canberra Yacht Club) to hold a 3.3km lake swim on the Australia Day weekend. 70 swimmers entered the Lake Burley Griffin swim and, fortunately for the organisers probably, the calm, sheltered and sunny starting place in West Basin gave no hint



National Sports Centre, A.I.S. Pool, Bruce.

The Hills — 14; Western Suburbs — 5; and Ettalong — 9.

We had another extremely beneficial 'coaching' weekend with Des McCormick in November, and he also joined 24 members on a dinner-cruise party aboard the 'City of Canberra' on Lake Burley Griffin. The food, atmosphere and company were equally good and we hope to have a repeat during 1984.

Our planned combined family Christmas party and Trophy Presentation camping-in-the-Bush weekend was a

of the conditions ahead! The swimmers knew there was 3.3km, two bridges to swim under, several buoys to keep on the correct side of one, and the unmentionable and unmentioned state of the water (record rain in January having caused this). It was not until they were well out into the approaches to Commonwealth Bridge (the first of the 2 encountered) that the west wind struck; not until they edged along the High Court foreshores that they reached the cold water patch; and not until they were



Entering the water for the Canberra Lake Burley Griffin swim.

negotiating the pylons of the second bridge (Kings Avenue Bridge) that they met the floating debris and weed brought there by the flooded Molonglo River. But by then the 'Finish Line' (pavilion at East Basin) was in sight, so though the choppy surface did not make for easy swimming, at least the wind was astern and everyone took heart (except for the two swimmers

who took to shore before the end was in sight).

Some excellent performances were put in and A.C.T. AUSSI were particularly happy to see Bob Harris (age 64) of Ettalong come in with the excellent time of 57mins 40secs. The youngest swimmer (age 11) swam it in 1hr 22min and 59secs; the winner (age 18) in 46mins

37secs.; and the runner-up, Colin Thompson (age 42) of Melbourne University AUSSI swam it in the impressive time of 47mins 44secs.

The A.C.T. division of the National Heart Foundation, who jointly sponsored and organised the lake swim, had congratulations and a 'Certificate for Achievement in Distance Swimming' for each swimmer before they left the lakeside. This included individual times and age group placings and this was organised and achieved by AUSSI members working in the back of a van (to keep from icing over in the freezing winds)!

I guess this report is not a good inducement for the planned Lake Ginninderra swim (1.5km) on Sunday 11 after the A.C.T. carnival, but we hope lots of you will "have a go". If nothing else, at least you will be able to achieve the same sense of achievement at having survived a battle with the elements that the Lake Burley Griffin swimmers had. (And failing that, we'll all keep our fingers crossed for warm, windless, rain-free weather.)

Happy Swimming.

Eileen Price
Publicity Officer



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Kay Cox

We have discussed at length the training schedule and different methods to use. Now it's time to look at the daily workout and just how that is put together.

Workout Components:

The workout is made up of three parts:

1. Warm Up
2. Main Set or Work Session
3. Cool Down

See Graph 1 — Illustrates the components of the Workout.

1. Warm Up

The importance of the warm up should not be overlooked. It is a period of physical and mental preparation. It may consist of:

(a) land exercise especially flexibility and stretching.

(b) water exercises — aquadynamics or aquametrics are specially designed programmes of water physical conditioning exercises. They use the weight and resistance of the water to give added strength and muscle tone and use buoyancy in water to relax and tone your body. They also contribute to lung and aerobic capacity. A few minutes of these exercises included in a warm up are beneficial as well as adding variety to the workout. Wagenvoort (1980) Aqua Dynamics (1977).

(c) slow relaxed swim — this may be continuous or may be broken into shorter distances. It may consist of kicking, pulling or swimming (arms and legs together) or may be a combination of all. It is also a good opportunity to practice something new from a previous session.

THE SET — when reading about workouts, you will encounter the term "set". This just means a complete group of swims with a similar purpose or common activity e.g. a pull set, a kick set, etc. or similar distance or rest period. Any workout consists of many sets of swims.

2. THE MAIN SET

This is the most strenuous part of the workout which may consist of one long set or several subsets with short breaks in between. As you become fitter you will probably want to do these against the clock to bring heart rate up to 70% of maximum (i.e. interval or repetition training). If you are just interested in endurance then one long swim may be your main workout and even though the heart rate doesn't get up to 70% it is held at that elevated rate for a long period of time and hence endurance is achieved. The work session or main set will account for about 70% of the workout. The variety of combinations of swims is endless and of course your choice will depend on your purpose and phase of your yearly programme. For example, early season main sets would concentrate on longer swims with attention to strokes, use of pulling and kicking sets; mid season, the intensity increases and swims generally become shorter, rest periods are more controlled with greater specialisation while in the peak season and especially the taper swims become more 'race' related and the main set is decreased and the warm up may in fact, prior to competition swims, become the major part of the workout. Remember this is the quality phase or refinement phase of the programme. In the de-conditioning (late season) distances in the main set may be increased, swims more relaxed and more pull and kick and variety sets included.

Remember what you include in your main set depends on what your goals are. If you are training for State and National Titles where short competitive swimming is called for with perhaps a range of strokes then the main set of your workout

will focus on this. The type of training required, e.g. interval, repetition, sprint, etc. will determine the components of your work session. (A.A.S. March and June 1983.) On the other hand if you are training for general fitness then a more 'mixed bag' main set would be more appropriate.

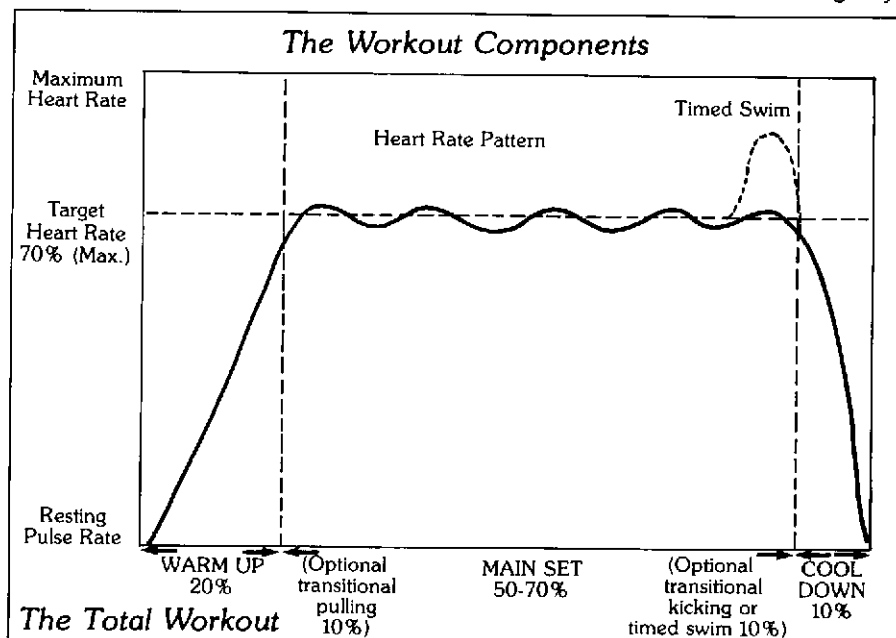
Activities which become increasingly important if you are nursing injuries and as you get older; (b) water exercises often referred to as aquadynamics or aquametrics; (c) a slow relaxed swim.

Beginning a training session without a warm up is extremely foolish as it results in poor performance, discomfort and injury which will delay your training programme. The reasons for a warm up are:

- (a) increase body temperature (this improves muscle and chemical performance)
- (b) redistributes the blood to the parts of the body where it is needed
- (c) raises heart rate slowly
- (d) allows you to get the "feel" of the water
- (e) mentally prepares you for the workout to come.

Your warm up should take at least five minutes for it to be effective, or be about 20% of your workout time or distance whichever is the greatest.

Many people I know believe this slow swim at the beginning to be a waste of time and wish to get onto the "real thing". The "real thing" is, they are risking losing whatever fitness they have gained by being injured and their swimming programme suspended or retarded. Have you noticed how more prone you and your swimming friends have become to injury as each season passes by? Certainly there are swimmers who get by



without a warm up but for how long and how much better would their performance be with just 5 minutes of preparatory activity? So don't be tempted. If in a hurry or running late to skip the warm up or modify it to catch up to the rest of the group, do the full warm up and do less in the main set.

Warm Up Activities

(a) land exercises which highlight flexibility and stretching. Rhythmical calisthenic exercises are ideal. Most books on swimming give examples of these. Just be sure any stretching is done gradually and that excess strain on joints is avoided. Also any isometric activity (i.e. pushing against a resistance) should be left to the under 25s. Any activity that calls for breath holding is definitely OUT. Numerous examples of land activities can be found in Katz (1981), Brems (1979), Wagenvoort (1980), Krogarud (1980), Anderson (1975), Campbell and Stratton (1980).

Other land exercises for those who have the time and want to include other exercises in their fitness programme are mini gym, weight machines, etc. However, for the average AUSSI swimmer (apart from out of season training) these are not a necessity.

When the distance you swim is increased sometimes two transition stages are added as part of the main set. That is:

(a) a transition *between the warm up and main set*. It may consist of pulling which allows for arm strength and endurance activity but doesn't interrupt the main set. It also allows a gradual build up to 70% of maximum heart rate. For example, 200 metres pull where each lap gets faster or 5x50 metres where each one is faster than the other.

(b) a transition *between the main set and cool down* — it is less demanding. Here is an ideal opportunity to include kicking and can be used to overload those legs that may have been loafing (relative to the arms) during the main set.

It is also an opportunity to include a timed swim. However, once a week is sufficient. Also the choice of distance would depend on the intensity of the workout that has just been done. Transition stages can take up to 10% either end of the main set.

3. Cool Down

Again this is a part of the workout that some people tend to forget or pay lip service to. It is vital. It consists of a few laps at the end of the workout to relax and loosen the body and it allows the heart rate to gradually return to normal and is more efficient in disposing of the waste products accumulated during the workout. Something to think about, swimming is done in the horizontal position, allowing for good distribution of blood. However, by suddenly completing a workout and standing up and even getting out of the pool and sitting down you are making return of blood to the heart more difficult. This may lead to loss of consciousness and should be avoided.

WORKOUT EXAMPLES

Level and Purpose	Warm Up	Main Set	Cool Down
BEGINNERS <i>To increase distance swum</i> TOTAL 300metres	1 minute of each (a) windmill backstroke arm action (b) crawl windmill action (c) crawl correct arm action (d) bobbing in the water (e) patter kick on the wall (f) whip kick on the wall 25 metre changing stroke	1x25 crawl 1x50 continuous (catch up crawl, crawl) 1x75 continuous (backstroke, crawl, breaststroke) REPEAT ABOVE 30 seconds to 1 minute rest in between each set	1 minute of treading water 2 minutes of exercises in water and sculling
INTERMEDIATE <i>To increase speed while swimming distance and endurance</i> TOTAL 1000m.	2 minutes of stretching and flexibility 1 minute of water exercises 1x150 (easy crawl and back kicking)	DESCENDING SERIES I. 1x250 easy crawl 1 minute rest II. 1x200 reverse I.M. (rest only when needed) 1x50 crawl 1x50 breaststroke 1x50 backstroke 1x50 butterfly 1 minute rest III. 3x50 pull-kick swim: swimmer's choice 1x50 pull 1x50 kick 1x50 swim 30 seconds rest	1x50 swim 2 minutes activities in water

Level and Purpose	Warm Up	Main Set	Cool Down
Pulse check indicates intensity and fitness progress		IV. 1x100 I.M. 1x25 butterfly 1x25 backstroke 1x25 breaststroke 1x25 crawl 1 minute rest 1x50 crawl Rest until ready 1x50 timed swim CHECK PULSE	
ADVANCED <i>Build endurance</i> <i>Develop speed</i> 1800 metres	2x50 crawl 1x100 I.M. 1x200 easy free	PYRAMID SWIM 1 minute rest after each 1x300 crawl (timed) 1x400 free 1x300 crawl (timed) 1x200 pull, free	1x100 easy kick 2x50 easy swim
EXCELLENT <i>to improve medley swims and a range of strokes.</i> <i>Improve speed.</i>	3x200 pull-kick swim 1x200 reverse I.M. pull 1x200 reverse I.M. kick 1x200 reverse I.M. swim	1x1800 mixed stroke set (200s alternating 50s) 1x200 I.M. on 4.00 8x50 free on 1.15 1x200 I.M. on 4.00 6x50 breaststroke on 1.15 1x200 I.M. on 4.00 4x50 backstroke on 1.15 1x200 I.M. on 4.00 2x50 butterfly on 1.15	1x100 whip kick 1x100 patter kick 1x100 free/easy

Level and Purpose	Warm Up	Main Set	Cool Down
TOTAL 3000 metres Strokes may be changed to suit individual's needs		1x100 backstroke 4x50 controlled breathing No 25s 1 and 3 few breaths 2 and 4 easy swim	
Note: I.M. = Individual Medley Pyramid set increase distance then decrease distance Ascending set increasing distance Descending set decreasing distance			

Allow your body to adjust to the exercise and the change in body posture gradually. It may be even advisable to do some sculling or floating activities horizontal then vertically before attempting to get out of the pool. You recover better whether from training or a race if you move around slowly afterwards. The cool down would be about 3 to 5 minutes or 10% of the workout.

Analysing Your Workouts

In all likelihood you have been swimming workouts that include these components but you really haven't thought of it in this manner, nor of why you are doing certain swims, or the order of the activities. By analysing the workout in this way it will enable you to assess what and why you are doing what you are. Whether it is a workout prepared by a coach, by you or one obtained from a book, you will be able to make sure it fits your needs. I cannot stress enough that workouts are highly individual although there are some common features. Look at what you are doing critically, look at the results you are achieving and consider if you could be doing better with an alternative or it's fine the way it is. Above all, keep it fun. When it ceases to be fun you need to reassess your priorities.

I have included some examples of workouts at different levels. These are not meant for you to race out and try but as examples of how a workout is put together and to give some ideas of what you could do.

Keeping It Fun

Variety in your workout will help to keep swimming fun even if it is hard and demanding. However, don't just throw in swims for the sake of it. Have a logical sequence. There are different means to the same ends and you need not repeat the same workout day after day and in fact this is not efficient or fun. For variety try:

(1) Ascending set

E.G. 1x 50 15 secs. rest
1x100 30 secs. rest
1x150 45 secs. rest
1x200 1 min. rest
1x300 1½ min. rest
1x400 2 min. rest

(2) Descending set — reverse of above.

(3) Pyramid set

1x100 30 secs. rest
1x150 45 secs. rest
1x200 1 min. rest
1x300 1½ min. rest
1x200 1 min. rest
1x150 45 secs. rest
1x100 30 secs. rest

(4) Descending rest periods

1x100 1½ min. rest
1x100 1 min. rest
1x100 30 secs. rest
1x100 no rest

(5) Include (a) belated breathing

(b) breathing after a number of strokes e.g. 3, 4, 5.

(6) Use of equipment — pull buoys, kick board, paddles, etc. These must have a purpose, however.

(7) Build ups — i.e. gradual increase of speed.

(8) Count your strokes instead of laps.

(9) Longer distance interspersed with shorter distance

E.G. 1x200 metres
4x 50 metres
1x200 metres
4x 50 metres

(10) Swim while 'resting'. The distance can be adjusted to suit the swimmer and pool available.

F = Fast

S = Slow

Builds endurance and elements of speed e.g. for 50 metres.

8F 1S 7F 1S 6F 1S 5F 1S 4F 1S 3F 1S
2F 1S 1F 1S

TOTAL: 2200 metres.

(11) The "Miracle Mile"

Developing 1600 metre speed.

Select an overall time you would like to swim for the 1600 e.g. 36 mins/24. For 400 metres your target is 9 minutes/6.

	36 min. 'Mile'	24 min. 'Mile'
400m	9 minutes	6 minutes
200m)	9 minutes	6 minutes
200m)	(4.30 for 200)	(3 for 200)
100m)		
100m)	9 minutes	6 minutes
100m)	(2.15 for 100)	(1.30 for 100)
100m)		
50m)		
50m)	4½ minutes	3 minutes
50m)		
50m)		
25m)		
25m)		
25m)		
25m)	4½ minutes	3 minutes
25m)		
25m)		
25m)		

These of course are just examples and the advantage of many is that the rest intervals can be controlled depending upon fitness.

Recording Your Efforts

It is a good idea to keep a record of your swimming even if not the details of a workout the distance swum is useful. It enables you to review your programme, compare with other years and provide variety. Why go to all that effort and not bother to keep a record. You should also record:

- (1) basal heart rate (taken as soon as you wake)
- (2) exercise heart rate
- (3) weight
- (4) timed swims.

This enables you to plot your progress and monitors your adaptation to exercise and will provide warning signs to overtraining.

Overtraining

This is real. Probably you have encountered this without realising what was wrong, regardless of whether you do a programme of long intensive work or not it can occur. The adage "some is good, a lot is better" does not necessarily apply to conditioning. To have a fitness benefit you must swim at least 3 times per week. However, swimming every day doesn't necessarily mean you are increasing the effects of training. In fact, it is now recognised to minimise overtraining you need at least one rest day.

Overtraining has a physiological base, and is not just "in the mind" and it's not overcome by more and more demanding workouts. In fact, it's the reverse. REST. However, after long periods of hard work and training we can develop a guilt complex about not swimming and it's difficult to trust a coach who says lay off for a few days. There is a tendency to want to swim harder, to 'punish' oneself for not swimming well — forget it! If the signs are there take a well earned rest even if it is just before a big swim. Chances are you'll swim much better by a complete rest from swimming.

Overtraining is when the body fails to adapt to stress. The stress need not just be from the workout but other stresses, such as illness, burning the candle at both ends, worry, etc. With Olympic swimmers, coaches are always on the lookout for signs of overtraining. They must reach their limit without going over and several tests are used to detect this. For the AUSSI swimmer overtraining is just as real. It used to be referred to as "going stale" or "browned off". If detected, overtraining can be overcome before harm or injury or disappointment is too great.

Signs of Overtraining

These are the ones you can monitor easily:

1. Higher than normal basal heart rate. If you find this, immediately take the pulse again as a check. If it is still elevated (and for no other apparent reason) this is the day you should sleep in and forget the workout. We all have biological cycles. We may be able to work for 6 days then need a rest. Others after 3-4 days need a few days for that base level to return. You should assess your training/biological cycle.

e.g. 70, 70, 70, 70 80, 80 70, 70 etc.

SWIM REST SWIM

You will find a pattern develops.

2. Working heart rate does not return as quickly as usual after repeated hard swims i.e. recovery slower.

3. Sleeplessness — sleep is important when subjecting your body to the stress of exercise. If you are not getting your sleep further deterioration will occur.

4. Sudden weight loss. If you lose weight suddenly or are losing a lot of weight look for the reason. Weight usually tends to stabilise during the mid season phase.
5. General fatigue.
6. Poor performance times — in time trials and in training.
7. Irritability is a sign although it could also be temporary due to lack of sleep. Make sure this doesn't become chronic.
8. Waking at night being hot and sweaty.
9. A sudden increase in resting blood pressure (some swimmers will be aware of changes in their blood pressure and how to detect this).

The solution once again is rest and rest only. This may be a complete break from swimming or a much lightened work load. Remember also to alleviate all other sources of stress as well, i.e. improve nutrition, relieve anxiety, get more sleep, etc.

Thus by being conscious of all these factors attempting to understand them means you are able to plan your workouts and a total programme of swimming to best achieve your goals whatever they may be.

Summary

1. Workouts should be *planned*.
2. Three to six workouts per week are ideal.
3. Each workout consists of:
 - (a) warm up
 - (b) main set
 - (c) cool down
4. Warm up — consists of on land and water activities. Should last 5 minutes or 20% of the total workout.
5. Main set — is 50%-70% of the workout and is the most strenuous part.
6. Cool down is essential and comprises 10% of the workout or 3-5 minutes.
7. Swimmers should analyse their workouts to ascertain whether they achieve their objectives.
8. Record your
 - (a) swim workouts
 - (b) basal pulse
 - (c) work pulse
 - (d) weight
 - (e) selected swim times
9. Overtraining is the failure of the body to adapt to stress.
10. Overtraining can occur at any phase of the yearly programme.
11. The cure for overtraining is *REST*.

12. Signs of Overtraining

- (a) Higher basal pulse
- (b) Slower recovery after an effort
- (c) Insomnia
- (d) Sudden weight loss
- (e) General fatigue
- (f) Irritability
- (g) Waking at night hot and sweaty
- (h) Sudden increase in resting blood pressure.

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Masters Swimming in Australia



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ANNUAL BRANCH SECRETARIES REPORTS SEASON 1983

NATIONAL PRESIDENT'S ANNUAL REPORT



Peter Jackson

As I sit here and ponder what I should use in a report to end 1983, I cast my mind back over the previous year and wonder how a year could pass so quickly.

From the Pan Pacific Championships in Sydney, the National Swim in Brisbane, the Mid Year Conference, Christmas holidays, next the State Cup then the Nationals — there was not a month, a week, a day, in which AUSSI was not involving us in some way. No matter our position, club member, delegate, executive, 1983 was really a year of involvement and I can see no slackening of this during 1984/85. One wonders if we are not on the inevitable roller coaster only stopping for a short rest before embarking on the next project.

A new constitution and by-laws should be ready for approval at the Annual Conference. A great deal of work, thought and planning has gone into this document and those involved would like to see it last for many years. Obviously, rules, laws and conditions change and no document can last indefinitely. However, we believe when presented, the new Constitution will be as up to date and as far seeing as today's conditions allow.

With its present program of aerobic distance and competitive swimming, AUSSI offers possibly the most balanced Masters Swimming program of any country involved in adult swimming today.

Supplemented by the City Mutual Achievement Awards, AUSSI can cater for the most basic swimmer, the learn to swimmer, the fitness seeker, the fitness fanatic and the super competitive. All these people can achieve their goals within our program at their own level.

And this is all due to you, the club member, official, coach, Branch delegate and National Council member. Without your foresight, drive and will to succeed, A.U.S.S.I. would still be a scattering of clubs instead of the growing organisation it is today. To the National Council members, Branch and club delegates and club members, thank you for your input

during 1983. Please continue in 1983. You may be a voice in the wilderness, however, you are being heard.

To my executive, Brian Hird, Carol Davis, Des McCormick and especially Mary Connolly, who will not stand again in 1984 — thanks seem hardly enough for the support and expertise freely given during 1983.

To our sponsors, City Mutual and their offices and personnel throughout Australia, go our thanks and appreciation for past and future commitments to Adult Swimming.

To Speedo and Gestetner for their support during Branch and National Swim Meets, our thanks and support in the future.

Masters Swimming in Australia will continue to grow. The contribution we can make towards the fitness of adults through swimming has just begun. We believe it to be the best, the safest and least strenuous method for adults to gain fitness without the pain or possible injury suffered during other exercises. Swimming is still the best exercise for arresting the ageing process.

See you in the pool.

Peter Jackson
National President

NATIONAL HONORARY SECRETARY'S ANNUAL REPORT

Ladies and Gentlemen,

It is my privilege to present for consideration this report for the year 1983.

1983 has been an extremely busy and rewarding year so far as AUSSI Masters Swimming in Australia was concerned. Not only the National Executive, but most Branches were very active due to the increased membership which argues well for the organisation.

The year commenced with all executive positions filled, but after the Annual Conference in April, the Fitness and Coaching Director's position was vacant. It was not until the July Executive Meeting that a decision was reached to approach Des McCormick in regard to the position. This meant that three Executive Meetings were held with only four Executives. I hope this situation does not arise again.

An Executive Meeting was held once a month, and under the leadership of President Peter Jackson, all activities outside the two yearly Conferences were carried out effectively. Each Branch was sent copies of the minutes of these meetings to keep them well informed.

The 9th National Swim and Club Championships were held at the Chandler Centre Brisbane. These Championships had some controversial points but I would like to congratulate Queensland Branch President Fred Knudsen and his committee on their efforts in running their first National Swim. Fifty-two clubs were represented as well as some international swimmers who stayed over from the Pan Pacific Championships. There were 47 Australian and 8 world records broken during the swim. Placing results appear later in this report.

Prior to the National Swim the Second Pan Pacific International Masters Championships were held in Sydney at the Warringah Aquatic Centre. The National Executive co-opted the help of June Kuhn, Bob Dorrington and Gary Stutsel who helped to make this swim meet a highly successful one. I, as well as many AUSSI members, feel that there is room for this type of competition in Masters Swimming.

The N.S.W. Executive also combined with the National Executive to run the City Mutual City of Sydney Relay

Championships on the 22nd October, 1983. This meet was also held at Warringah Aquatic Centre with great success and raised \$1200 for the Asthma Foundation of N.S.W. We also had support from Clipper Cruisers, Helena Rubinstein and Selleys. We appreciate their assistance.

Sydney was the venue for the 1983 Mid Year Conference. Held on the 17th and 18th September, 1983, it was a huge success. This inhouse conference was the first of its kind for AUSSI.

Many controversial matters were raised during the conference and I would like to congratulate all delegates present on their efforts in representing their particular Branch.

1983 has been a good year for swimming but let's not forget the other side, administration. The National Office managed by Carol Davis with the assistance of Maureen Rose is now running in a most professional manner. I would like to thank these two ladies for putting up with me and my demands for perfection. Carol, for her help in organising the Mid Year Conference and Maureen, who, without question, will

retype letters and reports if I'm not satisfied. Thanks also to the Cronulla/Sutherland club for the many times their volunteer workers have helped out in the office at a minute's notice.

AUSSI, as with all sports, depends on sponsorship to a certain extent and our appreciation is extended to our major sponsors, City Mutual, Speedo Knitting Mills Pty. Ltd. and Gestetner for their continued support.

To each member of the Executive I pass my sincere appreciation for their assistance and co-operation throughout 1983. Also many thanks to Peter Gillett, National Records Recorder and Glenys McDonald, National Aerobics Recorder for the many thankless hours spent recording their particular duties.

I have just completed my second year as Honorary National Secretary and as in 1982, it was a rewarding year.

I wish to thank each and every member of AUSSI for being part of yet another successful year and look forward to their continual promotion of AUSSI and its ideals through 1984.

Brian Hird
Honorary National Secretary

NEW SOUTH WALES: BRANCH REPORT

President: Sue Ellen Johnstone
Secretary: Ken Ford

Again, the year both competitively and financially has proved successful for the N.S.W. Branch.

Having been elected at the September 1983 elections, it has been necessary for me to refer largely to information collated by our past Secretary.

AUSSI swimmers in large and enthusiastic numbers have taken part in carnivals at Club, State, National and International levels as well as the National Swim in Brisbane.

To enable new members to join AUSSI throughout the year and alleviate the financial burden placed on them, a pro-rata system was introduced. New clubs seeking affiliation were also eligible for pro-rata payments.

Our numbers have increased from 680 to 740 during the year, the number of clubs increasing from 29 to 30 clubs.

New clubs are expected to be formed especially on the North Coast as a result of a promotional visit made by Carol Davis, at the request of the Executive. They are grateful to her for efforts in visiting so many areas in such a short time.

Promotional visits such as this would seem essential. The Executive believe that there is an enormous untapped potential membership outside the metropolitan area. The zoning of country areas is exercising their minds and further developments in this area can be expected.

The State Cup saw some 1288 individual entries plus 124 relay entries,

ensuring the success of the meet. A profit of \$1905 was made.

On the subject of profit, our total net profit for the year was \$14,267, an increase over the previous year's figure of \$11,192 which made our Treasurer's efforts worthwhile.

The Pan Pacific Meet proved to be an enormous success, made notable by the large numbers of contestants from all parts of the country and overseas. Germany provided 12 of their best master swimmers in all styles and most age groups. Many records were created and others broken.

Officials from the N.S.W. Branch were prominent and helped in the success of the promotion.

The National Swim held in Brisbane in April 1983 was successful and attracted many N.S.W. swimmers who helped in creating records and represented their clubs and their state in a worthy manner.

The Aerobic Trophy was presented at the National Dinner in Brisbane. Interest in this worthwhile event continues to grow and this State should figure prominently for this season.

New South Wales published its first Top Ten Listing during 1982/83. The listing acknowledges the excellent efforts of our swimmers for the previous year. To all those who figured prominently in the Top Ten in all strokes and age groups in N.S.W. congratulations are due as they are to Val Dorrington, the compiler of the Top Ten, a big task very worthily executed. Congratulations too for those amongst us who figured in the National Top Ten.

The N.S.W. Short Course Championships held in Tamworth suffered in attendance for various reasons but those who attended enjoyed the carnival and as

always enjoyed a warm Tamworth welcome.

The National body conducted a most successful Relay Championship, sponsored by City Mutual and assisted in the running by N.S.W. officials. A highly enjoyable and competitive event with the proceeds benefiting the Asthma Foundation of N.S.W., a worthy charity.

The Blacktown 'Beavers' conducted a successful long distance carnival featuring 400, 800 and 1500 metre swims. Many records were broken. The event should prove a worthy inclusion in our swimming carnival.

The inaugural awards for Swimmer of the Year, judged each month for male and female swimmers who are adjudged by their clubs as those swimmers not necessarily the strongest but those who show increased ability, determination, club spirit and the determination to improve their all-round capacity in all strokes, has proved successful and will culminate at a Presentation Night and Dinner at a prominent venue in September, 1984.

In conclusion, I would like to thank Val and Bob Dorrington for their support and generous assistance. The unexpected and regrettable resignation of our President brought with it many problems and for the help of our Treasurer and Publicity and Promotions Officer, I am most grateful.

This gratitude extends to our State office personnel, Carol Davis and Maureen Rose. Carol, with her knowledge and capabilities, secretarial and social, proved to be of great value to me.

Ken Ford
Hon. Secretary

SOUTH AUSTRALIA: BRANCH REPORT



Florence Walker

President: Peter Gillett
Secretary: Florence Walker

Perhaps the most important and exciting feature of this report is the growth of the South Australian Branch in 1983.

Clubs now total eight in the metropolitan area, Largs Vikings being the latest to affiliate, and one club in the country at Mount Gambier. All clubs are going from strength to strength.

Membership increased again in 1983 as follows:

1981—306; 1982—335; 1983—472; which is surely a sign of the

popularity of the organisation. The lowering of the age of membership to 20 years in April made no significant difference to the numbers, new members were spread over all age groups.

The 1983 State Cup in August was a great success, the largest entry yet taking almost 7 hours to complete the events. This was followed the same evening with the Presentation Dinner, made possible by the ease in which the results were compiled using the computer. It was a recorder's dream making light work of what could have been a tiring day and eliminating errors in the calculation of points. At the dinner we were delighted to entertain our sponsors, Mr. Jack Baker of Baker Tyres, and a representative from City Mutual, and also the Honorary Secretary of the South Australian Amateur Swimming Association.

Three Interclubs were held during the year, all well attended and the State Dinner in November at the Stonyfell Winery, at which the awards were made, was the event of the year.

Long Open Water Swims continue in popularity, 3 already completed to bring 1983 to a close.

Adelaide Masters again showed their superiority having both the quantity and quality of members but their reign may soon be over as they are being closely challenged by other clubs.

The research program undertaken by the Branch last year is still ongoing. Figures are not yet available due to the scarcity of spare time of the researchers, all very busy people, but statistics are being evaluated and it may not be too long before some results are published.

The State Council meet regularly on a monthly basis, due to the courtesy of the South Australian Amateur Swimming Association at whose office meetings are held and delegates contribute much to the meetings by their enthusiasm and interest. Sub-committees are also formed to deal with matters such as trophies and carnivals etc. to ease the work of the Council.

At long last it seems that S.A. will be getting a covered 50m facility when the Adelaide Swimming Centre is enclosed at the conclusion of this swimming season. Representation has been made to the authorities with the possibility of the Branch having a permanent headquarters at the upgraded centre.

To conclude, a most successful year for the S.A. Branch, thanks go to all members who made it so and may 1984 exceed the growth and development of 1983.

Florence Walker
Hon. Secretary

WESTERN AUSTRALIA: BRANCH REPORT

President: Toni Morris
Secretary: Glenys McDonald



Glenys McDonald

In looking for a word to sum up 1983, I would have to choose 'achievement'. In mentioning some of these achievements of our AUSSI year, I will try not to gloss over the problems that remain.

We concluded the year with 17 affiliated clubs and a record 883

registered members, the highest number ever, in any Branch. We welcomed one new metropolitan club — West Coast Masters; and two new country clubs — Northam and Esperance, which shows the continuing interest in the country areas. Four more clubs have indicated their wish to join us in 1984. During the year, Carine, Osborne Park, Inglewood and Melville clubs became incorporated.

SWIMMING

Our main objective of the year, of course, is swimming and we certainly achieved a lot of it. Whether it be the kilometres churned out for the Aerobic Trophy, which saw some public pools booked out on weekends in winter; or the State Swim in March attended by a record 378 swimmers at the metropolitan section.

The Claremont club took the hat trick of the State Swim, State Aerobic Trophy and the National Aerobic Trophy. Well done, and a just reward for full club participation.

AUSSI W.A. continued, despite distance problems, to be well represented at the Pan Pacific Swim in Sydney and the National Swim in Brisbane in April. A far cry from our contingent of two in 1978.

Swim Thrus also increased in popularity, with no less than five this year. Bunbury and Rottnest remain the most popular, it must be the travel that does it?

Our system of interclub carnivals remains popular and it was pleasing to see approximately 130 swimmers at each of the two venues. Host clubs should be congratulated on the professional way in which these swims were conducted. Since removal of the unpopular \$1 levy, all is well with the system. A fun relay carnival was also conducted to initially try out the new relay age grouping system which remains very unpopular in Western Australia.

As usual, it was also a year of fine individual achievements; which, after all, is what we are all about.

THANKS

A lot of people have worked very hard this year, not the least being club secretaries and recorders. The State Branch, with its council of clubs, also had a busy year, and it would be impossible to thank all those involved. However, a couple deserve special mention.

Julia Gobbett of Whitfords AUSSI spent many hours researching a handicap system and her final presentation to the

Branch was the culmination of much work and thought. The conclusion, however, was that no system of handicapping is fair to all.

Congratulations and thanks also to go Don Williams of Carine AUSSI who answered another of my calls for more art work and came up with the beautiful, eye-catching National AUSSI poster.

The W.A. Branch recorded its thanks to four members at the State dinner in March by presenting them with life membership. These were myself, Frank Mongan, Fred Johnson and Kay Cox. I know the enthusiasm of these people for AUSSI has not dimmed in seven years and I know they would join with me in thanking you, the members, for such an honour. A Life membership trophy will be donated to a W.A. country club each year.

COUNTRY CLUBS

We tried to assist our country clubs with a 'sister' club relationship. The idea, in principle, is a very good one, but it will only work if country clubs help it to work. Let us hope this system takes off in 1984.

In March, our Vice-President, Fred Johnson, undertook an Administration and Coaching Tour to South Hedland, Newman and Karratha AUSSI clubs. His \$500 airfare was paid by the Department for Youth, Sport and Recreation. Our State Director of Fitness and Coaching, Brian Moebius, was unable to go at the last minute and he prepared a comprehensive coaching report and a video film of a coaching night at a club to accompany Fred.

GRANTS AND SPONSORSHIP

The abovementioned grant broke new ground for us, as it was the first

Government assistance we had received.

It was followed in July by \$95 to cover the costs of a Seminar for Carnival Officials. This was obviously needed and greatly appreciated by clubs.

Currently, we have a more adventurous grant application for \$3,000 pending and we are hopeful of success. A \$ for \$ request for \$800 office equipment and \$2,200 clerical assistant subsidy.

I have certainly learned during the year how to cope with application forms and this is an avenue for funds we must fully explore. I would suggest an application for assistance in running our very expensive State Swim.

I was able to keep up my continued close working relationship with members of the Department for Youth, Sport and Recreation and we were lucky to spend some considerable time speaking on AUSSI with both the Director, Mr. John Graham, and the Minister, Mr. Keith Wilson.

Projects run, or held at the Department included a coach co-ordinators seminar, sports medicine seminar and a three-day Sports Development and Administrators Course which I was lucky enough to attend. Jointly, we were involved in the Senior Australia Week swim; a Learn to Swim for the over 50s program to commence in February 1984; and the production of the "Swimming Through Life" brochures which will give us great publicity.

NATIONAL CONTRIBUTION

Our two delegates to the National Council for the year were myself and Toni Morris. The meetings in Brisbane in April and Sydney in September ran eleven and seventeen hours. A lot was achieved and problem areas are being investigated. Being the survivor of several

council meetings, these two were the most professional and enjoyable so far.

I am also involved as a member of the Constitution sub-committee, in the redraft of our National constitution. Hopefully it will be adopted in April 1984.

As National Aerobic Recorder, I am pleased to report that now other Branches are as enthusiastic about the trophy as we are.

Kay Cox, of Carine via Kununurra, is still contributing her valued articles as a member of the A.A.S. magazine sub-committee, so W.A. is assisting with some of the national responsibilities.

Finally, I would like to conclude with our most recent and incredible 'achievement' of the year.

STATE BRANCH OFFICE

My thanks to 'eagle eye' Frank Mongan for contacting H. R. Block for our wonderful office and Don Dunn for his assistance. The last week of December was my happiest in AUSSI and was spent sanding and varnishing office furniture with my husband and MOVING IN. I think my neighbours thought I was moving out. What makes me happiest, is that the office means AUSSI W.A. is moving forward.

The office is fully set up and functioning. However, until we get a grant it will only be manned by me on Thursdays and Fridays from 10a.m.-2p.m. If we get our grant, it will be manned four days per week.

My sincere thanks to the State executive, club delegates and secretaries for their patience and assistance through the year, and for their friendship, which is all important.

*Glensy McDonald
Hon. Secretary*

QUEENSLAND: BRANCH REPORT

*President: Fred Knudsen
Secretary: Ray Rose*

The 1983 year was a tremendous success for Queensland swimming, with increases in membership to 309 at December, 1983. Undoubtedly some of this can be attributed to the relaxation of age restriction with the introduction of the 20-24 year age group.

The North Queensland Division currently has clubs at Townsville, Cairns and Mackay and the South Queensland Division currently has clubs at Rockhampton, Maryborough, Sunshine Coast, Brisbane Northside, Brisbane Southside, Gold Coast, Toowoomba and Dalby.

Moves are under way to start new clubs at Atherton and Ingham, though it looks as if clubs at Twin Towns and Ipswich have folded.

The 'splitting' of the State into two divisions has been warranted, with the tremendous upsurge of interest in Inter-club Carnivals. This has led to the introduction of a second Presidents Cup Trophy for the North Queensland Division, with the original Presidents Cup Trophy being retained by the South Queensland Division.

This interest has resulted in eight (8) inter-club carnivals being held. Gold Coast relinquished their early stranglehold on the Presidents Cup to Brisbane Southside for three consecutive meets, who in turn have been "pipped" by Sunshine Coast, who are now one of the strongest clubs (following the amalgamation of the old Maroochydhore and Caloundra Clubs).

In addition, four (4) Queensland clubs participated at the Tamworth meet, with Gold Coast being highest placed at fourth.

The staging of the National Swim Championships (incorporating the State Swim) at Chandler in April 1983, was undoubtedly the high point of the swimming year. This meet was well run, along lines similar to those of the Commonwealth Games, and credit must go to all who helped make this such a success, including the efforts of the Queensland Amateur Swimming Association, the Multiple Handicapped Association, City Mutual and Speedo Knitting Mills.

The Presentation Dinner was held at the Crest International Hotel, and was attended by 462 persons. The evening was a great success, and the presentation for the Nationals by Linda McGill and Mark Tonelli gave the National Executive time to really enjoy the evening.

Congratulations to the Gold Coast Club in making a 'clean sweep' in taking out both the National and State Trophies for highest scoring club, as well as

swimming the inaugural Speedo Opening Ceremony Relay.

The Annual General Meeting was held at Chandler in November 1983, and the committee basically remained the same. Fred Knudsen remains as President, John Palmer was elected Vice-President, Ray Rose remains Secretary and Ed Milligan remains Registrar. We welcome back Desley Williams as State Recorder and also Ted Wall as Aerobic Recorder. Paddy Anstey remains as National Pub-

licity Officer (A.A.S. Magazine) and Barry Anstey was elected as State Publicity Officer.

We cannot forget our sponsors, and special mention is made to City Mutual for their invaluable help throughout the year.

We were sorry to see the demise of the old A.A.S. magazine, as we considered this publication to be of great value, and its contribution in retaining and stimulating membership was not realised

until it no longer appeared. The new A.A.S. magazine is eagerly awaited by all members, and we hope all clubs will participate in making this venture a real success.

Finally, my thanks to the President and all members of the State Executive and all Club Secretaries throughout the State, for their help in making 1983 a resounding success.

Ray Rose
Hon. Secretary

AUSTRALIAN CAPITAL TERRITORY: BRANCH REPORT



Judy Ford

President: Robin Sweeney
Secretary: Judy Ford

The past year has been one of consolidation and growth. We began this year by combining Canberra Adult Swimming Club and Burley Griffin Masters under the umbrella of A.C.T. AUSSI Masters Swimming Club. Soon after this we rationalised our club nights and moved to the Deakin Spa on Thursday nights where the air was warmer and the pool only 25m long (an important consideration in Canberra winters). Although we had a small band of dedicated members, our numbers remained fairly static especially as winter proceeded.

The turning point of the year from the club's point of view, came in early August when we moved into the magnificent new venue at the National Sports Centre in Bruce, and changed our club night back to Friday with a resumption of our after swim social activities.

Club membership has grown in leaps and bounds and we average at least 30 members on a Friday night. (As well as this being due to people's natural curiosity about a new venue, the air temperature is a constant 27 degrees C. winter and summer!) Our social calendar is varied and full, as are our club nights and we hope to hold most of our new members.

The A.C.T. Branch committee has continued to meet on a regular monthly basis throughout 1983, with occasional

special meetings for more urgent matters. Attendance has been very good.

The first big event in 1983 was the Canberra Australia Day Sports Carnival. In conjunction with this, A.C.T. AUSSI held an Invitation Swim Meet and a 1500m Lake Swim in Lake Burley Griffin. Both went off very well (150 competitors in the Lake Swim — a 100% increase; but only about 60 at the swim meet). Eight members from Tamworth Club, who travelled 600km each way to the swim meet, took out the inaugural Annual Visiting Club trophy.

Due to the continued problems in attracting AUSSI competitors to Canberra on the Australia Day long weekend, we have decided to hold our swim meet in March in 1984 to coincide with Canberra Week. A long Lake Swim (3.3km) will still be held on the January long weekend, with a short swim in March (about 1500m) in Lake Ginninderra.

A small band of regular faithfuls have continued to travel to most swim meets in N.S.W. and to the Nationals in Queensland, and I'd like to take this opportunity to thank the N.S.W. Branch and Clubs for inviting the A.C.T. to participate in their annual round of swim meets and Pelican Trophy meets. There were also some very creditable performances at the 2nd Pan Pacific meet in Sydney in April.

At the Annual General Meeting in Brisbane in April, the A.C.T.'s submission to hold the 1985 Nationals was accepted. As I write this, the chance of our indeed holding the Nationals is in the balance. Despite about six months of constant effort to get a pool booking in writing, we have still not met with success. As the Australian Institute of Sport has first priority on the pool, without the booking acknowledged in writing, we do not feel we can proceed. Accommodation (400 beds) has already been booked and we thank Brian for the booklet on the Guidelines for running a National Swim Meet and also for coming to Canberra last November to answer questions and allay the fears of many of our members re the mammoth task of organisation that we have undertaken.

As well as having the help of one of our members who is very interested in

fitness and coaching, we have also been lucky enough to secure the services of Des McCormick (National Fitness and Coaching Director) on three separate weekends in 1983. He has run coaching seminars in both theory and practical aspects of swimming, and his hard work has been greatly appreciated by our Club members.

Publicity has been a major concern since moving to our new venue, and the AUSSI poster and swim fit cards are proving excellent vehicles. Rarely does a day go by without at least one phone enquiry, and the swim fit cards are a regularly requested item.

Our Annual General Meeting was held in September 1983 and we have two new faces on the executive and one job change. Our President is Robin Sweeney; Treasurer, Elinor Mackenzie and Publicity Officer, Eileen Price. Les Worthington and Judy Ford are again Fitness and Coaching Director and Secretary respectively. We expanded our executive with nine appointed positions as this extended committee administers both Club and Branch. The Branch constitution was altered to cover this contingency in a Special General Meeting in February 1983.

In October 1983 we found that we had been successful in gaining a grant from the A.C.T. Community Development Fund for the calendar year 1984. This amounted to \$960 and is to be used as follows: \$60 to conduct the A.C.T. Branch swim meet, \$300 for general administration, \$100 for travel to the Annual General Meeting and \$500 for travel to the Nationals.

In the past twelve months the workload has gradually increased and I have been ably supported by the Assistant Secretary — thanks Angelika. The other committee members have all been a tower of strength and it is great to have such able people to whom to delegate jobs. Their thoroughly professional attitude and dedication is to be commended. I'd like to take this opportunity to thank them for their support, assistance and friendship during the past year, and urge them to continue their hard work for the benefit of AUSSI.

Judy Ford
Hon. Secretary

VICTORIA: BRANCH REPORT

President: Danny Smith
Secretary: Barbara Wilson

I have found over the years that being involved with AUSSI and its members is one of the most rewarding things that has happened to me. There is a tremendous amount of work involved but this presents a challenge and when events and meets are successful the hard work seems worth it. I have made many friends and I look forward with great hopes to Victoria hosting the 1984 Nationals.

This 6th Annual Report covers the year 1983.

Regular State Committee meetings have been conducted throughout the year. These have been quite well attended by the city clubs with country clubs relying on the circulation of minutes and relevant information to be kept informed of State happenings. The State Committee must thank David Gordon for the continued use of his centrally located office to hold these meetings.

President	Danny Smith	10
Vice-President	David Gordon	7
Secretary	Barbara Wilson	10
Treasurer	Ted Tullberg	6
Publicity Officer	Bruce Rowe	6
Recorder	Mike Myslinski	4
Fitness Director	Dick Campion	9
Committee	1. Greg Caughey	7
	2. Peter Foxton	4
Also Registrar	3. Pam Kempson	9
Clubs	Powerpoints	5
	North Lodge	6
	South Barwon	1
	Diamond Valley	6
	Mordialloc	1
	Doncaster	
	(newly formed)	1

Our new club, Doncaster Dolphins, was formed in September and has already shown keen interest in all AUSSI activities.

Two National Conferences were held during the year. Danny Smith and Barbara Wilson attended the conference held in Brisbane in April, while Greg Caughey and Geoff James attended the September meeting in Sydney. Significant changes made were the lowering of the age limit for joining AUSSI from 25 years to 20 years and the introduction of a new relay format to include the new age group.

This year for the first time there has not been an increase in membership. In 1982 we had 415 members and this year our membership reached 391. This is probably attributed to the increase in National registration fees and the wish for many swimmers to be social club members only.

The very comprehensive State constitution was adopted in June of this year. Thanks must go to all who contributed with time and effort to the finalisation of the constitution.

The major meets for the year were the State Championships held on 5th and 6th March and the State Pentathlon held on 19th November. These were well attended with increased entries. During the year Interclub swims were conducted by Powerpoints, Gippsland, Frankston, North Lodge, Syndal and Diamond Valley. Points were awarded to swimmers and presentations will be made to the winning clubs and runners up.

Victorian swimmers journeyed to Sydney for the 2nd Pan Pacific meet then on to Brisbane for the National Championships held at the magnificent Chandler pool. Baddaginnie club

organised the one mile swim in Lake Benalla, Ballarat tried to run the swim across Lake Wendouree but due to drought conditions, the swim had to be transferred to the pool and Bendigo and Ballarat conducted their friendly two ways meets.

The National Aerobic Trophy, introduced last year, has been more keenly contested this year as interest grows in this type of swimming. All club members can become involved with benefit to all.

I would like to thank all club secretaries for the work they have done during the year. Most entries came in on time and most cards were filled out properly.

This year we again obtained a grant from the Department of Youth, Sport and Recreation to help cover expenses incurred during the running of the State Meets and travel to the National Championships. I would also like to thank Danny for his efforts in getting so much photocopying done for me. This task seems to get larger each year.

In concluding this report, I would like to remind you all that AUSSI belongs to everyone. Please spread the word around, make new members welcome, join in the training, aerobic, master swimmer and competitions, offer all sorts of encouragement and enjoy yourselves.

Finally, thanks to the members of the State Committee for their support, co-operation, help and friendship throughout the year. I look forward to another challenging year as Victorian AUSSI hosts the National meet and further achievements are attained.

Barbara Wilson
Hon. Secretary

TASMANIA: BRANCH REPORT



Chris Showell

President: Chris Showell
Secretary: Edith Pitman

An exciting six months has just been completed as far as AUSSI-Tasmania is concerned. It started with an Annual General Meeting held at Deloraine on 12th June, 1983 at which members from Launceston and Devonport clubs attended.

At this meeting an interim committee was elected with the prime purpose of organising a State Branch Constitution. I am happy to report that this is now nearing completion and should be finalised within the next month or so. This task completed, we then intend holding another Extraordinary Annual General Meeting to elect office bearers for a full 12 month term.

This has been a great step forward for Tasmania, as until June, no State Executive Committee meetings had been

able to be held due to varying circumstances. We still can only boast two clubs here in Tasmania. However, the committee has plans in hand for the promotion of AUSSI down south (Hobart) and it is hoped we can start clubs in that region as well as expanding clubs within the present areas.

We can therefore state that we are hoping for big things in 1984 for AUSSI-Tasmania including our first State Swim!!

We would like to thank the National Executive for their patience and help with our new committee as it has been a learning experience for all of us. Thank you and watch out for Tassie in 1984, you may be surprised.

Edith Pitman
Hon. Secretary

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THE GROWTH OF THE YABBIES



The Author. (The dollar note was to bribe the photographer not to take this.)

The Guildford "Yabbies" AUSSI Swimming Club originated in July 1982 with the venue being the Guildford 25 metre indoor heated swimming pool.

A group of 17 fairly regular swimmers at Guildford were encouraged to attend a meeting at the pool club rooms with the intention of forming an AUSSI Swimming Club. This meeting was also attended by several members of our nearest neighbour, the Western Suburbs AUSSI Swimming Club who explained to us the aims and purposes of AUSSI. This personal contact by other members within the movement was invaluable to the formation of Guildford and gave us added incentive to get things moving, even though at our next meeting, of the original group only my wife, Helen, and myself were present.

Some of the other interested people were not lost to AUSSI as they joined more established clubs nearer to their homes.

With the help of pool staff, Helen and I started again, producing an information pamphlet and canvassing swimmers at the pool. A month later we had about 15 people interested enough to attend another meeting and Guildford AUSSI Swimming Club was formed on August 10, 1982.

Our information pamphlet caused a minor scandal within the local Council because we had used the pool manager's name and the pool telephone number. According to one alderman, it was a "Watergate type scandal" as the pool manager was forming a club without Council approval. This was not correct but it did require a letter of explanation from us to the Council.

Two lessons were learnt from the so-called scandal. The first being, new clubs should ensure they not only negotiate with the pool management but also with the local Council controlling the pool prior to club formation. The second lesson is that if you require publicity and

new members, produce a controversial pamphlet and ensure it gets into the right hands.

The resultant publicity from our "scandal" produced many enquiries out of which we gained five new members.

When Guildford formed its first committee we had little or no knowledge of running a club, like most new clubs. However, the committee has stuck to their tasks and have been the mainstays of the club since its inception.

Guildford has set its joining fee at \$8.00 with an annual fee of \$2.00. We also collect 50 cents per night (saves running tedious raffles, etc.) off every swimmer to pay for regular Monday night suppers, stop watches, barbecues, stamps, stationery and trophies. Our aim is to maintain a float of between \$400 and \$500 and regenerate the rest back to the club members.

Swimmers in the club are divided into three groups for training and education purposes. The beginners group are learning to swim or developing their skills up to 50 metres in at least one stroke. After this stage they enter an intermediate group who have as their goal 200 metres freestyle along with learning and developing other strokes. This group is also for the more "social" swimmers, those who don't want to enter competition swimming but want to swim for swim-

upon regular attendance at club nights, improvement in times for sprint time trial nights, improvement in distance swim during 15 and 20 minute time trials. Times swum at swim meets are not counted and "fastest times" are reviewed every three months. An important restriction we feel is to ensure no swimmers, either fast or slow, swim more than 25 to 50 metre timed sprints before they can competently swim 200 metres. This restriction arose after one fairly new swimmer sprinted 60 metres of a 100 metre time trial and somehow injured his shoulder. This member came along to the club for another two or three weeks then dropped out of the club.

The Guildford Club comprises people of all ages up to 70 years with the bulk of the club members in the 30 to 40 years age bracket. Most of these members have young families and their situation regarding swim meets had to be reassessed. Whereas I used to encourage as many members as possible to attend swim meets, I now only advertise the venue and ask those I think may be interested to submit entries. Those who can, will attend.

Frankly we have lost some, and nearly lost other members because they were over encouraged to compete at swim meets but found with only one or two swims in five or six hours, they became



Note the co-ordination of the group exercising before time trials. Little Phillip is the only one in time.

ming's sake and be a part of the club.

The third group are those swimmers with more of a competitive spirit and their training programs consist of set tasks depending on the time of the year.

During winter months stamina and distance swims are the main aim (including Aerobics Awards) and from November to March the main theme is to improve speed and technique with the goal as improved performances at the State Cup.

Guildford run a monthly point score competition for all swimmers to try to maintain enthusiasm and consistent performances. Our point score is based

completely bored and became disinterested in most things relating to AUSSI. Swim meets are good for multi-stroked swimmers but not so great for others. Guildford are now embarking on training programs for all strokes.

Guildford's best attendance at swim meets have been in smaller meets with neighbouring clubs — Hills, Campbelltown and Blacktown where 25 metre events are swum in all strokes (for learners of the stroke) and novelty and relay events are also held. The atmosphere at these meets is far more relaxed and more of the not so fast swimmers can get involved without a

great deal of embarrassment. Also, those with young families can get home to their children in time for tea.

Perhaps it is only because we are not a highly competitive club that we feel the larger meets are not particularly interesting to the majority of our members but if regional swims (with more emphasis on "Fun") were introduced to New South Wales, our club would be in full support.

Guildford's social functions so far have included Monday night suppers, picnics, tennis, bowling nights and Christmas parties regularly bringing our members together socially.

For variety from training we have had guest speakers from the Cumberland College of Health Sciences and the Royal Life Saving Society attend club nights to increase our knowledge of health and fitness.



Guildford's Senior Citizens, Peter and Margaret Christakoff, both in their early 70's. Margaret was a non-swimmer 18 months ago and can now swim 200 metres non-stop backstroke.

The Guildford Club feel they are fulfilling basically the aims of AUSSI with our education program (we have taught 9 adults to swim 25 metres or more with another 3 almost there), our improvement program (basic aim 200 metres or more, but most important, to swim regularly without pressure) and our development program allowing those with the will to compete to have the strength and stamina to compete.

With most already been said about AUSSI, Guildford only wish to add that we are proud and thankful to be a part of this growing movement.

*Bruce Edmunds
President*

Guildford AUSSI Swimming Club

AUSSI: The Early Days

By Jack Brownjohn



Jack Brownjohn

Master Swimming originated in the U.S. in 1971. Their 1st meet was convened by a U.S. Navy Dr. Ransom J. Arthur assisted by Dr. Richard H. Rahe and two others. News of Master Swimming in the U.S. travelled to Australia and various attempts, without a great deal of success, were made to start the organisation here as early as 1972. Masters Swimming really commenced in Australia with the advent of the U.S. Australia meet held at Heffron Park, 30th March, 1974. A lot of effort had gone into trying to get Master Swimming off the ground prior to that, but to no avail. How the whole thing came about was:— In July 1973 Brian Mortensen, a contact the Americans had in Sydney, rang me to tell me he had a letter from Cmd. Dr. Richard H. Rahe U.S. Navy. The letter stated that a team of U.S. Master Swimmers were touring N.Z. early in April, 1974 and would it be possible for the U.S. team to hold a competition in Sydney prior to that date. Brian stated work had him tied up, he couldn't handle it, did I want to?

I visualised this U.S. tour as the catalyst to get Master Swimming off the ground in Australia. If a bunch of swimmers wanted

to come 16,000 kilometres to compete on our ground the least we could do was accommodate them.

When I read the letter dated 26.7.73, signed Richard Rahe, the last paragraph really got to me. It went: "When I mention Australia, I suppose I mean Sydney, Melbourne, Adelaide and perhaps Tasmania(Hobart)?". In my reply I subtly mentioned we had a fair sized City called Perth 5,000 kilometres away, on the other side of the continent. I also said there was no Master Swimming in Australia as such but there were many swimming groups that have age swimming and I was sure a meet could be held. To get the meet off the ground, would he send me information on U.S. Master swimmers and swimming. I figured the flavour of an International swim meet would spur Australian swimmers on. This was not the case.

I brought the matter up at various swim meets, functions and dinners being held by the old swimming fraternity around that time. Each time I received a negative attitude. The exception being my old Bronte Surf Club mate Warren (Wick) Riley, who thought it was a great idea and said he wanted to help. Wick is a customs agent and has an office in the City. His office became the centre of operations. So much so that his partner at one stage complained no work was being done. All the staff were helping organise the Masters meet.

It was decided to invite swimmers from various groups to a meeting to get their feelings about the meet. The meeting was held in Wicks office in September, 1973. The Australian Infantry Forces was represented by their President, Ray Weekes, Secretary, Bill Lough. The Amateur Swim Union, Syd Grange. The Union of Old Swimmers, Ken Knight.

The Winter Swimming Association, Cec Jardine and Keith Little and of course Wick and myself. To get things under way, official positions would be required. Ray Weekes, at 75 years of age, took on the Treasurers job and remained in this position until 1976. Wick handled all the office work, while the Secretary, Carnival Organiser and Publicity Officer fell to me. Syd Grange, Secretary of the A.S.U. at that stage said he would like to help but the amateur status bit came into it, and because of that he thought he had better drop out. Ken Knight, who also had ties with the A.S.U. felt the same way. Even so he became the Announcer on the day of the meet.

Thanks to Owen Herbert brochures were printed, explaining what the meet was all about.

As the summer season progressed I canvassed Surf Carnivals and various swim clubs meets, R.S.L., Leagues Clubs etc., handing out the brochures. Some swimmers I had approached so many times they regarded me as a pest. Funny though, a lot of swimmers who thought I was a pest at the time, swim with Aussie now. I rang and wrote letters to anyone and everyone, Radio and T.V. Stations, Newspapers, Swimming Associations, Swimmers. I rang my old mate Norm May, of the A.B.C. He interviewed me on A.B.C. Radio. The interview was broadcast all over N.S.W. One little tool I used in the publicity was information I collected whilst corresponding with Dick Rahe. I asked him how many swimmers, male and female, he expected to come and if any would be known swimmers, U.S. Champions, Olympians and so on. In his next letter he said he thought Ransom J. Arthur, the Navy Doctor who had started the U.S. Masters and former Olympic Champ Buster Crabbe, movie star known

for his rolls as Tarzan, were coming. In a later letter Dick said Buster couldn't make it due to business. I told everyone I came in contact with about Buster coming, but not the Newspapers. Next thing I know Mike Gibson, well known journalist, was on the phone wanting to know if I could arrange an interview with Buster when he arrived. I had to tell him the truth. Amazingly the Press are only interested in big names, not the sport. Some members of the press promised me the world and did nothing.

To run a swim meet a pool is required. As we had no finance, Barry and John Rogers, lessees of Heffron Park Pool Maroubra, were approached. They agreed to let us use their 50-metre pool. The only stipulation was the meet couldn't start till 3 pm, this was to allow the Public the use of the pool during the busiest part of the day. I considered their offer terrific. The next thing required was a venue for a social to be held after the meet. Barry Rogers came to the fore again. When he wasn't coaching at Heffron Park he took charge of the Maroubra Seals Indoor heated Pool and sporting complex. The Seals is a licensed Club of 3 floors situated at Maroubra Beach some 3 kilometres from Heffron Park. Barry arranged for the Social to be held there. The Club supplied supper and drinks 'on the house'.

From September through to Xmas '73 correspondence between Dick Rahe and myself, across the Pacific, was fairly frequent. In the last letter of the year I told Dick I was an Officer in the Fire Brigade and I had to relieve in a country area for 4 weeks. As Wick's office would be closed in the same period, would he address any mail he might send to Barry Rogers, at Heffron Park. I returned to Sydney late January '74, rang Barry to find out if he had any mail He said no. I waited until 11.2.74, 6 weeks before the Americans were supposed to arrive, then posted a letter to Dick asking what the situation was, were they still coming, if so, how many males, females, where were they staying etc? I waited once again. Still no mail. I was starting to panic.

On 24.2.74, 4 weeks before the meet, I posted another letter, it read:— "I thought someone may have been tampering with my mail (I found out later they had put insufficient postage on the mail in the U.S. and the mail had been returned to sender) and would you post the next letter to Wick's office." Finally, in early March, I received a letter from Dick, dated 26.2.74, with pamphlets of their Australian itinerary and a circular which had been sent around the U.S. At the bottom it had a P.S. "I remembered you would be away in January & February (Military training) so I didn't write then." Don't take that silence as lack of interest! we're still eager. A few days later Wick phoned and said he had received mail from Dick. Problems arose out of information Dick furnished in 2 letters. In one letter he said we arrive 25th, the other he said, I will see you Monday. The

Americans itinerary brochure and all previous mail stated the Americans would arrive on 26th (Tuesday). This threw me. I had been running around organising a welcoming committee for Tuesday 26th. If the Americans arrived on Monday 25th it would be very embarrassing. I rang Air N.Z., the airline the Americans were using, to try to find out what day they were expected. Air N.Z., after checking, said they didn't know of any swim group coming from the States. I didn't know at the time the plane was actually coming from Fiji, they said to check where they were staying. I phoned Travelodge, Double Bay. Their bookings showed the Americans arriving Tuesday 26th. That took the pressure off, but doubts were still there. It wasn't until the plane landed and the Americans had disembarked at Kingsford Smith Airport, on the 26th, that I was sure. Quite a few Aussies turned up at the airport as a welcoming party and the usual thing happened when waiting

the Sydney Domain Pool to give him an indication how far the U.S. Team had to travel to train. In previous correspondence Dick had asked if it was possible to have some sort of reception for the U.S. Team so they could meet, and get to know, their Australian counterparts. Buster Craigie, a Director of Eastern Suburbs Leagues, a licensed club with a 25-metre pool on the 3rd floor, was approached by Cec Jardine. Buster arranged the reception, drinks and all, and the whole U.S. Team were made associate members of the club whilst in Sydney.

I made out an itinerary for the Americans to follow if they wished to. On Wednesday they went on a harbour cruise. Thursday a free day to explore the City. Friday a friend lent me a 25 seat bus, so I took the Americans on a tour of the south side of the Harbour, Double Bay, Rose Bay and so on. To give the tourists an insight into one of Sydney's oldest and



Barney Brownjohn (who until his death in March 1982 was AUSSI's oldest competitive member) with visiting U.S.A. team.

for passengers to come through customs. Everyone stands at the rail, which partitions the passengers from the visitors, you hear amongst the crowd a voice, there he is or there they are as passengers appear through the customs door, then the visitor with the voice moves to meet their associate.

In our case it was different, with the exception of a photo, which wasn't very clear, I had seen of Dick Rahe swimming butterfly in a swim Master Magazine the Australians did not have a clue what the Americans looked like, anybody who appeared at the customs door could have been one of them. I finally spotted Dick Rahe, I recognised him from the photo. The Australians were still on tender hooks as the Americans slowly came through customs. It wasn't until we had introduced ourselves that we started to settle down.

The U.S. Team boarded a Police Bus, which Cec Jardine, a superintendent of Police at that time, had procured from that Dept., which would take them to the Travelodge, Double Bay. Dick came in my car. I took him to the Travelodge via

plushest suburbs, Vaucluse, I drove round through the back streets, took the wrong turn and finished in a Dead End street, I felt a clot, I hadn't been round that area since I was a youth, I couldn't find my way around my own City. First stop Watsons Bay where all the big game fishing is weighed and measured, Lady Jane Beach, the nudist delight, and the Gap.

For those not familiar, the Gap is a sheer cliff some 100 metres high on the seaward side of the South Head entrance to Sydney Harbour. A ship called the Dunbar was wrecked there late 19th Century. The Gap seemed to have the Americans fascinated, it was difficult to get them away. From the Gap we headed for Bondi beach, fortunately the surf was just right for people not accustomed to it. Once again it was hard to get the Americans to leave. I had committed them to lunch at the Bondi Ice Bergs Club at 1.30 pm. This club is positioned over Bondi Baths at the south of Bondi Beach, with views of the Pacific Ocean, Bondi Beach and the Eastern suburbs. Once the

Americans were in the Club and settled down the next couple of hours were very convivial. On the return journey to the Motel, via a different route, beaches south of Bondi, Tamarama & Bronte, they assured me they were very impressed with the hospitality and what they had seen. I dropped the Americans off and took the bus back to its owner. From there I headed for the South Sydney Juniors League Club. I had to see the Americans there again that night.

When it was definite the Americans were touring and I had their itinerary I approached the swim club attached to the Juniors, as it is called, and asked them if they would like to entertain the American team at their Thursday Night swim meet. The Swim Club agreed. The Juniors is a licensed club, one of the biggest in Australia, in the south Sydney area, with a 25-metre indoor pool.

As I was living some 30 kilometres from where the U.S. Team was staying, there

all the beaches on the North side of the Harbour. Those with me couldn't believe how many beaches there were and how terrific they looked, and they did look terrific.

Saturday 30.3.74 saw the first ever International Master's Swim Meet in the world. I had made up my mind to have a quiet morning and rest up for the meet starting 3 pm that afternoon. I was very tired from the running around I had been doing the 3 weeks prior. Being the first International Meet I wanted to swim the best I could. The Americans were supposed to make their own way to the pool. Around 11 am the phone rang, that was the end of my rest. A voice with an American accent spoke, it was Dick Rahe, he said "Jack, it is impossible to order Taxis, there are none available". The problem was the Americans had landed in Sydney in the middle of a petrol strike. I had a contact and was able to keep my car going but most people were short of

the day. Over the years I have noticed, with the swimming fraternity, that if you ask someone to do something it is done with no arguments. So it was this day, everyone wanted to help.

Swimmers and spectators were streaming in through the turnstiles. If people weren't interested in September, 1973 they were now. There was Jack Chalmers, famous for his shark rescue at Coogee Beach in the 1920's. Olympians Dawn Frazer, Elizabeth Frazer, Jon Hendricks, Kevin Berry, Jon Donohoe plus many former National and State Champions.

Before the swimming commenced I introduced Cmd. Richard H. Rahe M.C. U.S.N.R. over the P.A. Dick took the microphone and in turn introduced all the Americans, their City and State of origin. The Americans told me later they felt like celebrities. The first event was a 400 metre. This was to allow for those doing the book work to slot swimmers into their various events. As the meet didn't start till 3 pm and there was no daylight saving, being late March, the sun went down early. The competitors became cold. Though the meet wasn't supposed to finish till 7 pm all individual events had been run, 400 Free, 100 metre & 50 metre Free, plus 50 metre Bres., back, butt., there was supposed to be relays but these had to be cancelled, the meet had been held and the point proved! Master Swimming could be a success in Australia! and it was now back to the Maroubra Seals for the social.

As I stated before, Wick Riley, who had done an enormous amount of work behind the scenes, was a customs agent. He is a very friendly guy and has a lot of contacts in his profession. He put out feelers to various customs agents for momentos to give to the Americans. He had great success.

At the social everybody was jammed in like sardines. The food supplied went in minutes as I had no idea how many to cater for. A presentation was made to the Americans and all those who competed received a certificate printed by Owen Herbert. The certificate looked terrific. Owen had printed on the certificate **THE 1ST WORLD INTERNATIONAL MASTER SWIM CHAMP.**

I gave Dick Rahe and his Secretary each a T-Shirt, and all the momentos Wick had collected were given out. People started to go their own way, chatting as they left. An occasional loud voice could be heard making a comment to someone on the other side of the room. The atmosphere at the social and the pool had been one of friendship and camaraderie. Although certain aspects of the swim meet left things to be desired I felt proud. Because of my persistence and my belief that Master Swimming could be a success in Australia this whole meet had come about. Even the weather had been kind. Before the U.S. Team arrived there had been record rains in Sydney. During the American stay there had been spas-



Frank Sykes and Barney Brownjohn with visiting U.S.A. team, 1974.

was no chance of me returning home and being back at the Juniors, where I had to meet the Americans for dinner prior to the swim meet which was to start at 7.30 pm, so I changed clothes in the car, went into the Juniors, sat in a seat in the foyer and fell asleep. I was up late the night before and had risen early that day. The lack of sleep was telling.

At the meet the events went off without a hitch and all events were 200 metre handicap. It was the first time the Americans had swum in a handicap race as there is no handicap swimming in the U.S.

A Social was conducted after the meet and trophies given out. At the end of the social the Americans spread around the Club. I took a group over the Club whilst others enjoyed the dancing that was in progress on the 2nd and 4th levels.

It was very late when I got home that night.

On the Friday I was back at Rushcutters Bay again in the morning. Picked up a group of Americans in my car and toured

petrol. I told Dick I would see what I could do and ring him back. The next 2 hours were spent on the phone. I don't know how many calls I made. Finally I had 3 vehicles. Keith Little's, John Hessing's and my own. The three of us met at Rushcutters Bay Motel at 2 pm. We crammed as many U.S. swimmers as possible into each car, I know I had 8, and away we went. Those that were left made it somehow as they were all at the pool.

As Master Swimming at that time had not been ratified by F.I.N.A. A.S.U. officials could not help, though some did unofficially. With the exception of a few friends from St. George Leagues Swim Club, the best I could do, like the swimmers, was put out the word that officials were required and hope for the best. Post entry for swimmers. Post entry for officials.

The enthusiasm Wick and I had had seemed to have reflected on to those who had turned up. Offers of help came from everywhere, even the American Dale Petranek sat down with our guys and took names of those wishing to swim on

modic showers but most of the time it stayed clear. I drove the Americans back to their Motel and went home very tired.

The following day, Sunday 31st, Elouera Surf Club, situated South of Sydney, had organised a special surf carnival for a group of some 30 American Doctors. As a surf carnival is as Australian as you can get I invited the U.S. Team along. My friend once again let us have the bus. The U.S. swimmers were picked up at their Motel and deposited at Elouera via Kurnell, Captain Cook's landing place. I picked Dick Rahe and 4 others up in my car earlier and took them to North Cronulla (the next beach south of Elouera) where a seminar for S.L.S.A. officials from all around Australia was being held. Arrangements had been made earlier for Dick, being a doctor of sport in the U.S. Navy, to speak on the health aspect of sport at the seminar.

To approach the beaches in that area the main drive is by Kurnell Road. As you approach Elouera Beach from Kurnell Road the beach is hidden by a hill. As I drove over the crest of the hill there was a gasp in the car from all Americans. There right in front of us was the Pacific Ocean with a stretch of white sand some 6 kilometres long from Cronulla to Boat Harbour. The sun was glistening on the water. The waves breaking, ski and surf-board riders everywhere, surf boats, rubber duckies, jet boats and even the Wales helicopter. It looked great. The helicopter was taking off and landing most of the morning, performing mock rescues. It was perfect for visitors to see Australian Surf Life Saving.

It was around lunch time when Dick had finished speaking at the seminar. The North Cronulla Surf Club supplied all the guests, the seminar and mine, with Bar-b-Que Steaks. The steaks were as big as plates. Whilst the steaks were being cooked T-shirts were being swapped. The Americans were great souvenir hunters. One saw a guy replacing car number plates and she conned the guy into giving her the old plates. It must have cost some of them a fortune in excess air freight.

From North Cronulla we went to Elouera 600 metres up the beach to where the surf carnival was being held. The bus had already arrived with the others and the weather had started to turn bad. Because of the petrol strike only four surf clubs had turned up to compete instead of 15. The spectacle I had hoped everyone would see didn't eventuate. Unfortunately the Americans had come 33 kilometres for an uninteresting afternoon.

The Sunday was also North Cronulla Surf Club's fund raising day at one of the local bowling clubs and a lot of locals had congregated there. I took 2 American ladies along to the function as they wanted to mix with the Aussies. The club was full of people. Some had been there all day drinking and were not in a very sober condition. At this stage I was reasonably tired and parked myself in an armchair whilst the two women mixed.

Sometime later I saw a pair of multi coloured slacks fly through the air. I recognised them as a pair one of the U.S. women was wearing. I leapt to my feet and along with two North Cronulla guys, who had been talking to the women earlier, came charging from the other side of the club to protect them. As it turned out one bowling club member in his late sixties, who had been drinking to much, liked the look of the slacks and said he would like to swap. She decided to be in the joke and agreed. The bowler proceeded to drop his trousers and display his well worn underdaks. His friends stopped him from going any further. The bowler then insisted it was her turn. She undid her slacks and dropped them to the floor and stepped out of them. Those watching were disappointed, she still had her swimming costume on. Someone then picked up the slacks and threw them into the air. That's what caused all the confusion. It gave us something to laugh at on the way back to the Motel. As the lady said, what does it matter, no harm done and I am 10,000 mile from home.

On Monday 31st March, 1974 the Americans flew out of Sydney for N.Z.

During their stay in Sydney, other than accomodation and food, it cost the Americans very little for entertainment. The Australians looked after them very well. For instance honorary membership to Eastern Suburbs Leagues Club courtesy Buster Craigie. The juniors night, courtesy The Juniors Swim Club. The lunch at Bondi Ice Berghs, courtesy Vic Luckhurst. Heffron Park Pool and the Presentation at Maroubra Seals courtesy Barry & John Rogers. Tour of Sydney southern suburbs and Cronulla courtesy my friend's bus.

The American tour to Australia in 1974 proved a success, as was the competition between the two countries. When you consider all events were post entry, we had no idea how many would turn up, and to add to the turmoil there was a petrol strike.

The final tally of swimmers on the day was U.S. 40 Australia 96.

I received letters from a few of the Americans after they had arrived back in the States thanking me for setting up the meet and making it easy for them to meet Australians. I was told in the mail the Americans were discussing their tour here whilst flying home. They had enjoyed themselves so much they wanted to turn the plane around and come right back.

That one International Swim Meet proved to Australians that they were not finished in competitive swimming at the age of 20. As a matter of fact, for a lot of swimming oldies, their careers were just beginning.

In the 10 year period since the swim meet of 30.3.74 two International Swim Meets have been held in Sydney, The Pan Pacific in 1981 & 1983. Organised tours to the U.S. were made by Australians in 1976 & 1979. N.Z. was also toured in 1977. In addition to the organised tours Australian Master Swimmers have made personal tours overseas on many occasions.

Master Swimming in Australia has come of age...

Changeroom Chatter

In the March issue of AAS, we were interested to read of the amazing achievements of amputee Alan Morely (Maida Vale WA AUSSI).

AUSSI's Summerland Branch (based in Lismore NSW) also has one member they can be especially proud of. Geoff Fowler (34) of Alstonville joined AUSSI in December 1981, around the same time he took up competitive amputee swimming. Geoff lost his lower right leg after a motorcycle accident in Papua New Guinea ten years ago.

Alan Morley and Geoff have known each other for some time and both participated at the Third Far East South Pacific Games for the Disabled in Hong Kong last October. Geoff won 1 gold, 2 silver and a bronze medal, recording the following times:

400m freestyle	5.33.12 (silver)
100m freestyle	1.08.99 (silver)
100m butterfly	1.41.14 (bronze)
4 x 100m relay	4.35.94 (gold)

Geoff is one of a squad of 42 that will compete at the National Amputee Games in Sydney in January 1984 and a team selected at these games will represent Australia at the 1984 Disabled Olympics in New York.

Geoff is married with 2 daughters and his wife Joy is a fellow AUSSI swimmer.

We all wish Geoff every success for his 1984 competition events.

SUSAN BARSDELL
Publicity Officer

1983 Australian One Hour Swim

WOMEN

20-24
Brash, Sharron 22 1870

25-29
Wanklyn, Jan 25 4330
Hudgell, Jaynie 27 4050
Cuthbertson, Lyn 26 4025
Henderson, Barbara 29 3650
Norbury, Diane 25 3350
Hogan, Cherie 26 3300
Clareburt, Joy 26 3210
McCrea, Karen 29 3130
Clements, Gay 28 3050
Wensley, Winsome 28 3000
Braken, Elaine 28 2400
Locke, Tricia 26 2350
McGlashen, Beverley 29 1750

30-34
Williams, Helena 36 3685
Needham, Susan 33 3480
Quinn, Marion 34 3250
Sommerville, Pat 32 3245
Dunn, Julie 33 3195
Dunn, Rowena 34 2891
Peipi, Elizabeth 32 2769
Yorston, Jennifer 33 2600
Moses, Karen 25 2575
West, Zoe 33 2533
Fantham, Shirley 24 2466
Richardson, Hazel 31 2340
Kingsbeer, Christine 33 2250
Fergus, Sally 34 2050
Whittaker, Kathy 34 1866

35-39
Cuttriss, Gay 36 3700
Abrahamsom, Jennifer 39 3666
Little, Bernadette Andrea 36 3400
Sutton, Jane 35 3383
Brown, Suzanne Frances 35 3375
Woodhouse, Caroline 36 3314
Sears, Joye Allison 37 3075
Howes, Margaret Mary 37 3066
Coveny, Judith Helen 37 3000
Trist, Aileen Patricia 35 2782
Brown, Elizabeth 27 2781
Anderson, Raewyn Merle 39 2700
Theuns, Lena 37 2700
Milan, Lesley 24 2400
Jones, Robyn 36 2300
O'Flynn, Deidre 36 1850
Jones, Heather Jean 37 1150

40-44
Leach, Alison June 42 3450
Head, Virginia 41 3333
Gunn, Joan 44 3250
Duncan, Helga 42 2850
Turpin, June 26 2670
Peddie, Barbara 24 2475
Brinkman, Viki 41 2463
Williams, Jessica 42 2410
Wilson, Lynette 41 2300
Currie, Vicki 40 2130
McKnight, Patricia 44 1450

45-49
Wilson, Barbara 49 3750
Gernpton, Judith 46 3150
Prentice, Ngaire 48 3016½
Simons, Diana Evelyn 48 2706
MacKenzie, Elinor 48 2675
Holmes, Ann 48 2355
Davidson, Joan 20 2070
Close, Alisa 47 1500

50-54
Malcolm, Shirley 52 2980
Griffin, Claire 53 2200
Lefranche, Ricky 50 2160
Watt, Colleen 54 1766
Honeybone, Patricia 51 1600

55-59
Monaham, Joan 58 3175
Cage, June 56 2533
Neighbour, June 58 1950
Spiers, Dulcie 59 1550
Prowse, Peggy 55 1500
McLachlan, Yvonne 59 1315
McNeill, Eileen 59 1178

60-64
Sunckell, Nan 61 2700
Carew, Nell 64 2450
Thornley, Rona 63 2275
Serpell, Ruth 60 2240
Barron, Violet 64 2115

65-69
Boase, Mavis 69 2780
George, Betty 65 1500
Leach, Maieva 65 1466

70-74
Nicol, Dulcie 70 2340
Stewart, Myrtle 70 1178

80-84
Venning, Doris 82 1200

MEN

20-24
Stanton, Peter 22 3745
Brash, Robin 24 3050

25-29
Van Hamburg, Roger 29 4465
Chambers, David 28 4400
Honeybone, Brian 25 4330
Hayes, Shane 28 3750
Tansey, Richard 26 3650
McGregor, Rhys 27 3600
Parr, Stephen 28 3530
Lewis, Howard 28 3433
Devart, Ian 29 3285
Thorn, Mark 29 3160
Crichton, Roly 29 3090
Monteba, Rob 27 2848
Le Noel, Pierre 26 2500

30-34
Davis, Adrian 31 3745
Sweeney, Robin 31 3640
Johnstone, Ivan 34 3590
Gibson, Paul 31 3530
Robertson, Graham 34 3450
Tulloch, Rex 33 3396
Ullman, William 31 3355
Cavfield, James 34 3150
Lamb, Brian 33 3112
Parry, Allan 34 2820
Loasby, Robert 31 2530
Ried, Diana 34 2125
Stewart, Peter 31 1666

35-39
Butterworth, Ian 38 4380
Pater, Bert 37 4230
McCuaig, Michael 39 4115
Wyatt, Paul 37 4090
Hahn, Chuck 37 3900
Seagar, Allan 39 3900
Bielski, Trevor 35 3555
Arnold, Richard 38 3515
Rayner, Neil 38 3400
Bailey, John 36 3350
Fowler, Geoff 35 3250
Robb, James 36 2348
Peddie, David 29 2975
Butt, Frank 38 2863
O'Brien, Kevin 28 2805
Esmanis, Armand 36 2800
Kevsomp, Jan 37 2600
Somerville, Robert 35 2330
Wodster, Leonard 39 1966

40-44
Young, Barry 44 4035
Green, Brian 41 3900
Doggett, Kay 40 3650
Robinson, Geoffrey 43 3635
Jones, Robert 41 3630
Engel, David Ashley 41 3500
Anderson, Barry 43 3475
Foster, Robert 40 3400
Pudney, Kevin 41 3385
Cousins, Cyril 44 3333
Anderson, Adrian 42 3195
Worthington, Les 43 2935
Kench, Kevin 44 2866
Robison, Derek 44 2780
Hill, Geoff 24 2481
Napier, Robert 43 2450
Pascoe, John 24 2400
Hain, Ian 44 2375
Kerr, Ian 40 2300
Saunders, Alec 43 2230
Gemmell, Digby 40 1766

45-49
Gregson, Allan 45 4175
Smith, Danny 47 3600
MacDonald, Roy 46 3525
Leach, Graham 47 3475
Allen, Terrence 46 3300
MacDonald, Ian 46 3300
Vowles, Edwin 45 3220
Thomas, Bert 47 3175
Bota, Milo's 45 3100
Chivers, John 48 2788
Girvan, William 49 2800
Culley, Ronald 47 2048

50-54
Cragg, Mervyn 51 3595
Mazzoleni, Jack 51 3375
Jennings, Doug 54 3310
Salek, Sidney 53 3168
Hill, Peter 53 3066
Castle, Bernard 51 3025
Medcalf, Gordon 54 3000
Loy, Peter 54 2910
McCausland, Robert 54 2810
Ness, Ian 50 2600
Stewart, James 51 2599
Timu, Michael 50 2100
Heaton, Denis 54 1800

55-59
Logan, Tom 56 3480
Parkhouse, Pic 59 3350
Watt, John 58 3030
Stevenson, Cliff 59 2820
Lennon, Bill 58 2615
Rivers, Wal 59 2610
McGregor, Menzies 55 2115
Mersh, Ron 58 1982
Rollo, William 56 1830

60-64
Vickery, Kevin 60 3525
Harris, Robert 64 3440
Harding, Joe 29 2965
Johnson, Frederick 60 2950
Fowles, Donald 62 2460
Stott, Jim 23 2310
Baily, Alex 60 2100

65-69
Ryan, John 68 2800
Broadbent, Arthur 68 2300
Hopcroft, Gordon 67 2020
Tinniswood, John 66 1673

70-74
Ford, Ken 70 2950
Guinery, Jack 72 1620

75-79
Rogers, Jack 76 2750
Ladd, Frederick 75 2640

80-84
Edwards, George 81 1950

National Records as at 23-1-84 LONG COURSE – WOMEN

AGE	FREESTYLE					
	50M	100M	200M	400M	800M	1500M
20	34.08 (83)		3.05.41 (83)	6.32.40 (83)		
24	J. PRIEST HILLS		L. GARFOOT ATLANTIS	L. GARFOOT ATLANTIS		
25	28.97 (82)	1.05.68 (82)	2.22.86 (83)	4.57.30 (83)	11.59.60 (81)	23.52.80 (78)
29	D. FOSTER INGLEWOOD	A. KILLMIER POW. PTS.	M. ECCLESTON WARRINGAH	J. WANKLYN GOLD COAST	B. ANDERSON INGLEWOOD	K. COX CARINE
30	30.49 (82)	1.08.72 (80)	2.36.89 (81)	5.24.26 (80)	12.34.20 (80)	25.11.18 (79)
34	S. ANDERSON GOLD COAST	L. POTTER AD. MAST.	L. BISHOP LANE COVE	L. POTTER AD. MAST.	L. POTTER AD. MAST.	T. SMITH ST. GEORGE
35	30.09 (81)	1.08.50 (81)	2.30.61 (81)	5.26.20 (81)	14.04.00 (79)	26.59.33 (79)
39	R. WILSMORE CRO./SUTH.	R. WILSMORE CRO./SUTH.	E. BISHOP LANE COVE	E. BISHOP LANE COVE	D. WILLIAMS EV. PARK	D. WILLIAMS EV. PARK
40	30.60 (83)	1.10.28 (82)	2.44.72 (82)	5.39.18 (83)	12.11.79 (83)	23.12.27 (83)
44	A. WYATT BADDAGINNIE	A. WYATT BADDAGINNIE	A. WYATT BADDAGINNIE	L. JOHNSTON WARRINGAH	L. JOHNSTON WARRINGAH	L. JOHNSTON WARRINGAH
45	33.83 (83)	1.16.43 (81)	2.48.24 (80)	5.57.79 (80)	12.45.58 (80)	23.59.91 (80)
49	F. GOULD HUNTER	B. WILSON NTH. LODGE	B. WILSON NTH. LODGE	B. WILSON NTH. LODGE	B. WILSON NTH. LODGE	B. WILSON NTH. LODGE
50	36.32 (80)	1.23.55 (80)	3.03.24 (80)	6.26.87 (81)	18.24.05 (81)	26.04.70 (79)
54	J. SANSOM AD. MAST.	J. SANSOM AD. MAST.	J. SANSOM AD. MAST.	E. WALLIS MANLY	J. GAEBLER MELVILLE	J. SANSOM AD. MAST.
55	36.45 (83)	1.24.11 (83)	3.07.27 (83)	6.23.73 (83)	13.54.92 (83)	26.10.02 (83)
59	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH
60	37.23 (82)	1.29.26 (83)	3.29.83 (83)	7.28.87 (83)	17.30.75 (81)	31.53.13 (81)
64	J. DRAKE-BROCKMAN CLAREMONT	J. DRAKE-BROCKMAN CLAREMONT	J. DRAKE-BROCKMAN CLAREMONT	J. DRAKE-BROCKMAN CLAREMONT	B. BAILEY MANLY	E. WATSON CRO./SUTH.
65	42.78 (83)	1.37.85 (82)	3.40.38 (81)	7.37.70 (83)		41.59.00 (82)
69	L. JOHNSON MANLY	B. BARRIE COO./RAND.	B. BARRIE COO./RAND.	B. BARRIE COO./RAND.		D. NICOL GOLD COAST
70	44.24 (81)	1.41.86 (81)	3.43.62 (81)	7.54.99 (81)		
74	V. CHERRIMAN MELVILLE	V. CHERRIMAN MELVILLE	V. CHERRIMAN MELVILLE	V. CHERRIMAN MELVILLE		
75	49.07 (83)	2.05.41 (83)				
79	E. SARGENT NTH. SYDNEY	E. SARGENT NTH. SYDNEY				
80	1.26.89 (80)	3.39.43 (81)				
84	V. FERNANCE BLACKTOWN	V. FERNANCE BLACKTOWN				

AGE	BACKSTROKE		
	50M	100M	200M
20	1.41.11 (83)		3.52.97 (83)
24	J. PRIEST HILLS		L. GARFOOT ATLANTIS
25	33.88 (81)		2.46.82 (83)
29	D. HANDLEY VALLEY		J. WANKLYN GOLD COAST
30	34.42 (82)	1.18.13 (83)	2.57.14 (81)
34	S. ANDERSON GOLD COAST	S. ANDERSON GOLD COAST	G. STARK CANBERRA
35	36.52 (81)	1.17.94 (81)	2.51.86 (81)
39	R. WILSMORE CRO./SUTH.	E. BISHOP LANE COVE	E. BISHOP LANE COVE
40	39.34 (83)	1.27.84 (82)	3.15.82 (81)
44	C. GREENE W.C.M.	C. GREENE OSB. PARK	A. KINNAIRD FRANKSTON
45	39.01 (83)	1.27.00 (83)	3.11.33 (81)
49	A. KINNAIRD FRANKSTON	A. KINNAIRD FRANKSTON	P. HUTCHINGS ETALONG
50	43.68 (81)	1.38.66 (81)	3.49.02 (81)
54	E. WALLIS MANLY	E. WALLIS MANLY	E. WALLIS MANLY
55	43.72 (83)	1.42.42 (83)	3.38.01 (83)
59	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH	E. WALLIS WARRINGAH
60	43.83 (81)	1.39.73 (81)	3.49.28 (83)
64	J. DRAKE-BROCKMAN CLAREMONT	J. DRAKE-BROCKMAN CLAREMONT	J. DRAKE-BROCKMAN CLAREMONT
65	56.72 (83)	2.06.77 (82)	4.53.71 (83)
69	L. JOHNSON MANLY	D. JONES WHITFORD	L. JOHNSON MANLY
70	51.33 (83)	2.13.06 (83)	4.39.88 (83)
74	M. WRIGHT OSB. PARK	M. WRIGHT OSB. PARK	M. WRIGHT OSB. PARK
75	1.00.46 (83)	2.25.28 (83)	
79	E. SARGENT NTH. SYDNEY	E. SARGENT NTH. SYDNEY	
80	1.57.73 (79)	4.43.65 (81)	
84	V. FERNANCE BLACKTOWN	V. FERNANCE BLACKTOWN	

AGE	IND. MEDLEY	
	200M	400M
20		7.36.93 (83)
24		L. GARFOOT ATLANTIS
25	2.36.68 (81)	8.30.39 (81)
29	D. HANDLEY VALLEY	P. WILSON BLACKTOWN
30	2.52.04 (82)	
34	L. MCKENZIE OSB. PARK	
35	2.55.90 (81)	8.19.32 (83)
39	E. BISHOP LANE COVE	C. ELLIS NTH. LODGE
40	3.08.08 (83)	7.42.81 (82)
44	A. WYATT BADDAGINNIE	A. STEVENS NTH. LODGE
45	3.26.20 (80)	7.11.59 (80)
49	B. WILSON NTH. LODGE	B. WILSON NTH. LODGE
50	3.37.20 (80)	7.35.21 (80)
54	J. SANSOM AD. MAST.	J. SANSOM AD. MAST.
55	3.39.52 (83)	
59	E. WALLIS WARRINGAH	
60	3.57.34 (83)	
64	M. DUTTON NTH. LODGE	
65	4.10.96 (81)	
69	B. BARRIE COO./RAND.	
70	4.39.87 (81)	
74	V. CHERRIMAN MELVILLE	
75		
79		
80		
84		

AGE	BREASTSTROKE			BUTTERFLY		
	50M	100M	200M	50M	100M	200M
20 24						
25 29	36.20 (83) K. GIBSON ROCKHAMPTON	1.22.17 (83) K. GIBSON ROCKHAMPTON	2.59.60 (83) K. GIBSON ROCKHAMPTON	31.00 (81) L. MCKENZIE OSB. PARK	1.10.04 (81) L. MCKENZIE OSB. PARK	2.42.34 (83) M. ECCLESTON WARRINGAH
30 34	39.92 (83) P. SOMMERVILLE HILLS	1.27.90 (83) P. SOMMERVILLE HILLS	3.13.92 (83) P. SOMMERVILLE HILLS	31.75 (82) L. MCKENZIE OSB. PARK	1.20.95 (83) J. MILLER MACKAY	3.08.97 (83) J. MILLER MACKAY
35 39	40.56 (81) R. WILSMORE CRO./SUTH.	1.32.53 (82) R. WILSMORE CRO./SUTH.	3.43.54 (83) J. KELSO BRISB./SOUTH.	34.08 (81) R. WILSMORE CRO./SUTH.	1.26.49 (81) H. REES CANBERRA	3.24.24 (81) H. REES CANBERRA
40 44	42.40 (83) G. ROBINSON NTH. LODGE	1.35.31 (83) G. ROBINSON NTH. LODGE	3.31.77 (83) G. ROBINSON NTH. LODGE	34.33 (83) A. WYATT BADDAGINNIE	1.28.62 (83) A. WYATT BADDAGINNIE	4.38.66 (83) P. KEMPSON POW. PTS.
45 49	44.78 (76) J. SANSOM AD. MAST.	1.40.73 (76) J. SANSOM AD. MAST.	3.46.15 (76) J. SANSOM AD. MAST.	39.25 (83) F. GOULD HUNTER	1.44.54 (80) B. WILSON NTH. LODGE	3.48.99 (81) B. WILSON NTH. LODGE
50 54	43.89 (82) J. SANSOM AD. MAST.	1.41.01 (82) J. SANSOM AD. MAST.	3.39.00 (80) J. SANSOM AD. MAST.	42.00 (80) J. SANSOM AD. MAST.	1.43.20 (80) J. SANSOM AD. MAST.	3.49.36 (80) J. SANSOM AD. MAST.
55 59	44.67 (83) J. SANSOM AD. MAST.	1.53.85 (81) B. CALLAGHAN MANLY	4.16.25 (81) B. CALLAGHAN MANLY	42.56 (83) J. SANSOM AD. MAST.	2.11.28 (81) E. WATSON CRO./SUTH.	5.46.54 (81) M. MACKINNON CENT. DIST.
60 64	48.63 (83) B. CALLAGHAN MANLY	1.51.91 (82) M. DUTTON POW. POINTS	4.04.01 (83) M. DUTTON NTH. LODGE	50.17 (83) M. DUTTON NTH. LODGE	2.01.79 (82) B. CALLAGHAN MANLY	
65 69	50.49 (83) B. BARRIE COO./RAND.	1.55.69 (81) B. BARRIE COO./RAND.	4.23.16 (83) B. BARRIE COO./RAND.	49.60 (81) B. BARRIE COO./RAND.		
70 74	59.34 (83) M. WRIGHT OSB. PARK	2.22.65 (83) M. WRIGHT OSB. PARK	5.45.88 (83) M. WRIGHT OSB. PARK	1.02.96 (81) V. CHERRIMAN MELVILLE		
75 79	1.17.95 (83) M. BISHOP MELVILLE	2.05.47 (83) M. BISHOP MELVILLE				

National Records as at 23-1-84 LONG COURSE – MEN

AGE	FREESTYLE					
	50M	100M	200M	400M	800M	1500M
20 24						
25 29	25.33 (81) H. GRIFFITH POW. POINTS	56.71 (82) B. COOPER TWIN TOWNS	2.06.33 (82) B. COOPER TWIN TOWNS	4.19.77 (82) B. COOPER TWIN TOWNS	11.00.88 (80) B. SHAPLAND TRI-SPORTS	20.54.35 (80) B. SHAPLAND TRI-SPORTS
30 34	25.98 (82) R. TAYLOR MANLY	58.16 (82) R. TAYLOR MANLY	2.14.86 (81) I. MANSFIELD MELVILLE	4.31.99 (83) G. BUSH ATLANTIS	10.32.80 (79) P. BROWN MANLY	20.26.60 (79) P. BROWN MANLY
35 39	26.05 (82) R. PATTERSON NTH. LODGE	57.69 (82) R. PATTERSON NTH. LODGE	2.17.17 (81) J. KOOREY MANLY	4.42.97 (79) T. STRAHAN GEE LONG	9.57.12 (80) J. KOOREY MANLY	19.18.90 (82) P. LACEY GOLD COAST
40 44	25.96 (83) J. RYAN CLAREMONT	1.02.00 (83) G. KING AD. MAST.	2.17.31 (82) R. CAMPION POW. POINTS	4.53.38 (82) R. CAMPION POW. POINTS	11.36.81 (78) A. AYERS MANLY	21.20.00 (77) J. CRISP GOLD COAST
45 49	27.91 (83) J. McDIARMID WARRINGAH	1.03.78 (82) J. McDIARMID COO./RAND.	2.25.22 (81) J. WILLIAMS TAMWORTH	5.09.29 (82) J. CRISP GOLD COAST	11.53.32 (81) R. HARTLEY MELVILLE	21.30.32 (80) R. ROSS AD. MAST.
50 54	28.30 (82) J. WILLIAMS TAMWORTH	1.04.73 (81) J. BROWNJOHN CRO./SUTH.	2.28.23 (81) G. TAYLOR COO./RAND.	5.22.60 (81) G. TAYLOR COO./RAND.	12.32.84 (80) A. SMITH MANLY	24.19.00 (80) B. CARLON MANLY
55 59	30.48 (81) J. CAMPBELL COO./RAND.	1.09.20 (82) R. HARTLEY MELVILLE	2.35.94 (83) R. HARTLEY MELVILLE	5.50.26 (82) K. VICKERY ETTALONG	13.20.50 (78) F. GALVIN MANLY	23.57.50 (78) J. JENKINS MANLY
60 64	30.69 (83) K. LITTLE COO./RAND.	1.08.98 (81) K. LITTLE COO./RAND.	2.40.47 (81) K. LITTLE COO./RAND.	5.55.00 (82) K. LITTLE COO./RAND.	12.39.01 (81) J. JENKINS MANLY	25.21.80 (81) F. KNUDSEN VALLEY
65 69	31.99 (82) G. WILLIAMS INGLEWOOD	1.13.30 (83) G. WILLIAMS INGLEWOOD	2.47.42 (83) G. WILLIAMS INGLEWOOD	6.09.47 (83) G. WILLIAMS INGLEWOOD	15.57.00 (79) G. ORWIN MANLY	36.25.80 (80) J. LACEY INGLEWOOD
70 74	34.36 (79/82) F. GRIFFITHS/N. SIMCOE ETTALONG/SOMERSET	1.19.24 (81) E. WILLIAMS CLAREMONT	2.55.44 (81) E. WILLIAMS CLAREMONT	6.23.42 (81) E. WILLIAMS CLAREMONT	13.47.84 (81) E. WILLIAMS CLAREMONT	26.18.36 (81) E. WILLIAMS CLAREMONT
75 79	35.51 (83) F. GRIFFITHS ETTALONG	1.22.24 (83) F. GRIFFITHS ETTALONG	3.14.53 (83) F. GRIFFITHS ETTALONG	7.28.09 (83) F. GRIFFITHS ETTALONG	21.17.42 (81) E. WALTHER MANLY	40.30.00 (81) E. WALTHER MANLY
80 84	40.42 (81) F. LOUGH MANLY	2.08.36 (82) D. BARLING MANLY	3.36.75 (81) F. LOUGH MANLY	7.34.12 (81) F. LOUGH MANLY		
85 89	1.14.05 (79) B. BROWNJOHN WOOLLAHRA	3.18.51 (79) B. BROWNJOHN WOOLLAHRA				

AGE	BACKSTROKE		
	50M	100M	200M
20			
24			
25	29.15 (83)	1.01.56 (83)	2.13.78 (83)
29	<u>B. COOPER</u> GOLD COAST	<u>B. COOPER</u> GOLD COAST	<u>R. DILL-MACKY</u> RYDE
30	30.72 (83)	1.07.84 (83)	2.33.36 (83)
34	<u>L. COOK</u> ETTALONG	<u>L. COOK</u> ETTALONG	<u>L. COOK</u> ETTALONG
35		1.08.96 (82)	2.43.27 (81)
39		<u>G. JAMES</u> POW. POINTS	<u>G. JAMES</u> POW. POINTS
40	33.78 (81)	1.17.63 (83)	2.52.17 (83)
44	<u>J. OLSEN</u> NTH. LODGE	<u>B. FORD</u> HUNTER	<u>B. FORD</u> HUNTER
45	35.77 (80)	1.21.39 (83)	2.58.05 (83)
49	<u>J. GIBSON</u> POW. POINTS	<u>B. POWER</u> CLAREMONT	<u>A. GREGSON</u> HILLS
50	35.90 (81)	1.22.33 (83)	3.01.02 (83)
54	<u>K. BOARDMAN</u> VALLEY	<u>D. LOELIGER</u> AD. MAST.	<u>D. LOELIGER</u> AD. MAST.
55	37.01 (81)	1.24.40 (81)	3.07.71 (81)
59	<u>J. CAMPBELL</u> COO./RAND.	<u>J. CAMPBELL</u> COO./RAND.	<u>J. CAMPBELL</u> COO./RAND.
60	39.94 (81)	1.31.30 (81)	3.19.75 (81)
64	<u>K. LITTLE</u> COO./RAND.	<u>J. JENKINS</u> MANLY	<u>J. JENKINS</u> MANLY
65	39.66 (83)	1.29.73 (83)	3.41.55 (83)
69	<u>D. JEFFREY</u> CLAREMONT	<u>D. JEFFREY</u> CLAREMONT	<u>G. WILLIAMS</u> INGLEWOOD
70	46.76 (81)	1.43.57 (81)	4.05.73 (81)
74	<u>E. WILLIAMS</u> CLAREMONT	<u>E. WILLIAMS</u> CLAREMONT	<u>H. STEINKAMP</u> NTH. LODGE
75	49.48 (83)	1.55.87 (83)	4.43.45 (83)
79	<u>F. GRIFFITHS</u> ETTALONG	<u>F. GRIFFITHS</u> ETTALONG	<u>J. ROGERS</u> NTH. LODGE
80	55.44 (81)	3.03.62 (83)	6.40.45 (83)
84	<u>F. LOUGH</u> MANLY	<u>F. RICHARDS</u> BRISB. NORTH	<u>F. RICHARDS</u> BRISB. NORTH
85		3.39.75 (79)	
89		<u>B. BROWNJOHN</u> WOOLLAHRA	

AGE	IND. MEDLEY	
	200M	400M
20		
24		
25	2.25.33 (82)	5.36.73 (82)
29	<u>S. BADGER</u> COO./RAND.	<u>M. SAUNDERS</u> EV. PARK
30	2.28.70 (82)	6.08.85 (83)
34	<u>R. TAYLOR</u> MANLY	<u>B. BAYLEY</u> NTH. LODGE
35	2.37.64 (81)	6.32.35 (83)
39	<u>P. WYATT</u> COO./RAND.	<u>G. JAMES</u> POW. POINTS
40	2.37.92 (83)	5.51.93 (82)
44	<u>R. CAMPION</u> POW. POINTS	<u>R. CAMPION</u> POW. POINTS
45	2.45.48 (81)	6.54.70 (83)
49	<u>D. LOELIGER</u> AD. MAST.	<u>I. WINGATE</u> ATLANTIS
50	2.48.43 (83)	8.06.70 (83)
54	<u>D. LOELIGER</u> AD. MAST.	<u>D. McCORMICK</u> HILLS
55	3.07.10 (81)	
59	<u>J. CAMPBELL</u> COO./RAND.	
60	3.17.09 (83)	7.41.74 (83)
64	<u>K. LITTLE</u> COO./RAND.	<u>R. McCABE</u> NTH. LODGE
65	3.28.26 (83)	
69	<u>D. JEFFREY</u> CLAREMONT	
70	3.45.86 (81)	
74	<u>E. WILLIAMS</u> CLAREMONT	
75	4.06.16 (83)	
79	<u>F. GRIFFITHS</u> ETTALONG	
80		
84		

AGE	BREASTSTROKE		
	50M	100M	200M
20			
24			
25	33.57 (81)	1.13.88 (80)	2.51.46 (83)
29	<u>G. LARKINS</u> NTH. SYDNEY	<u>G. BUSH</u> ATLANTIS	<u>G. BONEHAM</u> ROCKHAMPTON
30	33.99 (83)	1.19.47 (82)	2.57.37 (83)
34	<u>G. BUSH</u> ATLANTIS	<u>S. SELIG</u> POW. POINTS	<u>L. COOK</u> ETTALONG
35	35.09 (81)	1.18.99 (81)	2.57.78 (81)
39	<u>D. OXER</u> CLAREMONT	<u>D. OXER</u> CLAREMONT	<u>A. HUMPHREYS</u> VALLEY
40	35.42 (80)	1.18.62 (82)	2.50.69 (83)
44	<u>M. MALONEY</u> POW. POINTS	<u>M. MALONEY</u> POW. POINTS	<u>M. MALONEY</u> POW. POINTS
45	35.40 (83)	1.24.25 (81)	3.10.19 (81)
49	<u>M. WITHERS</u> WARRINGAH	<u>D. LOELIGER</u> AD. MAST.	<u>D. LOELIGER</u> AD. MAST.
50	38.27 (83)	1.25.50 (82)	3.03.72 (83)
54	<u>J. DAVIES</u> MARION	<u>H. MARCUS</u> GOLD COAST	<u>D. LOELIGER</u> AD. MAST.
55	39.24 (82)	1.32.48 (79)	3.41.72 (83)
59	<u>J. BERNDES</u> SOMERSET	<u>R. McCABE</u> NTH. LODGE	<u>K. VICKERY</u> ETTALONG
60	41.93 (83)	1.36.81 (83)	3.34.99 (81)
64	<u>S. KRASEY</u> NTH. LODGE	<u>R. McCABE</u> NTH. LODGE	<u>R. McCABE</u> NTH. LODGE
65	45.84 (82)	1.46.00 (83)	4.47.06 (83)
69	<u>D. JEFFREY</u> CLAREMONT	<u>D. JEFFREY</u> CLAREMONT	<u>H. CILENTO</u> AD. MAST.
70	52.26 (82)	1.58.81 (80)	4.25.51 (81)
74	<u>N. SIMCOE</u> SOMERSET	<u>H. STEINKAMP</u> NTH. LODGE	<u>H. STEINKAMP</u> NTH. LODGE
75	53.60 (83)	2.02.91 (83)	4.44.15 (81)
79	<u>F. GRIFFITHS</u> ETTALONG	<u>F. GRIFFITHS</u> ETTALONG	<u>E. WALTHER</u> MANLY
80	1.31.28 (83)	3.56.26 (83)	
84	<u>G. EDWARDS</u> MELVILLE	<u>G. EDWARDS</u> MELVILLE	

BUTTERFLY		
50M	100M	200M
27.17 (82)	1.01.55 (82)	2.23.27 (83)
<u>S. BADGER</u> COO./RAND.	<u>S. BADGER</u> COO./RAND.	<u>D. BEGG</u> CAMPBELLTOWN
28.46 (81)	1.05.91 (81)	2.33.20 (81)
<u>D. NEESHAM</u> MELVILLE	<u>R. LINDFORD</u> CANBERRA	<u>R. LINDFORD</u> CANBERRA
28.96 (83)	1.09.80 (82)	2.47.16 (83)
<u>D. NEESHAM</u> MELVILLE	<u>B. EASTOE</u> POW. POINTS	<u>P. WYATT</u> COO./RAND.
30.13 (83)	1.08.71 (83)	2.40.02 (83)
<u>P. GILMOUR</u> LANE COVE	<u>P. GILMOUR</u> LANE COVE	<u>P. GILMOUR</u> LANE COVE
32.03 (83)	1.14.04 (81)	2.51.15 (82)
<u>W. HOWES</u> COO./RAND.	<u>J. WILLIAMS</u> TAMWORTH	<u>J. CRISP</u> GOLD COAST
33.05 (82)	1.15.24 (82)	3.01.30 (83)
<u>J. WILLIAMS</u> TAMWORTH	<u>J. WILLIAMS</u> TAMWORTH	<u>J. WILLIAMS</u> TAMWORTH
35.19 (81)	1.31.75 (81)	
<u>J. CAMPBELL</u> COO./RAND.	<u>J. CAMPBELL</u> COO./RAND.	
40.01 (81)	1.40.32 (81)	3.47.11 (81)
<u>K. LITTLE</u> COO./RAND.	<u>R. McCABE</u> NTH. LODGE	<u>R. McCABE</u> NTH. LODGE
44.36 (83)	1.49.04 (83)	5.33.04 (83)
<u>D. JEFFREY</u> CLAREMONT	<u>D. JEFFREY</u> CLAREMONT	<u>I. CRAIG</u> MANLY
50.78 (81)	2.11.77 (81)	
<u>F. GRIFFITHS</u> ETTALONG	<u>F. GRIFFITHS</u> ETTALONG	
55.53 (83)		
<u>F. GRIFFITHS</u> ETTALONG		

National Records as at 23-1-84 SHORT COURSE – WOMEN

AGE	FREESTYLE					
	50M	100M	200M	400M	800M	1500M
20 24	28.89 (83) S. BRISTOW HUNTER	1.04.99 (83) S. BRISTOW HUNTER	2.35.43 (83) L. ARNOLD HUNTER	6.24.94 (83) L. GARFOOT ATLANTIS		
25 29	29.10 (80) L. KEEN NTH. LODGE	1.08.15 (83) L. CUTHBERTSON SUMMERLAND	2.31.50 (79) R. COBBE EV. PARK	5.25.73 (80) M. ROBINSON COO./RAND.	11.16.50 (79) R. COBBE EV. PARK	21.55.40 (79) L. POTTER AD. MAST.
30 34	30.55 (83) L. MCKENZIE OSB. PARK	1.09.43 (79) G. STARK CANBERRA	2.36.52 (79) G. STARK CANBERRA	5.25.20 (75) E. STEWART WOOLLAHRA	11.47.94 (80) G. STARK CANBERRA	22.16.00 (78) E. LONG MANLY
35 39	32.72 (83) B. BYERS CARINE	1.14.70 (83) V. MURPHY AD. MAST.	2.52.06 (81) G. ROBERTSON CLAREMONT	6.03.20 (80) V. MURPHY AD. MAST.	12.44.60 (78) B. NEWBY TAMWORTH	23.57.00 (79) B. NEWBY TAMWORTH
40 44	32.25 (82) K. WILLIAMS AD. MAST.	1.13.17 (83) J. WATSON WARRINGAH	2.48.52 (83) L. JOHNSTONE MANLY	6.11.30 (79) B. WILSON NTH. LODGE	13.07.36 (79) M. WILSON TAMWORTH	25.08.17 (79) M. WILSON TAMWORTH
45 49	35.20 (79) B. WILSON NTH. LODGE	1.17.86 (79) B. WILSON NTH. LODGE	2.51.40 (79) B. WILSON NTH. LODGE	6.02.50 (79) B. WILSON NTH. LODGE	12.28.26 (83) B. WILSON NTH. LODGE	23.59.40 (79) B. WILSON NTH. LODGE
50 54	36.78 (79) J. SANSOM AD. MAST.	1.24.00 (79) J. SANSOM AD. MAST.	3.05.20 (78) J. SANSOM AD. MAST.	6.40.10 (80) J. SANSOM AD. MAST.	13.16.02 (79) J. SANSOM AD. MAST.	25.29.26 (80) J. SANSOM AD. MAST.
55 59	37.72 (83) J. SANSOM AD. MAST.	1.25.20 (83) E. WALLIS WARRINGAH	3.13.21 (78) D. BROWN AD. MAST.	7.20.10 (78) D. BROWN AD. MAST.	15.48.00 (79) E. WATSON CRO./SUTH.	30.30.00 (78) B. GRACE NAROOMA
60 64	37.76 (83) P. DOWN ETTALONG	1.36.90 (77) B. BARRIE WOOLLAHRA	3.44.70 (76) B. BARRIE WOOLLAHRA	7.52.23 (81) E. WATSON CRO./SUTH.	16.40.50 (79) S. MOILER INGLEWOOD	42.09.28 (79) J. MEAGHER CRO./SUTH.
65 69	44.73 (80) B. BARRIE WOOLLAHRA	1.38.75 (81) B. BARRIE COO./RAND.	4.07.70 (82) M. BOASE AD. MAST.	7.42.63 (81) B. BARRIE COO./RAND.	16.46.27 (81) B. BARRIE COO./RAND.	32.20.85 (83) M. BOASE AD. MAST.
70 74	46.12 (83) M. WRIGHT OSB. PARK	1.55.50 (76) M. LEWIS WOOLLAHRA				
75 79	53.19 (82) E. SARGENT NTH. SYDNEY					
80 84		3.46.15 (79) V. FERNANCE BLACKTOWN				

AGE	BACKSTROKE			IND. MEDLEY		
	50M	100M	200M	100M	200M	400M
20 24	34.81 (83) S. BRISTOW HUNTER	1.20.41 (83) J. HARRISON TEA TREE GULLY	3.04.27 (83) S. GREGORY UNI	1.16.33 (83) P. KEOUGH AD. MAST.	2.53.44 (83) H. TUCKER MARION	
25 29	35.24 (79) B. ANDERSON INGLEWOOD	1.16.80 (79) B. ANDERSON INGLEWOOD	2.51.18 (81) M. ECCLESTON COO./RAND.	1.18.00 (80) K. HEENAN AD. MAST.	2.57.94 (80) M. ROBINSON COO./RAND.	6.00.99 (80) K. HEENAN AD. MAST.
30 34	36.01 (79) G. STARK CANBERRA	1.18.00 (79) G. STARK CANBERRA	2.50.02 (79) G. STARK CANBERRA	1.16.19 (83) L. MCKENZIE OSB. PARK	2.54.00 (79) G. STARK CANBERRA	6.33.08 (83) P. SOMMERVILLE HILLS
35 39	37.24 (81) T. DALLWITZ ATLANTIS	1.24.92 (81) T. DALLWITZ ATLANTIS	3.08.14 (83) C. WOODHOUSE HILLS	1.22.48 (83) C. EVERINGHAM HUNTER	3.08.20 (79) A. BARRETT NTH. LODGE	6.50.44 (81) V. MURPHY AD. MAST.
40 44	37.46 (83) M. STANTON WARRINGAH	1.22.19 (83) M. STANTON WARRINGAH	3.02.43 (83) M. STANTON WARRINGAH	1.23.90 (83) M. STANTON WARRINGAH	3.29.90 (79) M. WILSON TAMWORTH	7.29.70 (79) B. WILSON NTH. LODGE
45 49	40.64 (82) A. KINNAIRD FRANKSTON	1.29.62 (83) A. KINNAIRD FRANKSTON	3.28.59 (79) B. WILSON NTH. LODGE	1.36.59 (80) B. WILSON NTH. LODGE	3.35.80 (79) B. WILSON NTH. LODGE	7.20.00 (79) B. WILSON NTH. LODGE
50 54	42.70 (77) M. DUFFY QLD.	1.37.60 (78) M. DUFFY QLD.	3.40.08 (81) E. WALLIS MANLY	1.36.42 (80) J. SANSOM AD. MAST.	4.25.27 (81) S. WOODBROCK MAIDA VALE	
55 59	44.33 (83) E. WALLIS WARRINGAH	1.49.97 (83) J. SANSOM AD. MAST.	3.40.75 (83) E. WALLIS WARRINGAH	1.40.67 (83) J. SANSOM AD. MAST.	4.44.79 (81) E. MABLE COO./RAND.	
60 64	45.47 (83) P. DOWN ETTALONG	2.08.60 (79) A. EIFLER MAD. VALE	4.23.79 (81) M. DUTTON POW. POINTS	1.43.32 (82) M. DUTTON POW. POINTS	4.51.81 (81) R. THORNLEY COO./RAND.	
65 69	58.86 (83) L. JOHNSON MANLY	2.02.01 (81) B. BARRIE COO./RAND.		1.52.64 (81) B. BARRIE COO./RAND.		
70 74	55.38 (83) M. WRIGHT OSB. PARK	2.00.74 (83) M. WRIGHT OSB. PARK		4.00.90 (82) A. HARDY NTH. LODGE		
75 79	1.14.77 (83) M. BISHOP MELVILLE					
80 84	1.49.24 (79) V. FERNANCE BLACKTOWN					

AGE	BREASTSTROKE			BUTTERFLY		
	50M	100M	200M	50M	100M	200M
20	40.75 (83)	1.28.70 (83)	3.20.34 (83)	33.50 (83)	1.19.66 (83)	3.58.01 (83)
24	<u>J. WATERHOUSE</u> AD. MAST.	<u>J. WATERHOUSE</u> AD. MAST.	<u>M. JARVIS</u> MARION	<u>S. BRISTOW</u> HUNTER	<u>J. WATERHOUSE</u> AD. MAST.	<u>T. COLYER</u> A.C.T.
25	38.94 (82)	1.24.98 (82)	3.05.09 (83)	33.20 (79)	1.17.52 (79)	2.46.05 (83)
29	<u>A. WALLMAN</u> AD. MAST.	<u>A. WALLMAN</u> AD. MAST.	<u>L. MADDISON</u> AD. MAST.	<u>K. HEENAN</u> AD. MAST.	<u>L. MCKENZIE</u> OSB. PARK	<u>L. CUTHBERTSON</u> LISMORE
30	40.60 (77)	1.28.48 (83)	3.13.21 (83)	34.10 (75)	1.28.15 (83)	3.19.96 (81)
34	<u>J. McLEOD</u> VICT.	<u>P. SOMMERVILLE</u> HILLS	<u>P. SOMMERVILLE</u> HILLS	<u>E. STEWART</u> WOOLLAHRA	<u>J. KEAST</u> TEA TREE GULLY	<u>L. POTTER</u> AD. MAST.
35	40.02 (83)	1.29.50 (78)	3.25.10 (78)	38.65 (81)	1.37.43 (83)	3.47.26 (79)
39	<u>C. EVERINGHAM</u> HUNTER	<u>A. BARRETT</u> NTH. LODGE	<u>A. BARRETT</u> NTH. LODGE	<u>D. CAMPBELL</u> COO./RAND.	<u>C. WOODHOUSE</u> HILLS	<u>B. NEWBY</u> TAMWORTH
40	42.95 (82)	1.40.85 (82)	3.43.62 (83)	38.73 (82)	1.35.71 (83)	4.07.50 (78)
44	<u>G. ROBINSON</u> NTH. LODGE	<u>K. WILLIAMS</u> AD. MAST.	<u>H. DUNCAN</u> CAMPBELLTOWN	<u>A. WYATT</u> BADDAGINNIE	<u>J. WATSON</u> WARRINGAH	<u>B. WILSON</u> NTH. LODGE
45	45.20 (75)	1.44.00 (76)	4.06.90 (79)	43.10 (75)	1.49.60 (79)	3.54.30 (79)
49	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>J. BRIDGER</u> MELVILLE	<u>J. SANSOM</u> AD. MAST.	<u>B. WILSON</u> NTH. LODGE	<u>B. WILSON</u> NTH. LODGE
50	45.20 (79)	1.40.60 (78)	3.40.20 (78)	41.40 (79)	2.23.72 (81)	4.10.50 (79)
54	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>M. MACKINNON</u> C.D.S.	<u>J. NAIRN</u> NELSON BAY
55	45.23 (83)	1.42.47 (83)	4.00.48 (83)	42.60 (83)	1.49.92 (83)	5.14.42 (82)
59	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>J. SANSOM</u> AD. MAST.	<u>M. MACKINNON</u> C.D.S.
60	50.00 (76)	1.49.99 (81)	4.33.40 (79)	49.40 (76)		
64	<u>B. BARRIE</u> WOOLLAHRA	<u>M. DUTTON</u> POW. POINTS	<u>A. EIFLER</u> MAIDA VALE	<u>B. BARRIE</u> WOOLLAHRA		
65	54.49 (81)	2.00.83 (80)	5.20.64 (83)	1.04.99 (83)	2.25.98 (83)	
69	<u>B. BARRIE</u> WOOLLAHRA	<u>B. BARRIE</u> WOOLLAHRA	<u>M. BOASE</u> AD. MAST.	<u>M. BOASE</u> AD. MAST.	<u>M. BOASE</u> AD. MAST.	
70	1.18.50 (79)	2.30.39 (83)				
74	<u>M. BISHOP</u> MELVILLE	<u>M. WRIGHT</u> OSBORNE PARK				
75						
79						

National Records as at 23-1-84 SHORT COURSE – MEN

AGE	FREESTYLE					
	50M	100M	200M	400M	800M	1500M
20	26.06 (83)	54.02 (83)	2.08.20 (83)	4.20.27 (83)	11.57.23 (83)	
24	<u>P. COSGROVE</u> HUNTER	<u>R. MACKAY</u> WEST. DISTRICTS	<u>B. ARNOLD</u> HUNTER	<u>R. MACKAY</u> WEST. DISTRICTS	<u>A. BUCHALKA</u> BLUE LAKES	
25	25.08 (83)	58.01 (83)	1.59.45 (83)	4.19.72 (83)	10.11.00 (78)	20.39.00 (79)
29	<u>R. MACKAY</u> WEST. DIST.	<u>G. GOODWIN</u> WEST. DIST.	<u>R. MACKAY</u> WEST. DIST.	<u>G. GOODWIN</u> WEST. DIST.	<u>R. TODHUNTER</u> HUNTER	<u>B. SHAPLAND</u> TRI-SPORTS
30	26.40 (78)	58.48 (82)	2.14.50 (79)	4.39.30 (79)	10.00.00 (81)	19.46.14 (80)
34	<u>R. PATTERSON</u> NTH. LODGE	<u>G. BUSH</u> ATLANTIS	<u>C. SHAPLAND</u> EV. PARK	<u>P. LACEY</u> EV. PARK	<u>E. SWINNERTON</u> HILLS	<u>E. HANNINEN</u> COO./RAND.
35	26.30 (78)	58.60 (78)	2.20.00 (80)	4.51.70 (78)	10.20.00 (80)	20.29.00 (79)
39	<u>T. STRAHAN</u> GEELONG	<u>T. STRAHAN</u> GEELONG	<u>J. KOOREY</u> MANLY	<u>T. STRAHAN</u> GEELONG	<u>R. CAMPION</u> POW. POINTS	<u>B. LAWSON</u> HUNTER
40	27.49 (83)	1.00.95 (83)	2.23.84 (79)	4.55.80 (76)	10.38.62 (80)	20.16.00 (79)
44	<u>G. KING</u> AD. MAST.	<u>G. KING</u> AD. MAST.	<u>B. HUTCHINGS</u> ETTALONG	<u>J. CRISP</u> GOLD COAST	<u>A. GREGSON</u> HILLS	<u>A. GREGSON</u> HILLS
45	27.49 (79)	1.02.03 (79)	2.26.80 (80)	5.23.00 (78)	10.37.10 (79)	21.49.96 (81)
49	<u>J. WILLIAMS</u> TAMWORTH	<u>J. WILLIAMS</u> TAMWORTH	<u>R. ROSS</u> AD. MAST.	<u>J. BROWNJOHN</u> ST. GEORGE	<u>R. ROSS</u> AD. MAST.	<u>L. WATKINS</u> MAIDA VALE
50		1.04.01 (83)	2.30.11 (83)	5.37.00 (79)	12.10.90 (78)	23.24.95 (80)
54		<u>J. WILLIAMS</u> TAMWORTH	<u>D. LOELIGER</u> AD. MAST.	<u>R. HARTLEY</u> MELVILLE	<u>K. VICKERY</u> ETTALONG	<u>J. LEGLER</u> TAMWORTH
55	30.48 (81)	1.10.10 (76)	2.39.27 (81)	5.44.50 (78)	12.09.14 (79)	23.40.32 (79)
59	<u>J. CAMPBELL</u> COO./RAND.	<u>K. LITTLE</u> WOOLLAHRA	<u>R. HARTLEY</u> MELVILLE	<u>K. VICKERY</u> ETTALONG	<u>K. VICKERY</u> ETTALONG	<u>K. VICKERY</u> ETTALONG
60	32.15 (82)	1.16.84 (82)	2.50.61 (82)	6.26.20 (76)	12.48.52 (81)	24.55.82 (82)
64	<u>K. WATSON</u> M.U.G.S.	<u>K. WATSON</u> M.U.G.S.	<u>T. GEARY</u> AD. MAST.	<u>J. CRAIG</u> MANLY	<u>B. HARRIS</u> ETTALONG	<u>B. HARRIS</u> ETTALONG
65	35.50 (76)	1.30.20 (79)	3.18.53 (83)	6.57.40 (75)	14.22.21 (81)	28.02.39 (81)
69	<u>J. HARVIE</u> NTH. SYDNEY	<u>H. STEINKAMP</u> NTH. LODGE	<u>L. SCHENK</u> LARGS.	<u>G. RYAN</u> MANLY	<u>K. FORD</u> COO./RAND.	<u>K. FORD</u> COO./RAND.
70	36.60 (76)	1.23.60 (76)	4.47.10 (80)	6.31.20 (75)		
74	<u>G. RYAN</u> MANLY	<u>G. RYAN</u> MANLY	<u>E. WALTHER</u> MANLY	<u>O. GRIFFITH</u> MANLY		
75	37.40 (75)	1.30.40 (75)	4.39.45 (79)	7.00.60 (77)	21.38.00 (79)	41.28.00 (79)
79	<u>F. LOUGH</u> MANLY	<u>F. LOUGH</u> MANLY	<u>F. WILSON</u> ETTALONG	<u>F. LOUGH</u> MANLY	<u>F. WILSON</u> ETTALONG	<u>F. WILSON</u> ETTALONG
80	39.60 (78)	1.34.80 (78)		7.05.20 (78)		
84	<u>F. LOUGH</u> MANLY	<u>F. LOUGH</u> MANLY		<u>F. LOUGH</u> MANLY		
85	1.12.84 (79)					
89	<u>B. BROWNJOHN</u> ST. GEORGE					

AGE	BACKSTROKE			IND. MEDLEY		
	50M	100M	200M	100M	200M	400M
20 24	30.40 (83) B. ARNOLD HUNTER	1.08.52 (83) R. MACKAY WEST. DISTRICTS	3.28.39 (83) R. JACKSON BLUE LAKES	1.08.30 (83) P. COSGROVE HUNTER	2.39.94 (83) G. HILL WEST. DISTRICTS	
25 29	30.90 (75) P. O'BRIEN WOOLLAHRA	1.10.21 (83) G. GOODWIN WEST. DISTRICTS	2.33.52 (79) S. DOMNEY HUNTER	1.04.83 (81) D. WILSON COO./RAND.	2.25.89 (80) D. WILSON COO./RAND.	5.23.10 (80) M. SAUNDERS EV. PARK
30 34	32.10 (79) C. VACCARI NTH. LODGE	1.12.80 (80) J. DEAN MANLY	2.48.90 (80) J. DEAN MANLY	1.09.40 (79) P. WYATT WOOLLAHRA	2.32.62 (82) G. BUSH ATLANTIS	5.45.74 (79) P. WYATT WOOLLAHRA
35 39	31.00 (81) G. JAMES POW. POINTS	1.17.80 (78) J. OLSEN NTH. LODGE	2.41.91 (81) G. JAMES POW. POINTS	1.10.30 (81) P. WYATT WOOLLAHRA	2.37.46 (83) P. WYATT COO./RAND.	5.52.30 (80) D. CAMPION POW. POINTS
40 44	33.70 (75) R. BARRY W'GONG	1.18.90 (79) P. FRIES HILLS	2.54.08 (80) A. GREGSON HILLS	1.10.22 (81) D. CAMPION POW. POINTS	2.47.83 (83) G. KING AD. MASTERS	6.04.10 (80) A. GREGSON HILLS
45 49	35.80 (77) R. BARRY W'GONG	1.20.77 (83) R. ANDREW MELVILLE	3.04.04 (82) C. BELL TOWNSVILLE	1.15.04 (79) J. WILLIAMS TAMWORTH	2.52.20 (78) J. WILLIAMS TAMWORTH	6.12.20 (83) A. GREGSON HILLS
50 54	38.22 (81) J. CAMPBELL COO./RAND.	1.23.62 (83) D. LOELIGER AD. MAST.	3.15.48 (79) J. CAMPBELL WOOLLAHRA	1.16.55 (83) D. LOELIGER AD. MAST.	2.48.06 (83) D. LOELIGER AD. MAST.	6.01.00 (83) D. LOELIGER AD. MAST.
55 59	37.50 (75) J. ALLEN ST. GEORGE	1.36.15 (83) D. REDPATH TEA TREE GULLY	3.36.19 (79) K. VICKERY ETTALONG	1.20.88 (81) J. CAMPBELL COO./RAND.	3.26.87 (79) K. VICKERY ETTALONG	7.21.42 (80) K. VICKERY ETTALONG
60 64	42.53 (82) K. WATSON M.U.G.S.	1.40.81 (82) T. GEARY AD. MAST.	3.49.17 (80) B. HARRIS ETTALONG	1.27.42 (81) K. LITTLE COO./RAND.	3.25.64 (81) F. SYKES COO./RAND.	8.23.30 (80) B. HARRIS ETTALONG
65 69	42.48 (83) D. JEFFREY CLAREMONT	1.50.45 (81) A. LAMERS MELVILLE	4.29.84 (81) A. LAMERS MELVILLE	1.32.00 (83) D. JEFFREY CLAREMONT	4.27.73 (81) K. FORD COO./RAND.	
70 74	50.53 (81) H. STEINKAMP NTH. LODGE	2.02.80 (79) W. McLINTOCK MANLY		1.50.75 (81) E. WILLIAMS CLAREMONT		
75 79	1.13.68 (79) F. WILSON ETTALONG	3.21.87 (79) F. WILSON ETTALONG	7.04.00 (79) F. WILSON ETTALONG	2.24.89 (81) E. WALTHER MANLY		
80 84	52.50 (78) F. LOUGH MANLY	1.56.00 (78) F. LOUGH MANLY				
85 89	1.36.70 (78) B. BROWNJOHN ST. GEORGE	3.39.10 (78) B. BROWNJOHN ST. GEORGE				

AGE	BREASTSTROKE			BUTTERFLY		
	50M	100M	200M	50M	100M	200M
20 24	33.16 (83) B. ARNOLD HUNTER	1.14.02 (83) B. ARNOLD HUNTER	3.11.27 (83) N. SMITH WEST. DISTRICTS	28.01 (83) B. ARNOLD HUNTER	1.02.78 (83) R. MACKAY WEST. DISTRICTS	
25 29	32.57 (81) D. WILSON COO./RAND.	1.14.55 (79) N. LAVERS CARINE	2.45.70 (79) N. LAVERS CARINE	29.12 (80) B. GRIFFITHS POW. POINTS	1.04.49 (83) G. GOODWIN WEST. DISTRICTS	2.26.82 (80) M. SAUNDERS EV. PARK
30 34	34.24 (82) G. BUSH ATLANTIS	1.12.74 (82) G. BUSH ATLANTIS	2.53.00 (79) P. WYATT WOOLLAHRA	29.90 (75) G. ELLIOTT CRO./SUTH.	1.07.69 (79) D. GERRARD LAUNCESTON	3.22.50 (80) C. SHAPLAND TOOWOOMBA
35 39	35.40 (75) M. WITHERS BALMAIN	1.19.65 (82) P. WYATT COO./RAND.	2.55.52 (82) P. WYATT COO./RAND.	30.50 (78) T. STRAHAN GEELONG	1.09.03 (80) P. GILMOUR NTH. LODGE	2.36.43 (80) P. GILMOUR NTH. LODGE
40 44	35.62 (80) M. MALONEY POW. POINTS	1.25.10 (79) B. LAWSON HUNTER	3.01.83 (79) G. STUTSEL CRO./SUTH.	30.99 (81) D. CAMPION POW. POINTS	1.19.00 (76) J. WILLIAMS TAMWORTH	3.04.72 (80) A. GREGSON HILLS
45 49	38.07 (79) J. WILLIAMS TAMWORTH	1.24.05 (81) D. LOELIGER AD. MAST.	3.08.06 (82) D. LOELIGER AD. MAST.	31.28 (81) W. HOWES COO./RAND.	1.15.00 (79) J. WILLIAMS TAMWORTH	2.59.54 (79) J. WILLIAMS TAMWORTH
50 54	37.81 (83) D. LOELIGER AD. MAST.	1.23.10 (83) D. LOELIGER AD. MAST.	3.28.92 (82) J. DAVIES MARION	33.77 (83) J. WILLIAMS TAMWORTH	1.20.18 (83) D. LOELIGER AD. MAST.	
55 59	40.50 (79) R. McCABE NTH. LODGE	1.34.00 (78) R. McCABE NTH. LODGE	3.28.00 (79) R. McCABE NTH. LODGE	38.85 (82) T. DONOVAN NTH. LODGE	1.40.70 (79) R. McCABE NTH. LODGE	3.40.26 (80) R. McCABE NTH. LODGE
60 64	41.51 (80) R. McCABE NTH. LODGE	1.36.87 (80) R. McCABE NTH. LODGE	3.33.99 (81) R. McCABE NTH. LODGE	41.40 (80) R. McCABE NTH. LODGE	1.49.72 (83) R. McCABE NTH. LODGE	
65 69	49.91 (82) A. DEBONT MORDIALLOC	1.52.10 (79) H. STEINKAMP NTH. LODGE	4.10.00 (79) H. STEINKAMP NTH. LODGE	58.46 (80) K. FORD COO./RAND.	2.21.36 (81) K. FORD COO./RAND.	
70 74	54.26 (80) H. STEINKAMP NTH. LODGE	1.54.74 (81) H. STEINKAMP NTH. LODGE	4.15.00 (81) H. STEINKAMP NTH. LODGE	56.22 (80) H. STEINKAMP NTH. LODGE		
75 79	56.00 (83) B. WESTWOOD INGLEWOOD	2.12.55 (81) E. WALTHER MANLY	7.22.61 (79) F. WILSON ETTALONG	1.42.92 (79) F. WILSON ETTALONG		
80 84						

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- ★ RADIO-Tape player for your enjoyment
- ★ COLD DRINK water dispenser
- ★ Sit high and delight in the scenery through huge panoramic windows, of course they are
- ★ ANTI-SUN tinted and fitted with curtains
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Incorporated with

- ★ PERSONALISED SERVICE
- ★ SAFE, RELAXED DAYLIGHT TRAVEL
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- ★ PLANNED ITINERARY, FULL OF INTEREST AND PLEASURE

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