

# 'CAROL'S COMMENTS'



Here we are — back, bigger and better than before. I'm sorry we had to suspend publication of our September A.A.S. However, problems with the presentation of the journal and our image with advertisers was causing me as editor great concern. A new concept was presented to the delegates at the Mid Year Conference in September and they as your representatives decided that we should for the next twelve months contract with 'The Ink Connection' to publish "AUSSI Adult Swimming".

I now have access to professional advice regarding presentation and marketing. Also far greater control of the advertising. We hope that in the next

twelve months we can start showing income from advertising revenue. I know it's a big job. However, if you as members look to recommending the journal to potential advertisers, we'll do it.

I shall also be looking for articles, items for Changeroom Chatter, quips, cartoons. This is your journal and as I've said many times before, make it work for you.

What a busy time it is for a number of our Branches. Victoria is deep in preparation for the 84 Nationals (note all National Swim information on page \*\*). The A.C.T. Branch is ready to start planning for 1985. Western Australia is about to set up their State Office. We wish them luck and much support from not only their own membership but from their State Department of Sport Leisure and Tourism. South Australia is into research, which when completed, will be published in A.A.S. The computer programme that S.A. have had researched and developed for recording at major swims is being passed onto Victoria for our Nationals. (Peter Gillett's article on Recording with Computers is on page \*\*.)

Actually we do have very interesting reading for you. Kay Cox and Dick Campion's regular articles are back along with all the Branch News. You can read about the Aerobics Trophy, its beginnings in W.A. to its present growth. Of special interest is an article by Dr. Jaroslav Novak of Czechoslovakia. I have been corresponding with Dr. Novak for some time and was delighted when he agreed to write about the development of Masters Swimming in his country.

The Championships in New Zealand next year seem to be unearthing Masters groups all over the world. I find it's very stimulating to be in contact with so many people of different nations with this common interest of swimming and keeping fit. I have reprinted the tours AUSSI has organised with Air New Zealand and we are endeavouring to organise group air travel to Christchurch (see pages \*\*).

I have also included a brief summary of the Mid Year Conference Minutes. Any member requiring further details should contact their Branch Secretary. One item I should like to comment on is the motion that AUSSI would not seek sponsorship or advertising from Tobacco Firms. I am well aware that no-one is forced to smoke and that Tobacco Firms have poured thousands of dollars into sport and that the sportsmen and the public have benefitted from their sponsorship. However, there comes a time to be honest with one's aims and objectives — AUSSI's being to promote health and fitness through swimming. How does an organisation promote a healthy lifestyle while accepting funding from firms whose products are proven injurious to that lifestyle. Well that's enough of 'Carol on the corner soapbox'.

I know that Peter, Brian, Mary and Des hope 1983 has been a productive year for you at your club and that 1984 sees you going from strength to strength as you aim for that personal goal within AUSSI. From Maureen who is my right hand in the office and myself, we wish you and your families a joyous Christmas and a New Year full of hope and promise.

*Carol, Editor.*

## AUSSI ADULT SWIMMING NATIONAL SWIM and AUSTRALIAN CLUB CHAMPIONSHIPS

at  
STATE SWIM CENTRE  
Batman Avenue, Melbourne  
(heated 50m Indoor Pool)

on  
FRIDAY, APRIL 13, 1984  
SATURDAY, APRIL 14, 1984  
SUNDAY, APRIL 15, 1984

Enquiries  
National Secretary  
Australian Union of Senior  
Swimmers International  
BRIAN HIRD  
P.O. Box 456, Sutherland 2232  
Phone (02) 521 8636

or  
Swim Meet Secretary  
BARBARA WILSON  
5 Bennett Avenue, Mt. Waverley 3149  
Phone (03) 233 4847

## PROGRAM OF EVENTS

### FRIDAY, APRIL 13

Morning Session  
Start 8.30 a.m. Report 8.00 a.m.

Afternoon Session  
Start 2.00 p.m. Report 1.30 p.m.

1. 400m Freestyle
2. 100m Backstroke
3. 50m Breaststroke
4. 100m Butterfly
5. 200m Medley Relay Men's
6. 200m Medley Relay Women's

### SATURDAY, APRIL 14

Morning Session  
Start 8.30 a.m. Report 8.00 a.m.

Afternoon Session

Start 1.30 p.m.

Report 1.15 p.m.

7. 200m Backstroke
8. 50m Butterfly
9. 200m Breaststroke
10. 100m Freestyle

### OFFICIAL OPENING

11. 200m Speedo Freestyle Relay  
Men's
12. 200m Speedo Freestyle Relay  
Women's
13. 200m Individual Medley
14. 200m Freestyle Relay Men's
15. 200m Freestyle Relay Women's
16. 200m Mixed Medley Relay

### SUNDAY, APRIL 15

Morning Session  
Start 8.30 a.m. Report 8.00 a.m.

17. 50m Freestyle
18. 100m Breaststroke
19. 50m Backstroke
20. 200m Butterfly
21. 200m Mixed Freestyle Relay

Sunday afternoon available if time warranted.

WARM-UP POOL AVAILABLE.

# 'MEET YOU IN MELBOURNE'

AUSSI NATIONAL CHAMPIONSHIPS 13-14-15 APRIL 1984

## Carnival Management Committee

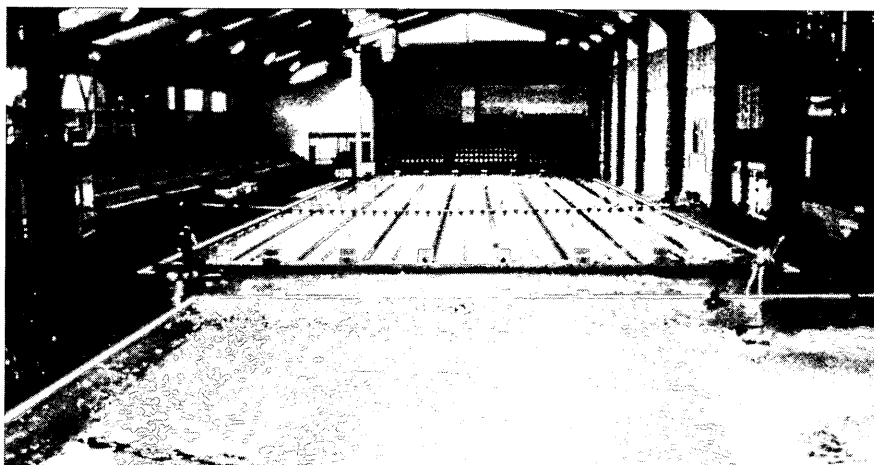
We thought we would let you know that we have been working on the 1984 Nationals since May of this year.

The 1956 Melbourne Olympics are still referred to as the "Friendly Games", and it is my committee's wish to convey to everyone we intend to follow the original example. However, our task is simplified when dealing with naturally friendly AUSSI people.

If you are undecided about coming to the 1984 Nationals then let us offer the following points to consider.

We will be using our recently renovated (approx. \$M5) State Centre indoor pool. It offers 8 lanes, 50 metres heated water plus approximately 20 x 20 metre diving pool which will be available throughout the day for warm ups.

The Victorian State Swimming Centre is situated on Batman Avenue, roughly 800 metres from Flinders Street Railway Station, plus the pool also has the Melbourne trams stopping immediately outside its front doors. This offers the international, interstate and country visitor the choice of staying in the city or in the more economical hostels in the suburbs. We will be forwarding maps depicting all places involved with the 1984 Nationals to all entrants prior to their arrival in Melbourne to assist them in booking accommodation.



*Venue... Victorian State Swimming Centre... Batman Avenue, Melbourne*

Apart from just being our nationals, the carnival will be the ideal warm-up for the First World Masters Swimming Championships in Christchurch N.Z. which follow one week later.

At this point of time arrangements have been made for a welcome to Melbourne barbecue Thursday evening 12 April at Power House Clubrooms Lakeside Drive, Albert Park. Further arrangements are being made for a "Happy Hour" Friday and Saturday evenings immediately after the last race of the day to be held at a nearby hotel. We can go there in our tracksuits etc., analyse the day's results over a quiet (or noisy) drink and plan how

to spend the rest of the evening and with whom. Finally we return to the Power House club rooms for the presentation luncheon Sunday afternoon. Catering arrangements will be made to feed those of us who have early travel departures, whilst the remainder can be fed at a more leisurely pace and get stuck into some music and dancing.

We hope we have given you enough of a tease to bring you to Australia's garden city next April.

Looking forward to meeting you in Melbourne.

*Dick Campion*

## NATIONAL SWIM 1984

### **RULES:**

AUSSI Rules as at January 1, 1984 apply.

### **AGE:**

Is age in years on April 13, 1984.

### **SEEDING OF EVENTS:**

All events will be timed heats — No finals. All entries will be seeded from slowest to fastest.

### **ENTRIES:**

Restricted to registered members of AUSSI or overseas Masters Swimming groups who are 20 or over on 13th April, 1984.

### **ENTRIES CLOSE 5TH MARCH, 1984**

Entries must be submitted by Club Secretaries on approved cards and summary sheets with correct fees to:

Jacki Campion,  
282 St. Kilda Street,  
35 Octavia Street,

Phone H. & W. (03) 534 2726

No late or illegible entries will be accepted. Suggest clubs include a phone contact. Send air express, rather than risk the mail.

### **TROPHIES:**

Founders' Trophy; Top Scoring Club; A.C.T. Runners-Up Trophy; Second place St. Leonards Travel Trophy; Top

Scoring Visiting Club (See Rule 11 [c] ii AAS September, 1981); Branch Relay Trophies; Top scoring club in each of 5 Relay age groups (6 events) Medals to each member of every winning relay team; Age Group High Pointscorers — Individuals who score 1st, 2nd, 3rd highest points.

### **SPEEDO RELAY:**

Championship Men's and Women's Open Relay sponsorship by Speedo. Entry fee Nil. Clubs should enter on approved cards stating each swimmer's details and time. Speedo prizes for winners. No points allocated.

### **POINTSCORE:**

Fastest time in age group 4 points; 2nd fastest 3; 3rd fastest 2; all others not disqualified 1 point. Relay double points — 8, 6, 4, 2.

### **AGE GROUPS:**

Separate for women and for men from 20-25 in 5 year brackets to 85 and over.

Relay age groups — 4 members with total of ages — Under 120 years, from 120 to 159 years, 160 to 199 years, 200 to 239 years, 240 to 279 years, 280 to 319 years, 320 and over.

One team per club per age group.

### **FEES:**

\$10 per Individual plus \$2 per Individual Event. Individuals limited to 7 events. Relays — \$5 per team per event.

### **PRESENTATION DINNER:**

Sunday, 15th April, 1984. Cost \$15 — must be paid with entry fees. Venue — Power House Clubhouse, Lakeside Drive, Albert Park. Smart casual, BBQ chicken, salads etc. Wine and drinks provided, dancing. Presentation — approximately 4 p.m.

### **SOCIAL SCENE:**

Thursday April 12, 5 p.m. to 9 p.m.

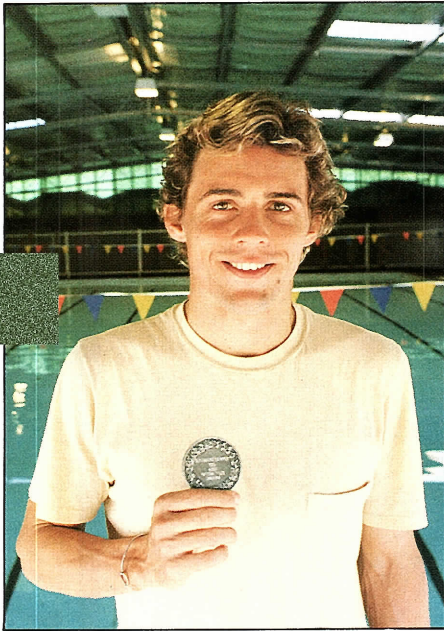
Welcoming function and registrations, Power House Clubhouse, Lakeside Drive, Albert Park. Casual, spit roast, salads etc. wine and drinks provided. Cost \$7 must be paid with entry fees.

Friday and Saturday April 13 and 14 5.30 p.m. to 7 p.m.

Happy Hour City Square, nibbles and drinks (limited amount provided free).

### **TRAVEL AND ACCOMMODATION:**

The organising committee has appointed Corona Travel Pty. Limited as official travel agents and Ansett Airlines as official carriers for the 1984 National Swim. Bulk accommodation at discounted rates in close proximity to the pool and within walking distance of Power House Clubhouse has been booked. All Clubs and interested persons will be for-



Mark Phillips — Outstanding swimmer of the meet

# The AUSSI Masters National Swim — Canberra 1985

**BY CAROL DAVIS**

*who covered the AUSSI Nationals for Swimming In Australia (and even managed to swim herself).*

If you've never attended an AUSSI Masters National Meet, then you've still got something to experience. The participants ages start from 20+ to over 85 years with ability and style also having the same wide range. That doesn't matter, the 'Gun Swimmers' get roundly cheered for top swims with record times, as does any swimmer who makes the distance, especially when those around the pool realise it's a 'personal' achievement. Just because it's an 'oldies' meet doesn't mean there isn't intense rivalry to see who will win their age group, which club will be "Top Club" at the Nationals, even interstate loyalties get an airing as the smaller clubs cheer on the other club swimmers from their state.

The Nationals are also a social occasion, often the only time some have to meet and compete against each other. A welcoming Barbecue is always the order of the day, and more than once some wit, has declared — 'Eat, drink and be merry, for tomorrow we swim', while others clutch their heads and declare they were suffering from temporary insanity when they entered the 400 metres.

Canberra turned on the sun for the 1985 Meet or was it for the Canberra Festival? Some 521 Masters Swimmers from every state in Australia converged on the National Capital, all keen to churn up the pool at the Sports Centre. Plus this meet celebrated the 10th Anniversary of constituted Masters Swimming in Australia (1975-1985) and everyone who competed received a commemorative souvenir medal.

The swimming commenced on Wednesday 13th and went through to Saturday 16th, host Branch AUSSI — ACT were a well organised unit under the direction of Meet Director, Robin Sweeny.

It became obvious from the first event that national records would be re-written in a variety of age groups. One outstanding effort was by Mark Phillips, 20, of Toowoomba who swam a record time in every event. He was closely followed by Roger Van Hamburg, 30, of Warringah, with 5 national records. The competition was tough as in the 50 to 54 age group, Robert Barry, 53, of Leisure Coast, NSW swam 3 national records, but had to be content with a 3rd placing. However, despite a very strong, competitive field in the 25-29 age group, there wasn't one new record. Harry Fowler, 80, of Summerland (Lismore, NSW) took home the gold with three national records, and if there had been a prize for dancing he'd have won that also.

For the ladies, Frances Vorrath, 71, of North Lodge (Melbourne), swam 6 National Records to just beat her older rival from the next age group Myrtle Wright, 75, of Osborne Park, Western Australia who had 5 to her credit. Jacqui Ryan, 21, Armidale NSW, re-wrote the 50-100 and 200m Breaststroke records but still had to be content with 3rd place. The best comeback of the meet was by Barbara Wilson, 51, North Lodge, (Melbourne, Vic.), who, despite being disqualified in the 200m Breaststroke, still took the gold medal on 24 points from Marjorie Bennett, 51, Powerpoints (Melbourne, Vic.), on 23. Marjorie's silver was complemented by three National Records in the 50-100 and 200m Backstroke. Swimming by invitation in the same age group was Anne McGuire, 50, of the United States Masters. Anne swam the seven individual events for 7 first placings and set 5 National Records in the 200m I.M., 50-100 and 200m Fly and the 200m Breaststroke. Another U.S. Masters swimmer, Nadine Whitehall, a regular at AUSSI Nationals and also swimming in the 50-54 age group showed just how strong the Americans are, by swimming 2nd to Anne in the form strokes and 2nd to Barbara in the 400m and 100m Freestyle.

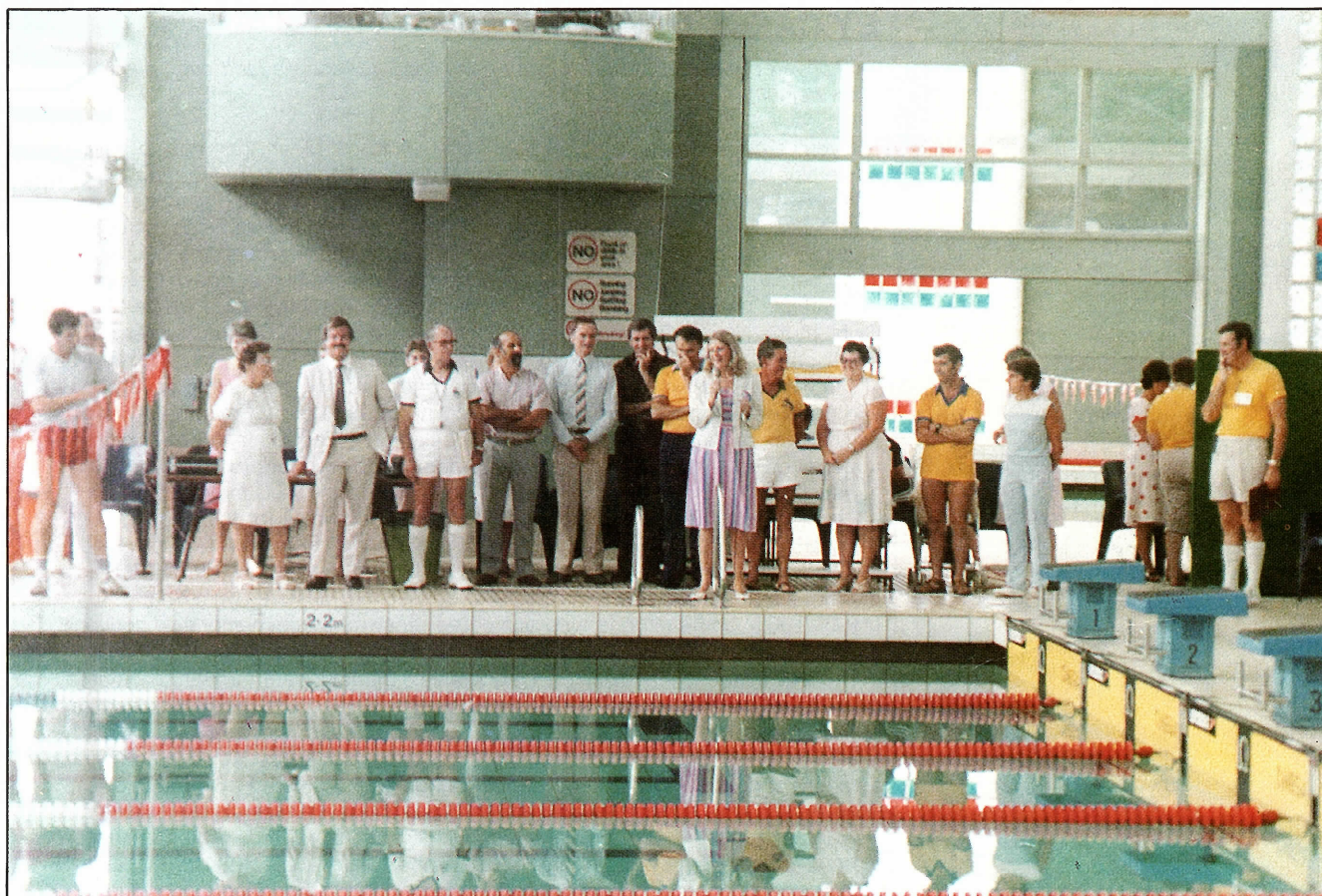
Team events are obviously popular, as the Relays proved, but the one the clubs



really enjoy is the Speedo Sprint, a 4x50m Freestyle dash featuring the best guys and gals the clubs can find. This year, Western Districts, SA, led by Robert Mackay took home the men's prize while North Lodge, Vic., the ladies.

Formalities at any Masters are kept to a minimum, the official opening on Friday was no exception, Mrs Ros Kelly MHR representing the Minister for Sport, Mr John Brown, officiated. Amongst the official guests invited to a luncheon were, David Brown, Executive Director of the A.S.U. and Brian Haddy of National Heart Foundation, the major sponsor of the meet.

The other 'formal' occasion is the Presentation Dinner where all the winners are presented with their medals, and the trophies to the winning clubs. Of special



*The Official Opening  
by Mrs Ros Kelly MHR*

significance this year was the presentation of a Life Membership to Gary Stutsel for sustained excellence in the service of AUSSI Masters. This is the first Life Membership ever awarded at National level, and it received a standing ovation. Swimming In Australia's awards to the Outstanding Performers at the meet turned out to be popular choices, Mark Phillips and Frances Vorrath. Mark who blitzed the 20-24 records nearly didn't attend, while Frances was making a comeback to 'competitive' swimming.

The entertainment was provided by a live band called 'Rigby' who played great dance music, but unfortunately called it a night at 1.00 a.m. Apparently some of the 'adult' ragers decided to disco on at the Canberra night spots and see the sun come up on Capital Hill — Well the Masters Motto is FITNESS & FUN.

**Top Club — Founders Trophy**

North Lodge, Victoria

**ACT Runners Up Trophy**

Adelaide Masters, SA

**Top Scoring Visiting Club Trophy**

North Lodge, Victoria

**City Mutual National Aerobics Shield**

Claremont, WA

**Swimming In Australia's Outstanding Swimmers of the Meet**



Frances Vorrath — North Lodge, Vic • Mark Phillips — Toowoomba, Qld

*National Heart Foundation Trophy*

Eileen Price, ACT

*Relay Shields*

Age groups 80 years & over — Adelaide Masters SA

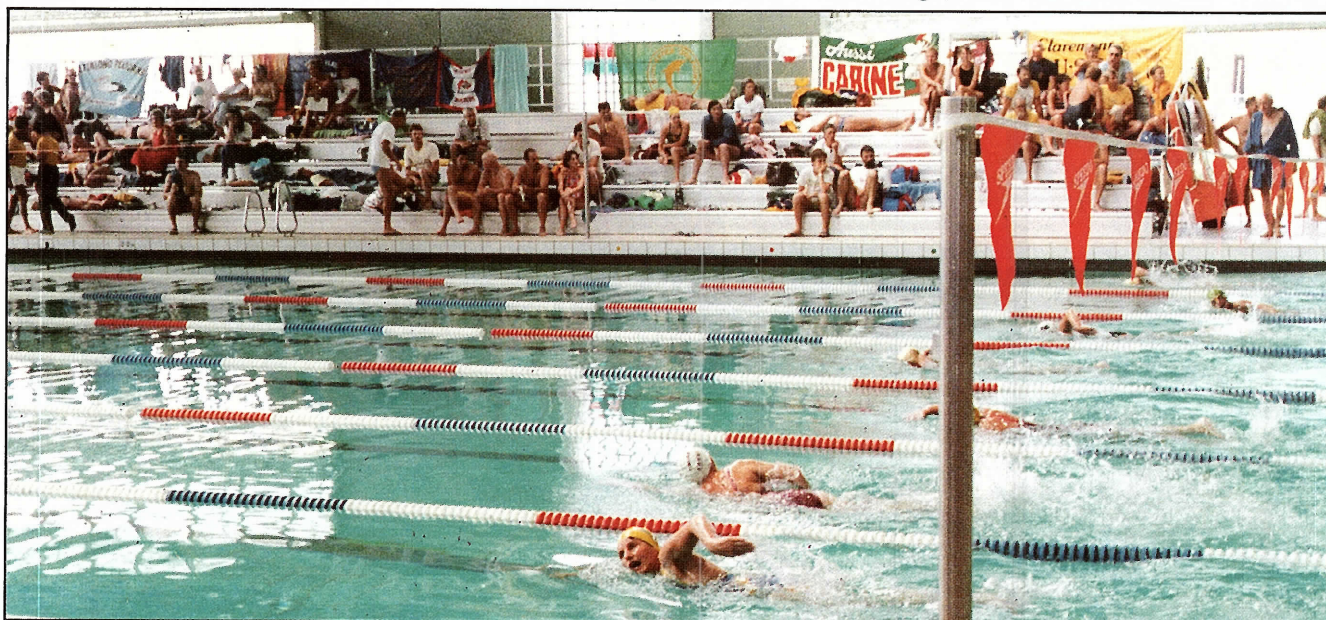
120 years & over — North Lodge, Vic

160 years & over — Warringah, NSW

200 years & over — North Lodge, Vic

240 years & over — North Lodge, Vic

280 years & over — North Lodge, Vic



# WOMEN

AGE GROUP	NAME	CLUB	PTS
85-89	VERA FERNANCE	BLA	20
75-79	MYRTLE WRIGHT	OSB	24
70-74	FRANCES VORRATH	NLO	28
	MAVIS BOASE	ADL	19
	DULCIE NICOLE	QGC	19
65-69	BERYL ANDERSON	NLO	25
	LILIAN JOHNSTON	MAN	19
	MARY GARTON	HIL	16
60-64	BETTY CALLAGHAN	MAN	24
	BERYL GRACE	LAN	23
	NANCYE ROWE	CRO	21
55-59	LIZ WALLIS	WARR	28
	JOSIE SANSOM	ADL	26
	CORRIE DE GROOT	NLO	18
50-54	BARBARA WILSON	NLO	24
	MARJORY BENNETT	POW	23
	BERNICE BORNHOLT	QGC	18
45-49	GLORIA ROBINSON	NLO	26
	MARGARET SMITH	NLO	22
	ALICE KINNAIRD	FRA	21
40-44	ALVA WYATT	BAD	23
	JAN WATSON	WAR	
	BARBARA LUSCOME	NLO	21

35-39	GAYNOR CORLIS	ACT	28
	CAROLYN CHALMERS	QBS	18
	MARGARET PRUEN	KIA	17
	LINDY KENNIWELL	WAR	
30-34	PAT SOMMERVILLE	HIL	24
	BRONWYN CAMPBELL-BURNS	DON	19
	ANDREE GILROY	ACT	17
	JULIE KEAST	TTG	
25-29	HELEN GRAY	TOW	22
	JOANNE SUTCLIFFE	TTG	
	ANITA KILLMIER	POW	19
	LYN CUTHBERTSON	QGC	
20-24	SIMONE SAILER	NSY	25
	PAULA KEOGH	ADL	24
	JACQUI RYAN	ARM	23

## MEN

AGE GROUP	NAME	CLUB	PTS
80-84	HARRY FOWLER	SUM	24
75-79	FRANK GRIFFITHS	ETT	24
	JACK ROGERS	NLO	22
70-74	MAL PARKER	NLO	25
	TED NEVILLE	NLO	20
	GEORGE McGILVRAY	WAR	16
65-69	BOB HARRIS	ETT	28
	CES TOMPKINS	POW	20
	BILL WORRALL	QGC	19
60-64	BOB McCABE	NLO	26
	KEVIN VICKERY	ETT	24
	SID KRASEY	NLO	17
55-59	JACK McMAHON	LAN	25
	MALCOLM STEVENS	QTB	22
	DON COUPE	GIPS	21
50-54	JONATHAN DAVIES	MAR	20
	JIM LEMON	ETT	19
	ROBERT BARRY	LCO	18
45-49	MIKE MOLONEY	POW	23
	GORDON KING	ADL	22
	ALLAN GREGSON	HIL	18
40-44	ANTHONY STRAHAN	DON	24
	FRANCIS GODDEN	DON	17
	GEOFF JAMES	POW	15
35-39	TONY FISHER	COO	21
	PETER EMERY	QSC	19
	PETER JOY	NSY	17
30-34	ROGER VAN HAMBURG	WAR	28
	TONY CURRAN	CAM	22
	STEVE WALKER	ADL	
25-29	ROBERT MACKAY	WDI	28
	GARY WHITE	LCO	20
	EVAN WILLIAMS	ACT	
	WAYNE McDONALD	CRO	13
	NICK SMITH	WDI	
20-24	MARK PHILLIPS	TOO	28
	DAVID JAMES	WDI	23
	NOEL KIME	QRK	20



# Masters Swimming News

## AUSSI President's Message

Hi! So you have a new President. Fresh Blood, new broom, new ideas ... and all that.

I have held a number of positions in various types of organisations and usually start with a list of objectives, some realistic and therefore achieved; some ambitious and tackled; others hypothetical and stay that way. I am sorry, but I must admit that this time my sole objective at this stage is to maintain the status quo. I see AUSSI as being on a great development curve, set by my predecessors and apart from the odd dotting of i's and crossing of t's the ideals set a decade ago are supreme to our direction today.

Concern has been expressed from time to time about the competitive nature sneaking in to our Meets, which it surely has, but the strength of our organisation is that this is happening as an add-on and not to the detriment of the bulk of the membership who swim solely for "Fitness and Fun."

I think it is lovely at the Nationals to see a young blade who has just broken a record, sincerely cheer on a mate of about the same age, swimming 20 seconds slower, but genuinely happy because that person has achieved a "P.B."

From the recent Nationals I see we have one major problem confronting AUSSI — what standards for form strokes are we to adopt? One thing is for sure, we cannot afford to have little old ladies crying because they were disqualified, and threatening never to swim

with AUSSI again. Actually, it wasn't just little old ladies who were upset, there were some 'should know better' ex amateur champions, who infringed the rules and paid the penalty too.

We have two options available to us to ensure that it won't happen again. We either relax the rules, or we don't swim if we can't do the stroke properly. If we relax the rules, then we have to consider the authenticity of our 'records'. Also, is it fair to the swimmer who disadvantages themselves by complying with the stroke rules? The alternative is that Clubs should be discouraged from entering swimmers in events in which they are not competent, in chasing those extra points. Yes, in some cases, the competitive element is not a good thing.

Please have a good, hard think about what policy we should adopt, discuss it within your club and let the feeling permeate through your delegates to the National Council.

Whilst on the subject of this year's Nationals, I take this opportunity to congratulate ACT AUSSI for the excellent way in which they conducted the event. They certainly proved to us that you don't have to be big to be good. I also would like to thank the Macklins, our referees. They undertook a difficult task in ensuring that a high standard of refereeing was maintained throughout the Meet. Jack has subsequently presented AUSSI with a detailed report of the disqualifications and the timing of each event and made a number of

recommendations, which will prove to be invaluable for planning the next Nationals.

The highlight of the Annual Council Meeting and National Swim, I believe was the granting of Life Membership to Gary Stutsel. I thought it fitting that in our tenth year we bestowed upon Gary the highest honour we could, that of our number one Life Member.

I finish this report with an important tribute to Peter Jackson. I do this in the belief that I have the support to say on behalf of all AUSSI's — Peter, thank you for a job well done.

Peter as President for seven years, steered the organisation through a vital period of growth, so will be recognised in our history book as one of the great contributors. However, don't think that he is lost to AUSSI. I am continually having to call on him for help and information and he is still on the National Executive in accepting the recently established portfolio of Public Relations Officer. We feel that Peter is ideally suited to this position because of his seniority and experience which will be most beneficial in our ongoing commitment to develop a healthy public image.

I referred earlier in this article to it being a report, which in a way I think it turned out to be. Next time I shall endeavour to deliver a message.

Enjoy your swimming.

**Ivan Wingate  
PRESIDENT**

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### — MASTERS SWIMMING IN AUSTRALIA —

A new look AUSSI

Meet Ivan Wingate the new President and read his message.

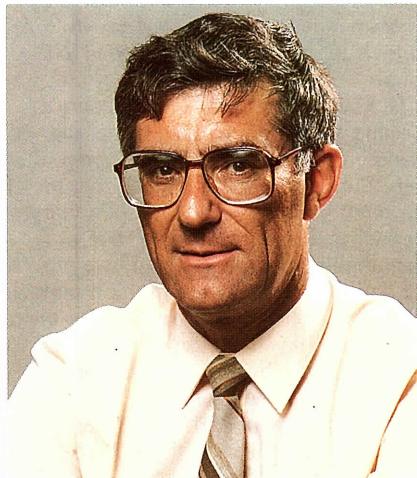
also

Glenys McDonald the new secretary  
and Glenys's update on the National scene:-  
Branch News and a letter from 'Percy'.

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# Masters Swimming — International Competition



**BY GARY STUTSEL**

On the 4th of August this year, I will be flying to Toronto, Canada to join 1999 other swimmers at the 1st Masters Games. These Games will involve 10,000 competitors in 22 sports with the minimum age for competitors varying from 25 for swimmers through 30 for athletes to 50 for ten-pin bowlers. The Canadian organising committee is headed by an ex-patriate Australian, Dr Maureen O'Bryan, who went to Canada for a visit 23 years ago and stayed. It is intended that the Masters Games will be held every four years and interest is so high that the swimming has been limited to the first 2000 swimmers to register.

The numbers involved are far higher than with Olympic-type competitions because of the major differences that exist between Open and Masters Swimming competitions. The first of these differences is that Masters competitions do not have qualifying times nor do they impose a limit on the number of swimmers from any one team. The second difference is that Masters swimmers compete for their club or themselves, not their country, thereby limiting the nationalism common to open competitions. This has the effect of spreading the winners over a much larger group, for example at the 1st International Masters Swimming Championships (in Christchurch, New

Zealand) last year the 1086 swimmers represented 218 different clubs.

One club, Olympic of San Francisco, a male only group, almost made a clean sweep of the men's relay events, winning 11 of the 14 events (7 freestyle plus 7 medley) and losing only the 160+ medley (to Power Points, Victoria), the 160+ Freestyle (to Cronulla-Sutherland NSW, the team in which I broke my forearm trying to swim through the end wall) and the 200+ Freestyle (to Wharenui, New Zealand). On the other hand the 14 women's relays were shared by 7 different clubs with Oregon (USA) and Waikato (NZ) winning 3 each and Wharenui (NZ), Cameron (NZ) and Middle Atlantic (USA) winning two each. The other winners were Durham Light (NZ) and Pacific North-West (USA).

The third and final major difference between Masters and Open swimming is the mixed relay events in which teams consist of 2 men plus 2 women for both the Freestyle and Medley relays. In Christchurch, 11 teams shared the 14 events. Mixed events are carried to the ultimate in local carnivals such as those conducted by all State Branches of AUSSI-Masters Swimming in Australia, where swimmers are seeded into heats on nominated times only, regardless of sex or age. The recorded times are then used to determine placings in each age group and club and individual pointscores.

International competitions are conducted as separate timed heats (no finals) for each 5 year age group (\*2) and both sexes, whilst relay groups are determined by adding the ages of the four team members. These competitions are, above all else, opportunities to meet and mix with swimmers from other countries, to form new friendships, and to create a great deal of international goodwill. Interest in the 2nd International Championships, which are to be held in Tokyo, Japan from July 12-16 1986, is so great that it may become necessary to restrict the number of events that swimmers may contest to 4 or 5 as against the 7 events that swimmers may enter in Toronto.

I have restricted myself to the 50, 100 and 200m Breaststroke and the 50 and 100m Freestyle in the 45-49 age group and can expect to do well if I make the time to train regularly. Naturally, like all young Masters swimmers (those under 65) I find the pressures of work and home often make it difficult to squeeze in more than 2 or 3 swims a week.

That's all for now. I look forward to writing for you after Toronto.

## Footnotes:

\*1 The other sports are Badminton, Basketball, Canoeing, Cricket, Cycling, **Diving**, Equestrian, Fencing, Ice Hockey, Orienteering, Racquetball, Rowing, Sailing, Shooting, Squash, **Synchronized Swimming**, Table Tennis, Tennis and Water Skiing. Contact your nearest Thomas Cook Office for details.

\*2 Individual age groups are: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and over.

Relays are under 120, 120 and over, 160 and over, 200 and over, 240 and over, and 280 and over.



# Ivan Wingate



## PROFILE

Whilst Ivan learnt to swim at around the age of five, he did not join a swimming club until the age of sixteen, therefore, he never competed as a junior. Ivan was born and lived in Renmark for twenty one years. Renmark is on the river Murray in South Australia and is a major irrigation settlement, therefore there is plenty of water around to foster swimming. Also, at the time, the town had a small swimming pool. In those days it was the norm for kids to teach each other to swim, and not unusual to see ten year olds swimming the breadth of the mighty Murray. When Ivan joined, the Renmark swimming club was very strong and competed favourably in an interclub competition across the border against clubs in the Mildura district. Ivan, whilst being unsuccessful at school sports, took to competition swimming and in his second year won the coveted 100 yards club championship. His success came through a revolutionary form of training: he used to swim half a mile a night, which gained a write-up in the local paper along the lines of wondering how much the human body could

tolerate! He became district champion and then went on to hold the 110 yards country title for five years and in his last two years in the country, all the freestyle titles.

In those days, each country club held a championship event so Ivan had to travel to the extremes of S.A. often on motorbike, to compete in each event.

His swimming administration expertise began by becoming club captain and consequently coach in his second year of swimming. Of interest, in his last two years at Renmark, he conducted learn-to-swim classes for the Adult Education Centre. It was thought to be a first, in South Australia at least, because then it was thought that you could not teach an adult how to swim.

In 1959, Ivan moved to Adelaide to try and clean up the City kids. He didn't quite achieve this — the best was four bronze medals in State Championships. At the time all the gold went to juniors, except for one notable oldie — Dawn Fraser used to do okay in the female events.

It was quite funny, Dawn was often introduced as the grandmother and Ivan as the grandfather. Dawn was quicker. Also of interest, Dawn was swimming at her best and later Ivan swam his best at the age of 24. This was quite strange at the time because you were supposed to deteriorate after you reached eighteen.

Ivan's later performances were achieved because of two seasons under coach Harry Gallagher, the only coach he had, and of course, the person who taught him a lot about swimming. Later, Ivan continued on coaching at club level with a number of his swimmers winning State Championships, and his club, the top in the State.

Ivan continued to swim competitively as an amateur until the age of thirty, which was pretty unusual then in South Australia. When he turned pro, the next oldest was 22.

In Adelaide, Ivan represented Renmark as delegate on the South Australian Amateur Swimming Association Council. Through encouragement from Secretary Tom Herraman (still S.A.A.S.A. Secretary today) Ivan became quite involved in swimming administration. Because of his involvement in interclub swimming in Mildura, Tom said to give it a go in Adelaide. Today it is a major part of the swimming calendar in Adelaide. Ivan was also one of the first to qualify when refereeing accreditation was introduced; inaugurated the Coaching Advisory Committee, and among other things, was Carnival Director for three years.

Involvement in swimming administrative work took him to interests elsewhere after a brief professional coaching career. He was in Adelaide Jaycees for ten years and became involved in a number of other committee activities. Through work he helped inaugurate a State Branch of the Micrographics Association and is now a Life Member of the Federal Body of the M.A.A. He is presently on the State Council of the Society of Sport Administrators.

Ivan, by comparison to many, is new to AUSSI, but has a wealth of experience in swimming and administrative matters. He swims quite well and knows he can do better. He says that the beauty of AUSSI is that you can be in it for the rest of your life — "maybe next year I'll start training seriously."

# Glenys McDonald

## PROFILE



Glenys, whose maiden name was Kennedy, was born and educated in Melbourne, and in fact completed her general midwifery nursing training there. She also completed a secretarial course and worked for a time as a stenographer.

Because she lived quite a distance from pools or the ocean, apart from a few swimming lessons as the age of eight, swimming did not play any significant role.

However, she was heavily committed to training and 'coaching' in another equally physically demanding field — ballet. She completed fourteen years ballet training, the last year of which she

was a professional teacher (coach?).

She moved to Western Australia (the sun and the ocean) on her marriage to Vic in 1968. She has two sons aged 14 and 13 years and an eleven year old daughter. Until the inception of AUSSI in W.A. she was caught up in motherhood (three children under three years); working three nights per week in the labour ward of a local government hospital; and was involved in Surf Lifesaving, serving two years as Ladies Auxilliary Secretary of the Trigg Island Surf Lifesaving Club. (That was in the days before they allowed girls to become fully fledged members.)

When invited to attend the very first swim of AUSSI W.A. by a surf club member, she was not sure if it was the 'thing' for her, her swimming ability being what it was. However with encouragement coaching and a regular commitment to swimming, she discovered two things:

- a) She no longer huffed and puffed carting toddlers, bag and baggage up the sand hills from the beach;
- b) in the pool she could relax — no kids, no phone, and the slow pace she swam and counted laps was almost akin to a form of transcendental meditation and SO relaxing.

So initially her personal goal was to swim to relax, but very quickly she became 'hooked'. Having Kay Cox as a friend and with her own nursing and ballet training background, she was very quickly able to assimilate the principles of fitness education. Her first goals in swimming were to learn the other strokes, then to swim longer distances. She can distinctly remember her first non stop 2,000m swim and the sense

of achievement she felt. Her next goal was to swim in one of the ocean "Swim Thrus" of 1,500m because she had always been afraid of the ocean. That now behind her, together with river swims, her next goal is to concentrate on trying to improve her sprinting, which she has always disliked, even though it was always a great feeling to see those times coming down. By the time she is 100 years old she hopes to achieve top points in her age group.

Glenys was the first Club and Branch secretary in W.A., and on appointment as National Secretary she resigned her Branch Secretary portfolio after eight years. She is however, no stranger to National Council meetings, having attended eleven of them since 1980. She was also a member of the sub-committee that recently re-drafted the National Constitution and By-Laws and was National Aerobic Recorder for the past two years.

Glenys was named by the Jaycees, one of the five Outstanding Young Australians of the Year in 1982 for her community service. One of the other recipients that year was the current W.A. Premier, Brian Burke. She is currently completing a Level 11 Administrators Course, and is studying for a Bachelor of Arts in English and History. She is a charter member of the Society of Sports Administrators and is the AUSSI W.A. delegate on the W.A. Sports Federation.

Currently she has completed twelve years of night duty and is working in the daytime as an ante-natal lecturer. On appointment as National Secretary she deferred her studies at University. Glenys was granted Life membership of the W.A. Branch in 1983.



# National Update

*from Glenys McDonald*

Well, the first thing most people might ask, when seeing that the National Executive now comprises members from three Branches is — How is it going to work? How are they going to meet? What has happened to our National office?

I will try to briefly answer those questions. For the first time we have a nationally representative executive. Instead of N.S.W. being required to field a National team and thereby draining some expertise from their own Branch, this unfair situation to N.S.W. is no longer necessary.

The members of the executive will be required to make decisions on matters falling within their own duty statement, or under the previous Council directives which require no reference to other officers. Decisions requiring more than one person will be by phone.

A monthly telephone conference has been set down and the first was successfully completed in April. The cost of the three State hookup, seventy minute meeting was \$53. It is envisaged that future meetings should be less than an hour, thereby reducing the cost further. The reason for this is that during the week prior to the hookup, the agenda; list of all correspondence and copies of relevant correspondence; and all reports, are circulated to all officers. The meeting itself is reduced to decisions, and thereby gratefully ending the four hour meetings of the past.

The National office has effectively been transferred to W.A., however it is not shared with the W.A. Branch as the previous N.S.W. arrangement was, but is a separate entity. With the two largest Branches, W.A. and N.S.W. operating from their own Branch office, I believe that I can do the job of administering AUSSI nationally with a minimum of help or expense to members, from my own address. Contact is available at all times by the new AUSSI phone number connected as a separate line to my home — (09) 447 6577. Even when I am out at my part-time job, an answering machine will record your call and message and you will be re-contacted.

The major reason for suggesting that a great reduction in office salaries might be possible is because of the removal of the huge workload that the production

and mailing of the AAS magazine generated. Some salaried assistance will still be required for large typing jobs, but the bulk of correspondence, minutes etc can be carried out on an honorary basis. I would especially like to thank both Brian Hird and Maureen for their help in getting me underway in my task.

In March, for two days prior to the National Swim in Canberra, the Council sat for a total of sixteen exhausting hours discussing issues on your behalf. I thank them all for their dedication to the tasks at hand. The items of significance for club members from that meeting are outlined briefly:

1. The AAS magazine produced by AUSSI is no longer a viable economic proposition. Fortunately, a new magazine called 'Swimming In Australia' has agreed to include a complete AUSSI supplement and all members are encouraged to subscribe to this magazine. In return for our support, Colourscene have promised quite substantial sponsorship for our activities. The first of these is the production, as a supplement, of our Top Ten, to all subscribers with the next issue.

2. While on the subject of the Top Ten — The Top Ten year has been changed to 1st OCTOBER to 30th SEPTEMBER. Cards will need to be completed by your Branch in time to CLOSE with the NATIONAL RECORDER by 31st OCTOBER.

3. Submissions for the National Aerobic Trophy remains at closure of November 30th. However submissions will only be accepted through Branch recorders and MUST be accompanied by the completed tally sheet, as circulated.

4. Membership to the following National Sub-committees has been called. Any interested AUSSI member wishing to serve on one of these committees is asked to contact their Branch Secretary.

FINANCE, TECHNICAL, COACH ACCREDITATION and NATIONAL AEROBIC TROPHY REVIEW.

5. The pointscore system for the Nationals has been changed. (This is applicable to the National Swim only, not State or interclub swims.)

Fastest	10	Sixth	5
Second	9	Seventh	4
Third	8	Eighth	3
Fourth	7	Ninth	2
Fifth	6	Tenth & subsequent	1

Relays will score: 12, 10, 8, 6, 4 and 2  
This pointscore commences with the 1986 National Swim.

6. The problem of the majority of AUSSI clubs being un-insured was discussed in detail and it is the intention of the Executive to place on the September Council agenda an item making Club insurance compulsory.

Currently clubs are covered for public liability — i.e. members of the public suing us. However there is no coverage for AUSSI members engaged in any AUSSI activity, swim or training session unless their clubs have taken up City Mutual Insurance's very generous policy. These aspects are covered by the minimal cost of \$40 per annum for a club of less than 24 members; \$60 for 25-50 members; and \$90 for 51-100 members etc.

7. The programme for the 1986 National Swim to be held in Adelaide, April 16th-19th was adopted.

The above were only a few of the decisions taken, but those most affecting the general membership. If you would like a fuller account of the Annual Council meeting, please contact your Branch Secretary.

Finally, I would like to focus on our conception of what AUSSI is and what AUSSI offers. Competition in AUSSI, in the format of our interclub, State and National Swims and Records is a very important incentive, particularly for our better swimmers, but it is not all of what AUSSI is about.

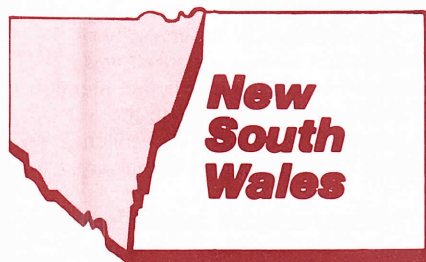
The prime constitutional purpose of AUSSI is, and always has been, "to encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health." For this reason, I would urge all clubs to offer a whole range of activities including stroke correction; coaching; fitness training and advice; aerobic swims and competition, and even teaching if facilities and expertise are available. And, as is evident from the number of recent National Swim disqualifications, clubs need to teach or familiarise members with the correct swimming rules. In achieving the above, they are truly supplying incentives to a whole range of swimming abilities.

Best wishes,

Glenys McDonald  
National Secretary



# Branch News



## The State Cup

A staggering number of entries were received for this years State Cup. In an excellent two days of swimming at Warringah Aquatic Centre, N.S.W. AUSSI gave the National Recorder a lot of extra work to do in updating the National Records.

Congratulations to Ettalong who took home the 1985 State Cup. It would seem their narrow loss to Warringah last year spurred them on to return with a vengeance.

## The Nationals

It was then off to Canberra for the Nationals, and our 10th Anniversary Celebrations.

Fabulous pool, sunshine, meeting folk from other branches — there is nothing like the Nationals. On behalf of the N.S.W. members, thank you A.C.T. Branch for a well run meet.

There were so many terrific performances that it's hard to select just a few, however, Roger Van Hamburg — 5 National Records — Bob Barry 3. My training partner Pat Sommerville swam a brilliant 200m Bk/S to break the record held by Gaynor Corlis.

It must be the atmosphere because even I did better than I expected helped on by the encouragement I received from Fred Johnson from W.A. and my club coach Des McCormick. That's what is so terrific at AUSSI swim meets — the encouragement you receive.

## Swimathon 85.

N.S.W. AUSSI was privileged to work with the N.S.W. Sport Council for the Disabled and run a 24 hours Swimathon. At this time I don't know how much we managed to raise, however, it is a healthy sum. The support received was fantastic, Hills and Warringah manned their respective lanes for the entire Swimathon. Phil

Mason from the Coogee/Randwick Club swam 10000m non stop and a newcomer Geoff Collam obtained his 5000m Award, congratulations.

Six Australian sports personalities, our Mean Machine boys, Grant Kenny and the very delightful Lisa Curry donated their time to the fund raising. Grant and Lisa started the Swimathon on the Saturday, and the Mean Machine of Neil Brooks, Greg Fasala, Michael Delany and Graeme Brewer swam along with the AUSSI crowd, only they made it look so easy.

Sunday with the arrival of Mark Stockwell saw the great relay race. Only Carol Davis would come up with an idea of a relay race between the Mean Machine and the AUSSI Keen Machine AND pull it off.

The Mean Machine boys gave our boys Roger Van Hamburg (Warringah), Tony Curren (C.Town), Ian Dodd (Manly) and John Marshall (Hunter) a 20 second start, our boys wanted 22 seconds, but did they need it? No! Our Keen Machine swam out of their skins to win. Mind you, they sure had some cheer squads poolside to push them along.

Both the Sports Council for the Disabled and N.S.W. AUSSI were very grateful for 'Swimming In Australia's' sponsorship. It really made the difference. Like anything Carol does, it was done with style. Both teams received tracksuits, costumes, caps and towels. A very nice thank you for the eight boys who helped turn the Swimathon into an event. Also a word of appreciation to the Balgowlah R.S.L. Club who made it possible for Jon Pratlett of the N.S.W. Sports Council for the Disabled to entertain the sponsors, special guests, and AUSSI members who swam, sincere thanks. For the Mean Machine I & II, Grant and Lisa, my admiration. They were terrific — signing autographs, (even at dinner) and posing for photographs. Last but not least - to members of the Rotoract Clubs who worked the canteen — a big thanks for a job well done.

See you all at the Short Course Championships.

Valerie Dorrington  
Public Relations Officer.



The major activity of the past three months has been the holding of the Annual General Meeting on Wednesday, May 8 and a couple of noticeable changes occurred.

With the move of Ivan Wingate to the national presidency a new State President had to be elected.

Both Peter Gillett and Graham Ormsby were nominated for the post with Gillett withdrawing to accept the vice-presidency.

Graham, as president of South Australia's oldest and biggest club in Adelaide Masters, and with a background in business, seems well-suited to the position.

Florence Walker was unchallenged as secretary, as was Chris Potter (treasurer), Jane McNamara (publicity) and Kit Simons (carnival director).

However, in another first for the meeting, nominations were received for the position of Fitness Director.

A lengthy discussion ensued over the duties of such a person until it was generally agreed to be a misnomer and the job should be "purely communication" and the first person would define the job.

Three nominations, Josie Sansom, Sybil Killmier and Vicky Murphy, were received with Josie withdrawing and Vicky winning the final ballot.

The competition side of AUSSI has been in recess since March when an outdoor, long-course, evening interclub was held at Marion.

The rumour that the gap between competitions was to allow swimmers to thaw out is definitely untrue but those who competed will understand the misconception.

A southerly breeze chilled the damp swimmers making fast times difficult to achieve and it was the fastest any pool



has cleared after the meet. Everyone escaped to the warmth of their cars, and homes.

Swimmers have now gone indoors preparing for the June Interclub.

#### On the Pool Front

The latest estimated opening date for the State Aquatic Centre is August 25, 1985. So, with a bit of luck it will be ready for next year's Nationals . . . but don't hold your breath.

*Jane McNamara  
Publicity Officer*

#### Life Membership for Peter Gillett

As AUSSI enters its second decade the South Australian Branch installed its first life member.

As champagne corks popped, secretary Florence Walker moved, and treasurer Christopher Potter seconded, the installation of Peter Gillett as the Branch's first life member.

The occasion was the Annual General Meeting of the SA Branch and Florence detailed how she first met Peter through the Elizabeth Amateur Swimming Club.

Peter joined AUSSI in 1979 and the following year attended his first National Council meeting — he has since attended 10 more.

His enthusiasm for the AUSSI organisation led to his becoming State President between 1981 to 1984. This period had the greatest growth of the organisation in this State — no doubt some of this was due to Peter's enthusiasm.

However, Peter's forte is recording. He seems to relish work as he wills the swimmers to lower the previous times. This is shown when he announces the records broken at each carnival.

He became State recorder in 1980, his second year in AUSSI, and only relinquished the post to take up the positions of National and World recorder.

Although Peter claimed he has "got more out of AUSSI than (he has) given" — he "LIVES AUSSI" and is therefore a worthy life member.



The Annual General Meeting of our Branch was held on April 26th in Launceston. The executive members were all returned to office for 1985-86. Sadly for Tasmania, our President Ken Pitman and his wife Edith (Publicity Officer) look like leaving us for the warmer climate of Perth W.A. Our loss will be W.A.'s gain, as both are dedicated AUSSI people. We all wish them luck in their new venture and will renew friendships at future National Swims. Our problem will be to find replacements on our executive — not an easy task. However, we have many keen AUSSI's so hopefully we will be able to find another keen, enthusiastic President and Publicity Officer.

Our 1st State Swim was held over two weekends in February and judging by results and comments received, it was very successful. Although there was a lot of work prior to the Meet, the sessions were smoothly and efficiently run, thanks to a lot of "outside" helpers. Forty individuals contested the events, with quite a few entering the maximum six. Many events resulted in State records. State recorder, Chris Holloway is doing a great job in setting up a record book and keeping a complete list of *all* times swum. Having only two clubs and approximately seventy members makes the task feasible but being such a well organised person, Chris will no doubt be able to cope regardless of the numbers we hope to attract to AUSSI.

The inaugural State Swim Trophy was won by the Devonport Devils but we are assured that Launceston AUSSI will be out to reverse the points at the winter swim we are planning.

Such was the success of our Summer Swim, that we intend having a short course Winter Swim probably during August. As our swimming time is somewhat limited during winter by lack of facilities we plan to hold clinics, both at Clubs and Branch level.

The Presentation Dinner which was held at the Olde Tudor Inn in Launceston was very well attended and enjoyed by all. State Swim medals and

certificates were presented, along with the State Swim Trophy. Award patches from 1984 were presented to recipients by recorder Chris. He also gave information about awards and National Swims and encouraged all AUSSI's to become involved.

We in Tasmania sometimes feel isolated from the rest of AUSSI and look forward to meeting members from other clubs and receiving their news. If you happen to visit the "Holiday Isle", you'll be welcome to come along and have a swim with either of our clubs. And please, if your club has a newsletter, send a copy to me, and help us keep in touch with club happenings.

*Jenny Page  
Secretary*



With winter fast approaching many of the Queensland Clubs can expect a decline in their numbers. We are less fortunate than other States as there are very few heated pools available for use to our swimmers. However, a programme of land exercises has been prepared by Ian Findlay — South Queensland Director of Coaching — to be used by those members who do not have access to pools.

The Queensland Master's State Swim Titles were held on the weekend of March 30th and 31st at the Chandler Aquatic Complex — Brisbane. In total 322 swimmers representing 14 Clubs from both Queensland and Northern New South Wales contested this Swim Meet.

We were ably supported by the following sponsors —

- The Commonwealth Banking Corporation
- Zedar Swimwear
- Rheem Australia Limited
- City Mutual Insurance
- Delta Office Equipment
- Academy Computer Software Pty. Ltd.

These companies support ensured a great Swim Meet which will be remembered by all those who took part.



### On the Local Scene

**Cairns Mud Crabs** — Important event came up on the June long weekend — Cairns City Games was held at the Tobruk Pool, Cairns. For those who felt that a day of competitive swimming was not enough, on Monday June 10th the Mud Crabs had arranged for a 3.8 km swim in Lake Placid.

### Townsville Masters

Official Host for the 1986 State Titles to be held on the weekend of March 15th and 16th. When the temperature starts to drop in Townsville you will find many of our North Queensland members competing in Triathlons. We have been assured by a certain Scottish gentleman that the race is on in earnest to have that National Aerobic Trophy find its way into Queensland.

### Mackay Masters

Another club keen on Triathlons, it appears hardly a weekend goes by where there is not one being contested by a team from Mackay. Congratulations go to Mackay for a first in this State — the successful combination of a 1500 metre Freestyle event with their annual Swim Meet. Reliable sources indicate that Mackay will have an all year round swimming venue after the installation of solar collectors has been carried out by the local Council.

### Rocky Crocs

Perhaps they should consider changing their name to the "Travelling Rocky Crocs" as there was not one single swim meet in Queensland this year that was not graced with the presence of a Rocky Croc. The use of a heated pool during the winter months has certainly seen the Crocs come out in a blaze of glory at the recent State Titles. Their overall performance can be attributed to a lot of hard work and dedication by all their members. Congratulations also for a tremendous effort in the organisation of the Rockhampton City Games. The Roman Toga night held at the conclusion of the Games has highlighted that not only can this club swim, but organise a social function which will now be included on the Calendar of social events.

### Rum City Masters

Bundaberg — one of our newest clubs which has shown a tremendous effort to get Masters Swimming going in Bundaberg. Although at this stage they are only small, they have acquitted themselves admirably at club carnivals and at the State Titles. President Graham McKenzie.

### Timber City Waterlogs — Maryborough

Another club which takes a certain something to beat. Their fellowship with other Masters Clubs has won them the title of the "Most Social Club of the Year". Winter will see this club find new avenues to retain their fitness so that when the warmer months return Maryborough will once again be able to produce their infamous "Mean Machine" to steal the limelight at Swim Meets.

### Sunshine Coast Masters

A recent 10 man relay event saw the Sunshine Coast Team attired in what some fanatics of swimming would consider dangerous to one's health. Club President Peter Emery explains "although XXXX has been proved to be the wonder medicine, the Sunshine Coast AUSSI are now looking at ways of incorporating XXXX into their food intake as another form of carbohydrate". Best of luck Sunshine Coast — but one suggestion, leave the teat off the Stubbie next time. A good year for Sunshine — a tied 1st at their own carnival, plus numerous minor placings at other Swim Meets.

### Toowoomba Tadpoles

Interest has increased greatly on the Downs since last year. The Club has the use of an indoor heated pool and is currently fortunate to have Mark Phillips assisting in their training.

### Ipswich Masters

Only small now, but have already shown that they will be a force in Masters Swimming in the not so distant future. Club President, Ken Turley hopes to keep the club active during winter by taking his members to Chandler for training.

### Brisbane Northside

Once again Northside will host a Short Course Carnival, however there will be a change of name and venue. The Swim Meet will be known as the South East Queensland Short Course Swim Championships, to be held at the Polas Aquatic Centre — Lawnton on Saturday August 24th. Details will be circulated when available.

### Brisbane Southside

A great year for B.S.M. topped off by winning the City Mutual State Trophy for overall points scored at the State Titles. A tremendous team effort by all members. B.S.M. are of course fortunate enough to have the use of the Chandler Aquatic Centre all year round, and possibly the assistance of Australia's number one swim coach Laurie Lawrence and his second coach Ian

Findlay. Standards within the club have risen dramatically along with membership. The Committee under President Max Gillespie, Secretary Rhonda Partridge, Treasurer Manuel Panaretos and Club Captain Paul Atkinson have had some headaches recently as to how they will cope with the numbers as they approach 200 fully registered members. Some Club Members have recently become active in Triathlons — must have caught the bug from the Northerners.

### Gold Coast Masters

Under the guidance of Hank Markus, Gold Coast have had a very successful year. Their Carnival set down for 23rd February had to be postponed because of the Queensland power dispute, so swum in April. Great effort on the Gold Coast Club's part — the weather was superb, the venue ideal and the atmosphere relaxed which led to one of the best carnivals of the season. If winding down after a heavy competition season was needed, then this was the one to look forward to. Gold Coast collected the Fred Knudsen Trophy — a great reward to finish the season.

### SOUTH QUEENSLAND SHORT COURSE CHAMPIONSHIPS Saturday 24 August 1985

Starts at 11.00 am

at **POLAS AQUATIC CENTRE**  
53 Lawnton Pocket Rd., Lawnton, Qld.

Enquiries: Gil Porter

(07) 359 5359

(Bris. Northside AUSSI)



Of course A.C.T. Branch has only one REAL item of news — the 1985 Nationals — but that has been covered thoroughly elsewhere in this issue of Swimming In Australia, so this segment need only be brief.

I will take this opportunity though, to thank all 'volunteer' and other officials and swimmers for making the event such a pleasant and memorable one for the A.C.T. Branch.

Anyway, in spite of a post-National 'low' amongst members, there are quite



a few well on the way to completing aerobic swims (cleverly avoiding the end-of-year rush)!

Club nights now include modified handicap swims, which seem to be popular, and a raffle with a multiple choice prize — AUSSI Port/10th Anniversary Commemorative Glass combinations. This also is proving popular (luckily, in view of the excess of 1985 AUSSI Nationals gear we have and about which a number of clubs already know).

We, and other pool users, are currently having access to the National Sports Centre Pool cut by the A.I.S. Water Polo training programme. However, the Management seems to be doing the utmost to meet as many demands as possible and we are hopeful of improved conditions in the near future. With such a wonderful facility to use, I must agree that it does seem difficult to think of 'improved conditions' but more time would be lovely.

We have had one social gathering since the Nationals — a BBQ/Port tasting (and selling) night — that was well attended by the usual gathering of (drinking) swimmers.

There are also plans afoot for a quiz night which promises to divide us into "smart and not-so-smart" teams half way through the evening. Here's hoping there will be a sufficiently large flow of liquid refreshments for the adjudicator (and 'quizzies') to be unable to tell the difference! (It should provide news for the next magazine anyway).

Until then, happy swimming everyone.

*Angelika Erpic.*



The State Swim was a wonderful success. Swim Meet Organiser or Carnival Director, Vic McDonald and his hard working committee must be congratulated for the best States yet. And it is a miracle to have all the results typed and completed just three days after the event.

After a very wet start to the week, it was good to hear the 22 and 26 degree

forecast for Saturday 13th and Sunday 14th of April. 517 swimmers had nominated and 499 went through the turnstiles on the first day.

The first morning was a little nippy, but the water was fine and spectators 'followed the sun' around the stand as the day progressed.

The West Australian Swimming Association supplied us with a Starter and an electronic timing operator, AUSSI W.A. members provided the remaining Swim Meet Officials. Vic had organised a seminar prior to the Swim where those who were doing the recording, timekeeping, marshals and referees received instructions on their duties. A de-briefing meeting will also take place for the organising committee next week.

The Swim ran smoothly because each of Vic's committee members did their job with dedication and enthusiasm. The entries were processed by Goff Williams of Inglewood and his helpers who handed them on to Alistair Young from West Coast Masters who was responsible for the programme. I am sure you will all agree this was a first class production, and we got advertising too! The computer girls had some headaches with power failures and hiccuping computers, but all turned out well in the end.

The marshalling system instigated by David Cummins last year was continued by his Claremont team mate Brian Green. This year, however, instead of sheltering from the sun under our marquee, we tended to freeze.

Austin Caddy from Maida Vale had a huge portfolio — Sponsorship and the Presentation Dinner. He cemented our relationship with City Mutual Insurance by personal contact and was successful in gaining for us our first major sponsor of our Swim. City Mutual has shown great interest in AUSSI and have promised us \$500 towards our programme costs and a trophy for the winner to keep when the perpetual one is handed back. City Mutual's representative — Bill Cotter and his wife Ursula were able to share our Swim and the Presentation Dinner with us.

Bruce Gliddon, who works for Channel 7 was able to get us press and T.V. coverage. Channel 9 gave us a segment in the Saturday night news which covered a wide range of our swimming ages and abilities. The Swim Meet announcer showed no mercy for those who starred on T.V. on the Saturday night. Then Sunday dawned with the "State Affair" team from Channel 7

spending about 2 hours filming us all in action, and this segment appeared in their Tuesday night programme.

Our newest clubs, Perth City and Armadale AUSSI spent two days ensuring that all the officials were well watered. Thanks girls.

At any swim, the Carnival Director always worries if all the equipment is going to arrive on the day. Vic did not have a worry in the world with Bill Johnson of Belmont. The Recorders had a huge pile of rubber bands, paper clips. John King of Whitfords was responsible for Recording, and Jacqui Austin as Chief Recorder had a smile on her face for most of the day — that was except when Carine were very tardy getting their relay cards in. However Phil Jose must have paid a satisfactory bribe because all was soon smiles again. Hopefully we will have the use of a computer next year but I personally will miss all those at the Recording Table.

To assist the Recorders and Announcer with scratchings, Graham Deverill of Kenwick had his 2 way radios oiled and greased and ready to go, while Norma Vidler of Osborne Park was to be seen hard at work taking relay nominations.

John Knoxon from Somerset had the unenviable task of balancing the books and reading Vic's writing. It has taken me over 17 years John, and I still can't!

Toni Morris our retired President played host to our invited guests and 'The Mouth' (no prizes for guessing who), was the Announcer. Kay Cox had a team of referees, turn and stroke judges, all with their rosters drawn up. After the 40 disqualifications at the recent National Swim, our swimmers were on their toes, and more than a little nervous. Only 9 disqualifications occurred, with swimmers taking it all with good grace for the most part, and some of them learning something new about swimming.

It was pleasing to see one swimmer who was disqualified for something he did not believe he did, return to shake the referees hand after his team agreed with the referee. That's being a good AUSSI sport!

It would be impossible to thank all the timekeepers, runners etc who helped to make it such a smoothly run Carnival. Vic states that his job was a very easy one as Carnival Director as everyone did his allotted task well. But it takes a special brand of person to make it all gel together so nicely. Congratulations Vic.



Speaking of delegation, it is probably appropriate to congratulate Steve Smith of Carine whose job it was to get out the Results. As Vic handed him the cards on Sunday he said — "You thought you had it easy on the committee, you're job is just beginning." But was it? Steve went home and told his wife Carmel, "I've got a job for you tomorrow." Thanks a lot Carmel, I would have thrown them at him, you must have been glued to the typewriter for three days!

### Opening Ceremony

Our Swim was opened by the Minister for Sport, Mr. Keith Wilson, who made everyone's day by also announcing a Government grant for AUSSI W.A. of \$8,000.

This grant means that as soon as the paperwork is finalised, AUSSI W.A. will be able to employ a part time Administrator at \$12,000 per year.

### Pilbara State Swim

The three clubs who participated Pilbara Platypii; Newman Fortescue Frogs and the Karratha Crabs are all about 2,000kms away from Perth. They swam identical events several days prior to the States and had their cards flown down for inclusion into the final pointscore.

It was a wonderful two days swimming, the weather was 38-43 degrees and the unheated water was hot. The hospitality was truly wonderful, although I think I would have to get used to drinking champagne on someone's front lawn when it is 43 degrees in the shade!! There were some very tired swimmers, especially those who swam in all the relays straight after the 200m individual medley.

### Presentation Dinner

This dinner was held in very comfortable surroundings at the Vegas Hotel. When we arrived a scantily clad bunny girl was disappearing through a doorway and I wondered exactly what the State Swim committee had organised, but apparently she wasn't for our lot.

For once there was an announcement that swimmers were welcome to line up for seconds and we never saw Phil Jose and Barry Power again.

At the dinner the following Trophies were presented, and congratulations to the winning clubs and to Dorothy Andrews:

1. City Mutual State Shield To The Champion Club Claremont 750½ points

The runners up were:

Osborne Park	516½
Somerset	414

Melville	351
Maida Vale	284
Carine	232
Inglewood	218
Whitfords	192
Pilbara Platypi	147
Kenwick	133
West Coast	108
Northam	57
Rockingham	56
Belmont	55
Newman Fortescue	52
Karratha	31
Armadale	31
Perth City	29

Congratulations to all the swimmers who contributed to those point scores.

2. State Aerobic Trophy

Claremont 1856 points

Runners up second Whitfords 713 points

Third Carine 694 points

3. Lifemembers Country Aerobic

Trophy Esperance 288 points

4. The Administration Trophy  
Dorothy Andrews — Esperance  
Dorothy had accepted the Lifemembers Country Aerobic Trophy and told us all how delighted she was to accept it on behalf of her club. She hinted that she might have done some bullying to get them going, and thanked Fred Johnson for his efforts in helping country clubs, and in particular — Esperance. Dorothy then nearly died when she was called up again to receive the Administration Trophy. You see Dorothy, we had heard about that bullying too!!

### National Swim, Canberra 1985

Our State Swim came hot on the heels of a successful National Swim in Canberra which was attended by some 30 W.A. members from various clubs. Our tally of medals was a bit dismal this year, but Myrtle Wright starred for us with her World records, quite a lady to inspire us all.

## ALL MASTERS SWIMMERS ARE INVITED TO ATTEND

### THE NATIONAL SWIM 1986

### ADELAIDE — SOUTH AUSTRALIA

**April 16th-17th-18th and 19th.**

# HOME SWEET HOME!



You have possibly seen me around over the years but never met me or knew my name. Let me introduce myself. My name is Percy and I was born seven years ago at the Carine Swim and Health Centre, Western Australia to the skilful pen of Don Williams and adopted by the members of the AUSSI Carine Club.

Over the years my adopted family have utilised my illustrious image on their T-shirts, bathing caps, bathers, badges, letterhead and pamphlets. I have been depicted dancing with buxom beauties, sitting in champagne glasses, as chef at BBQ's, prominent on the starting block and laying pooped after an aerobic swim.

A lifesize cardboard replica or banner of me attends all functions and Swim Meets spurring my Carine loved ones on to glorious victory (??)

My charm caught the attention of the AUSSI W.A. Branch who sought parental approval to feature me on W.A. State Swim Meet programmes and this in turn led to a similar request for my distinguished features to appear on the National Aerobic Trophy booklets.



These were proud moments for my dad, Don, and my adopted family. I was a star — I had gone National ...

Recently, some of my adopted family were touring A.C.T. for the 1985 National Swim Meet when they perceived a "look-a-like" posing on bathing caps and a club T-shirt. Immediately they thought my dad had been East of late ... but enquiries discovered otherwise and, in fact, my profile had been utilised without his consent. Usurped????

It appears that because of my sexy good looks, suave and sophisticated manner and the "cross-country" exposure received, clubs throughout the AUSSI organisation have understandably fallen for my charms.

Whilst I personally was flattered, my dad and adopted family at Carine were concerned that such happenings might lead to me losing my identity and becoming a mere commercial product.

Additionally, I suffer travel sickness and as a consequence must curtain my wanderings, staying close to and under the protection of home-base.

Therefore, the purpose of my writings is to ask that you all please admire me, say hello to me, love me but leave me under the tender care of my adopted AUSSI Carine family and my dad, Don, where I am their much loved and treasured logo.

Yours in swimming,  
Percy.

Dear Percy,

How was I to know? How could anyone know? When I sought permission from your Godmother Glenys to use your image to promote the Pan Pacific in the old U.S. of A., how was I to know you'd become an instant hit? They just went mad for you over there, but Americans are funny like that, just look at their cult figures; peanut farmers, movie stars, so there you are — what the Americans will do, the Australians do also.

Still enough is enough, images on T-shirts indeed! I for one am glad to see your little webbed feet firmly planted in terra Western Australia. Lesser individuals would have become affected by such wide exposure and popularity, and forgotten those loved ones back home.

However, it is a fact when one becomes a "star" they become 'public property' and their lives are no longer their own. So, I am not sure that your plea to "be left alone with your Carine loved ones" will be heeded. On the other hand AUSSI swimmers are well known for giving a bloke a 'fair go'.

Perhaps you dad, Don could take out a copyright, in the mean time, you could try dark goggles and TIME. As other past or fallen stars will sadly tell you, 'Nothing lasts forever'.

The Editor.





# AUSSI FORUM

Dear Carol,

May I congratulate you, and your production team, upon the splendid production of Swimming In Australia.

The quality, and high standard of presentation, has made it a more than worthy successor to the 'AUSSI Adult Swimming' magazine. The inclusion of articles pertaining to a variety of aquatic disciplines shall make both interesting and informative reading. A vast range of content presented with the same high standard as this first edition can only ensure its long term success.

The 'Aquafitness' and the 'Food for Thought' articles were a welcome addition to a swimming magazine, as these are two areas which are often neglected when one considers aquatic fitness.

However, as Swimming In Australia develops, I hope that the quality articles which dealt with training and fitness programmes, submitted by Dick Campion and Kay Cox to the 'AAS' journal, may too grace your columns in the form of regular articles. I am sure that these would fulfill a necessary need for the many regular sports-persons who shall comprise your readership, not only those involved in AUSSI swimming but also those who engage in Marathon Swimming or Water Polo.

The AUSSI Supplement more than adequately fills the gap left by the demise of the 'AAS' journal.

Keep up the great work and all the best in the future.

Yours in swimming,  
RHYS McGREGOR.

Dear Rhys,

Thank you for your best wishes. At Swimming In Australia we have made a firm commitment to quality both in the standard of our articles and presentation.

Yes, I can promise you a variety of articles on fitness and training. There are just so many ideas on these subjects, and the exchange of these can only benefit those seeking that knowledge.

Carol

Dear Carol,

I have just returned from my first competition in the AUSSI Nationals in Canberra, where I was overjoyed at being awarded the medal and trophy for the Outstanding Swimmer of the Meet (7 wins and 6 Australian records in the 70-74 age group).

On perusing the reading matter accompanying my complementary copy of Swimming In Australia, I noted that the awards were provided by your magazine.

I would like to thank you for making these trophies available.

I would also like to commend the people who chose the design of the medal and the elegant vase (which I have appropriately filled with autumn roses!).

I had the good fortune to compete in the 10th Olympiad in Los Angeles in 1932 — never dreaming that I would be competing in the 10th AUSSI Meet, some 53 years later!

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D

at

the most worthy and charming recipient of the inaugural SIA Trophy.

I was fascinated to read that you had competed in Los Angeles in 1932 and now intend to resume your competitive

Carol