

### 6 month membership option now available

We have opened the six month membership option early for those cubs that are able to get up and running again. Contact your clubs Registrar if you know of a potential new member.

### ANNUAL GENERAL MEETING

The MSNSW Board will be conducting the Annual General Meeting at 10.30am on Saturday 27 June, the meeting will be both in person at Sports House (for a limited number, socially distant) and by ZOOM.

This is with the proviso that face-to-face is dependent on current COVID-19 restrictions remaining in place, attendees will be notified the week prior with access details and/or zoom meeting details.



<https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>

**Clubs are requested to notify the Branch office of either their nominated delegate or the clubs Apologies** for the Minutes. Thank you to the clubs that have already advised the Branch office, a confirmation email will be sent to you closer to the date.

### Coaches Corner

Masters Swimming Australia (MSA) and the National Coaching Committee have been focused on developing resources to support coaches and clubs in their **return to swimming**.

As an exclusive member portal is still another week away, we have created a secure page for coaches and club administrators to access on the website.

Link: <https://mastersswimming.org.au/msa-coaching-resources/> (Coaches have been sent the password)

The **Return to Swimming resources** have been created for financial MSA members only, and we encourage you to explore the link as a guide for swimmers returning to the pool. Thank you Greg Gourley!

### Support for Grassroots Sporting Organisations

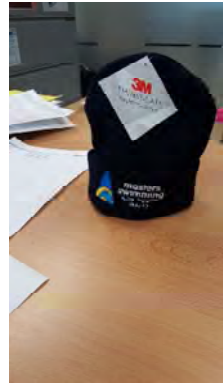
As part of the recovery package, a one-off grant of up to \$1,000 will be provided to close to 12,500 local sporting clubs and associations across the State to assist clubs for when sport resumes on 1 July. Further details regarding eligibility and the process to access this funding will be finalised and announced this week.

## Virtual Challenge over the June Long Weekend

Winners are grinners, in this case warmly grinning as they each receive a MSNSW beanie just in time for the winter months.

Congratulations to Jesse Hanna, North Sydney Masters, Brinlei Baxter, Raymond Tce, Jessica Grant, Ginninderra Masters, Byron O'Loughlin, Wyong Wobbygongs, Stacey Ferreira, and Owen Sinden, both from Campbelltown Collegians and Di Partridge, Cessnock Masters

<https://mastersswimmingnsw.org.au/new-dryland-challenge/>



## COVID-19 update

Go to <https://mastersswimming.org.au/covid-19-information> and find an update of Covid-19 information and **resource links** to dry land training and so much more #staywithus #keepconnected

**Last updated 11/06/2020**

A few guidelines to remember while exercising at home:

- Check that you have sufficient space to practice
- Check there are no trip/slip hazards
- Ensure the room has sufficient ventilation
- Ensure you have water to keep hydrated
- Remember to seek medical advice before training if you have any existing injuries or other medical conditions

## Get the app



Let's be safe by choice, not by chance!

## 2020 happenings

At the time of writing the booking for SOPAC is still active for Sunday 12 July, as a Relay meet is not feasible so we're planning a fun and friendly social get together on pool deck with water based activities, possibly starts/turns classes, maybe technical training too. Still on the event calendar is Lake Macquarie and Ryde meets in August followed by Seaside Pirates in September. We won't let go easily.

### POSTAL SWIMS

<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>



Good news for postal swim competitors, the closing date for Wests **5km Turtle swim** has been extended to 30th September. Phew!

The **Tuggeranong Trifecta** postal swim, scheduled for July and August, now that too has been extended. You can take your time and lodge swims until the end of October!

Bunbury Stingers is on from July through to end of August.

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a two-month period. Each 400m swim can be Freestyle, Backstroke, Breaststroke, Butterfly or an Individual Medley. Encourage your club members to join you in improving your personal best times.



## 2021 Call for BPS calendar events

The MSNSW Board invites clubs to apply for provisional dates to host a BPS swim meet in 2021. If your club wishes to host a meet next year please send in at least two, preferably three, choices of dates.

## Vale—Jack Brownjohn

Notification came through this week of the passing of one of our sports founding fathers, Jack Brownjohn. We should not underestimate the contribution that this man made in the instigation of Masters Swimming back in 1974. The following excerpt comes from <https://mastersswimming.org.au/about/branch-history/>

The formation of Masters Swimming Australia (formally A.U.S.S.I) can be likened to the conception, then birth of an elephant or a whale. It was 18 months from when the seed was sown in March 1974 until the birth in September 1975. The seed, of course, was the international meet at Heffron Park Sydney organised by **Jack Brownjohn** at the request of Dr Richard Rahe, USMS, and conducted with the help of Bill Lough and his AIF/Leagues Clubs competition team. The following 18 months saw exchanges of many ideas until on the 22nd September 1975, A.U.S.S.I., the Australian Union of Senior Swimmers International, was constituted at a meeting of eight men, adopting a constitution and structure drafted by Gary Stutsel.

For more details go to [AUSI 1974-1984 – The first 10 Years by Gary Stutsel](#)

\*Jacks funeral service will be held at 3pm this Friday 19 June at Woronora Crematorium South Chapel.\*

## Australia's Golden Age of Swimming by Gary Stutzel

Crowds lined up to watch NSW Swimming Championships?

SWIMMING? Yes!! Who would believe it? I can! I was there to see it.

In the second half of the 1950s spectators lined up outside the upper entrance to North Sydney Olympic Pool all the way up to Milsons Point station to get into the pool and watch swimming races!

Why?

This was the Golden Age of Australian Swimming. Of the 86 World Records broken at North Sydney Pool (which in itself is thought to be a record) 63 were set between January 1956 and 1960.

Australia had emerged relatively unscathed from World War II and its children were better nourished than most. In most countries swimming pools were few and far apart, but Australia, New South Wales in particular, had inherited a legacy of public pools built during and after the Great Depression.

The first world-class swimmer to emerge was John Marshall who broke many world freestyle records and won a silver and a bronze medal at the 1948 London Olympics. Nancy Lyons also won a silver medal. Then at the Helsinki Olympics in 1952 John Davies won the 200m Breaststroke using a butterfly arm-action that he had only recently adopted (1). These successes raised interest as did the exploits of swimmers like Frank O'Neill, Judy Joy Davies and Barry Darke. New coaches came on the scene with new ideas. Frank Guthrie, Harry Gallagher and Sam Herford followed by Don Talbot joined the already established Forbes Carlile. Each of them successfully coached swimmers to World Records and/or Olympic gold medals.

Australian swimming reached its peak in November 1956.

It was the Melbourne Olympic Games and the Australia team won 14 medals from 13 events (2) which compares more than favourably with the 18 medals from 32 events at the Sydney 2000 Games where the now banned neck to knee fish-suits were all the go.

Australia swept the dais in both the Men's and Women's 100m Freestyle finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in both events (3). They also won the Men's 4 x 200m Freestyle and the Women's 4 x 100m Freestyle (4) the only relay events on the 1956 program. One man, Harry Gallagher, coached the winners of both the men's (Jon Henricks) and women's (Dawn Fraser) (5) 100m Freestyle.

These were all firsts and will probably never be repeated because when the number of events was later increased each country was limited to a maximum of two swimmers per event as a trade-off.

Other gold medallists were Lorraine Crapp (400m Freestyle), Murray Rose (400m and 1500m Freestyle), David Thiele (100m Backstroke) and both the Men's 4x200m Freestyle Relay (Henricks, John Devitt, Gary Chapman and Kevin O'Halloran) and the Women's 4 x 100m Freestyle Relay (Fraser, Crapp, Faith Leech and Sandra Morgan).

In the team of 26 swimmers (6) only seven did not swim in a final. The then veteran John Marshall had switched from freestyle to butterfly and swam 5<sup>th</sup> in the final eight. Pam Singleton (who married Brian Hutchings the Surf Life Saving great) was one of the seven who missed her final but she has since been a multi world record-breaking Masters backstroke swimmer.

Australia's freestyle swimmers were such a dominant force that Rex Aubrey, who had swum 6<sup>th</sup> in the 100m Freestyle at the 1952 Olympics and then accepted a college scholarship in the USA did not make the team. This was despite his being the current World Record holder for the 100 yards Freestyle with a time of 49.0 seconds.

Four years later, even though the "Konrad Kids" were breaking multiple world records, Australia did not fare so well. Two new events had been added to the program (the Men's and Women's 4 x 100m Medley Relays) but the USA was now on the ascendency. Dawn Fraser won the 100m Freestyle again (she held the World Record for 16 years) as did David Thiele the 100m Backstroke, Murray Rose the 400m Freestyle and Jon Konrads the 1500m. This time John Devitt won the Men's 100m Freestyle as Jon Henricks swam while suffering appendicitis and was eliminated in a semi-final. Devitt edged the USA's Lance Larsen in a very controversial final in which the judges gave Devitt first while the timing had Larsen faster. They were both awarded the same time of 55.2 while Larsen's recorded times were 55.0, 55.1 and 55.1 (7). The resulting controversy led to the introduction of electronic timing to one hundredth of a second and results being determined on times not by judges for the next Olympics.

In 1960 Australian swimmers won 5 gold, 5 silver and 3 bronze for a total of 13 medals from 15 events to be edged by the USA with 15 medals (9 gold, 3 silver and 3 bronze). This compared poorly with 1956 where Australia dominated with 8 gold to the USA's 5 (see **Table 1 below**).

**Footnotes:**

**(1) First Butterfly event**

Following the 1952 Olympics Breaststroke was split into two events, Breaststroke and Butterfly. As a trade off countries were allowed only three swimmers between the two events. This meant Australia tended to have two male and two female butterfly swimmers and one breaststroke swimmer. Of course this changed when the program of events was further extended and the number of swimmers per country for all events was changed to a maximum of two.

**(2) Events at the 1956 Olympics were:**

Freestyle:	Men	100m, 400m, 1500m	Women	100m, 400m
Backstroke:	Men and Women	100m		
Breaststroke:	Men and Women	200m		
Butterfly:	Men	200m	Women	100m
Relays:	Men	4x200m	Women	4x100m

**(3) 1956 100m Freestyle places**

Mens	1 <sup>st</sup> Jon Henricks	2 <sup>nd</sup> John Devitt	3 <sup>rd</sup> Gary Chapman
Womens	Dawn Fraser	Lorraine Crapp	Faith Leech

**(4) Australia's winning relay teams**

Men's 4 x 200m

Gary Chapman, John Devitt, Kevin O'Halloran, Jon Henricks

Women's 4 x 100m

Sandra Morgan, Lorraine Crapp, Faith Leech, Dawn Fraser

**(5) A personal note.**

That summer (there was no winter season) I swam the Breaststroke leg of Drummoyne Amateur Swimming Club's record breaking 4 x 110 yards Medley Relay team. Jon Henricks swam the Butterfly leg, while NSW Junior Champion Mal Swanston swam the Backstroke and club captain Ken Lord swam the Freestyle. I was training under Harry Gallagher and in the winter we did calisthenics and light weight training. For this work I was paired with Dawn Fraser.

**(6) Australia's 1956 Olympic Swim Team**

Women	Men
Beverly Bainbridge (5 <sup>th</sup> 100 Fly)	Gary Chapman (3 <sup>rd</sup> 100 Free, 1 <sup>st</sup> 4x200 Free)
Gerganiya Beckitt (8 <sup>th</sup> 100 Back)	John Devitt (2 <sup>nd</sup> 100 Free)
Lorraine Crapp (2 <sup>nd</sup> 100, 1 <sup>st</sup> 400 Free Ist 4x100 Free)	Murray Garretty (4 <sup>th</sup> 1500 Free, heat 4x200 Free) Terry Gathercole (4 <sup>th</sup> 200 Breast)
Barbara Evans (7 <sup>th</sup> Heat 2 200 Breast)	Graham Hamilton (heat of 4x200m Free)
Dawn Fraser (1 <sup>st</sup> 100, 2 <sup>nd</sup> 400 Free, 1 <sup>st</sup> 4x100 Free)	Jon Henricks (1 <sup>st</sup> 100 Free, 1 <sup>st</sup> 4x200 Free) John Hayres (5 <sup>th</sup> 100 Back)
Elizabeth Fraser (heat of 4x100 Free)	John Marshall (5 <sup>th</sup> 200 Fly)
Margaret Gibson (heat of 4x100 Free)	John Monckton (2 <sup>nd</sup> 100 Back)

Maureen Giles (5<sup>th</sup> heat 1 100 Fly)

Kevin O'Halloran (6<sup>th</sup> 400 Free, 1<sup>st</sup> 4x200 Free)

Patricia Huntingford (5<sup>th</sup> heat 3 100 Back)

Murray Rose (1<sup>st</sup> 400, 1<sup>st</sup> 1500 Free)

Faith Leech (3<sup>rd</sup> 100 Free, 1<sup>st</sup> 4x100 Free)

Pam Singleton (6<sup>th</sup> heat 1 100 Back)

David Thiele (1<sup>st</sup> 100 Back)

Sandra Morgan (6<sup>th</sup> 400 Free, 1<sup>st</sup> 4x100 Free)

Brian Wilkinson (7<sup>th</sup> 200 Fly)

Gary Winram (6<sup>th</sup> 400, 8<sup>th</sup> 1500 Free)

Reserve

John Konrads

**(7) Timing at the 1956 and 1960 Olympics**

In 1956 and 1960 timing was done with three Omega sweep second hand, hand held watches per swimmer that measured only to tenths of a second. I once bought one of these for 100 pounds (\$200). When AOE (Automatic Officiating Equipment) timing was introduced times were measure to one thousandth of a second and recorded in hundredths (two decimal places)

TABLE 1

Olympic Games year	Melbourne1956		Rome 1960		Sydney 2000	
Number of swimming events	13		15		32	
Country	AUS	USA	AUS	USA	AUS	USA
Gold medals won	8	2	5	9	5	14
Silver	4	4	5	3	9	8
Bronze	2	5	3	3	4	11
Total medals *	14	11	13	15	18	33
Percentage total medals available	36%	28%	29%	33%	19%	34%

\* relay events have been counted as one medal only

The detailed information above has been sourced from: "Australia's Olympic Century" 1896-1996 published by Pan Macmillan Australia and Wikipedia "Swimming Results" for 1956, 1960 and 2000 Olympics. Gary Stutsel

What 1.5m can look like...



[Jillian Pateman Administrator](#)