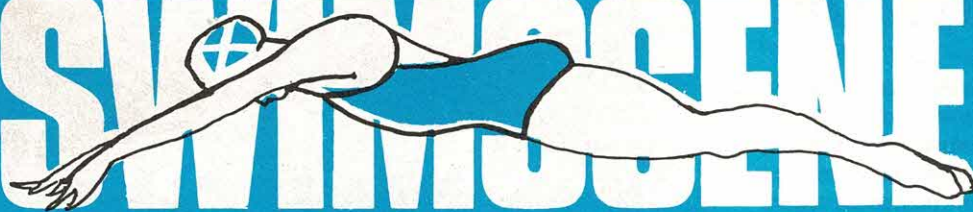


SWIMMOCENE



PUBLISHED BY THE SCOTTISH AMATEUR SWIMMING ASSOCIATION
PATHFOOT, UNIVERSITY OF STIRLING, STIRLING (tel. 0786-70544)

Editor: Ian Thompson

The views expressed in this publication are not necessarily those of the Association

Printed by W. J. Ray & Co. Ltd., Warewell Street, Walsall, West Midlands.

Volume 5 Winter, 1982/83

THE COMMONWEALTH GAMES

Ron Braund

The 14 swimmers and 2 divers had, along with Manager Bill Law, Coach Ron Braund and Physiotherapist Joan Fraser, been together through 30 days of hard, but enjoyable work prior to Saturday, 18th September, when the Team took off from Prestwick, Brisbane bound. For half of that time we had been esconced in the sun-drenched south of France, enjoying the opportunity of open air long course training at Antibes; the remainder of the training, again long course, was in Edinburgh.

Divers had completed over 1,600 dives each and the swimmers had covered in excess of 260,000 metres. All had shed excess weight and all were suntanned and feeling really fit—including the management who had entered the water once each day for 10 minutes each—maximum!

It was sad for all of us that we had to leave Joan Fraser behind. During both camps she had worked endlessly on aches and pains and had been a good companion to all, contributing more than she will ever realise.

The short stay of one night at East Kilbride was excellent. By courtesy of the Bruce Hotel we had an excellent dinner, bed and breakfast deal, the whole team dining in their Games uniform for the first time. We had two training sessions at East Kilbride courtesy of the Baths Management and were transported to Glasgow for the civic reception courtesy of East Kilbride Swimming Club. Our thanks to them all.

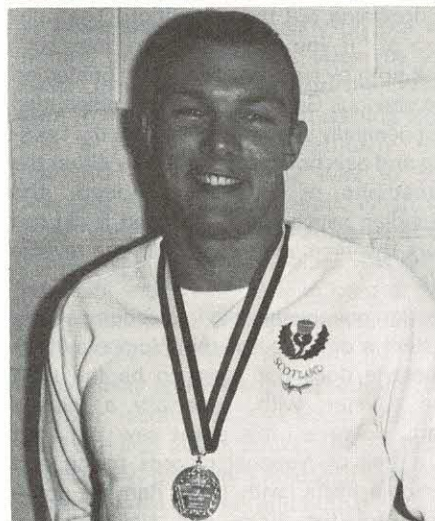
Take off was late Saturday evening and one cannot say much about a 24 hour flight other than it was a 24 hour flight and that the food was good. A short one hour stay at Bahrain and an equally short stay at Singapore, now an Alladin's cave of duty free goods, saw us arrive at Brisbane as the sun rose at 7.30 a.m.

Brisbane at last and all were keen to settle in and relax for a few hours. The Men's Team were not in too good a humour when we saw our accommodation. It was well reported at home, so suffice to say we were not happy with it at all and were

(continued on page 2)



Above: Our 4 x 100 m Freestyle Team—Alison, Nikki, Cathy and Sarah—with their Silver Medals.



Left: Robin Brew—second in the 200 m. I.M.—with his Silver Medal.

Below: Paul Easter, Graeme Wilson, Neil Cochran and Doug. Campbell with their Medals for the 4 x 200 m. Freestyle Relay.



THE COMMONWEALTH GAMES

(continued)

extremely grateful for the fight that the General Team Manager and our own Bill Law put up to successfully get the swimmers out. We eventually shared a block of flats with the Australian Badminton Men's Team and needless to say, it was good.

The Village itself was excellent with shops, disco, information centre, telecommunication centre and what appeared to be constant cinema shows. Each day saw an open air show of some description and many celebrities including Charlton Heston, appeared.

The food was good and constantly available from 6.00 a.m. until 1.00 a.m., as the scales very quickly showed. With constant weight checks all got the message and managed to restrict the weight gains.

Training took place on a shift system and coupled with a 40 minute bus journey each way twice a day, left little time for anything else. The training took place in the competition pool which was an outstanding complex of a 10 lane 2m deep 50m pool and a 30m diving pool. Due to the number of teams taking part, we were restricted to 2-3 lanes, which caused a little concern and a few problems. However, on the plus side, we had the opportunity to witness and work alongside other teams including the Australian and Canadian teams which helped overcome the natural apprehension about competing against them later.

The fears about standing too long in the heat on the opening ceremony were, as it happened, unfounded. In fact, it was more than a little chilly with a very strong and cold wind. For the display, the parachute drop to the Arena had been called off due to the winds. The previous day in rehearsal, one of the parachutists, on leaving the plane at 1000 ft. went up in a hail storm to a height of 4000 ft. instead of down. He no doubt came down eventually.

The feelings of the team on the opening parade were probably very mixed. It was certainly awe-inspiring and at times a little confusing; the thought that competition was about to start, a little frightening; the pride at representing your country on such an occasion, satisfying. The cold certainly took the edge off the enjoyment, but none-the-less, we had a ringside seat right behind the dais and could witness first hand, the speeches from the Duke of Edinburgh, the handing over of the baton and the athlete's pledge by the Queen of Australian swimming, Tracy Wickham.

The six days of competition were hectic to say the least, comprising training sessions, warm ups and the competition itself. The gallery was packed on every occasion—heats, finals, diving—the atmosphere tense, exciting, and at times, a little frightening. The large teams from Australia and Canada were, as expected, making a lot of noise—outdone only by Scotland, Wales, Ireland, the Isle of Man, Jersey, Guernsey and any one of the small teams



Our 1982 Commonwealth Games Team at Brisbane.



who joined forces for the specific purpose of drowning out the opposition. The principle of "If you can't beat 'em, join 'em" took both by surprise. The team, briefed on the previous Games experience, responded and generally were not put off by the heckling and psychological warfare by either the Canadians or Australia. Indeed, the Canadian psychologist admitted it did not work this time and in fact, had the reverse effect.

Session one, event one, in any competition is always difficult and the Women's 100m Freestyle does not seem to be the right one to start with, especially a midday start. However, this event saw the start of a trail of National records falling and personal bests, with Nikki Ramsay going 59.39 for the 100m and Neil Cochran recording 4.33.17 in the 400m I.M. to finish 0.7 outside the final 8 for 1st reserve place. Robin Brew indicated improvement in the 400m I.M. with a 3 second cut off his best to finish just behind Neil. Another 1st reserve place came in the 200m Freestyle for Paul Easter, with a personal best of 1.53.99—only 0.12 outside the cut-off. Doug Campbell however, made it with a personal best of 1.53.27, finishing 8th in the final with 1.53.97.

The pace of the competition at the Games is fairly slow, with a lot of time between heats. All wanted "to go" and it was difficult for swimmers to hold back and not let the pace run away with them. We had

the first indication of this with Doug's 200m when he split 55.3 in the heat for 1.53.27 and a very fast—too fast—54.2 in the final. Another difficulty was the programme, where finals did not necessarily follow heats in the same day. Indeed, Doug's 200m Backstroke heat was on day one, with the final on day three and he had had another event in total in between. His 200m Backstroke was a comfortable 2.06.48 in the heats, splitting 61.43 to place him 4th fastest in the Final. He was lying 3rd at the half way stage in the final with a 59.58—his best time for a 100m this year—dropping to 4th at 150m and 5th at the finish, having come back in 66.59 to return 2.06.27. Neil improved his 200m Backstroke time to give 2.08.71 in the heats to finish 7th in the final.

Next came the Men's 4 x 100m Freestyle and again Doug just wanted to go—and go he did, with a 53.24 for the first leg, taking Bobby McGregor's name from the record list; Paul, swimming third, split an incredible 52.2 and Graeme Wilson swam anchor leg with a fine 53.00. The team finished 5th in a creditable 3.33.71—a new record. There was however a price to pay—Graeme, who had worked so hard to improve his turns had hit the pad with such force that it shattered and cut his foot so badly that medical treatment was required for the remainder of our stay. It meant coming out of the 400m and left him with only the 4 x 200m to compete in. It says

THE COMMONWEALTH GAMES

(continued)

a lot for his determination that he swam that event as there was no doubt he was still in pain.

Alison Hamilton was the first distance swimmer to hit the water, Paul and Duncan having to wait for the last day. Not yielding to the temptation to go out fast, she swam a well-balanced heat to finish 8th fastest in a new record by eleven seconds—8.58.8 and 8th again in the final with 9.01.31. The next four events gave four personal bests, one record and our first medal. Iain Campbell went 2.23.98 to place him 8th finalist with Robin Brew 2.25.58 at 10th place. Billy McGoldrick split a little too fast at 58.6 in the 200m Butterfly to finish at 2.04.09—outside his 2.03 target but none-the-less a record time. Then came the first of a series of controversial disqualifications. The Women's 4 x 100m Freestyle team of Sarah, Cathy, Alison and Nikki finished 4th in 4.01.46. Cathy will be the first to admit that spring frontcrawl is not her speciality, but she was well pleased with her 61.7 and Nikki, swimming anchor leg, split a remarkable 58.8. Pleased with 4th place we were amazed to see it flash up on the scoreboard that Scotland were 3rd—with Australia having been put out by a faulty third take over. Seconds later it was changed to 2nd with the decision of the judges that Canada's last take-over was faulty. The crowd erupted, the Australian and Canadian camps exploded and England Scotland and New Zealand collected the medals, with the protests coming in fast and furious. Indeed, the girls had to wait two days for confirmation that the results stood as announced.

Disqualification from Canada in particular had been expected as far back as Antibes. The knowledge that the "super power" race for medals would be on and that Canada had a history of bad take overs led us to doing a lot of work on our own, utilising video to the full, reducing take over time to a minimum, but still safe. We expected it once—it happened four times and we collected each time. Even in practice, both the big teams were seen to be using blatantly faulty take overs and with all the back up equipment available at Brisbane, there was no way they would get away with it. Takeovers are an integral part of the event, as important as the swim. Scotland got it right; others did not! Splits of note in the relays—Beverley Rose—64.99 Backstroke leg; Nicola Geddes—1.16.1 Breaststroke, 55.14 for Billy McGoldrick in the Fly leg, Paul Easter 52.14 last leg in the Medley Relay and 1.54.0 for Neil Cochran in the 4 x 200m Freestyle 2nd leg.

Individual swims continued with a P.B. for Duncan in the 400m Freestyle and a record for Paul with a 3.57.97 heat time and 3.58.38 6th place in the final. Paul split well in 1.57.55, but could not on this occasion find his usual last 100m burst—but with a previous best of 4.01.0 both were very creditable performances.

The individual medal came for Robin Brew in the 200m I.M. and the event was a delight to watch—both heats and finals. Robin took David Wilkie's British Record in the heats (2.06.10) and again in the final (2.05.83) being beaten by the only World Record of the Games—by Alex. Baumann. It was an experience to watch him rise to the occasion and swim exactly to plan in terms of splits and turning better than he has ever done. The aim was 60.5 after the Backstroke leg and he split 60.29. The Breaststroke target was 35 seconds and he returned 34.93. It was a proud and excited Robin who stepped to the rostrum to receive his silver medal and an equally proud and excited team that supported him.

Both Nikkie Ramsay and Sarah Inkson made the final and had their own private battle in the 200m Freestyle. Nikki took the Senior Record in the heats in 2.06.01 and both took records in the final—Nikki the Senior with 2.05.69 (7th) and Sarah the Junior with 2.06.25 (8th).

The Women's Backstroke saw another British Record—this time for Beverley, who swam tremendously in the 100m to a 1.04.44, 5th place (1.04.74 Heat time), beating both arch rivals, Cathy White and Helen Jameson of England into 7th and 8th. When realising there was less than one second between Beverley and 1st place, it puts her performance into perspective. Sarah had finished 12th in a personal best of 1.08.10 in the first heat alongside the eventual winner.

Billy McGoldrick continuing his record form, clipped his 8 Nations Scottish Record in the 100m Butterfly to finish in 57.78, but perhaps his biggest claim to fame was his cheer-leading, particularly on the last evening prior to the start, when he was asked to lead a chant for the Welsh team who stood behind each starting block with a placard which eventually read THANKS AUSSIES. Billy was to step delicately on to the 2nd block when the Welsh were in place and lead us all in the chant. The step on to the block was rather indelicate and in went Billy in front of television cameras, 5,000 spectators and the Queen. Billy does it in style.

Cathy Finlay and Beverley Rose both took Scottish records in the 200m Butterfly (2.20.84) and 200m Backstroke (2.19.81) respectively. Beverley's time was some 4½ seconds inside her best and both girls made the final—both to finish 8th.

Neil Cochran had a personal best in the 100m Backstroke (1.00.45) to finish 10th, just before Alison took to the water again, this time to take well over a second off her 400m record time (4.24.92).

It had been a long wait for Duncan for his main event—1500m Freestyle. He had waited patiently for 5 days to get going and had, like all of the team, worked hard, both physically and mentally. It must have been a relief to get started and he, like Alison, curbed the urge to go out too fast. In the heats he was in quality company with the eventual gold and bronze medalists. Undeterred, he settled down to some

steady pace work, averaging 64s throughout and finishing with a 62.30 to give a time of 15.54.96—a clear 18 seconds inside his best and a tremendous swim by Duncan which put him into the final in the lane next to Paul Easter. Duncan swam again similar splits—exactly the same at 600m, slightly slower for the next 500m and faster on the last 400m to finish a very creditable 7th in 15.55.06, a mere 0.10 slower than the heat. A pleased, but frustrated Duncan, remarked, "It's a hell of a long way to go to be 0.1 slower". A tremendous performance, well worth waiting for.

In the same event, Paul continued the form shown throughout, clipping a second off the 1500m record in the heats (15.48.92) and 3 seconds off the 800m record in the final (8.19.75) to finish just ahead of Duncan in 6th place, with a time of 15.47.53 taking the record once more. Both Paul and Duncan had given their all in providing Scotland with their best ever distance performances, both in quality and depth. Both remarked on leaving the water "Never again". I for one hope they don't mean it—distance guys are difficult to come by and these are two of the best.

The Diving was a fascinating event to watch—both Men and Women—and the gallery again was packed throughout the competition. The numbers of competitors was up compared with Edmonton and the standard much higher as was the swimming. The main events for us were the Women's Highboard where Fiona and June performed their series of dives as well as, if not better than ever, but as Bill Law pointed out, the dives were not of a sufficient tariff to boost the overall mark up high enough to contend with the eventual medalists.

The Team had two days free after the completion of the swimming and diving and took advantage of the sun and the beach, the second day by courtesy of Speedo, who took all swimmers of every nation to the Gold Coast for a day of sun and fun. It was, in fact, the only free time in 7 weeks of hard work and well deserved. They had, after all, completed in total, 4,150 miles of training and 3,152 dives, plus a few lengths and dives in competition.





WATER POLO NEWS

by D. J. A. Roxburgh

The Scottish trip to Ireland on September 22/23 was a great success both in and out of the water.

Firstly, the Women's Select Team, which took part in two matches against the Irish Women's National Team was an interesting contest. This was the first time a Women's Water Polo Team representing the Association had competed and although both games were lost, a great deal was learned.

The Scots girls were faster swimmers, but lacked handling and tactical skills which the Irish proved were important.

The Irish have participated against world class opposition, so this was a good performance for the Scots despite losing 3-7 and 0-4 respectively.

1982—the year of Women in Sport—saw the introduction of Women's Water Polo in Scotland at International level and proved that there is a great deal of potential for the game. The involvement of more swimmers would be welcomed, and anyone interested is encouraged to contact us.

Our U18 Men's Team played three games—two against Ireland U18 and one against Ulster U21.

In the official International, Scotland won by 12 goals to 7; lost to Ulster U21 9 goals to 7; and won the second game against the Irish by 7 goals to 3. This was the first time the U18 boys had won in Ireland and the fixture here in Scotland next year is eagerly awaited.

European Junior Championships

Congratulations are due to F. Moore (Hamilton) and A. Gilhooly (Portobello) on competing in the European Junior Championships for G.B. Both boys received excellent reports of their performance, which will stand us in good stead for the future.

Premier League

Domestic Water Polo is almost finished and Portobello A.S.C. have retained the Premier League. Other placings were:

- 2nd — Warrender, 1930, Hamilton
- 3rd — Taybridge
- 4th — Gala

First Division Championship

This year's First Division Championship was held at the "new" Dunfermline Pool in which three teams took part—Aberdeen, Inverness and Renfrew. Renfrew were the eventual winners, beating Aberdeen 12-2, Inverness 13-1. In a thrilling North derby, Aberdeen won a close exciting match 8-7 against Inverness.

SYNCHRO NEWS

SYNCHRONISED SWIMMING

At a time when vast improvements are becoming obvious in Scottish Synchro, the resignation of two assistant National Squad coaches comes as a tremendous loss. Allena Smith—who has moved to the Isle of Wight to take up her career as a dentist, and Helen Murray, who resigned from the Squad in August, both put a great deal of hard work into the Squad, assisting National Coach Alyson Hayes in achieving the improvements we have seen in the standard of swimmers' performances. The present situation—only one coach—is serious and credit must go to Alyson who has coped admirably during the past few months working on her own with the two squads, but with the heavy programme planned for 1983, she will require at least one assistant National Coach and a Coach to look after the Feed-In Squad.

Commenting, Alyson said: "The training sessions since August have been taken by myself with the National and Feed-In Squads together. This has been possible due to the improvement the Feed-In Squad has made, with May Laidlaw coaching them until June through their Grade III Award when all, but one, passed. The Feed-In Squad have gained tremendous benefit from working and training with the National Squad even though at times, the joint training efforts caused more than their fair share of problems in coaching. Attention to detail in figure practices is now always adequate with so many swimmers, but as they learn more about the figures, they are becoming more capable of advising each other during this section of the training period, which is normal practice in synchro. The benefits are already showing with our swimmers and as they travel and see more top class synchro, they will improve even more.

The National Squad has progressed steadily. A lot of good work has been done this year, but it is now time to concentrate on achieving a higher degree of difficulty in routines and to look more closely at originality. Good routines should show their mark of originality. More control and height is desired in figure execution from the top group of swimmers and this will be an aim for next year, especially with two International competitions to train for. The girls are capable of performing better figures, but will need to work for it.

Also, much more work has to be done in the area of flexibility and this is something each girl will need to be encouraged with."

Alyson also acknowledges the assistance of Jenny Gray, whose advice and support as Scottish Synchro Adviser over the year has been an inspiration to the whole squad.

Injury has affected two swimmers. Susan Heyhoe of Aberdeen missed many training sessions due to injury, including hyper-extension in the elbow joint which caused pain and swelling and many months of physiotherapy. We are glad to say however that Susan is making progress and managing to train harder now.

A knee injury caused Ann Cochrane of Edinburgh to withdraw from many training sessions and we are waiting to hear whether she will need an operation or not. We all wish her well and hope her recovery is swift.

Awards

Congratulations to all Synchro Swimmers who have passed their respective grades this year:

Grade III:	Joyce Smith	Glenrothes	Grade IV:	Susan Heyhoe	Aberdeen
	Margo Stevenson	Glenrothes		Sarah Burns	Garnock
	Sandra Craig	Garnock		Kim McIntosh	Edinburgh
	Jacqui Bunney	Edinburgh	Grade V:	Irene Glen	Glenrothes
	Alison Steven	Edinburgh		Viv Rewt	Edinburgh
	Juliet Wilson	Edinburgh		Kim McIntosh	Edinburgh
	Patricia Murphy	Edinburgh			
	Imogen Muxworthy	Edinburgh			
	Lisa Heyhoe	Aberdeen			

A.S.A. Nationals

Four Scottish swimmers competed in the A.S.A. Nationals at Manchester in November this year (as compared with only two in previous years): Shona Grubb, April Sands and Viv Rewt (all of Edinburgh S.S.C.) and Irene Glen (Glenrothes A.S.C.). Out of a total of 92 entries, their placings were:

Shona Grubb:	71.80 pts.	23rd
April Sands:	65.033 pts.	60th
Viv Rewt:	62.267 pts.	78th
Irene Glen:	61.733 pts.	82nd

The climax of the A.S.A. Nationals is always the presentation of the Mary Black Trophy for the person who has given the best service to Synchro in the current year and we were delighted when that person, this year, was none other than Mary Black herself. Congratulations, Mary!

IND-COOPE TRAINING WEEKEND

A group of 21 East District Swimmers took advantage of the generosity of the Ind-Coope sponsorship by attending a training weekend at Stirling University over the week-end 2nd/3rd October. The swimmers, aged between 13 and 15 years, were selected on ability, past performance and potential. Eight hours of intensive training over the two day period was supplemented by two hour-long sessions of land training.

The young people stood up to the rigorous training without complaint and enjoyed the company of their friends and fellow swimmers during their leisure time.

Three further training sessions are planned for these swimmers to be financed by the East District. They will be held at Dunfermline College of Physical Education on 20th/21st November 1982, 15th/16th January 1983 and 12th/13th February 1983.

Coach, Adam Hunter, who planned and supervised the training programme, spoke highly of the energy and enthusiasm of the swimmers. The swimmers comments were brief but revealed their feelings about the success of the weekend:

"Good"
 "Knackering!"
 "O.K.! Except for the 800 'fly'"
 "Can we get this place again?"
 "Pretty good"
 "Enjoyable"
 "Thanks, Ind-Coope".

★ ★ ★

SWIMMING AT THE SCOTTISH UNIVERSITIES

The Third Annual Sprint Meet, sponsored by the Bank of Scotland and organised by Stirling University Swimming Club, was held at Stirling University on Saturday, 13th November 1982.

Each year the number of entries has increased and the event is now one of the highlights of the University swimming calendar. This year's winners were:

50m Breaststroke:

Women: S. Hamilton (St. Andrews) 37.70*
 Men: C. Cromar (Strathclyde) 32.70*

50m Back Crawl:

Women: J. Adam (Edinburgh) 35.30*
 Men: D. Haig (St. Andrews) 31.14

50m Front Crawl:

Women: E. Bull (Edinburgh) 29.50
 Men: M. Smithers (Stirling) 25.80

50m Butterfly:

Women: J. Stephenson (Stirling) 32.97
 Men: M. Smithers (Stirling) 27.20

4 x 50m Medley Relay:

Women: Edinburgh 'A' 2.25.90
 Men: St. Andrews 2.02.00

4 x 50m Freestyle Relay:

Women: Edinburgh 'A' 2.04.00*
 Men: Strathclyde 'B' 1.48.80

* denotes best performance.

The Bank of Scotland Trophy was awarded to Campbell Cromar (Strathclyde) for his performance in the 50m Breast Stroke.

TOP TEN SH

(As at 10th Dec)

MEN

50m Freestyle

Senior Record:	24.71	
Junior Record:	25.68	
	24.71	B. Archibald W/LA
	25.39	N. Foster M/TE
	25.74	W. Mills E/WB
	25.63	I. Campbell M/TE
	25.92	M. Mathieson E/HM
	23.00	I. McFarlane W/PY
	26.10	I. McGregor UNAT.
	26.14	P. Brew E/IG
	26.24	D. Docherty E/30
	26.26	J. Wilson N/LR

100m Freestyle

Senior Record:	53.24	
Junior Record:	53.84	
	53.24	D. Campbell M/TE
	53.46	G. Wilson E/CE
	54.12	P. Easter E/WB
	55.00	C. Bole E/WB
	55.03	N. Cochran N/AN
	55.08	W. Mills E/WB
	55.20	P. Brew E/IG
	55.29	B. Archibald W/LA
	55.62	N. Foster M/TE
	55.70	I. McGregor UNAT

200m Freestyle

Senior Record:	1.52.47	
Junior Record:	1.55.37	
	1.53.97	D. Campbell M/TE
	1.53.99	P. Easter E/WB
	1.55.61	G. Wilson E/CE
	1.56.88	N. Cochran N/AN
	1.59.60	N. Foster M/TE
	2.00.40	C. Nelson W/SG
	2.00.54	I. McGregor UNAT
	2.00.69	P. Brew E/IG
	2.01.06	D. Cruickshank N/AN
	2.03.24	C. Bole E/WB

400m Freestyle

Senior Record:	3.57.97	
Junior Record:	4.08.11	
	3.57.97	P. Easter E/WB
	4.04.92	N. Cochran N/AN
	4.05.07	G. Wilson E/CE
	4.06.10	D. Cruickshank N/AN
	4.13.08	R. Brew E/IG
	4.21.62	S. Wells E/CE
	4.22.80	N. Foster M/TE
	4.27.16	M. Sreenan W/FO
	4.27.19	D. Watson E/CE
	4.28.01	A. Smith UNAT

800m Freestyle

Senior Record:	8.19.75	
Junior Record:	8.37.65	
	8.19.75	P. Easter E/WB
	9.04.26	S. Wells E/CE
	9.24.96	M. Grant UNAT
	9.29.34	G. Ridley UNAT
	9.29.72	R. Sinclair E/WB
	9.43.80	I. Cox W/SG
	9.56.53	C. Fordyce E/HM
	10.06.67	G. Corrigan M/CD
	10.31.88	C. Moore W/CG

1500m Freestyle

Senior Record:	15.47.53	
Junior Record:	16.21.46	
	15.47.53	P. Easter E/WB
	15.54.96	D. Cruickshank N/AN
	16.54.49	C. Nelson W/SG
	17.03.36	S. Wells E/CE
	17.44.37	R. Sinclair E/WB
	17.50.99	G. Ridley UNAT
	17.52.72	N. Buchanan N/AN
	18.20.40	G. Low N/AN
	18.22.62	D. Mathieson N/AN
	18.23.49	I. Cox W/SG

100m Backstroke

Senior Record:	58.35	
Junior Record:	1.02.00	
	58.90	D. Campbell M/TE
	1.00.24	N. Cochran N/AN
	1.01.54	C. Nelson W/SG
	1.02.78	G. Goudie E/WB
	1.02.99	C. Spence M/CD
	1.03.50	S. McGowan E/IH
	1.04.07	M. Peyrebrune E/WB
	1.05.59	C. Johnstone E/WB
	1.05.60	W. Russell E/CE
	1.05.78	M. McKinney W/CE

200m Backstroke

Senior Record:	2.04.23	
Junior Record:	2.10.08	
	2.06.27	D. Campbell M/TE
	2.08.71	N. Cochran N/AN
	2.10.57	C. Nelson W/SG
	2.12.00	P. Easter E/WB
	2.16.49	M. Peyrebrune E/WB
	2.20.70	G. Goudie E/WB
	2.21.17	W. Russell E/CE
	2.21.62	C. Lord N/AN
	2.22.29	S. Moffat E/WB
	2.22.69	W. Ferguson W/GH

100m Breaststroke

Senior Record:	1.03.43	
Junior Record:	1.07.62	
	1.06.33	I. Campbell M/TE
	1.07.60	R. Brew E/IG
	1.09.09	W. McGoldrick M/TE
	1.10.60	P. Gallacher E/CE
	1.11.13	S. Birss W/LD
	1.12.50	A. Lynn W/PY
	1.13.41	I. Cameron N/AN
	1.13.63	I. Morgan N/PD
	1.14.23	M. Robertson W/LD
	1.14.53	A. Nicoll M/CD

200m Breaststroke

Senior Record:	2.15.11	
Junior Record:	2.27.10	
	2.23.98	I. Campbell M/TE
	2.25.58	R. Brew E/IG
	2.36.55	A. Lynn W/PY
	2.37.89	S. Birss W/LD
	2.40.00	R. Olsson W/EB
	2.41.02	G. Haig E/KY
	2.42.8	G. Wilson W/PY
	2.43.08	I. Cameron N/AN
	2.43.81	I. Morgan N/PD
	2.43.89	M. Storey W/PY

100m Butterfly

Senior Record:	57.78	
Junior Record:	59.40	
	57.78	W. McGoldrick M/TE
	58.74	G. Wilson E/CE
	59.70	N. Cochran N/AN
	1.00.33	N. Foster M/TE
	1.00.34	D. Watson E/CE
	1.00.67	I. McGregor UNAT
	1.00.95	A. Ferris W/PY
	1.01.07	P. Gallacher E/CE
	1.01.22	G. Wilson W/PY
	1.01.35	B. Wilson W/PY

200m Butterfly

Senior Record:	2.04.09	
Junior Record:	2.10.55	
	2.04.09	W. McGoldrick M/TE
	2.07.60	P. Easter E/WB
	2.09.60	G. Wilson E/CE
	2.11.76	N. Cochran N/AN
	2.14.22	N. Foster M/TE
	2.14.61	B. Wilson W/PY
	2.16.01	A. Ferris W/PY
	2.16.94	D. Watson E/CE
	2.17.23	K. Smith E/WB
	2.19.25	N. Buchanan N/AN

SPORT COURSE

December, 1982)

WOMEN

50m Freestyle

Senior Record:	27.62	
Junior Record:	27.63	
27.62	G. Skipper	W/KH
27.63	J. Irvine	W/SG
28.40	N. Ramsay	W/SA
28.41	E. Bull	E/WB
28.42	C. Lewis	E/FS
28.49	R. Gilfillan	M/CD
28.64	A. Hamilton	N/AN
28.71	A. McGoldrick	M/CD
29.00	W. Goodwin	W/EB
29.04	N. Geddes	M/TE
29.04	D. Mochan	M/TE

100m Freestyle

Senior Record:	59.39	
Junior Record:	59.55	
59.39	N. Ramsay	W/SA
59.75	S. Inkson	N/AN
1.00.19	J. Irvine	W/SG
1.00.80	A. Hamilton	N/AN
1.01.18	G. Skipper	W/KH
1.01.19	R. Gilfillan	M/CD
1.01.42	C. Lewis	E/FS
1.01.55	J. Robertson	W/PY
1.02.01	W. Goodwin	W/EB
1.02.04	E. Bull	E/WB

200m Freestyle

Senior Record:	2.05.69	
Junior Record:	2.06.25	
2.05.69	S. Inkson	N/AN
2.06.25	N. Ramsay	W/SA
2.09.30	A. Hamilton	N/AN
2.10.77	R. Gilfillan	M/CD
2.11.58	J. Irvine	W/SG
2.12.05	N. Cochran	N/AN
2.12.22	J. Robertson	W/PY
2.12.40	S. Cowie	N/AN
2.13.40	F. Davies	W/PY
2.13.76	D. McDonald	W/EB

400m Freestyle

Senior Record:	4.24.92	
Junior Record:	4.24.92	
4.24.92	A. Hamilton	N/AN
4.27.43	S. Inkson	N/AN
4.30.36	N. Ramsay	W/SA
4.31.02	R. Gilfillan	M/CD
4.33.41	F. Davies	W/PY
4.33.62	S. Cowie	N/PD
4.35.00	C. Finlay	W/SA
4.35.65	N. Cochran	N/AN
4.36.90	J. Robertson	W/PY
4.36.90	J. Robertson	W/PY

800m Freestyle

Senior Record:	8.58.52	
Junior Record:	8.58.52	
8.58.52	A. Hamilton	N/AN
9.13.21	R. Gilfillan	M/CD
9.18.59	N. Ramsay	W/SA
9.20.20	S. Cowie	N/PD
9.24.27	F. Davies	W/PY
9.29.47	J. Robertson	W/PY
9.31.4	N. Cochran	N/AN
9.46.6	J. Buchanan	N/AN
9.53.12	S. Heugh	W/PY
9.55.41	L. Spence	N/AN
9.57.98	S. Wright	N/AN

1500m Freestyle

Senior Record:	17.56.58	
Junior Record:	17.56.58	
18.05.68	N. Cochran	N/AN
18.10.30	S. Cowie	N/PD
18.14.82	A. Hamilton	N/AN
18.27.93	J. Buchanan	N/AN
18.54.91	C. McIntyre	E/AE
19.06.03	C. Verrydt	N/AN
19.18.95	S. Wright	N/AN
19.49.65	M. Cantley	W/CG
19.57.61	A. Reid	E/WB
20.29.19	F. McDougall	E/TT

100m Backstroke

Senior Record:	1.04.44	
Junior Record:	1.06.26	
1.04.44	B. Rose	W/SA
1.07.99	K. Connolly	M/CD
1.08.10	S. Inkson	N/AN
1.10.53	L. Spence	N/AN
1.11.37	A. Teaz	W/CG
1.11.41	J. Allen	W/PY
1.11.45	S. Cowie	N/PD
1.11.65	V. Reid	N/SD
1.11.7	E. Paul	W/EB
1.11.70	C. MacIntyre	E/AE

200m Backstroke

Senior Record:	2.19.81	
Junior Record:	2.25.10	
2.19.81	B. Rose	W/SA
2.23.32	K. Connolly	M/CD
2.26.48	S. Inkson	N/AN
2.30.73	L. Spence	N/AN
2.32.05	S. Cowie	N/PD
2.23.19	C. McIntyre	E/AE
2.34.00	J. Allen	W/PY
2.34.18	F. Davies	W/PY
2.34.67	E. Paul	W/EB
2.34.98	M. Cameron	W/PY

100m Breaststroke

Senior Record:	1.14.95	
Junior Record:	1.15.15	
1.14.95	J. Hill	W/LA
1.17.35	N. Geddes	N/AN
1.18.05	M. Campbell	W/CD
1.18.36	K. Hourston	N/OY
1.18.70	E. Carnan	W/PY
1.19.33	S. Hamilton	N/AN
1.19.59	N. Ramsay	W/SA
1.19.69	D. Campbell	W/FO
1.20.34	L. Wheatley	E/WB
1.20.57	J. Smith	E/MS

200m Breaststroke

Senior Record:	2.41.96	
Junior Record:	2.41.96	
2.42.40	N. Geddes	N/AN
2.46.41	J. Hill	W/LA
2.48.49	M. Campbell	W/CD
2.49.89	S. Hamilton	N/AN
2.53.65	L. Wheatley	W/EB
2.54.48	E. Carnan	W/PY
2.55.96	E. Owen	E/IG
2.56.00	K. Hourston	N/OY
2.57.35	C. Wands	E/FS
2.58.20	J. Smith	E/MS

100m Butterfly

Senior Record:	1.04.40	
Junior Record:	1.06.12	
1.04.40	C. Finlay	W/SA
1.06.12	C. Lewis	E/FS
1.06.61	D. Mochan	M/TE
1.06.8	D. Lord	N/AN
1.07.22	S. Inkson	N/AN
1.08.1	J. Irvine	W/SG
1.08.44	E. Paul	W/EB
1.08.66	N. Cochran	N/AN
1.08.81	A. Hamilton	N/AN
1.08.85	S. Cowie	N/PD

200m Butterfly

Senior Record:	2.20.84	
Junior Record:	2.22.69	
2.20.84	C. Finlay	W/SA
2.25.2	D. Lord	N/AN
2.27.37	S. Cowie	N/PD
2.29.65	C. Lewis	E/FS
2.31.07	N. Cochran	N/AN
2.32.73	F. Davies	W/PY
2.35.00	L. Spence	N/AN
2.35.3	A. Campbell	N/AN
2.35.7	C. Verrydt	N/AN
2.37.21	E. Murray	W/PY

Congratulations . . .

- * to JOAN FRASER, S.A.S.A. Physiotherapist, on her appointment as physiotherapist to the G.B. Team for the European Championships 1983.
- * to PETER HEATLY on being elected Chairman of the Commonwealth Games Federation
- * to MARY BLACK and PETER HEATLY on their appointments as technical officials for the European Championships 1983 for Synchro and Diving respectively
- * to LES TURBERVILLE on being nominated by G.B. for the FINA Swimming Officials list.

COMMONWEALTH GAMES 1986

The Association have nominated Mr. Bill Black, General Secretary, to be Chairman of the Swimming Organising Committee responsible for the sport of swimming in the 1986 Commonwealth Games to be held in Edinburgh.

Stewart's Sports Trophies

97 Titchfield Street, Kilmarnock

Telephone: 22594

Official Suppliers to the S.A.S.A.

Extensive Range & Large Stocks

All at 20% off R.R.S.P.



Fast Expert Engraving Service at Less Than Trade Prices

Badges, Medals & Centres made to your own design. To cut your costs this year

Phone, Write or Call NOW

Shop Hours—Mon., Tues., Thurs., Fri., 9 a.m.—1 p.m. and 2 p.m.—5.30 p.m. Saturday Open All Day 9 a.m.—5 p.m.

ESSO YOUTH SQUADS



Members of the Esso Scottish Youth Squad during the training weekend of 9/10 October at the Swim Centre.

(Copies of these and individual photographs are available on request to the S.A.S.A. Office. Details of costs on application.)



DRUG TESTING

The Scottish Amateur Swimming Association were the first home based swimming Association to carry out drug testing at Championships. Following testing at the National Championships in August, a positive result was found in respect of the sample taken from Andrew Gray of Beckenham A.S.C. As a result of this, Andrew Gray has been banned from taking part in any Scottish event for a period of two years from 1st November 1982 and he has had to return the two medals he won at the Championships as he was disqualified. As a result of the ban, the Amateur Swimming Federation of Great Britain, has also resolved not to select Andrew for any G.B. Team for the same period of two years.

"200" CLUB

The winners of the September, October and November draws of the "200" Club were:

September:

Largs and District - - - £15.00
Mr. Jim Thomson, Old Kilpatrick £5.00

October:

Dunfermline A.S.C. - - £15.00
Hamilton Baths A.S.C. - - £5.00

November:

Mrs. C. Smith, Glenrothes - £15.00
Mr. Peter Heatly, Edinburgh £5.00

SUNLIFE MASTERS EVENT, 1982

The Editor, *Swimscene*

Dear Sir,

Now that the championships are over, I feel that I might give a few comments and hopefully, these will be of a constructive nature.

As a Director of Leisure, Recreation and Amenities with Dunfermline District Council, I feel that the championships are extremely important in the theme of keeping "fit in life". In fact, if other sports took as much interest in such events, the number of athletes participating after their official retirement would increase, for the betterment of the sport.

I personally derive a great deal of benefit from the championships; it gives me an incentive to keep in trim. The championships also give me the opportunity to meet my old compatriots and enjoy a good time reminiscing about the "good old days". In the majority of cases the championships are more of a getting together of old friends. The venue was excellent and I think that the staff were very helpful and the building, being of a modern nature, provided everything that we wanted. The officials were very friendly and helpful, and jovial in their manner, which made the championships more pleasurable, and on behalf of the swimmers, I thank them for giving up their weekend for us.

I do feel however that there tends to be too many events and not enough entries. The ASA rule prohibiting the English swimmers from competing contributed to the small numbers in some age groups. I would also like to see a small group of swimmers getting together with a view to trying to encourage each other to get back into training and to compete in the championships on a fun basis. The clubs themselves could do a great deal by providing at least one lane at some sessions for their former swimmers who, in the past, have given them great service. It could also be suggested that we might have some representative teams competing against other areas and possibly other countries.

I realise that finance is difficult but this would be up to the Committee concerned to raise the necessary finances. I think that local authorities could also do a little more by taking part in fun and masters swimming galas organised by the Leisure, Recreation and Amenities Departments. I certainly intend doing something in this line next year.

The whole idea behind the master championships and these galas would be to encourage people to become involved in their sport and to keep fit.

I hope that these general comments will give you some "food for thought" and I would like to thank the Scottish Amateur Swimming Association for giving us the opportunity to compete against our friends in such a friendly type of manner, and also to thank the Sun Life for their sponsorship.

Yours faithfully,

T. W. Robson, Director.

CADBURY'S DAIRY MILK CLUB CHAMPIONSHIPS

Many congratulations to Aberdeen A.S.C. who have broken through the English club domination of this event to finish 4th in the final held at Leeds on 4th December. It is fitting that Aberdeen, who have established themselves as top Scottish Club over the last couple of years, led by "Coach of the Year" Wally Lord, should make this breakthrough and it is hoped that they are the first of a few more to make the trip to the finals.

There has only been one previous attempt at establishing a Club Championship of Great Britain, and that was in the early 1970s when, at an invitation of top clubs, Southampton beat Warrender by the narrowest of margins.

The current format of competition was introduced with the sponsorship of Cadbury in the late 1970s and the competition at this event has grown more fierce since its inception.

Generally, the members of clubs taking part down South has increased, whilst in Scotland, it has decreased, which is a great pity, as the event is tailor-made for club participation. You do not have to be a "big" club to take part and the regional rounds would be enhanced by a greater participation. For those who are unaware of the rules and concept, the following are

the general guidelines. Preliminary rounds are held in a short course pool and the programme includes all events and relays (men and women) with the exception of 1500m and 800m Freestyle and 4 x 200m Freestyle Relay. The maximum team number is 30 and each swimmer is only allowed to swim two individual events and both relays. Times recorded are converted to points on the German Points Table and each team's points are totalled.

The system provides a good indication of a club's improvement from year to year, both in quality and depth and can be clearly seen by the variation in the points total. Many believe you have to field a full team and this is not so. If you do not have a 400m I.M. swimmer, don't worry, you can still enter. Obviously your points total will suffer without a swimmer in that event, but at the end of the day it's more than likely you will find someone to step into the breach and gain a few more points. That probably is the main feature of the event—it allows for wide participation within the club and is not restricted to the few best swimmers in the clubs. They are dependent on back up.

There are prizes. For the regional rounds—£50 for the winners, £50 for all clubs over 16,500 points (in 1982) and £50 for the club

showing the biggest percentage improvement on their previous year's points total.

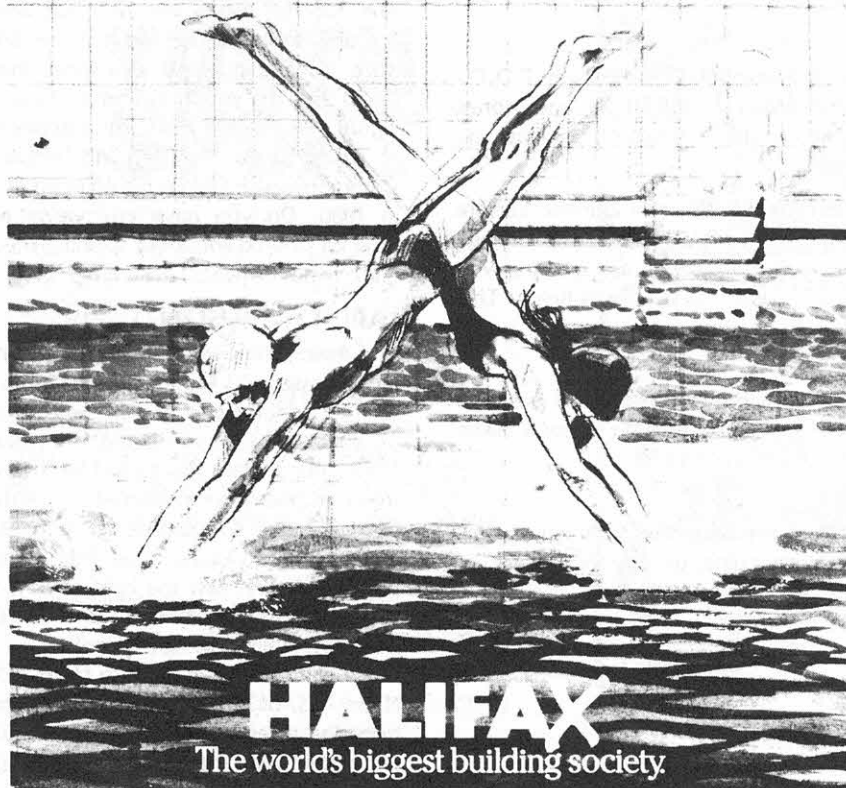
For the final (which is held in a 50m pool, expenses are paid and the prizes are from £500 for 1st, down to £60 for 8th place.

The Scottish round took place with only four clubs this year—Aberdeen (18,156½), Paisley (16,020), City of Dundee (14,335½), and Cumbernauld (13,987). The event ideally needs two heats and therefore 10/12 clubs taking part. Your club can—and should. Put the Cadbury Club Championships in your calendar and write now to get the full information. Part of the fun and challenge of the event is the planning and exploring all the permutations and combinations possible and who knows, you may well come up with talent you never knew you had.

Final results:

William Wasps	19,064
Leeds	18,832
Millfield	17,780
Aberdeen	17,379
Beckenham	17,094
Harrow and Wealdstone	16,935
Fleetwood	16,698
City of Cardiff	16,670

Get a little Xtra help
with the future.



HALIFAX
The world's biggest building society

Technical Training (Officials) Committee

Advance notice is hereby given that the Examinations for Technical Officials for 1983 will be held on

SATURDAY 12th NOVEMBER 1983

It will be appreciated if Clubs will avoid this date for holding any form of contests.

The Committee are considering holding a symposium on Rules either in late May or early June, the venue being suggested as Dundee, thereby giving an opportunity for Referees and Officials and Coaches from the North to attend. Further details will be issued in due course.

TOP TEN COMPUTERISED

Thanks to the very kind assistance of HEWLETT PACKARD LTD., who have loaned the Association an HP85 computer, our top ten ranking lists—starting from the 1982 Short Course Championships—will now be computerised. It is hoped to provide an efficient service on up-dated rankings and clubs and Districts are asked to assist by ensuring that event programmes and particularly result sheets of accredited events are from now on in a standard format including competitors' dates of birth and Annual Competitive Numbers—otherwise they will not be included in the ranking lists. Detailed advice on this format is being sent to all clubs. The computer programming has been devised by Graeme Sykes of Coventry A.S.C. who have been using such a system for some time.



FIONA HOTSON

Fiona Hotson, Scotland's top diver over many years—competing in the 1974, 1978 and 1982 Commonwealth Games—has announced her retirement from competitive diving. However, we are delighted to hear

that Fiona's expertise will not be lost to us. She is continuing in the sport on the officiating side and is now secretary of Edinburgh Diving Club.

DIVING NEWS

Inter-District Diving Championship

This event was held in Dundee Leisure Centre on Saturday, 30th October. The results were:

1st	East	492.35
2nd	West	436.45
3rd	Midland	429.15
4th	North	333.40

Ladies' 1m Championship

Wishaw Baths was the venue for this event on Saturday 23rd October. Fiona Hotson (E.D.C.) took the Gold with 278.70 pts. Silver went to Anne Murray (Wishaw) 264.00 pts. and Bronze to Jane Ogden (E.D.C.) 263.65 pts. A disappointing entry with only seven competitors.

Junior Ladies' 1m Championship

On Saturday 23rd October, a total of 12 girls assembled for this event in Dundee Leisure Centre. The result was a win for local girl Mandy Robbie, with Maleana Scott (Inverclyde A.S.C.) in second place and Kay Ingram (Dundee) third. A most encouraging entry with a very high standard. Points scored were 175.85, 151.55 and 131.75 respectively. This was a record entry.

Junior Men's 1m Championship

This event was staged in the R.C. Pool, Edinburgh on Saturday 6th November and was won by Gavin Young (E.D.C.) 166.60 pts., with clubmate Graham Aldous in second place 163.30. Peter Smith (Ayr D.C.) took third place 137.35. A total of 9 competitors.

Men's 1m Championship

The last of the 1982 events was held in Peterhead Pool on Saturday 13th November. The poor entry of only six competitors is extremely disappointing. The retirement of several divers and the long journey to Peterhead are contributory factors.

The results:

1st	Gavin Young (E.D.C.)	320.55
2nd	Mark Cuthbert (E.D.C.)	273.80
3rd	Euan Robb (Aberdeen A.S.C.)	245.40

Last Words from an Editor

This is my last issue as Editor of *Swimscene* and after five years I am happy to hand over the reins to Helen Graham, who has done most of the spade work for the magazine during my term. We make no apologies for devoting much of this issue to Ron Braund's report on the Commonwealth Games. Although it will appear some three months after the event it is important to place on record his impressions and to highlight the team's performances.

I would not presume to comment on the progress of Scottish swimming over the past five years other than to record my own satisfaction that the contract signed this year for the National Swim Centre will extend its life to ten years from its inception. I know that the originators of the Centre, Ian Martin, Jack Queen and Bill Black will share my feelings, and we should also acknowledge the support and financial contribution made each year by the Scottish Sports Council.

I would like to raise some points about *Swimscene*. Firstly, it is only possible to meet the costs of producing four issues each year because we generate income from advertising. The companies who take space are making a real contribution by keeping *Swimscene* alive. We can be criticised on the grounds that much of our copy is out of date when you receive it but unless we move to a weekly publication this will always be so. It is a magazine and not a newspaper. We could improve as a magazine if we received more unsolicited articles discussing the successes, the failures and the issues facing Scottish swimming. But this is up to you, the readers. Meantime, we depend to a large extent on our regular correspondents, to whom I offer thanks.

The national teams are the shop window for any sport. When we win medals at major championships everyone gets a boost and the young swimmers raise their sights. We have a marvellous opportunity to show what we can do when the Commonwealth Games return to Edinburgh in 1986. Do you have any views about how we should set about winning medals? If so, write to Helen.

IAN THOMSON

The Association very much regret that Dr. Ian Thomson has found it necessary to give up the Editorship of *Swimscene*, due to pressure of other work, but we place on record our sincere thanks to him for everything he has done in connection with the publication of *Swimscene*. It is thanks to him and Jack Queen that this excellent publication first saw the light of day, with the assistance of sponsorship from Speedo. While we say goodbye to Ian, we welcome Helen as the new Editor. Helen has, of course, been Ian's assistant from the inception of *Swimscene* and we are certain that she will carry on the good work.

R. Betteley.

SCOTTISH SWIM COACHES ASSOCIATION

A.G.M.

At the A.G.M. on Saturday, 27th November, there was a better turnout than in previous years. The discussion was mostly concerned with recent controversial issues in Association business, but all matters were aired to the general acceptance of the meeting.

The office-bearers and committee for 1983 are:

Chairman:

Danny McGowan (Cumbernauld)

Vice-Chairman:

Wally Lord (Aberdeen)

Secretary:

Drew Gordon (Scotia)

Treasurer: Ian Mason (Paisley)

General Members:

John McAuley (Hamilton)

Jim Park (Paisley)

John Higgins (East Kilbride)

TERRY DENISON

Over 80 people attended a talk by Terry Denison, Chief G.B. Coach and Leeds Central Coach on his 1981 visit to Moscow Dynamo Breaststroke School with Adrian Moorhouse. Terry, in a most entertaining way, delivered an interesting thought-provoking and enlightening talk which was warmly appreciated by those in attendance. He outlined the political and organisational structure of swimming and clubs in the U.S.S.R., highlighted by the authority

and status of both swimmers and coaches at the highest level.

He went on to describe the National Plan and the Club Plan in relation to it. He talked about the season's programming with loadings for the top swimmers in land conditioning, water work and competition.

He discussed stroke technique, specific land exercises and sessions of work, backing this up with films of some of the swimming and a very good detailed film of conditioning work in the gym.

He answered questions extensively, dialogued with individuals and, like the good teacher he once was, kept the topics alive and exciting. It was an experience worth having and information to consider for your programme.

It is hoped to produce an edited version of Terry's talk with some of the major points of principle. Further information will be published when available.

DON TALBOT

Early warning of a smashing event coming off on 15th January 1983. The S.S.C.A. will present Don Talbot, Executive Director of Spring Australia—former national team coach for Canada and Australia—in a one-day clinic. As one of the top coaches in the world, he is a must to see and hear. Jordanhill College of Education is the venue for the clinic and information will be sent to all clubs. Encourage your helpers, swimmers and parents to get along there. There is something for everyone on the programme even if it is just a chance to ask a question. See you there!

S.A.S.A. National Synchro Championships

The S.A.S.A. National Championships were held at Wishaw on 24th October and in this second year of these Championships it was good to see an increase—19 as against 11 in 1981. The top scorers were:

Solos:	1st:	Shona Grubb	(Edinburgh S.S.C.)	150.90 pts.
		April Sands	(Edinburgh S.S.C.)	137.69 pts.
		Viv Rewt	(Edinburgh S.S.C.)	133.99 pts.
		Kim McIntosh	(Edinburgh S.S.C.)	132.80 pts.
Duets:	1st:	Shona Grubb and April Sands		137.655 pts.
	2nd:	Jacqueline Bunney and Alison Stephen		114.045 pts.
	3rd:	Imogen Muxworthy and Patricia Murphy		109.795 pts.
		(all Edinburgh S.S.C.)		
Team:		Edinburgh S.S.C.	124.75 pts. (the only entry in this section)	



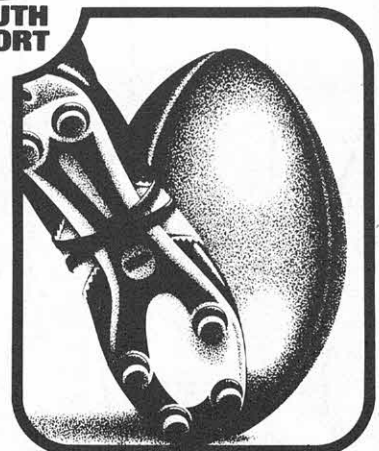
The Esso Youth Sport programme is designed to encourage young people in the pursuit of their particular sports and games.

It reflects the Esso philosophy of 'Looking ahead to keep ahead'. For the programme encourages youth **now** in activities that will benefit themselves and the country in the future.

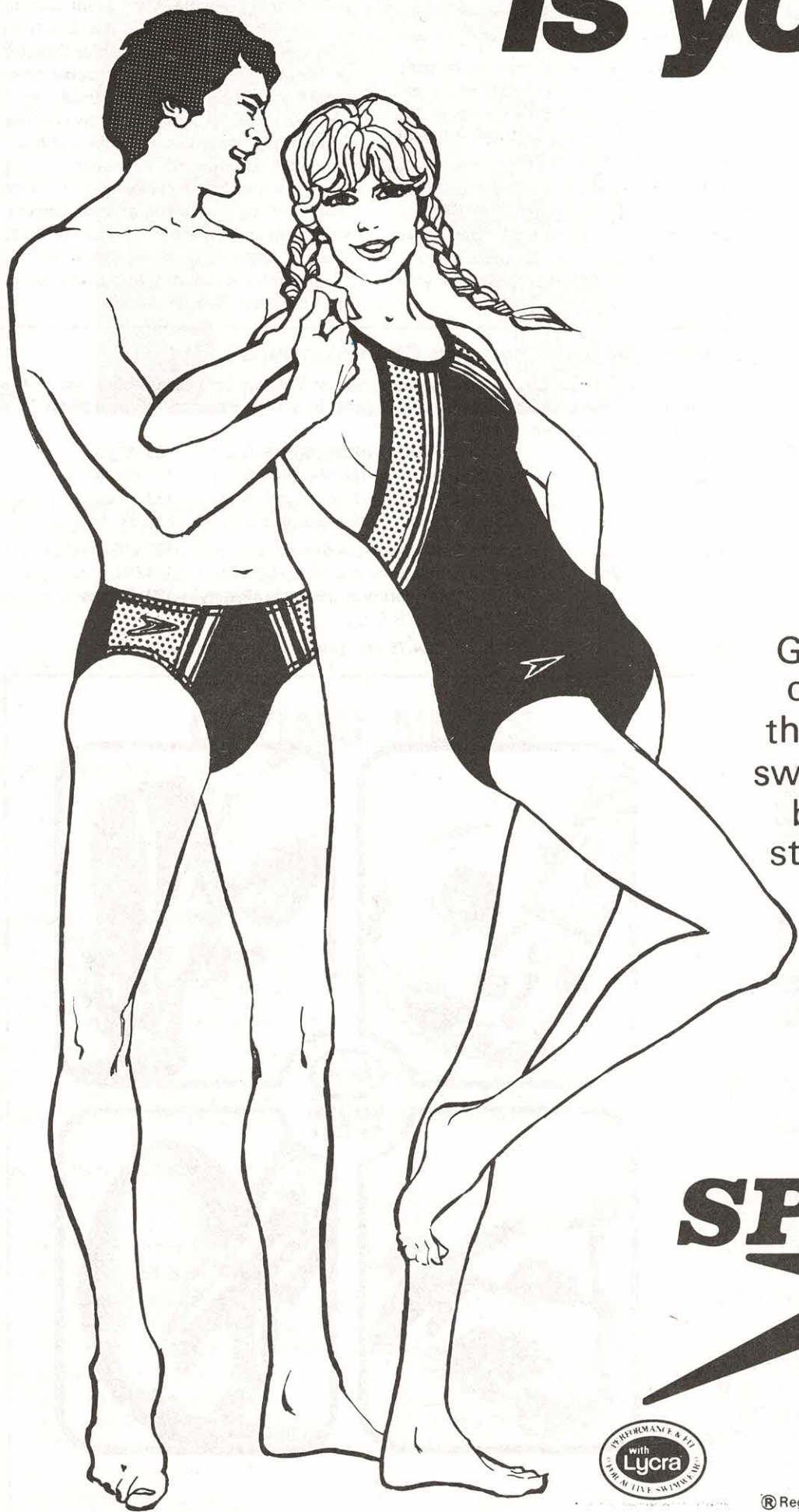
Esso Youth Sport is a co-ordinated programme involving schools and youth activities, in the following sports: Swimming, Athletics, Rugby, Soccer, Basketball and Cricket.



Esso
YOUTH
SPORT



The choice is yours!



Give swimmers free choice on style and they'll go for Speedo swimwear every time, because the fit and styling is unequalled, and Speedo gives them something no self-respecting swimmer should ever be without . . . confidence.

SPEEDO[®]

Speedo (Europe) Limited
Ascot Road,
Nottingham NG8 5AJ.
Tel: 0602 296131/7
Telex: 377102 Speedo
Nottingham.



[®] Reg. Trademark of Speedo Knitting Mills Pty. Limited