

# SWIMMERScene

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

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## SCOTS SWIMMERS IN CRYSTAL PALACE VICTORY

Think of Jean Hill and you think of LA—Larkhall Avondale. But the initials LA took on a new meaning for Jean when she produced a magnificent performance at the G.B. v F.R.G. Contest at Crystal Palace on 25th/26th February, to win the 100m Breaststroke in an Olympic Consideration time of 73.95, bringing her hopes of a place in the G.B. Olympics Team for Los Angeles so much closer. Jean's time, a new Scottish Record, was well ahead of Ute Hasse's second place 75.13. Suki Brownsdon, the British Record Holder, finished 3rd with 76.07.

Also in sparkling form were Ruth Gilfillan and Robin and Paul Brew, as Britain's swimmers pulled off a surprise victory over the Federal Republic of Germany, traditionally one of their strongest rivals. Final points—G.B. 184, F.R.G. 175.

There was an Olympic consideration time and a new Scottish record for Ruth on the Saturday with her superb 200m Freestyle swim of 2.03.92, taking her into second place. And on the Sunday, though just failing to gain an Olympic consideration time, a new Scottish Record of 58.65 in the 100m Freestyle.

The Men's 200m I.M. was a special event for the Brew family, with younger brother Paul joining team captain Robin for the event. Fine swimming by both, saw Robin win in an Olympic consideration time of 2.08.04, while Paul just missed the target by .69 seconds, to take third place with 2.08.98.

Great performances and great results!



*Jean Hill (Larkhall Avondale) Scotland's "Best Young Swimmer 1983" receives her trophy from David Wilkie at the David Wilkie/Daily Record Award Luncheon held in the Grosvenor Hotel, Glasgow on 21st February.*

*(Photograph by courtesy of the Daily Record.)*

## OLYMPIC GAMES—Scheme of Instruction

*The Selection Committee have already held an informal meeting at Blackpool and certain schemes have been discussed. It was agreed that as soon as there are sufficient surplus funds after the payment of the printing and other expenses, Mr. George Hearn, the Secretary, be given certain powers to incur, or rather, agree to the payment of train fares of swimmers visiting certain centres for tuition. These swimmers must show considerable promise before being taken in hand by Mr. Howcroft, or some recognised expert, and*

*will only go to their expert once in two or three months for the purposes of criticism. They will demonstrate their stroke, their faults will be pointed out and corrected, suggested alterations or improvements in style shown to them and some slight practice given. They will then be expected to return to their home bath to practice the new ideas, and to return to their master in another two months, a faster and better swimmer.*

*(From "Swimming News" August 1923)*

# SETTING OUR GOALS

—A message from the Director of Swimming

The very first thing I want to say to all of you is that I hope that, like me, you are both glad and happy that you are actually involved in this tremendous sport of ours. If you think about it, and I guess that right enough, most of the younger ones don't think about it too much, it really is a great sport, with "a place for everyone"—young, old; male, female; disabled and able-bodied; amateur, professional.

Now, some of you may think I'm referring to the general recreational aspects of swimming. I'm not. I'm referring to Competitive Swimming. Everybody should be able to enjoy the thrill of the race—the joy of getting better—if possible, the pleasure of winning—and certainly, the sometimes intense, but short-lived anguish of losing.

I sometimes think that in a much lesser way, COMPETITION is like that other creation of man—NUCLEAR ENERGY. Used sensibly in a carefully planned and structured manner, it can be of great benefit to society and to individuals, but allowed to run free and unharnessed, it can be both destructive and harmful in its effects.

It is up to all of us involved in the sport, at whatever level and in whatever capacity, to determine that our basic PURPOSE is to ensure that the potential of the sport to benefit everyone who takes part in it, is used to the maximum.

## To SWIMMERS — SPEED AND SYNCHRO — DIVERS AND WATER POLO PLAYERS—

In few other sporting activities is it so true that "you get out of it in almost direct proportion to what you put into it". The single most important element is in deciding just how good you want to be. The key to this lies in "setting your goals" in the right way. I shall be dealing with this topic in some detail in future articles, but for the moment can I just ask you to think of the letter "A" and some words beginning with it:

AIM for something. Go on, dream a little... ASPIRE towards it! These are the first steps towards ACHIEVEMENT. The next steps are to have the right ATTITUDE—that is, to be positive, and then to be aware of what is involved if you are really serious about ATTAINING your AMBITIONS. I regard it as part of my job to help every single one of you who wants to take part in this ACTIVITY by providing guidance and assistance to you and your coach. I shall try to do this by writing articles, running courses, visiting clubs and planning programmes which will provide a continuing ladder of progression which you can all AIM to climb, from young age grouper right up to Olympic representative.

## To COACHES—

You are the lynchpin of any future development of the sport, particularly of course in terms of improving standards of performance—at all levels, but also in ensuring that a much broader base is established.

The purpose of our programme should be to provide a place for everyone who is willing to train and compete according to their individual level of ability. If we do this properly and effectively, the outcome will be success. Many coaches regard success as their main purpose and this can often lead to too much emphasis being placed on too few athletes, with poor results for both participants and the programme as a whole.

This is not to suggest that I propose or support mediocrity—nothing could be further from the truth. I am an ardent advocate of the pursuit of excellence and of the value of elite sport. I do however, believe that we must organise our programme nationally to cater for the whole spectrum from beginner to Olympic rostrum.

We should always regard the interaction of coaching, training and competition as a long-term process, not a series of independent happenings.

This implies the need to plan ahead on a technical basis, ensuring continuing adaptation through schedules which provide Progression, Overload and Specificity. We need to give special attention to the various elements of the complete programme, working on Aerobic capacity, oxygen uptake, Anaerobic Threshold and sheer Speed Training. We do not necessarily need to use these terms, or even to know precisely what they mean, but we ought to be working to some similar sort of plan and it would be useful to know why we are doing particular things.

Similarly, we should be building technique development and competitive skills learning into our weekly schedules. It is worthwhile taking a look back at a previous week's schedules to see if the right balance is there. Some coaches are now using a computer to determine the varying proportions and I have asked one of them to give us a progress chart in the fairly near future on this use of the latest technology.

My aim is to organise and structure things that each and every coach in the nation will feel that they have a part to play in the scheme of things. This will either be by a direct contribution through being part of the National Team Staff on one of the various levels at which we shall be operating, or by coaching swimmers on or close to selection for these teams. In this case, regular direct communication will take place either from me or one of the Staff Coaches.

On the other hand, for those not yet coaching swimmers at this standard, there will be opportunity to attend meetings, seminars, clinics, courses and technical weekends at the National Swim Centre in Stirling and at Regional Centres.

Meanwhile, if you have something you wish or need to discuss with me, please contact me through the Stirling office.

Hamilton Smith.

## GLENROTHES A.S.C.

require a

## CHIEF COACH

This progressive club is urgently looking for an enthusiastic and experienced part-time coach to be responsible for the overall planning and implementation of competitive squad training.

Hours and remuneration/expenses negotiable.

Applications in writing, giving full details, to:

**Mr. R. Macmillan,  
317 Cluny Place,  
GLENROTHES,  
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## PRINCESS DIANA SAYS "NO"

The Princess of Wales has reluctantly declined an invitation to become Patron of the Scottish Amateur Swimming Association. The Princess has been inundated with patronage requests and feels she should not agree to become Patron of any organisation unless there is a real prospect of her being able to give a significant amount of time to it.

## PROPOSED TOUR OF SOUTH AFRICA

The Scottish Amateur Swimming Association have asked the Amateur Swimming Association to give their support to the Commonwealth Games Council for Scotland's request to the Commonwealth Games Council for England that they disassociate themselves from the English Rugby Football Union's proposed tour of South Africa. The S.A.S.A. are of the opinion that any apparent condoning of the tour could result in Great Britain having problems at the Olympic Games and also the possibility of England being banned from the 1986 Commonwealth Games in Edinburgh. Both situations would be disastrous for the sport of Swimming in Great Britain.

## FINA HANDBOOK ADDENDUM

Copies of the January 1984 Addendum to the FINA Handbook have now been received. Anyone who has purchased a FINA Handbook from the S.A.S.A. Office will be issued with a copy of the Addendum on request.

## CENTENARY YEAR

Although still four years off, thought is already being given to ways in which to mark the Association's Centenary Year in 1988. A Centenary Committee is to be set up and ideas from individuals and clubs for "Centenary" events will be welcomed. It is important to remember the time-scale involved in the planning and organising of events and the sooner ideas can be discussed and co-ordinated, the better.

## MEDICAL ADVISER

Dr. Bob Howat of Kirkintilloch, is the Association's new Hon. Medical Adviser and chairman of the Medical Committee set up in 1983 and now underway with plans for the development of this aspect of our sport in the coming year. Supporting Dr. Howat will be Dr. Calder (North District), Dr. Booth (Midlands) and Dr. Conacher, whose continued support as East District representative, following several years as the Association's Medical Adviser, is greatly appreciated, in view of pressure of work in her own practice.

# DID YOU KNOW?

## SPONSORSHIP FOR NATIONALS

As a result of publicity over the hire charges of the Royal Commonwealth Pool, OVERSEAS CONTAINERS LTD. offered sponsorship towards the costs of staging the National Championships in Edinburgh. The offer has been accepted and we would like to record our thanks to O.C.L. for their support of Scottish Swimming.

## PENGUIN LEARN TO SWIM SCHEME

United Biscuits have extended their Penguin Learn to Swim Scheme to include Scotland and are sponsoring a Centre in each of the four Districts. The move is welcomed by the Education Committee as one they feel will be a success.

## SCHOOLS OF SPORT

Guinness are to end their involvement with the Home Counties Schools of Sport. This comes as a disappointment to the Diving Committee especially, with Diving having been very successfully included in the Scottish School over the past few years. While the Scottish Sports Council's Advisory Service are trying to find a new sponsor, they also suggest that the Association might consider organising its own "school" for promising youngsters, which could take the format of a single sport event for a sponsor unable to contribute as much as Guinness did in the multi-sports Schools.

## NO BEER FOR POLO

An application to the Foster's Sports Foundation for sponsorship of the 6 Nations U21 Water Polo Tournament has been turned down. Fosters successfully sponsored the Scottish cup in 1983.

## OBITUARY

The death occurred suddenly earlier this year of Mr. John Dunne, former West District President and President of the Association in 1965. He will be sadly missed by his many friends in Swimming.

## GRANTS TO SWIMMERS

Scotland's swimmers continue to benefit from grants at District and National level. Recent grants awarded are:

Miss Ruth Gilfillan	Scottish Sports Aid Foundation
Miss Debbie Lord	Scottish Sports Aid Foundation
Miss Gillian Bone	Cunninghame District Council
Iain Lassiter	Fife Regional Council
Craig Moffat	Fife Regional Council
Allan Duffield	Fife Regional Council

## HAMMY GOES TO LEN

Hamilton Smith, our New Director of Swimming, is to join Bill Black at this year's LEN Calendar Conference in Malta in May. Hammy, who will be on holiday in Malta at the time, will join Bill at the Calendar meeting on the final day, making contact with delegates from other European Federation in a series of meetings to discuss and agree dates and participation in events for all disciplines during 1985.

## INTERNATIONAL COACHING APPOINTMENTS

Following the concern of our Swimming Committee that some of Britain's top coaches could be excluded from International coaching appointments under the A.S.A. Swimming Committee's recommendation that an A.S.A. Coaches Certificate should be mandatory for International coaching appointments, the Association have written to the G.B. Committee stressing that in Scotland's view, coaching appointments should be made on merit.

## G.B. TRIANGULAR CONTEST

Discussions are taking place on a proposed pre-Commonwealth Games International—G.B. v Australia v Canada—on 28/29/30th June, 1985, at the Royal Commonwealth Pool, Edinburgh. The contest has been welcomed by both Australia and Canada—and by B.B.C. Television who will use it as a "dry run" for the Games themselves.

## RUNCIMAN CONTEST

The date of the Runciman Inter District Contest is to be changed from 24th November, due to a clash with Aberdeen A.S.C.'s Mighty Minnow's Meet. The new date will be fixed shortly—watch this space for details! (STOP PRESS: 30th June.)

## TEACHING AND COACHING COURSES

Any clubs wishing S.A.S.A. Prelim Teachers or Prelim Coaches courses organised, should contact their local District Education Convenor, who will willingly assist. The courses—and, hopefully, the gaining of the basic qualifications—would benefit all pondside helpers and officials.

# LETTERS TO THE EDITOR

Hill of Edinvale,  
By Dallas,  
Forres.

Flat 3,  
8 Albert Road,  
Brighton,  
BN1 3RL.

Dear Editor,

I am writing, rather belatedly, to express a contrary point of view regarding the length of the Age Group Championships, particularly where the younger age groups are concerned.

Elgin A.S.C. is a small, developing club. A handful of our swimmers, mainly in the youngest age group, were accepted for the Championships last summer for the first time. As an inexperienced coach, I found this very encouraging, as did our swimmers. One family was so proud of the finalist's pennant awarded to their son after one swim in a relay only, that he might have won an Olympic Gold Medal! By our standards, just to be there felt a considerable achievement, and I regret that the Swimming Committee finds it necessary to reduce the number of accepted entries.

As the parent of a ten year old whose swims were spread between four individual swims and relays, stretching over the whole weekend, I welcomed the non-swimming sessions as an opportunity to get away from swimming for a while, to enjoy some of the wide range of experiences which Edinburgh has to offer a youngster from the country. This seemed a welcome and healthy change from the many weekends spent at other galas, sitting on the side of a crowded pool for the weekend and wondering whether this is a healthy and worthwhile occupation for a young lad.

I suspect it is now too late for the organisers to consider a different point of view. I make my point, nevertheless as I believe you have a wide view of swimming and all its implications at different levels, besides wishing to achieve the best for Scotland.

Yours sincerely,  
Eileen Griffith.

Dear Editor,

As a belated Christmas present, I was treated to a trip to BILLANCOURT, near Paris, to see the International Meeting on 3, 4 and 5 February. I attended both sessions daily.

Early on, I had the luck to spot young Adrian Moorhouse going past, just below where I was standing. Like any fan would, I came out with some idiotic encouragement. Mr. Moorhouse not only looked up and had a word or two, but later he took the trouble to get the English team to sign my programme. Encouraged by this, I tackled the Scottish and Welsh teams and had precisely the same welcoming grins all round, waves when they happened to look in my direction. Although over 70, I felt like a 10-year-old! When I told some friends about this (and showed them the programme as proof!) someone said: "Just try doing that at Wimbledon, Twickers or Wembley and see how far you get!" I know how far I'd get, so have no intention of taking up the challenge. To me, these young men and women are every bit as important as the players who seem to hog most of the limelight, and they have all been selected to *represent their country*—and by jove, aren't they doing just that!

Now, I should like to think that these sportsmen/women know of this appreciation. I don't know how often people take the trouble to express appreciation, but I only arrived home at midnight (a very stormy sea-crossing) and couldn't wait to get at this type-writer.

Please inform me of the address to which I should send a small donation towards the Olympic Swimming fund.

Finally, the signed programme is on its way to an orphanage where I think only ex-orphans can appreciate the stir it will cause!

Yours sincerely,  
R. M. Ashford.

# INTERNATIONAL ROUND-UP

## Speedo Meet, Amersfoort

With the withdrawal of Robin Brew due to illness, a team of four represented Scotland at the Speedo Meet, Amersfoort on 27th/29th January—Jean Hill, Ruth Gilfillan, Paul Brew and Neil Foster. As anticipated, the standard of the Meet was of the highest level. The Scottish team approached their races in a positive manner, but generally did not produce peak performances on this occasion—with the exception of the Scottish Record breaking swim by Jean Hill in the 100m Breaststroke—and it can be argued that peaking for the December nationals, and Christmas breaks through choice and pool closures, had their effect.

## Diana Meet, Paris

A full team attended this meet, with Robin Brew back in action. Again, this was a high standard meet, with a very strong Russian team led by Vladimir Salnikov and an equally strong Canadian team led by Alex Baumann. Though the performances of the Scottish team were somewhat mixed, with only Robin Brew producing Personal Best Times, three Scottish Short Course Relay Records were smashed and it was rewarding to come in ahead of England in these particular events.

The records were:

Mens 100m Freestyle Relay (Brian Archibald, Neil Foster, Paul Brew, Robin Brew): 3.33.92

Mens 4 × 100m Medley Relay (Craig Nelson, Robin Brew, Alan Ferris, Paul Brew): 3.56.87

Womens 4 × 100m Medley Relay (Sarah Inkson, Jean Hill, Debbie Lord, Ruth Gilfillan): 4.24.21

## Sjaellands Swim Meet, Denmark

Four boys and six girls represented Scotland at the Sjaellands Swim Meet on 4th/5th February. This was a well organised and efficiently run meet with a level of competition just about right for the Scottish team—neither just winning events easily nor being continually outclassed. On only two occasions did our swimmers fail to make a final place and this created incentive. The final tally was:

1st place:  
Graeme Goudie 100m Back (1.02.72)  
Carole Lewis 200m Fly (2.25.46)  
Martin Lynch 200m Fly (2.15.19)  
Kathryn Smith 100m Free (1.00.98)

2nd place:  
Vicki Reid 100m Back (1.11.44)  
Ian McFarlane 200m Back (2.34.24)  
Maureen Campbell 100m Br/s (1.19.08)  
Graeme Wilson 100m Br/s (1.10.67)  
8 × 50 F/S Relay (3.36.60)  
Ian McFarlane 100m Free (55.84)

3rd place:  
Kathryn Smith 100m Free (1.00.59)  
Maureen Campbell 200m Br/s (2.51.34)  
Graeme Wilson 200m Fly (2.19.10)

## Are You Missing Out?

Do you have representatives of the Scottish Swimming Coaches Association in your club? If the answer is yes, are they in active service in your club organisation? Can they inform you of facts, opinions, current thinking and policy decisions? Do you involve them in discussions and decisions in your club?

If the answer to the first question is NO—then you could be missing out! You don't have to be a "coach" to join the S.S.C.A.—any interested party may join and get access to expertise, experience, stroke technique video, information and help!!

The S.S.C.A. aim one day to have a representative in every club in Scotland—to enable them to know that not only are they catering for all Scottish Swimming clubs but that their information, views and decisions can reflect the total scene from local to International level.

You can help them achieve this aim by enrolling a member from YOUR club—your club coach or even a busy official.

This is a new period of development in Scottish Swimming—one to be involved in. Did you know that the Director of Swimming is on the Executive Committee of S.S.C.A. and consults with them regularly on appropriate matters of coaching and coach development?

Spread the word around YOUR club. Application forms are now with club secretaries.

### Trøndersvom Meet, Trondheim, Norway

An **ESSO Scottish Youth Team** of 24 swimmers made a very successful trip to Trondheim in January—not only from the point of view of results but also from programming, attitude and spirit.

The meet was very well organised, with an exceptional relationship by the organisers to the swimmers, with friendliness, encouragement and interest very high. Well placed to relate to the overall Youth Squad programme, it carried a full range of events including team events of 4 × 100m and 4 × 200m (Men). The benefit of our swimmers of training over our "slack" period and coming to this first competition in good condition was obvious. The number of swims and the fact that all events were declared winner made every swim important and commitment was the order of the day. The results were by age group and the Scottish Esso Youth Squad achieved a total of 26 first, 17 personal best times, and 5 Scottish Records:

**Girls 4 × 100m Freestyle Relay (Wilma Goodwin, Shona Cowie, Linda Donnelly, Stephanie Watson): 3.59.89 (Senior & Junior Record)**

**Girls 4 × 100m Medley Relay: (Anna Ratcliff, Derna Campbell, Shona Cowie, Stephanie Watson): 4.33.73 (Senior & Junior Record)**

**Boys 4 × 100m Medley Relay: (Andrew Smith, Gary Watson, Ian Campbell, Anthony Rose): 4.09.67 (Junior Record)**

Andrew Smith was "Best Foreign Boy" for his 400m I.M. swim and Fiona Davies "Best Foreign Female" for her 800m Freestyle.

The "firsts" were:

Wilson Ferguson	200m Back	2.16.18
David Rennie	400m I.M.	4.46.09
Andrew Smith	200m I.M.	2.14.41
Andrew Smith	400m I.M.	4.43.21
Gary Watson	100m Br/s	1.08.75
Gary Watson	200m Br/s	2.37.91
Derna Campbell	200m Br/s	2.43.80
Shona Cowie	400m I.M.	5.05.76
Shona Cowie	200m I.M.	2.27.93
Shona Cowie	200m Fly	2.27.62
Neil Smith	100m Free	55.09
Bruce Foster	100m Back	1.03.8
Ian Campbell	100m Free	54.86
Ian Campbell	100m Fly	59.80
Ian Campbell	200m Fly	2.12.09
Angus Nicholl	100m Br/s	1.10.76
Fiona Davies	400m Free	4.27.75
Wilma Goodwin	100m Back	1.12.31
Lorraine Wheatley	100m Br/s	1.16.09
Stephanie Watson	100m Br/s	1.17.22
Linda Donnelly	100m Back	1.11.96
Linda Donnelly	100m Fly	1.09.51
Linda Donnelly	100m Free	59.81
Anna Ratcliff	100m Fly	1.09.00
Lyn Cowie	100m Br/s	1.18.58
Louise Longford	200m Back	2.35.73

headed for Italy in February and for even greater success, returning with the Meet Trophy for Best Overall Team. With high-level competition against West Germany, France, Poland, Yugoslavia, Czechoslovakia, Austria, Greece, Hungary and Italy, the Scottish Team put up an excellent performance resulting in a final medal tally of 2 gold, 4 silver and 11 bronze:

<b>Gold</b>		
Andrew Smith	200m I.M.	2.13.82
Ian Campbell	100m Fly	59.27
<b>Silver</b>		
Anna Ratcliff	100m Back	1.08.98
Anna Ratcliff	200m I.M.	2.29.06
Stephanie Watson	100m Br/s	1.15.19
Gary Watson	100m Br/s	1.07.9
<b>Bronze</b>		
Stephanie Watson	200m I.M.	2.30.80
Lyn Cowie	100m Br/s	1.17.68
Shona Cowie	400m Free	4.31.3
Shona Cowie	100m Fly	1.06.54
Shona Cowie	200m I.M.	2.24.42
Ian Campbell	200m I.M.	2.14.57
Andrew Smith	100m Back	1.03.012

Derna Campbell	100m Br/s	1.15.70
Angus Nicholl	100m Br/s	1.09.8
Bruce Foster	100m Back	1.02.55
Linda Donnelly	100m Free	59.53

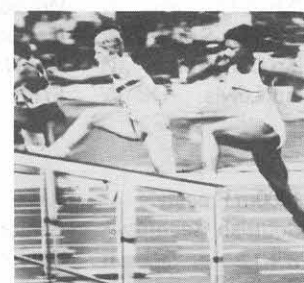
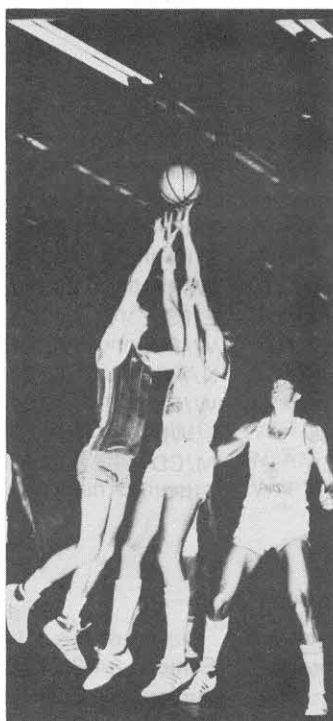
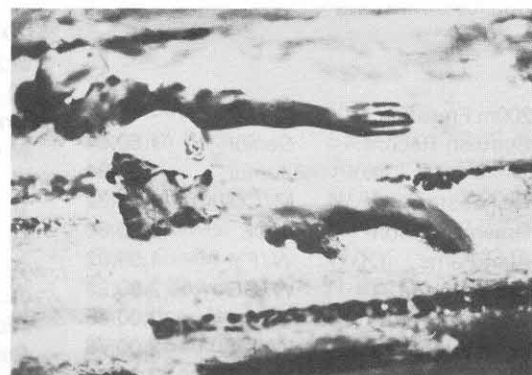
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I really felt I had to write and congratulate the Scottish Esso Youth Squad for their magnificent win in Viareggio, Italy, over the last weekend.

The medal tally of 17 and the fact that they beat 9 other countries is an indication of the determination and effort that everybody put in to it.

Both Jeff Edwards and I were absolutely delighted and both agree that you have started the '84 season in superb fashion. ”

G. A. J. J. Downman,  
Advertising & Communications Dept.,  
Esso.



## Lending support to British sport



*Esso are pleased to support the Scottish Age Group Championships and the Esso Scottish Youth Squad*

### 7th Carneval Meet, Viareggio

Following on their success in Trondheim, the **ESSO SCOTTISH YOUTH TEAM**

# TOP TEN · SH

50m Freestyle		
Scottish Record:	Senior:	23.63
	Junior:	25.27
Brian Archibald	W/LA	23.63
Paul Brew	E/IG	23.82
Ian McFarlane	W/PY	24.80
Alan Ferris	W/PY	25.06
Douglas Campbell	E/IG	25.13
James Johnstone	W/SG	25.25
Ian Campbell	W/PY	25.27
Graeme Goudie	E/WB	25.38
Brian Wright	Unat.	25.49
Malcolm Mathieson	E/HM	25.54

100m Freestyle		
Scottish Record:	Senior:	51.49
	Junior:	52.26
Neil Foster	M/CD	52.48
Paul Brew	E/IG	52.83
Brian Archibald	W/LA	53.12
Alan Ferris	W/PY	53.96
Ian Campbell	W/PY	54.35
Ian McFarlane	W/PY	54.53
James Johnstone	W/SG	54.83
Neil Smith	Unat.	55.09
Douglas Campbell	E/IG	55.20
Charles Johnstone	W/SG	55.21

200m Freestyle		
Scottish Record:	Senior:	1:50.54
	Junior:	1:54.34
Neil Foster	M/CD	1:53.32
Graeme Wilson	E/CE	1:56.86
Alan Ferris	W/PY	1:59.52
Craig Nelson	W/SG	2:00.26
Andrew Smith	Unat.	2:00.65
Brian Archibald	W/LA	2:00.78
David Mathieson	N/AN	2:01.07
Charles Johnstone	W/SG	2:01.17
Rory Hewitt	M/CD	2:01.84
Graeme Goudie	E/WB	2:01.93

400m Freestyle		
Scottish Record:	Senior:	3:51.27
	Junior:	4:01.82
Robin Brew	E/IG	4:02.50
Paul Brew	E/IG	4:05.97
Martin Sreenan	W/FO	4:12.99
David Rennie	W/BL	4:13.37
David Mathieson	N/AN	4:14.33
Alan Ferris	W/PY	4:17.32
David Charles	W/SG	4:17.70
Andrew Smith	Unat.	4:18.24
Ian Cameron	N/AN	4:18.34
Ian Lewis	E/FS	4:18.40

1500m Freestyle		
Scottish Record:	Senior:	15:32.40
	Junior:	15:41.80
David Rennie	W/BL	16:22.8
Craig Nelson	W/SG	16:46.92
David Mathieson	N/AN	16:50.46
Kevin Taylor	N/AN	17:14.59
Neil Foster	M/CD	17:16.70
Graham Low	N/AN	17:22.15
Campbell McNeil	W/PY	17:33.84
Robert Lyle	W/DN	17:37.93
Ewan Lockhart	W/CD	17:53.85
Andrew Brown	E/IH	18:09.41

## MEN

100m Backstroke		
Scottish Record:	Senior:	57.16
	Junior:	1:00.25
Craig Nelson	W/SG	1:00.42
Michael Peyrebrune	N/AN	1:01.16
Graeme Goudie	E/WB	1:01.25
Iain Barrie	E/WB	1:01.32
Bruce Foster	M/CD	1:02.30
Wilson Ferguson	W/FO	1:03.07
Andrew Smith	Unat.	1:03.12
Craig Lord	N/AN	1:03.49
Neil Foster	M/CD	1:04.90
David Robinson	W/DN	1:05.05

200m Backstroke		
Scottish Record:	Senior:	2:02.88
	Junior:	2:10.00
Craig Nelson	W/SG	2:08.28
Michael Peyrebrune	N/AN	2:14.96
Wilson Ferguson	W/FO	2:16.18
Bruce Foster	M/CD	2:16.19
Craig Lord	N/AN	2:17.3
Andrew Smith	Unat.	2:19.44
Alan Ferris	W/PY	2:20.13
Richard Gordon	E/WB	2:20.33
Peter Kelly	M/CD	2:21.43
Charles Johnstone	W/SG	2:21.74

100m Breaststroke		
Scottish Record:	Senior:	1:03.79
	Junior:	1:06.05
Robin Brew	E/IG	1:05.02
Paul Brew	E/IG	1:06.25
Graeme Wilson	W/PY	1:06.92
Gary Watson	E/FS	1:07.91
Neil Storey	W/PY	1:08.91
Ian Cameron	N/AN	1:09.21
Alan Lynn	W/PY	1:09.37
Stephen Birss	E/WB	1:09.57
Angus Nicol	M/CD	1:09.83
Ian Morgan	E/IH	1:11.09

200m Breaststroke		
Scottish Record:	Senior:	2:20.32
	Junior:	2:29.12
Robin Brew	E/IG	2:20.32
Neil Storey	W/PY	2:29.86
Alan Lynn	W/PY	2:30.31
Ian Morgan	E/IH	2:31.01
Angus Nicol	M/CD	2:31.15
Graeme Wilson	W/PY	2:31.91
Neil Hudghton	N/AN	2:32.32
Gary Watson	E/FS	2:33.50
Ian Cameron	N/AN	2:37.16
Ian Buchanan	W/CD	2:37.73

## Times from results received 31st M

100m Butterfly		
Scottish Record:	Senior:	55.67
	Junior:	58.29
Neil Foster	M/CD	57.19
Alan Ferris	W/PY	58.29
Graeme Wilson	W/PY	58.58
Ian Campbell	W/PY	58.90
Richard Gordon	E/WB	59.11
Graeme Wilson	E/CE	59.16
James Johnstone	W/SG	59.65
Kevin Reynard	N/AN	1:00.1
Ian McDermott	W/HB	1:00.19
Neil Smith	Unat.	1:00.5

200m Butterfly		
Scottish Record:	Senior:	2:02.15
	Junior:	2:08.73
Alan Ferris	W/PY	2:08.40
Richard Gordon	E/WB	2:08.48
Graeme Wilson	E/CE	2:08.78
Ian Campbell	W/PY	2:09.59
Andrew Smith	Unat.	2:13.14
Martin Lynch	W/CD	2:14.26
James Johnstone	W/SG	2:14.57
Kevin Reynard	N/AN	2:15.99
Ian McDermott	W/HB	2:16.32
Craig Lord	N/AN	2:17.82

200m Individual Medley		
Scottish Record:	Senior:	2:05.81
	Junior:	2:12.34
Robin Brew	E/IG	2:05.94
Paul Brew	E/IG	2:06.01
Alan Ferris	W/PY	2:12.92
Neil Buchanan	W/MB	2:13.45
Andrew Smith	Unat.	2:13.82
Ian Campbell	W/PY	2:14.57
Ian Cameron	N/AN	2:15.5
Michael Peyrebrune	N/AN	2:15.99
Craig Lord	N/AN	2:17.08
Ian Buchanan	W/CD	2:19.35

400m Individual Medley		
Scottish Record:	Senior:	4:25.69
	Junior:	4:34.56
Robin Brew	E/IG	4:28.40
Andrew Smith	Unat.	4:43.21
David Rennie	W/BL	4:46.09
Craig Lord	N/AN	4:49.03
Neil Buchanan	W/MB	4:49.66
Ian Buchanan	W/CD	4:54.54
Paul Smith	E/CE	4:58.44
Martin Sreenan	W/FO	4:59.4
Mark Flanigan	W/EB	5:01.66
David Mathieson	N/AN	5:04.21

# SPORT COURSE

from 10th December 1983 to  
March 1984

## WOMEN

### 50m Freestyle

Scottish Record:	Senior:	26.97
	Junior:	26.97
Ruth Gilfillan	M/CD	27.31
Stephanie Watson	W/AR	27.79
Joanna Robertson	W/PY	27.81
Kathryn Smith	W/CD	27.87
Wilma Goodwin	W/EB	28.26
Jackie Irvine	W/SG	28.44
Sarah Inkson	N/AN	28.49
Carole Lewis	E/FS	28.60
Fiona Fleming	Unat.	28.84
Angela McGoldrick	M/ML	29.00

### 800m Freestyle

Scottish Record:	Senior:	8.46.21
	Junior:	8.47.32
Ruth Gilfillan	M/CD	8.49.70
Alison Hamilton	N/AN	8.59.44
Fiona Davies	W/PY	9.04.1
Shelagh McNab	N/AN	9.10.72
Sharon Gilfillan	M/CD	9.21.10
Jill Buchanan	N/AN	9.27.22
Catherine Verreydt	N/AN	9.38.06
Janice Russell	W/SG	9.42.15
Louise Longford	W/PY	9.59.48
Nicola Taylor	N/AN	10.06.77

### 100m Freestyle

Scottish Record:	Senior:	58.30
	Junior:	58.30
Kathryn Smith	W/CD	58.7
Ruth Gilfillan	M/CD	58.73
Sarah Inkson	N/AN	59.41
Linda Donnelly	W/HB	59.81
Carole Lewis	E/FS	59.92
Stephanie Watson	W/AR	1.00.01
Joanna Robertson	W/PY	1.00.30
Deborah Lord	N/AN	1.00.5
Alison Hamilton	N/AN	1.00.5
Wilma Goodwin	W/BL	1.00.54

### 100m Backstroke

Scottish Record:	Senior:	1.04.24
	Junior:	1.07.00
Sarah Inkson	N/AN	1.07.17
Anna Ratcliff	Unat.	1.08.99
Jill Buchanan	N/AN	1.10.40
Shona Cowie	W/PD	1.10.64
June Allen	W/PY	1.10.74
Vicki Reid	N/SD	1.10.97
Gillian Bone	W/PY	1.11.40
Linda Donnelly	W/HB	1.11.96
Wilma Goodwin	W/EB	1.12.19
Maureen Cameron	W/PY	1.12.41

### 200m Freestyle

Scottish Record:	Senior:	2.04.18
	Junior:	2.04.18
Ruth Gilfillan	M/CD	2.04.18
Deborah Lord	N/AN	2.07.25
Kathryn Smith	W/CD	2.08.10
Sarah Inkson	N/AN	2.08.21
Alison Hamilton	N/AN	2.08.60
Linda Donnelly	W/HB	2.11.13
Denise McDonald	W/EB	2.13.39
Wilma Goodwin	W/BL	2.14.03
Shelagh McNab	N/AN	2.14.38
Joanna Robertson	W/PY	2.15.4

### 200m Backstroke

Scottish Record:	Senior:	2.21.77
	Junior:	2.22.02
Jill Buchanan	N/AN	2.28.33
Louise Longford	W/PY	2.31.06
Gillian Bone	W/SG	2.31.36
June Allen	W/PY	2.31.94
Linda Donnelly	W/HB	2.32.11
Carol McIntyre	E/BS	2.34.08
Vicki Reid	N/SD	2.34.35
Derna Campbell	W/FO	2.35.37
Fiona Pattillo	N/AN	2.36.30
Maureen Cameron	W/PY	2.38.51

### 400m Freestyle

Scottish Record:	Senior:	4.18.42
	Junior:	4.18.42
Ruth Gilfillan	M/CD	4.18.42
Fiona Davies	W/PY	4.27.75
Alison Hamilton	N/AN	4.28.46
Shona Cowie	N/PD	4.31.07
Deborah Lord	N/AN	4.31.97
Shelagh McNab	N/AN	4.32.09
Linda Donnelly	W/HB	4.33.51
Catherine Verreydt	N/AN	4.38.63
Joanna Robertson	W/PY	4.38.79
Louise Longford	W/PY	4.44.4

### 100m Breaststroke

Scottish Record:	Senior:	1.11.39
	Junior:	1.13.20
Jean Hill	W/LA	1.12.25
Stephanie Watson	W/AR	1.15.10
Derna Campbell	W/FO	1.15.60
Maureen Campbell	W/CD	1.16.00
Lorraine Wheatley	W/EB	1.16.15
Laura Still	N/AN	1.17.58
Nicola Geddes	N/AN	1.17.62
Lyn Cowie	W/GH	1.17.68
Alison McKellican	M/CD	1.18.07
Karen Hourston	N/OY	1.18.30

### 200m Breaststroke

Scottish Record:	Senior:	2.37.02
	Junior:	2.37.98
Jean Hill	W/LA	2.37.02
Maureen Campbell	W/CD	2.40.50
Derna Campbell	W/FO	2.42.12
Lorraine Wheatley	W/EB	2.42.85
Nicola Geddes	N/AN	2.45.14
Stephanie Watson	W/AR	2.46.43
Jean Cattnach	Unat.	2.48.91
Elizabeth Owen	Unat.	2.49.14
Alison McKellican	M/CD	2.49.62
Karen Hourston	N/OY	2.51.84

### 100m Butterfly

Scottish Record:	Senior:	1.04.55
	Junior:	1.06.11
Deborah Lord	N/AN	1.04.55
Carole Lewis	E/FS	1.04.64
Karina Samuelsen	W/EB	1.05.25
Jean Hill	W/LA	1.05.26
Shona Cowie	N/PD	1.06.54
Jackie Irvine	W/SG	1.08.06
Elspeth Carnan	W/PY	1.09.07
Catherine Verreydt	N/AN	1.09.09
Maureen Campbell	W/CD	1.09.35
Linda Donnelly	M/ML	1.09.51

### 200m Butterfly

Scottish Record:	Senior:	2.19.49
	Junior:	2.23.53
Deborah Lord	N/AN	2.20.80
Carole Lewis	E/FS	2.22.28
Fiona Davies	W/PY	2.23.88
Shona Cowie	N/PD	2.24.38
Catherine Verreydt	N/AN	2.28.5
Karina Samuelsen	W/EB	2.29.43
Alison Campbell	N/AN	2.29.7
Angela McGoldrick	M/ML	2.30.8
Wendy Smart	E/FS	2.33.8
Jill Buchanan	N/AN	2.34.2

### 200m Individual Medley

Scottish Record:	Senior:	2.21.30
	Junior:	2.22.72
Ruth Gilfillan	M/CD	2.22.72
Jean Hill	W/LA	2.22.94
Shona Cowie	N/PD	2.24.42
Anna Ratcliff	Unat.	2.28.19
Fiona Davies	W/PY	2.29.74
Carole Lewis	E/FS	2.29.99
Stephanie Watson	W/AR	2.30.30
Derna Campbell	W/FO	2.30.91
Jill Buchanan	N/AN	2.31.13
Jackie Irvine	W/SG	2.31.79

### 400m Individual Medley

Scottish Record:	Senior:	5.02.37
	Junior:	5.04.53
Jean Hill	W/LA	5.02.37
Fiona Davies	W/PY	5.06.39
Carole Lewis	E/FS	5.14.50
Jill Buchanan	N/AN	5.17.04
Nicola Geddes	N/AN	5.18.07
Ruth Gilfillan	M/CD	5.19.70
Anna Ratcliff	Unat.	5.20.00
Lorraine Wheatley	W/EB	5.28.74
Fiona Pattillo	N/AN	5.29.13
Alison Campbell	N/AN	5.29.82

# THE A.G.M.

The North District hosted the 86th Annual General Meeting of the Association at Aberdeen in February, and it will be remembered as one of the least controversial meetings of recent years. Maybe that had something to do with the watchful eye of John Y. Coutts overseeing the proceedings—a large photo illustration of this great man of Scottish Swimming produced by Bill Black for the John Y. Coutts Award. Certainly, it was a day when Jock Coutts was warmly remembered by many friends and associates.

It was a well-attended meeting, excellently chaired, with delegates in a positive mood, ready to welcome Hamilton Smith, their new Director of Swimming and to respond to his enthusiasm. Hammy's key words were: purpose, stimulation, movement forward, development... His ideas were well received.

With the increasing popularity and development of Masters Swimming in Scotland, the introduction of a Masters Swimming Committee was the obvious step forward. The new Committee will provide an excellent structure for the promotion of Masters Swimming.

The Treasurer's recommendation that there be no increase in Per Capita or Competitive Fees was, as to be expected, widely supported. The fees remain at £2.00 per member (Per Capita) and £3.00 per competitor (Annual Competitive Fee)—with the qualification that "swimmers 10 years and under may compete in accredited meets, other than District Championships or National meets, without paying this fee" (Annual Competitive Fee).

It could be that there was a feeling of sadness when the T.T.O. Exam Fee was raised from £1.00 to £2.00. The increase was approved, no doubt about that, but after so many years, George Battison's spirited defence against the increase, had been overcome...

The proposal to set up G.B. technical committees for Swimming, Diving, Water Polo and Synchro was well supported—but only with equal representation from the three constituent countries. Two representatives each from Scotland, England and Wales seemed fairer to delegates than 3 A.S.A., 1 S.A.S.A. and 1 W.A.S.A.... This will now be passed back to the G.B. Committee.

Robin Brew and Ruth Gilfillan were awarded respectively the Nancy Riach Medal and the W. G. Todd Prize and Trophy. Neither swimmer was present, but for the excellent reason that both were competing (with very good results) in the G.B. v F.R.G. Contest at Crystal Palace. A warm letter of thanks from Ruth delighted delegates. Skol Silver Stars—awarded to Neil Cochran, Duncan Cruickshank and Douglas Campbell—were presented.

Recognising the value of encouragement for younger swimmers, Past President Willie Sharp of Renfrew, presented Boys and Girls Age Group Championship trophies to the Association for the 11 Years & Under 200m Individual Medley events.

Jack Snowdon was installed as President for 1984, supported in the role of Vice-President by Douglas Cape. Don Hawthorn, retiring President, and Bill Black, General Secretary, were presented with Life Memberships in recognition of their unstinting services to Swimming and the Association.

It was a good meeting, with the business attended to firmly and with the minimum of fuss. Jock Coutts would have approved...

## JACK SNOWDON



### PRESIDENT 1984

Jack Snowdon of Portobello was first involved in Swimming 48 years ago, showing immediate promise as a water polo goalkeeper. After war service in the Royal Navy, illness put paid to international recognition, but Jack continued his involvement with Swimming as a coach and in administration. Since 1960 he has constantly held either a coaching or administrative post at Club, District or National level—Treasurer and President of Portobello; Treasurer, Secretary, Vice-President, and President of the East District. In 1977-78 he held two posts—East District Water Polo Convener and S.A.S.A. General Secretary—until in 1979 he took over as National Water Polo Convener. In 1983 he was elected S.A.S.A. Vice President.

Jack is married, with three daughters, Catherine, Julie and Barbara, all of whom are involved in swimming.

Despite his high office, much of Jack's time is spent at grass-roots level. He is still seen at the local baths early in the morning, coaching the swimmers and one of his greatest pleasures is teaching the young beginners.

## JOHN Y. COUTTS MEMORIAL AWARD

It was a popular and fitting decision that Leslie Turburville of Bon Accord should be the first recipient of the J. Y. Coutts Award and it was a very moving moment when Mrs. Joan Comber—Jock's daughter—presented Les with his parchment at the A.G.M.

*"The John Y. Coutts Memorial Award shall be awarded to persons who have given outstanding service to the Scottish Amateur Swimming Association.*

*The Council of the S.A.S.A. are pleased to recommend as the first recipient of the Award*

*Leslie W. Turburville*

*for his long service to Scottish Swimming at all levels and especially his close association with Jock Coutts."*

*(Photograph by courtesy of Aberdeen Journals Ltd.)*





# MASTERS SWIMMING

—Mary Sreenan

Masters Swimming is alive and well in Scotland, judging by past results.

After only three years of official recognition (by way of National Championships) discussions between the newly formed S.A.S.A. Masters Swimming Committee and the S.A.S.A., the development of this aspect of competition swimming has been assured—and the future looks good.

Aimed at retaining, introducing and re-introducing swimmers into competition, the structure is basically an extension of the age group system—i.e. 5 year age groups: 25-29/30-34/35-39... up to 70+. That this was working was ably demonstrated at the 1983 Scottish Masters Championships at the Whitehall Baths, Glasgow, when swimmers of all abilities participated with a degree of enjoyment that could not be equalled in any other area of competition. Swimming friendship and camaraderie had to be seen to be believed, with former Olympic swimmers, Scottish and British Champions and Internationalists mingling in competition with absolute newcomers to competitive swimming, in complete harmony.

The result of this has been an upsurge of interest throughout Scotland, with clubs supporting the development and involvement of Masters swimming. Motherwell A.S.C., for example, has shown great foresight when, after an intensive publicity drive, they attracted over 45 members, now known as the "Motherwell Masters".

The Scottish Swimming Committee appeal to all clubs and individuals interested in the development of Swimming and the improvement of health and fitness of people of all ages to actively support and encourage this fast growing and promising branch of the sport which can literally allow people to be actively involved in their favourite sport from the cradle to the grave.

Results of the Glenrothes Masters Meet on 10th March 1984—and the Welsh Masters Championships on 31st March/1st April 1984 will be in the next Masters Newsletter in Swimszene.

For any enquiries/information, you may contact me at Falkirk 28498 or at the S.A.S.A. office.



**SUN LIFE SCOTTISH  
MASTERS CHAMPIONSHIPS  
WHITEHALL BATHS,  
GLASGOW.  
12/13th MAY.**

**SEE YOU THERE!**

## "50+" AGAIN

The Scottish Sports Council are to continue their theme of "50+ — All To Play For" for the Sport For All Campaign this year, due to the response to the theme in 1983 and they have asked for continued help and co-operation from governing bodies in highlighting the wide range of opportunities available to those over 50 years of age and in promoting activities to increase their participation. As in earlier years the Sports Council will be offering modest financial assistance for projects which contribute to the Campaign. Further information relating to the 50+ All To Play For theme including Grant Guidance Notes are available from the S.A.S.A., and the Scottish Sports Council will be pleased to assist in helping with schemes to promote the Sport for All Campaign.

And looking ahead to 1985, the Campaign's theme is to be "Ever Thought of Sport", aimed to emphasise the importance of sport and physical recreation for young people. The United Nations have designated 1985 as the International Year of Youth.

If you would like to help out as  
a

### COMMENTATOR

at S.A.S.A. Championships,  
please let us know.

Clear speech, and a good  
knowledge of swimming and  
swimmers is essential.

A sense of humour helps!

# SYNCHRO

## SUGAR SPONSORSHIP

British women's sport at International level is to be assisted through an imaginative sponsorship scheme by the British Sugar Bureau and Synchronised Swimming is included. The G.B. Synchro Team is to be sponsored by Sugar for their pre-Olympic preparations and in addition, the Bureau have agreed to sponsor certain A.S.A. Synchro Events. The Bureau intend that the development of their sponsorship will continue, with input from the National Sports Councils, embracing England, Scotland, Wales and Ireland, and proposals for ways in which the sponsorship could directly benefit the development of Scottish Synchro have been submitted to the Sugar Bureau.



## SYNCHRO CLUB CHAMPIONSHIPS

The S.A.S.A. Synchronised Swimming Club Championship (Mary Black Rosebowl) is to be held at the Johnstone Swimming Pool, on Sunday 27th May, starting at 3.00 p.m.



## SYNCHRONISED SWIMMING CENTRE

A Synchronised Swimming Centre is to be established at Whitevale Baths, Dennistoun, Glasgow on Friday evenings from 7.00 p.m.—9.00 p.m. for beginners, grades, teachers and examiners. This will continue over a development period until 14th December this year. If it proves worthwhile, it may be possible to continue on a year to year basis and it is hoped that similar centres might be set up in other districts.

## SCOTTISH SWIMMING AWARDS

(S.A.S.A./S.S.S.A. National Awards Scheme)

### MARATHON SWIM

(26 Miles/42 Kilometres)

#### FOR THE 16's AND OVER

CAN YOU GO THE DISTANCE? WHY NOT TRY:  
SEND £1 FOR A CARD TO RECORD YOUR  
SWIMS. IF YOU COMPLETE THE 26 MILES  
WITHIN 1 YEAR, YOU WILL RECEIVE A  
MARATHON CERTIFICATE AND LAPEL PIN.

Contact:  
MRS. MAE COCHRANE,  
SECRETARY, SCOTTISH SWIMMING AWARDS,  
44 FREDERICK STREET, EDINBURGH.

## Willie Mellors Tournament

The Quadrangular Tournament—or Pentangular Tournament to be exact, with the inclusion this year of a British Police Team—showed once again how well our young players can handle themselves in competition. Our U21 team played as a team, backing each other when required, and winning all four games and the overall tourney with a maximum of 8 points. Strongest rivals—and coming second in the tourney—were the British Police, a strong, physical team who put our players to the test, being 5:4 up at the end of the third quarter. A decision by the Scottish U21 team to double mark the pit in the last quarter paid off. They countered and outplayed the Police, winning the quarter 6:1 for an overall victory of 10:6. Coach Bill Laidlaw was pleased with the result—though far from complacent. Commenting later, he said: "With a lot of hard work—especially on our man-up situation—we should have quite a good team, if they all work hard. Games, either at home or abroad, are essential over the next two or three months and definitely in the month prior to the 6 Nations if we're going to win it."

Final scores were: Scotland U21 8 points  
 British Police 6 points  
 Army 4 points  
 Ulster 1 point  
 Royal Navy 1 point

# WATER POLO

## Premier League

Though Portobello had a convincing win of 24-7 over 1930 A.S.C. in the first fixture of the Premier League at Glenrothes on 3rd March, they are by no means certain to stay top of the League in 1984. In their game against Dunfermline, the Fife Team held them to a 7-7 draw, playing a spirited final quarter to come back from 2-6 down to level the scores. The winners of the League play off to represent G.B. in the European Championships next year, so competition will be keen. Hamilton had an unimpressive win of 12-8 over Warrender. The venue for the second fixture on Saturday, 14th April is Dundee and the third fixture on 2nd June is planned for Wishaw.

## 'Oui' to France

The International U21 Tournament on 6th/8th July is to be held at the Dollan Baths, East Kilbride and will now be a 6 Nations Tournament, following agreement to include a French team. The six nations are: Austria, Belgium, Denmark, France, Switzerland and Scotland. The neutral referees appointed are Mr. F. Hammarstrom (Sweden) and Mr. Worner (West Germany) and the LEN Delegate will be Dr. Sergio Catalani of Italy.

## Easter Tournament, Israel

Selections for the Senior Tournament in Israel on 22nd-29th April are:

John Berryman	Hamilton
Iain Barrie	Warrender
Alan Campbell	Dunfermline
Gordon Coutts	London Polytechnic
Alan Donaldson	Dunfermline
John Gaffney	Hamilton
Andrew Gilhooly	Portobello
Giles Gilhooly	Portobello
Ian McCallum	Warrender
Fraser Moore	Hamilton (Captain)
Alasdair Ramm	Warrender
Alan Sturrock	Hamilton
Brian Campbell	Dunfermline
Team Manager	R. T. Elder
Coach	H. McGibbon
Asst. Coach	R. Nicholson
Referee	D. Gordon

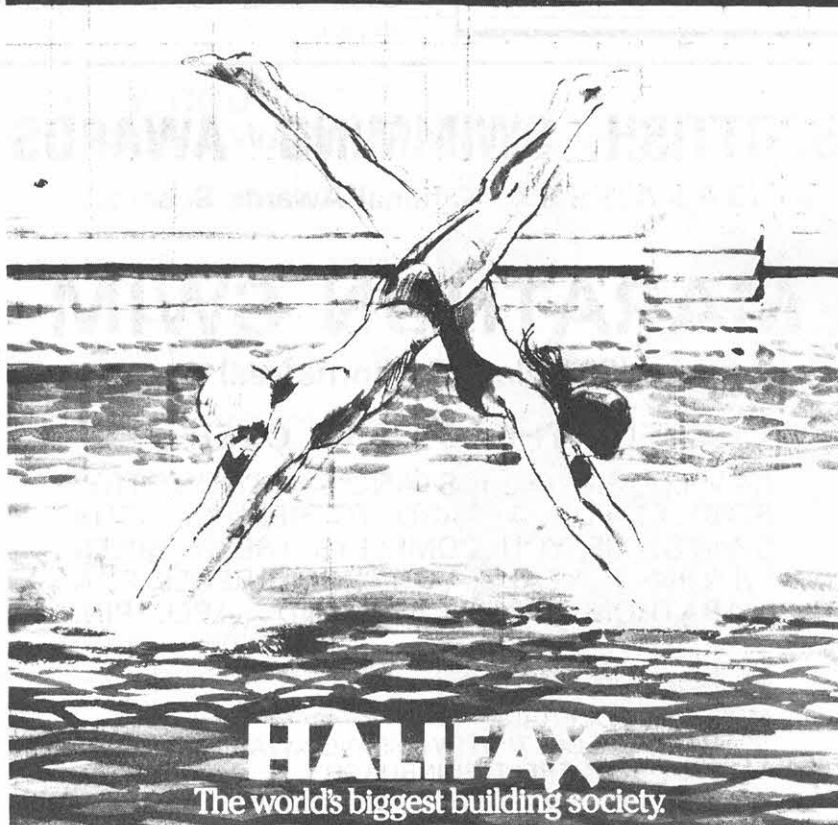
## Menziesshill 2nd Water Polo Festival

Menziesshill's 2nd Water Polo Festival at Dundee Leisure Centre on Saturday 25th February, saw a fine win for the home team, when they beat last year's winners Glenalbyn 2-1 in the final. Three English teams (Potters Bar, Merseyside and Coventry), two Irish teams (Glenalbyn and Half Moon) and two Scottish teams (Menziesshill and Portobello) took part in the Festival, with Menziesshill winning all their games. Goal scorers were: Debbie Mochan (8), Evelyn Pountney (7), Eileen Mochan (2), Angela McGoldrick (2), Lorraine Stewart (2), Cheryl Sutherland (2) and Morag Beattie (1). The Tournament was sponsored by John Sheriffs (Oils) Dundee with Speedo (Europe) Ltd. supplying the medals and trophies for 1st, 2nd and 3rd places. The medals were presented by Mr. Ross Elder, S.W.P.C. Convener, at a disco in the Tay Hotel in the evening.

Following on this success, Frank Jordan's squad now look forward to the Quarter Finals of the English Cup at Liverpool on 14th April.



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## OLYMPIC GAMES FOR THE DISABLED

Our best wishes to Scotland's swimmers selected for the G.B. Swimming Team for the Olympic Games for the Disabled:

**Paraplegic Team**

Susan McMahon	Cumbernauld
George Wemyss	Fraserburgh
Ken Cairns	Erskine

**Cerebral Palsy Team**

Ann Swann	Fife
Aileen Harper	Fife
Colin Keay	Fife
Jimmy Murray	Strathclyde

**Amputee Team**

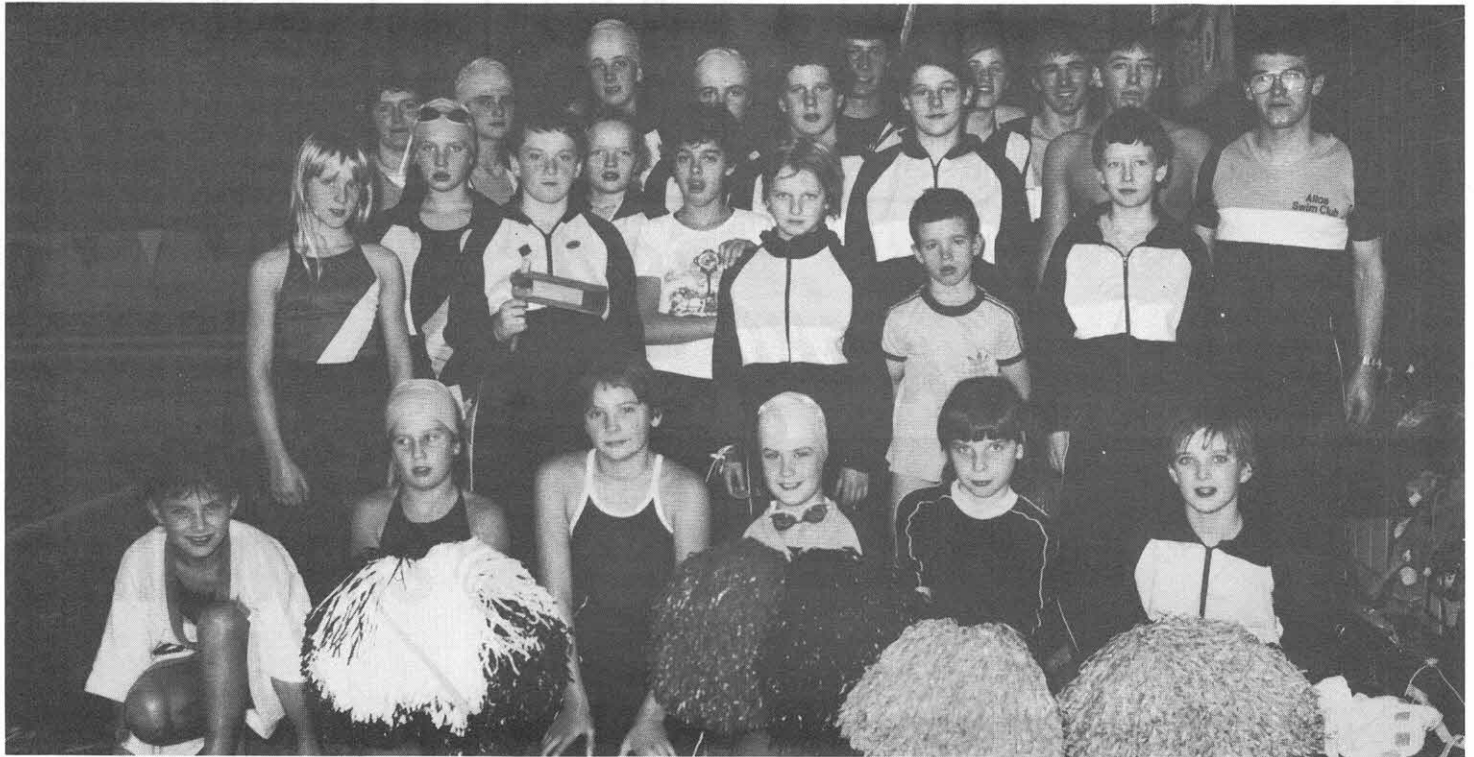
Brenda Moir	Edinburgh
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**Les Autres Team**

Paul Noble	Fife
Wilma Lawrie	Edinburgh

Selections for the visually handicapped team are not yet finalised.

# "MAKING FRIENDS IN SWIMMING"



## ALLOA A.S.C.

Making a small, but significant impact on local and District swimming are Alloa A.S.C., who were formed in May 1982, under the guidance of coach Vivien Alexander (Vivien Heddleston that was). Vivien had previously gained much experience through her years as a Scottish internationalist on both Freestyle and Butterfly strokes. A great deal of knowledge was also learned from her coaches who included the well-known personalities Dave Haller, Bob Gardiner, Bob Sreenan and John Hogg. "It was always my intention to gather together a competitive squad and to encourage competition with other clubs as quickly as possible", said Viv. "Swimmers thrive on competition."

With that aim in mind, the Club became affiliated to the West District and Scottish bodies and "plunged" into the District League only nine months later. Although a league win evaded Alloa in their first year of competition, the experience gained and new friends made from other clubs, proved far more important. The club motto is derived from this theme—"Making Friends in Swimming".

The Club, with 120 members, have nearly 50 in the competitive squad. Club nights on Mondays include all aspects of swimming, lifesaving and survival classes. The club works in co-operation with Clackmannan District Council and most of their improvers' classes are screened for those swimmers showing potential. The vast majority of Alloa's swimmers had no previous competitive swimming experience and are now encouraged to aim for West District qualifying times and Scottish Age Group times. A measure of the improvement in standard can be gauged from the fact that last year three club swimmers qualified for the West. This year, eleven swimmers have achieved qualifying times for the '84 Meet, with more anticipated. Periodically, training weekends are held which include five swimming sessions, two land conditioning sessions and lectures on technique and attitudes. These weekends have proved a great success and an ideal way of bringing the squad together as a team.

Fourteen-year-old Tom Wingate and fifteen-year-old Michael Mulraney are Alloa's top swimmers. Both boys have improved considerably over the past year and are improving fast on all strokes. At the recent Midlands Open Championships in Dundee, Tom picked up the gold medal in the 1500m and and bronze in the 400m. Michael took the silver in the 400m Freestyle.

Training sessions are mainly on Freestyle and Butterfly and for the first four months of the year, hard sets on I.M.s. Squad members are encouraged to work hard on all four strokes. Viv is a great follower of Dave Haller's coaching methods and works all her swimmers along the same lines, as Dave did at Beckenham S.C. "Quality—not quantity." Five mornings and three night sessions are included in the programme, along with two or three weight sessions a week for the older boys.

With the Club settled into the demanding role of competitive swimming, Alloa looks to the future, setting its sights on swimming promotion in the West District leagues and being represented at the British Age Group Championships. But—one step at a time!

## CLUB COMPETITION

Our congratulations to Inverleith A.S.C., winners of the Scottish Swimming Awards Speed Competition in 1983. Inverleith were presented with their prize—£50.00 towards swimming equipment of their choice—at the S.A.S.A. A.G.M. in February—as the Club gaining the greatest number of Speed Awards in relation to its membership in the calendar year.

However, while we express congratulations to Inverleith, we must also express disappointment at the number of clubs who took part—25 out of 132 is a very poor showing, and we can only hope that the 1984 competition has a greater response.

Recognising that nearly all affiliated clubs are interested in competition and need ways in which to motivate their swimmers to improve times and develop strokes (particularly true with younger swimmers) the Scottish Swimming Awards have promoted the competition in the hope that it will prompt clubs to encourage swimmers to take a keener interest in their times on the four strokes and in I.M. and to measure progress by attempting to progress from Grade 1 to Grade 4 in the Speed Swimming Awards. By so doing, the standard of speed swimming in clubs will be improved and ultimately the club in particular and Scottish swimming in general will benefit.

There is no special entry form for the competition. Just as soon as a claim for Speed Awards reaches the Swim Awards Office (or has done from 1 January) your club is entered.

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