SCOTTISH AMATEUR SWIMMING ASSOCIATION

COMMONWEALTH GAMES - AUCKLAND. 1990

REPORT ON TRAINING CAMP - HAMILTON NEW ZEALAND

OUTWARD TRAVEL

The Scottish based element of the Swimming Team assembled at the Stakis Normandy Hotel, Renfrew on the evening of Tuesday 2nd January 1990. Twelve swimmers and four staff were accommodated in single and twin rooms in this excellent facility close by Glasgow Airport. The hotel was very quiet in this period following New Year and some of the service was restricted. Dinner, which was taken in their coffee room area, was limited in variety but adequate in quality and quantity. Following the meal a meeting was held to finalise the hotel departure arrangements. Because baggage was going to be sent direct to Sydney from Glasgow an earlier than usual airport arrival time was necessary. The hotel mini bus, with two runs and supplemented by the SASA President's car deposited us at the Airport at 0715 hrs where we were met by Drew Stewart, of AT Mays, who would accompany us to London and who made all the arrangements for baggage handling and seating through to Sydney. We were joined by a number of athletes who were joining their section in Australia. A farewell speech by Don McGillivray, SASA President and best wishes from his wife Nancy and the parents who had assembled to say bon voyage gave the Team an appropriate send off. On all of the flights we were welcomed aboard by the Captain and given VIP treatment by the cabin staff.

On arrival in Heathrow we were met by Ralph from Analox who gave us a 10 minute lesson on the use of the analyser and who then serviced it and provided us with the missing accessories and chemicals which would enable us to carry out any blood lactate analysis that would be required. We also met up with Joanne and Sean who had travelled from home that morning. Paul and Rik, however, did not turn up as expected. They had 'phoned me from their Heathrow hotel the previous evening regarding their booking which had been for room only, I had contacted the travel agent and was told this would be altered to include necessary meals but the hotel had not followed through with this and the swimmers were detained until a further 'phone call resolved the problem. Their hotel mini bus finally got them to the Airport for 1115 hrs for a departure at 1200. Fortunately the flight was delayed by one hour due to an intensification in security over the Festive Season.

After a stop at Bangkok we arrived at Sydney, almost on time and were met by a Destination Pacific representative who escorted us to our bus, explaining that due to a misunderstanding a smaller than required bus had been sent and we would need to travel in two parties. The driver gave us the opportunity to view the Harbour Bridge by night and take photographs on our way to the hotel. The Olim's Hotel, located in the Soho of Sydney, was well appointed with helpful staff and excellent accommodation. They were unable to provide us with a meal so the night life of this part of Sydney was viewed in our attempts to get nourishment. Breakfast the following morning was self service, varied and enjoyable. I had been able to arrange a training session in the nearby "Boy Charlton" outdoor pool and this was enjoyed by most of the team. Two of the Team were suffering from upset stomachs and sore throats and required medical treatment. Two of the large

Team holdalls had been damaged by the baggage handlers at Sydney Airport and I had reported this on arrival. The Airline arranged for me to have the holdalls replaced and the problem was duly reported to George Hunter in Edinburgh who would advise the manufacturer. A number of the bags showed signs of tearing but were still usable provided the handles were secured.

I had been informed that there was a one hour delay on the flight to Auckland but was unable to revise the bus timetable so the time had to be spent at the Airport.

The Air New Zealand flight was unable to make up the time on the journey so we arrived 1½ hours later than expected. We were met by Margaret and Charles Munro, Margaret having been appointed Scottish Team Attache, was able to give us up to date information on CG activities. We were also met by our Hamilton 'bus driver, Neil Robertson, a Swimming Official of the local Club, who held a PSV licence. Two other bags had been torn and reported to the Airport authorities and they were also replaced once we got to Hamilton. We arranged with Neil to stop en route to allow us to purchase a meal and a suitable McDonalds was suggested. In conversation I discovered that our original hotel was unable to accommodate us immediately but would do so after three days. This was due to the changes in departure dates that had been negotiated for our travel. The hotel already had bookings for these first three days and was unable to take us, likewise the second hotel could not keep us after these days so we would be required to move hotels. We duly arrived at the Auto Lodge Motel in Hamilton

ACCOMMODATION

The Auto Lodge Motel and our subsequent residence the Sherwood Motel are both typical of this type of holiday accommodation providing a bedroom, lounge, kitchen and bathroom in a single fully appointed unit. The number of beds can be varied but the basic space remains the same. They were ideal for the training camp with most units being occupied by three swimmers, each with their own bed and the facility to make hot snacks if required. Breakfast was made by the Motel owners and served in the units and this also worked well with personal preferences being catered for on a daily basis. Other meals had either to be taken outwith the Motel or cooked by the residents. A number of restaurants were available within easy walking distance serving a wide variety of tastes at an acceptable price, which was often a standard rate to eat as much as you wished, and this suited the swimmers well. Slightly further away the town centre had the usual variety of fast food restaurants. Initially the Team dined together trying out the various menus available but since personal preferences were not always available it was agreed that breaking the Team into smaller groups would serve each individuals eating routine better. Both Motels had their own small swimming pool and surrounding relaxation area which were well used by the swimmers during their rest periods.

TRAVEL

The swimming pool turned out to be further away than anticipated, about 1½ miles, the weather was uncertain varying between very hot sun to torrential rain and it was therefore considered beneficial to hire a mini bus.

CENTENNIAL POOLS

The manager of the Swimming Centre met us on our first visit, welcomed us, informed us that his local authority had instructed him to be as helpful as possible and then proceeded to exceed these instructions. The pool is a uniform 2 metres depth, 8 lane, 50 m, fresh water, indoor facility with separate diving pool provided with a full range of platforms and springboards (the New Zealand Commonwealth Games Diving Team used it for their training camp prior to the Games). The indoor pool, which also had a separate water slide unit and a 25m, 6 lane, learners pool, was situated in parkland containing a mini golf course and an outdoor, solar heated, iregularly shaped 50m pool and other adjacent leisure facilities. The manager had arranged for the boom which would normally be in the 25m position at this time of the year, to be moved to the 50m placing and had placed anti-turbulence lane dividers to give us three lanes. When the Isle of Man Team arrived later an additional two lanes were provided for their use.

We arranged two, 2 hour training sessions per day, at times similar to warm up times at the Games and the Coaches prepared individual training programmes for each swimmer.

Every member of staff at the pool went out of their way to be helpful and we were provided with whatever equipment we required. The public had been informed of our training requirements and co-operated fully with the consequent restrictions placed on their own fitness programmes.

An arrangement was made with a local Fitness centre, in the town, for free membership and use of its well appointed weights room and this was used by a number of the swimmers

MEDICAL

With the improvement in climatic conditions most of the minor illnesses disappeared and the only requirement for medical assistance resulted from an accident to a coach whilst using a trampoline. Emergency first aid treatment was quickly applied and a visiting swimming official took the coach to the local hospital for a medical check.

The Physiotherapy service in New Zealand is located within the local General Practioners medical centre and it is necessary to go through the Doctor and have an injury diagnosed prior to receiving physiotherapy treatment within the centre. We made several attempts to get round this system to no avail though separate treatments at $20 per half hour session could be arranged in the evenings but since this meant booking at least a day in advance this service was never used. In general there were no injuries though rub downs prior to and following training sessions would have been beneficial.

In discussion prior to departure, the staff considered it important for the Team to have the benefit of blood lactate analysis during the training period. The possibility of local testing was explored with our contacts in New Zealand and it was confirmed to be available, but at a cost and with a time lapse, since their analyser was permanently located in a laboratory. It was therefore agreed to accept Dr.Johnston's (Medical adviser to the Commonwealth Games Council) offer to borrow the Analox analyser from

Jordanhill College for the period of the Games and I arranged for the supporting equipment and chemicals to be supplied to us by Analox as we passed through Heathrow.

Helen Brunton, Sheena Taylor and myself informed ourselves of the principles of operating the analyser and proceeded successfully to provide this back-up information to the Coaches.

There was considerable interest in the testing that was carried out and we had visits from various medical practioners who wished to observe the procedures used and were interested in the use that was made of the results. The main users of blood lactate levels in the Waikato area was by horse breeders and I think for the most part the visiting medical personnel were veterinarians interested in expanding their knowledge outwith their present equine practice.

WAIKATO MEET

The Team had entered this local Meet for a variety of reasons. It gave the opportunity for a practice race situation, the chance to compete in events which were closed off by Commonwealth Game rules, a break in training routine, the chance to get an indication as to how preparation was going and the opportunity to check race lactate levels.

It also helped to cement the already good relationships that existed between the local clubs and ourselves and gave us the chance to assess the local interpretation of swimming rules since a number of the Technical Officials for the Games were officiating at this Meet.

The Meet consisted of Heats and Finals in the same session, with a morning and evening session on each of two days covering 30 events excluding relays. The English and Isle of Man Commonwealth Games Teams also took part and this added a competitive edge and increased the spectator numbers.

The results were irrelevant and most Finals were won by Games Team members As a public relations exercise it was successful and enabled an exchange of gifts between the respective Local Authority Dignatories of Hamilton, Scotland and Hamilton, New Zealand

RECREATION

A number of recreational activities were organised within the requirements of the training programme. The Pool Manager arranged for free access to the local ten pin bowling alley and our hosts in Hamilton arranged a Coach Tour to a nearby Horse Stud, Dairy Farm and Milk Products factory. The Coach tour incorporated a stop at Morrinsville where the local Swimming Club provided us with a lunchtime barbeque at their outdoor 50m pool and we met a number of the local swimmers. A number of offers of hospitality were offered to us, most of which we had to decline, but we did accept two invitations to other barbeques one, a visit to a local Scot's home and the other to the Sergeant's Mess of the nearby RNZAF station.

A visit to Auckland on two separate occasions was arranged and this permitted the swimmers to visit the Games Village and to train in the Competition Pool. We were also able to view our accommodation in the village, make arrangements to hire televisions, receive our accreditation passes and pick up our recently delivered Team Track Suits and Leisure Clothing.

SUMMARY

This was an excellent location for the preparation Training Camp prior to the Games. (a) It duplicated the climatic conditions that we would experieince in Auckland (b) the accommodation was well appointed, had ample space, was owned by an ex-swimmer and her husband, ex "All Black" John Boe who were sensitive to the needs of sports people (c) was close to a variety of differing restaurants and if required the residential units had the facility to cook for oneself (d) the training facility was excellent (at one time was considered as the venue for the Games) with total support from the staff and (e) the town was large enough to provide recreational opportunities if required but not too large to make access difficult, most shopping, restaurants, places of tourist interest etc. were within acceptable walking distance.

On Thursday 18th January I attended a Technical Meeting for both Swimming and Diving at the Commonwealth Games Village in Auckland. The minutes of the meeting are enclosed with the Report. Discussion took place but was not minuted about the prospect for 'B' Finals at future Games and again it was suggested that a change of Rule should be put forward to the next Federation Meeting but the numbers entered for events in Auckland would make justification of 'B' Finals very difficult. I suggest that a rule similar to that used in SASA Championships be put forward for consideration in that the numbers entering each event would determine whether a 'B' Final was justified or not. Another point not minuted was a plea for support of the continuation of Synchronised swimming at the Games. This was supported in general by the members present.

Friday 19th January was departure date from Hamilton and after a final training session at the Centennial Pools complex, breakfast and a photograph session with the staff of the Motel we boarded our coach, again driven by Neil Robertson, and travelled North to Auckland.

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COMMONWEALTH GAMES - AUCKLAND, 1990

RESULTS ANALYSIS	Event	Time	'89 Best	PB
Linda Donnelly	50Fr	27.84 (16)	27.36	27.18 '88
	100Fr	59.04 (14)	58.45	58.44 '88
	100Fr(R2)	58.42		
	200Fr	2.06.21 (12)	2.05.03	2.03.57 '88
	200Fr(R4)	2.05.57		
Jill Ewing	200Fr(R3)	2.08.93	2.12.88	2.11.93 '86
	100Bk	1.06.75(12)	1.05.83	1.04.82 '87
	200Bk	2.29.27(14)	2.23.27	2.22.30 '87
	100Fl(MR3)	1.05.08	1.06.42	1.05.92 '87
Ruth Gilfillan	100Fr	58.44	58.58	58.00 '88
		58.39 F7		
	100Fr(R4)	58.86		
	100Fr(MR4)	58.19		
	200Fr	2.04.68	2.04.16	2.01.66 '88
		2.04.11 F7		
	200Fr(R1)	2.06.07		
	400Fr	4.20.85	4.19.30	4.14.89 '87
		4.19.34 F6		
Jean Hill	200Fr(R2)	2.06.38	2.05.87	2.05.87 '89
	100Br	1.13.08	1.12.86	1.11.26 '87
		1.11.85 F5		
	100Br(MR2)	1.13.41		
	200Br	2.37.57	2.35.84	2.31.57 '87
		2.36.71 F7		
	200IM	2.23.23(10)	2.19.87	2.17.21 '86
Joanne McHarg	50Fr	27.72(15)	27.55	27.55 '89
	100Fr(R3)	59.35	59.39	59.39 '89
Alison Sheppard	50Fr	27.01(10)	26.61	26.43 '88
	100Fr	59.29(15)	59.14	59.09 '88
	100Fr(R1)	59.58		
	100Bk	1.07.25(13)	1.06.22	1.06.22 '89
	100Bk(MR1)	1.07.29		
Paul Brew	100Fr(R4)	53.71	53.93	52.38 '87
	(R4)	52.75		
	200Fr(R1)	1.55.99	1.51.96	1.51.96 '89
	400Fr	3.58.55(9)	4.00.17	4.00.17 '89
	200IM	2.07.08(9)	2.06.41	2.05.72 '87
	400IM	4.24.97	4.26.45	4.25.25 '88
		4.25.21 F5		

Peter Henry	100Fr(R3)	55.56	53.97	53.97 '89
	(R3)	53.95		
	200Fr	1.55.70(15)	1.54.66	1.54.66 '89
	200Fr(R3)	1.57.50		
	400Fr	4.16.30(17)	4.02.06	4.02.06 '89
	200Fl	2.10.13(13)	2.07.93	2.07.93 '89
	200IM	2.15.33(18)	2.12.13	2.12.13 '89
Neil Hudghton	100Br	1.04.86(9)	1.05.65	1.05.65 '89
	100Br(MR2)	1.05.12		
	200Br	2.18.67	2.19.34	2.19.34 '89
		2.18.85 F6		
Jonathan Kerr	100Bk	1.01.32(15)	1.01.93	1.01.93 '89
	200Bk	2.09.93(13)	2.11.60	2.11.60 '89
	200IM	2.09.76(13)	2.10.84	2.09.63 '88
	400IM	4.32.87(12)	4.34.06	4.34.06 '89
Rik Leishman	100Fl	56.84(13)	56.76	56.70 '88
	100Fl(MR3)	56.34		
	200Fl	2.10.99(14)	2.08.21	2.03.97 '88
Campbell McNeil	100Fr	54.16(19)	53.61	53.61 '89
	100Fr(R2)	52.87		
	(R1)	52.88		
	100Fr(MR4)	52.26		
	200Fr	1.53.77(12)	1.54.64	1.54.64 '89
	200Fr(R4)	1.55.54		
	400Fr	3.59.92(12)	3.56.29	3.56.29 '89
	1500Fr	15.54.10(13)	15.46.89	15.46.89 '89
Sean McQuaid	100Fr	53.51(16)	53.11	52.66 '87
	100Fr(R1)	54.40		
	(R2)	52.43		
	200Fr	1.54.91(14)	1.54.03	1.53.49 '87
	200Fr(R2)	1.53.27		
Ross Noble	1500Fr	15.44.24(9)	15.41.28	15.41.28 '89
Mike Peyrebrune	100Bk	59.36(11)	59.79	59.10 '88
	100Bk(MR1)	58.77		
	200Bk	2.10.67(14)	2.14.50	2.11.31 '88
Gary Watson	50Fr	24.72(20)	24.30	24.30 '89
	100Br	1.07.30(13)	1.05.51	1.05.13 '86
Steve Forrest	3mS/B	459.48(12)	?	469.55 '88
	H/B	444.54(9)	?	455.60 '87
Peter Smith	1mS/B	179.10(dnf)	?	?
	3mS/B	491.52(10)	?	483.00 '88

Women's Team Relays

Event	Swimmer	Time	T/O	Result/Place
4 x 100 Freestyle	Alison Sheppard	59.58		
	Linda Donnelly	58.42	0.15	
	Joanne McHarg	59.35	0.32	
	Ruth Gilfillan	58.86	0.19	3.56.21 (5)
4 x 200 Freestyle	Ruth Gilfillan	2.06.07		
	Jean Hill	2.06.38	0.31	
	Jill Ewing	2.08.93	0.20	
	Linda Donnelly	2.05.57	0.26	8.26.95 (4)
4 x 100 Medley	Alison Sheppard	1.07.29		
	Jean Hill	1.13.41	0.21	
	Jill Ewing	1.05.08	0.24	
	Ruth Gilfillan	58.19	0.28	4.23.97 (5)

Men's Team Relays

4 x 100 Freestyle(h)	Sean McQuaid	54.40		
	Campbell McNeil	52.87	0.24	
	Peter Henry	55.56	0.40	
	Paul Brew	53.71	0.20	3.36.54
4 x 100 Freestyle(f)	Campbell McNeil	52.88		
	Sean McQuaid	52.53	0.18	
	Peter Henry	53.95	0.19	
	Paul Brew	52.75	0.25	3.32.11 (5)
4 x 200 Freestyle	Paul Brew	1.55.99		
	Sean McQuaid	1.53.27	0.08	
	Peter Henry	1.57.50	0.27	
	Campbell McNeil	1.55.54	0.24	7.42.30 (5)
4 x 100 Medley	Mike Peyrebrune	58.77		
	Neil Hudghton	1.05.12	0.52	
	Rik Leishman	56.34	0.22	
	Campbell McNeil	52.26	0.33	3.52.49 (5)

SCOTTISH AMATEUR SWIMMING ASSOCIATION

COMMONWEALTH GAMES TRAINING CAMP - HAMILTON, NEW ZEALAND

COMMONWEALTH GAMES - AUCKLAND 1990

EXPENDITURE Sydney Australia

Evening Meal (4/1)		124.00	
Doctor		40.00	
Medicine		18.50	
Taxi (Bag repair)		15.00	
Phone Calls		2.50	
Electrical Adaptor (Blood Analyser)		10.00	
Airport Snacks ('Plane delayed)		20.00	
	Total	230.00	$ Aus.

INCOME

190 Australian Dollars (Edinburgh)		97.96	
40 " " (Sydney)		20.00	
	Total	£117.96	

EXPENDITURE Hamilton/Auckland, New Zealand

Hotels (Accommodation)		9,708.75	
Meals (B'fast, Lunch, Dinner, Snacks)		11,466.35	
Exchange		974.20	
'Bus Hire (Auckland-Hamilton)		765.00	
Facsimiles, Telephones		395.14	
Taxis		61.60	
Incidentals		687.00	
Petrol (for hired vehicles)		160.00	
	Total	24,218.04	$ NZ

INCOME

£4,000 Traveller's Cheques(incl charges)		10,750.04	
$ NZ (Edinburgh £302.79)		770.00	
£6,000 Bank Draft (Hamilton, incl charges)		16,240.00	
Deposit, West City Motor Inn, Auckland		600.00	
Accomodation & Food, S.Taylor (Hamilton)		464.54	
	Total	28,824.58	$NZ

REMAINDER

Australian Dollars		0.00	
170 New Zealand Dollars	(HB, 3.03 = £1)	56.02	(incl chs)
4437 " " "	(RT, 2.96 = £1)	1,493.65	(" ")
	Total	£1,549.67	

EXPENDITURE Edinburgh

£4,500 in Traveller's Cheques	4,545.00
Australian Currency	97.96
New Zealand Currency	302.79
Training Camp Edinburgh	50.00
Training Camp Expenses (HB)	8.00
Red Star Parcels (Swimwear to Portsmouth)	14.38
Access Payments (RT for vehicle hire Hamilton)	532.83
Currency Exchange Sydney	20.00
Total	£5,570.96
Excess expenditure over Float	£570.96

RETURNS

Remainder from Australia/New Zealand	£1,549.67
Traveller's Cheques	500.00
Exchanges (Hamilton/Auckland)	363.00
Total	£2,412.67
Less over expenditure of Float	- 570.96
Grand Total	£1,841.71
Helen Brunton Cheque	811.02
Ron Taylor Cheque	£1,030.69
i.e.	£1,841.71