

See March 1973

## LONG-DISTANCE SWIMMING

By JOE GROSSMAN  
Executive Director

Marathon Swimming Foundation & Hall of Fame

Marathon swimming, anyone? If you think you'd like to try swimming against the hour hand instead of the second hand of the stopwatch, now is the time of year to begin planning for the coming season.

Where, you ask, does one go to swim long distances? There are organized amateur races in many countries during the June-to-October period, and courses for solo swims are as numerous as the waterways found in your atlas.

In the United States, an annual long-distance championship is conducted by the AAU — four miles for men and three miles for women. Detailed information about the site and entry procedures for 1973 may be obtained by writing to the National AAU Headquarters.

England is an amateur long-distance swimmer's paradise, with more than a dozen races, ranging from two to 20½ miles held each summer, all under the wing of the British Long Distance Swimming Association. The "blue riband" events on the BLDSA circuit are the 10¼-mile Lake Windermere, the 9-mile Morecambe Bay and the 5-mile Championship of England, held on Trentham Lake. Others include Mumbles-to-Aberavon 7-mile event in Wales, the 7½-mile Ullswater swim, the Torbay 8-mile race and the Sandsend-Whitby 3-mile race. Details may be obtained from the BLDSA Secretary, John Slater (29, St. Albans Ave., Skircoat Green, Halifax, England).

A BLDSA race held in Scotland is the 7-mile River Tay event, and the Irish Long Distance Swimming Association conducts 5-milers on Belfast Lough. Fred Parkes, ILDSA Secretary (19 Finchley Park, Belfast, 4, No. Ireland) has the details.

Incidentally, solo swims on courses over which the BLDSA and ILDSA conduct races may be registered and successes certified by those bodies. And speaking of solos, of course the Mount Everest of marathon swimming, the English Channel, awaits challengers. The Channel Swimming Association will

register and observe swims in the Strait and provide certificates to successful swimmers. For details write to the Acting Secretary, Mr. John D. Floyd, at 8, Manor Road, Folkstone, Kent, England.

In Quebec Province of Canada, the Association Provinciale Des Nageurs Amateurs de Longue Distance conducts a series of races between two and 14 miles at such locations as St. Hyacinthe, Montreal-to-Sorel, Chicoutimi, Shawinigan and Roberval. Further data may be obtained from M. Jacques Perron, APNALD President (701-7th Avenue, Dolbeau, Lac St. Jean, Que., Canada).

Further afield, amateurs may wish to enter a 5-mile Peniscola to Bencarlo race, the Spanish Championship or the River Ebro 10-mile event (BLDSA Secretary Slater has details); an annual Gold Sands Lake 12-mile race near Bratislava, Czechoslovakia, or a three-mile competition on Hungary's picturesque Lake Balaton (details may be received by writing to Imre Szenasi, Honored Master of Sport, Hegedus Gyula u. 43, Budapest, XIII, Hungary).

There is an amateur division of the annual Capri-to-Naples 18-mile race, conducted each July by the International Long Distance Swimming Federation (Secretary: Maj. General Ahmed Zorkani, 8 Abdullah El Nadim Street, Heliopolis, Egypt), but amateurs are warned that loss of amateur standing may result, due to the practice of having amateurs and professionals swim together.

Pro races have diminished in number over the last several years, and the only "sure things" for 1973 to date are the Capri-Naples event, the 25-mile crossing of Lac St. Jean from Peribonka to Roberval, Que., and the 24-hour team race at La Tuque, Que. Information may be obtained from the World Professional Marathon Swimming Federation secretary (Joe Grossman, P.O. Box 2288, Accra, Ghana) when it becomes available.

This is just a sampling of the long-distance "goodies" available each summer — a list that expands or contracts as waterways become polluted or new race sponsors appear. What's more, there is a chart of southern hemisphere and warm-water races, most of which have already been held as you read this. The list includes the annual 3-mile New Zealand Long Distance Championship, the

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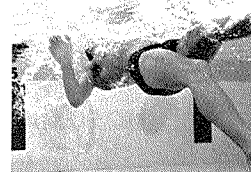
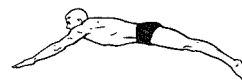
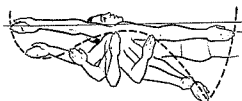
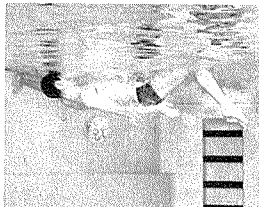
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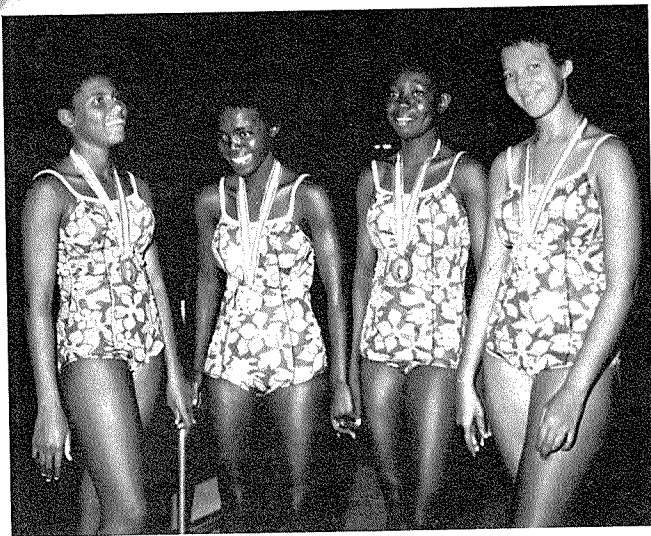
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A GHANAIAN FIRST — Resplendent in their colorful tank togs provided Ghana's natators by the "Swimsuits for Friendship" program, Ghana's girls 4 x 100 meter freestyle and medley relay team poses at poolside after winning bronze medal at 2nd All-African Games. Left to right, are Selom Ametewee, Faith Opare, Laura Brako and Dorothy Gordon.

annual 5½-mile race from Magnetic Island to Townsville, Australia, and several coastal races near Buenos Aires, Argentina of up to 11 miles.

One well-conducted annual race worth pointing for is the annual Waikiki Roughwater Swim, a Labor Day weekend two-miler in Honolulu waters which has Open and Junior amateur divisions and a Masters classification.

### LONG DISTANCE ALL-AMERICANS NAMED

KANSAS CITY, Mo. — At the AAU Convention, All-American selections were made for long distance swimmers. The All-Americans included Jay Buckley, Air Force; Paul Bischoff, Sandpiper Swim Club; Tom Crema, MacDonalds Hinsdale; Pat Dillon, Olympian Swim Club; Tina Bischoff, Sandpiper Swim Club; and Karen Herbert, Manchester Recreation Swim Club.

Chosen as the All-American Men's team was MacDonald's Hinsdale of Hinsdale, Ill. Their team included Greg Higgins, Pete Lauritzen and Mark Lambert. The women's All-American team was the Olympian Swim Club of West Nyach, N.Y., which included Pat Dillon, Nicole McPhillamy and Moe Dillon.

The Junior National Long Distance Swimming Men's, Women's and Team Championships for 1973 were awarded to Wisconsin in AAU, Menomonee Falls, Wisc. to be held July 18.

The Senior National Long Distance Swimming Men's, Women's and Team Championships for 1973 were awarded to Huntington, Ind. to be held Aug. 4-5.

### NATIONAL AG DIVING CHAMPIONSHIP SET

RICHMOND, Va. — The National AAU has scheduled their first National AAU Age Group Diving Championship according to Mrs. Gloria Thompson, Championship Chairman. The competitions will be open to all registered AAU athletes who must compete in one of three regional pre-qualifying meets to qualify for the championship final.

The dates for the prequalifying meets have been set for April 28 and 29 at the following sites: Mount Air Park and Recreation Center, Lake Oswego, Oregon (contact is Lew Ritter, 14101 Goodall Road, Lake Oswego, Oregon 97034); University of Cincinnati, Ohio (contact Dr. Aaron Weinstein, 7610 Elbrook Ave., Cincinnati, Ohio 45237); University of Virginia, Charlottesville, Virginia (contact Mrs. Gloria P. Thompson, 8010 Cameron Rd., Richmond, Va. 23229).

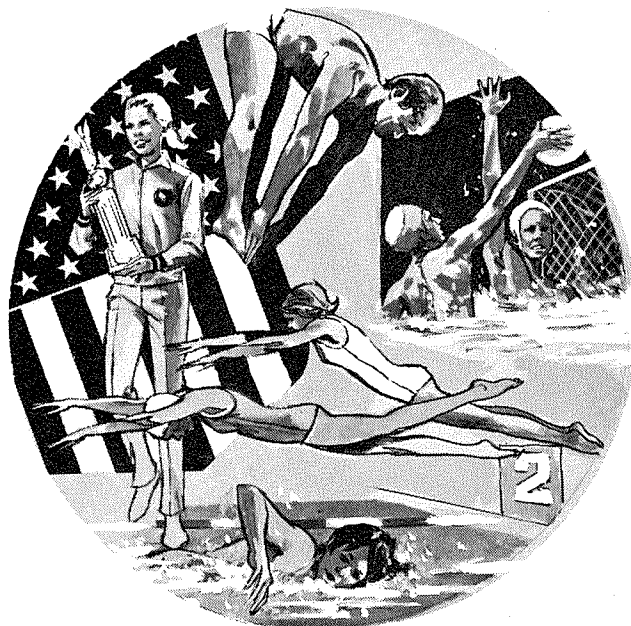
The competition in the pre-qualifying meets will be limited to three meter springboard and the six finalists from each meet will qualify for the championship.

The 1st National AAU Age Group Diving Championships will be held in Houston, Texas, May 18-20 at the Glenbrook Pool. Meet director is Mrs. Kuni Schultz, 1006 Voss Road, Houston, Texas. Competition at the championship will be in the one and three meter springboard and the tower.

Entry blanks are available for the pre-qualifying meets from the names listed above.

MARCH 1973

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