

Sent 1/26/73

LONG DISTANCE SWIMMING

By Joe Grossman, Executive Secretary
Marathon Swimming Foundation and 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 ~~may~~ ask, does one go to swim long distances? There are ~~many~~ 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 had by writing to the National AAU Headquarters.

England is ~~an~~ an amateur long-distance swimmer's paradise, with more than a dozen races, ranging from two to ~~20~~^{20 1/2} miles held each summer, all under the wing of the British Long Distance Swimming Association. The "blue riband" events on the BLD SA circuit are the 10 1/4-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 7 1/2-mile Ullswater swim, the Torbay 8-mile race and the Sandsend-Whitby 3-mile race. Details may be obtained from the BLD SA Secretary, Mr. John Slater (29, St. Albans Ave., Skircoat Green, Halifax, England).

A BLD SA 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, ~~the~~ IILDSA ~~the~~ Secretary (19 Finchley Park, Belfast, 4, No. Ireland) has the details.

Incidentally, solo swims ~~on~~ on courses over which the BLD SA and IILDSA conduct races ~~may~~ may be registered and ~~their~~ successes certified by those bodies.

And speaking of solos, of course the Mount Everest of marathon swimming, the English

Channel, ~~awaits~~ ^{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, Folkestone, Kent, England.

In Quebec Province of Canada, the Association Provinciale Des Nageurs Amateurs de Longue Distance conducts a series of races of between two and 14 miles at such locations as St. Hyacinthe, Montreal-to-Sorel, Chicoutimi, Shawinigan and Roberval. Further data may be had 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 (cq) to or the River Ebro 10-mile event Bencarlo race, the Spanish Championship (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 had 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 past 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 had 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~~ ^{expands or contracts} ~~keeps expanding and contracting~~ as waterways become polluted or race sponsors appear. What's more, there is a chart of southern hemisphere and warm-water races, most of which ~~have~~ ^{have} already ~~been~~ been held as you read this. The list includes the annual 3-mile New Zealand Long Distance Championship, the annual 5 $\frac{1}{2}$ -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~~ weekend two-miler in Honolulu waters which has Open and Junior amateur divisions and a Masters classification. A fine event in which ~~you~~ either ~~to~~ ^{to} end your season or test your endurance, and details may be had from Jim Cotton, ~~at~~ P.O. Box 1314, Honolulu, Hawaii 96807.

C'mon in -- the marathoning's fine!