

S. M. H. Jan. 1937.

RECORDS

BY SWIMMERS.

Newbiggin's Great Effort.

The outstanding performance at the second of the New South Wales Amateur Swimming Association's championship carnivals, held at the North Sydney Olympic pool last night, was a record swim by R. Newbiggin, the Newcastle junior.

Newbiggin won the 110yds junior championship of Australia in the Australian record time of 1m 2 3-5s, 4-5s faster than his own record time, established in his heat last Saturday.

W. Fleming (Qld.) and A. Fidler (Newcastle) established race records in respectively winning the 110yds championship of New South Wales, and the 440yds country championship. Fleming's time was only a second faster than Newbiggin's. N. Ryan won the State half-mile championship.

Newbiggin led all the way in his race and won by a length from I. Stewart, of Victoria.

Newbiggin is one of the most promising sprinters in Australia at present. Only 15 years of age, he is splendidly built, being about six feet in height and weighing 13st. He came into prominence two years ago by winning some school championships promoted by the Public Schools Amateur Athletic Association, and in the present season has three times broken the junior record established by H. R. Biddulph last year.

Newbiggin and Fidler have developed simultaneously in Newcastle.

Fleming won the 110yds championship after a splendid race. The Western Australian, P. Oliver, the Olympic Games representative, was a close second, beating R. V. Clark by a foot. The time 1m 1 3-5s, was slower than that of Clark in his heat. Clark, who was the first New South Wales representative, will hold the title. He made the mistake of not keeping with his opponents at half-way, and Fleming, with a splendid turn, gained a good lead into the last lap. Clark spurred desperately when he perceived the danger of losing the race, but Fleming and Oliver had gained too much.

The quarter-mile championship of the country was also a good race. A. Fidler beat A. Fitzgerald (Wahongong) by 10 yards. He swam the first 220 yards in 2m 32s, and the full distance in 5m 20 4-5s. Fitzgerald also swam splendidly, and his time, 5m 29 4-5s, was 4 3-5s faster than the race record.

Still another record fell in the 110 yards backstroke championship of the country, which J. Casey (Coonamble) retained in 1m 19 4-5s, compared with his time, 1m 22 3-5s, last year.

Ryan proved clearly the best man of a splendid field in the half-mile championship, although H. R. Biddulph kept within a few seconds for three-quarters of the dis-

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THE

R. NEWBIGGIN.

Champion Boy Swimmer.

ANALYSIS OF HIS STYLE.

MR. D. HELLMRICH'S VIEWS.

Sydney swimming experts are agreed that Robert Newbiggin, the 15-year-old Newcastle boy, who performed the astonishing feat of establishing five State and one Australian junior records in two weeks and won the 100 yards junior championships of New South Wales and Australia and the 220 yards country championship, is one of the most promising young swimmers Australia has developed. Their opinion is shared by Mr. Dudley Hellmrich, the well-known coach and vice-president of the New South Wales Amateur Swimming Association.

In an interview last night Mr. Hellmrich said: "Young Newbiggin is a world-class swimmer in the making, and, provided he is given the opportunity to prepare and train as intensely as American and Japanese swimmers, will make a name for himself at the Olympic Games at Tokyo in 1940. Anything but a stylist, Newbiggin is already one of Australia's speediest performers up to 440 yards, and the amazing feature of his success is the fact that the lad has, apart from his swimming each Monday night as a member of the A.S.A. training class, never followed a set training schedule. Bob says: 'I haven't done any serious or set training. I simply go to the baths and swim about, sometimes over 220 or 440, sometimes over 110 yards, but that's all.' Still, this casual youngster, who, by the way, is one of the most modest and gentlemanly lads I have met in the sport, appears to be, and really is, in fine condition."

NEWBIGGIN'S ACTION.

Asked to describe Newbiggin's action, Mr. Hellmrich said: "Newbiggin floats well, but not exceptionally high. He has powerful legs and good supple leg action, but employs a very short wide stroke. The hands enter the water a little wide of the shoulders, and during the under water drive the elbows are more noticeably bent than is the case with most swimmers. Unlike Queenslander Bill Fleming and other exponents of the modern crawl, who do not exert pressure until the hands have reached a position about nine inches below the surface, thus obtaining increased muscle relaxation, Newbiggin applies power immediately his hands make contact with the surface of the water and feathers during the drive. The carriage of his head could be greatly improved, as it present after inhaling, the head when turned to exhale does not assume a position at right angles with his shoulders, and this results in loss of power during the drive of the left arm and throws the body out of the straight line. Still, notwithstanding those faults in action, this astonishing boy is breaking records apparently at will.

VALUE OF COACHING.

"Often during recent weeks I have heard it said that coaches in New South Wales paid too much attention to swimming technique and