

Manly Murmurs



President's message



At the start of the 2012 year, the new committee set out to implement various strategies to ensure that the club continued to grow and be successful. Reflecting on what has transpired over the past twelve months we can see that significant progress has been made.

On the recruitment side, we welcomed a few new faces during the year. For the future we have implemented activities under the guidance of Ian Sharp. Our club flyers are being distributed around various public sites. Michael Gordon has worked tirelessly to establish a profile and gain press exposure with the local *Manly Daily* newspaper and the Manly Precincts. Our web site and the newly set up Facebook group ensures that the club keeps up to date with the social media.

In the pool, Jon and Mia, our coaching team have now worked on us, successfully, for a whole year. At the middle of November, with still a few other carnivals to go, members had achieved a total of 108 Personal Best times (PBs), and our group of champion swimmers broke 32 records. Members participated in 18 Masters Branch Point Scoring carnivals as well as the NSW State Long Course, Short Course and Relay Carnivals. Raymond Watson ventured to Alice Springs to have a swim and few others ventured to Italy to compete at the World Titles.

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One the fun side, under the guidance of Dawn Gledhill, out of water activities, included the 7 Bridges Walk, Pasta and Pizza Night and Guy Leech's Fitness World Record exercise class at Manly Beach.

I would like to thank all members for their active participation and generous contributions throughout the year. Your efforts have ensured that your club lived up to it aims of *Fun, Fitness and Friendship*.

To all tireless working committee members and those that perform all those extra roles quietly in the back ground my deepest appreciation and thanks, for without your efforts things would not go so seamlessly.

I wish all members and their families all the very best for the Christmas season and the coming year. Have a happy holiday and look forward to seeing you all in the pool in 2013.

Ted Samojlowicz, President



Ted and some of our members have got their other hats on at Woy Woy!

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World Record on dry land



They are world record breakers and in the Guinness Book of Records

World's Biggest Fitness circuit at Manly Beach on 10 November 2012. Some of the team of 11 World Champions who represented our club.

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We win



A few of our medal collectors!

Race Secretary, Ruth Fitzpatrick

Congratulations to everyone who competed in this year's carnivals. Manly has been well represented throughout the year and a great effort was made for our own carnival, State Championships and the Warringah Carnival. Thank you to Gloria, who has supported me well by providing the times for swimmers, who are just learning about entering carnivals. It is much appreciated when you provide your own times, however, we can always help if asked.

The major change this year has been the increased use of paying by EFT. This is very convenient for many of us and, provided we clearly identify the payment by name and event/occasion and make separate payments each time, it is much easier for me and the Treasurer.

The first event on the 2013 calendar is the Central Coast carnival on Saturday 19 January 2013 at the Gosford Swimming Pool- a lovely outdoor, 50m pool. As many of us take holidays over the Christmas period, it is not too early to enter this carnival any time before the beginning of January.

Don't forget to check the website after carnivals and social events to see updates.
<http://www.manly-masters-swimming.org.au/>

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Barry Seymour, Mike Gordon and Tony Goodwin set records at the Galston meet.

Picture: BRADEN FASTIER

Three long distance champions Page #! Manly Daily 14 November 2012

Go the distance in 2013

**Year of the National Championships in Sydney
at Sydney Olympic Park Homebush
Wednesday 17 April to Saturday 20 April**

The program is on the State website (bookmarked now with your favourites)
www.aussimastswimnsw.org.au click on the link to the Nationals 2013.

You can already be planning your events, looking at the merchandise for sale and, when the time comes, book your seat at the Presentation Dinner on the Saturday night, to be held at Court Side, Sydney Olympic Tennis Centre, Homebush.

It will be seven years before we get a chance again to participate at a National Championships in our home town, so please put the dates in your diary and commit to swimming at this great event.

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We Socialise



Relaxing at Woy Woy after a long day's swim

Dawn Gledhill, Social Secretary

Manly competed well at Woy Woy State Short course Championships held on 21 Oct . We had a great team dinner at the local club on Saturday night, with a trivia quiz, games & Celebrity Heads- it was a lot of fun.

Seven Bridges Walk on Sunday 28th Oct Six Manly Masters walkers completed the 27kms around Sydney Harbour. Ray & Cush raised extra money for the Cancer Council by sponsoring a page.

Saturday 10th November, 11 of us set a NEW Guinness Book of Records World Record for attempting the Biggest Fitness Circuit Class EVER. So Tony is not the only World Champion in our club!

Saturday 17h November, after us doing our long distance swim, we all went down to Freshwater Beach for a barbi and played bocce. We also celebrated our President Ted's & Steve Thompson's birthdays.

Happy Christmas and the best new year, with plenty of swimming