



Murmurs

From our President

Training sessions

Ciro, our Tuesday evening coach, is currently making a long overdue return visit to Brazil. In his absence, Renalto will be coaching us on Tuesdays. Expect to hear of his booming voice again at the end of October. Jacquie is getting married on the weekend of the State Long Course Championships and then going on her honeymoon. So we will see Jon Meador, manager of the Diggers Swim School, on some Saturday mornings.

Jac and Shane

We wish Jacquie and Shane all the very best for their marriage in October.

24 Hour MegaSwim

Trevor, Gerd and Steve swam & swam in the 24 hour MegaSwim at SOPAC in July to raise funds for MS. Their team of 15 were one of the top fundraisers. Well done.

Resuscitation instruction

A chance to practice CPR techniques comes up after training on Saturday 30 October. Learn or brush up on cardio-pulmonary resuscitation. Optional but recommended for your own first aid knowledge and for safety in club. More details closer to the time.

Training DVDs

The club has bought 5 DVDs in the 'Swimming in Australia' series. Each DVD shows an Australian Olympic swimmer and their coach, and has sections on technique, drills, starts and turns. Titles are: 'Butterfly', 'Backstroke', 'Breaststroke', 'Individual Medley' and 'Sprint Freestyle'

They can be borrowed from our gear steward, Kay. These DVDs were bought with money donated to Manly Masters from Jan Allport's estate.

Fund raising

Manly Masters will repeat the sausage sizzling marathon at Bunnings on the Sunday before Christmas. The funds raised will help subsidise things like our Saturday training sessions, Xmas dinner and annual subscriptions.

Timekeepers Course

Thanks to Ruth for running the Timekeepers Course in August. 11 future officials are now gaining experience at various carnivals.

Lindsay

Competition Results

NSW Relay Carnival

Well done team! We came 4th! With 20 relays everyone looked after each other which was great for our new members.

An excellent result because we beat 3 teams who had the same or more swimmers than we did. Also two teams set NSW or National or World records.

NSW record: Men's 4x100 freestyle 240A Trevor Mills, David Lawler, Mark Webber and Gary Stutsel. New NSW record of 5.11.85. Old record was 5.45.08

NSW and National and World record (to be confirmed) 6.07.74: Men's 4x100 Medley 280A Steve Lamy, Tony Goodwin, Gary Stutsel and David Lawler. Old NSW record 9.06.81. Old National record 6.55.24. World record not set until now. Thankyou to all members who competed in the Relay Carnival, to

our record holders—well done and congratulations on a great club effort.

Captain Max

13th FINA World Masters Sweden 31.7.10-7.8.10

PBs: 3 to Jean Low

2 to Dawn Gledhill

Dawn came home with 3 medals for 400 IM (8th), 100 Fly (5th) and 200 Fly (3rd). Fantastic effort Dawn!



Blacktown Long Distance Championships 8.8.10

Record to Steve Lamy in the 800 and 400 Back (State and National).

Campbelltown 22.8.10

PBs : 1 to Katherine Ahern

1 to Jennie Morgan

Ryde 4.9.10

5th overall, 4th Average

1st places to Katherine Ahern, Dawn Gledhill and Tony Goodwin.

DON'T FORGET!!!!!!

We need as many members as possible to enter the State Long Course Championships 23-24 October.

Events you won't want to miss and ones that you can only dream about

Upcoming carnivals

We are now approaching the tail end of the year but still to come are some very important carnivals. The Warringah Carnival is on Saturday, 9th October. We are defending our win of the Visitors' Trophy and all members of the club are urged to enter this carnival. (Entries to me by 21st September.) This is followed by the NSW State Long Course Championships to be held at Sydney Olympic Park Aquatic Centre on Saturday 23rd and Sunday 24th October. The Saturday program does not start until 3.30 p.m. which gives us all time to attend to other commitments before heading off to Homebush. **Everyone** should be planning to swim at this meet. (Your entries need to reach me by 2nd October.) Club honour is at stake with these two carnivals.

There is one more local carnival for which we would like to see a strong attendance, and that is the North Sydney carnival on Saturday 20th November. Arguably the best venue in the state; how could you pass up an opportunity to swim just about under the Harbour Bridge?

THANK YOU to the nine members of the club who recently underwent training to become official Timekeepers. Becoming a Timekeeper is the first step that anyone must take before becoming any of the other officials that are needed to run a Masters carnival. The next step will be to train to be a Chief Timekeeper and from there a Starter, Marshall, Check Starter, Inspector of Turns etc, etc. We have a good smattering of members who are qualified as various officials, but we always want more.

Ruth Fitzpatrick, Race Secretary.
racesecretary@manly-masters-swimming.org.au or 9938 2314.

More results...

Seaside Pirates 12.9.10

3rd Overall, 4th Average.

Places:

- 1st Steve Lamy, Tony Goodwin
2nd Katherine Ahern, Dawn Gledhill, Gary Stutsel
3rd Jennie Morgan, David Lawler
- Relays: 2 x 1sts
Women 240+ Free
Men 280+ Free

Social Scene from Dawn

State Theatre Tour

In June, Manly Masters ladies toured the State Theatre which was built in 1927. It has the second largest hand-cut crystal chandelier and the Wurlitzer Organ is at present being put back in place to be played again on stage. It was a very interesting morning and of course, lunch in town followed.



Barrenjoey Lighthouse

On Sunday 19th, six intrepid walkers put on their boots for the 1km climb up the Smuggler's stairs to the top of Barrenjoey Headland. We enjoyed the half hour guided tour of the lighthouse, enjoying the panoramic view of Broken Bay. The lighthouse has been in service since 1881. We found a large rock overlooking Palm Beach, and had our picnic lunch be-



fore starting back down the stairs. Of course, we had to stop for coffee at Avalon before driving home after our social outing.

Presentation and Christmas Party

Sunday 5th December at Harbord Bowling Club. \$20 (subsidized by the club). More information will be coming soon, Money to Dawn or Gloria.

Other dates...

Alice Springs Masters Games 9th–16th October
www.alicespringmasters.com.au

Pan Pacific Masters Games at the Gold Coast 11th–13th November
www.mastersgames.com.au

And the biggie for 2011...

National Championships Perth

27th April–1st May 2011

If you planning to participate and want accommodation, please let Dawn or Gloria know sooner rather than later so that a booking can be made.

Also in 2011:

5th and 6th April at SOPAC—**State Long Course Championships**

August—Manly Carnival (tbc)

FINA World Masters Championships in Riccione, Italy 2-16 June 2012
Enquiries to Djawn Travel Service.
Good time guaranteed (see below).



Congratulations to state Age-group Winners of 2009:

Faye Seeney 70-74 (2nd)

Tony Goodwin 70-74 (1st)

Gary Stutsel 70-74 (3rd)

Barry Barker 75-79 (3rd)

Ocean Swimming



Apologies to Jennie for omitting this from the last Murmurs. We look forward to hearing of continuing successes in the coming season.

Jennie writes:

Patricia Novikoff and I both swam in the over 60's category in the Dee Why 2k Ocean Swim. It was my FIRST EVER ocean swim so I was thrilled to finish because although it was supposed to be only 2Km it was measured by many swimmers wearing GPS, to actually be 3km. I personally probably swam about 4km as I went off course both going down and coming back. Not only did I finish but I won my age group and was 114th out of 123 men and women. Patricia was second and 116th overall. While it took me 64 minutes to swim, there was 9 people slower and most of them were men and some more than half my age.

Hej Hej It's Sweden (or How Not to Come Home in a Flat Pack)

Team Djawn set off for Sweden (via the secret training camp in Norway) with high hopes of finding Sven , or at least some trolls with a sense of style. We also expected to be able to find some swimming pools. Alas, this was not as easy as it had seemed on paper (Djawn had done her internet research). Some pools had closed for the summer (no really!), some didn't like to have lane ropes, some didn't open until 11am, some were only 12 metres long. Some weren't really pools at all.



Obviously we didn't let these small problems get in the way. (see PBs and medals). Following a strict diet which included local beer, whale, more beer and reindeer salami, we powered our way through to Sweden.

The swimming was in Goteborg , a not too large city with friendly English speaking natives and excellent public transport. We made good use of our nerdy ID lanyards to travel all over the place. There were around 5,000 competitors there, engendering a very friendly, buzzy atmosphere. There were two pools used for the swimming (Water Polo and Synchro were at more distant venues). When we checked the weather in the morning, it was always our hope that we weren't competing in the outdoor pool on the cold and wet days. The facilities, while adequate, made us appreciate how good how own pools are here in Australia.

In training, one thing we had to quickly learn was to swim on the "wrong" side of the lane. Only a few

collisions and we had that one sorted out. Some other things we had to master included the plumbing. Who would have thought there were so many, many ways to flush toilets and turn taps on and off? Even opening and closing doors proved a challenge on some days.

Our "not coming home in a flat pack" skills were also severely tested every single day all over Scandinavia. We developed extremely flexible swivvle-heads just trying to guess which way the next tram, bus, bike, car and anything else that moved was going to come at us.

We also decided that in the four weeks of our adventuring, we had enough passive smoking to last us for the rest of our lives. While the Swedish ,in particular, had the underage drinking problem very well contained (oh yes, there were tears shed on a few occasions when we found the bottle shop had closed at 6pm), they definitely do not have the anti-smoking lobby that we do. The only other really life-threatening activities that we found the Swedish engaging in, were the committing of denim crimes and the wearing of coloured Mohawks.

Going on tour with Djawn, there is certainly never a dull moment. One popular team event was "First one to Spot the IKEA Store". Amazingly, nobody ever claimed this title. Another was: "Guess how many apartments have the exact same lamp in their windows?" (title claimed, but never verified).

Can't wait for Riccione!

Jean

Below: Another fine training pool



Manly Masters

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Happy Birthday

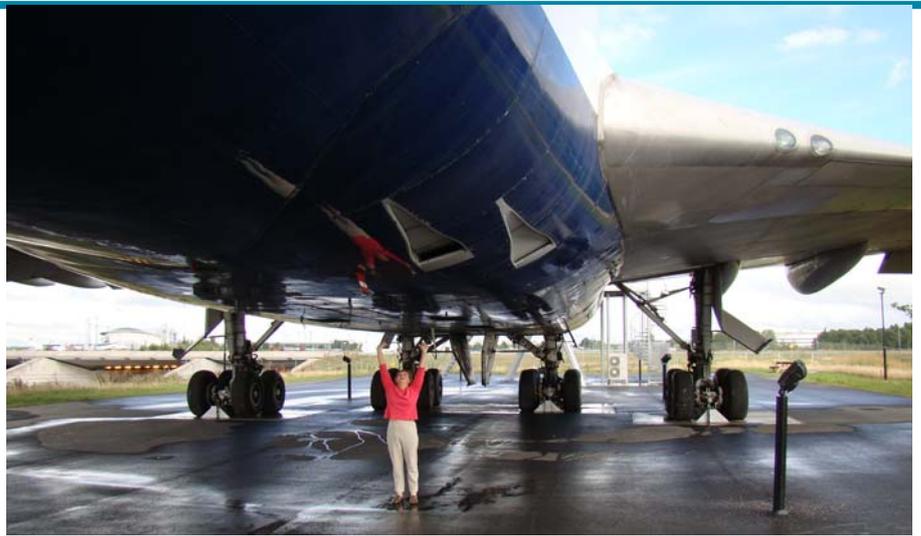
September

3rd Sept Marie Taylor
 12th Sue Watt
 19th Jennie Morgan
 29th Faye Seeney

October
 6th Oct Patricia Novikoff
 18th Oct Peter Mulholland - will be eligible for a Seniors card.

Do you want to do 200 Fly?

The 200 Fly is not so much a swimming event as an intelligence test. The fact that you're standing on the blocks means you've failed!



Djawn Travel Service personally checks every plane before takeoff.

With the State Long Course Championships just around the corner, what better time than now to think about **Foods For a Swim Meet**

Breakfast Suggestions

Fruit, cereal, baked beans, spaghetti, boiled egg, toast , coffee or tea

Morning tea or snack

Cracker biscuits, fruit, salad or lean meat sandwiches, drinks

Lunch

Sandwiches, salad, fruit, soup, drinks

Afternoon tea or snack

Fruit, sandwiches, drinks

Dinner

Pasta or rice with meat and/or vegies. After swimming, try to eat within 2 hours. Meals should be high in carbohydrate -cereal, bread, pasta, rice, beans



Left: Valhalla Pool, Goteborg

Where does she find all these men?

