

SPECIAL EDITION: 2016 Masters Swimming Australia (MSA) National Championships, 21 - 24 April



STEVE AND DAWN ON PODIUM

13 members of Manly Masters Swimming headed to Melbourne for the 41st MSA National Championships. The meet was held at Melbourne Sports and Aquatic Centre. 728 swimmers from 102 clubs attended. The swim centre, renovated for the 2006 Commonwealth Games, was impressive and conveniently located in bayside Albert Park.

Our team was Stephen Lamy, Dawn Gledhill, Ruth Fitzpatrick, Peter Bell, Vince Squillace, Robyn Hoare, Marie Taylor, Agnete England, Kerry Ilsley, Peter Rawling, Pam Rawling, Mary Woodward and Sonja Walters. Both Karen Battersby and Jan Bradshaw were unable to swim due to injury. As well as individual events, we entered 7 relays.

Competition was fast in all age groups - we quickly learnt we were no longer competing at state level. **Stephen Lamy** performed with excellence, winning 4 gold medals (50 Back, 100 BK, 200 BK, 200 IM), and coming within a sliver of at least two national records. **Dawn Gledhill** had an impressive race schedule, entering events from 50 Free to 800 FR, then throwing in some fly and the 400 IM. It's outstanding that she medaled in 6 events (gold - 400 IM, silver - 100 Free, 100 Fly and bronze - 800 FR, 200 FR, 50 FR).

Congratulations to the PB achievers: **Peter Bell** (5 - 50 FR, 100 FR 200 FR, 50 Breaststroke , 50 Fly), **Mary Woodward** (2 - 50 Backstroke, 100 BK), **Dawn Gledhill** (800 FR), **Robyn Hoare** (50 FR) and **Vince Squillace** (200 IM). It's great to set some goals, put in the hard yards, then be rewarded by seeing your times slide down.

Most of our team stayed in Adina serviced apartments, a short tram trip from the swim centre. Thanks to Pam for sourcing our accommodation. The group share arrangement for 'singles' meant there was always plenty of laughter, as well as support both pre and post meet.

Big thanks to Ruth and Dawn for overall co-ordination of our team.



MANY OF OUR TEAM - MARIE, RUTH, SONJA, MARY, PAM, ROBYN, STEVE, DAWN.



THE CROWD: MELBOURNE SPORTS AND AQUATIC CENTRE

POOLSIDE OPENING CEREMONY



We had been advised not to miss the opening ceremony.

Initially, each of the 102 clubs was given a club placard for a mascot to carry around the pool deck. Dawn was our mascot. We admired her energy, as she had just completed her gold 400 IM and was about to do the 100 FR. We all felt quite chuffed to be part of such a big event.

Unexpectedly, this was followed by a spectacular dance show organised by ultrafast swimmer **Todd Patrick** (Glamourheads, and Patrick Dance Studio). Music stirred our emotions. It appropriately included *I Go to Rio* (Perter Allen), *I Still Call Australia Home* (Peter Allen) and our national anthem.



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AT THE POOL



KERRY, AGNETE AND ROBYN



GRANDCHILDREN SUPPORT PAM



MARIE: 'IF THE MANLY SWIMMERS GET ANY FASTER, WE'LL BE OFF TO RIO'



VERY POPULAR MASSAGE

With events over 4 days, there was plenty of time to have a chat or watch some spectacular swims from the stands. Our seating posse was marked by the club flag. Peter B was supported by partner Gab and keen in-laws, always camera ready. Agnete and Kerry were supported by spouses (David and Brian), the Rawlings by son, daughter-in-law and grandchildren. It was wonderful to have the involvement of these people.

The stand and marshalling areas were a great place to get to know other swimmers. We're not all champions, and there are some inspiring stories to be heard and friendships made.

Physiohealth provided our weary bodies with some welcome soothing, free of charge.



MASTER OF RACE PREP, STEVE, ENSURED HIS ROOMMATES WERE WELL HYDRATED (24 BOTTLES OF WATER), HAD SUFFICIENT PROTEIN (24 EGGS) AND HAD A CORNETTO EVERY NIGHT.



CATCHING UP WITH JAN AND PHIL BRADSHAW



AGENTE AT NMV



FOOTY AT THE MCG

Text by Robyn Hoare

Day 1 Playing spot the swimmer at Sydney airport. Learning how to catch trams, settling into accommodation then registration at the pool. Dinner "at home" for some and scrumptious restaurant meals for others.

Day 2 Nerves. Meeting and chatting with other swimmers. A great Opening Ceremony. A delicious dinner for 14 Manly members at the Fitzrovia in St Kilda.

Day 3 Hard swims all day. Varied dinner arrangements. Sonja, Karen, Mary, Dawn, Ruth and Robyn gained swimming inspiration by going to an AFL match at the MCG. Hawthorn and Adelaide played a very close match and there was a keenly fought spectator battle beside us as we exited.

Day 4 The pool is getting longer. Swimming is interspersed with art exhibitions, sightseeing, walks and catching up with family. At night the group divides between the Elephant and Wheelbarrow Pub, the sleek inner city restaurant The Quarter, and family time.

Day 5 Last swims. We're getting fit! Fashion museums, St Kilda Pier and markets. More sightseeing. At night, Southbank, The Blue Room, Table 12. The Presentation Dinner was sold out weeks before with delicious food and great company a fitting end to the Nationals.

Thank you Manly for a fantastic time at the 2016 National Championships!

PRESENTATION DINNER



9 club members (Marie, Dawn, Ruth, Sonja, Pam, Peter R, Mary, Karen, and Robyn) attended the presentation dinner at beautiful Blue Train , Southgate. This was an opportunity to relax, mingle and celebrate the most outstanding achievements of the meet. Dress code was mixed - anything from club t-shirt and jeans to full dinner suit.

Powerpoints (Vic) won the Founders Cup, which is awarded to the club with the highest point score. They also dominated the 4 younger relay age groups. Runners Up Trophy was won by *Malvern Marlin Masters* (Vic). The Visitors Trophy was won by *Claremont Masters Swimming Club* (WA).

Clary Munns (70-74 yrs), from *Blacktown Masters*, was named Swimmer of the Year 2015 and Vorgee Female Swimmer of the Meet. During 2015 she set 6 world records, 26 national records and 28 branch (state) records.

Mark Thompson (45 - 50 yrs), of *Powerpoints* , was Vorgee Male Swimmer of the Meet, for the third year in a row.



Katya Anderson, from *Superfins* WA, was named Coach of the Year, 2015. *Superfins* is a squad of physically and intellectually disabled swimmers. Katya oversees the entire coaching program , including up to 18 coaches. In 2015 she brought 11 of her swimmers to Hobart Nationals. This year the *Superfins* had 10 entrants in Nationals.

Ken Phillips from *Mandurah Masters* (WA) was named Official of the Year, 2015. Ken has mentored many trainee officials and referred many events. His highlight, for 2015, was refereeing at FINA World Masters Championships, Kazan.

State Update

2015 AGE GROUP POINT SCORE WINNERS



At the State Championships (long course), age group point score winners, for 2015, were announced. We're very proud to acknowledge Vince, Ray and Katherine Ahern on this achievement. They all received a very bright green towel.

STATE BRONZE FOR PETER RAWLING



Peter neglected to check his results at State Championships. His bronze medal (200 FR) was awarded to him in Melbourne. Don't let him tell you there were only three in the race, because there weren't!!

CAN'T MAKE A MEET YOU HAVE ENTERED?

A lot of work prior to each meet goes into our team and relay entries. If you can't make it to a meet you have entered, please let either of the meet organisers, Dawn or Lindsay, know by text or phone, ASAP. Dawn: 0419 355 438, 9905 4345, Lindsay: 0414 809 526

Nationals, 2017

It's not too early to make a mental commitment to National, 2017. The meet is on the Gold Coast, March 8 - 11. Think about strokes and distances you enjoy, set some goals, and get cracking on your technique! Race fitness can come later.

CONTACT US

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Contact [Ted](#) to join our members only group

WHERE WE SWIM

Manly Andrew "Boy" Charlton Pool
Cnr Balgowlah and Kenneth Rd
Manly

WHEN WE SWIM

7:30 am Sunday mornings,
7 pm Wednesday evening

Photo acknowledgements for this edition Murmurs - MSA Facebook. MSNSW Facebook, Ruth Fitzpatrick, Robyn Hoare, David England, Marie Taylor, Karen Battersby, Kylie Woods (Bushranger)