

Manly Murmurs

July 2013



NATIONALS

Manly swam a team of 34 at the Nationals in April. We came 10th out of 96 clubs in the overall point-score. Medal tally - 48; 16 gold, 22 silver, & 10 bronze.

We won the trophy for the club with the highest points in 280+ relay results.



280 Relay teams contributing to our Relay Trophy:

- 2nd X280 Freestyle Dawn, Carol, David L & Tony
- 1st X280 Medley Steve, Tony, Faye & Dawn
- 4th W280 Freestyle Pam, Kerry, Agnete & Faye
- 2nd M280 Freestyle Tony, Lindsay, David L, & Steve L
- 2nd M280 Medley Barry, Tony, Steve L & David L
- 2nd W280 Medley Pam, Barbara, Dawn & Sue A

Dawn, assisted by Max and Lindsay, put together teams to successfully target this age group. No easy task.



Women's relay swimmers

Individual PBs Dale - 4, Jan B - 3, Carol Mitchell - 2
1 each for Marie, Karen, Katherine W, Peter R, Greg & Ian

Ruth & Dawn organised the social functions for the Nationals—the Happy Hours and the Presentation Dinner.



This involved finding and arranging the venues, caterers and entertainment, and generally helping the carnival organising committee - an 18 month job. Then they both officiated and competed during the carnival.



Other Manly Masters helped out at the registration table, medals table, timekeeping, dinner reception & MC.



MANLY CARNIVAL

The rain seems to be following us, after the recent successful Bunning's barbecue day, all the way up to Wahroonga to our annual carnival.

A big 'thank you' to our swimmers for competing, donating raffle prizes and supplying plenty of food for the *Feeding Frenzy*. Thanks to Katherine, she had us organised and kept the officials & swimmers fed on the day. It was quite strange doing butterfly in the relay and smelling hot meat pies!

Thanks to all our helpers who had jobs behind the scenes, especially Richard he gave up reading the Sunday papers to help out with the data entry work.

Cush & Krys did a marvellous job selling raffle tickets and greeted everyone with a smile as they entered the pool. A special thanks to Krys for helping out at the last minute. Our runners, Lillie & William, must have slept well after doing such a great job. How many times did they go around the pool?

The annual competition is still going on – who is the best sandwich maker, Ruth with her yummy egg sandwiches or Peter Mulholland with his famous Ham & Avo sandwiches?

We only had 29 of the 37 swimmers entered, but we all tried that little bit harder, gained lots of points and made the carnival a success.

HARBORD DIGGERS EXPO

Thanks to Ian, Ted, Pam, Sue M, Mary, Dawn & Marie for sparing some time to help on the table for the Healthy Lifestyle Expo.

We had a few enquiries, so we hope to see some new swimmers in our club. It certainly was a busy weekend.

COMING EVENTS

- Pirates Carnival 4 August.
- Ryde Carnival 31 August.
- NSW long distance S/C 8 September.
- Bunnings barbie Sun. 29 September.
- Warringah Carnival 12 October.
- S/C Championships 19-20 October
... in Canberra.

Keep following that black line, it must go somewhere.

Captain Dawn.

SWIMMER OF THE MONTH

June Matt Mortimer

... for creating the biggest splash of the day!

At our carnival last week, Matthew was in the last relay of the day in Lane 1. Standing next to Lane 1 was Di Partridge, our Carnival Referee, who had stayed dry all day – till – Matthew dived in. Poor Di was VERY WET and NOT HAPPY!

May Marion Robertson

Marion competed at the Ettalong carnival & came 3rd in her age group. Two weeks later she competed at Wett Ones carnival, winning all of her 3 races and coming 1st in her age group. Also, she was the anchor swimmer in the relay, swimming an amazing 100m freestyle to bring our relay home in 1st position. This is all after having 11 years off from Masters competitive swimming. Well done Marion.

Bunnings Sausage Sizzle



The Bunnings barbecue, on the wettest & windiest day in ages earned us \$540.



2012 RESULTS



In 2012, Manly Masters swimmers competed

- within NSW branch level in
 - 18 Branch Point-score carnivals
 - NSW Long Course Championships
 - Short Course Championships
 - Long Distance Championships
 - Relay Carnival
- within Australia
 - Nationals in Adelaide
 - Alice Springs Masters Games
- internationally
 - FINA masters Championships Riccione, Italy

NSW BPS competition

Manly came 4th in the overall point-score.
Ray & Katherine A-S each competed in 17 of the 18 BPS meets.

NSW Swimmers of the Year 2012



Tony gained the Male Swimmer of the Year award at the Masters NSW AGM in May, for performances judged the best for 2012. Tony broke Australian records (& a World record) in all breaststroke distances in the 75-79 age group.

Liz won the Female Swimmer of the Year award. She was the top swimmer in Australia in 15 freestyle & backstroke events and broke 6 Australian records in the 85+ age-group. Liz was swimming for Blue Mountains Phoenix.

Australian Top Ten in 2012

Congratulations to these swimmers who made it into the Top Ten for individual swims & relays

Barry B	Barry S	Carol M	Carolyn S
Dale M	David L	Dawn	Faye
Gary S	Jennie M	Katherine AH	
Katherine W	Ian S	Lindsay	Marie T
Matthew M	Michael G	Pam R	Patricia N
Ray W	Stephen L	Sue J	Ted S
Tony G	Virginia M		

... and the following swimmers made it into the Top Ten as relay team members

Agnete	Debra T	Greg J	John M
Karen B	Kerry I	Margaret C	Marion D
Mark W	Mary W	Max	Peter M
Peter R	Richard E	Ruth	Susan A
Suzanne M	Vicki C		

Details can be found by searching in the Results Portal on the Masters Swimming Australia website.

World Top Ten in 2012

Tony, David, Barry S & Liz swam their way into the world Top Ten for individual events.
Gary S & Steve L are in the Top Ten as M280 relay team members.



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

Picture: BRADEN FASTER

Long distance Short Course record breakers made it into the Manly Daily

Pub to Pub charity fun run

Our next social event is the 21st annual Pub to Pub charity fun run and walk to be held at 8am on **Sunday 25 August**. A unique fun run course with a challenging 800m sand start from the DY SLSC, travelling along the back streets with spectacular beach vistas, and ending 13km later at Sydney's most famous pub icon, The Newport Arms Hotel. Dawn has a friend who is participating, raising funds for Bear Cottage. We can if we want, join with them. Drop me a line if you are keen and we can get a crew together.

Katherine (Social Secretary)

Mid-Year dinner

... this is happening. The date and venue is yet to be confirmed. Members will be notified by email.

Another Sausage Sizzle

A second Bunnings sausage sizzle is on the cards. Tentatively Sunday 29 September.

NSW Short Course Championships

The next big event that requires plenty of forward planning is the **NSW Short Course Championships** down in Canberra on weekend 19-20 October. Dawn has already booked and paid for rooms in the Capital Executive Apartment Hotel on Northbourne Avenue; not without difficulty. As she says, Canberra is a happening place this year and has events on every weekend. Those who were too slow to notify Dawn about a room for the weekend will have to make their own booking. Find someone else to share with. We are hoping for a good club presence at this carnival which becomes a great fun weekend away including a team dinner on the Saturday night in the "Capital Room" at the hotel.

Xmas Dinner & Presentation Night

Sunday 1 December at Harbord Bowling Club.

Swim for Oecusse, East Timor

Manly Masters hopes to hold a fund-raising swim late this year, or early next, to help Manly Friends of Oecusse (MFOO) in their work in East Timor



Facts about Oecusse

- a coastal enclave surrounded West Timor, 815km² area and its coastline is 50km long
- Portuguese explorers landed in Oecusse in 1515
- population 63,000, 45% under 15 years old
- staple crops are beans, maize & rice.
- average income is US\$1 per day, East Timor average is US\$3 per day.

Priority projects for 2013 and beyond

Village food security project run by AHCAE

AHCAE, an organisation based in Oecusse, educates the local community about best agricultural practices.

Village clean water project run by Green TL

Green TL trains people how to build and install their own water purification filters using simple materials.

Teaching English to teachers from Oecusse

Portuguese is the official language in East Timor, but increasingly English is used for interaction with the rest of the world. Manly's Sydney English Academy supports MFOO by offering language training.

Support for Topu Honis refuge/orphanage

Funds raised for a scholarship program so orphans can receive some tertiary educational training.

Manly Friends of Oecusse MFOO aims to raise awareness about East Timor and the residents of Oecusse and identify key projects to support.

See the website www.mfoo.org or talk to Sue S or Virginia

JAMIE JENKINS

Farewell Jamie Jenkins (1919-2013)

Jamie loved swimming. He was an excellent swimmer from a young age and trained with many of the old Olympians. As well as being a Manly Masters swimmer, he has been a member of North Steyne Surf Club, City Tattersall's Club swimming group and a life member of Manly Amateur Swimming Club.



He was one of the founders of Manly AUSSI (the original name of the Masters) in 1974. He served as secretary for many years, and became a life member. When State championships started in the late '70s, his name was to be found year after year as the age group champion - and this was in the days when medals were only given to the first three in the total points from seven events. He regularly set Australian records and was a member of the first Manly men's relay team to set a World record. He competed with us till 2003

When Manly wanted to hold their first carnival at the Diggers pool, it hadn't been surveyed. No problem. Jamie was an academic at Uni of NSW and his engineering degree was enough. So on a quiet morning the job was done with another Manly member as survey assistant. From that day on records could be set in our home pool.

When Manly first fielded an over 80 men's relay team (Jack Winter, Hedley Crisp, Terry Kelly and Jamie), we had trouble finding them in time for their relay swim as all four had wandered off to talk to old mates. After that, two of our younger women were put in charge; rounding them up, taking them to the start and helping them out of the pool. They loved it. At one State event, Jamie vanished completely. Eventually he was found snoozing on the stretcher trolley in the first aid room.

Throughout his life, Jamie was a mentor - to his Uni students, to youngsters struggling in the pool and the surf, and to anyone else who needed help. He had a wonderful love of life and enjoyed telling jokes.

Jamie died on 14/4/13 and some Manly Masters members attended his funeral.

Freshwater has lost a legend and Manly Masters has lost a great friend and champion.



Judy Burke, Tony Goodwin, Jamie, Lynne Harris
1st - 240+ Mixed Medley relay
NSW SC Championships, Kiama - October 1997

Manly's DVD library

DVD LIBRARY		
No.	with	Stroke
1	David Marsh	Backstroke
2	David Marsh	Breaststroke
3	David Marsh	Butterfly
4	David Marsh	Fast Starts
5	David Marsh	Fast Turns
6	David Marsh	Freestyle
7	Vince Raleigh	Breaststroke
8	Ken Wood	Butterfly
9	Michael Bohl	Individual Medley
10	Stephen Widmer	Sprint Freestyle

Members can borrow these for one – two weeks at a time. For the benefit of all members it is appreciated if you can return the videos after one or two weeks **ONLY**.

See Kay after swimming on Saturday mornings.

If there is one DVD you are particularly interested in please let Kay know and she will add your name to the priority list.

Gear available

Item	Size	Stock	Cost \$
Eyeline Goggles	Black Max Clear Blue	many	\$13.00
Manly caps		many	\$10.00
Blue long-sleeved T-shirt	XL	1	\$25.00
2-tone blue polo shirt	XXXL	1	\$25.50
	Med	4	
	Large	3	
Women's costume	Size 16	3	\$65.00
Men's costume	Boys 14	2	\$50.00
	Mens18	5	\$50.00
	Mens 20	2	\$55.00
Navy Track pants	Large	1	\$24.00

Goggles and caps can be obtained from Kay Saturday mornings after training. All other items will be supplied on request the following Saturday morning or next training session.

If an item is urgently required then please contact Kay direct on:

E: kay@gumbylock.com.au

T: 0416 078 567

ORDER form - Froggy T-shirts - Club swim wear

The club is aiming to keep prices as **low** as possible so more orders will ensure the price will be the best available. It is not cost effective to hold stock for the small quantities we order / use.

Price and order will be confirmed with each person prior to FINAL order being submitted.

If you are interested in a Froggy T-shirt or club swimwear (or both) please COMPLETE the TABLE below and give to Kay Winton at training any Saturday morning.

Item	Size
Froggy T-shirt	(Example: Ladies size 12)
Club swim wear	
Name & Contact Details:	

TRAINING



Safety

All our members are encouraged to skill themselves in first aid and CPR. A quick google of “CPR training sydney” or “first aid sydney” will provide you with a wealth of classes from which to choose. Prices for a CPR course (half a day) are around \$55- \$70 and the First Aid Courses (one day) run between \$89 and \$150. Both courses provide certificates.

If you do get one of these qualifications please let Pam know so the information can be added to our member database.

Thanks for considering. The more members with these qualifications the safer we can all feel!

Sue Sacker Safety Officer

Tuesday night training

Renato took his last session as our Tuesday-night coach in the middle of March.

He was farewelled over coffee afterwards and encouraged to remain one of the team by presenting him with a Manly costume.



Cameron Hawthorn took over the Tuesday night sessions from the end of March. Cameron is the new head coach for Diggers Swim School. He used to swim at State level and breaststroke was his best stroke. He’s been coaching for the last 7 years, and his coaching at Killarney included masters for the last 2 years. His working day starts at 5am; so Tuesday is a long day for him.

Nationals stars



Ray Carolyn Katherine W Dale



Peter R Sue J Barbara
Michael G, Ray, Ian & Greg at the Nationals



Winning X280 medley relay team

Welcome to new members

Welcome to new members:

- Jan Bradshaw
- Debra Hunter
- Lynne Young

Welcome back Marion Robertson

Welcome to our latest 2nd-claim member, swimming for Manly at our carnival: **Margaret Peace**

Significant birthdays

Ian entered his 70's in January.

Jan reached 60 in February.

Katherine Ahern-Sharpe just turned 50 on 1st June.

THE BARNEY MULLINS OCEAN SWIM

The Barney Mullins 1.5 kilometre ocean swim was held at Freshwater beach on Good Friday 29 March 2013.

Sue Johns and I arrived on the day of the race, intending to check out the conditions before entering; if it was too rough we wouldn't enter. We decided it was too rough. While we were having a coffee at the beach kiosk, we received less-than-accurate advice that the sea was now flat. Hearing this we sprinted for the Freshwater clubhouse and entered the race right on the cut off time. We donned our bright pink swim caps and electronic anklets and gathered with Patricia and Lesley Buchanan on the beach. Listening to the instructions from race organisers, we realised the ocean was not flat but indeed it was huge. Whatever, it looked a lot further than 1.5km

The buzz on beach was all about taking advantage of a rip, to pull you out to the first big orange buoy. The youngest swimmers went first, over 60s second last, and elite swimmers last. In we plunged. The start of the race is always exciting, trying to judge sets of waves, diving under and grabbing for

sand on the bottom until the churning wave overhead has passed. I missed the rip express but made it through and was very happy to turn at the first buoy and head south towards the next.

I thought that once through the waves it would be flat out the back. But instead, there were huge rolling glassy waves, so big you couldn't see the next buoy. I swam up the waves and down the waves following other swimmers to the second buoy. My mantra, when ocean swimming, is: "just keep going". I repeat it over and over. Rounding the second buoy, a life-saver directed me to head towards a distant multi-storey building to get back to the shore.

I rounded the last buoy and headed for the beach. The waves looked enormous from behind. Just when I thought I was through them, a lifesaver shot past on a long surfboard, which made me realise there was a gigantic wave behind. This wave broke on top of me. Crash. Down I went, swallowing water and rolling over and over in an all white world. I popped up into an effervescing white sea, so gorgeous, and swam in, past kids sensibly bathing between the flags. A lifesaver greeted me on the beach saying he had caught one of the big waves and it was like falling off a second storey building. I ran up the beach to the finish and heard my ankle beep my finishing time.

I took 52minutes and 26 seconds to swim this race and came 8th in my category behind Lesley, Sue and Patricia who came in 3rd, 6th and 7th respectively. Five hundred and thirty swimmers placed on the day.

Out in the water with you is a flotilla of various crafts, surfboards, kayaks and IRB's manned by wonderful lifesavers watching the swimmers. Some swimmers gave up and the lifesavers pulled them out and took them back to shore. Apart from my inspirational co-competitors, the lifesavers are the reason I can do the ocean swims, they are fantastic and I feel very safe knowing they are there.

Ocean swimming makes you feel so good, I recommend it to everyone. I love Barney Mullins.

Mary Woodward

Do you recognise these swimmers? Do you know anyone else with the same diving style?

