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WARRINGAH MEET RESULTS, PAGE 3



SOCIAL REPORT, PAGE 7



President's Report

Recent months have been a blast! We have had an influx of new members that has revitalised the club. Training has become a lot more fun with plenty of us turning up not only Saturdays but on Tuesdays and Thursdays as well. We are all benefiting from those extra hours in the pool. If you can't make the sessions at the Diggers, swimming at least three times a week is recommended.

The last three carnivals have seen us come home with the Visitors' Trophy from Ryde, the Visitors' Trophy from Warringah and the Relay Trophy from the State Short Course Championships at Woy Woy. There is no doubt about it, the more the merrier – meaning – the more of us that swim, the better the result (and more socialising in the stands).

Thank you all for what is already a great year for Manly Masters. It can only get better with our Presentation Night to come on Sunday 14th December.

Enjoy reading this edition of Murmurs and please check your emails regularly for information bulletins.

Keep swimming,

Ruth Fitzpatrick, President

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Swim Meet Reports

State Short Course Championship

Ruth and Dawn have said it all. Now for the results. More photos are on Facebook.

Club Results

2nd on total point score
 5th on average point score
 1st in relay point score (Gordon Cozin's Trophy)

Records

Tony Goodwin 200 IM, nearly 8 secs off NSW record
Stephen Lamy 100 BK, national record

Age group top 3

First: *Carolyn, Tony*
Second: *Dawn, Steve L*
Third: *Marie, Marion*

Relay Wins

240+ Women Free *Marie, Sue J, Robyn, Dawn*
 200+ Medley *Steve L, Katherine A-S, Patricia, Vincent*
 200+ Medley *Carolyn, Katherine A-S, Patricia, Pam*
 280+ Medley *Sue J, Tony, Dawn, Ian*
 280+ Free *Dawn, Sue J, Tony Goodwin, Ian*

Other relays

7 teams came second, 4 teams came third



PBs

2 to Patricia, Pam
 1 to Sonja, Annie, Robyn, Vincent, Ian, Ray

Individual medals - 66

Lindsay, Carolyn, Patricia, Katherine A-S
 Dawn, Tony, Steve L, Ray, Mary, Ian,
 Vincent, Francesco, Ruth, Robyn,
 Gloria, Marie, Sue J, Pam, Ted and Marion

Special mentions

Sonja could only make it for 1 day, *Francesco, Matthew* and *Gloria* could do a limited number of swims - their efforts are greatly appreciated.

The weekend

Katherine, Dawn, Ted and *Peter R* worked together to provide a night's entertainment and our accommodation. Group birthday cheer was sent, via Dawn's phone, to *Katherine* on the night. No mention of what table won the trivia, again. It must be Steve's turn to write the questions. *Mary's* stretch session limbered us up for Sunday's races.



Warringah Meet



Jan and *Sue A* are the meet reporters. Thanks to *Gloria* for the results.

“This meet has always been hotly contested between

rivals Manly and Warringah. This time we had them worried right until the final result!! However we had to settle for second place and the Visitors Trophy. Next time....

The afternoon saw most of the Montreal swimmers back in competition for the first time and although some have not quite got back up to speed after a long break, it seems that those hard training sessions really paid off with lots of points.

The highlight of the day was the Medley Shoot Out with the fastest men and women medley swimmers battling through a series of knock out swims. The slowest of each race was eliminated until only two remained.

In the men's comp, Manly's *Francesco* was one of the swimmers selected and he reached the final where he won a breaststroke sprint! Manly made lots of noise cheering him on – and even more when he won. It was an impressive swim from our new member and we have high expectations on his performances in the future! Another highlight was the razzamatazz chorus from *Dawn*, *Katherine* and *Pam*. This seems to have become a part of our repertoire at each swim meet. Maybe we should all have the words so we can practice.

And thanks to *Ted* for doing an amazing job and getting us all to the blocks in the right lane. Not an easy task with so many short races, lots of points and so much to catch up on between races - especially for *Jan* catching up for the first time with the team since Canada. She almost missed the start of one relay, while *Vicki* sprinted to the other end to be ready for her

leg. But we won that one. Phew!!

On checking the results there seems like many of us were won or were placed in our events and we certainly did well in the relays. Congratulations to everyone for their hard work... and as always it was a lot of fun! ”

Thanks to *Giles*, who interrupted his half ironman training to attend the meet, and *Robyn*, who made it down from Griffith. Special mention to *Lina*, who was picked the Shoot Out selection, despite needing crutches.

Age group placings

First - Carolyn, Jan, Tony, Katherine A-S

Second - Chrissie, Dawn and Deb (eq), Steve L, Francesco, Marion

Third - Lina, Ruth, Katherine W,

Relays

First : 280+ Steve L, Tony, Ian, Barry S

160+ Carolyn, Lina, Patricia C, Karen

240+ Jan B, Vicki C, Dawn, Deb

160+ Dale, Katherine A-S, Francesco, Chrissie

Second: 280+ Sue J, Patriica N, Pam R, Marion R

280+ Gloria, Ray, Lindsay, Annie

200+ Mary, Max, Katherine W, Peter M

Third: 240+ Marie, Sue A, Ruth, Virginia

PBs

3 each to *Dale*, *Katherine A-S*,

2 each to *Greg*, *Chrissie*, *Vicki C*, *Annie*

1 each to *Francesco*, *Ian*, *Karen*, *Sonja*, *Jan*, *Kay*



Some of the happy Manly team with Visitors Trophy

Ryde

Report abridged from Lindsay's web report

- First carnival for *Francesco* and *Annie*
- *Francesco* swam the meet fastest times for freestyle & butterfly
- Relay 1st to W200 team: *Katherine W, Dawn, Patricia C & Katherine A-S*
- *Matt, Francesco, Ray & Katherine A-S* won their age groups
Virginia came 3rd in her age group
- PBs - 2 for *Matthew*, 1 each for *Patricia C, Virginia & Ray*

- Manly won the Visitors Trophy



Seaside Pirates

It was great to have two new members attend this meet - *Patricia C* and *Sonja*, as well as *Ruth, Katherine W, Katherine A-S, Lindsay* and *Marie*. *Ruth* swam her best 400 freestyle for 8 years, *Lindsay* his best 400 freestyle for 4 years whilst *Katherine W* did a super fast 50 FR: they have all picked up an extra training session. *Patricia* impressed us with her calm but very fast butterfly, backed up by winning the 100 m IM. *Sonja* came 3rd in the 50 free. *Katherine W, Ruth, Patricia* and *Sonja* did a medley relay. *Ruth* did some more referee training.



Results at the Pirates meet indicated the extra training sessions are rewarding our swimmers.

FINA World Masters: Montreal results summary

Thanks to *Peter R* for the meet report. Congratulations to all swimmers, as getting on the blocks at worlds is a big thing. It involves training, rearranging work or family, travel, etc. Special mention to *Jan*, who had 4 PBs and top 20'd for all swims. Superb swims were done by our medal winners (see right), as the competition is very tough. Full results are on our website - <http://www.manly-masters-swimming.org.au/Competition/MONTREAL.aspx>.

Stephen Lamy - 100 BK 1st, National record, 50 BK 3rd, NSW record, 200 BK 5th, 200 FR 9th, 200 IM 7th

Kaye Beer - 50 FR 1st, NSW record, 100 FR 5th, 200 FR 6th, 400 FR 3rd

Marilyn Earp - 100 m BK 8th, 50 m FLY 10th

Dawn Gledhill - 200 FLY 10th

Tony Goodwin - swimming for Victorian club Malvern Marlins: 3 x 1st (BR), 1 x 2nd (100 FLY), 1 x 3rd (50 FLY), 2 relay wins

Welcome to our New Members

Since the last edition of Murmurs in July, we have had the following new members - *Sarah Gould, Cathy Green, Lina Izossimova, Tanja Krolicki, Giles Stapleton*. Here's some introductions, plus *Patricia's* introduction, written quite some time ago. *Wendy* (in photo) is a friend of *Sonja's*.

Patricia - I have a running back ground but I always liked the water.

My mum had a restaurant in the local swimming pool, which was open 2 months of the year in summer. The pool did not have a club. So I did my own things and spent most of my time on the diving board. If I had spent as much time looking at the black line I would probably be a bit better swimmer. For the other 10 months, the closest pool was 30km away & my parents could not drive me there.

I started running very young and competed at National level. When I came to Australia, I competed in Triathlon: mainly half ironman and ironman. The swimming is between 1.9k, 3.8km or 4km. And you don't kick because you have to ride between 90km to 180km and run between 20 to 42km afterwards!!!

I have a leg injury which prevents me from riding a bike too long & I think I have used my quota in running. I love exercising, I don't know how not to exercise. So I decided to look into swimming. I looked on the internet for swimming clubs. I did hear about the diggers having a club & I am not too far.

I emailed & I got a really nice reply very quickly. I felt very welcome straight away. Everybody is always so friendly & supportive. I really like the atmosphere.

I hope to be able to swim for a long time.

Tanja : Originally, I am from Germany. I came over to Australia five years ago and now am living here permanently.

I used to swim as a teenager, but unfortunately had stopped swimming. Now I want to get back into swimming and am glad that I have found the Manly Masters Club.

Besides swimming I love mountain biking, skiing, being outdoors, get-togethers with friends, exploring different countries and cultures whilst travelling, a good book, shopping and chocolate. :)



Tanya, Ruth and Wendy

Giles: I found the club randomly because it was raining on a Saturday morning so I couldn't cycle or run. I turned up for squads at 8am and found a very friendly bunch of people which was great.

I have always enjoyed swimming but am a bit lazy and tend not to commit to regular training. Having said that I am doing Port Macquarie Half Ironman on October 19th and have just realised I should swim more than once a fortnight. I will not be a regular but I will endeavour to turn up when it fits with work, family and other two disciplines in triathlon.

I have a great impression of the club and look forward to the next time I bumble along to squads."

New members, cont'd

Cathy: “I have been involved in swimming all my life. My family used to swim with the Ryde swimming club. I trained and competed in swimming throughout school, competing at the State level. I like to swim in the ocean with friends in the summer. I like to spend time at the beach and I sing in a choir. I work as a volunteer officer at House with No Steps. I am looking forward to swimming with the Manly Masters.”

Lina: “Originally from Siberia, I am a 26 year old high school teacher who used to train competitively in swimming until the age of 16 and have taught learn-to-swim as a job during uni. I literally haven't done swimming trained for a decade. I love the beach, am excited for the start of the upcoming ocean swimming season and am

findable by my array of colourful cossies!
Funniest moment in the last few weeks: I saw a chocolate Labrador trip over a surfboard. “



New members Giles, Francesco, Lina and Robyn competed at the Warringah meet.

Club News

Swimmers of the month

... for August is *Patricia Cretin*, for her continual improvement in carnival times and taking the challenge to do new events. She entered (and came 2nd in) 200 FLY at recent State meet.

.. for September is *Katherine Woodburn*, for always having a smile on her face, as well as organizing the TAFE dinner & Bunning's BBQ. She is also the Inspector of Men's Cosies to make sure they do not have splits in the seams.



From the Social Secretary

Social update: TAFE dinner

The TAFE Dinner was an enjoyable evening with 24 people attending. We enjoyed a delicious three-course meal accompanied by wine, tea and coffee. There was much laughter and it was great to see some new faces in the club.

Editor: Lindsay uploaded some super photos on Facebook.



October Bunnings BBQ Fundraiser

Hot on the tails of the TAFE Dinner was the Bunnings BBQ at Belrose. There was a steady flow of customers all day and many pitched to make the day a success.

Editor : Thanks to Katherine for her work organising these events.



Facebook



Contact the administrators Ted (samfam@ozemail.com.au) or Lindsay (lindsay8@bigpond.net.au) if you wish to join our private group. From time to time, Masters Swimming NSW uses our photos or information, through their own Facebook and other media, to promote Masters Swimming in the broader community. All swimmers can upload and share

information on the Masters Swimming NSW page, as well as our own.

At time of publishing, people are using our Facebook to meet up at the Collaroy Ocean swim. Maybe we can follow the season oceans swims via Facebook. There have already been good swims from club members.

Between the lanes

BIRTHDAYS

November - *Virginia*,
Michael M, Peter R, Ted,
Barry S, Steve T, Barbara
 December - *Karen, Patricia*
C, Tanja, Sue S
 January - *Cathy, Greg, Sonja*
Francesco, Ian



Expectant grandparents -
Marie, Virginia and Sue S. All
 bubs are first grandchildren
 and due in December. Sue
 A has the 'to be' grandmas
 in training, but declined to
 do crotchet lessons.

Greg - Turkey and Greece
Ian Italy and shorter stays in Scotland,
 England & Ireland.

Virginia - London Paris and Bologna
Kaye B - Argentina and Brazil for golden
 oldies football tour

Vicki C - cruise and tour of west coast
 of Canada and Alaska

Dawn - Papua New Guinea

Kerry - motor home adventure in the
 USA

Marie - to Cape York and back

Paparazzi moments - Sue S spotted Barack
 Obama at Martha's Vineyard, USA. Marie
 spotted Kieren Perkins at the Lion's Den
 Hotel, outside Cooktown.

RECOVERY

Michael G is swimming again after his
 operation.

Great to see *Sue M* out and about again after
 foot surgery.

We expect to see *Matthew* powering in the pool
 soon.

Agnete has sent her heartfelt appreciation for
 our card, prayers and general support. She has
 had a good surgical report. We wish her well as
 she commences her treatment.

CITY TO SURF ACHIEVEMENTS

Congratulations to *Kay* and *Chrissie* for
 completing the City to Surf. Both ladies were
 very pleased with their times. It was a first for
 for *Kay* - it's now off her bucket list - and a first
 since Seb was born for *Chrissie*.

TRAVEL - MISCELLANEOUS

Manly Masters is full of travel experts. Recent
 trips include the pre and post trips of Team
 Montreal, as well as:

DAWN IN PAPUA NEW GUINEA

A Papua New Guinea Cruise was one way
 Dawn can relax (you didn't think that was
 possible - did you!) Cocktail and book in hand
 with nothing else to do but wait for the next
 meal time.

We visited 4 islands off the pointy end of Papua
 New Guinea including Milne Bay where the
 Japanese landed in 1942.

It is still surprisingly primitive on the islands
 and their lifestyle is to be envied with the
 crystal clean water to swim in.

The day we were on Kiriwina Is, was the 39th
 anniversary of independence from Australian
 rule, the locals dances all day in tribal dress
 which was so colourful.

We took 1/2 a suitcase of children's clothes,
 books and tennis balls over for the local
 children which they loved, one local lady loved
 my thongs so much she asked me for them as
 she had a long walk home, so I walked back to
 the boat bare footed but happy as none of
 them wear shoes! The local ladies were
 intrigued with our sunglasses and loved trying
 them on.



CONTACT US

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or Lindsay lindsay8@bigpond.net.au to join our group

WHERE WE SWIM

Harbord Diggers Pool, Evans St, Freshwater

WHEN WE SWIM

8am Saturday mornings,

7 pm Tuesday and Thursday evenings, 5:30 pm
in school holidays

FROM THE EDITOR: please send photos or news to marieswims@gmail.com.