

Manly Murmurs

June 2008



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FINA World Masters Championships

18 Manly Masters competed in Perth. That's 30% of the club! How many clubs can manage that? Furthermore, 11 swimmers brought back medals for individual placings, relay placings and finishing in the top ten. This must make Manly Masters a world class swimming club!

We worked well as a team, supporting and encouraging each other. Cheering in the relays was so enthusiastic, at one stage a whole section of the stand joined in to cheer for Manly. With friends and supporters, our celebration dinner swelled to 26 people.

See the details of medals & places on the inserted results-sheet for the XII World Masters Championships in Perth and the NSW State Championships. Every team member deserves to be recognised for taking part.

Well done everyone!

The Perth team.

Oleg Bytchenkov



Now that Oleg Bytchenkov is secured as our coach on both Tuesdays and Saturdays, you might like to know a little more about him.

Oleg comes from St Petersburg. At 16 he became the USSR National 200m backstroke champion. He later studied for 5 years at the Sankt-Petersburg Sports University. He came to Australia in 1993, later followed by his very accomplished wife, Larissa, and their son. He has worked as Head Swim coach at Toukley and West Pymble Swimming Pool, where some of his swimmers have competed at State and National levels.

Splitting the Tuesday training group

into 2 sessions really gives Oleg the opportunity to observe every swimmer and offer advice. His aim is to focus on stroke technique on Tuesdays, for all four strokes; and then on Saturdays to focus more on distance and endurance.

The results are already starting to show. The swimmers at Wett Ones carnival last Saturday performed with improved times, including 6 PBs. So there is a very worthwhile opportunity to improve by training on both days.

World Masters Games

Masters Games is all sports, including swimming. Next chance for world class competition is here in Sydney 10-18 October 2009.

NSW Short Course Championships

Closer to home is the Short Course Championships at Woy Woy over the weekend 18-19 October. Hotel rooms have already been booked. See Liz to secure your room.

Leave of absence

It's 'Goodbye for now' to Chris Dando, our vice president. He has gone to Dublin to work for 2 years.



Report from Perth—Jean Low

After the months and months and months of thinking “Perth”, it was with much anticipation that we finally arrived at Challenge Stadium to get our accreditation. Imagine our dismay then, to end up with ID photos that made most people look like they were doing very poor fish-face impressions, and they could easily get away with moving up an age group or two. Never mind. We accepted our fate and kept our tags turned face-down as much as possible for the rest of the meet. The immediate impres-

sion of the atmosphere at Challenge was very buzzy and congenial. Groups of swimmers from all over the world were mixing and mingling, exchanging t-shirts, caps and pins. Some members of our team mentioned that they lived in the hope of an attractive female (25-29 age group) engaging in some on-the-spot shirt swapping. Sadly, this fantasy was never realised. By some strange process of particles of like-matter sticking together, Manly team members would gather morning and night in

the car park of the motel where most of us were staying. PBs, last night’s dinner, dreadful dives, times and medals were all up for discussion at these times. These meetings really cemented the good feeling of being part of our team. Of course, none of this would have happened without the team-glue – Max. Not only did he make sure people had lifts to and from the pool, (continued on back page).

Upcoming carnivals – Get your entries in!

As we go to press the next carnival you will be able to enter is the State Relay Championships at SOPAC on Sunday July 20th. This is a fun day without the pressure of individual swims. All you have to do is give me your name and \$20 by June 17th. Max will make up the teams!

Then comes the Hills Club long distance carnival on August 17th (entries close July 29th) followed by our own Manly Carnival on August 24th. This is the big one and we all need to enter. As well as swimming we all have a role to

play. Steve Lamy is our Carnival Director and Dawn and Christine will be organising the catering. If you are new to the club, you will soon find out how you can get involved. Entries close August 5th.

Ryde follows on September 6th (entries close August 19th).

Then, don’t let’s forget our local rivalry with the Warringah Club carnival. The revised date for this is now Sunday October 5th (entries close Sept 23rd).

It is not too early to think about booking your weekend away for the NSW Short Course Championships in Woy Woy on October 18th and 19th. Liz would like indications of accommodation requirements

Watch out for emails detailing each and every carnival as it approaches and the full calendar of events is always available on the State website: www.aussimastswimnsw.org.au and our own website.

Ruth Fitzpatrick
Race Secretary

Social Scene from Dawn and Christine

PRE OLYMPICS DINNER

Please join us for dinner in the student-run Grand Dining Room Restaurant at the International College of Management, at 151 Darley Road, Manly.

Enjoy wonderful international cuisine, friendly service and a great ambience in one of Australia’s great historic buildings.

Three course dinner menu \$30 per person

Dinner: 6.15pm – 8pm Friday

25th July 2008

Fully licensed, sorry no BYO.

Free parking is available on College grounds. Get into the spirit, wear something to do with the Olympics or the green & gold.

RSVP with money by 16th July, to Christine 9948 2659 or Dawn 9905 4345.

MANLY CARNIVAL

Our carnival is being held on Sunday 24th August and to help raise funds to cover the cost of the carni-

val we are holding a Raffle at the carnival.

Please donate items ASAP to Dawn or Christine. If you haven’t anything to donate --money will do, so we can purchase appropriate things for the baskets. Be brave, ask the company you work for if they could donate something and we will acknowledge it on our web site and on the day of our carnival.

Any questions ring Dawn 9905 4345 or Christine 9948 2659.

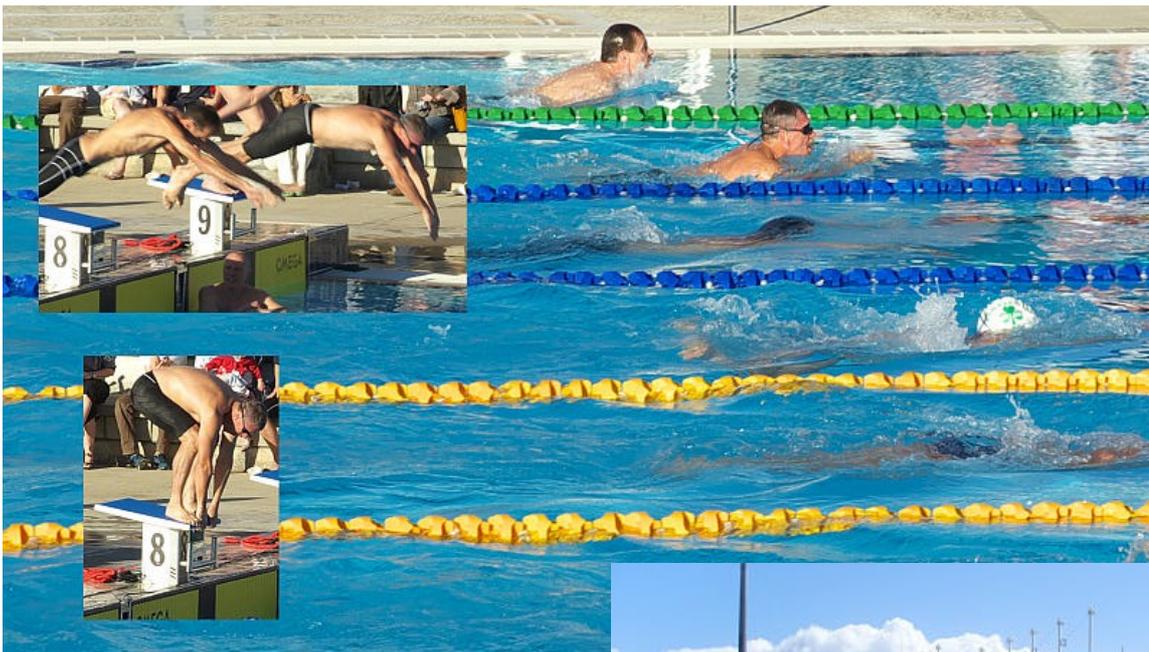
Manly Masters Out & About



Happy group at the recent Breast Cancer fundraising walk on Mothers Day.



From Perth, the 280 Mixed Medley Relay team.– Tony Goodwin, Sue Johns, Liz Wallis and Gary Stut-



Max in action with his breast-stroke at the pool in Perth.

And for those of us who weren't able to make the trip this time, here is the outdoor competition pool at Challenge Stadium.





MANLY MASTERS SWIMMING

Manly Masters

PO Box 560
Harbord NSW 2095
www.manly-masters-swimming.org.au

Welcome to new members

Gerd Bernhard

Happy Birthday Wishes

for May and June to
Chris Dando, Alain Dupuis,
Sue Kearney, Steve Lamy,
Kay Thomson, Kerry Ilsley
Caroline Samojlowicz,
Sabine Korstanje,
Michael Gordon,
and Rosemary Maddox.

Club Gear

... is available from Kerry
Ilsley, our gear steward.
You can see her at training
sessions on Saturday or
Tuesday, or telephone her
on 9949 4674

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|----------------------------|-------------|
| Eyeline goggles | \$13 |
| Pool Buoy | \$18 |
| Men's Manly costume | \$40 |
| Women's Manly cost | \$50 |
| Silicone Manly cap | \$10 |
| Manly peaked cap | \$10 |
| Frog T-shirt | \$15 |
| Manly polo shirt | \$15 |

An interview with one of our members

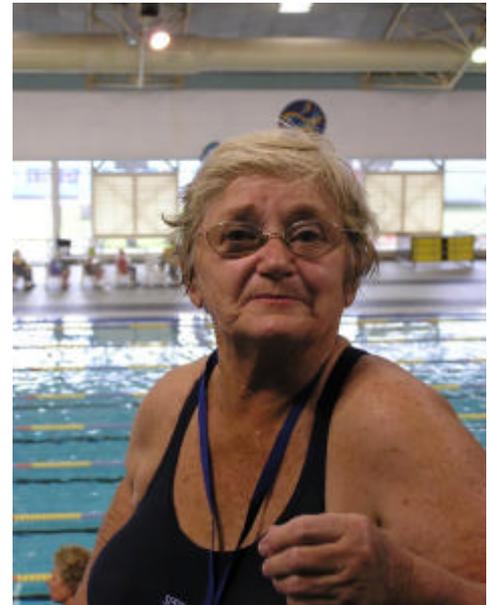
(our regular feature)

Name: **Margaret Houston**

Where did you spend your early years?

Bathurst, Orange, Manly

What schools did you go to? **Manly Home Science.**



When and where did you learn to swim: **Manly Baths, East Esplanade Manly (no longer exists)**

Why did you take up Masters Swimming: **Barbara Vickers talked me into it.**

Your favourite holiday destination is ... **Canada, Alaska or New Zealand.**

Where is your next holiday to: **Crescent Head**

Your favourite food is ... **potatoes—Baked dinner.**

Your favourite book or what you are reading at present **Any of Mary Higgins Clark**

Your first job was **Stenographer—Secretary.**

Name 3 people you admire or have inspired you.... **My husband, Graham; Fred Hollows, Sophie Delezio.**

Name 3 unusual things you have done **City to Surf Bicentennial event; Helicopter trip over Banff, down the rapids in New Zealand.**

What did you have for dinner last night? **Cutlets.**

Interview conducted by Dawn Gledhill.

(from page 2)

he also spent a great deal , of time watching and cheering, and generally providing a great deal of encouragement for everyone.

One of the real highlights of the week was watching the women's 320 freestyle and medley relays. It was a champion effort from Liz, Margaret, Barbara and Jan.

From our intrepid reporter Jean Low



Murmurs: compiled by Ruth; photos by Jan, Max & Lindsay