

From our President

2009 committee

The committee elected at the February AGM to manage the club this year are:

President Lindsay Brice
Vice President Doug Patrick
Secretary Vicky Wright
Treasurer Ted Samojlowicz
Captain Max Taylor
Race Secretary Ruth Fitzpatrick
Social Secretary Dawn Gledhill
Recorder Liz Wallis
Publications Officer Jean Low
Carnival Director Stephen Lamy

Also there are 2 appointed positions, both very important:

Gear Steward Kerry Ilsley
Registrar Jennie Morgan

Members Questionnaire

Thanks to everyone for their suggestions on the questionnaire during the AGM. The committee started looking at them at their meeting at the end of February. Expect to see several of these ideas implemented over this year. We'll keep you posted.

2008 NSW Sports Federation Awards

Its great to see the NSW Masters Athlete of the Year award to going to a swimmer. Jenny Whiteley from Ryde won this award recently. Sue Johnstone, who officiates at almost every carnival, received a Distinguished Long Service Award. Both well deserved. See more on the Masters Swimming NSW website, the March edition of SPLASH or <http://www.2009worldmasters.com/default.aspx?ArticleID=813>

John Vidal Trophy

Ruth Fitzpatrick won the John Vidal trophy for 2008 and was presented with it at the AGM.

This trophy was donated by John Vidal's widow with the request that it go to a member with similar characteristics. John set new records in breaststroke and butterfly and was always ranked in World, National

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From our Coach

A little bit about water resistance and good technique...

A long time ago Newton discovered the equation for resistance that develops when a body moves through a liquid. This is also known as 'form drag'. This form drag is the main type of resistance at normal swimming speed.

$$R \propto A \times r \times V^2$$

R = resistance

A = frontal area of the body

ρ = density of water

V = speed of the swimmer

i.e. the resistance between the body and the water is proportional to the swimmer's frontal area, the density of the water, and the square of the speed through the water. So you can see that increasing speed is hard. Going twice as fast creates 4 times as much resistance. So if we want to swim faster without increasing resistance we must reduce the frontal area. In other words, keep the body in a good horizontal position (even though this can be hard if you are tired). The hands and the feet need to be turned to the most effective angle to overcome resistance

Valé Austin Brown

(1923–2009)



It was with sadness we learnt of the death of Austin Brown in February.

Austin had an unusual start to becoming a Masters coach. In 1994 he was on holiday on the Gold Coast with his family, and wandered along to the local pool to see what was going on. They were just about to start the first session of a Masters Coaching course, which he asked to join. They looked somewhat askance at the suggestion, but on hearing of his experience teaching children and the disabled, he was admitted to the course.

Austin excelled at both the theory and practical parts of the coaching course. He joined Manly in 1995, and was on deck every Tuesday and Saturday until 2005, when ill health forced him to retire.

He had a 100% interest in Manly Masters. Besides attending carnivals, he was present at most social events, and he and Val joined teams going to interstate Nationals.

Austin will be remembered as gentle coach who loved to slip in a few butterfly drills here and there. Most of all he will be remembered as a staunch supporter and friend.

Events you won't want to miss

Upcoming carnivals Get your entries in!

The NSW Long Course Championships at Homebush (SOPAC) are on Saturday March 28th and Sunday March 29th. 37 swimmers have entered for this meet. A really good strong team. It is most advantageous to swim the full five individual events over the two days. Nearly every swimmer will be placed in relay team/s. This is one of the major strengths of our club. If you haven't swum at a championship before, you will be surprised how much fun it is and swimming at Homebush is always a thrill.

The routine of emailing flyers of upcoming carnivals is now established, backed up by handing out hard copies at training on a Saturday morning. Please advise me of any difficulties you may be experiencing with your race carnival entries so they can be fixed.

The full calendar for 2009 is on our website, with closing dates. It is a busy year, as always. Enjoy!

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

2009 Nationals

Entries for the Nationals have now closed and we have a team of 10 swimmers entered. The event is in Brisbane from the 30th April to 4th May.

Good luck to Sue Kearney, Dawn Gledhill, Patricia Novikoff, Jennie Morgan, Barbara Vickers-Baker, David Lawler, Stave Lamy, Gary Stutsel, Tony Goodwin and Lloyd Smerdon.

Social Scene from Dawn and Christine

The Presentation and Christmas dinner was again a successful night held at the Harbord Bowling Club. Thanks to Ray and Karen being so clever putting photos of us in competition on the big screen. Christmas dinner was a ham and turkey roast, followed by plum pudding. After the formal presentation, our usual silly awards left some swimmers red-faced. We then tried our hand at other sports with Sue Watt proving she was a winner at tenpin bowls and Peter Mulholland a real swinger at softball.

What an enjoyable afternoon we had at the Q Station on the 1st. It was really relaxing just strolling around the beach and wharf area enjoying a coffee at the Boiler house and inspecting the Visitor's Centre where Casper found a photo of the boat he came to Australia on. Peter M got a personal tour of the boiler room and was pleased to see the boiler that his father installed was still there. The area was originally chosen for its isolation and safe anchorage. The site today comprises 65 buildings, several archaeological sites, and spectacular views of Sydney Harbour. We then had a 2 hour guided tour of the quarantine area, including the shower block, cemetery, third-class accommodation, isolation block and Hospital quarters. We learnt about the Spanish influenza and visualized what it would have been like spending forty days there in quarantine.



The next social outing will be Pitch and Putt (3 par) on Sunday 5th April. Time: 3pm

Where:
1C Myoora Rd,
Terrey Hills (corner Forest Way and Mona Vale Rd)

Cost: \$20 for adults and \$17 concession.

Equipment can be hired. Please let Dawn or Christine know if you are interested by 21st March.

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and State Top Ten. He was Treasurer for many years, and was enthusiastic about the social side of our club as he was about his swimming.



Ruth has been an outstanding worker for the club for many years as Secretary and now as Race Secretary. She also contributes to the Masters organisation as a Starter and timekeeper and is a butterfly swimmer, at times reluctantly, in our older relay teams.

Manly Masters Out & About

Kuala Lumpur, Malaysia, the birthplace of Hashing.

by Max.

In January, Maria and I spent 4 weeks with family, celebrating 2 weddings, 2 birthdays, 2 anniversaries and Chinese New Year. We had a great time, but due to all the travelling, celebrations and a lack of pools, I could only swim 3 times. Thankfully my brother in law Vincent suggested I try Hashing, what an incredible buzz, in 8 days I completed 6 runs with different hash clubs, totalling about 50 km.

Hashing started in Kuala Lumpur in 1938, now there are Hash clubs all over the World.

In Malaysia it takes place in serious thick mountainous jungle.

You run, jog, walk, climb and crawl over difficult terrain as fast as you can go.

Hashing consists of following a paper trail set by 2 club members called the Hares who lay the trail, the run then starts 2 hours before dark, trails are usually 6 - 10 km long and timed for 1 to 1.5 hours. The paper trail will start on a track leading you eventually into the jungle, you hope it doesn't rain but it usually does.

Rain means a muddy trail but off you go shouting ON! ON! (meaning following paper trail)

As you run, the jungle becomes a maze but you must follow the paper or you will be lost.

You hurtle down hills using trees to stop you falling – climb and crawl up hills grabbing anything to stop you sliding careful not to grab thorny palms and vines, you ford streams, beat your way through thick undergrowth, pound through head high grass and run across open fields with cattle and bulls – always following the paper trail.

You might curse the hares but this is too much fun so ON! ON! you go.

Eventually you find the home trail, it's only been 1 hour, you feel good so you run for home, you see the hares waiting, they cheer you on,

finally you finish, they hand you a drink. Vincent also finishes, we celebrate, have a quick shower to clean off the mud and prepare for the circle.

As darkness falls we drink beer while discussing the trail, also whether someone should go looking for the last 2 runners, but just as a member says "I'll go", the last 2 appear, to loud applause and Cheers! Yumsing!

It is now dark, we are sitting in a small park beside the jungle, about 30 of us, men and women, our 'MC' Mike Tyson stands on a box wearing boxing gloves and summons everyone to the circle, we gather close, in front of Mike are 3 blocks of ice.

There are many rules in Hashing, break them and you sit on ice, while you explain yourself to the gathered circle.

Take a short cut – sit on ice.

Wear new shoes - sit on ice.

Speak out of turn – sit on ice.

Even the hares might sit on ice if the majority did not like the trail, it's always good fun.

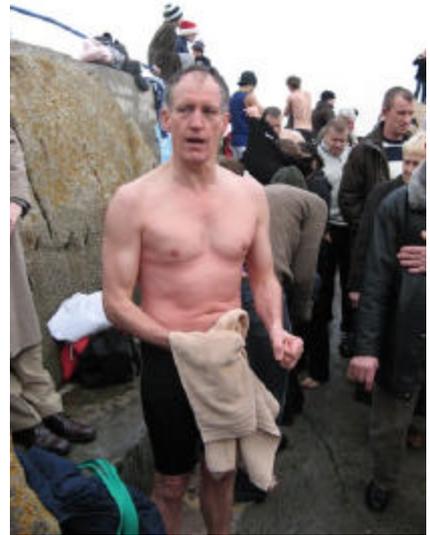
When the circle ends everyone heads for the rice and curry, YUM!

Malaysians really know how to enjoy themselves.

On my next visit I will join a Hash club, then I will be given a hash name.



News from Chris in Ireland



Hearing from Chris reminds us how lucky we are to be in warm and (mostly) sunny Sydney.

Chris reports that he has been to see Derek and Pauline. Derek swims regularly, but by himself, as Masters is not the big thing that it is here.

The photo below shows Chris at a Christmas swim (minus wetsuit) at the "Forty Foot" pool which is about 10 km out of Dublin.



To quote:

I can say with confidence now that the Irish are insane when it comes to swimming in cold water (the Brits also as I have seen recent pictures of them swimming in water with ice in it - they had to break the ice to get in and they had no wet suits!!).

Chris sends his regards to all at Manly.

Manly Masters in the water



Ed Walter trophy

Congratulations to Karen Battersby for earning the Ed Walter trophy for the most improved swimmer in 2008. This is judged by the number of seconds taken off your race times over the previous two years.



Karen is presented with the Ed Walter trophy by Max at the Xmas party.

World Masters Games

The World Masters Games are coming to Sydney in mid-October. This is all sports including swimming. The swimming is on at SOPAC from 10-18 October. The entry fee is a bit expensive but there are no air fares or accommodation to pay for. See www.2009worldmasters.com for all the details. Swimming is expected to draw about 2500 competitors and will be run by Masters Swimming NSW. They are still looking for volunteers to help officiate during the swimming.

Ocean swims

Doug Patrick started taking a casual ocean swimming session on Thursday mornings. The meeting place is on the beach at South Steyne, near the surf club. The sessions were originally at 6:30am. The sessions will re-start at a different time once the sharks have stopped nibbling people.

Interested in ocean swim competitions? See www.oceanswims.com to find out all about it and see the calendar for all of this seasons remaining competitions.

Recent carnival results

Blacktown

11 swimmers, 2 relay teams. Manly came 4th overall & 4th in the average points per swimmer. Provisional record to Steve Lamy for shaving 0.17s off the NSW M60-64 50m Back record.

Campbelltown

12 swimmers, 2 relay teams. Manly came 3rd overall & 3rd in the average points per swimmer. We had to pass on the Visitors Trophy that we won last year. Provisional record to Gary Stutsel for 200m Butterfly. Gary took 9s off the existing NSW M70-74 record.

Cessnock

Congratulations to Lloyd for taking the plunge with his first carnival at Cessnock in February. First carnival and Lloyd won both his races convincingly.

Murmurs

Does the name of our newsletter, 'Manly Murmurs,' sound a little too mild? Would you like a brighter, more vibrant name? If so, put forward your suggestion. Email Lindsay at president@manly-masters-swimming.org.au with your idea(s). We'll vote for the best name later in the year.

More racing

Want to get some regular racing in? Consider joining the Manly Diggers (not to be confused with the Harbord Diggers) at the Manly Pool for races on Sunday mornings. Several Manly Masters already swim there. Handicap races, 50m and some longer races. 10:30-12:00 every Sunday in the summer months.

Top Ten Swimmers in 2008

Do you know how well you swam against everyone else. Your best stroke and best distance may have put you in the Top Ten. The following 39 club members made it onto the list:

AUSTRALIAN TOP TEN

Katherine Ahern	Jan Allport	Barry Barker
Lindsay Brice	Alan Burfitt	Chris Dando
John Caporn	Richard Edwards	Agnete England
Terry Fitzpatrick	Dawn Gledhill	Michael Gordon
Margaret Houston	Simon Kennedy	Alan Landon
Jean Low	Virginia McLeod	Jennie Morgan
Gloria Oldfield	Annie Parnell	Doug Patrick
Carolyn Samojlowicz	Ted Samojlowicz	Faye Seeney
Marie Taylor	Max Taylor	Mark Webber

The following swimmers just missed out on the Australian top ten but made it within NSW

NSW TOP TEN

Jessica Addison	Gerd Bernhard	Alain Dupuis
Ruth Fitzpatrick	Kerry Ilsley	Trevor Mills
Patricia Novikoff	Ben Pimentel	Nick Race
Nickie Race-Jones	Debbie Thackeray	Kay Winton

Full details are available on the Masters Swimming Australia website

Manly Masters Swimming Club

PO Box 560
 Freshwater NSW 2096
 Website: www.manly-masters-swimming.org.au

Welcome to new members

James Goins
 Anne Lemon
 Jane Patrick
 Heike Dicke
 Claire Golding
 Leith Hutchings
 Lloyd Smerdon

Birthday Wishes

For January, February and March
 Alana Abercrombie
 Gerd Bernhard
 Alan Burfitt
 Bob Carlon (80)
 Dawn Gledhill
 Sue Johns
 Simon Kennedy
 David Lawler (80)
 Jean Low
 Gloria Oldfield
 Nickie Race-Jones
 Gary Stutsel (70)
 Vicky Wright

Club Gear

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

Eyeline goggles	\$13
Pool Buoy.....	\$18
Men's Manly costume	\$55
Women's Manly costume.	\$65
Silicone Manly cap	\$10
Manly peaked cap.....	\$10
Frog T-shirt.....	\$15
Manly polo shirt	\$15

An interview with one of our members

Name Gerd Bernhard

Where did you spend your early years?
 Between the River Rhine and the lovely vineyards in South-West Germany.

What schools did you go to?
 Some different ones in small towns in Rhineland- Palatia. The University I did was in Mainz, capital of Rhineland-Palatia.

When and where did you learn to swim?
 At the age of six at a quarry pool in Jockgrim, Rhineland-Palatia, Germany.

Why did you take up Masters Swimming?
 Trevor took me along to get serious swim training and some new social contacts.

Your favourite holiday destination is...
 At least after returning to Germany...Manly, NSW.

Where is your next holiday to?
 Somewhere in Australia. Any advice?

Your favourite food is...
 Grilled pork knuckle with kraut, a Bavarian specialty.

Your favourite book or what you are reading at present...
 Bill Bryson "Down Under".

Your first job was...
 Street sweeper around my parents' house.

Name three people you admire or have inspired you...
 Popeye the Sailor, because he is very strong. Vicky the Viking, a very clever and smart guy. Filiz, my wife, — every day a new challenge.

Name three unusual things you have done...
 Mountain biking in the Himalaya mountains; moving to Australia; getting married.

What did you have for dinner last night?
 Spinach.



Pizza after the State carnival.

For all those who are famished after swimming finishes at on the Sunday, come to Mimmo's in Brookvale for a pizza.

Mimmo's a la Carte & Pizza Restaurant
 642 Pittwater Road
 Brookvale
 just north of the bus depot, between Orchard & Sydenham Roads

Back issues of Manly Murmurs

Earlier issues of Manly Murmurs can be downloaded from our website at www.manly-masters-swimming.org.au/OurClub/Newsletters

Calendar for the remainder of 2009 with our closing dates for entries in brackets

23/5/09	(5/5/09)	Ettalong Pelicans SC, Woy Woy
30/5/09	(12/5/09)	Wett Ones LC, Sydney University
6-8/6/09	(19/5/09)	Clarence River SC & Ocean Swim, Yamba
27/6/09	(9/6/09)	Trinity SC, Trinity Grammar
11/7/09		Hunter Festival of Sport, Kurri Kurri
18/7/09	(30/6/09)	Warringah Masters SC, Warringah AC
25,26/7/09	(4/7/09)	NSW Long Distance SC Champs, Kurri Kurri
1/8/09	(14/7/09)	Sutherland Shire SC, Sutherland
9/8/09	(21/7/09)	MANLY MASTERS SC, Abbotsleigh School
29,30/8/09	(8/8/09)	NSW SC Championships, Bruce, ACT
19/9/09	(1/9/09)	Ryde SC, Ryde
26/9/09	(8/9/09)	Lake Macquarie Crocs SC, Toronto
10-16/10/09	(on line)	World Masters Games, SOPAC and Open Water Swim , Chowder Bay, Sydney
31/10/09	(13/10/09)	Novocastrian LC, Charlestown
7/11/09	(20/10/09)	Hills AUSSI SC, Galston
14/11/09	(27/10/09)	North Sydney LC, North Sydney
21/11/09	(3/11/09)	Tuggeranong SC, Tuggeranong
28/11/09	(10/11/09)	Port Macquarie LC, Port Macquarie
5/12/09	(17/11/09)	Raymond Terrace LC, Raymond Terrace
12/12/09	(24/11/09)	West's Auburn Long Distance, LC, Lidcombe