

RAY WINS GORDON COZINS TROPHY, PAGE 2



LINDSAY WINS JEAN LOW TROPHY, PAGE 2



JAN WINS ED WALTHER TROPHY, PAGE 3



President's Report

The culmination of our official year came last night at the Presentation Dinner at Harbord Bowling Club. What a lovely night and thank you to the partners who came along! Looking around the room I only wished I'd had the time to sit at every table and join in the conversation. You will read about the swimmers recognised for their various achievements in this edition of Murmurs. Congratulations to Ray, Lindsay and Jan.

2015 is our Ruby Anniversary year and Ted has kicked this off with the delivery of the living history of our club. What an achievement! Let's make our presence felt at the State Ruby Anniversary Dinner next September 12th.

There will be lots to report on at the AGM next February 14th, but as we leave 2014 behind us I would like to thank everyone for making our club what it is today. Next year is looking good.

Best wishes for a fun filled festive season and a rest from routine.

Ruth

Keep swimming

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Presentations

Jean Low Trophy



Jean Low possessed many special attributes that we wish to remember annually, with the presentation of this trophy.

Jean encouraged you to face new challenges, without fear of failure. She would settle for nothing less.

Jean strove to improve her own swimming and never gave up.

Jean could support, encourage, advise and commiserate with instinctive words of wisdom. Sometimes her dry sense of humour was the key to imparting this wisdom. You always came away feeling inspired to swim better and try harder.

The recipient of the trophy is a swimmer who never gives up, strives to swim well at carnivals and supports the efforts of fellow club members. And perhaps most importantly, just loves swimming.

Lindsay has written "I was surprised and delighted to receive the Jean Low Memorial Trophy. I admired Jean's drive. Swimming is in my family, and I also love the chance to keep up my computer skills and photography while helping MMSC (Manly Masters Swimming Club)."

Gordon Cozins Trophy

The Gordon Cozins Trophy was presented to our club for winning the relay point score by a mere 11 points at the State Short Course Championship, at Woy Woy in October.

A smaller version of the trophy is for our club to present to a deserving swimmer who has contributed to the win.

Ray Watson has been a member for 5 years, competing in 59 carnivals. This year he was not able to compete for 3 months due to a broken arm. He has come back faster than ever, and is still trying to beat Tony.

We presented this trophy to Ray as a thankyou for his participation at carnivals, especially his relays.

Ray has written " It was great to win the Gordon Cozins trophy. Being part of a competitive and friendly club like Manly has filled a spot in my life. It makes me feel so good. I just love winning, so that makes it even better. THANKS MANLY"



Ed Walther Memorial Trophy



Ed Walther learned to swim at Harbord Diggers pool when he was in his 70's and joined the club soon after. He was a talented Breaststroker and in the following years set Australian records for all distances from 50 to 1500 m

The trophy is awarded to a swimmer with at least 2 years membership and who has been a regular member of the Manly Team.

This year's winner is *Jan Bradshaw*. She has represented in World, Nationals and State Championships. She has shown significant improvement in most of her chosen events.

(The trophy was presented to *Kaye B* on *Jan's* behalf).

Jan has written: "It's been a fantastic year and this is the icing on the cake.

Juggling work with the endless hard yards of training and the 450km round trip to Sydney (a little further to Montreal) was made much easier by the support of some key people - my chauffeur Phil, my training buddy Kaye, the relentless coaches at Ulladulla Leisure Centre and the pleasures of swimming with such great team mates.

I'm looking forward to a little break over Christmas and I'm not planning on visiting Russia. But I'll be targeting the State and then the Nationals in Hobart and then Mexico. Hopefully with faster times!

So thanks to everyone who makes Manly Masters such a wonderful club and special thanks for the recognition. It really makes it all worthwhile!"

From the Social Secretary, Katherine W

BBQ Fever

Many people gave generously of their time on Sunday to make the Bunnings BBQ a success. While it was relatively slow it looks like we have made a profit of approximately \$300. Aside from the profit, the BBQ provided an opportunity for camaraderie amongst the plants and flowers. 🌻🌺🌲 It was a small area but everyone danced their way through the day. 🥳🥳

Special thanks to Dawn, Ruth, Ted and Sonja for heading up the first shift. We had a surprise guest, Dawn's Peter. He was a

legend and cooked the first batch of sausages and onions. 👍

Michael Gordon proved to be the perfect, persuasive host. Colin, Lina, Steve L and Ruth did the pack up. What a team! Matthew diligently handled the money side of things for both the BBQ (\$367 profit) and Xmas dinner. Thanks Matthew! 💰💰

Lastly, thank you Pam, Peter, Ruth and Dawn for helping me out of a pickle on Saturday, as well as Brooke from Warringah Mall Bunnings. What a legend! Thanks to Lindsay for photo (next page).



Christmas Party: Ho ho ho....sparkle as we go!!! 🎅 ✨

A great night was had by all at the Christmas/Presentation dinner. The Harbord Bowling Club was a glitter with sparkles, jewels, sequins and smiles. Faye and Dale won a bottle of wine for the best dressed with Dawn's bauble earrings a close second.



Dinner was rather delicious with either tiramisu or a fresh lemon sorbet for dessert. Yum!



Speeches and presentations were intermingled between courses. Lindsay put together a fabulous slide show.

Thanks to Carolyn for helping me decorate the tables. Who would have thought tinsel and stars could look so pretty?

As for the hooters.....what a hoot!! 🎉 🎈



Thank you ONE and ALL! Wishing you a merry Christmas filled with relaxation, fun, family and friends. 🎄 🧡 🎄 🧡

Katherine

Thanks to Ted for his "living history" presentation. Thanks also to Deb for photo (left), and her excellent photography on Facebook.



Swim Meet Reports

[Click here](#) for full meet results

[Click here](#) to monitor your own progress - enter your name in History tab to get all of your times for this year or previous years, search top 10 national or state times etc. Alternative state site is [here](#) (enter your name at left column).

Wests Auburn

Swimmers - Katherine A-S, Jan, Lindsay, Ruth, Greg, Steve L, Ray

Ray reports : "it was a very hot day. The the pool was on the warm side, so everyone tried to stay in the shade. It's the first time I've seen officials pouring water on the starting blocks to cool them down. It was a great result for Manly, out of 21 races ,14 firsts and 4 seconds, plus a mixed relay win. Congratulations Manly on a great effort."

Overall Age Group Places:

1st Jan, Steve L

2nd Ruth, Greg, Ray

3rd Katherine A-S

Relay: 1st 240+ MX Medley: Jan, Katherine A-S, Steve L, Lindsay

PB's 2 to Greg



Club Time Trials, Saturday 29 November, 2014



A big thankyou to Gloria for organising our very successful time trials, to starters (Ruth and Mia,) and the non swimming time keepers who generously

gave of their time (Kay, Agnete, Vicki, Margaret, Michael and Ian).

One aim of these swims is to do a swim outside your normal comfort zone, usually a longer distance.

Congratulations to all 23 swimmers who took up the challenge: Sue A, Lindsay, Karen, Patricia C, Ruth, Dawn, Annie, Kerry, Lina, Greg, Sue J, Dale, Michael M, Patricia N, Pam, Peter R, Marion, Ted, Vince, Sonja, Ray, Katherine W and Mary.

Special mention to the **PB** swimmers - Annie (400 FR and 400 BK), Dawn (800 FR), Mary (800 FR), Patricia N (400 FR) and Greg (400 BR)

Raymond Terrace

Attended by Steve L, and Katherine A-S.

Steve was age group winner (eq).

NSW Long Distance Championships

Whilst some members of our club were onboard for the Hamilton Island challenge, 9 Manly members attended our local distance championships at Blacktown.

It was great to see *Jan*, up from the South Coast, as well as *Katherine A-S*, *Lindsay*, *Annie*, *Steve L*, *Dale*, *Vince*, *Marie* and *Ray*.

Overall, Manly was eq first, alongside Merrylands. Congratulations to **Steve** for another **national record (800BK)**. It was medals all round for the rest of the team.

This carnival runs at a different pace to our usual meets, as it takes a long time for us to swim 1500 m, and other distance events. There were no relays, but plenty of timekeeping to do.

Annie's tip: never forget your warmup.

Age group results:

First: Jan, Dale, Steve L, Ray

Third: Annie, Marie, Katherine A-S (eq)

Vince came 2nd (400 BK) and 3rd (1500 FR), *Lindsay* 1st (400 BR) and 4th (1500 FR).

PB's: 2 to *Jan*, 1 to *Dale*.



Lake Macquarie

Congratulations to Katherine A-S, who was equal first in her age group.

Her 50 FR was a PB for this year.

Swimmers of the month

... for October is *Annie*. In the short time she has been a member, Annie has shown her keenness for competing in carnivals, with great improvement in her times. At time of presentation she had not missed a single meet.



.....for November is *Vince* for continued improvement, his dedication for going to carnivals as well as squads. Vince always makes a lively contribution to the pool deck conversations.

Welcome to our New Members

A few words from *Katie*: I hail from Ireland. I have been living in Australia for almost eight years, and in Freshwater for the last two. I have swam all my life but never competitively. I completed my life saver and my swim teacher training in my teens. Swimming has always been part of my fitness. I am enjoying the squad training and coaching since joining Manly Masters.

A few words from *Amanda*: I am a mum of three (6yo, 3yo, 1yo) who moved to glorious Freshwater 4.5 years ago. It is now home and certainly has had a big role to play in my new found enthusiasm, drive, and absolute enjoyment for keeping fit and challenging my body... my brain loves it, my heart loves it, and everybody around me loves it too!

I recently finished my first half marathon and have now set a goal to finish my first triathlon next February! Eeek!

Swimming for me has always been a fun, social sport which I have used on and off to build fitness. Being coached is very new to me but I am loving it (thanks for your patience) and I am determined to "learn to walk before I run" as it has been put to me a few times (thanks Brooke!). I look forward to racing with you all one day when my technique isn't quite as embarrassing...



Amanda and Katie

Club News

Final Branch (NSW) Scorebord, 2014

Manly Masters came **THIRD** in the branch point score, 2014. The final tally was tight: we are just a few points ahead of Novocastrian, who came 4th.

This result reflects the efforts of every swimmer who competed this year, as every point counts. It also reflects the outstanding commitment shown by our top attendees: *Katherine A-S*, who did a mega 18 carnivals, *Dawn* (13 carnivals), *Ruth* (12 carnivals), *Steve* (11 carnivals) *Ray* (9 carnivals) and *Tony* (9 carnivals).

Congratulations to *Katherine A-S*, who finished 5th on the NSW Most Active Swimmer ladder. Congratulations also to *Tony* who finished second on the National Top Men by Points ladder.



Newly qualified officials

Training to be an official is a significant way to contribute to the life of Masters Swimming, as these roles are essential for meets to run.

Congratulations to the following club members, who are newly qualified officials or working on training hours to complete their qualification.

Ruth is a newly qualified Judge of Stroke. We can now ask her any technical stroke questions we may have. What a fantastic club resource. . Peter R is now an official Timekeeper, and will shortly do the Marshall/Check Stater/Clerk of Course. Pam and Mary are logging up hours to complete their Marshall et al accreditation. Sue M is working on her hours for the Chief Timekeeper training she has completed.

Hello and goodbye



Two intrepid travellers caught up recently. Melanie is an Australian based in the UK.

She is a Master swimmer in UK. On her recent trip home, and for the month of November, she swam with us at the Diggers, and did many ocean swims. We wish her well, and hope to see her on her next Aussie visit.

Deb is an Aussie who is hard to keep still. She and Peter M have just returned from a Japanese adventure, trekking in some very steep mountains. The next adventure is being planned. Rumours are they will trek some Mediterranean mountains. No doubt, swimming keeps them fit for travel.

Club cheering

Now's the time to learn our club chant - wonderfully demonstrated by Pam, Dawn and Katherine W at the Warringah meet.

"To the side, to the side

and do the butterfly

and dip, and dip and

shake those little hips

I want you and you to cheer with me"



Between the Lanes

BIRTHDAYS

November - Virginia,
Michael M, Ted, Barry
S, Steve T, Barbara

December - Karen,
Vince, Patricia C,
Tanja, Sue S

January - Cathy, Greg,
Sonja, Francesco, Ian, Peter R, Marilyn



RETIRING



Best wishes to
Sue A, who will
be retiring at the
end of January.
We hope she
makes it to the
pool more often.

(Thx, Deb for the
photo)

ENGAGEMENT



Congratulations to coach
Brooke on her recent
engagement. She is
now holidaying in the
USA. We look forward to
her return in mid January.

RECOVERY

Great to see Agnete out and about - at
squads, at the BBQ, time keeping, at the
gym and at our Xmas party. Continued best
wishes to her, as her treatment continues.

Can anything slow Dawn
down? Yes - her current
shoulder injury. We wish
her a speedy recovery, as
she prepares for nationals
and worlds.



OCEAN SWIMS

Dale, Chrissie and others are keeping us up
to date with the summer season ocean
swims, via Facebook. There are many top 3
and top 10 age group swims for our
members. For more details, including a
calendar of events, go to Oceanswims.

CONTACT US

Web Page

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Mail PO Box 560 Freshwater NSW 2096

Facebook Contact Ted

samfam@ozemail.com.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



