

## CLUB 3RD AT SHORT COURSE CHAMPIONSHIP, PAGE 3



## XMAS PARTY: 13 DECEMBER, PAGE 2



## COME BOWLING WITH US, PAGE 2



## President's Report

It has been an eventful few weeks since the last issue of Murmurs.

Starting off, it is exciting to see the success of our move to the Manly Andrew 'Boy' Charlton Swimming Centre. To be out in the fresh air for training is a real bonus. If you haven't tried the new location yet, we look forward to seeing you very soon - 7.30 a.m. Sundays and 7.00 p.m. Wednesdays.

Thank you to everyone who swam at the Warringah Carnival. Taking home the Visitors' Trophy was a just reward for all our swims and continues the tradition in this local derby. Also, reported on in this issue is the weekend at Canberra for the State Short Course Championships. Thank you to Dawn for the work involved in organising the accommodation, dinner and relays. Others worked hard too; team effort is what it is all about. Thank you.

Looking forward, we are very pleased to announce that Harbord Bowling Club has approved sponsorship for our club to the tune of \$1500! Sponsorship eases the burden of creating our own fund raising opportunities. The venue is familiar to us from Presentation night/ Christmas parties and pizza nights and will be the future venue for our AGMs. As a sponsored club it is expected that all of us who are Manly Warringah residents will join Harbord Bowling Club, as social members, at the very reasonable cost of \$12 annually. Be sure to say you are a member of Manly Masters Swimming Club when you join as it will appear on your membership card. Once a member you are entitled to discounted drinks.

Following on from this announcement, we are now eligible to play in the Interclub Bowls Challenge, which is a fun event over four Sunday afternoons - details to be found in this issue, along with an attached membership form to join the Harbord Bowling & Recreation Club. You can hand this form, with the \$12, to Dawn or Ruth, or pop in to the club in person.

Enjoy the read, and

*Keep swimming, Ruth Fitzpatrick*

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## UPCOMING EVENTS

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### COME BOWLING WITH US!

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The Interclub Bowls Challenge 2015 at Harbord Bowling Club is a fun event for all clubs. It's an opportunity for us to show our support of the recent generosity Harbord Bowling Club has shown towards our swim club. What's more, there is money to be won for the club.

#### Who?

This is a competition for novices! 6 Manly Masters players required each week.

#### Gear?

Flat soled shoes or bare feet

#### When?

4 Sundays, from 3:30 pm:  
15 November  
22 November  
6 December  
13 December

#### Cost?

Free

#### Where?

Harbord Bowling Club  
Stirgess Ave, Freshwater

#### After the game?

Live music  
Club meals available  
Shuttle bus from 6pm to 9 pm

If you are available for say 3 of those weeks, please let [Dawn](#) know asap – no experience necessary!

If you are unable to play, please still come down and have a laugh at us water babies trying to bowl!



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## DON'T MISS - PRESENTATION NIGHT AND CHRISTMAS PARTY

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Now's the time to purchase your ticket for for our annual presentation night and Christmas party. Partners are welcome.

There will be a delicious two course meal, Katherine's usual surprises and an award presentation.



**When:**  
Sunday December 13  
**Cost:** \$40  
**Venue:**  
Harbord Bowling and  
Recreation Club  
Stirgess Ave  
Freshwater

#### RSVP

Katherine Woodburn  
# 0407 752 843 or  
[katherinewoodburn@gmail.com](mailto:katherinewoodburn@gmail.com)

Payment can be made directly into our bank account:

BSB 112 879  
Account #: 067360414 (Manly Masters  
Swimming Club Inc)  
Please include 'name' and 'xmas'

OR

cash or cheque (payable to Manly  
Masters Swimming Club) can be given to  
Katherine prior to Sat 6<sup>th</sup> December.

**Payment needs to be made in advance.**

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## FUNDRAISING BBQ: SUNDAY, DECEMBER 20TH

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Save the date for this important fund raising event. More details in future Dot Points

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## CARNIVAL RESULTS - from Gloria

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### STATE SHORT COURSE CHAMPIONSHIP, AUSTRALIAN INSTITUTE OF SPORT POOL, CANBERRA, 17/18.10.15

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21 entered 19 swam (13 women, 6 men ) 3<sup>rd</sup> Overall, 5<sup>th</sup> Average

#### 6 Overall Age Group Places

- 1<sup>ST</sup> Dawn Gledhill, Stephen Lamy
- 2<sup>nd</sup> Tony Goodwin, Vincent Squillace
- 3<sup>rd</sup> Gloria Oldfield, Katherine A- Sharpe

#### 62 Individual Medals

Sue Anderson	Lindsay Brice	Dawn Gledhill	Tony Goodwin
Ruth Fitzpatrick	Robyn Hoare	Stephen Lamy	Helen Ludgate
Patricia Novikoff	Gloria Oldfield	Pam Rawling	Ian Sharp
K A- Sharpe	Vincent Squillace	Ray Watson	Katherine Woodburn
Mary Woodward			

#### 8 Relay Firsts

280+ Mens Free	Tony Goodwin, Lindsay Brice, Ian Sharp, Stephen Lamy
280+ Women Free	Gloria Oldfield, Patricia Novikoff, Susan Anderson, Robyn Hoare
240+Women Free	Karen Battersby, Mary Woodward, Ruth Fitzpatrick, Sonja Walters
280+MX Medley	Pam Rawling, Tony Goodwin, Dawn Gledhill, Ian Sharp
200+MX Free	Stephen Lamy, Helen Ludgate, K A Sharpe, Vincent Squillace
280+MX Free	Tony Goodwin, Ruth Fitzpatrick, Pam Rawling, Ian Sharp
280+Women Medley	Gloria Oldfield, Robyn Hoare, Pam Rawling, Susan Anderson
240+Men Medley	Stephen Lamy, Tony Goodwin, Vincent Squillace, Ian Sharp

3 x Relay Placed 2<sup>nd</sup>,  
1 x Relay Placed 3<sup>rd</sup> and Others 2

#### 11 PB's

- 4 x Vincent Squillace 50 Free, 200 Free, 50 Back, 200 Back
- 2 x Helen Ludgate 50 Breast, 100 IM
- 2 x Robyn Hoare 50 Free, 50 Breast
- 1 x Karen Battersby 200 IM
- 1 x Sonja Walters 100 Free
- 1 x Katherine Woodburn 50 Back



## Vince's Report and Quirky Photo (from the pool)



I was looking forward to my third State Championship..... Touch pads, digital screens displaying times, names (most importantly NML), medals, PBs and of course relays! ..... Although I would have loved to see a greater presence from our squad we turned up and did not disappoint! The 19 of us including our 2 world champions were going to give it our best and have some fun in the process.

Manly was in great spirits on day one and PBs were tumbling. Helen managed to slice 7 seconds off her 200 breaststroke!

We were everywhere..... Tony, Ruth and Dawn on official duties, swimmers in marshalling, others in the pool and the rest of us cheering loudly. A special guest appearance by our Griffith member Robyn added yet another dimension to our squad..... a swimmer with underworld connections?? There were many great individual performances. Everyone seemed pleased given the muggy conditions - Katherine took a gold as her birthday present and Ray with a couple of silvers hunting down world champ Tony in the breaststroke

And there was relay gold! Team 240+ of Karen, Mary, Ruth and Sonja and Team 240+ Gloria, Patricia, Susan and Robyn as well as the 280 + blokes of Tony, Lindsay, Steve and Ian.

Great start Manly.

After our evening bonding session we were ready to do it all again. I'm not sure about everyone else but I sure needed that morning warm up to awaken for our earlier start. Sunday seemed to fly.... Maybe we were all in more events but to me it seemed that most of us spent the day either in marshalling or in the pool. Nonetheless, the performances continued, PBs were tumbling and gold was flowing for Manly. I particularly enjoyed watching the 200m performances of Sue, Sue, Pam, Mary, Sonja and Ruth who's style was perpetual motion. Sonja decided to correct a stroke mid carnival and then fired up a PB in the 50 freestyle... well done. Oh.... and no DQs for me.

Pam offered to fill in for me for 2 minutes while I swam my 50 free event then preceded to chin wag with whoever would listen forgetting that I had to go back to timekeeping duties until Karen eventually called out to me mid gossip..... Sorry Pam.

More relay gold at the end of the day also with Ruth, Pam, Ian, Katherine A, Helen and yours truly joining the previous days gold rush!

Manly, with our small but strong squad finished a very respectable third. Well done team, bring on the next one

### Helen's Report (from the rooms)

We stayed at the Clifton Suites on Northbourne. Manly Masters had 4 rooms booked. The apartments were very nice, spacious and very comfortable. Just a little hint if staying again don't forget to pack ear plugs or request rooms at the front of the hotel due to loud bar on back street and racing cars. Or drink more wine.

The first evening everyone went to Dawn, Ruth's, Gloria's and Sue's room and a few drinks were consumed. The men all went off for their pasta night and the ladies went to a local Thai. On the second night Karen, Helen, Sonja and Sue hosted drinks. Thank you to Katherine Woodburn for organising all the party games and prizes. Pictionary proved popular and identified that some swimmers can't draw whilst other can. The singing game never really got started as Katherine was the only one who could sing but we managed one song all together. We also celebrated Katherine's birthday. Dinner was at the hotel restaurant. With an early start on Sunday it was an enjoyable but early night.



### Captain's Wrap Up

Lifts were organised and we were off to Canberra. What a great weekend and a great TEAM effort, starting from me booking accommodation back in December, Lindsay collecting entries, Steve picking the yummy menu for Saturday night, Tony organising the Buck's dinner on Friday night, and Katherine organising fun and games prior to Saturday's dinner.

The TEAM continued at the pool. Everyone did their bit to timekeep when rostered on. As well Ruth, Tony & Dawn were officials. Everyone was involved in relays, some lucky enough to win GOLD and then when we get home it's up to Gloria to work out who has done a P.B. or a P.W!

Thanks everyone for a great TEAM effort. Bring on Melbourne in April for the Nationals.  
*Captain Dawn*



More photos are on our Facebook page. Contact [Ted](#) if you wish to join this club member group.



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## WARRINGAH CARNIVAL

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27 entered, 26 swam (15 women, 11 men)  
2<sup>nd</sup> overall Visitors Trophy, 9<sup>th</sup> average

### Age group winners and place getters

*First:*

Katherine Ahern-Sharpe, Tony Goodwin,  
Marion Robertson, Stephen Lamy

*Second:* Caroline Samojlowicz, Vince  
Squillace

*Third:* Virginia Macleod, Gloria Oldfield,  
Matthew Mortimer

### Relays

*First:*

280+ 4 x 25 Medley Women Gloria Oldfield,  
Virginia Macleod, Marie Taylor, Kaye Beer  
280+ 4 x 25 Medley Men Barry Seymour, Tony  
Goodwin, Stephen Lamy, Ian Sharp

### PB's

*Vincent Squillace* 100 Free, 100 Back  
*Mary Woodward* 25 Fly  
*Matthew Mortimer* 50 Free  
*Greg Jewson* 25 Breast  
*Lindsay Brice* 25 Fly  
*Ted Samojlowicz* 25 Fly

It was great Kaye B made it to this meet. It's a long drive from the south coast. It was also wonderful to see Barry S swimming with us, powering in the 280+ medley relay team.

This meet is a showdown of friendly rivalry between two very competitive neighbouring clubs - Warringah and Manly. Warringah, with 42 swimmers, won the meet. Our honour was sitting on the visitors trophy. Ryde were our rivals. At the end of the meet, Ryde had 9 swimmers in age group top 3, as did we. So how did we score 910 points, and Ryde 756? The magic is all of those points scored by our swimmers who may not be champions, but embrace the "fitness, friendship and fun" slogan of Masters Swimming. It's a lot of fun being part of the team. Together, very fast and not so very fast swimmers, got us over the line to win the trophy. Awesome.

Acting Club Captain Lindsay Brice accepted the trophy. Lindsay's acceptance speech was very brief: "Well, I guess we can squeeze another Manly tag on it!"

Other highlights of the meet were the Swim Shoot Out, won by Vicki Watson (Ryde) and Vlad Petrov (Dubbo). Clary Munns (Blacktown) swam three new national records.



### CAN'T MAKE A MEET YOU HAVE ENTERED?



A lot of work prior to each meet goes into our team and relay entries. If you can't make it to a meet you have entered, please let the either of the meet organisers, Dawn or Lindsay, know by text or phone, *ASAP*.

Dawn: 0419 355 438, 9905 4345

Lindsay: 0414 809 526

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## RYDE

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9 entered 9 swam (4 women, 5 men)  
5<sup>th</sup> Overall 5<sup>th</sup> Average

### Overall Age Group Places:

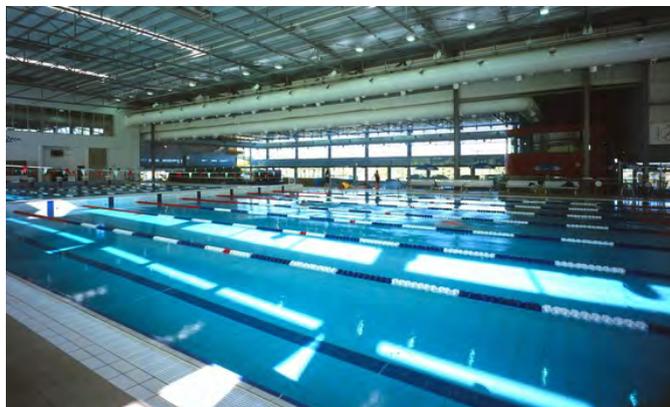
1<sup>st</sup> Katherine A-Sharpe, Dawn Gledhill  
2<sup>nd</sup> Ray Watson  
3<sup>rd</sup> Matthew Mortimer, Vincent Squillace

**PB's** Vincent Squillace, 50 Free, 100 Free  
Matthew Mortimer 100 Free

### Relays:

Congratulations to these 2 winning relays:  
*240+ Women Medley* Sue Johns,  
Katherine A-Sharpe, Dawn Gledhill, Ruth  
Fitzpatrick

*200+ Men Medley* Vincent Squillace,  
Matthew Mortimer, Greg Jewson, Lindsay  
Brice



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## SWIMMER OF THE MONTH

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Robyn Hoare is our latest swimmer of the month. Not only is she a talented breastroker, but she is also a talented driver. Living at Griffith, its a fantastic effort for her to keep up her swimming, as well as do those long kms to get to meets. We greatly appreciate her presence.

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## TONY'S OUT OF WATER TIPS

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This [exercise](#) is perfect for making your breaststroke kick muscles stronger.

### *Sliding Lateral Lunge*

On a hardwood surface, place a towel under one foot. Slide the foot with the towel to your side, away from your body, as you break from the hips and the knees to sit down. Keep the spine straight as your come up, then return up.

Want to know what Tony is doing now? After watching a recent *Catalyst* show on ABCTV, Tony now has some cycle goals: 8 seconds flat out with 12 seconds easy for 20 minutes!!!! That's 60 reps. He's up to 6 after a week - one extra every second day. Wow!



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## NEW MEMBERS

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BIG 'welcome' to the following new members - Tracey Mulder, Michael Graney, Dominique Tourle, Dave O'Donnell, Julie Bakalor, Judy Burke, Steve Nugent.

A few more new members are in the pipeline, at time of writing. We'll catch up with them, and the one's we have missed, in the next *Murmurs*.

We also welcome coach Brooke as a club member.

Judy and Julie are previous members. It's great to have them back in the pool.



JUDY, DAVE AND JULIE

Here's a bit about **Dave's unusual introduction to swimming**:

"I was born in Sydney but spent most of my childhood living in Darwin before coming back to Sydney for high school and university. I'm now a 38 year old civil engineer and work for a specialist bridge building company. This has seen me spend most of the last 12 years living and working overseas, but Sydney is definitely home and I've been back here a little over a year now.

I've never swum competitively and the last time I had any sort of lessons I was about 8 years old. My technique is not so great, but I'd always enjoyed swimming as more of a secondary "extra" bit of fitness training in my late teens and into my twenties whilst I was playing land based sports such as rugby league and cricket. I started to develop a more serious interest in swimming in 2011 when I

was living in Hong Kong. Some work colleagues and I were swimming at lunch times for a bit of fitness training. Our office in Singapore invited us to get involved in the Singapore Triathlon for a bit of fun and some friendly interoffice rivalry. Three of us headed there as a relay team and I volunteered to do the swim leg (750m). It was rough, and I swallowed a lot of water because at that stage I could only breath on one side (the side facing the chop unfortunately) but I struggled through and vowed to do better next time.

The next year we went to Singapore again, this time doing the longer version, and again I did the swim leg (1,500m). This time I handled it with a bit more poise, and on the back of an awesome bike rider and a very respectable run leg we actually took the silver. The following year we took the next step, I bought a bike, and we did individual races. From then on I've participated in a few short triathlons and aquathons, a couple of ocean swim races, and plan to keep this going.

I've always told myself that I'd love to get some proper advice on how to swim correctly; I was sure that the fitness was reasonable but the technique was letting me down. I tried to practice but without much consistency; it can be pretty boring going to the pool on your own and bashing out lap after lap, so motivation was a little hard to come by. I'd always been more suited to team sports than training alone. When a friend suggested trying masters swimming I wasn't sure what to expect. I'm very glad that I did though, I've been so happy to find that it offers much more than just some good advice on how to tidy up my stroke. I'm reminded how much more fun a team environment can be, and how much easier it is to push yourself when there are other people around you pushing just as hard, with plenty of encouraging smiles to get you through the session.

Looking forward to learning a lot, getting fitter, and enjoying meeting plenty of new faces.



DOMINIQUE WITH DAVE (AGAIN)

*Here's an introduction to **Dominique***  
"Hi - I'm originally from Cambridge in the UK but have called Australia my home for about 5 years. I first moved over here for a 2 year secondment with work that I soon extended to a permanent move. At the time I was working

for a wine company, so my initial focus was visiting our wineries & learning about/ appreciating our products - while a lot of fun, not suited to much swimming training. With a

recent move in jobs, I left the predictable first location for a Pom of the Eastern suburbs & crossed over the bridge. With a little less time drinking wine, I looked for a masters club to join & found Manly masters. I have swum competitively since I was young & following a recent shoulder injury I am now recovered & ready to slowly get back into it. Thanks for the friendly welcome :)"

*Here's an introduction to **Tracy***

Born in South Africa, we immigrated to Australia when I was 5 years old. We settled in Manly and haven't moved from the area. I have always loved the water and spent a lot of time in the pool when I was a teenager but since leaving school my swimming career has been sporadic. I recently gave birth to a beautiful baby boy - Isaac - and have joined Manly Masters to get back into some exercise and some me time. It has been great getting back in the water and everyone has been so welcoming. At the moment I can only manage Tuesday nights, but hoping to do more soon.

Week 1 at Manly Pool

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## FIRST WEEK AT MANLY POOL

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### FIRST SUNDAY MORNING

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STEP 1 - Ruth collecting our squad money



STEP 2 - Dawn anointing Andrew "Boy" Charlton Pool with water from the Harbord Diggers pool.

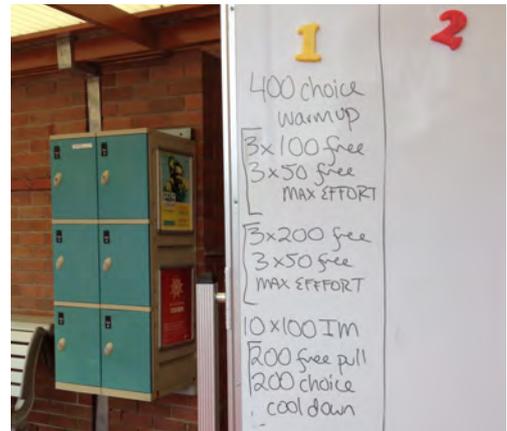


STEP 3 - our war cry



To the side, to the side  
and do the butterfly  
and dip, and dip  
and shake those little hips  
I want you and you and you  
to cheer with me  
Gooooo - Manly

STEP 4 - Swim, the gruelling lane 1 program is not for all



STEP 5 - fashion show of cosy parkas



STEP 6 - coffee chat



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## FIRST WEDNESDAY NIGHT

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The unseasonal weather made for a memorable night for our most intrepid swimmers - Ruth, Helen, Sue Johns, Sue Millar, Steve T, Dave, Fiona, Matthew and Virginia. Helen, who as first in the water, wasn't mobbed as she entered.

A regular clan of club members are now enjoying the improved weather and ambience of outdoor evening squads.



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## Between the Lanes

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### WELLNESS WALK

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..... Pam

On a beautiful spring day on Sunday 11<sup>th</sup> October, Virginia, Rachel, Pam, Dawn, Sue Sacker and friends joined the 2000 walkers at Government House to walk across the Harbour Bridge and back for the annual Wellness Walk and Festival fundraiser for mental health.

Money raised will enable volunteers to make local and regional outreach support calls to isolated people living with a mental illness. In addition it will provide smoking reduction programs, support sporting events, healthy lifestyle programs and enable carers to have a short break at Sanctuary Respite Centre.

The Governor, David Hurley opened Government House for the festival and there was music on the lawn and lovely food available. Join us next year.

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### IRISH FROLIC

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..... from Ruth

There is something about swimmers the world over.

During my recent trip to Ireland I was determined to experience a swim at the Forty Foot Pool. Don't be confused by the name, this is the Irish Sea we are talking about. The "pool" is entered via stone slabs leading into the ocean, quite near Dublin. The name harks back to the days when the Fortieth Foot Regiment exercised by swimming here.

Chris Dando whetted my appetite for the experience having been there whilst he lived in Ireland. It was every bit as freezing as he said it would be. He went for a proper swim, I only lasted four strokes! The water temperature was 13C.



But for me the joy was meeting the locals – my sister and I approached the area asking if there was somewhere to change – yes – was the friendly reply. The somewhere was a two sided concrete bench with a roof. We managed to change discreetly behind towels and emerged ready for our plunge. On asking if a local could take a photo for us, one gentleman obliged by taking the camera from me, passing it on to his mate and orchestrating a photo of me with himself – as you can see. The swimmers offered us coffee and cake, and chatted about the regulars who swim here all year round. It felt just like chatting at a Masters carnival or on the beach for an ocean swim. A wonderful experience.



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## GIRD YOUR LOINS

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..... courtesy of Peter R

With State Champs just behind us, does this relate to our swimming preparation?

“*Gird your loins* ....seams vaguely off colour to me with all that talk of “snug against your backside” etc. Read it and you’ll get the picture.

Girding your loins is something you would find people doing a couple of thousand years ago in Near East Asia and around the Mediterranean just before they attempted anything strenuous and physical such as going into battle. The floor length robes would quite likely get in the way so they would need to be tucked out of the way.

This was accomplished by pulling up the fabric of the knee-length tunic so the length in front stopped at your upper thigh, and collecting the excess material in your front. (You pull the material forward so the back of your tunic is snug against your backside.) Next, you tuck the extra front material down between your legs and gather it behind you. At this point, you collect half of the material behind you evenly on each side of your back (left and right). The final step involves wrapping each side of the material around your waist and tying it together in front.

This gets you ready for battle and the robes are neatly tucked out of the way. It makes sense from this that the phrase has now come to mean getting yourself prepared for some trial to come.”

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## MASTERS MIRACLES

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..... from Peter R

On our way home from Vietnam. Grandson in tow. Five hour stopover in Singapore. **CHANGI AIRPORT HAS A SWIMMING POOL!**

Bliss! Seventeen Singapore Dollars for adults gets a fluffy towel, locker, showers, pool and spa overlooking the airfield. What a great way to freshen up and enjoy the stopover. But that’s not all!

Cruised a couple of casual laps then a guy wearing goggles hopped in and did the same. Struck up a conversation



ME: Where are you headed?

HIM: Paris (The accent was a dead giveaway). You?

ME: Sydney. Been to Vietnam. Be nice if there was a lap lane. Need to get back into it for Masters Swimming

HIM: I’m a Masters swimmer

ME: No!

HIM: Yes. I look for a pool everywhere I go. This time I’ve been in Auckland for a medical conference.

ME: We’ve a doctor in our club. Actually he’s a professor of Neuro Surgery.

HIM: I’m a Neuro Surgeon

ME: No!

HIM: What’s his name?

ME: I gave him Michael’s name

HIM: I know of him. I’ve read some of his papers.

ME: No! Hey, If you can remember “Manly Masters” and google it, then send an email we’ll put you in touch (I didn’t have a Manly card in the pool with me)

Moral of the story: Keep swimming, you never know who you will bump into.

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## COSY CLUB PARKA FOR SALE

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Gloria purchased one of the new club parkas. It's size is L and far too big for her. It comes with club logo on it. Contact her on 9971 6251, or [goldfield4@bigpond.com.au](mailto:goldfield4@bigpond.com.au) to negotiate a price. Parka has been tried on once only, and never worn to a meet or training.

### **CONTACT US**

*Web Page*

<http://www.manly-masters-swimming.org.au>

*Email*

[swim@manly-masters-swimming.org.au](mailto:swim@manly-masters-swimming.org.au)

*Facebook*

Contact [Ted](#) to join our club members group

*Mail* PO Box 293 Freshwater NSW 2096

### **WHERE WE SWIM**

Manly Andrew "Boy" Charlton Pool  
Cnr Balgowlah and Kenneth Rd  
Manly

### **WHEN WE SWIM**

7:30 am Sunday mornings,  
7 pm Wednesday evenings

*MEMBERS NOTE:*

OUR MAIL BOX NUMBER HAS CHANGED