

Manly Murmurs

April 2008



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Past & Present Events

The year got off to a hectic start with several carnivals - Gosford, Cessnock, North Sydney, Seaside Pirates, Campbelltown and Blacktown. At each carnival a small team of swimmers has represented Manly and we managed to win the Campbelltown carnival at the beginning of March! Perhaps the best way to look at this period of time is as a warm up for the State Championships at Homebush on April 5th and 6th and then the World Championships in Perth from April 15th to 25th. We have a good team of 30 swimmers attending the State carnival but unfortunately, circumstances have prevented some of us from joining in this time. At the next State carnival, the short course championships in Woy Woy, October 18th and 19th, the aim will be for all of us to attend, and compete for our club. If you need a little encouragement, these words from Tony Goodwin might just inspire you:

"The year 2007 was the most rewarding of my swimming life so far, even after the wonderful results at Stanford. To gain three World Records (and to lose one on a technicality); to gain so many National Records, including four with members of our club; to be named swimmer of the State Championships; to be a finalist in the NSW Masters Athlete of the Year—all a bit mind-boggling. None of this would have been possible or nearly as fulfilling if I had not had the members of our Club behind me. For this I thank you sincerely. However, this is only part of the story—Masters Swimming is fulfilling—but especially to those who compete. We are behind EVERY competitor and the competitors genuinely enjoy supporting

each other at every carnival. Please make an effort to compete and you will enjoy a totally different camaraderie—that of the TEAM. I have been a team member for 60 years—all sorts of teams, all sorts of sports and all sorts of committees. It sure beats having nothing to swim for but yourself. Manly is going through a tough time and we need everyone to put in. We need a real team. Thanks, Tony Goodwin".

Coaching

By now, even if you don't train regularly at the Diggers, you know that Liz Wallis has ceased her coaching duties after many years of dedicated service to the club (Liz is still our Club Recorder and can be seen in the pool at training sessions). Oleg Bytchenkov has taken over Saturday morning training sessions. The cost is currently \$5.00 per session (including pool hire). With the honour system of payment on Saturdays, please remember to make up any short payment the next week. Peter Joy and Peter Farrell, coach on Tuesday evenings (7.00 pm) and Thursday evenings (6.30 pm). Costing for these sessions is 10 for \$90.00.

With this new coaching regime in place, we can all look forward to improving our swimming. By the time October comes along, it will be a really good time to see the results in the pool.

World Championships

In the meantime, we wish the very best to the members of the club who are off to Perth to compete at the World Championships. We will be eagerly scanning the computer screen for every little update as the meet progresses. It will be a wonderful experience and hopefully rewarding for all of you.

Good Luck to
our team
swimming at
the World
Championships
in Perth

**Barry Barker,
Tony Goodwin,
Gary Stutsel, John Caporn,
Stephen Lamy, Max Taylor,
Lindsay Brice,
Barbara Vickers,
Liz Wallis, Jan Allport,
Margaret Houston,
Sue Johns, Gloria Oldfield,
Sue Kearney,
Dawn Gledhill, Jean Low,
Katherine Ahern and
Jessica Addison**

Lindsay Brice, President

In the water—Steve Lamy

Something different—How to celebrate the two score and ten birthday? Well, a tradition among some who have done the odd dawn lap down the years at Manly Swim Centre is to record the event with a special session that is stunning in its numerical symmetry: 50 50s on the 50, at 50. Yes, to mark Sue Kearney's milestone on Sunday 20th May, a small group assembled with Sue at the pool at 7.30 am to maintain the tradition, namely to swim 50 laps, going every 50 seconds. The Club was represented by Chris Dando and Steve Lamy, and also there was our friend from Warrin-

gah, Trish Hannon.

After a 200m warm-up, it was decided to break-up the laps into 5 lots of 10, with a rest, not surprisingly, of 50 seconds between lots. And so, with the early morning, late autumn sun caressing a pleasantly warm lane one, Sue led away 5 pals in the first of the blocks of ten. With Sue's quality drag we progressed quickly through the early stages and soon found ourselves past halfway. The breaks between lots, albeit a slight departure from tradition, allowed aids to swimming to be donned or shed. They also provided a wonderful opportunity to reflect on



each of the decades making up Sue's first 50. Speaking for myself, and consistent with the aging process, the "teenage" energy of the second lots was not much in evidence by the time of the "forties".

When the last of the 50 laps had been swum, Sue donned the cap she had made for the occasion—blue with the yellow inscription "I swam 50x50 on 50 at 50" and invited all to a fresh batch of cup cakes.

Well done Sue, and congratulations on a wonderful Masters swimming career.

Upcoming carnivals — Get your entries in!

The next event is the NSW State Cup at Homebush, 5th,6th April, and we have a team of 30 swimmers competing. Always great to swim at the Olympic Pool. Hopefully, the current world records being achieved by our Olympic swimmers will rub off!

Then comes the World Championships in Perth, 15th-25th April.

Entries for these events have closed.

Now we look forward to Ettalong 17th May (closes 29th April); WettOnes at Sydney Uni., 31st May, one of our favourites, (closes 13th May); Clarence River 7th and 8th June (closes 20th May) and Trinity 28th June (closes 10th June).

Ruth Fitzpatrick is now Race Secretary. Her contact details are:

H: 9938 2314

M: 0422 485277

P: 4 Culbara Place, Allambie 2100

E: racesecretary@manly-masters-swimming.org.au

Please remember, that if you have entered a carnival, but, at the last minute you are unable to attend, it is really important to let Max Taylor know as soon as possible. Max works hard to put the best possible relay teams in the water and it is crucial that he knows if anyone is unable to swim. You can ring him on 9948 7400 or 0418 642 640.

For those of you who are keen to compete in open water swims, the State run Open Water Championship is being held at Chowder Bay, on Saturday 8th November 2008—the first time this event has been held on a Saturday. Quite a few of us swim in these events and would be happy to give you tips and the encouragement to have a go; just talk to Sue Kearney, Karen Battersby, Sue Johns or Chris Dando.

And although it is a long way off, for those who like to keep their diaries up to date, the Warringah Carnival has moved one week to the 20th September.

Social Scene from Dawn and Christine

Thanks to everyone who bought tickets in our Easter raffle.

1st Prize—Jan Allport (chocolates and Nutrimerics products.

2nd Prize—Sue Watt (Wine and chocolates_

3rd Prize—Sharon (Dawn's daughter—Easter eggs)

Thanks also to the ladies who attended the Nutrimerics party at Dawn's home on Sunday 9th March, helping to raise funds and have a fun afternoon.

Unfortunately, we had to cancel the

Rock'n'Bowl day—not enough starters.

Mothers' Day Walk for Breast Cancer Research—we would like to organise a group of Manly Masters Swimmers to walk on Sunday 11th May 2008. The walk is 4km from the Art Gallery and starts at 9.15 a.m. More info at the website www.mothersdayclassic.org/home/event-details-sydney

Web rego is to be received by 1/5/08 cost \$28 pp. All participants receive a commemorative medallion and gift bag on completion. If you are interested in walking for this good cause please let us know by 10th April so we

can organise our group. Email Christine at ozingas@optusnet.com.au or Dawn at the _gleds@bigpond.com.

A Social Tennis Day is being arranged for a Sunday arvo in June. An email will be sent out in May.

We still have a few vacancies for our guided tour of the School of Artillery and North Fort being held on Sunday 13th July 2008. The walk takes 2 hours and covers 4 kms including bush tracks, stairs and underground tunnels. Cost is \$12 Adults, \$8 concession, commencing 10.15 a.m.

Manly Masters Out & About



Campbelltown success!



Vicky Wright, our new Secretary, and Claire Dewar



Street scene in Russia



Mike and Elena

Life in Russia—Mike Samuels

Have lived through the last Russian summer where the temperatures went to +45 degrees and now through a winter with the temperatures down to -15. It was absolutely wonderful, experiencing my first "White Christmas" and it was certainly as beautiful as I imagined, enhanced by the Christmas trees growing naturally throughout the area. Very picturesque. But how different to our Australian way of life—most noticeably the lack of colourful and noisy birdlife.

Have not seen one ant nor one cockroach since being here in fact a complete absence of insects and spiders. To counteract this, there is an abundance of alcohol—gee they drink! Vodka is the order of the day, neat, 100g per shot, then another and another until the bottle is all gone (takes about 5 minutes) then another bottle just happens to appear and the ritual starts all over again. I like a drink, but this is crazy!

The capital city of Moldova — Chisinau— is picturesque with tree lined

Boulevards, wide roads and foot-paths 4 metres wide and wonderful architecture of the major buildings including the KGB!

Gee, the people in the countryside do it tough, it is very poor, no jobs or income, purely subsistence farming but the people there are most generous—very, very poor and the wintertime is very hard for them due to the lack of heating. Being the only English speaking person around it is rather (pto)



MANLY MASTERS SWIMMING

Manly Masters

PO Box 560
Harbord NSW 2095

Welcome to new members

Jennie Morgan and
John Caporn

Happy Birthday Wishes

Too late for lots of us since the last Murmurs but coming up in April, Happy Birthday to

Lindsay Brice, Alan Landon, Ben Pimental and Marie Taylor.

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

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

(to be a regular feature)

Name: Steve Lamy

Where did you spend your early years?
Warrawee

What schools did you go to?
Wahroonga Prep, Wahroonga Public and Barker College.

When and where did you learn to swim:
Not sure exactly, probably Collaroy and Narra-been baths.

Why did you take up Masters Swimming:
Liz and Jamie got in my ear in April 1990 at Manly Diggers Swimming club.

Your favourite holiday destination is ...
anywhere where the bushwalking is good (eg Blue Mountains, Alps) or the surf is good (eg Crescent Head) or lots of history (eg Berlin).

Where is your next holiday to:
That is a bit of a dilemma just now.

Your favourite food is ... carbohydrates, the more complex the better.

Your favourite book or what you are reading at present
"The Castle in the Forest" Norman Mailer and I only remember the bad ones!

Name 3 people you admire or have inspired you....
My godson, Chris Allerdice, a cerebral palsy sufferer, aged 17; acclaimed novel-ists; Grant Hackett.

Name 3 unusual things you have done
Forgot to do the fly up; taken the wrong jacket; gone to the pool without undies.

What did you have for dinner last night?
Nothing too complex—lasagne and a muffin.

Interview conducted by Dawn Gledhill.

(from previous page)

difficult to communicate with the outside world—speaking with Elena is interesting BUT 24/7!!! Looking forward to being back with you all shortly, for a good swim, a cup of coffee, tell a few stories and listen to you all, on why you didn't better your best time on the last swim, due to a small cold, the starter was wrong, or maybe just didn't swim well (haven't heard that one before!)

Love and best wishes, Mike and Elena.



Congratulations to Claire Dewar—

Claire has won the State and National Triathlon Championships for her age group and will travel to Vancouver in June for the World Championships, representing Australia. Fantastic news—she must have been training really hard. Will look forward to seeing how she goes!

Publicity Officer Wanted...

Exciting opportunity to promote the activities of our club.
Key responsibilities include production of Manly Murmurs and attendance at monthly executive meetings. Plenty of assistance available.

Please call Ruth on 9938 2314