

Manly Murmurs

May 2010
Editor—Jean Low



MANLY MASTERS SWIMMING

From our President

At the AGM in February, one big change on the committee was that Liz stepped down from the committee and her role as Recorder. Thanks Liz for all those years of work and guidance in the smooth running of the club. Gloria has now stepped up and taken over as our Recorder. Mary is now our Secretary. Thanks to Gloria and Mary for volunteering their time.

Long-sleeved T-shirts have been sourced and Kay is now taking orders. Same colour and badges as our warm-up jackets.

Coaching

Saturday's coaching session has been taken by Ciro a few times now. Jacquie's busy life tends to drag her away from Saturday coaching occasionally. We can expect to see Ciro about one Saturday a month in Jacquie's place.

For the Tuesday night swimmers, Ciro suggested gathering for dinner in the Diggers bistro after training at the end of the (school) term. Date in June to be confirmed. Train from 6:30 to 7:30 then go for dinner. We did a trial run last week.

Fund raising

Our main fund-raising activity in 2010 will be to repeat last year's Sausage Sandwich marathon at Buntings.

DVD library

The club will be buying DVDs for swimming & training technique, thanks to a donation from the late Jan Allport's estate. These will be available for any member to borrow. If you can recommend a good swimming DVD title, tell one of the com-

Competition

State Short Course

28 swimmers swam all their events and relays. For a change, Manly **didn't** come away with any silverware. Manly came 3rd overall, outnumbered by Pirates and Warringah. Liz & Jacquie broke NSW records in 25m events, & David L broke a National record in 200 Free. Relay teams did well. We came second in the relay points. The M280 4x100 Free team took 19 seconds off the National record. The W280 4x100 Free team took a whopping 35 seconds off the National record and were just 0.06 seconds off winning the Harry Fowler trophy.

Nationals in Launceston

8 swimmers went to the National Championships in Launceston. Dawn won a swag of medals; PBs to Dawn, Suzanne M and Mary. It was good to be able to walk to the pool, into the city for dinner and to the Opening & the Closing ceremonies.

FINA Worlds

Dawn and Jean are the Manly reps at the World Championships in Sweden in July.

2009 World Top 10

Manly swimmers scored well in the 2009 Top 10

Swimmer	No. of places
Tony Goodwin	8
Sue Kearney	2
Stephen Lamy	6
David Lawler	9
Barry Seymour	3
Gary Stutsel	3
Barbara Vickers-Baker	4
Liz Wallis	1

Relay Teams

X240 Free:	Sue Kearney, Dawn Gledhill, Gary Stutsel, Stephen Lamy
X240 Medley	Stephen Lamy, Tony Goodwin, Dawn Gledhill, Sue Kearney
M280 Free	Tony Goodwin, David Lawler, Gary Stutsel, Stephen Lamy
M280 Medley	Stephen Lamy, Tony Goodwin, Gary Stutsel, David Lawler

Pictured below is our winning 280 relay team at the State Short Course in Woy Woy. Fantastic effort, Steve, David, Tony and Gary.



Events you won't want to miss and ones that you can only dream about

Upcoming carnivals

Entries for the Hills Long Distance carnival (25m pool) close on Tuesday 8th June. This meet is at Galston Aquatic Centre on Sunday 27th June. You can swim 400, 800 or 1500 m in your favourite stroke.

The **State Relay Meet** at Sydney Olympic Park Aquatic Centre (SOPAC) is on **Sunday 18th July** starting at 9.30 a.m. with a 8.30 a.m. warm up. This is a very different carnival. It is a lot of fun but we have to plan very carefully. As it is all relay teams, we have to be very sure of participants. As you can imagine, putting the teams together can be tricky - getting the combinations of swimmers, strokes and ages just right. For our newer members, this is a really good opportunity to get experience in competition without the pressure of competing in individual events. **As a club, we would love to see a really strong contingent involved this year.**

Ruth Fitzpatrick

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Social Scene from Dawn

The next social event is the dinner at The Pittwater Training Restaurant on Wednesday 9th June. This will be an opportunity for us to say a big Thank you and Goodbye to **Christine and Casper**. They have both contributed so much to our club and we will really miss them. We wish them all the best in their "tree change".

Speaking of social events you may be interested in going to the following games:

Pan Pacific Masters Games from 6th—14 November 2010 (swimming is at Miami Olympic Pool from 11th—

13th November. See www.mastersgames.com.au

From 9th—16th October 2010 there are (the extremely friendly) games in Alice Springs. See www.alicespringmasters.com.au

If you are not quite ready to venture out this year, why not start training now for the 2011 Nationals in Perth from 27th April to 1st May.

Tasmania: land of tigers, monkeys, kidnappings and swingers...

The Nationals in Launceston just after Easter, saw eight Manly swimmers heading south to compete against clubs from all over. Thanks go to Dawn, who had arranged our accommodation in Tasmania's very own Fawly Towers. Warm-ups were never a problem for us, as to get to the pool we had to climb an Everest-like hill. Dawn, being the champion that she is, scored 8 medals. She also managed to do 4 PBs. Sue, who was beginning to appreciate the delights of mixing with Masters swimmers ("oh, they don't mind a drink, do they?") also managed some PBs (4), as did Mary (2), Karen (1) and Marion (1). Besides the swimming, we were kept variously entertained by popping over the road to the park so the monkeys could look at us, and getting kidnapped by a fanatical



group of tram buffs. When the swimming was over, Dawn, Sue, Mary and Karen decided they had had enough fresh air and headed back to the ordinariness of Sydney. John Masters and Ruth joined us to head off on a three day hike to the Walls of Jerusalem, led by our own president, Lind ("you can look as dorky as you like when bushwalking") -say. Apart from being mistaken as a "group of swingers" by a disturbed Christian camp leader, stereophonic snoring on our first night out, and Ruth trying to walk on water like men do, all went swimmingly. Thanks Lindsay!



OPEN WATER SWIMMING IN NEW CALEDONIA

Satisfying a longstanding urge to swim with some Pacific frogs, Regina Haertsch (North Sydney Masters) and I flew to Noumea in February to take part in the 16th annual Anse Vata Beach return swim to the Île aux Canards. This 2.2km open water event was organised by one of the local swimming clubs, Olympique de Nouméa (www.olympnat.asso.nc).

So, at 8 am on the morning of the (apparently) well publicised tsunami alert, we lined up on the shore in blissful ignorance. The sky was blue with little breeze, the air was a very humid 26 and the water temp was the same. Our French speaking skills were not so good that we picked up any warning – although tsunami is the same in any language – however, the organisers may have referred to a tidal wave. But, we missed that too.

No matter. No one was put off it seemed as 465 enthusiastic colour-coded punters gathered on the shore. We were in the non-licensed all age group (ie not affiliated with any French club) and set off in the first wave, followed by the elite swimmers, the licensed swimmers and then, quelle horreur, the great mass of Noumea swimmers in the “palme” division (ie with aids – very large fins, snorkels, etc).

Needless to say, overtaking was a ruthless, take no prisoners affair especially by some of the “palme” group, some of whom swam right over me - must have had their eyes

closed! However, it was a lot of fun, especially the prize giving. Regina won a shopping voucher for being the 5th female in our group with a time of 44.25 mins. I managed 55.49 mins.

We spent the rest of our stay sight-seeing – the zoo, botanic gardens and aquarium, the Tjibaou cultural centre, (a must see), a day trip to the Isle of Pines for more swimming and another to La Riviere Bleue national park in the red earth hinterland for the Jurassic park type scenery, river swimming and rainforest. It's very easy to holiday in Noumea. The locals are encouraged to learn English and happy to practice it. New Caledonia is a wealthy, mineral rich island with very good infrastructure; no longer a colony, but now classed as a French overseas country. It's well worth a visit.

Below: Regina and Patricia.

Below below: Patricia battling it out in the swim in black rash vest.



Manly Carnival Report

21 February 2010

The officials' composition was almost the same as last August. It was also good to have two very pleasant ladies from St John Ambulance on hand, Anna and Emily. Fortunately they enjoyed a quiet afternoon.

The meet ran seamlessly and on time. A few matters however should be mentioned. There was for the most part no loudspeaker for the starters. Jodie, Ruth and Kathy, with a collective shrug of the shoulders, offered to raise their voices accordingly, and they did so valiantly. Their 'gun' was also not satisfactory.

Our meet has generally produced numerous records. On this occasion only one swimmer stands tall. Congratulations to Colin Cliff for his record in the 200 breaststroke of 4.15.50, thereby saving the day. The new age of less material, more flesh, might be the culprit.

Warringah at Wahroonga has consistently been a winning combination, even if a challenge for the announcer. They triumphed in the Visitors' point score with 762 points, followed in a tie between Pirates and Blacktown on 378. Blacktown, with 12 swimmers, won the average with 31.5 points from Warringah (26/29.3) and then a tie between Novocastrian (7) and Pirates (13/29.1). Congratulations to the winners.

Finally, thanks are in order. Our officials were splendid. Each one of you can consider yourself approached for next time! My club members prepared again superbly, bearing in mind we held meets only six months apart and, in management vernacular, delivered on the day! Thanks also to the competing clubs. We look forward to seeing you again under the tall Wahroonga gums in 2011.

Steve Lamy

Meet Director

Manly Masters

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Website: manly-masters-swimming.org.au

Welcome to new members

Ray Watson

Susan Anderson

Greg Jewson

Hi from Chris in Ireland

Chris sends his greetings to all. He is expecting to be back in Australia sometime in October this year.

NSW Short-Course results Woy Woy

Places: 1st Tony Goodwin, Liz Wallis

2nd Steve Lamy, Gary Stutsel

3rd Dawn Gledhill, Jaquie Watson

Records: Provisional World +National & NSW to Men's 280 400 Free Relay; 1 National & NSW to David Lawler; 1 NSW to Liz Wallis.

PB's: Kay Winton (3)

Gerd Bernhard (2)

Jennie Morgan (2)

Sue Sacker (2)

Barry Barker (1)

Karen Battersby (1)

Dawn Gledhill (1)

Jean Low (1)

Sue Millar (1)

Gary Stutsel (1)

An interview with one of our members

Name Sue Millar

How long have you been swimming with Manly Masters?

Six months.

What are your favourite childhood swimming memories?

Wearing my leopard skin cossie and taking my horse to Dee Why lagoon and swimming it across from one side to the other. I was about 14.

What are your hobbies and favourite activities?

Spending time with my grandchildren, swimming, cycling, reading, bushwalking.

Most surprising fact about yourself that most people don't know.

I love knitting. Today I spent \$40 on wool at Spotlight.

How do you keep fit?

Swimming and walking.

What has been your best Master's moment (so far)?

The Nationals in Launceston. It was such a great experience for a newcomer. It wasn't as daunting as I thought it would be. I loved the social side of it. It was a great weekend.

Your favourite food is...

Meat pie and chips and pizza (not all at once).

Your favourite book or what you are reading at present...

Linda Howard books, Maeve Binchy, anything that's got a bit of love and mystery in it.

What's your favourite music?

Rod Stewart, Grace Knight, a bit of jazz, anything that makes you want to move your booty.

What was the last live performance you attended?

Manly playing St George last weekend.

Anything you would like to add?

I've really valued the friendships I've made in Masters. I have been so impressed with how everyone has been so welcoming to me as a new member.

Christine and Casper—We're going to miss your style

