

**ROYAL WEDDING FEVER  
AT GRAPE ESCAPE,  
PAGE 8**



**WHO ARE OUR THREE  
BREASTSTROKE  
KINGS? PAGE 5**



**GOLD, GOLD, GOLD  
AT NATIONALS  
PAGE 11**



**PRESIDENT'S REPORT**

Congratulations everyone, we have a formidable turn out of Manly swimmers for our own carnival on Sunday. Everyone deserves a pat on the back for participation and not just in the pool. Thank you and enjoy the day. There will be a full report on the carnival in a special edition.

Last week was the winter solstice, hooray, but there are many weeks of wintery weather left to endure, so please do not let your swimming training lapse. There are plenty of opportunities to continue training during the week and Sunday mornings just never stop completely. Please read further on for details.

In this Murmurs you will read about recent carnivals and much more, with contributions from a variety of swimmers. Manly has a proud record of attendance to live up to and this year we are doing really well. Ettalong and the weekend away at Bathurst were standouts. Well done! Thank you, Marie, for an outstanding edition.

Keep swimming,  
Ruth Fitzpatrick

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# WINTER SWIMMING IS

**INDOORS NOW: WEDNESDAY EVENING SQUADS 7 - 8 PM**

**INDOORS FROM 22 JULY: SUNDAY MORNING INFORMAL SESSIONS**

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Don't count the laps, make the laps count



We are now using the indoor pool for evening squads, and July 15 is our last outdoor Sunday squad.

Mark's squads continued to keep us happy and healthy as winter arrives. There's been plenty of variety in what we do, and some outstanding results. **Big thanks to Mark**, and we look forward to more sessions when we return to the outdoor pool, and warmer weather.

**Wednesday nights: 7pm -8pm.**

\$12 any Masters squad session or (\$100 for a 10 visit pass), including pool entry.

**Sunday squads**

From Sunday July 22, there will be an indoor, informal swim (no coach). Some members have already started this trend. We still meet for coffee around 8.30/9.00 am - no better way to maintain your good habits, friendships and fitness during winter.

**Other squads**

Pool reception has details of all squads, including Tuesday and Thursday 7-8 pm. Some have same pricing as our Wednesday night session.

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## CAN'T GET TO THE MEET YOU ENTERED???

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"Ohhhhh, I totally forgot, my in-laws are coming and I promised to clean the house up"

We understand that cleaning up for your in-laws is quite an important task, and may keep you from a meet you have entered. This has an impact on the many hours of 'invisible' work done by Dawn and/or Lindsay organising lifts, relays etc. Dawn claims to have enough grey hairs already, so,

**please, asap,**

**RING and TALK TO**

**Dawn 0419355438/ 9905 4345 or Lindsay 0414809526.**

Don't rely on TXT or email as some pools don't have reception.

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# UPCOMING MEETS

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## \*\*\*\*\* MANLY MEET \*\*\*\*\*

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- entries now closed
- 43 club entrants and several valuable helpers
- Wett Ones have entered in full force
- every swim gets points
- don't forget a plate of food
- 9:45 AM POOLSIDE SESSION WITH TONY GOODWIN. This is different to the sessions Tony has previously done for the club. It is highly recommended by many swimmers who have already done it.
- Stephen Lamy - Meet Director
- Katherine Woodburn - Social Secretary on the day.

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## WARRINGAH MEET, 7 OCTOBER, 2018

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### Where?

Warringah Aquatic Centre.

### Why come?

- closet pool to Manly
- Visitors' Trophy to defend
- team spirit
- famous "shoot out" to watch, or even

be in

- 25, 50 and 100 m races
- drinks and nibbles afterwards in

clubhouse

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## MSNSW SHORT COURSE CHAMPS, 13-14 OCTOBER, WOY WOY

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- train up for races over 50, 100 and 200m
- traditional weekend away for club members. Accommodation limited this year: contact [Dawn](#) for accommodation details.
- opportunity to car pool for one day entries
- great team meet. Relays get really exciting, as they often decide the winning club.

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## NSW LONG DISTANCE CHAMPIONSHIPS, SUNDAY 25 NOVEMBER, LIDCOMBE

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This is one of just a few opportunities in the MSNSW Calendar for long distance competition. This meet will host 400m, 800m and 1500m races, and there are medals for all event winners and place getters.

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## OTHER UPCOMING MEETS

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... include Seaside Pirates (12 August) and Ryde (1 September). Watch out for Lindsay's emails for entry details.

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## \*INTERSTATE MEETS TO PLAN FOR\*

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## PAN PACS MASTERS GAMES, GOLD COAST 2 –11 NOVEMBER 2018

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40 sports, live nightly entertainment, world class venues.No qualifying times.Entrants from at least 30 different countries.

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## NATIONALS, ADELAIDE, 19-23 MARCH, 2019

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**Venue:** South Australia Aquatic and Leisure Centre, Adelaide

**Events:** 50m, 100m, 200m, 400m (FR and IM only), 800m (FR only) events, plus 1.5 and 3 km open water events.

No qualifying times.  
Entries open late 2018.

More details are at:

[mastersswimmingsa.org.au/Events](http://mastersswimmingsa.org.au/Events)

Initial club response to this meet is there is considerable interest in attending. Possible post trips include Barossa Valley or Kangaroo Island.

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# SOCIALLY SPEAKING: DATES TO SAVE

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## 70TH BIRTHDAY CELEBRATION, SATURDAY, AUGUST 4 AT 12:30 PM

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For Ruth and Robyn Hoare, our Griffith member

Manly Skiff Club

RSVP [sonja@newcon.net.au](mailto:sonja@newcon.net.au)

0405322687

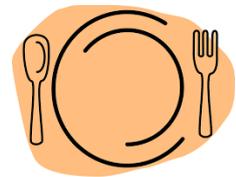


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## BROOKVALE TAFE DINNER , THURSDAY SEPTEMBER 6, 6:30PM

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A fun-filled social night, cooked and serviced by students at Brookvale TAFE. Last year, food and service was excellent, company outstanding.



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## ANNUAL FUNDRAISER , SATURDAY 8 DECEMBER

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Sausage sizzle

There's a job for everyone - many hands make light work!

Bunnings Balgowlah



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## XMAS PARTY/PRESENTATION NIGHT, SUNDAY 9 DECEMBER, 6.30 PM

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Venue: Wakehurst Golf Course



### AWARD FOR LINDSAY BRICE

Dawn proudly presented Lindsay with a Certificate of Appreciation from MSNSW.

It acknowledges Lindsay's tireless and multi-faceted contribution to our club, and the masters swimming community.

Watch out for Lindsay at our meet. He's responsible for receiving all of the meet entries, directing input of results, and is the person who does the final upload of the verified meet results onto the MSNSW website.

He's also our race secretary, back up relay organiser, car pool organiser, photographer, and friendly Mr FixIt.

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## WHAT MAKES ERIC, GREG AND ABEL BREASTSTROKE KINGS?

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Independently, Eric, Greg and Abel have been doing some extra training, and smashing their breaststroke times.

Eric knocked a massive 11+ seconds off his 50m breaststroke time, Greg more than 4 secs, and Abel, our PB champion, more than 3 seconds.

Eric first got a taste for the stroke when Tony did a stroke correction session a few years ago. He has recently had some intensive training sessions with Matt, and credits his improvements to the Tony/Matt combination.

**Eric's top tip:** Narrow your shoulders, narrow your stroke, narrow your kick and turn on your core to lift your legs up. A useful drill I got in Bathurst to practice narrowing your breaststroke kick is using a pullbuoy. Quite a tricky drill!

Greg got inspired at the recent stroke training session in the 50 m pool. Dawn oversaw the session, and Greg stayed in touch with both Tony and Helen re his breaststroke. In a matter of weeks, he completely changed his stroke, just in time for the Ettalong carnival.

**Greg's top tip:** apart from attending Tony's stroke correction sessions as often as you can, my tip (as instructed by Tony) is to narrow and streamline your kick and pull action. The



KING ABEL, KING ERIC AND KING GREG

wider you stroke the more you obstruct your forward momentum. Keeping that continuous momentum is key.

Way back in November, Abel attended the first of Tony's poolside talks. He took on 5 major changes he could make to his stroke, but worked consistently on just one.

**Abel's top tip:** don't commence bringing your arms towards your body until you notice momentum fading.

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## DAWN'S AGE GROUP BLITZ

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Dawn sent most of the motivational quotes for this edition of Murmurs. She also sent : "the older I get the faster I used to be." Not true for her.

**Why fit in  
when you were born to  
STAND OUT!  
--Dr. Seuss**

Dawn entered the 65 - 69 years young age group in 2015. In 2018, she has done her fastest age group times for:

- 50 m free, 800 m free, 50 m backstroke 25 m butterfly, and 100 m butterfly

That's standout!!!!

**Dawns' top tip:** I swim for FUN, FITNESS, FRIENDSHIP, TRAVEL and to get away from the house work!

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# MEET RESULTS

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## CLARENCE RIVER, YAMBA, 9-10 JUNE, 2018

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### The team

Katherine Ahern

### Overall Age Group Place:

1<sup>st</sup> Katherine Ahern, with a massive 70 points

This is the *State of Origin Swim Carnival*. There are two days of racing in a short course pool, with distances 400m and down for most strokes. There's a big social on Saturday night, and the *State of Origin Shoot Out* on the Sunday.

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## ETTALONG, 26 MAY, 2018

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160+ RELAY TEAM, HELEN, VINCE, ABIGAIL AND PETER B

### The Team

Katherine A, Peter Bell, Abel Bornstein, Lindsay Brice, Ruth Fitzpatrick, Dawn Gledhill, Tony Goodwin, Kerry Ilsley, Sue Johns, Stephen Lamy, Helen Ludgate, Patricia Novikoff, Kevin Price, Pam Rawling, Barry Seymour, Vince Squillace, Abigail Sweet, Greg Tye, Ray Watson, Mary Woodward

### Results

#### Team result

Overall 2<sup>nd</sup>, Average 4<sup>th</sup>

#### Age Group Places:

1<sup>st</sup> Abigail Sweet, Katherine A-Sharpe, Barry Seymour, Tone Goodwin

2<sup>nd</sup> Helen Ludgate, Dawn Gledhill

3<sup>rd</sup> Vincent Squillace, Abel Bornstein, Stephen Lamy

#### Relays

3 x 1sts

280+ Free Women Mary Woodward, Ruth Fitzpatrick, Sue Johns, Pam Rawling

280+ Free Men Barry Seymour, Tony Goodwin, Abel Bornstein, Stephen Lamy

160+ MX Vincent Squillace, Abigail Sweet, Helen Ludgate, Peter Bell

#### PB's

4 x Greg Tye 25 Free, 50 Free, 100 Free, 50 Breast

3 x Helen Ludgate 100 Breast, 50 Fly, 200 IM

3 x Abel Bornstein 50 Back, 100 Fly, 200 IM

2 x Abigail Sweet 100 Free, 50 Breast

## Meet Report

by Dawn Gledhill

242 entries were received and 20 of those were from Manly.

The normal 1hr 15mins drive was extended to 2 hrs for most drivers to Ettalong due to the Warringah Rd alterations, backstreets were found. One driver after 30 years of going to Ettalong for carnivals, missed the turn off and had to drive to Ourimbah and used the round-about to backtrack!. Eventually we all made it on time.

Tony was good enough to have a dry land Breaststroke Clinic prior to warm-up, one swimmer commenting he will have to re-consider how he has been swimming after listening to Tony.

Ettalong pool had a new easy to use time keeping system and a great easy to read board with our names & times showing up after we finished our race. (Nothing better than seeing your name up in lights.) The pool certainly is a favourite with Masters Swimmers.

Pam was one of the car pool drivers. She picked up Kerry, whose determination shone

through - 3 races plus a relay. All dives were off the block, as she said "to get a better start".

Races varied from 25m to 200m in all strokes & I.M. Ray is really improving his backstroke and enjoying being on his back!

We came 2<sup>nd</sup> overall to Wett Ones who had 35 competitors and 4<sup>th</sup> in the Averages; both were better results than we did last year.

The carnival finished at 4:30, no time to stop for the usual Sausage sandwich as we all had to battle the road closures on the way home.

Congratulations Team – an enjoyable and successful day on the Central coast.

[Ed. A highlight of the meet was Jenny Whitely's swims - a whopping 4 world records in one day!!!!!!

Helen swam next to Jenny in one of these events. Here's what Helen, who did an impressive PB in the race, had to say

"That 's what you get when trying to keep up with someone breaking the world record but 13 years older. Now if I take 1 second off a year for the next 13 years I will get there.Got to have a goal even if impossible."]



The water  
doesn't  
know your  
age



**GRAPE ESCAPE DINNER  
MARY, ERIC, SONJA, RUTH, PETER, PAM, DAWN, ABEL, JUDY  
WEDDING PHOTOGRAPHER - SUE A**

### **The team**

Sonja Walters, Mary Woodward, Sue Anderson, Eric McNamara, Abel and Judy Bornstein, Peter and Pam Rawling, Dawn Gledhill, Ruth Fitzpatrick

### **Results**

#### Team result

Overall 1<sup>st</sup>, Average 1<sup>st</sup>

#### Age Group Places

1<sup>st</sup> Sonja Walters, Dawn Gledhill, Eric McNamara Abel Bornstein

2<sup>nd</sup> Mary Woodward, Sue Anderson, Pam Rawling

3<sup>rd</sup> Ruth Fitzpatrick

#### PB's

2 x Abel Bornstein 50 Breast, 100IM

2 x Eric McNamara 25 Free, 50 Breast

1 x Sonja Walters 25 Back

1 x Mary Woodward 25 Back

### **Meet Report**

**by Eric McNamara**

I am going to start this story at the end. The "Grape Escape" was an absolutely wonderful weekend away. We had it all. Dinners in, dinners out, dressing up, wine tasting, race track driving, café lunches, day trips to Orange, swim training, swim racing, Royal Weddings (both in Bathurst and of course in England) and a lot of fun!

Ok, now to my weekend summary for you all.

We all started to trickle in on Friday afternoon with great anticipation of the days to come. The main thing we all commented on was how beautiful all the trees are out there. Great big trees shedding their red coloured leaves. Friday night was a barbecue dinner in the girls' room. A big thanks to Peter who braved the cold to man the barbie for us all. We managed to requisition some big tables so that we could all eat in the room restaurant style! Great food, drink and laughter was had by all.

Saturday morning Dawn took us up to Mount Panorama to drive the Bathurst 500 circuit. Surprisingly Dawn let both Ruth and me have a drive around the track in her car. Brave! Unexpectedly, there are grape vines growing in

the middle of the track. Which brings me to our next stop, our wine tasting tour. Despite the best efforts of Google Maps to send everyone 30km in the wrong direction, we got there on time. It was great fun and interesting as most the wines were Italian which was a bit different. I'm not sure how much wine they have left though, given how much we all bought between us. Party time soon!

With us all suitably tipsy, of course it was time for 2 hours of hard training.....and hard it was! Anne and her team (Caz, Paul and Di) pushed us all the way. Personally, I learnt so much I really believe my swimming will change in a profound way. It is certainly confronting to have a list presented of all the things you are doing wrong. However, it is the next big step to improvement.



**HARD BACKSTROKE TRAINING - THE CUP ISN'T ALLOWED TO FALL**

That night, we prepared for the Bathurst Royal Wedding. Sonja ensured we were all suitably "glammed up" as we headed to the restaurant. Bathurst is cold, but this place had the world's hottest air pump, so we had to get that sorted out before we could get down to business. The place was a micro brewery and some of us tried their locally made beers. We were all pretty tired but it was a nice dinner and Kerryn gave a talk and really thanked Manly for our large representation. I think we had 10 people from the 39 total (or something similar). Ruth was great shuttling us back and forth that night from the restaurant. Thanks Ruth!

I thought the night was over when we got back. It was only starting We got the wines and nibbles out and watched the Royal Wedding. Except for Peter who snuck away to watch the footy.

And then it was race day. This was a super fun meet. Very relaxed and friendly whilst still competitive. We all had some good races and it was great to have Judy trying out the Manly Masters competitive spirit. The highlight was the relay. It was billed as "Manly versus the Rest of the World". All our swimmers took on the "best of the rest" in a massive single relay race. Unfortunately we lost but it was awesome to get all of Manly in the water. Abel, swimming last, had a tough task as our early lead was slipping away. He swam well, but was unable to catch the lead given by 3 sub 30 swimmers in the "Rest of the World".



## **USE IT OR LOSE IT**

I'll now end at the start..... the "Grape Escape" was an absolutely wonderful weekend away.

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## HILLS LONG DISTANCE , 6 MAY, 2018

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### The Team

Katherine Ahern, Dawn Gledhill, Ruth Fitzpatrick, Stephen Lamy, Barry Seymour, Ray Watson

### Results

*Team:* Overall 2<sup>nd</sup>, Average 4<sup>th</sup>

### **State Record:**

#### **Barry Seymour 800 Free**

#### *Individual age group places:*

1<sup>st</sup> Katherine A- Sharpe, Ruth Fitzpatrick, Abel Bornstein, Ray Watson

2<sup>nd</sup> Barry Seymour

3<sup>rd</sup> Dawn Gledhill, Stephen Lamy

#### *PBs*

Abel Bornstein 1500 FR 800 FR

### Meet Report

#### **By Stephen Lamy**

Under a sunny mid autumn Hills sky, and the roof, the Long Distance meet got under way, and continued to its inevitable conclusion. Instead of the frivolity and gaiety associated with the Tirolean landscape made famous by Julie Andrews et al, a reminder of which appeared on Hills Club shirts in days of yore, the computer forewarned of a performance of Wagnerian proportions. We would be finishing well after dark!

The overture indicated an even longer wait to the final curtain. The start was delayed by 15

minutes as time keeping arrangements for 2 to a lane in the 800 free had to be settled. However the strategy of 2 per lane soon bore fruit, as the event was wrapped up at close to the scheduled time. Another factor that assisted was the hosts having their swimmers do their swims before the meet started. The 1500 free was also run 2 to a lane. The end result was a very pleasing finish around 4.30, rather than something like 7pm.

The notable swim from our number was Barry Seymour's 800 free. He bettered his Branch record by some 8 seconds. Asked why he didn't break the National time, only 3 seconds faster, he had no excuse! So unlike the Monument, who at any given time can regale the listener with a range of reasons explaining the result of a past swim or predicting the outcome of a future one.

Well done to Abel on bettering his only previous outing over 1500 free, Katherine for swimming so much backstroke and also picking up a raffle prize. She snagged a lift and missed the draw by 5 minutes, but Ruth saved the day as her proxy. Long distance meets can present a nonswimming, mental challenge. In Ray Watson we have the embodiment of the virtue of patience. His 400 back and breaststroke swims came after some hours of spectating. And good to see another convert to the non dark arts of backstroke. Dawn and Ruth brought further honour to the club in their officiating roles.



#### **Abel's photo quandry: who's who???**

Faces (l to r) Steve, Barry, Abel, Ray, Ruth, Dawn

Legs (l to r) Ray, Ruth, Dawn, Steve, Abel, Barry, Katherine

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## NATIONAL CHAMPIONSHIPS, PERTH , 18 - 21 APRIL, 2018

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### The Team

Helen Ludgate, Brandon Schindler

### The Results

#### *Individual Age Group Results*

Helen Ludgate

1<sup>st</sup> x 2 800 Free, 200 Breast

2<sup>nd</sup> x 3 400IM, 100 Breast, 200IM

3<sup>rd</sup> x 2 200 Free, 100 Fly

PB's 50 Free, 200 IM, 800 Free

Brandon Schindler

1<sup>st</sup> x 2 50 Fly, 50 Free



HELEN, BACK AT MANLY POOL, WITH NATIONAL MEDALS AWARD FOR

### Meet Report

by Helen Ludgate

I arrived in the afternoon of Day one having flown in that morning. I think an early start and sitting on a plane for so long made me feel very sluggish but decided to swim 100 free. Good to get 1<sup>st</sup> swim out of the way but was not a good swim. All the NSW swimmers made me feel very welcome especially Blacktown who dominated the stands. Went for evening drinks with my friend overlooking City beach.

Day 2 - I had entered 3 races first up 400 IM my first time of ever swimming this race. It

was a bit of a warm up swim as had no idea how to pace myself but managed it. For my 100 Breast next I decided to put on my new Speedo race suit and yes it did take 25 mins to put it on but it did make me feel fast. With the pressure of the other girls in my age group watching from the end of the pool wondering who I was I went out way too fast and a PB on my first 50 M. Got to learn to pace myself but happy with my overall time. I was normally the first to leave the pool most days so again a bit of an advantage to have the shorter days as I had no relays to hang around for and my friends lived very near the pool so there was time for a bit of sightseeing.

Day 3 - 800 freestyle up first. Swimming in a heat made up of lots of fast NSW swimmers. Very pleased with my swim better pacing and 9 seconds off my short course time. Perhaps all those 400 hundreds in training paid off. Not enough time to swim down had to Marshall straight away for 50 Breaststroke. But who else swims both of these events? Day ended with a 100 fly wondering if I should swim it but then checked the programme and a chance of another medal always up for a challenge.

Day 4 – survival of the fittest. By now some people are pulling out of events as injured or too tired. I watched Brandon swim his 50M free in a winning time. The final heat in the Nationals really is fun to watch and super fast I think around 24 seconds. He is wondering why so many Masters Swimmers swim so many events and we are wondering why travel to just swim a couple of events. I was still feeling good a PB by 6 seconds in 200 IM first up. 50 Freestyle not really my event but another PB. Then the best event 200 Breaststroke last as it quite frequently seems to be and again watched my competitor who won the 100 swim a quick time in the heat prior. I had to swim out hard but remembered Tony's advice not too hard. Success. Gold and a Long Course PB, a good way to end the meet.

It was a great experience and very well run event by the WA team. I loved Perth and hope to visit again soon.

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## MSNSW AGM

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by Ruth Fitzpatrick

2018 was a little different for us. Dawn and I were in attendance along with Tony Goodwin and, for the first time, Diana Watts. Diana is a new member of Manly Masters and had nominated for a position on the Masters Swimming NSW Board.

The meeting was expected to be a little more emotionally charged than normal as Jane Noake and Stuart Meares were both stepping down from their respective roles as President and Treasurer after many years of service. Much deserved praise was lauded on both which resulted in teary responses.

During Jane's report, a slide show was running in the background. This was prepared by Kimberley Beck who is now employed by Masters Swimming NSW as a marketing and communications expert. This was just one example of how Kim is assisting Masters Swimming to attract a new wave of swimmers and make the organisation more relevant in today's social media environment.

There was also a lengthy discussion on a proposed amendment to the constitution regarding how many officials a club has to provide from its own membership base to run a carnival. Nothing has changed yet (currently, being a large club, we have to supply 4), but we must be very aware that unless we have a steady supply of our own officials, we will not be able to host a carnival. (If you are in the process of becoming an official, please don't give up. We need you.)

The election of the new committee members saw Kerryn Blanch installed as President, Paul Bailey as Treasurer and Diana Watts elected a member of the board. This is our first member on the board since Steve Lamy was president. Congratulations Diana!

Lunch was served and during this time the presentation of awards and trophies takes place. This year saw Tony Goodwin recognised for his amazing achievements by being named as Masters Swimmer of 2017. We are fortunate indeed to have Tony in our club. His swimming achievements are now legendary but he is not content to stop at this. He gives his time and knowledge back to us all with his Breaststroke Clinics. They are very informative and well received.

Manly as a club did not receive any trophies for 2017; we hope to see this change in 2018.



TONY, WITH RETIRING PRESIDENT JANE NOAKE, RECEIVING 2017 WORLD RECORD CERTIFICATES. HE ALSO RECEIVED 'MSNSW MALE SWIMMER OF 2017' TROPHY



NEW MSNSW BOARD MEMBER DIANA WATTS, AT SUNDAY COFFEE

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## CPR TRAINING

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by Marie Taylor

**Participants:** Sharon Angove, Sue Anderson, Pam Rawling, Marie Taylor, Peter Rawling, Lindsay Brice, Ruth Fitzpatrick, Dawn Gledhill, Mary Woodward, Greg Tye, Jools Tye, Karen Battersby, Sue Millar, Steve Lamy.



**SAFETY OFFICER PAM, THANKING KERRY FOR CPR TRAINING**

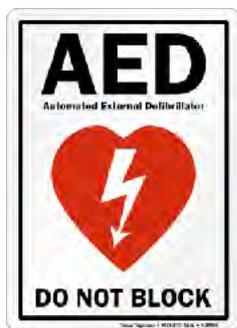
New MSNSW President, Kerry Blanch, visited the club to train us in CPR. The presentation was lively, followed by practice on model “Annies”, real person recovery position roll overs and a short quiz. We were able to discuss our answers before marking, which helped clarify a few minor points, and got us all on the 100% pass mark.

We were reminded that 000 is the standard emergency number. If you are on a mobile, and out of range, use 112.

If you have never done CPR training, its handy to know about “defibs” (defibrillators). When used within the first 5 minutes of a heart attack, the chance of survival can increase from about 5% to 70%. Manly Swim Centre has one, and some public parks, football clubs etc are starting to get them and put them in public spots. The good news is, defibs are designed to be used without any training. A visual guide tells you how to attach it to the patient. The defib machine assesses what needs to be done, and delivers clear verbal instructions.

If an incident occurred at our pool, the message all for club members is - SEND FOR HELP, VIA A LIFE GUARD. The lifeguards at Manly Swim Centre can radio for the on site defib machine to be brought to the distressed swimmer.

Also, learn to identify the defib signage. They may be green or red and have a heart symbol, with bolt going through it. Don't be afraid to use a public defibrillator. You could be saving a life.



**DEFIB SIGNS:  
LOOKOUT FOR ONE IN YOUR LOCAL  
PARK. THEY ARE ABOUT!**



**KERRY OVERSEEING OUR RESUSCITATION OF “ANNIE” MODELS**

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## SWIMMER OF THE MONTH: STEPHANIE CROSSLEY

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AGNETE AND STEPHANIE

Agnete looks seasonally toastie in her swim coat, but it is Stephanie who has been heating up lane 1. She's incredibly fast and our current 'Swimmer of the Month'.

Stephanie has been a regular swimmer and competitor, including in the winter months. She's shortly moving over to the south side, i.e. to live in The Shire.

She has already found a club to train with, but we hope she manages a few more swims with us, especially at meets.

We wish her lots of happiness as she goes on this new adventure in her life.

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## HOT SPOT: NEWS FROM RUSSIA

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ROSS AND BETH AT WORLD CUP

Recently retired, Ross, along with wife Beth, is taking no time getting the bucket list ticked. World Cup Soccer is on the list, so they are currently in Russia. With a dip in the Volga, Ross has combined his love of soccer with his love of swimming.

Here's a note and some photos from him:

"Leaving Samara for Sochi today after the excitement of the Denmark game yesterday.

Beth and I had a quick dip in the mighty Volga River this morning, just for bragging rights - quite chilly!

One photo is of the magnificent Kazan Kremlin. I think the World swimming champs were held in Kazan back in 2015.

Hope the carnival goes well - see you all in a couple of weeks,

Cheers,

Ross"



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## NEW MEMBERS

Big welcome to **Sharon Angove**. Sharon has taken up the winter challenge, as she is regularly attending our squads. She has completed the CPR course and entered our meet. Awesome.

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## BOOKCLUB

Our book club is proving to be very successful with lots of discussion and lots of laughs at the meetings. There's room for a couple more members. We meet on a Tuesday night once a month at 7pm. Contact **Pam** on 0428370003 or talk to her poolside

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## BIRTHS, BIRTHDAYS AND A MARRIAGE



We welcome baby Iris, second child to Jools and family. Mother and grandparents doing well. Father is exhausted.



Happy birthday to these members:

### July

Robyn Hoare, Ruth Fitzpatrick, Tony Goodwin, Sarah Gould, Brandon Schindler, Jools Tye, Sharon Angove.

### August

Agnete England, Eric McNamara, Dominique Tourle, Liz Wallis, David O'Donnell,

### September

Deb Thackeray, Faye Seeney, Matthew Mortimer, Marie Taylor



Wedding congratulations to Lina and hubby.

### **SWIMMING ABBREVIATIONS**

FR = freestyle

BK = backstroke

BR = breaststroke

Fly = butterfly

IM = individual medley

Individual swim: Fly, BK, BR, FR

Relay: BK, BR, Fly, FR

short course = 25 m pool

long course = 50 m pool

NML = Manly Masters Swimming Inc. The 'N' is for New South Wales. This is how our club appears in programs etc.

MSNSW = Masters Swimming New South Wales

Branch = state branch, i.e. MSNSW

MSA = Masters Swimming Australia

SOPAC - Sydney Olympic Park Aquatic Centre, "Homebush"

BPS = branch point score, refers a meet that goes towards the annual club tally

Follow your own results:

Meet results are [here](#)

Your swim *history* (times in all the meets you have entered) is [here](#).

### **CONTACT MANLY MASTERS SWIMMING**

*Web Page*

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

*Email*

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

*Mail*

4 Culbara Place, Allambie Heights NSW 2100

*Facebook*



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

### **WHERE WE SWIM**

Manly Andrew 'Boy' Charlton Aquatic Centre  
Cnr Balgowlah and Kenneth Rd  
Manly

### **WHEN WE SWIM:**

Normally

7:30 am Sunday mornings,

7 pm Wednesday evenings

Please contact us for the winter schedule.

### **CONTACT MASTERS SWIMMING NSW**

Good for all state matters, NSW meet entries and results including age group positions at these meets

*Web Page*

<http://www.mastersswimmingnsw.org.au>

*Facebook: (public)*

<https://www.facebook.com/mastersswimmingnsw>

*Phone:(02) 8736 1232*

### **CONTACT MASTERS SWIMMING AUSTRALIA**

Good for postal swims, information about annual national meet, all results, including national and international meets, your personal swim history, national rankings etc.

*Web Page*

<http://mastersswimming.org.au>

*Facebook: (public)*

<https://www.facebook.com/MastersSwimmingAus>