

MANLY

Golden oldies make a splash

MASTERS SET SWIM RECORDS

Jon Geddes

CHAMPION Manly swimmer Mike Gordon reckons he will reach his peak by the time he turns 80.

That means the still-active businessman has another five years of improvement left in him and a lot more races to win.

He was one of three members of the in-form Manly Masters club who scooped the pool and set Australian records during a big meeting held in Galston.

Gordon, Tony Goodwin and Barry Seymour were three of the standout performers at the Hills Long Distance Swimming Meet.

Gordon won the 1500m butterfly in 56:24.57 in the 75-79 age group.

Goodwin won the 400m butterfly in 7:7.07 and 800m breaststroke in 14:56.94 in the 75-79 age range.

Seymour completed the trifecta by finishing first in the 400m freestyle in 5:24.62 and the 1500m freestyle event in 21:41.06.

"The secret of the success of the club is that people like

THE CLUB

- Manly Masters is a Premier Masters Swimming Australia club
- New male and female swimmers aged 18 and over are welcome
- Members can train twice a week at the Harbord Diggers Club with professional coaches who cater for all levels of expertise and all strokes
- The club participates regularly at carnivals and championships, at state and national level
- There are also opportunities to participate at international swimming meetings

Tony Goodwin are real inspirations, and to tell you the truth he has inspired me," Gordon said.

Gordon returned to Australia in 2001 after living abroad since 1970 through his high-powered career in the business world.

"I hardly knew how to swim," he admitted.

Now Gordon is the 1500m Australian champion in the most gruelling of stokes,



Barry Seymour, Mike Gordon and Tony Goodwin set records at the Galston meet.

Picture: BRADEN FASTIER

butterfly, in the 75-79 age group. Most people 50 years Gordon's junior would struggle to get through 50m of butterfly.

"I took up butterfly by applying business prin-

ciples — find a niche and dominate it," Gordon laughed. "That's the secret. I have discovered if you do the damn thing very slowly you can go on for ages.

"And I want to knock

something off that 56 minutes by the time I am 80."

His next chance to do that will be at a Masters meet in a 50m pool in Blacktown on November 24.

"They think I am a com-

plete and utter nut," he said.

But it has done Gordon no harm as he is still chairman of a "small" company that employs 350 people and trains regularly at Manly's Boy Charlton pool.