

# Manly Murmurs

November 2007



## News Notices Events News Notices Events News Notices

### Swimming results

The State Short Course Championship meet at Tuggeranong, near Canberra, was a closely fought contest. We knew before leaving our own friendly waters, that we had a very slim chance of doing well if we could all turn up, dive in and swim well. How difficult that turned out to be for one particular swimmer was a contest in itself. If you want to hear more, come along to our Christmas party!

The results of the Championships are on the back page and you will see that we were indeed victorious with an overall points win.

My thanks to all our participating members and particularly, to Liz and Max for their management of the team. Their effort and cunning in picking relay teams was amazing: picking winning teams, and fitting all 28 into teams with the age totals so close to the mark.

### Christmas Party

The fun gathering of the year is on again and this time we are wining and dining at the Master Builders Club in Dee Why. Please let Dawn or Christine know as soon as possible if you are coming along. We would love to see every member and as many partners as possible in attendance. It really is a good time to get to know one another.

### Membership Renewal

The 2008 membership form is included with this Murmurs. Please don't delay in renewing your membership as swimmers need to be registered to participate in carnivals in the new year. Closing dates for January meets are coming up

fast and the paperwork has to keep pace. Chris Dando is our new Registrar. If you do not anticipate swimming at the Diggers this side of Christmas, you can mail your form to him as soon as possible.

### AGM

More paperwork! The AGM is in February and we have also included the nomination form for committee members. This is also your opportunity to notify the current committee of any items you would like to have added to the agenda for this meeting. The arrangements are the same as last year with the AGM following on our Saturday morning swim on 2nd February 2008, in the snooker room at the Diggers.

[www.Manly-Masters-Swimming.org.au](http://www.Manly-Masters-Swimming.org.au)

Our own website is growing. The aim of the website is to keep members informed and to show potential members what we do.

Trevor Mills, and his company Web-Suburb, is continuing to improve the site, Soon we will see advertising on the site by local businesses to sponsor the website.

The effort of putting information on the pages is shared among several members. The Carnivals page is kept up-to-date by Marie Taylor. The calendar and its linked carnival flyers are updated regularly.

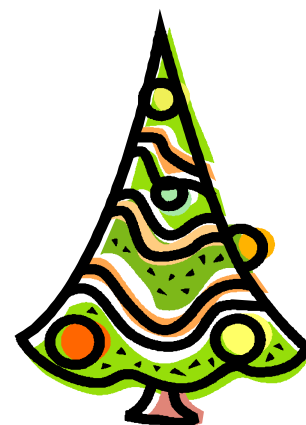
Extra pages are gradually being added.

Soon everyone will receive a username and password so they can log in and see 'members only' pages.

News, articles and photos are welcome. Contact Ted, Max or Lindsay.

*Lindsay - President*

Merry  
Christmas  
and  
Happy New  
Year



## In the water—from Liz

**Kinetic Exercises—7.45 am Saturdays**  
We hope that Alain's health continues to improve, but meanwhile, we urgently need volunteers to run them each week in preparation for good pool sessions.

**Saturday training—**Recent training has been for stamina and technique, but fast work will now be added ready for a busy first 4 months of 2008. (See dates below)

**Competing in AUSSI** (Extract from National newsletter)

Should more members be encouraged to compete?

There is definitely a positive side to competition. Training is the safe exercise we do to stay healthy and to prepare us for competition, but racing against fellow competitors, the clock and one's own personal expectations is an adventure where we push boundaries and learn something new about ourselves. While obviously we all enjoy safety, life can be pretty bor-

ing without a bit of adrenaline and uncertainty. So we should encourage more people to give competition a go—they have nothing to lose and so much to gain!

## Upcoming carnivals — Get your entries in!

**19th January, Central Coast at Gosford**—a quick trip up the F3 to Gosford for what is always a pleasant day. Wise to get entries in early because of the Christmas break.

**9th February, Cessnock** includes long distance events.

**16th February, North Sydney**—sprints.

**23rd February, Seaside Pirates**—general carnival.

*Check our website for closing dates.*

**Championship meets—Nationals**

are in Victoria 20-23 March; State Cup is at Homebush 5 & 6 March; followed by the big one, World Championships.

**World Championships 2008** (Perth)

Anyone still thinking of going to Perth should make their decision fairly soon as unwanted rooms have to be cancelled in December. We would certainly be glad of a few more swimmers, particularly as this is the first time that all relays have to be included. For information on rooms, flights, events and qualifying times, etc, contact Liz Wallis on 9905 1811

or [lizwallis@comcen.com.au](mailto:lizwallis@comcen.com.au).

Entries to go in through club so we can work out relays.

*Remember!*

Your membership has to be renewed before you can enter carnivals in the new year.

Please ensure you attend to this as soon as possible.

Renewal/membership form is enclosed with this Murnurs.

## Memories of our trip to Canberra — from Dawn

Getting lost in Canberra.

Happy hour at the motel courtyard. The international flavour of dining at the German & Spanish clubs. Oh yes and of course, swimming & winning the carnival.

On the social side we had an amazing Spanish feast on Saturday night. We were all too full of food to swim the next day.

The entertainment on Saturday night was where we found out who knows Spanish history, who had a \$100 note, who carries a hanky and who wears a G-string!

Our talents with words were again clever, better than our singing. Two of our verses were as follows:

When Manly Masters went swimming  
They worked out tactics for winning  
Eat Spanish paella, Drink wine that's yellow  
And after that they were grinning

A Spanish woman went swimming  
Whose yellow costume was slimming  
She went in a race at such a fast pace  
That Manly club member's heads  
were all spinning.

If you missed out this year, make sure you join us next time for a great weekend away.

## Manly Masters Out & About



Clockwise: The Harry Fowler trophy, Spanish night, winning team salute; relay take-over.



More of Ray Oliver's photos are on the web.  
Go to the link at  
[Results for Carnivals > Tuggeranong](#)

More of Jan Allport's photos are on our website.  
See them on the [Results for Carnivals > Tuggeranong](#) page.

## Upcoming Social Events

### CHRISTMAS GET TOGETHER & PRESENTATION NIGHT

**Sunday 2nd December, 2007**  
**MANLY WARRINGAH MASTER**  
**BUILDERS CLUB**  
**18 FISHER RD, DEE WHY,**  
**6.00 p.m.**

PRESENTATION OF TROPHIES 6.30

SIT DOWN CHRISTMAS DINNER 7 p.m.  
Roast Ham & Turkey, Plum Pudding,  
coffee.  
Drinks available at bar prices.

**DINNER COST: \$25 PER PERSON.**

**RSVP WITH MONEY BY 24.11.07 to**  
**Christine Liddle 9948 2659**  
**Dawn Gledhill 9905 4345**





## NSW SHORT-COURSE CHAMPIONSHIPS

TUGGERANONG, ACT 20-21/10/2007

28 entered and all swam. (12 men, 16 women)

### Manly Masters

PO Box 560  
Harbord NSW 2095

## Welcome to new members

Keli Pattinson and Sue Watt  
- we hope you enjoy your  
time with us both in the pool  
and at the social activities.

## Happy Birthday Wishes

... in December to Sue  
Sacker (7th), Mark Webber  
(12th), Karen Battersby  
(20th), Mike Samuel (27th)  
and Terry Fitzpatrick (29th),  
and in January to Vicky  
Wright (7th), Hinka Haisma  
(11th) and Jean Low (20th).

## 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

### Point Score Placings

Overall point score	1st
Average points per swimmer	2nd
Relay Trophy	2nd
Harry Fowler Trophy	Won for the best performance by a relay team of 200 years or over.

### Age Group Places (13)

1st Tony Goodwin, Margaret Houston, Sue Kearney, Stephen Lamy, Barry Seymour, Liz Wallis

2nd Dawn Gledhill, David Lawler, Gary Stutsel

3rd Katherine Ahern, Jan Allport, Chris Dando, Gloria Oldfield

Individual Medals to 24 of the 28 swimmers

### Provisional Records

Sue Kearney	100 Free, 200 Free
Liz Wallis	200 Free
Relay team	Mixed 280+ 4x50 Medley Relay Sue Johns, Tony Goodwin, Gary Stutsel, Liz Wallis (Australian & NSW record)

### Winning Relay teams

W280 Free:	Sue Watt, Jan Allport, Kerry Ilsley Margaret Houston
W280 Medley:	Jan Allport, Kerry Ilsley, Christine Liddle, Margaret Houston
M240 Free:	Chris Dando, Tony Goodwin, Gary Stutsel, Stephen Lamy,
M240 Medley:	Chris Dando, Tony Goodwin, Stephen Lamy, Gary Stutsel
X240 Medley:	Barry Seymour, Jean Low, Dawn Gledhill, Terry Fitzpatrick
X280 Medley:	Sue Johns, Tony Goodwin, Gary Stutsel, Liz Wallis

Another 14 teams were placed 2nd or 3rd.

### Personal Bests (14)

4 PBs	Claire Dewar;
3 PBs	Karen Battersby, Dawn Gledhill;
2 PBs	Gary Stutsel;
1 PB	Kerry Ilsley, Max Taylor

### 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