

State Long Course Championship Special

Adults swimming for fun, fitness and friendship

March, 2015

From the President, Ruth

Hi everyone,

We knew it was going to be a great tussle to see which club came out on top as the major point scoring team for the NSW State Long Course Championships last week at SOPAC. Thanks to everyone doing their utmost, in and out of the water, we were able to take home the major trophy. Read all about it in this special edition of Murmurs. Great effort Team Manly!

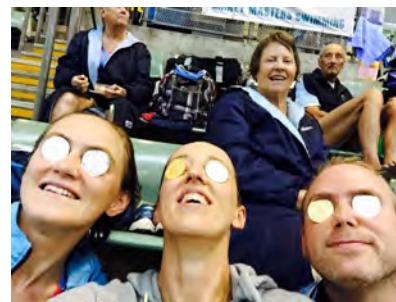
Good luck to our swimmers off to the National Championships in Hobart starting on the 8th April. We look forward to hearing all about it.

And looking further forward, the next big event is our own carnival at Abbotsleigh on Sunday 21st June. There are currently 60 members of Manly Masters and it is exciting to anticipate seeing each and every one of us entering this carnival or helping in some capacity.

Thank you again for the part we all play in making our club what it is today.

Ruth Fitzpatrick, President

Keep swimming



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Captain Dawn's Report

Thanks to all Manly & Womanly swimmers for trying their hardest last weekend. It must have been quiet up in the grandstand without me there, but as an official I get to watch & quietly cheer you on at the end of the pool.

Congrats to our legend 320+ relay team members (Ray, Tony, Gloria, Marion & Barb). 2 of them were still at the Brewery enjoying the night out at 10 pm!

We might all complain about the traffic going to Homebush, but that didn't stop Jan coming from Milton & Robyn from Griffith, just to compete with us. Thanks girls.

I try to give equal chances for everyone to compete in relays no matter what your ability is, but with last minute changes some missed out on another relay swim – sorry.

Again congratulations Team Manly on a great effort.

Keep following that black line – it must lead us somewhere:

-----,

Dawn

Photos: top to bottom

Kaye and Sue M, did not swim but came along to timekeep at the meet. Big thanks from us all.

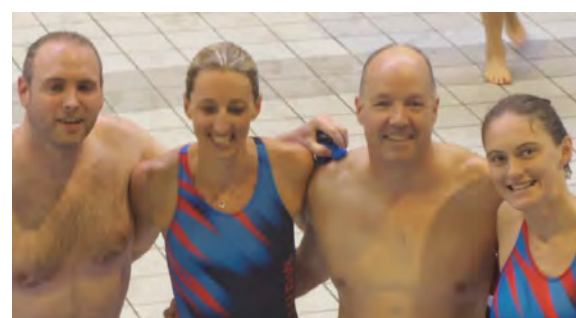
Steve L, Dawn, Vince and new member Conrad. Conrad was a member of the club some time ago. It's great to see him back swimming with us.

Nearly all of the women's team, assembling for relays. Thanks to Katherine A (not in photo), based on pool deck, as she did a superb job spotting "needed" swimmers.

Barry, Carol, Sue and Greg. Neither Barry nor Carol swim with us on at the Diggers, so it was great to have them along.

Matt, Chrissie, Michael and Lina 160+ FR winning relay

→



Results, from the recorder, Gloria

34 entered, 32 swam, (19 women, 13men)

1st overall 8th average

OVERALL AGE GROUP PLACES (10)

1st Chrissie Drewitt, Jan Bradshaw

2nd Carol Mitchell, Dawn Gledhill, Vincent Squillace, Stephen Lamy, Tony Goodwin

3rd Katherine Ahern-Sharpe, Lina Izossimova, Matthew Mortimer

INDIVIDUAL MEDALS (82)

Barbara V-Baker	Jan Bradshaw	Conrad Burge
Chrissie Drewitt	Ruth Fitzpatrick	Dawn Glerdhill
Tony Goodwin	Tom Gould	Robye Hoare
Kerry Ilsley	Lina Izossimova	Sue Johns

Greg Jewson	Stephen Lamy	Carol Mitchell
Matthew Mortimer	Gloria Oldfield	Peter Rawling
Marion Robertson	Barry Seymour	Ian Sharp
Katherine A	Vincent Squillace	Marie Taylor

Ray Watson

WINNING RELAYS

160+ MX Free: Chrissie Drewitt, Lina Ozossimova, Matthew Mortimer, Michael Morgan

320+ MX Medley: Ray Wats, Barbara V-Baker, Tony Goodwin, Marion Robertson

320+ MX Free : Ray Watson, Barbara V-Baker, Gloria Oldfield, Tony Goodwin

9 OF OUR OTHER RELAY TEAMS PLACED 2ND and ANOTHER 4 PLACED 3RD, OTHERS 6

PERSONAL BESTS (14)

4 to Vincent Squillace – 50 Back, 200 Back, 200 Free, 50Free

3 to Matthew Mortimer 200 Breast, 100 Free, 50 Free

2 to Jan Bradshaw 100 Free, 200 Back

2 to Michael Morgan 50 Fly, 50 Free

2 to Greg Jewson 200 Breast, 50 Back

1 to Lina Izossimova 50 Free

Each of the above PBs is testimony to the fact that you don't have to get slower as you get older. Also noteworthy is Tony's 200 BR. Although this swim was not a PB, it was 1 sec faster than his gold medal Montreal swim. We are not all ready to set world standard goals, taking 1 sec off your best time last year may be achievable. [Ed.]



Gloria with Robyn, who travelled down from Griffith



Photos by various club members and David E

Bookings required - State Short Course Championships, 17-18 October, 2015

Dawn is busy arranging our accommodation for the Short Course Championship, 17-18 October, 2015. This is our club weekend away. Most of us stay Friday and Saturday nights, to swim on Saturday and Sunday, in Canberra. We meet informally for a pasta dinner on Friday night, and a club dinner on Saturday night. This is a good meet if you have not been to a championship before, as it is often less busy than the other championships. It's in a 25 m pool.

We have secured some single bed, self contained apartments (4 share, 2 bathrooms) @\$457.20 per apartment for 2 nights (\$114.30 each for 2 nights). The accommodation is at Clifton Suites (www.cliftonsuites.com.au), 100 Northbourne Ave, Braddon, ACT.

It is difficult to judge how many rooms are needed. It would help our planning a lot if you are able to commit to the weekend now, by paying a \$50 deposit in the club bank account. Please email Dawn (the_gleds@bigpond.com) when your deposit is paid.

World championships, Kazan, Russia

Tony and Lina have the information on this exciting, competitive meet. Entries are still open, with generous qualifying times.

International times and rankings are at:



http://www.fina.org/H2O/index.php?option=com_content&view=article&id=1531&Itemid=1186

Best wishes to our National swimmers, in Hobart

Agnete, Dawn, Jan, Lindsay, Pam and Peter R, Sonja, Steve L. Spectators include partners, as well as Karen and Kerry, who will be able to check out the best sight seeing spots.



Monitor your own swim results

Full details of NSW meets (individual places, age group winners, etc) : <http://www.mastersswimmingnsw.org.au/Competition/Results/MSNSW-Swim-Meet-Results>

Your own swim history, national rankings, state and national top 10, etc: <http://www.portal.aussi.org.au/index2.php>

Save the Date, from the Social Secretary, Katherine

Pizza night, 6pm, 24 May, 2015

Harbord Bowling Club

Lots of reasons for this night - prior to our own Meet , celebrate National swimmers returning.

July TAFE dinner

Date tbc

Social night for the club, sendoff for those going to worlds

Masters Swimming, 40th anniversary dinner

Ryde Eastwood Leagues Club

Xmas Party, 13 December, 2015

Harbord Bowling Club

Stirgess Ave, Freshwater

Bunnings fundraiser 20th December, 2015

Balgowlah Bunnings

Correction from previous Murmurs: With 28 continuous years of active swimming and club participation, Faye is one of our longest standing members.



CONTACT US

Web Page

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Email

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Mail

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Facebook

Contact Ted samfam@ozemail.com.au to join our members only group

WHERE WE SWIM

Harbord Diggers Pool, Evans St, Freshwater

WHEN WE SWIM

8am Saturday mornings,
7 pm Tuesday and Thursday evenings,
5:30 pm in school holidays