

FINA MASTERS WORLD CHAMPIONSHIPS RESULTS, PAGE 4



RELAY MEET RESULTS, PAGE 7



EVERYTHING YOU NEED TO KNOW: CHECK YOUR DIARY, PAGE 2



President's Report



Well done to those swimmers who have already resumed their training at our 25 m outdoor pool sessions at Manly Aquatic Centre. Sunday mornings have been well attended (even by a feathered friend) although there has been a mystifying lack of

swimmers in Lane 1!!! With Wednesday evenings resuming on Wednesday 6th September, the atmosphere is buzzing. Mark is working hard to get us back on track and improve our strokes. No doubt, we will all improve under his watchful eye as long we put in the effort.

Congratulations to Dawn, Steve and Tony on their achievements at the World FINA Masters Championships in Budapest. Amazing competition and makes for interesting reading in this edition of Murmurs.

Good luck to our team swimming at Ryde on Saturday and whilst the Pirates carnival comes up on 24th September, I look forward to seeing a massive team turnout for the Warringah carnival on Saturday 7th October.

Enjoy the read and keep swimming,
Ruth Fitzpatrick
President

INDEX

New Events and Information	2
Reminders	3
Mark's Wednesday Squads are Back!!!!	3
Meet Reports	
FINA World Masters Championships	4
Relay Meet	7
Meet a Member	
Lindsay Brice	9
Competition Rules	10
Birthdays	10
Contact Us	11
Abbreviations used	11

New Events and Information

BUTTERFLY CLINIC PRIOR TO PIRATES MEET, SUNDAY 24 SEPTEMBER 2017



Many of us shy away from the demanding stroke of butterfly. If you want to get some extra tips that may make the stroke more manageable for you, Masters Swimming NSW has arranged a butterfly clinic.

The coach is Mark Morgan - a past Commonwealth champion, Masters Swimming world record holder, Australian and NSW swim coach. He is currently Masters/Adult coach at Knox Grammar.

The clinic, at Knox Grammar pool, starts at 10:45 am, one hour before the Pirates meet. You can participate by watching/listening, or doing the drills in the water. Swimmers need to bring fins. To secure your place, email Jillian at the MSNSW office, admin@mastersswimmingnsw.org.au.

If you actually take up the stroke, I hear Dawn is rewarding with diamonds, as she has many medley relay spots to fill.

MASTERS SWIMMING AUSTRALIA NATIONAL CHAMPIONSHIPS, Perth, Western Australia, April 18 - 21, 2018



VENUE CHANGE: IT'S NOW HBF STADIUM, MOUNT CLAREMONT (PERTH)

The 2018 national championships will be held at HBF stadium, Western Australia. It is Perth's leading aquatic facility, offering indoor and outdoor 50 m pools. The focus of the 2018 is on participation and creating a supportive environment for swimmers to achieve their personal goals. There will be a significant number of disabled and special needs swimmers competing. Details, including meet schedule, are [here](#).

The club does not anticipate doing a group accommodation booking. If attending, we recommend you speak to other interested swimmers, and secure your accommodation soon.

Reminders: we don't want you to miss out

WARRINGAH MEET, Saturday 7 October, 2017



We have a long history of winning the Visitor's Trophy at Warringah's meet. The fun of local rivalry, the medley shootout and a good post meet spread are reasons we bookmark this carnival. Our current training program will prepare you well. Lindsay will circulate details shortly, or you can [enter online](#) now.

SHORT COURSE CHAMPIONSHIPS, Canberra, 14-15 October, 2017



Mark's training program is specifically focusing on this meet, so all club entrants will be well prepared. Meet details are [here](#). You can go for one or two days. Entries are online, with **closing date midday, Friday 6 October, 2017**.



About 18 club swimmers have indicated they will compete. We are mostly staying at Pacific Suites, Northbourne Ave, Canberra. Club accommodation bookings have now closed, but you can source your own accommodation and join us. You don't have to be a champ to enter, as *all* swims get valuable points for the club. We'd love to have you along.

BUNNINGS BBQ, Saturday 16 December, 2017

This is our major fundraising effort for the year. Wide club support, showing off sausage cooking and serving skills, ensures the success of the day. Make sure you bookmark this date.

CHRISTMAS PARTY/PRESENTATION NIGHT, Sunday 17 December 2017

This social event is the annual celebration of our achievements, as a club and individually. Make sure you save this date.

All welcome: Mark's Wednesday Squads are Back!!!!



After the winter break, Mark's squads are running again and attendance is good. Lane ropes across all lanes are quelling the waves from our very fast lane 1 swimmers. They also make backstroke much easier.

SUNDAY MORNINGS

Manly Masters Squad

7:30 - 8:30 am, followed by coffee at the pool

WEDNESDAY NIGHTS

Manly Masters Squad

7:00 - 8:00 pm (Wednesday 6 September)

If these times don't suit, Manly Aquatic Centre have morning and evening squads. They offer a special rate for members of Manly Masters Swimming - don't forget to ask for it.

If you are entering the MSNSW State Short Course Championships, Seaside Pirates and Warringah meets are an opportunity to get valuable race experience. This definitely helps to quell the nerves at the meet.

Meet Reports

FINA World Masters Championships, Budapest, Hungary,
14 - 20 August, 2017



VENUE PHOTO, COURTESY OF IDE TAKAHISA AND FINA

THE TEAM

Tony Goodwin
Stephen Lamy
Dawn Gledhill

NUMBER OF COMPETITORS

9,213

On the busiest day, 4200 swimmers took the starting blocks, swimming in 1050 relays.

THE RESULTS

by Gloria Oldfield

Tony Goodwin

1st: 200m BR
2nds: 100 BR, 50 FLY 200 IM
3rd: 50 BR

Stephen Lamy

5th: 200 BK
8th: 100 BK, 50 BK
10th: 200 FR
14th: 200 IM

Dawn Gledhill

9th: 400 IM
11th: 100 FR
12th: 100 FLY
16th: 100 BR
18th: 200 BR

Personal Bests, for 2017

Tony Goodwin: 50 BR, 100 BR, 50 FLY
Stephen Lamy: 200 BK, 100 BK, 200 FR,
200 IM
Dawn Gledhill: 100 FR, 200 BR, 100 FLY

THE EVENT

FINA Masters World Championships is the premiere competition for water sports. It covers the disciplines of swimming, water polo, synchronised swimming, diving and open water. The best water athletes in the world are there, primed to shine. Tony's words sum it up when he refers to fellow breaststrokers, Bela Fabian (Hungary) and Hans Reichelt (Germany). "Fabian and Reichelt. So often we race. That is Masters Swimming. Good friends and ferocious competitors".

Our pint sized team of Tony, Steve and Dawn put in big performances with outstanding results.

Tony's 200 m breaststroke was a real championship swim - taking nearly 20 seconds off the FINA World Masters Championship record. In a nail biting finish, his 100 m breastwork broke his own world record, but he was pipped by Bela Fabian, who set a *faster* world record. After an unsettling false start in the 50 m breaststroke Tony swam his best time in the 80-84 yr age group. Silver medals for 50 butterfly and 200 IM show the breadth of his talents.

Steve's performance of 4 PBs was exceptional. Backstroke world records tumbled in his age group.

Dawn is well known for her tenacity and ability to dig deep in competition. Her results, despite a disruptive training schedule (see her report), reflect this.

Whilst we are most proud of our own club members, other NSW swimmers who made their presence felt include Warringah members Stuart Meares and Peter Kaupert, Paul Wyatt (Coogee Randwick), Stuart Ellicott (North Shore Masters), Caroline Makin (Tuggeranong), and Georgine McKenzie-Hicks. (Sutherland-Sandburn). We say "Aussi, Aussi, Aussi" and "Congratulations all".

Just in case your appetite is whet to go to the next FINA Masters World Championships, they will be in summer, at Gwangju, South Korea.



TONY WITH MEDALS

A Farewell to Budapest

"And now the end has come
The swims are done
There's no more hurtin'
I did my best in Budapest
I passed the test
Of that I'm certain.
I made a lot of friends
Too many here to rate a mention
The meet was great; I faced my fate
I gave it all my full attention.
And now my race is run
I'm heading south along the highway
I'm off to have some fun and do it my way.
Cheers to all my supporters and well-wishers.
I love youse all.
Especially Cush, my loving wife. "
Tony Goodwin

DAWN'S REPORT



**NSW TEAM DINNER IN BUDAPEST - 11 CLUBS
AND 2 INTERSTATE VISITORS
PHOTO COURTESY OF MSNSW FACEBOOK**

PREPARATION.

19 days prior, due to an itinerary mishap, Pete and I left Australia. I was able to train in a 25m pool for 3 days in Dubai in 46 deg. temperature. The Tibetan life guard said he learnt a lot from watching me swim.

Next stop Amsterdam, arrived at a pool at 2pm to find it was only open between 11 and 2 and closed the next day, Sunday. Found another pool on Sunday, but it was closed all of July. Gave up and joined the rivercruise for 14 days drinking and eating!

Cologne, found a pool 15 minutes walk from the ship. The pools over there have stainless steel sides, not tiled.

Vienna I googled 'pools', and found one I thought was not far away. It cost me 46 euros in return taxi fares but only 4.50 euros for a swim in a new 10 pool complex, with the largest pool 25m.

FINALLY BUDAPEST.

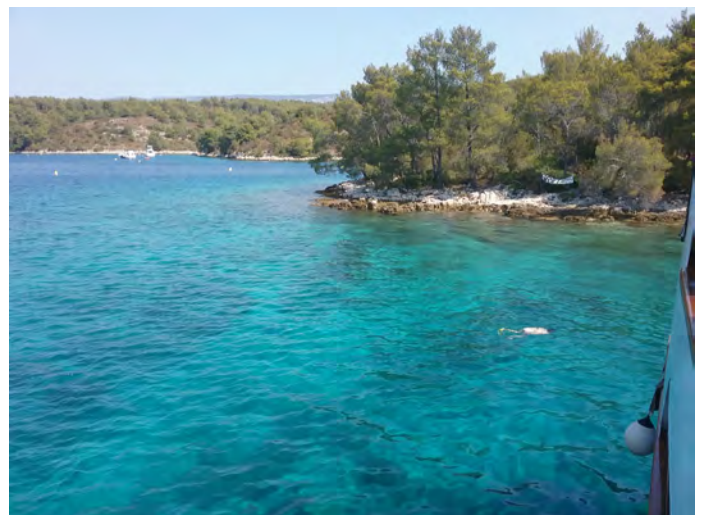
After tripping over a tram track and skinning my knee, I made it to the Duna pool for the rego and a swim.

I wish I had learnt Hungarian before I left Oz, the language and street signs are????

Pete had only seen me swim once in my 15 years of Masters, but loved coming to the pool every day, watching the swimming and soaking up the atmosphere. (I think he wasn't game to be let loose in Budapest as he would have got lost.)

By using 4 pools, Tony, Steve and I were in the old people's pool. (65 - 99 age groups). Competition was usually finished by lunch time, leaving plenty of time to explore Buda or Pest, by train, metro, light rail, tram, bus or just walk in 36 deg. temperature, with our orange lanyards around our necks.

This has been the biggest world masters competition with over 9000 swimmers. Due to FINA only giving away 6 medals per event instead of 10, as in the past years, I came away medal-less, but the experience of meeting swimmers from all around the world I came away with a head full of memories.



**DAWN AND PETE'S POST MEET POOL - IN
CROATIA AND A GORGEOUS 26 DEGREES**

Relay Meet, 9 July 2017

THE TEAM

Abel Bornstein, Jeff Brewer, Sarah Brewer, Lindsay Brice, Ruth Fitzpatrick, Dawn Gledhill, Tom Gould, Becky Herbert, Sue Johns, Stephen Lamy, Helen Ludgate, Dale Morre, Ian Sharp, Ray Watson, Mary Woodward

RESULTS

*By Gloria Oldfield,
Recorder*

OVERALL

Manly 8th of 19 clubs

Firsts:

240+ 4 x100 Women

Medley Sue Johns, Helen Ludgate, Ruth Fitzpatrick, Dawn Gledhill

240+ 4x25 Men Free Jeff Brewer, Abel Bornstein, Ian Sharp, Dale Moore

200+ 4x50 Women Medley Helen Ludgate, Sarah Brewer, Dawn Gledhill, Becky Herbert

240+ 4x100 MX Medley Stephen Lamy, Helen Ludgate, Abel Bornstein, Dawn Gledhill

Also:

2 x 2nds, 4x 3rd, 4x4th, 2x 5th , 1x 6th

Total 18 Relays



BECKY, SUE J, SARAH B, MARY, JEFF, RUTH, DAWN
PHOTOGRAPHER: LINDSAY

REPORT

by Dawn Gledhill

We entered 2 more teams than last year and there were 40 more competitors overall than last year. Even 2 ex Australian Olympians swam for Tattersalls. I over heard Dale talking to Matt Abood after he swam the 50 Free and Dale asked how many times did he take a breath – the answer was twice!

A big thanks to Ruth & Abel who both volunteered to do 100m Fly in the Medley relays. Thanks to their swim we won both events.

It was a great day at Homebush, it was nice and warm in the water but cold in the grandstand. I hope Becky enjoyed her first ever carnival with us and welcome back to Tom, it's great to have some young fast blood in our team.

I hear Sarah & Jeff are still trying to work out who has bragging rights on the day.

Thanks again to all 15 swimmers – what a great team.



200+ IM TEAM: BECKY, HELEN, SARAH AND DAWN



**4 X 100 240+ IM RELAY
LANE 5 - DAWN CHANGING OVER FROM ABEL, STEVE AND HELEN WATCHING
PHOTOGRAPHER: LINDSAY**

Special thanks to Lindsay and Dawn, who did all of the “invisible” work to make sure our teams were entered. Here’s the timeline they work to:

1. Names have to be into Lindsay by Wednesday morning so he can quickly enter all names prior to 12 noon.
2. Wednesday afternoon is spent by Dawn working out possible relay combinations taking into a lot of considerations. We had 8 men and 7 Women entered, ranging from Tom aged 26 to Ray aged 80. mmm says Dawn – this could be difficult. (oh for 1 more women to enter it would have been easier)

The first challenge is to find anyone that can do Fly, they are usually like finding hens teeth, but this time I was in luck.

3. Thursday, Dawn gets together with Lindsay for final consultation and adjusting.

4. Friday Lindsay spends all day entering the 18 relay teams with times etc prior to the 5pm deadline. “Phew, thank goodness that is over”, I hear Lindsay say.

5. Saturday, the programme comes out and is checked by Dawn & Lindsay. Lifts have been organised and relay sheets printed out. At this stage we are both not game to answer the phone, in case someone is sick or has a better offer and cannot swim.

6. Sunday, at 9am we count heads, “great everyone has turned up”. The carnival was due to start at 9.30, but due to technical difficulties there was a delay of 40 minutes, the 290 swimmers cheered when it was finally fixed. The races commenced.

7. The carnival went well after the delay. Thanks to all the Manly swimmers who did timekeeping, we cannot run a carnival without fingers on stopwatches.



CAN'T MAKE A MEET YOU HAVE ENTERED?

Prior to each meet, a lot of work goes into the relay team selection. If you can't make it to a meet you have entered, please let the either *Dawn* or *Lindsay*, know by text or phone, asap.

Dawn: 0419 355 438, or 9905 4345

Lindsay: 0414 809 526

Meet a Member: Lindsay Brice

Lindsay has been swimming with Manly Masters for quite a while. He's our ever efficient race secretary, sending us all helpful emails to make sure our meet entries get done. He is also 'Mr Computer' at our own carnival, saving the club many hundreds of dollars as we don't outsource the IT.



Birthplace

I'm a Sydney-sider right from the start.

Describe yourself in a few words

Skinny, quiet, slightly nerdy, retired engineer, keen with the camera, like a bit of bushwalking, appreciate the unspoilt environment

Ever trained before joining Manly Masters Swimming?

I trained in my teens and raced with the local swimming club at Dence Park in Epping until weekend bushwalks became more appealing than being beaten by 12 y.o. future champions. Then a 33 year gap before joining Masters.

Any swimming goals?

I swim to keep fit and race to measure how fit.

Do you have a hero, swimming or otherwise?

My swimming hero is my father. He always loved swimming; he took us Brice kids swimming from an early age; joined Masters at 80 and swimming kept him fit and focussed into his mid-nineties.

Favourite childhood memory?

Bushwalking. Bush trails and mountain huts still feature in my dreams.

What's your ideal weekend?

My ideal weekend includes bush tracks or beach sand, Phyllis, good coffee and good food.

Most embarrassing moment?

What! I'm not going to let anyone know. That would be most embarrassing.

Competition (Meet) Rules

Every meet we compete in has rules that ensure fair play and safety. Technical officials (inspectors of turns, staters, referees etc) are responsible for making sure these rules are followed.

Recently there have been a few minor changes to the the disqualification codes. Mark, our

coach, is aware of these.

If you have any queries about the rules, you can check them out [here](#). You can also ask Mark, Ruth (referee) or Dawn (inspector of turns) for clarification.

Birthdays



September - Deb Thackeray, Faye Seeney, Jennie Morgan, Matthew Mortimer, Marie Taylor, Rebecca Herbert

October - Patricia Novikoff, Katherine Woodburn, Sue Anderson, Peter Mullholland

CONTACT MANLY MASTERS SWIMMING

Web Page

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

Email

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

Web Page

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

Facebook: (public)

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

Phone:(02) 8736 1232

Good for all branch matters, NSW meets, NSW meet results including age group positions

CONTACT MASTERS SWIMMING AUSTRALIA

Web Page

<http://mastersswimming.org.au>

Facebook: (public)

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

Good for all results, including national and international meets, your personal swim history, national rankings etc.

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"

Follow your own results:

Meet results are [here](#)

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