

**MANLY'S 40TH ANNIVERSARY CARNIVAL, P 3**



**OFF TO KAZAN, PIZZA SOCIAL NIGHT, P 11**



**MASTERS SWIMMING NSW 40TH ANNIVERSARY DINNER: SEPT 12, P 2**



## President's Report

What a fabulous 40<sup>th</sup> Anniversary Carnival. Thanks to everyone playing their part in the weeks leading up to and on the day, everything ran smoothly and efficiently. In this Murmurs you will read all about it. All I need to do is congratulate us all on a job well done. To spend time with such a great group of people continues to delight and surprise me. Love being part of this club.

The time is drawing near for the move to our new home at the Manly Andrew Boy Charlton Swim Centre – the details will be set out for you in a dedicated news bulletin in the very near future. Whilst we can appreciate the nostalgia of leaving the Diggers, this is an exciting new page in the history of our club. We are fortunate to have secured water, Sunday mornings and Wednesday evenings, in a fabulous swim centre that is still a community based enterprise.

Good luck to our little band of intrepid swimmers heading off to Kazan, but before that comes the State Relay carnival. We are participating this year and hope to showcase our influx of new members. Go Manly!

*Keep swimming*

Ruth

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# RSVP

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## NSW Masters Swimming 40th Anniversary Dinner

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Manly Masters has has a special connection with Masters Swimming. In 1975, Harbord Diggers was the host pool for the first national seniors swim meet. This meet laid the foundation of what we now know as Masters Swimming in Australia. Since inception, our club has strong links with the development of the many aspects of masters swimming - swimmers, administrative roles, branch volunteers, meet officials, etc.

The 40th anniversary dinner is a great opportunity to relax, meet up with your swim friends, or even make some new swim friends. The theme is *ruby* - that's the 40th stone. Manly members will be dressing accordingly, and are ready to party.

Dinner details are:

*Where:* Ryde Eastwood Leagues Club  
117 Ryedale Rd, West Ryde

*When:* Saturday September 12, 7pm

*Cost:* \$40 members, \$50 non-members

*Possible Transport:* from Harbord Bowling club, \$20 return for 20 people, subject to sufficient numbers.

**Book your ticket:** pay to the club account, then email [Lindsay](#). Please let Lindsay know if you are interested in transport.

**RSVP for tickets: Saturday 8 August, 2015**

**RSVP for transport: Tuesday 28 July, 2015**

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## Accommodation for State Short Course Championship, Canberra,

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This is a fun weekend away (17-18 October, 2015). On Friday evening, there is a club tradition of pasta dinner at a local restaurant. The company is enjoyable, and the body gets fuelled up for racing.

There are still 5 vacancies for the club accommodation booking. This is 4 share in a 2 bedroom, modern, spacious apartment at [Clifton Suites](#), in Canberra. Expected accommodation cost is \$115 pp, for the 2 nights (Friday, Saturday). \$50 deposit will confirm your bed. We can pool to Canberra.



Pay your deposit to the Manly Club account, email [Matt](#) that the payment has been made, and [Dawn](#) to get your room allocated.

**RSVP your accommodation: Tuesday July 28, 2015**

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# MEET REPORTS

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## Manly's 40th Anniversary Meet

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### Swim Results (Gloria Oldfield)

42 swimmers entered, 38 swam (25 women, 13 men), 1<sup>st</sup> Overall, 10<sup>th</sup> Average

#### Overall Age Group Places :

First: Rachel Hotchko, Chrissie Drewitt, Dawn Gledhill, Matt Hogan, Stephen Lamy, Tony Goodwin

Second: Helen Ludgate, Katherine A-Sharpe, Jan Bradshaw, Marion Robertson, Matthew Mortimer, Dale Moore, Vincent Squillace, Ray Watson

Third: Lina Izossimova, Robyn Hoare, Francesco Romani

#### Relay results

8 Relays entered: 5 x wins: 1 x 2<sup>nd</sup>, 2 x 3<sup>rd</sup>

#### Relay wins

*120+ Women Medley* Chrissie Drewitt, Lina Izossimova, Rachel Hotchko, Helen Ludgate

*240+ Women Medley* Jan Bradshaw, Katherine A-Sharpe, Dawn Gledhill, Marie Taylor

*280+ Women Medley* Gloria Oldfield, Marion Robertson, Ruth Fitzpatrick, Sonja Walters

*120+ Men Medley* Vincent Squillace, Matthew Mortimer, Dale Moore, Matthew Hogan

*240+ Men Medley* Stephen Lamy, Ted Samojlowicz, Tony Goodwin, Peter Mulholland



Guy Lamy, Ted and Lindsay in the recording room hub

#### PB's

3 x Lina Izossimova 100 Breast, 50 free, 50 Breast

2 x Matthew Mortimer 50 Free, 50 Breast

2 x Vincent Squillace 100 Free, 200 Free

1 x Sonja Walters 100 Free

1 x Annie Gurton 100 Back

1 x Robyn Hoare 50 Free

1 x Virginia Macleod 50 Back

1 x Francesco Romani 50 Free

### Meet Director Report (Stephen Lamy)

Some 206 swimmers from 28 clubs registered for our meet which was also our official celebration of 40 years of existence. If it is generally accepted that the current milestone of 40 is closer to the 'old' 30 then we have a way to go before we have reached middle age. In any event let's hope the Club has many years left in him / her / it.

A pleasant surprise this year was gate 1A which opened up to ample parking closer to the venue and on the same level.

Of concern was the swim school which in taking 3 lanes in the 12.5 area from 1pm considerably reduced our warm up and warm down facility. This is being taken up with the pool management. We altered our start time a few years back to accommodate teaching from 3. We are loathe to have an earlier start time given the travel time for some clubs.

The events ran pretty much to time. Thank you to the officials for the efficiency. We had a number of trainees and I trust they were able to log valuable time. I note our President Ruth Fitzpatrick came through her baptism of fire as trainee meet referee with flying colours.

Congratulations are plentiful. Clary Munns bettered world times in the 50 back and 200IM and there were branch records for



Sue Levett in the 100IM and Cam Horn in the 200IM. Warringah extended their stranglehold on the visitor's prize and Blacktown took out the average with 31.2 points over Hornsby with 31.0.

A successful meet is due in large part to one's club members and I would like to thank the many contributors, be they officials, sustenance providers during and apres swim, the raffle department, runners, recorders to list the most obvious, while recognising smaller but important helpers in completing the meet jigsaw.

Oh and the cake was good too. I had 2 pieces.

We look forward to hosting again in 2016

### **Social Report (Katherine Woodburn)**

Our annual Manly Meet at Abbotsleigh proved to be a smashing day filled with fun, friendship, flavoursome food and fast times, thanks to all our speedy swimmers!

The cake and balloons in club colours welcomed everyone to a special meet celebrating 40 years. Not only did the cake look good, it was delicious too. (Thanks Marie) 🎂 🎈

Cush and Jean did a sterling job of selling raffle tickets for the famous hampers, bringing in \$720.00. Thanks everyone for your generosity and for making the hampers a real treat. It was especially nice to see

Frances, one of our regular volunteers, take home a raffle prize. 🎀

As usual, the food did not disappoint! We had a huge spread, which included sandwiches, yummy homemade sausage rolls, chips and dips, salmon baguettes, sweet slices, fruit and more. As they say, *'many hands make light work.'* Thanks everyone for contributing and thanks to Peter for manning the pie oven for some hours. 🍉 🍷

The day went smoothly, largely as there were people on hand to help in the kitchen at all times.

Three cheers for Manly - Hip hip hooray!!! 🎉



### **Captain's Report (Dawn Gledhill)**

It was a real team effort with everyone contributing in some way. Vince quickly learnt how to drop the false start rope. It was needed on 2 occasions.

Please remember to let Dawn (0419355438, 9905 4345) or Lindsay (0414809526, 9939 9881) know A.S.A.P. if you are unable to attend a carnival that you have entered. That makes relay organisation on the day much easier.

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## Wett Ones

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### Results: Gloria Oldfield

9 Team Manly swimmers: Katherine A, Lindsay, Chrissie, Ruth, Dawn, Matthew M, Vince, Ray, Katherine W

Club: 4<sup>th</sup> Overall, 5<sup>th</sup> Average

### Overall Age Group Places:

1<sup>st</sup> Chrissie Drewitt, Katherine A- Sharpe,

Ray Watson

2<sup>nd</sup> Dawn Gledhill, Matthew Mortimer

PB's 1 to Matthew Mortimer 50 Breast

Relay: 200+ MX 400 Medley Dawn

Gledhill, Matthew Mortimer, Chrissie Drewitt, Lindsay Brice

Officials - Ruth, Starter; Dawn, Inspector of Turns

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## Ettalong meet

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### Results (Gloria Oldfield)

16 Team Manly swimmers - Mary, Katherine A, Lindsay, Vicki, Dawn, Rachel, Greg, Sue J, Steve L, Steve T, Gloria, Ian, Sonja, Ray, Vince, Katherine W

Club: 2<sup>nd</sup> Overall, 6<sup>th</sup> Average

### Overall Age Group Places:

1<sup>st</sup> Stephen Lamy

2<sup>nd</sup> Rachel Hotchko, Katherine Woodburn, Ray Watson

3<sup>rd</sup> Gloria Oldfield. Ian Sharp

### PB's

2 x Mary Woodward 50 Bk, 25 Fly

1 x Katherine Woodburn 25 Fly

1 x Gloria Oldfield 25 Free

1 x Steve Thompson 25 Free

1 x Ian Sharp 25 Free

1 x Ray Watson 100 Back

### Relay

1 x 1<sup>st</sup> 240+Men Free: Vincent Squillace, Ian Sharp, Greg Jewson, Stephen Lamy

Official : Sue M, Chief timekeeper

### Meet Report: a Personal Perspective, Steve Thompson

When I was the team manager for my son's under 6 'blue-bottles' soccer team, it was my weekly task to write a match report. In these reports I made sure every player was mentioned and how terrific each had played (even when they were beaten 18-3 and our leading goal scorer had scored 3 'own' goals).

With 16 swimmers representing Manly, I have decided not to dwell on every swimmer (too many for individual coverage, not wanting to bore you too much plus by the time I left not everyone's results/times were displayed) ... I have decided this report will be a summary from my personal perspective.

As it has been well over 12 months since my last swimming meet I was eager and pumped with the day's challenges ahead – a totally unfamiliar swimming attitude for me as I'm perhaps not as competitive as most Manly swimmers (come and join lane 4 on Saturdays!).

After picking up Vicki Cogan we arrived at Ettalong a good 2.5 hours before our first race (either due to my over cautiousness in calculating travel time, eagerness or I simply misread the race program – I think the latter).

It was nice to see many familiar faces plus one I had not met before (Rachel Hotchko - who swims mid-week).

After watching the 200 meter races (Steve Lamy winning the Backstroke, Sue Johns & Ray Watson their respective Breaststroke races, Lindsay Brice coming 4<sup>th</sup> in the 200m Freestyle), my turn had finally come for the 25m Freestyle. I have entered this event 2 times before, and each time disqualified for breaking, so I was keen not to break this time. Success – patiently waited for 'go' and didn't break & didn't wear my watch (another reason I have been disqualified – imagine being disqualified twice in the same race!). My time of 14.9 seconds not too bad (but well below my best at 13.7). Age group winners in this event were Rachel, Vicki Cogan & Ian Sharp.

50m Backstroke & Breaststroke (Katherine Ahern-Sarpe winning her age group) races quickly followed.

Time for some sustenance – couldn't remember what Tony Goodwin suggested at the AGM – but oh so glad for the snakes, the Mars bar, cheese roll and Gatorade.

Next was the 25m Butterfly. Katherine Woodburn won her age group (new PB) & I did a 19.2 second (I was now sorry I had the cheese roll but Dawn was most impressed that when I kick my feet come out of the water so far they almost hit the ceiling – always good to receive encouragement - ha ha ha – thanks Dawn).



Time for more sustenance – and thank you Vicki for bringing an extra banana (but no, thanks, I won't have a pie).

In the 50m Freestyle, Vince Squillace won his age group. I swam a disappointing 41.6 seconds (I don't think getting a cramp in the 2<sup>nd</sup> lap assisted my time, some 8 seconds off my best. What did Tony say about cramps again?). Dawn Gledhill, Greg Jewson & Rachel Hotchko each won their age groups in the 50m Butterfly.

During the relays, it was great to hear Katherine Woodburn heartily cheering us all on before each heat.

Ian Sharp & Rachel Hotchko won their age groups in the 100m IM. Gloria Oldfield & Stephen Lamy won their age groups in the 100m Backstroke. Dawn Gledhill & Ray Watson won their age groups in the 100m Breaststroke & Mary Woodward came second in both the 25m & 100m Freestyle & Sonja Walters 6<sup>th</sup> in the 100m Freestyle.

At the end of the carnival I was initially frustrated not to see any of my results listed. The problem was solved: I was extremely disappointed to learn I had now 'graduated' to the 60-64 age group.

I must say in all seriousness that although the day was extremely tiring, I did enjoy it – especially the opportunity to barrack for our swimmers and chat with some great people during the races.

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## Grape Escape, Griffith

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The *Grape Escape*, the Masters Swimming NSW's 40th Anniversary meet, was bound to be social. Swimmers from Victoria and ACT, as well as NSW, were invited. Mary, Marie and Dawn flew to Griffith, whilst Steve and wife Hedi took the road.

First official destination was to meet "underneath the plane on a stick" in Griffith. About 50 swimmers congregated there, to be conveyed to De Bortoli winery, and on to McWilliam's for lunch.



The next challenge was to find the local pool, for the advertised stroke correction clinic. One of our team arrived without cossies, but slotted in perfectly as a backstroke "corrector". I was very impressed with how this whole session came together, under the guidance of Di Coxon-Ellis, Masters Swimming NSW Branch Coaching Director.

Dinner was at a local pizzeria with just a hint of our backyard, El Corso. Service and company were superb. There was lots of mingling between clubs, including with the Victorians.

Sunday morning was time for action, as the interstate meet was on. Two notable swims were Steve's uncle, Geoff Sainty, winning the 25 FR 80-84 age group, and Marie being in the winning relay. To win the relay you had to swim closest to the total nominated time for all 10 swimmers. Marie swam with 9 other relay team members she had never met. Somehow they managed to swim within .39 sec of the nominated time. There was local wine all round for the winners. At the end of the meet Jane Noake, NSW President, introduced Gary Stutsel, foundation member and active swimmer. After a brief speech in his cossies, Gary cut the 40th Anniversary cake.

It is impossible to report this meet without mentioning the hospitality of Robyn Hoare, our second claim member, and the host club *Bidgee Masters*. Robyn met Mary, Dawn and Marie at the airport on Friday. We were taken to a local seed export farm for afternoon tea. It was then to Robyn's for dinner on Friday night. On Sunday Robyn hosted dinner for Dianne Robinson from Bidgee Masters, Nerida Murray and Jenny Dooley from Phoenix Masters, as well as the Manly team and Steve's uncle. There was plenty of wine to share on the evening. On Monday, Robyn then took us to more Griffith sites, and farewelled us at the airport. A big thank you to Robyn, and the Masters Swimming NSW organisers.

Press release link: <http://www.arennews.com.au/story/3046882/masters-of-the-pool/>

Reported by Marie et al

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## Swimming Tips from Tony Goodwin

I want to share 3 things with you if you are not aware of them:

1. Look up Swimming Science on your browser. Dr John Mullen is brilliant and you will find all sorts of information free if you get his Newsletter. The site and subscription request is [here](#).
2. Look up Brettzel on your browser. This is probably the best swimming stretch you can do to activate your spine, which is so necessary for flexibility. A good youtube of the stretch is [here](#).
3. Strength of your wrists and forearm are vital for fast hands in all strokes. Don't neglect exercises for this area of your body.

Not a lot of lines but a world of information if you want to spend the time. It is all worth it if you are serious about improving.

Tony.



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## How to find swim results

A few days after each meet, the individual, age group and club results are on the NSW Masters Swimming website: [.../competition/results](http://.../competition/results).

You can follow your own history, check out state and national top 10 swims in your age group and lots more at the Masters Swimming Australia "[portal](#)".

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## Swimmer of the Month, May: Sonja



From Dawn "Sonja is a very keen new swimmer and is our new Safety Officer.

She competed in her first Nationals in Hobart and was a willing competitor in 2 relays.

She now is comfortable diving off the blocks in races and trying new strokes.

She was only too happy to timekeep while not in the pool."

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## Something to think about - from Dawn

The water doesn't know your age!

Use it or lose it.

Don't count the laps – make the laps count.

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## New members: WELCOME

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*There are lots of welcomes here. After doing the Michael Klim swim, Hana joined Manly Masters. At time of writing we also have Louise and Tracey M to welcome. Mel and Krissie are attending squads, whilst doing boot camp and more.*



Tracey F and Callum

We welcome **Tracey F** and **Callum**.

**Barry** and **Phil** are regular Tuesday night swimmers. They are also very keen golfers, so we are unlikely to see them at carnivals. No doubt the flexibility and fitness they get from swimming gives them a good swing for the golf course.

**Rachel**: "My first swim meet was when I was five years old and I have been competitively swimming ever since. It just seemed natural that when I moved to Australia in Feb 2015 that I would join a Masters team.



Barry, Rachel and Phil

I'm originally from the Pacific Northwest (Washington/Oregon) in the States and emigrated to Australia after I finished graduate school to be with my Aussie partner. After a bit of searching for teams near my home and work, I found Manly Masters and have enjoyed the warm welcomes from everyone and the pace of the training. I work for 4 Pines Brewing Co. so if anyone wants to join me for a tasty beverage at one of our venues, let me know! There's nothing better than a good beer after a hard training session. Cheers!"



Fiona , Brooke and Becky

**Fiona** : " I am originally from Ireland but have been in Australia since late 1994. I spent my first 5 years here travelling and working my way around the country before finally putting some roots down on the Northern Beaches in 2000.

Prior to the birth of my son 6 years ago, I was pretty fit and active playing all sorts of sports. After my son was born I had back surgery meaning most sports are now out for me. However the physio is forever telling me to get back into the pool as swimming is the one thing I can do with a bad back and will help strengthen it. So after years of talking about it, here I am in a swimming

club and loving it. A big thank you to everyone who has been so friendly and welcoming.

I am loving the feeling of getting fit again (albeit slowly!!) - I used to swim competitively as a child but gave it up when I was about 11 to play other sport. I was positively destroyed after my first training session a few weeks ago but am already building up some stamina (some!) and my arms don't hurt so much any more after a session!!"

**Becky:** "Thanks for welcoming me everyone! After watching Mark Spitz win 7 Olympic gold medals in the 1972 Olympics I announced to Mum and Dad, 'I want to do that'. That was the start of my love of swimming in the UK, which I pursued competitively from aged 7 to 16.

We moved to Australia in 1999 and are proudly both British and Australian citizens. My husband Dave and I got into dragon boating in our 40s for fitness and fun. We represented Australia in the Masters at the World Championships a few years ago. The training was reminiscent of swimming and I loved it.

The arrival of our now 7 year old son and my career as an Organisational Psychologist working in Leadership and Talent consulting has kept us busy with everything but fitness. It's lovely to have found swimming again as Manly Masters training represents both 'time for me' and a way to get my fitness back."



Hana and Helen

**Helen:** "I started swimming in the UK for Guildford City club when I was 5 years old. I swam competitively until I was 18. I then went to Loughborough Uni and continued my swimming training but also took up Waterpolo playing at regional level. I stopped when I was about 22, and started again at 40 ( yes long break). I came to Australia in 2003. In 2012 I was made redundant from my merchandise planning job. I wanted something that I can do part time that fits in with my kids, so I became a swim instructor.

I now teach swimming at Queenwood School. This year I received a NSW lifesaving commendation for rescuing and resuscitating a boy at the beach. Yes swimming and CPR knowledge = a lifesaver.

I also started training again by swimming in the ocean with Bold and Beautiful at Manly. I have competed in a few ocean races but now want to have a go at competing in the pool. So here I am enjoying the challenge."

**Matt Hogan:** "I was born in Detroit, Michigan and moved to Sydney when I was 2 months old. I started swimming at the age of 2 over at Ryde. I continued to swim throughout my life and in 2008 I moved back to the USA to go to uni and really dig deep and focus on swimming as much as I could. It really took my places and at the height of my career I was going to Olympic Trails in 2012 and was ranked 21<sup>st</sup> in the nation (USA) in the 200 Free in 2012. My top three events were the 200 Free, (1.51.9) 100 Free, (49.8) 50 Free (23.2) Besides swimming, I am a very keen traveller and skier. I joined Manly Masters to feel part of a team and for a fun relaxed swimming experience. Look forward to meeting everyone!"



Matt H and Matt M

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## Pizza night

On a beautiful clear winters evening The Manly Masters posse turned out to celebrate the amazing achievements of winning the team trophy at the recent state championships and to wish Lina, Dawn & Tony all the best at the World Masters in Kazan.



Little did we know what was in store with the social secretary, Katherine in full flow organising a very successful lucky door prize game. This was followed by the well documented (on Facebook) Manly War Cry's competition. There were some great entries filled with enthusiasm and much laughs had by all.

The evening was a resounding success, with great food, cheap beer and most importantly - fantastic company!!

Thank you to everyone who was involved in its organisation and the best of luck to our intrepid explorers heading overseas!

Gooooooooo Manly!!

Reported by Chrissie

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## Birthdays



**June:** Kerry, Katherine A, Kaye B, Carol, Annie, Matt, Fiona, Giles

**July:** Ruth, Tom, Tony, Robyn

**August:** Laura, Agnete, Liz

### CONTACT US

*Web Page*

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*Mail*

PO Box 560 Freshwater NSW 2096

*Facebook*

Contact Ted [samfam@ozemail.com.au](mailto:samfam@ozemail.com.au) to join our club members only group

### WHERE WE SWIM

Harbord Diggers Pool, Evans St, Freshwater

### WHEN WE SWIM

7:50 am for 8am Saturday mornings,  
6:50 pm for 7 pm Tuesday and Thursday evenings