

Hill & Down



Up Vale

APRIL 2014 NEWSLETTER

PRESIDENT'S PROSE MARCH 2014

Do you remember as a child when the time between Christmas and Easter was an eternity? Now it only seems like last week when we were packing decorations away and finishing off the last of the turkey! Maybe the fact that hot-cross buns go on sale on Boxing Day could have something to do with it. Only 3 weeks to chocolate egg overload.

Open water swimming again dominated the calendar in March with two swims in Cockburn Sound, the first being the City of Cockburn 1500mtr Jetty to Jetty which saw 12 club members and 3 "groupies" turn up at Woodman's Point on a great morning to enjoy a terrific swim in clear, calm water. Before the start the swimmers are required to walk (or swim) 1500mtrs up the beach and then swim back. Fully prepared to walk, Marilyn Potter was offered a lift and arrived at the start line in style aboard the Royal Life Saving buggy. Cockburn City hosted a brilliant breakfast under the trees followed by presentations.

The second swim of the month was the Masters HBF State OWS – again in the calm waters of Cockburn Sound at Coogee – with a choice of a 1 km or 2 km swims on offer. Congratulations to the 8 members who completed the swims and stayed for the breakfast – well worth the effort of heading to the coast early in the morning and fully recommended for next year.

Beatty Park Masters (previously the Osborne Park Club) hosted an inaugural 50mtr Sprint Event on a Friday evening and, although we only had 9 swimmers interested (3 new members with Jason, John and Kerry representing the club) the evening was a great initiative and well organised. The events were very efficiently organised and, although it was the first cool evening in months, the outdoor venue was a refreshing change. The wiz-bang timing system fell in a heap as the relays were about to start so the night came to a disappointing end but the interclub was a learning curve and will be held again next year with some fine tuning. Many thanks to Kathy Brady and Dorothy Stewart for timekeeping all night.

The first of 4 handicap events was held during the month and our newest member, Dene Cooper nearly managed to take out the honours in the 50mtr breaststroke event with an exciting finish – won by a fingernail by Trevor Costigan. Congratulations to Trevor and welcome to Dene.

The first social of the year under the direction of Kathy Brady, was a fun morning of Supa Big Ball Golf, followed by lunch. I know there are some great photos and an article to show you what you missed out on! Just like the 10 Pin Bowling social a couple of years ago, our golfing prowess is abysmal and we should stick to swimming!

Rehydration night at the Pizza Kitchen in Sanderson Road was again popular and the fact that we can take over the courtyard and have the place to ourselves is ideal. The food is super delicious too. Well done Kate, Maggie, Richard, David, Matthew, Thomas and me for actually training first! (and Lesley for being at the pool to coach).

During March, some of our members were involved in great sporting adventures other than swimming and there are terrific articles from Lesley and Scott (via Patricia) to describe their achievements. Jason competed in the BUPA cycle for Asthma and Russel Bourne has motor-biked half way around Australia with a group of "wannabe" Easy Riders. Congratulations to Val Goodreid who competed as part of a team in the SunSmart Women's Triathlon.

Whilst Lesley managed to control her shingles outbreak enough to walk an impressive 60kms for charity Garry has not been quite so fortunate and is still residing at Hollywood hospital waiting for the infection in his leg to be controlled enough to continue with his surgery and replacement knee. Garry has a constant stream of club members visiting him and I know he appreciates the break in the monotony of the hospital room.

David Pether took the time to visit Garry in a very unique way. Coincidentally, David was in the same ward (in the executive suite, which Garry arranged for him up the corridor) having his very own knee replacement operation. David was able to shuffle down to visit Garry and share mutual visitors. There were some hilarious club sessions in Garry's room. Thankfully, David's operation was a success and he is well on the way to recovery and hopefully we will see him back in the pool very soon.

Good luck to Rachael Cooper, who is representing the club at the National Championships in Rockhampton from 23rd to 27th April. Rachael is competing in 100/200/400 free, 100/200 breast, 200IM and the 5km open water . She couldn't quite get a relay team together!

Liz Bettridge has taken a leaf out of Glad McGough's book and has begun a degree course at Curtin University so we may be seeing a little less of her around the pool but we wish her the very best in her new endeavour.

Lynne and Andrew Duncan send their regards from Vietnam and I believe Phil Leap the frog is enjoying his latest adventure.

Best wishes to Jane and Chris Potter and Mum Maureen, who are travelling to Fiji to attend their daughter's wedding over Easter. We hope to see some lovely photos when you arrive home.

SEE YOU ALL IN TRAINING! FROM THE HILLANDREA

CLUB NIGHT PROGRAM FOR APRIL 2014

7th April	50 BACK	STUBBY STAKES	100 FREE
14th April	COMMITTEE MEETING AEROBICS ONLY		
21st April	EASTER MONDAY PUBLIC HOLIDAY		
28th April	100 BACK	100 FLY	



CONGRATULATIONS TO RUSSEL FOWLER

WHO SWAM CLOSEST TO HIS NOMINATED TIME FOR 50 FREE.

A delighted Caroline presented him with his prize.

The Stubby stakes challenge for April is 50 m backstroke

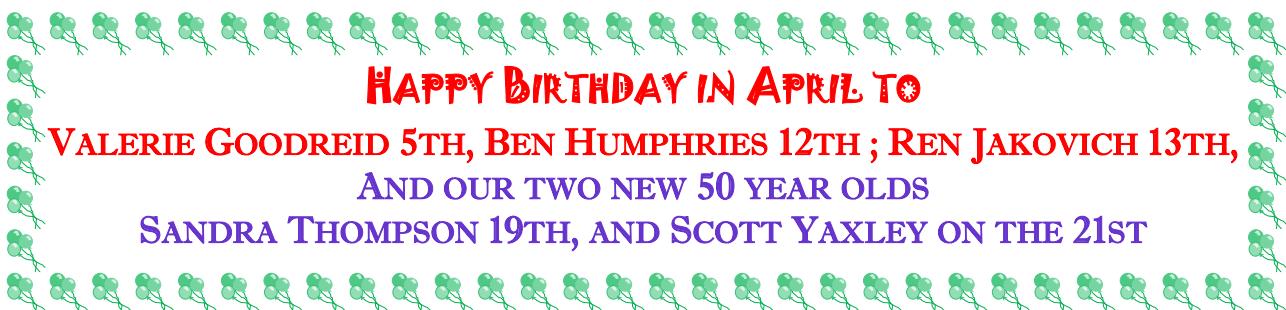
Come to the pool on Monday 7th and see if you can be the next stubby stakes winner and take home a bottle of wine to either start or add to your wine cellar!

WELL DONE TO TREVON COSTIGAN

Winner of the 2014 50 m breaststroke handicap.

A closely contested event, with 3 heats to find the competitors for the final heat.

Trevor took line honours by a finger nail



If you missed this in Dolphin dots, here it is again



Very pleased to announce that I (Lynne) accepted on behalf of Maida Vale the "David Cummins Live Lighter Club Challenge – Average Points – Runner Up Award". Not really sure how the calculations work and how we achieved this award but it is a huge improvement on the last award we received in 2011 which was the "Handicap Club" Award. We've gone from being Handicapped to being Average.... well done us!!!

In fact, this latest award bring to 4 the number of State Awards we have been presented with as a club over the last little while:

BACC – "Fred Johnson" Improvement Factor Winner

2010 LLCC – "David Cummins" – Average Points – Runner Up Award

2011 State Swim Results – Handicap Club

2013 LLCC – "David Cummins" – Average Points – Runner Up Award

CLUB RECORDS

This [link](#) will take you to the Results and Records on the Maida Vale Masters website where you can find all club records and results. If you have just gone up an age group you might see an old club record of which you can become the new owner!

ROUND 8 - SWIMMING WA OPEN WATER SERIES Monday 3rd March 2014 2.5KMS .

It was a beautiful morning in Rockingham. Well done to all our swimmers.

35 OF Tammy Norregaard 49.44.28; 35 OF Caroline Dyer 46.24.71;

50 OF Liz Bettridge 43.26.53 (SILVER MEDAL);

35 OM Ben Humphreys 49.25.55; 50 OM Alan Friday 51.54.87.



COCKBURN MASTERS JETTY TO JETTY 1.5KM held Sunday March 9th saw a big turn out from Maida Vale Masters. It was a little bit cool first thing, but the sun came out and it was a beautifully calm swim

FEMALES: **34-44** 7th Caroline Dyer 25:52; 10th Tammy Norregaard 27:32;
45-54 6th Liz Bettridge 23:41; **55-64** 18th Maggie Read 32:23; 20th Kate Elliott 33:29;
65-74 3rd Andrea Williams 28:58; 13th Marilyn Potter 38:56

MALES: **25-34** 10th Jason Taafe 25:49; **35-44** 15th Ben Humphreys 25:57; **45-54** 29th Paul Waters 28.07
55-64 20th Alan Friday 27:53; 43rd John Reid 36.29 **65-74** 5th Gwyn Williams 26:56;
75+ 3rd Terry McKie 33:12
CONGRATULATIONS TO ALL SWIMMERS !!!



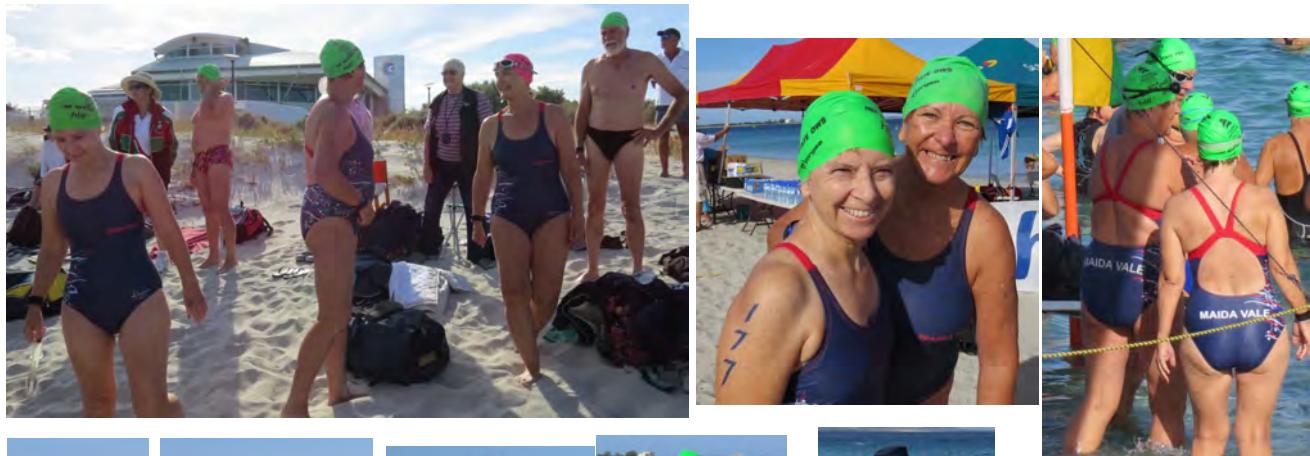
On Saturday 22 March, Somerset Masters conducted a very successful State Open Water Swim on behalf of Masters Swimming WA. The weather forecast that there would be storms on the Saturday morning was a little concerning, but Maida Vale was well represented with Andrea and Gwyn Williams, Caroline Dyer, Kate Elliott, Maggie Read, Alan Friday, Terry McKie, Ben Humphries and Liz Bettridge braving the forecast.

However, apart from a strong easterly, the weather was just right. The easterly didn't actually hit the ocean until about a hundred metres offshore, so the swimming course was quite smooth, just a slight chop to remind us that we were swimming in the ocean!!

The only time that the breeze was a concern was while clearing the beach after the event. A gust of wind took one of the shade shelters into the water!



A pumped up and 'raring to go' team of swimmers from Maida Vale Masters found a quiet spot on the beach for some last minute preparation time before the 1,000 and 2,000 metre swims.



All ready to enjoy our well earned breakfast.



Groupies having their photo taken with Eli Kitay who took out the honours in the 90 to 94 years age group!



Andrea M'cing the event, and a great job she did.,
Caroline happy with her spot prize.



Helen is making sure that Garry's spot on the bench is not going to be used by anyone else whilst he is away.

DEPTH
1.35
Metres

We are missing Garry Lynn who has now been in hospital for too many weeks. He is on the road to recovery, but not quite up to speeding up and down the corridors of Hollywood Hospital unlike his co patient David Pether and visitor Gwyn Williams. Men behaving badly springs to mind!



SupaGolf

(NOT TO BE CONFUSED
WITH
SUPER GOLFERS)



Kim didn't understand that it wasn't the person who scored the highest who won and seemed to prefer spending most of his time down in the valley with the Laser Corps Lads Andrew sustained serious leg wounds retrieving his ball from the brambles and Shelley did a nose dive into the bushes to locate her wayward ball. Lynne kept expecting a feral goat to charge out and pinch her tee-shot (memories of club camp at Popanyinning) and Andrea and Gwyn played conservatively down the middle for a change. Kim's best drive sliced left, hit a tree and flew straight back at him on the tee and he nearly decapitated Gwyn on another drive. Not the best of days for him but we were kept in stitches! Just as well the lunch and beers were terrific."

The day of Supa Golf involved all the 'f's of Masters swimming. It was good fun, there was fitness involved—lots of wandering around looking for balls that did not go in quite the direction they were supposed to!! And everyone was very friendly, with lots of expert advice—"KEEP YOUR EYE ON THE BALL" "RELAX YOUR SHOULDERS" "OOPS FORE!!!"

Here we have Sandie teeing off from the first hole. Her sons, Morgan and Aaron, were not particularly impressed with mums first drive or put! Good technique there Sandie!!



It's down theresomewhereBrian imparting some golfing wisdom to Sandie.....



Congratulations to the winner, Kim Heath, who went round with the least amount of shots getting that pesky ball into that pesky hole on the green. Tina came in with the most amount of shots to get her ball into the holes on the greens and Elaine got nothing, but as you can see, she was happy for the winner and her sister in law!

THE WEEKEND TO END WOMEN'S CANCERS

What a fabulous weekend it was.....

We started from McCallum Park at around 7.30am on the Saturday, following a moving opening ceremony, with some of the brave cancer survivors sharing their stories. Eight hundred and forty five women and men headed off along the banks of the Swan River towards South Perth full of enthusiasm and drive. For 7 hours my team 'Because We Can' and I wound our way with the throng through the suburbs including Como, Applecross, Ardross, then across the Mount Henry Bridge and back along the freeway, through Manning finally returning along the river to our starting point. A total of 30.7km!



A lunch time rendezvous with Caroline and Jason on their bikes was a highlight along with the regular pit stops for refreshments and the encouragement from people as we passed by. Pretty sore but blister free, we settled into camp for the night. After a yoga session, foot soak, massage, ample meal, hot shower and even some dancing, we crawled into our little blue tents for what, for me at least, proved to be my best night's sleep in ages!

A rude alarm awakening at 5am and a cooked breakfast saw us on our way for Day Two. Another scenic route through East Perth, Northbridge and North Perth to Hyde Park, then onwards to circle Lake Monger, through Subiaco to meander around Kings Park, down Thomas Street to UWA then following the river all the way back across the Narrows Bridge to South Perth and finally the finish line. Another 6 hours and 29.5km!



The course was interesting, the company was hilarious, the organisation was impeccable in its detail and I was in awe of so much that was going on around me. It was an inspiring and often emotional experience that challenged me in many ways but more importantly made me grateful for my health and my family and friends who have been so supportive and generous to help me not only make my fundraising goal but also to contribute to the \$2.2 million total for WA! Thank you one and all, let's hope we make a difference!!

I can highly recommend the walk for 2015 to anyone looking for a challenge...www.encancer.org.au

Now to learn to swim again....

Lesley



3 PEAK CHALLENGE BY PATRICIA DALLE NOGARE/SCOTT YAXLEY

Scott and I ventured to Victoria in early March so that Scott could participate in the Scody 3 Peak Challenge which is claimed to be one of Australia's toughest bike rides.

It isn't a race; it is a challenge, a personal achievement for most of the bike riders. It is a 235 km route, with its 3 major climbs – Tawonga Gap (800m), Mt Hotham (1800m) and Falls Creek (1700m).

Scott was up at 5am in the dark, getting all his gear on and then we wandered down to the start along with over 1,800 participants who started. With a cut off period of 13 hours there was a 92% completion rate and 11% of the participants were female.

More than half the riders were from outside Victoria and some came from overseas, South Africa, New Zealand, Scotland and Canada.



The organization was great; I received text messages when Scott had finished his climbs at Tawonga Gap, Mt Hotham and at 35km to go which was the bottom of Falls Creek. So how long will that take?? How quickly does a bike rider go? An hour perhaps? Well over 2 hours later he arrived. We travelled that final 35km route by car the next day; it was all uphill, long and windy roads, just going up and up and up. The 3 peak challenge now over – will he do it again??? Scott remarked *"it was the hardest thing I've ever done, but the grin on your face is worth it"*. Harder than solo Rottnest?? "Hell yes."



Hi Scott here – I had been slacking off with my swimming, whilst trying to keep a 300km a week cycling regime up since January – a little like the prep for a Rotto swim. I knew it was going to be hard – **how hard** – that was the question.

The ride started with a 30km, steep, windy descent from Falls Creek ski resort down into Mt Beauty. Took it easy on the descent, trying to keep my line and not go too fast around blind, unknown left hand corners. Others were bombing past me – must be locals I thought, but I did my fair share of passing. I had started well back in the 1800 plus field – we were marialed according to estimated time – I said between 10-11 hrs, given that the cut-off was 13. Having said that there must have been 600 odd people ahead of me to cross the start – luckily they thinned us out pretty quickly by wave starts and a narrow chute which reduced us to two abreast.

After the drop into Mt Beauty, a “comfort break” was in order by most of the male field – that row of poplars will either be dead or twice as high next year. Then the first climb up to Tawonga Gap – twice as high as Welshpool Rd. Fairly cruisy – stop at the top for water, etc. and then bombed down the other side for a lovely approach through the Harrietville Valley for the big climb to Mt Hotham Ski resort at 1800m. I was caught by a large group of about 40 along the valley, and they were organized into a rolling pace line which was fun, as we could maintain a good speed whilst rotating the lead. The climb up to Hotham was steady but relentless – following a ridge line, the road snaked, up and up and up and up..... Eventually we could see the top, but it was way up – you just sort of lock your legs in and go, get a rhythm and climb. There were a couple of “annoying” down dips – annoying in that after climbing so far, any negative gradient is annoying as you know you still have to make it up again.

Anyway I reached the top and then it was down through the village to the lunch stop at Dinner Plain village after 115km. The organizers had arranged for each person to have three food/gear drops along the way. Clean clothes awaited me at DP, but as the weather was perfect, just ditched the arm warmers, stretched the feet and off again. Following a lovely mild descent into the picturesque small town of Omeo, and a scone which required a great deal of swallowing, it was time for the final run back to Falls Creek. A small climb put us onto a high plateau with a fairly flat run following basically one hill contour along the side of an alpine river valley to Anglers Rest. My final food drop contained more gels (yuk!), a bottle of Tonic water (quinine supposedly helps prevent cramps) and a 600ml bottle of Coke (black gold). This was my reward for having ridden 200km, and to get me up the last 35km. My Garmin cycle computer showed ride time as 7 hrs 50 – how hard could the last 35km be – be home in 2hrs easy!

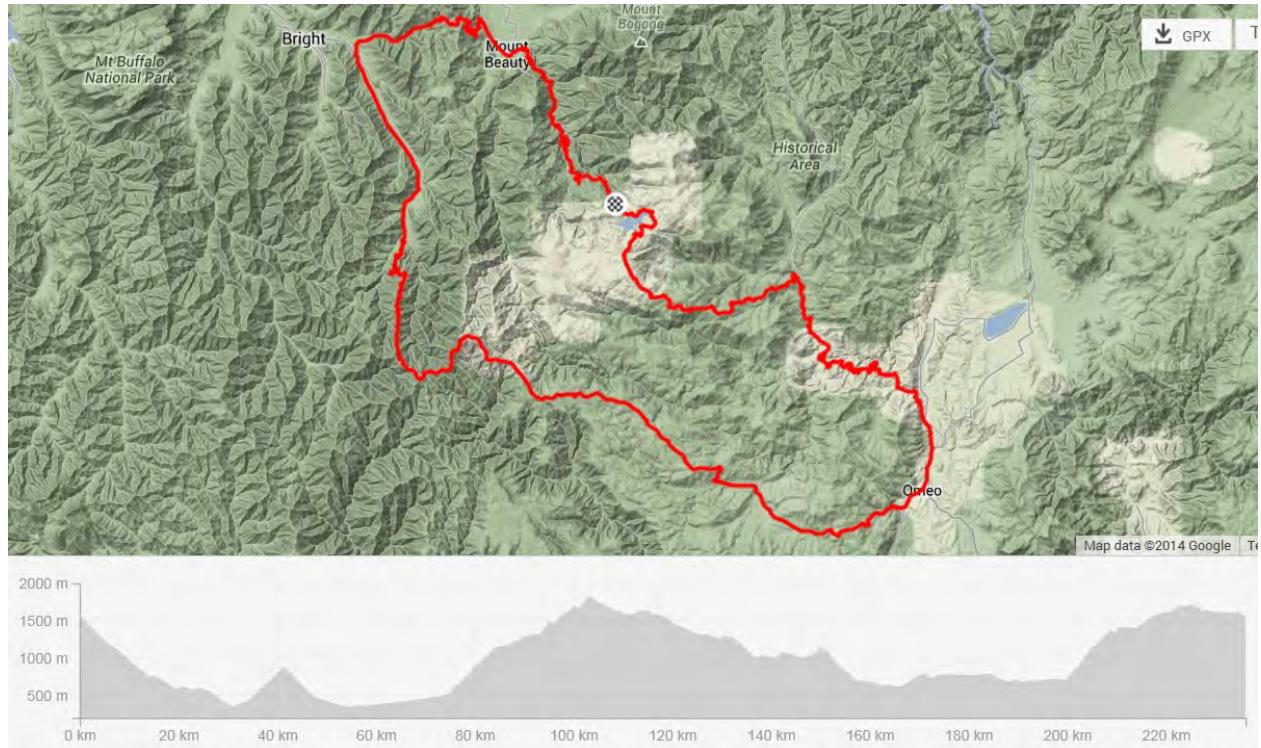


Well they don't call it WTF Corner for no reason! You swing around a hairpin and you see it, like the last bit of Gooseberry Hill Rd, but for 4km. Then it flattens out to around 8-10% (say Kalamunda Rd) for the next 5km. We gained about 800m over 9km. I was doing about 7-8kmph; people were cramped on the side of the road, some throwing up – many walking. “I am not going to stop” I thought – once I do it, I will do it again and again – I'm not going to crack that seal. So I ground on, and on, and, on – very much like a Rotto solo. I knew I was going to get there; just not sure how long it was going to take. This was a real Velominati Rule #5 ride (google it!)

Final rest stop at Trappyard Gap, more water & bars – another 300m to climb still, to the top of the mountain, with a supposedly downhill finish to Falls Creek. Finally reached the alpine plain – legs were cramping sporadically, but just rode through it – **am I going to make my 11hrs ?**

it was going to be close. After many “false crests” I finally got to the top, a bit emotional at that point - my eyes glued to the altimeter.....around the lake at the top, one more final little lump, and around the bend with the village in view.

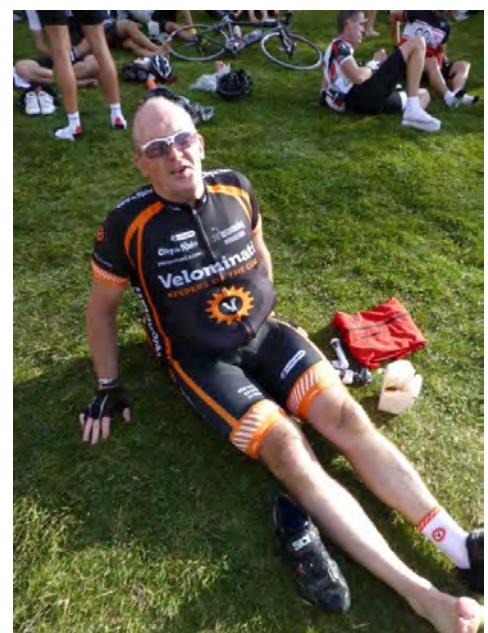
A relief as I saw the marshals motioning me into the central village, and across the line. Heard Pat call out as I crossed the line in 10 hours and 51min!



What a b*#@@ of a ride that was!! – a bowl of lasagna and a Coke thrust into my hand and time to collapse on the grass, and get those bloody shoes off (but I couldn't quite manage the left one for fear of my leg locking up completely).

In hindsight it was a great challenging ride. The weather was brilliant (luckily), organization great, riders and volunteers' friendly and even car drivers courteous!

Trying to get a few mates together to make them suffer next year!





LiveLighter 2014 State Championships

Challenge Stadium, Mt Claremont

24th/25th May 2014

Saturday 24th May □ Day 1

9.00am pool open: 10.00am – 4.00pm competition

- Event 1 200m Backstroke
- Event 2 100m Butterfly
- Event 3 200m Freestyle
- Event 4 100m Breaststroke
- Event 5 200m Individual Medley
- Event 6 50m Freestyle
- Event 7 50m Backstroke
- Event 8 4 x 50m Freestyle Relay – Women
- Event 9 4 x 50m Freestyle Relay – Men
- Event 10 4 x 50m Medley Relay – Mixed



Sunday 25th May □ Day 2

8.00am pool open: 9.00am – 2.00pm competition

- Event 11 200m Butterfly
- Event 12 100m Freestyle
- Event 13 200m Breaststroke
- Event 14 100m Backstroke
- Event 15 50m Butterfly
- Event 16 50m Breaststroke
- Event 17 4 x 50m Freestyle Relay – Mixed
- Event 18 4 x 50m Medley Relay – Women
- Event 19 4 x 50m Medley Relay – Men

Presentations to follow in Lecture Theatre – cash bar available

EVERY BEEN GUILTY OF LOOKING AT OTHERS YOUR OWN AGE AND THINKING 'SURELY I CAN'T LOOK THAT OLD'?

Alice was sitting in the waiting room for her first appointment with a new dentist. She noticed his dental diploma which bore his full name . She suddenly remembered a tall, handsome, dark haired boy with the same name had been in her high school class some 30 odd years ago. Could he be the same guy that she had a secret crush on, way back then? Upon seeing him, however, she quickly discarded any such thought, this bald grey haired man with the deeply lined face was for too old to have been her classmate. After examining her teeth, she asked if he had attended Queen Elizabeth High School. 'Yes I did" he beamed with pride. "When did you leave to go to college" she asked? He replied "In 1966, why do you ask" " You were in my class" she exclaimed.

He looked at her closely, and then the ***ugly, bald, wrinkled, fat bodied, grey haired, decrepit so and so*** asked. "what subject did you teach?"

The water
doesn't know
how old you
are.



Anyone recognise this cutie?
Swims a mean breaststroke..



If you are looking for new swimwear and haven't got time to visit the shops this website has some different and well priced bathers and other items for the keen swimmer! <http://www.wiggle.com.au/swim/>

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