

Hill & Down Up Vale



JUNE 2014 NEWSLETTER

The LiveLighter 2014 State Championships were held at Challenge Stadium, Mt Claremont over the weekend 24th/25th May 2014 and didn't we do well! With only 9 swimmers we came 9th out of 27 clubs. What we lacked in quantity we made up for with quality. We had

**12 FIRST PLACES, 15 SECOND PLACES AND 6 THIRD PLACES,
A STATE RECORD BREAKER AND AN AGE GROUP WINNER.**



Rachael Cooper won her age group (25–29), and a state record for 200 LC freestyle 2.21.45. Rachael also swam 1st in 5 other events. 200m IM; 50m freestyle; 100m freestyle; 200m breaststroke; 50m butterfly. A great effort!!

Lesley Hart (50-54) 1st 200m backstroke; 2nd 100m breaststroke; 2nd 200IM individual medley; 1st 50m backstroke;



We were well represented in the 60-64 age group. **Kerry Hutchinson** 1st 200m freestyle; 2nd 100 m breaststroke; 2nd 50m freestyle; 2nd 100m freestyle; 1st 50m breaststroke. **Elspeth Binckes** 2nd 200m backstroke; 2nd 200m freestyle; 5th 50m freestyle; 1st 50m backstroke. **Maggie Read** 3rd 200m freestyle; 4th 100m breaststroke; 4th 50m breaststroke; 3rd 50m backstroke. **Kate Elliott** 4th 200m freestyle; 7th 50m freestyle; 5th 50m backstroke.

Barbara Hart (75-79) 5th 50m freestyle; 2nd 50m backstroke; 5th 50m breaststroke



Ian Stewart (75-79) Robbed of his 1st place in 200m backstroke; 1st 200m freestyle; 2nd 50m freestyle; 2nd 100m freestyle; 2nd 100m backstroke; 2nd 50m breaststroke. **Terry McKie** 2nd 200m freestyle; 2nd 100m breaststroke; 2nd 50m backstroke; 2nd 200m breaststroke;

With only 9 swimmers we were still able to enter 3 relay teams. 2 on day one, and 1 on day 2. We are a club to be reckoned with!!

Thank you to the timekeepers for the club. A special thank you to Geoff Binckes who was a timekeeper for most of Saturday, only taking lunch and comfort breaks.

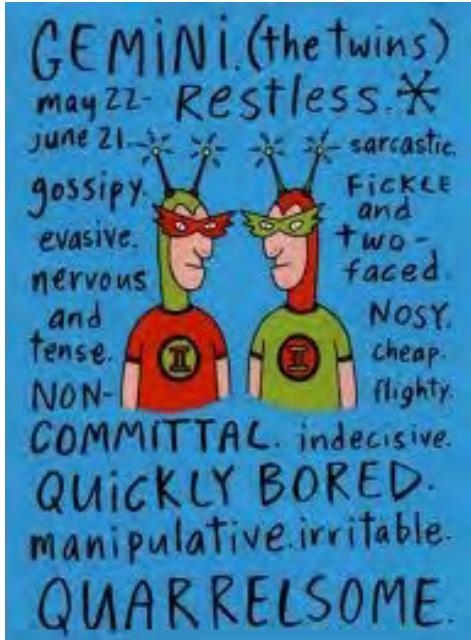
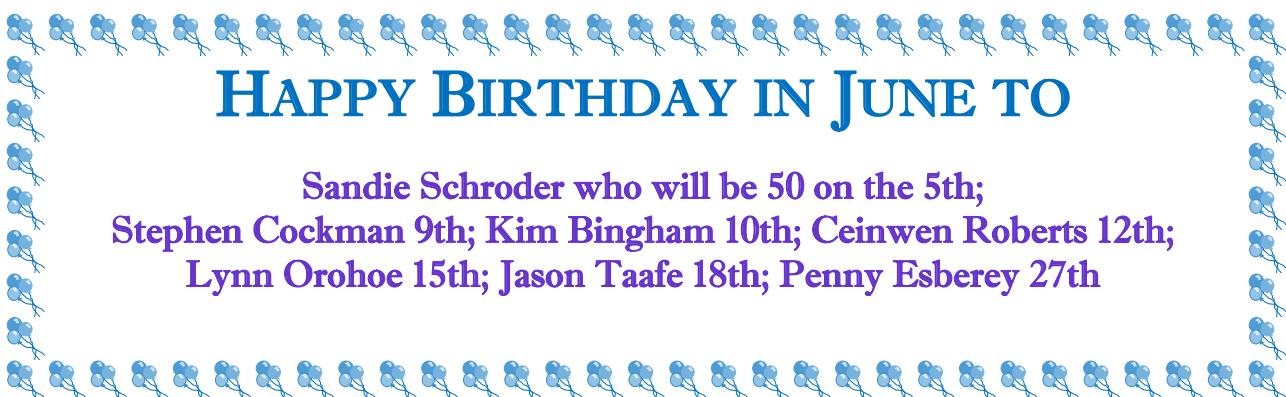


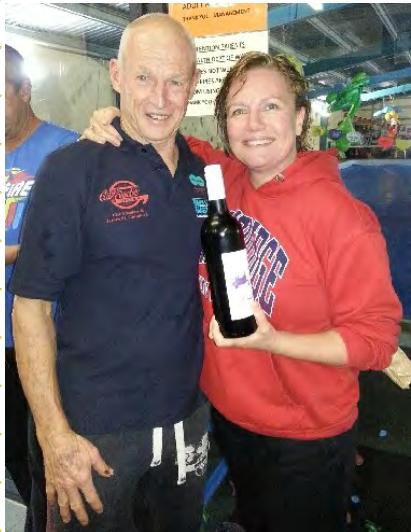
CLUB NIGHT PROGRAM FOR JUNE 2014

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|-----------|--|---------------|------------|
| 2nd June | NO SWIMMING WESTERN AUSTRALIA DAY PUBLIC HOLIDAY | | |
| 9th June | 100 IM | STUBBY STAKES | 200 BREAST |
| 16th June | COMMITTEE MEETING TRAINING AND AEROBICS | | |
| 23rd June | 25 FLY | | 100 Free |
| 30th June | 100 FLY | | 100 Free |

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!





CONGRATULATIONS TO LESLEY HART

Who SWAM CLOSEST TO HER NOMINATED TIME FOR
25M BREASTSTROKE

June's Stubby Stakes is 100 Metre IM.
Come down on Monday 9th June with a plate to share,
nominate your time for the 100 metre IM and have a go at
winning the wine!!



The 50m Free Handicap was closely contested on the 19th May with 6 swimmers in the final heat. Only one male club member made the final six. Lynne Duncan, Sally Blane, Maggie Read, Tammy Norregaard, Lesley Hart and JamieBounsell. Congratulations to our new club member Sally Blane who took out line honours.



Not sure what stroke the next handicap will be, or when it will be held.
Watch the Dolphin Dots for more information so you don't miss the opportunity to win this event.

Have you saved the date?

SATURDAY 19TH JULY
THE CHRISTMAS IN JULY
EXTRAVAGANZA



MASTERS SWIMMING AUSTRALIA

The [Vorgee](#) Endurance 1000 program has replaced the Aerobics program which was launched as a national event over 20 years ago. The program is designed to encourage people to compete in distances from 400 metres to 60 minutes duration in a variety of strokes.

Now that the open water swimming season has concluded we will be commencing our Endurance 1000 swimming program at the Darling Range Sports College pool on Saturdays between 2 pm and 4 pm. A certain level of aerobic fitness can be maintained by completing the individual event requirements. The total number of swims that can be completed is 62 - broken down into:

- 25 individual 400m swims; 25 individual 800m swims
 - 3 by 1500m swims; 3 by 30 minute swims
 - 3 by 45 minute swims; 3 by 60 minute swims

Darling Range Sports College has an excellent pool for endurance swimming. So if you want to keep up your aerobic fitness in the pool come down and get started!!

MAY'S AEROBICS SWIMMERS. WE WOULD LOVE THIS TO BE A BIGGER GROUP!



Thank you to Barbara Hart and Jill McClelland for time keeping

See you down at the
Darling Range Sports College
for the next Aerobics sessions.
Watch Dolphin Dots
for the date.



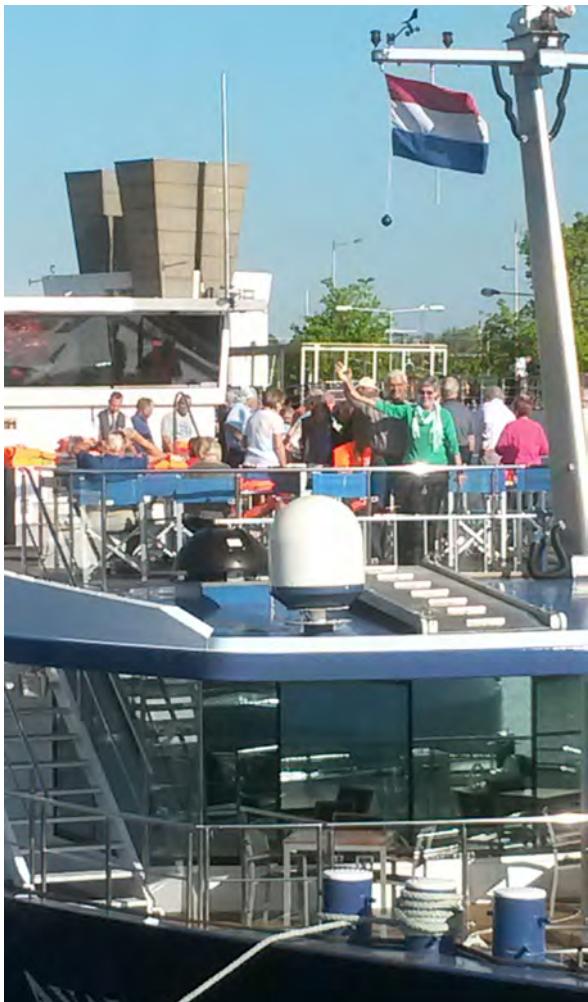
FROM RACHAEL COOPER AT THE NATIONALS 2014 IN ROCKHAMPTON.

I entered 6 Pool events and 5km open water,
ended with 3 gold 3 silver and a 4th and a state Record in the 200 Breaststroke.

I had a blast meeting new people and catching up with old friends.

Here are a few shots action and after racing fun .





Gwyn hamming it up in Spain



Club Member Marilyn Potter and her husband Graham, waving to Andrea and Gwyn as they passed each other on their respective cruises up and down the Rhine. Andrea and Gwyn Williams finishing their cruise as Marilyn and Graham started theirs.

The pictures below from Spain explain why there is no president's prose this month.
Watch out next month!
Kate :)

“That doesn’t look like Gwyn on his horse and I can’t work out which beautiful señorita is Andrea?”



Gwyn with his new best mates chasing windmills in La Mancha. Don Quixote and Pedro.

After the States on Saturday a few club members dropped in on Garry Lynn
who is now well on the way to recovery.
Unfortunately there may have been a bit of something on camera lens,



but you can still see how happy he was to see us!!



search ID: ahang19

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/>

Contact Details:

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|------------------|---|--|--|
| President: | Andrea Williams williams12@hotmail.com | Ph:9293 2318 | andrea- |
| Secretary: | Lynne Duncan | Ph: 9293 3041 | duncan1320@bigpond.com |
| Coaching panel : | Lesley Hart Claire Ware Liz Bettridge | Ph: 0419 961 729 Ph: 0428 695 427 Ph: 0404 849 656 | lesleyjane62@hotmail.com claireware@aapt.net.au effies_emporium@iinet.net.au |
| Editor: | Kate Elliott | Ph: 0400450 770 | kelliott@iinet.net.au |



Don't forget to visit our club's web page at <http://maidavalemastersswimming.com/>

