

Hill & Down Up Vale



AUGUST 2014 NEWSLETTER

PRESIDENTS PROSE – JULY 2014

What an amazing month of sport – club swimming aside – keeping some of us glued to the television into the wee small hours. A feast of world cup football (not everyone's idea of an exciting game) – then Wimbledon tennis and now the Commonwealth Games. I know sport isn't everything and some would cynically comment about the excessive cost of it all but it does inspire some people to get active and that is good enough for me.

Of course, as swimmers, we should be proud of our club performance at the Swan Park Live Lighter Live Longer meet at the beginning of the month. There is a separate article describing this event in the newsletter.

Following on our success at Swan Park, we were invited to compete at the Lesmurdie Legends Swimming Club night and a small group fronted up to be thrashed by little tackers. This is our third year at their club night and it was a huge amount of fun. The message to the children is that there is competitive swimming available after age group participation and I like to think they were amazed by our prowess. Our swimmers managed quite a few PBs on the night. We regularly support the Guildford and Kalamunda Districts and the Lesmurdie Legends Clubs by sponsoring events in their separate Swimming WA Junior Carnivals.

The winter months traditionally have smaller attendance on Monday club nights and Tuesday training evenings but Thursday nights are well attended and a lot of fun. The club hires the pool on Monday evenings for \$80 and charges \$4 entry and, with only an average of 15 swimmers we lose money during the winter months. The \$5 charge for training evenings is paid directly to the pool owners.

It is quite a few years since we increased the \$4 Monday fee and the Committee has made the decision to increase this fee to \$5 – in-line with training evenings. This increase will come into effect from the 4th August so please add an extra dollar to your payment.

July's Saturday aerobic session at the Darling Range complex was a special event with a swim clinic being provided by club member and open water marathon swimmer, Ceinwen Roberts. Ceinwen videoed the small squad then gave us some terrific basic drills to practice and followed up with another video of each swimmer. Without being parentally biased, I think everyone enjoyed the training session and it does prove you can teach "old dogs" new tricks. Brian and Janice won Ceinwen's most improved prizes of kit bags.

July is always a special social month with the winter Christmas festivities and this year was most enjoyable and well attended. Check out the article and photos for a laugh. Thanks to Kathy Brady - our social guru - for organising the great evening.

We have some wonderful new members, including Janice Tattum, who popped into the pool to see if she liked us and, as the feeling was mutual, Janice joined the club and is enthusiastically walking and training in lane 1.

We also have several swimmers in the process of being brain washed into realizing how wonderful our club is, and hopefully they will join up too.

If you're still in winter mode and haven't been to training for a while, give yourself a good kick and head down to the pool. Hope to see you soon.

FROM THE HILL.....ANDREA.

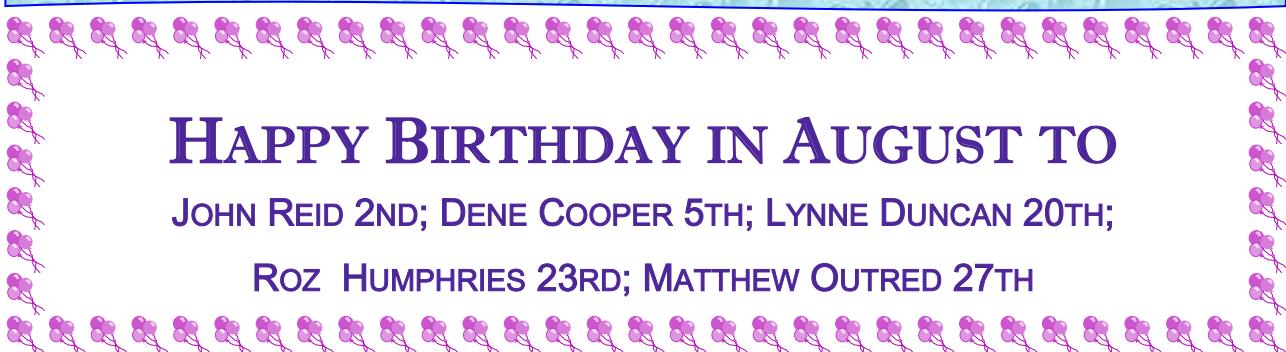


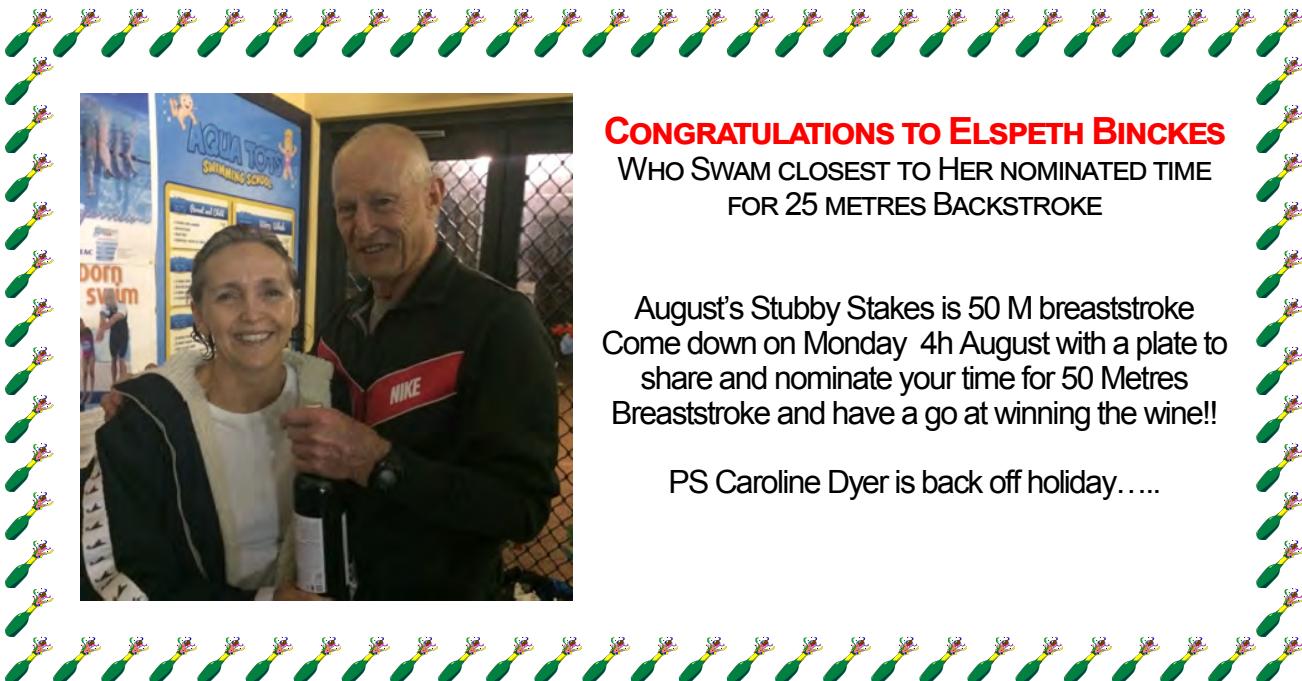
CLUB NIGHT PROGRAM FOR AUGUST 2014

4th August	50 M BREAST	STUBBY STAKES	200 M BACK
11th August	100 M FLY		50 M BREASTSTROKE
18th August	50 METRES BACKSTROKE HANDICAP		
25th August	100 M FREE		200 M INDIVIDUAL MEDLEY

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. The club records are recorded to the 23rd June 2014. Some of our new members are setting quite a few new records. In the 50 M Breaststroke short course the record in the female 25 to 29 year age group has stood since 1987, the 40–44 age group since 1987, the 60-64 age group since 1980 and 65 - 69 since 1985. It is the Stubby Stakes event on the 4th August, if you can't get closest to your nominated time and win the wine, you could try setting a new club record. If you are a male—check out the records—there is an age group with very few records, this could change in 2015.

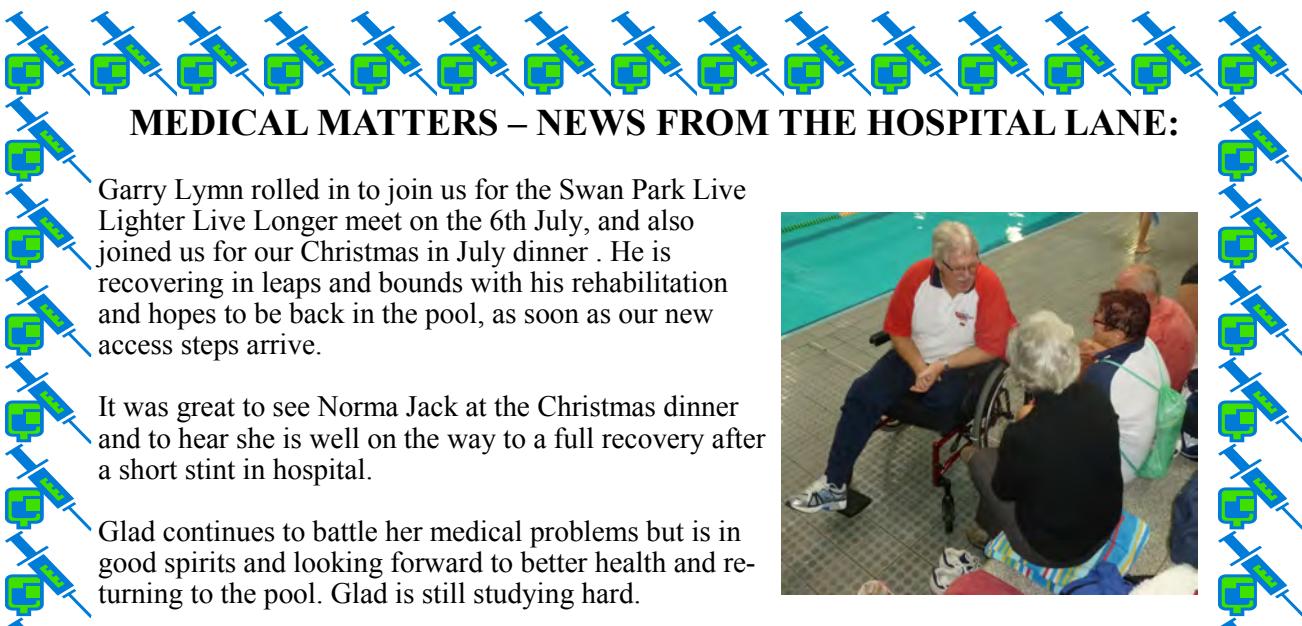




CONGRATULATIONS TO ELSPETH BINCKES
WHO SWAM CLOSEST TO HER NOMINATED TIME
FOR 25 METRES BACKSTROKE

August's Stubby Stakes is 50 M breaststroke
Come down on Monday 4h August with a plate to
share and nominate your time for 50 Metres
Breaststroke and have a go at winning the wine!!

PS Caroline Dyer is back off holiday.....



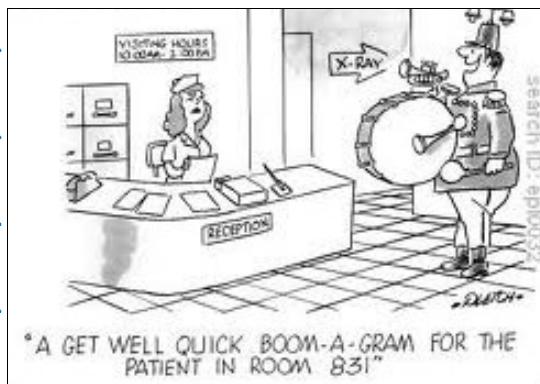
MEDICAL MATTERS – NEWS FROM THE HOSPITAL LANE:

Garry Lynn rolled in to join us for the Swan Park Live Lighter Live Longer meet on the 6th July, and also joined us for our Christmas in July dinner. He is recovering in leaps and bounds with his rehabilitation and hopes to be back in the pool, as soon as our new access steps arrive.

It was great to see Norma Jack at the Christmas dinner and to hear she is well on the way to a full recovery after a short stint in hospital.

Glad continues to battle her medical problems but is in good spirits and looking forward to better health and returning to the pool. Glad is still studying hard.

Both Jane Potter and Elaine Bourne have also been AWOL following medical procedures and are enjoying couch time for a while.
David Pether is back in lane 6 and Claire is happily training and competing again.



Hopefully that covers our medical cases and I apologise if I have left you off the list (colds and flu don't count!)





SWAN HILLS LIVE LIGHTER LIVE LONGER MEET

The first weekend in July is traditionally the Swan Hills meet and, as they are such a small club, Maida Vale assists them with providing lunch and some of the technical assistance on the day.

There were 17 swimmers from our club on the day, including first timers Chris Potter and Jamie Bounsell. Whilst Chris sat around and had time to contemplate his events – which he executed perfectly – Jamie arrived at the pool just in time to jump up onto the block and race in the 100 metre freestyle. Needless to say, the adrenalin kicked in and he swam a PB.

Everyone swam so well – most gaining first place in their age groups- that we finished first and won the event for about the 5th year in a row. Well done to everyone and thanks to Lesley for stepping in for Captain Ren and compiling some very competitive relay teams. As usual our lunch was delicious and we took home many raffle prizes.

Stalwarts of the club – Geoff Binckes and Barbara Hart - once again spent the morning timekeeping and Kathy Brady kept us all on our toes as Team Manager with our events and lane allocations.



Christmas in Winter



Flipper Award Winners (never a shortage of these!)



Members with their year badges and certificates.

CHRISTMAS IN WINTER

For the second year in the row our Christmas dinner was held at the Kalamunda Club.

The food was tasty and plentiful and as we had the venue to ourselves, the atmosphere was relaxed and festive. With the theme of “Uniforms” there were some interesting outfits and themes. Dressed as British Airways stewards, Elspeth and Geoff Binckes entertained us with the most amazing rendition of the BA advertising classic “Lakme” - complete with flight attendant actions and hilarious dialogue.

Still up in the hills for the night, Ceinwen was happy to relate her story of last years Catalina Island to mainland Los Angeles crossing which all agreed was very entertaining.

Year badges were handed out to members who have been with the club for significant numbers of years and Jill McClelland, who has been with the club for 25 years, was recognized as our newest Life Member.

Paul Watters, Caroline Dyer, Elaine and Russell Bourne have been members for 5 years, Maggie Read 10 years, Scott Yaxley 15 years, Terry McKie and Patricia Dalle Nogare have been members for 20 years. Five members were issued with 35 year badges. Congratulations to Trevor Costigan, Barbara Hart, Barbara van der Leest, Gwyn and Andrea Williams.

Of course, the usual Flipper Awards were handed out for “unusual” swimming and social activities but there were also some serious awards for great performances.

Thank you to Kathy Brady – our social guru- for organising the great evening.



Kerry and Ron Hutchinson wearing their
World Masters medals and uniforms



Piling up their plates

Christmas in Winter (In Pictures)



Members of the Valley Road Garden Gnome Preservation Society in the traditional uniform of the society.



British Airways crew—Elspeth and Geoff Binckes who entertained us with a fantastic rendition of the BA theme song.



Kim told Brian he had been a good boy



What did Ian have under that kilt?



The glamour girls from Lane 2



Aussie Aussie Aussie Oi Oi Oi

The family that swims together, or, is it the family that dresses up together, stays together?



The people who volunteer and keep us safe!



A change of career for Lesley?

For anyone who missed the live entertainment at our Christmas Dinner at the Club you will be able to watch it on Monday night at Stubby Stakes.

THE CATALINA CROSSING OWS TALK

In 1875 Matthew Webb was the first person to swim across the English channel. He was an instant worldwide hero. The challenge, the mystique and the possibility of fame and fortune attracted people from around the world to do the same. 50 years later a New Yorker by the name of Gertrude Ederle not only became the first woman to swim the English Channel, but set a new record of 14 hours 39 mins. Overnight she became a celebrity with New York's first ticker tape parade of thousands lining the streets to welcome her home.

Across the other side of America William Wrigley, the founder of Wrigley's gum was watching the hysteria and publicity of Gertrude's efforts with intrigue. He had gained controlling interest in Santa Catalina Island Company, the island was one of the 8 channel islands located 34km off the southern Californian coast. He was looking for a way to boost tourism profits over the quieter winter months and so evolved this plan. He announced in the New York Times an event he names the "Wrigley's Ocean Marathon" with a prize of \$25,000 to the first person who could swim across the channel scheduled for January 15th 1927. 153 contestants came from around the world to compete. The top 60 swimmers in the world were entered, as well as some people who could hardly even swim, all in pursuit for the \$25,000 which in 1927 was life changing money.

Gertrude Ederle gave the advice of covering your body in axle grease to keep warm, she drank chicken broth had chocolate and pineapple, wore men's swimming trunks and a brassiere and to swim at a slow and steady pace.

The swim got huge publicity and wagers were being put on Wall street, one firm stating it was impossible and many fishermen saying with the currents and the cold and the sharks that no one would make it.

On the day only 50 people pulled out before the start due to the 12 degree water and at 11am the race started. Over the day boats followed with hourly updates reported on the radio, and as the hours went by more and more swimmers pulled out. At 9.45pm there were only 12 swimmers left in the water, spread across the miles. A 17 year old Canadian boy George Young was in the lead but had hit a heavy bed of kelp. With the little savings she had, his crippled mother gave him \$135 which bought him a motorbike with side car and him and his mate drove from Toronto, swimming in water holes, relying on small jobs along the way and donations on the long drive to LA. A tug boat pulled up along side him to deliver a telegram from his mother who was listening on the Radio in Toronto. Saying "I know you will win George" to which he shouted back to her - "You bet I will - for you!"

At 3.05am after 15 hrs 44 mins he waded out as the first and only finisher to a crowd of 15,000 spectators blowing their car horns, setting off flares, flashing their car lights and boat whistles, and cheering him in to what was one of the greatest athletic feats of that time. He had swum naked - only covered in grease as his suit was causing chaffing - so quickly swam back to his support boat. Within 24 hours he had cashed in his cheque, was on worldwide news and besieged by every promoter in California. He later accepted engagements at the Hollywood theatre and his fame led him on as a showman. No other marathon swim has ever had this much prize money.

**86 years on and 286 people have swum across the Catalina Channel as of last month.
In June last year I decided I wanted to be on that list!**

I need to take a few steps back here as there are a few things that happened before my Catalina crossing.

2 years before in 2011, along with 6 swimming buddies, I trained up for the English Channel, which, against the odds we all eventually completed as the result of a very diligent training program. From their success and enjoyment of local fame, the Swimming Sandgropers went on to sign up for the Manhattan Island Marathon Swim around New York City. We were enticed by the event's location, the challenge of training with each other again and received big ticks of approval from our partners and family, many of whom had travelled to the small and uneventful town of Dover.

In the meantime, whilst training for the Manhattan swim, a few of my fellow Sandgropers and a friend named Rohan Hollick decided it was time sometime gave the triple Cottesloe to Rottnest crossing a go. Within 3 weeks of deciding to do this slightly excessive training swim we had 5 solos, 2 double crossers, a flotilla of support boats and paddlers and in excess of 50 support crew all helping Rohan and me to complete the first ever triple crossing. There were hundreds of friends and supporters on the beach at Cottesloe plus the media to report the world first event of a Triple Rottnest Crossing raising awareness of "Walk Free" - a campaign to stop slavery in the world. It was an event that lifted the spirits of so many in our community and a huge team effort and something that many believe will never be repeated. It was one of the scariest, hardest and most exhilarating swims I have done, and I am introduced on a daily basis as that crazy freak who swam to and from Rottnest 3 times.



The Sandgropers went on to New York two months later feeling fit and ready to take on the somewhat "easier" 48km swim around Manhattan Island. This was another swim against Mother nature's forces of cold temperatures, strong tides and the dirtiest water I have ever swum in. I finished first female and 4th place overall, out of a starting field of 43. Due to terrible event organisation, bad weather and cold water only 11 swimmers finished the course. Disappointingly only 3 of the Sandgropers were fortunate enough to make it, in no way due to the fitness and mental toughness of the rest of the field, but to bad organization, timing and currents. I was sick for 3 weeks after swimming in the polluted water which, due to a storm the day before, was made even dirtier with the sewerage systems overflowing into the river. Still it was an incredible trip and I am so pleased to have had the opportunity to compete in it.

On the plane coming home from New York on an addictive high, an idea popped into my head. Wording it carefully I put it to my husband Andy the concept of swimming the Catalina Channel and completing the Triple Crown. (English Channel, Manhattan and Catalina) Incredibly I got Andy's approval, then my parents and then after a few emails to the Sandgropers – 3 replied back with "I'm in!"

I had not yet been back for 1 week and already plans were underway to attempt a swim that only 250 people had ever done with a goal of completing the Triple Crown of which only 67 people in history had achieved.

Within 10 weeks we were headed back to the USA with the 3 Sandgropers, my parents, my sister Bronnie and Aunty Lynne and Uncle Andrew in tow.

My friend Paul was first up for the swim and went out like a mad dog, I have never seen him swim so fast. As is a very common problem with marathon swimming, Paul's shoulders packed up on him over half way across, and he couldn't take one more agonising stroke, let alone swim for another 4-5 hours. It was heartbreaking to see this happen after the frustration of the Manhattan Swim too and all the hard work and training he had put into this dream. My other friend Wayne also faced disappointment, picking up a virus on the way over, and was too unwell to even start the swim. I really felt for these guys -my brothers - as we had shared so much together getting there. I also shared the sadness of their lost opportunity.



Taking off at midnight was not a first for me but still required a lot of mental preparation and calming for the unknown. The sea creatures, the sea sickness and the forces that Mother nature could throw my way during the night. I left for Catalina with Andy and spent the day preparing my coconut water, date slice and other drinks and mentally visualising the start in the dark at midnight, the many hours in between and the finish of the swim.

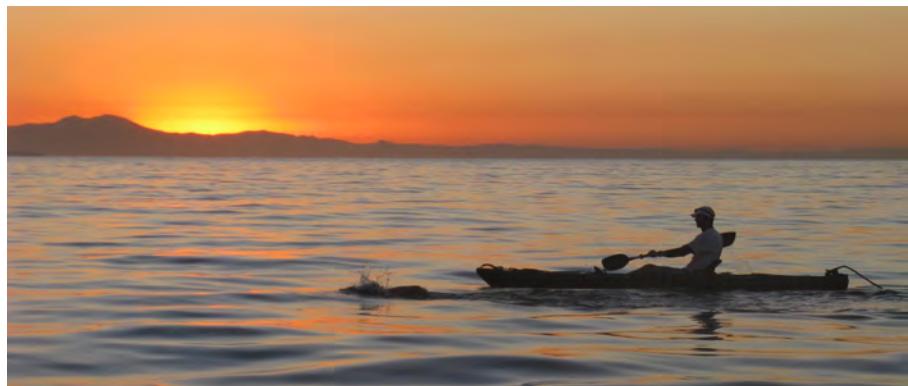
With my family alongside me cheering the whole way being so positive and encouraging, my husband on the boat paddling the entire time watching every stroke I took, my sister Bronwen jumping in next to me swimming at the coldest darkest hours of the swim, and all my friends and family back home, I pushed my self across the channel.

Each stroke, each breath each kick I pushed with every ounce of strength I could muster. The skipper's eccentric ritual of playing the bagpipes at dawn was a terrific welcome sound and I pushed on into the sunrise. I got to the rocky, sea anemone covered, shore with the dump of a wave in the second fastest time in history, of 8hrs and 4 mins.

I take my hat off to Grace Van der Byl the local girl who set a new record last year of 7 hours 30. What an epic swim that was. Once on the rocky beach I raised my hands in the air to show the boat I was finished and could stand unassisted and the boat horn blew loudly across the ocean. I exhaled my first breath of relief - one that didn't have to come before a hard painful breath sucking up the pain, weakness and fatigue I was feeling. My triple crown was complete. Andy and Bronnie towed me back to the boat to be embraced with big hugs from Mum Dad, Lynne and Andrew - even my official observers - all of whom I couldn't have done it without.....

Stay tuned for the next adventure.....

*Ceinwen Roberts
July 19th 2014*



Ceinwen's Swim Clinic at Darling Range



Swim Clinic

Combined with an Endurance 1000 (Aerobics) session at Darling Range Sports College on July 19th, a number of members were fortunate to have Ceinwen Roberts spend time having us rethink our Freestyle technique during a coaching clinic.

With six of us in the water and a similar number watching (and warmer) on the side, Ceinwen first videoed our strokes and then broke down the finer points with demonstrations and tips for improvement. After focussing on breathing (including seeing Richard impressively sink to the bottom of the pool whilst releasing all the air in his lungs), we moved on to rotation, body position, kick and pull. Ceinwen encouraged us to try out a number of drills and new pieces of equipment and then refilmed us applying what we had learnt.

The knowledge and experience of such a dedicated and inspiring swimmer was incredibly valuable and we give out HUGE thanks to Ceinwen for taking time out of her busy schedule to assist us in bettering our skills.



Lesmurdie Legends

- Our third annual Friday night visit to the St Brigid's Pool took place on 25th July. Only eight of our members took to the water but what we lacked in numbers, we made up for with enthusiasm.
- In most events, we dwarfed our opponents on the blocks but were overshadowed once we hit the water.
- Despite this, we put up a good battle and set a great example for those youngsters who were pretty amazed that such old people could even get up on the blocks let alone do butterfly, but showed little mercy! Many personal bests (Jason going significantly faster now he is dragging more than 40 less kilograms through the water) and funny moments. Later, we were treated to a welcome sausage sizzle and warm Milo complete with marshmallows. Kate will never be the same after young Angus enquired if she was 'the 89 year old' and Claire has added spring in her step after being called 24!
- Thanks to those who came along to support us and especially to Barbara and Marilyn who travelled a much greater distance than the swimmers moving from one end of the pool to the other for 25m events whilst timekeeping.



Monday nights entry fee will be \$5.00 as of August 4th

A FUNNY TO FINISH ON...

Arthur, age 92 and Emily, age 89, are excited about their decision to get married.

They go for a stroll to discuss the wedding and on the way they pass a Chemist. Arthur suggests they go in.

Arthur addresses the man behind the counter: "Are you the Owner?"

The Pharmacist answers: "Yes."

Arthur: "We're about to get married. Do you sell Heart Medication?"

Pharmacist: "Of course we do."

Arthur: "How about Medicine for Circulation?"

Pharmacist: "All kinds."

Arthur: "Medicine for Rheumatism, Scoliosis?"

Pharmacist: "Definitely."

Arthur: "Medicine for Memory Problems, Arthritis, Jaundices?"

Pharmacist: "Yes, a large varietythe works!"

Arthur: "What about Vitamins, Sleeping Pills, Antidotes for Parkinson's Disease?"

Pharmacist: "Absolutely."

Arthur: "You sell Wheelchairs and Walkers?"

Pharmacist: "All speeds and sizes. Why do you ask? Is there something I can help you with?"

Arthur says to the Pharmacist: "We'd like to nominate your store as our Bridal Gift Shop."

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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