

# Up Hill & Down Vale



NOVEMBER 2014 NEWSLETTER

## President's Prose October

October proved to be a good competitive swimming month for the club with the Live Lighter Freo Fins meet and the 1500 metre event which our club hosted last Saturday. Congratulations to all those members who participated, in particular our newest members, Amber, Ariell and John.

Albeit terribly cold and wet weather, the Fremantle swim was well run and was a good test of their newly revamped outdoor 50 metre pool. I know timekeepers, Lesley Hart and Dave Pether were pleased with the decision to cancel the relays as the rain was making their task very unpleasant and officials Barbara Hart and Brian Harper were glad to abandon their miserable posts. Well done to new members John, Amber and Ariell competing in their first interclub.

The Live Lighter 1500 metres at the Darling Range Sports Academy was a great success for our club with 18 competitors, 4 officials and many Maida Vale volunteers turning up to lend a hand on the day. Congratulations to Amber and Brian for their inaugural 1500 swims. We will be running a similar event again next year – spurred on by the positive comments from all the visitors.

Regular swimmers at the pool will notice we finally have proper backstroke flags in place – thanks to Streets Ice Cream – and the correct 5 mtr distance has been measured – so watch your heads and count your strokes!

On the point of training, you will read in this edition an article from the coaching crew regarding pool etiquette. Please try to observe the rules of engagement so that everyone can make the most of their sessions in the pool whilst still enjoying the friendships and fun which we are renowned for.

I keep bringing up the Lake Leschenaultia swim in the D.D's and thank you for your tolerance. We have made quite a few improvements this year which has involved a great deal of work on behalf of the committee. We have the most wonderful large inflatable marker buoys – courtesy of grants from Bendigo Bank and The Shire of Mundaring – which will make the swim so much better – given that we will know where to head around the lake without having to stop and squint into the distance. We also have some terrific prizes so; if you are still thinking of registering, take some positive action now.

Masters Swimming Office in Claremont was affected by a fire in an adjoining office and all their equipment as been damaged and will be destroyed. . Some of the signage and the finishing arch for the open water swims may not be available so measures have been put in place to solve this problem.

Thankfully there are no major health issues affecting any particular members that I know of and I wish anyone suffering from the odd niggles in joints a quick recovery. Lesley Hart is making a painfully (pun intended) slow return to the pool but still appears at every session, smiling at the end of the lanes, coaching and keeping our skills honed.

October is the start of the open water swims with the new Cold Water Classic kicking off dramatically at the start of the month. Scheduled for Sunday 10<sup>th</sup>, the weather forecast forced the organisers to make a decision on the Friday morning – cancel or reschedule to Saturday 9<sup>th</sup>. Hundreds of phone calls and emails later, the swim began at lunch time and was a terrific event. Seven of our swimmers finished to the applause of Kate Elliott, who went down especially as team support.

The first event of the Swimming W.A. events is on this weekend at Cottesloe and I wish those swimmers who are competing the best of luck and hope the weather Gods are in a good mood.

October was also the month for the Oxfam 100km Trailwalker from Darlington to Chidlow and back to Lesmurdie through some wonderful but gruelling tracks through the hills. Huge congratulations to Caroline Dyer, Sandra Thompson and Ceinwen Roberts who all finished in relatively good health – a few dead toenails, lots of blisters and some aches and pains Kate was Caroline's support crew, pitching a tent for her at Darlington oval and I lugged bags, ice water and food around for 19 hours for Ceinwen. It was an insight in-  
to how strong and determined these girls really are.

See you on Monday at the Stubby Stakes!

FROM THE HILL.....ANDREA

**Seven Days of No  
Swimming  
Makes One Weak**

## CLUB NIGHT PROGRAM FOR NOVEMBER 2014

|               |                                 |               |          |
|---------------|---------------------------------|---------------|----------|
| 3rd November  | 100 IM                          | STUBBY STAKES | 100 FREE |
| 10th November | 50 Back                         |               | 200 IM   |
| 17th November | 25 BACK                         |               | 100 Fly  |
| 24th November | AEROBICS ONLY COMMITTEE MEETING |               |          |



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

### HAPPY BIRTHDAY IN NOVEMBER TO

Chris Bagshaw 1st, Liz Bettridge 3rd; Dianne Cockman 7th;

Maggie Read 10th; (a big birthday for Maggie)

Joachim Eifler 15th; Gwyn Williams 22nd; Jane Potter 23rd; Thomas Outred 25th



## CONGRATULATIONS TO GARRY LYMN



WHO SWAM CLOSEST TO HIS NOMINATED TIME FOR 50 METRES BREAST STROKE. OBVIOUSLY GARRY'S SURGERY HAS HAD SOME BENEFIT HIS FIRST STUBBY STAKES WIN IN A LONG TIME!

Stubby Stakes on Monday 3rd November is 100 IM. Come to the pool with a plate of food to share and nominate your time to have a go at winning the wine!!

## CLUB RECORDS TO DATE

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.

## Club Records September & October 2014

| Name             | Age Group | Course         | Event                | Time             |
|------------------|-----------|----------------|----------------------|------------------|
| Kerry Hutchinson | 60-64     | Long           | 50m Free             | 37.63            |
| Kate Elliott     | 60-64     | Long           | 50m Fly              | 58.54            |
| Andrea Williams  | 65-69     | Short<br>Short | 25m Free<br>200m Fly | 20.11<br>5.53.46 |
| Russel Fowler    | 65-69     | Long           | 200m Back            | 3.50.55          |

## NORTH COTTESLOE COLD WATER CLASSIC

After checking the weather forecast for Sunday 5th October the NORTH COTTESLOE COLD WATER CLASSIC was moved to Saturday 4th October. Sitting all rugged up in the house on the 5th October, with the rain slashing down and the wind howling it was definitely a good move on behalf of the organisers.

Saturday October 4th was a beautiful, sunny and still day. A perfect day for the inaugural swimming of the cold water classic. Congratulations to the organisers for making the decision to change the date rather than have the event cancelled due to the weather.

Maida Vale Masters was well represented with 7 club members taking on the challenge of a cold water open water swim. Well done to Andrea Williams, Liz Bettridge, Claire Ware, Ceinwen Roberts, Alan Friday, Russel Fowler and Ben Humphries.



# Fremantle Masters LiveLighter Club Challenge

We had 17 club members swimming at the Fremantle Masters LiveLighter Club Challenge on Sunday 19th October. The weather was not the best—in fact it was awful, wet and cold. Poor Lesley Hart and David Pether, who did not get into the pool were the wettest club members at the end of the meet. Time keeping in the rain is a very cold and wet job! Despite the weather we all managed to have a good time, with a few club members getting PB's and one member winning a bet for his first performance in the 50 metres breaststroke!



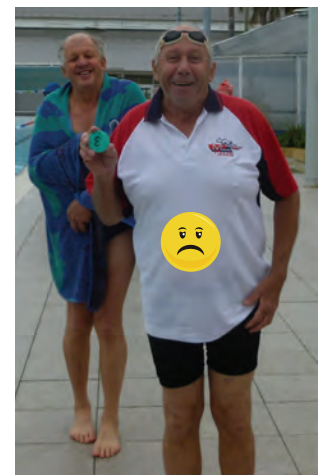
LiveLighter virgins, Amber and Ariell keeping warm whilst waiting for their events.



Norma handing over the money to John after losing their bet!



What a great looking bunch of swimmers!! Just one more point and we would have come third. Russell don't feel bad about your DQ!



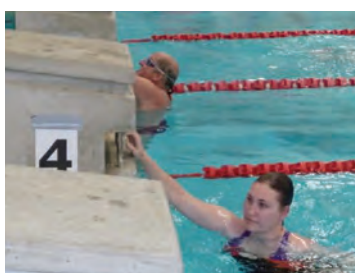
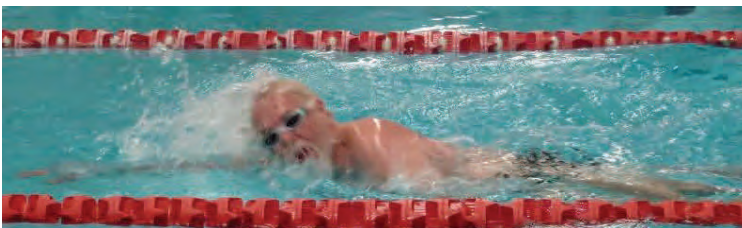
Russell feeling happy on his way to swim 200 metres breaststroke.

### LIVELIGHTER DISTANCE MEET - LAST SATURDAY;

Fabulous event! 18 competitors! Well done everyone for helping to run a great 1500 metre swim meet. Many thanks to the members who came down especially to time-keep, Elspeth and Geoff Binckes; Richard Mazzucchelli; Marilyn Potter, Elaine Bourne, Kate, Kathy and Amber, who had a headache and had decided not to swim—after one 1500 metre timekeeping, Amber decided timekeeping was making her head ache worse and decided to swim her 1500 metres freestyle after all!! Thank you to Barbara Hart for organising them all as Chief Timekeeper.



Most swimmers were able to just compete without sharing a stint at timekeeping. Norma did a splendid job in the kitchen co-ordinating afternoon tea. Thank you to everyone who brought along delicious treats. Claire and Lesley operated the new club computer, recording all the time sheets. We received very positive comments from the referees and the swimmers from other clubs. Well done to Brian Brady for his first 1500 metre breaststroke. Welcome back to Alan Ware.





## 28<sup>th</sup> Lake Leschenaultia Open Water Swim

Sunday 9<sup>th</sup> November 2014

*LiveLighter Novice 400m Swim & 1600m Swim*

### Lake Leschenaultia, Chidlow

45 minutes' drive from Perth, Rosedale Road, Chidlow, is a man-made lake constructed in 1897 for the WA Government Railway to water Steam Engines at the Chidlow Well Station. 600 acres of Parkland is now a recreation area ideal for family and group outings, plenty of BBQs, sandy beaches, grassed areas and pleasant and easy walks.

**Please Note:** Entry to the Lake is **FREE**  
**Pets are not allowed at the Lake!**

### EVENT INFORMATION

This event will be conducted according to the MSWA Local OWS Rules 2014/2015

|                 |                                    |
|-----------------|------------------------------------|
| 8:30am - 9:15am | Registrations                      |
| 9:30            | Event Briefing (400m & 1600m)      |
| 9:45am          | Start—LiveLighter Novice 400m Swim |
| 10:15am         | Start—1600m Event                  |

**ELIGIBILITY** 1600m—Open to persons 12 years and over  
LiveLighter Novice 400m—Non-competitive Novice event is open to swimmers 12 years and over who are new to Open Water Swimming

|                   |                              |         |
|-------------------|------------------------------|---------|
| <b>ENTRY FEE:</b> | LiveLighter Novice 400m Swim | \$15.00 |
|                   | 1600m                        | \$32.00 |

|                        |       |         |
|------------------------|-------|---------|
| <b>LATE ENTRY FEE:</b> | 1600m | \$37.00 |
|------------------------|-------|---------|

**T-SHIRTS:** \$20.00—Order via Register On-Line

[Click on this Link to go Register On-line](#)

## Our Sponsors

Thank you to all our Sponsors whose support is acknowledged and very much appreciated



0400 00 8 143  
[les@acqearthmovin.com](mailto:les@acqearthmovin.com)



complete wellness  
physiotherapy 61 Canning Rd,  
Kalamunda  
9293 4527

221 Gooseberry Hill  
Rd, Maida Vale  
9454 5440



This event is part of the **2014/15 HBF Masters Open Water Swim Series.**

HBF Members receive discounted entry to this event, as well as a range of other healthy events. Visit [hbf.com.au/events](http://hbf.com.au/events) for more information.

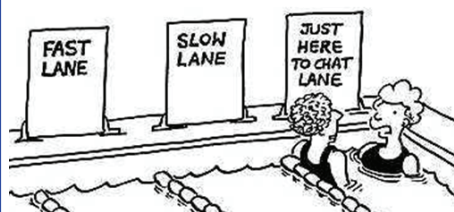


## A Training Reminder.....

Some of the lanes at training have been getting crowded on occasion lately which means it's time to remember some etiquette so that those who want to follow programs or have a decent workout are able to do so.

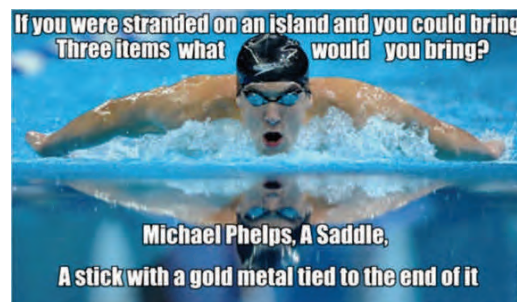
It's understood that not everyone can get to the pool on time and that similarly, not everyone wants to (or can do) the strokes or skills listed on a program. That said, we need to remain aware of how our actions affect others.

Programs are always provided in at least Lanes 2, 3 and 4 on Monday, Tuesday and Thursday evenings. It is expected that these programs will be commenced at 6.30pm on Monday and at 6.00pm on Tuesdays and Thursdays. If you join a lane after this time, please find out where your fellow swimmers are up to and continue with them from this point after a brief warm up. If you get in earlier, please don't start the program until the correct time. It can be dangerous and frustrating when swimmers don't follow the program at all in these lanes.



Lanes 1, 5 and 6 are more flexible and most often available for those who want to 'do their own thing'. It's true that sometimes these become 'chatting' lanes but this too is an important part of what makes our club what it is. We are lucky to have as much space as we have to train, walk, practise, learn and chat. Most clubs are not as fortunate. So long as we all remain aware and considerate of others, everyone will be happy.

*From Coach Lesley Hart*



## Sharing a Hills Christmas

Last year our club participated in donating non perishable food and gifts to go into the Sharing a Hills Christmas parcels for disadvantaged families in the Shire of Kalamunda. 229 large parcels and 120 individual parcels to nursing homes were distributed. Each parcel consisted of food and a present for each family member.

Most of the schools in the Kalamunda shire, businesses and organisations donate food, presents and money. (The money is used to top up any food items that are short, such as tins of ham, etc.). You will also see boxes for donations in the shops whose owners kindly agree to participate.

From the beginning of November there will be a box for donations at Maida Vale Pool for anyone who wishes to give a donation. If you wish to donate money, it can be handed to me on Monday nights and I will pass it on to the treasurer of the Sharing a Hills Christmas.

If you wonder where the names of recipients for these parcels come from, they are recommended by the local schools, children's clinics and local churches.

Once again club members are asked if they have anytime to spare from 9.00 am on

- \* Wednesday 17th December to help sort and count donation,
- \* Thursday 18th December to help pack the parcels
- \* Friday 19th December to help deliver the parcels

We hope to finish delivering the parcels by Friday midday.

Once again all the packing etc. will be at Kalamunda Church of Christ as they have the facilities that can be used for the whole time and it is easy parking.

*Jill McClelland*



## PLANES, BOATS AND TRAINS:

The travel section of our newsletter is becoming a regular feature as so many of our members are heading up country, interstate or overseas on a very regular basis. I would encourage you to send articles to Kate so that we can share your fun and adventures.

Lynne and Andrew Duncan are on the last leg of their Italian sojourn and are about to board an overnight cruise from Genoa to Barcelona after a wonderful time driving and train hopping the length and breadth of Italy. I have no doubt there will be an article next month but I must share one funny moment relayed to me by Andrew.

Lynne was driving up in the Swiss mountains on a particularly treacherous stretch of road in fairly poor weather conditions and the car behind her started beeping aggressively for her to drive faster. When Andrew peered through the rear window, he saw a very angry funeral hearse driver waving to go faster! I'm sure the occupant wasn't in much of a hurry!

I hear on the grapevine that Scott Yaxley is back in town after his epic bike ride in the Dolomite Mountains in northern Italy but I am yet to hear from him. Patricia della Nogare and her parents were there to support him and, to date, Trish has not made an appearance in Lane 5 at training.

Trevor Costigan and his wife Lorraine have just returned from two consecutive ocean cruises – the first around Japan and then 2 days later, another from Singapore to Beijing. He was given an offer he couldn't refuse!

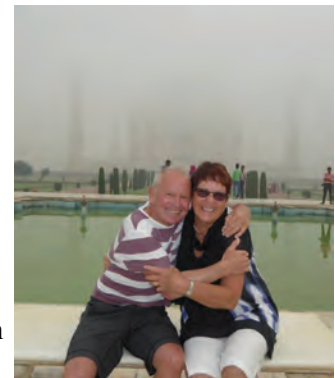
Kim and Shelley Bingham and Steve and Dianne Cockman are off this weekend on a cruise around New Zealand to celebrate Dianne's "special" birthday. Cake and champagne at Milford Sound is a wonderful way to move into the next decade disgracefully.

Marilyn and Graeme Potter and Barbara and Garry Lymn are heading down to Albany for this weekend's ANZAC commemorations and I hope they enjoy the special experiences – along with the other 80,000 visitors. Definitely need a report on that event!



Gwyn and I spent a wonderful week in India – a long way to go for a week but it was a test run to see if we liked the sub-continent. Of course we did so will now plan a slightly longer trip. We loved the amazing buildings and scenery, the food, the happy friendly and colourful people and the incredible traffic chaos – cows rule! Our highlight was the Taj Mahal which is the most stunning building in the world and not to be missed. We were scheduled to get there by 6.30 am to beat the crowds but, as it had rained the night before, the dawn was foggy and, after a very quick first glimpse of the Taj, the fog descended and there was about 25 metres of visibility at best. Our group

photo went ahead and, when we got the photo the next day, there was the Taj in all its' glory behind us – the wonders of Photoshop!



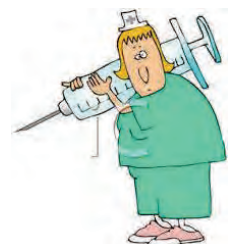
Barbara and Bill van der Leest are over in England yet again, spending some time in their cottage in Cornwall.

## MEDICAL MATTERS:

As I reported in my "prose" thankfully there are not too many serious medical cases at the moment but commiserations to new swimmer Lynne Finch who started like a bullet out of a gun, but succumbed to an ear infection and is out of the water for a couple of weeks.

Also, we haven't seen Janice Tattum's smiling face in lane 1 for a while as she has complications with a shoulder injury but promises to back soon.

Lesley is on the mend and managed to swim a few 100 metres last week!



# Dates for your Diaries



Just in case you have missed all the notes about it—the 28th Lake Leschenaultia Open Water Swim will be held on Sunday 9th November. If you are not planning to swim, we would love you to help with one of the many jobs on the day. Claire Ware would be pleased to hear from you. [claireware@aapt.net.au](mailto:claireware@aapt.net.au)

Once again Elaine Bourne has offered to organise the raffle prizes, if you have anything to donate please take it to the pool on swimming nights this week.

Many hands make light work, and the lake is a lovely place to enjoy a picnic after all the swimming is done!



## Saturday 13th December



December is fast approaching—which means Christmas is nearly here. Just 52 sleeps to go. Our Club Christmas party is being hosted by Lesley Hart on Saturday 13th December, watch Dolphin dots for more information.

## Monday 22nd December

The club Christmas sausage sizzle will be held on Monday 22nd December. There will be no swimming this night. Venue to be advised.

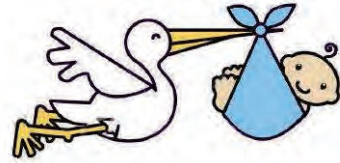




Amelia Rose

Two of our club members welcomed a new grandchild into their families last month. Elspeth and Geoff Binckes welcomed Amelia Rose, and Marilyn welcomed her second grandson, Quentin, into her family.

Big brother Tristan is very pleased with his baby brother, but he does sleep a lot!



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/>

And Claire has sent me the links to other websites where swimwear can be purchased. So if you are looking for something a little bit different. Try one of these.

[www.hiveswimwear.com](http://www.hiveswimwear.com) ; [www.proswimwear.co.uk](http://www.proswimwear.co.uk) ; [www.swimmer2000.com](http://www.swimmer2000.com)  
[www.swimmersworld.com.au](http://www.swimmersworld.com.au) ; [www.swimshop.co.uk](http://www.swimshop.co.uk) ; [www.allamericanswimsupply.com](http://www.allamericanswimsupply.com)  
[www.aquashop.com.au](http://www.aquashop.com.au) ; [www.swimmer.com.au](http://www.swimmer.com.au) ; [www.aquadiva.com](http://www.aquadiva.com) ; [www.funkita.com](http://www.funkita.com)  
[www.funkytrunks.com](http://www.funkytrunks.com) ; [www.catfishdesigns.com.au](http://www.catfishdesigns.com.au) ; [www.wiggle.com.au](http://www.wiggle.com.au) ; [www.nova.swimwear.com](http://www.nova.swimwear.com)  
[www.yingfa.com.au](http://www.yingfa.com.au) ; [www.larrupingstore.com](http://www.larrupingstore.com)



#### Contact Details:

President: Andrea Williams  
 Secretary: Lynne Duncan  
 Coaching panel : Lesley Hart  
 Claire Ware  
 Liz Bettridge

Editor: Kate Elliott

Ph: 9293 2318  
 Ph: 9293 3041  
 Ph: 0419 961 729  
 Ph: 0428 695 427  
 Ph: 0404 849 656

Ph: 0400450 770

andreaWilliams12@hotmail.com  
 duncan1320@bigpond.com  
 lesleyjane62@hotmail.com  
 claireware@aapt.net.au  
 effies\_emporium@iinet.net.au

kelliott@iinet.net.au



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

