

Up Hill & Down Vale



JANUARY 2015 NEWSLETTER

President's Prose December 2014

Happy New Year! I sincerely hope you have all had a wonderful festive season and will be returning to the pool SOON full of good intentions. I know a few swimmers have already competed in the first open water swim of the year at Cottesloe Beach last Saturday and I believe it was a really good event. A few hardy souls are already training for the Busselton Jetty swim in February.

I would like to extend a huge thank you to Lesley for hosting the Christmas party at her lovely new home and for allowing us to invade her back garden in various colourful outfits and fairly loud revelry. Normally that would have had the neighbours complaining but Lesley lives next door to ex members Barbara and Gordon Mitchell and was clever enough to invite them in for a catch-up. It was a very pleasant and fun filled evening with an abundance of great food and the usual hilarious gift giving (and taking) with the role of Santa being filled by a fairly Naughty Gwyn. Traditionally the Club Person of the Year is presented with their trophy at the party and this year the voting was so close that the final award was presented to two well deserving recipients, Lesley Hart and Lynne Duncan. Congratulations to both of these amazing ladies who spend countless hours keeping the club and the swimmers on track. Lesley has maintained her coaching role and been poolside most of the year whilst not being able to swim herself because of some health issues. She also took on the role of recorder and has been keeping us up to date with all the club records and the hotly contested Monday night ONYA awards Lynne works tirelessly on the administration side of the club and often foregoes her own time in the pool to attend State branch meetings. Lynne was responsible for gaining community grants which enabled us to purchase the Lake swim marker buoys.

I was extremely surprised and honoured to be awarded the Swimmer of the Year trophy and thank coaches Claire and Lesley for considering me a worthy candidate. I know you all think I spend most of my pool time in lane 5 chatting but we do manage to work hard in between anecdotes and laughter and I am very thrilled to have my name on a board full of worthy past swimmers.

I had the pleasure of presenting 2 President's Awards to people within the club whom I considered had gone above and beyond in their approach to the club, swimming and their general attitude in overcoming personal challenges and staying focused on achieving the best results that they could over the year. Kathy Brady and Garry Lymn have inspired me with their attitude to life and their wonderful friendship and I thank them for being members of our club.

The final social event of the year was the sausage sizzle, hosted by Brenda and Richard Mazzucchelli at their home with beautiful views overlooking the city. Although I wasn't able to attend I believe it was a really nice relaxing night and a good way to end another year of fitness and fun.

I am looking forward to catching up with everyone on Monday night at our first Stubby Stakes of the year and I imagine there will be a lot of chatting and not much swimming but we do need to ease ourselves back in gently – Tuesday training is another matter!

FROM THE SEASIDE.....ANDREA



CLUB NIGHT PROGRAM FOR JANUARY 2015

5th January	50 FREE	STUBBY STAKES	100 BREAST
12th January	50 Fly		100 Back
19th January	AEROBICS ONLY COMMITTEE MEETING		
26th January	AUSTRALIA DAY PUBLIC HOLIDAY		
2nd February	50 BREAST	STUBBY STAKES	200 FREE



HAPPY BIRTHDAY IN JANUARY TO

Barbara Van der Leest 1st; Norma Jack 9th (80); Paul Waters 12th; (50)

Ian Stewart 19th (80) Susan Griffin and Jamie Bounsell 21st;

Claire Ware 28th and Andrea Williams 29th





**CONGRATULATIONS TO BRIAN BRADY
WHO FOR THE SECOND TIME THIS YEAR**
(Lesley obviously approved—NOT)

HE SWAM CLOSEST TO HIS NOMINATED TIME
FOR 100 METRES BACKSTROKE

Stubby Stakes on Monday 4th January is 50 Metres Freestyle
Come to the pool with a plate of food to share and nominate your
time to have a go at winning the wine. And below is a quick recap
of the 2014 Stubby Stakes Winners.

MONTH	WINNER	MONTH	WINNER
January	Ren Jakovich	July	Elsbeth Binckes
February	Caroline Dyer	August	Brian Brady
March	Russel Fowler	September	Brian Risbey
April	Kate Elliott	October	Garry Lymn
May	Lesley Hart	November	Andrea Williams
June	Caroline Dyer	December	Brian Brady

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.

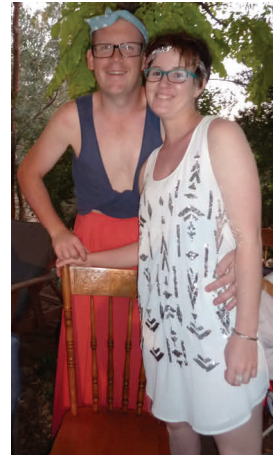
Name	Age Group	Course	Event	Time
Claire Ware	40-44	Short	25 M Back	22.10



I am sure there will be plenty of new club records in 2015 with a lot of club members going up into new age groups who will be trying for a few of the long standing records—or even creating new ones!

This is the year of the octogenarians for Maida Vale Masters with 6 of our members celebrating their 80th year.

A very Merry Christmas Party with lots of naughty but nice people





Club Persons 2014 Lynne Duncan and Lesley Hart, as voted by club members. Both worthy recipients. Both work tirelessly for the club. Thank you ladies!!



Kathy Brady and Garry Lymn, with our President, Andrea Williams, and their President's Awards.

And then there were the people who had done things during the year which earned them flipper awards. You know what you did to earn them!



Everyone wanted to sit on Santa's knee. Well, nearly everyone!





Whose been a naughty nun?



Nice shave Russell. Santa approved!



What did he whisper in your ear Elaine??



Santa looks a little concerned after feeling what a pirate carries in his pocket



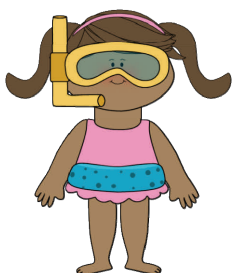
Every pirate needs a Kite!



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 ; www.proswimwear.co.uk ; www.swimmer2000.com
www.swimmersworld.com.au ; www.swimshop.co.uk ; www.allamericanswimsupply.com
www.aquashop.com.au ; www.swimmer.com.au ; www.aquadiva.com ; www.funkita.com
www.funkytrunks.com ; www.catfishdesigns.com.au ; www.wiggle.com.au ; www.nova.swimwear.com
www.yingfa.com.au ; www.larrupingstore.com



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

