

Up Hill & Down Vale



MARCH 2015 NEWSLETTER

PRESIDENT'S PROSE FEBRUARY, 2015

Thank You to everyone who voted for me yet again as President – let's face it – no-one else was really clamouring for the role – but I have enjoyed the past 5 years so am happy to carry on for another stint. Our Annual General Meeting ran very smoothly with very few changes to last year's committee members. Everyone elected to stay for another term with the exception of Alan Ware who has been efficiently and creatively running our website for several years now and was due for a break. Brian Risbey has taken over as Webmaster (AKA Spidey) and is already ploughing through 7 pages of instructions from Alan. Ian Stewart has also volunteered to be Ren's Vice Captain and will be a welcome addition at interclub meets sorting out relay teams.

On behalf of all the other club members I would like to thank our committee for their efforts in keeping our club running so efficiently. I would also like to thank Kathy and Brian Brady for the use of their great entertaining area for our meeting.

The first swimming challenge for February was the Busselton Jetty swim and there were 16 of our club members competing. Congratulations to Kate and Maggie who faced their fears and finished a duo and to Ceinwen who came first in her age group. It was a really great swim and an amazing event.

February also heralded the first of our LiveLighter interclub swim meets of the year and the Newman Churchlands event was a terrific start for our club. We always have a close contest with Claremont – they won last year by 8 points. This year, after a great morning of competition in a wonderful pool, we managed to take out first place by 11 points. We had some memorable moments and a lot of personal best times recorded. One highlight was Chris Potter anchoring one of the relay teams..

Of course, the main event of February is the Cott to Rott swim and congratulations to Ben who finished a solo crossing, Claire and Tammy finished their duo, as did Rachael and partner and Ceinwen who finished first in her age group duo and to Caroline's family team who also finished the gruelling crossing. Unfortunately, Liz had to be medivaced out at the 17km mark as she was very unwell from salt water inhalation and ended up in hospital for nearly a week. Thank you to Russel for paddling for her and Paul for taking charge and eventually convincing her to withdraw.

Good luck to those 12 swimmers competing at the Beatty Park Sprint Meet on 6th March.

On the social side of things, around 20 members and family spent a very enjoyable evening at the Kookaburra Cinema, picnicking under the stars before watching a quirky little movie. Whatever the show, it is always a very pleasant way to spend a Friday night.

The word has spread and once again the Pizza night was a huge success with 43 people sitting down to dinner – some on folding chairs as we completely filled the restaurant. We might have to byo tables next month!

Have a wonderful, safe long weekend and make sure we see you for the next Stubby Stakes and social on 9th March.

FROM THE HILLANDREA



CLUB NIGHT PROGRAM FOR FEBRUARY 2015

2nd March	NO SWIMMING—PUBLIC HOLIDAY		
9th March	50 FREE	STUBBY STAKES	200 BACK
16th March	AEROBICS ONLY COMMITTEE MEETING		
23rd March	HANDICAP—50 BREAST		
30th March	50 BACK		100FREE



CONGRATULATIONS TO BRIAN RISBEY

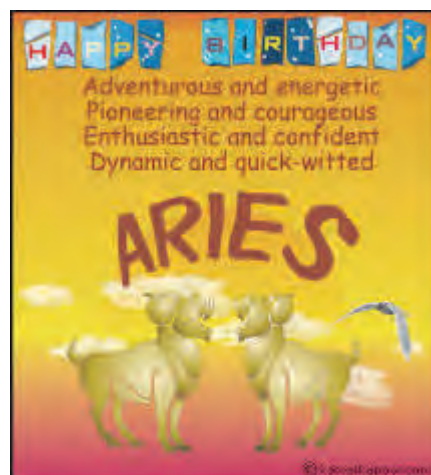
(Caroline's turn not to be happy with the stubby stakes winner)

BRIAN SWAM CLOSEST TO HIS NOMINATED TIME
FOR 50 METRES BREASTSTROKE

Stubby Stakes on Monday 9th March 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.

HAPPY BIRTHDAY IN MARCH TO
RUSSEL FOWLER 2ND; VICTORIA MAGUIRE 6TH;
RICHARD MAZZUCHELLI 10TH RACHAEL COOPER 17TH;
DAVID OUTRED 18TH; AMBER FARQUHARSON 21ST;
AND ANOTHER OCTOGENARIAN BRIAN HARPER ON THE 31ST MARCH



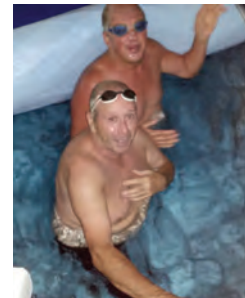
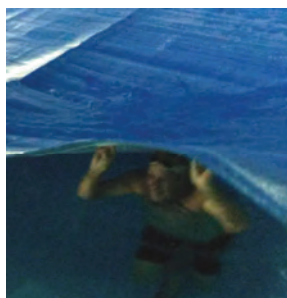
CLUB RECORDS TO DATE

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. Lots of records being broken. 9 club members set 20 new club records.

Club Records February 2015

Name	Age Group	Course	Event	Time
Glad McGough	85-89	Short	50m Breast 50 Back 200m Free	1.22.50 1.35.46 6.25.51
Norma Jack	80-84	Long Short	200m Free 100m Breast 200m Breast	5.34.88 3.07.22 6.36.94
Ian Stewart	80-84	Short Long	50m Brst 200m Free 50m Back 50m Fly	57.83 3.58.43 59.27 1.14.39
Terry McKie	80-84	Long	50m Free 200m Free 100m Breast	44.76 4.08.91 2.19.79
Gwyn Williams	70-74	Long	200m Free 100m Breast 50m Fly	3.11.12 1.47.86 36.98
Andrea Williams	65-69	Long	100m Breast	2.16.09
Kate Elliott	65-69	Short	50m Fly	1.00.69
Lesley Hart	50-54	Long	50m Fly	39.91
Stuart Anderson	25-29	Long	100m Breast	1.22.85

Who would have thought they would ever see a picture of Russell Bourne helping to put the covers on after a Thursday night training? A couple of swimmers in the lanes not yet covered had to stop and make sure that it really was Russell! The shame of it was, the covers had to come off again. We don't need to put the covers on when it is pool cleaning night. So lucky Russell got to put them on and then take them off!!



Open Water Swimming

It has been a busy time for the club's open water swimmers. A band of club members that is growing each year. There was the Busselton Jetty Swim, an event for solo swimmers 3.6 km, or teams of two or four. We had 16 club members at this event. 1 holding towels, 13 swimming solo and Maggie and Kate swimming as a duo. The conditions were favourable and there were not too many stingers. Well done to Ceinwen who came third in her age group. To see how the rest of our club members fared you can visit the results page of the event by following this [link](#)

Pre race registrations on Saturday.



Maggie and Kate showing no sign of their nerves!!



Checking that we have all registered!

Some of the swimmers thought the smaller jetty in the front would be a better option for swimming around.



A few club members missing from this photo. Where were you Kerry, Ceinwen and Sandra? I think Sandra may have been behind the camera.....



Team work

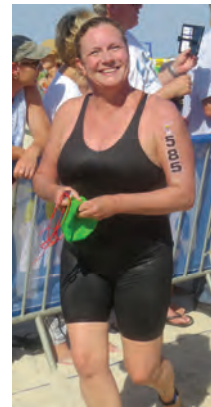
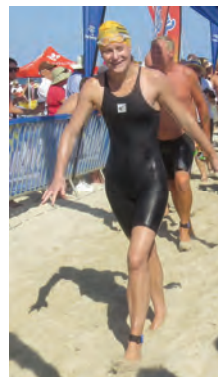


There were a lot of swimmers!!!





I think some of our swimmers got back to the finish before our photographer! Everyone looked pretty pleased with themselves, and why wouldn't they. It was a mighty swim!!



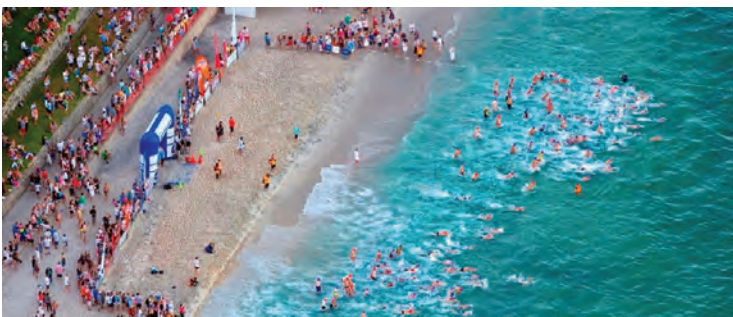
A very proud Andrea and Gwyn!
Well done Ceinwen!!



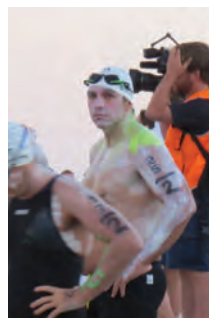
Then there was the Rottnest Channel Swim, once again our club was well represented. Liz Bettridge and Ben Humphries both swam solo, Ceinwen Roberts and Rachael Cooper swam in duos with friends. Claire Ware and Tammy Norregaard swam together as a duo and finished third in their category. Caroline Dyer swam with her sister, daughter and family friend.

Conditions were not particularly pleasant and most swimmers found the going a lot tougher than last year!

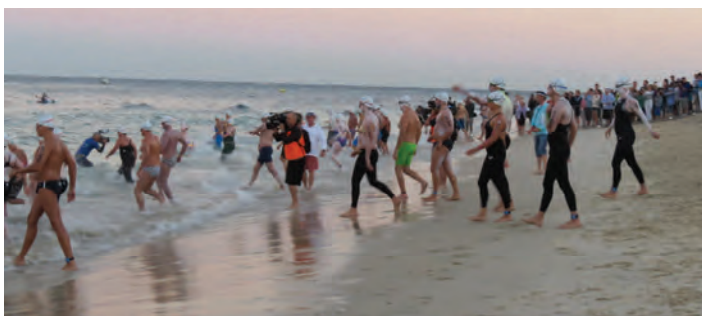
Congratulations to everyone involved on the day, swimmers, paddlers and support crews.



The Maida Vale Masters Support Crew!!



Liz and Ben getting ready for the start. Ben looking a little bit apprehensive! I hear that the next time he goes to the island he will have a boat under him with a big engine!! It was tough, which Liz will attest to. All credit to her for fighting the conditions for as long as she did. We wish her a speedy recovery!



Apologies to all the swimmers for there being no photos at the finish line! Karma Resort—the new sponsors of the swim only had space for VIP's at the finish line! I did say that I was waiting for the VIP' swimmers from Maida Vale Masters, but that didn't count.

Once again—congratulations to all our club members.



Happy to report that Liz is now out of hospital,

but she has to stay out of the water for 4 weeks!!



Newman Churchlands LLLL

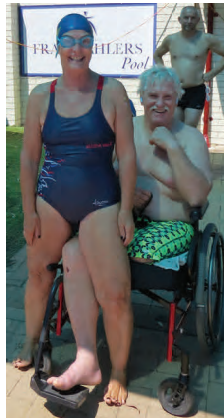
The largest band of Maida Valeians in quite some time made the journey to Newman College Pool on February 15th to represent the Club in our first LiveLighter Club Challenge for 2015. Keen to turn around our narrow defeat at the hands of Claremont in 2014, we were super happy to welcome Garry back to the front as well as to have Stuart and Greg join us for the first time to put their training to the test in some fun pool competition.

The crowd grappled for sunglasses early in the program as Garry made his entrance in fluoro style kindly supplied by Lizzie from her new business venture. The 50m Butterfly was only briefly marred by Kate choking on her goggles half way up the pool and deciding breathing was more important than making the distance. Next time wear them on your eyes Kate! Our Butterfly reputation was restored with Andrea being our only member game enough to face the 100m event and she did it with ease...or was that wheeze??

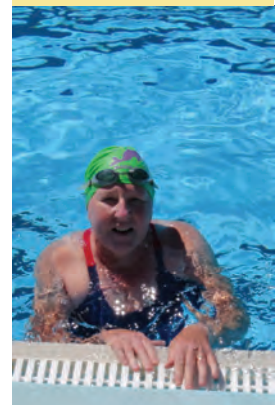
Our relays though not all winners were what inevitably pulled us over the line for a narrow 11 point win, proving that every swimmer is valuable in a team result.

The family connections that Maida Vale is becoming renowned for were evident on the day with many combinations of spouses, siblings, parents and offspring taking the plunge. It was especially great to see Greg joining his Mum and Dad, Elaine and Russell for the event...does that make it a Bourne Supremacy? Stuart made an impact too with impressive swims in all his races. With many of us entering new age groups, a number of Club Long Course Records were broken as well. Brian H and Barbara did their bit towards officiating and Kathy was our constant in the time-keeping chair. We were once again prolific raffle prize winners.

All in all, a fantastic day out for Maida Vale Masters and a great warm up for the All Clubs Challenge later this month. Well done everyone!



Elaine relaxed after her 50 butterfly!



Our timekeeper Thanks Kathy!!



Norma at the start of a record breaking swim

Kate and Maggie at the start of the 50m butterfly. Kate DQ'd! Maggie wasn't!



Record Breakers Terry McKie and Ian Stewart





Mr, and Master, Bourne.
Father and son.

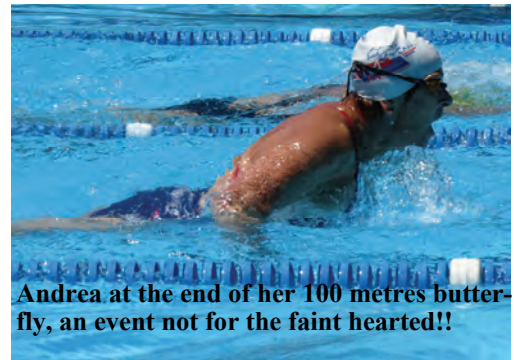
A VERY happy Mr Bourne
who did not get
disqualified!!



Richard ready to make a
great start to his back-
stroke event

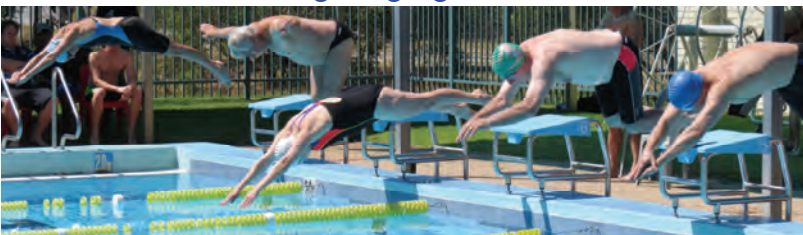


Club captain Ren



Andrea at the end of her 100 metres butterfly,
an event not for the faint hearted!!

Amber getting a good start!



Brian
Brady,
off to a
flying
start!



Stuart wondering what he has got himself into...
A great club! And a winning one!!



Winners are Grinners





Masters Swimming WA

LiveLighter

2015 All Club Challenge



SHORT COURSE MEET

Saturday/Sunday 28th/29th March

HBF Stadium, Stephenson Ave, Mt Claremont

Event Details

Conducted by	Masters Swimming WA as a sanctioned event for members only – Masters members from other States are welcome to participate as visitors although not eligible for awards. All swimmers must be financial Masters Swimming members in order to enter.
Includes Presentations	LiveLighter All Club Challenge presentations & Annual Awards function in HBF Stadium's Lecture Theatre at end of Sunday's events with light refreshments and tea/coffee provided prior to presentations. Cash bar available for purchase of ALL cold drinks.
Spectators	Free pool entry (provided by MSWA)

Entries via Club Captains

<u>Open Now</u>	Up to 6 individual events over weekend – maximum of 4 events can be swum in 1 day. Any number of relays can be swum, however members must swim in at least one individual event to be eligible to swim in a relay
Registration Fees	➤ Swim Meet registration fee (per person – includes pool entries) \$20 ➤ Individual event fee (per event) \$5 ➤ Relay team fee (per team) \$10
Entries Close	➤ For members with your Club Captain by – Friday 13th March ➤ With Sandra Mutch via Team Manager file (Club Captains) by – Friday 20th March ➤ Completed Payment Summary Form with payment to MSWA by – Friday 20th March
Individual Entry Process for Club Captains	➤ Invite members to nominate via email their chosen events with event numbers and nominated times by Friday 13th March ➤ Transfer data into Team Manager (or Team Manager Lite) file with assistance from State Recorder Sandra Mutch if required ➤ Email TM file to Sandra via sandragdm@bigpond.com (Tel 0417 974 417) by Friday 20th March
Relay entry process for Club Captains	➤ Enter relays into Team Manager and email file as per Individual Entries. ➤ Use Relay Entry sheet provided for reference at the meet if required ➤ Changes to relay teams to be submitted on "Relay Notification of Change Sheet", to Event office prior to finish of Event 4 on Sat 28th March and Event 16 on Sun 29th March
Payment	Post completed Payment Summary Form with Club cheque to MSWA PO Box 57 Claremont 6910 OR Pay by EFT: CBA BSB 066-103 A/C 1000 4275 (scan & email docs at the same time) to reach the MSWA office by Friday 20 th March 2015

Event Trophies

Vorgee Male & Female Swimmers of the Meet	➤ Points scored according to records set (World, National or State) & swim meet results (criteria included in program)
Male & Female age group winners	➤ As above
Top Club	➤ Club scoring most points
Top Country Club	➤ Country Club scoring most points
Handicap Trophy	➤ Club scoring most points according to members participating
Have a Go News Encouragement Award – nominations due by Event 4 Sat 28 th March	➤ 4 volunteer members chosen by MSWA Board receive a prize from Have a Go News



Ren will start taking names very soon for those that are competing in the ACC. Entries close with Ren on the Friday 13th March. Payment and entries must be forwarded by Maida Vale to MSWA by Friday 20th March.

Therefore, please ensure you pay for your events, entry etc. by Friday 13th March.



MASTERS SWIMMING WA

LiveLighter 2015 All Club Challenge

SHORT COURSE MEET

Saturday/Sunday 28th/29th March
HBF Stadium - Mt Claremont



Masters Swimming WA's premier annual event for Clubs and members to enjoy participating as a team and challenging themselves in individual events

PROGRAM OF EVENTS

Members can swim in a maximum of 4 events in one day or 6 events over the weekend
(individual events – not including relays)

Saturday events start @ 1.00pm

12.00 – 12.45pm – Supervised Warm-up - Please obey Lane Signage

Event	1	200m	Freestyle
Event	2	50m	Butterfly
Event	3	100m	Breaststroke
Event	4	50m	Backstroke
Event	5	200m	Individual Medley
Event	6	25m	Breaststroke
Event	7	25m	Freestyle
Event	8	200m	Butterfly
Event	9	100m	Backstroke
Event	10	4 x 25m	Medley Relay - Women
Event	11	4 x 25m	Medley Relay - Men
Event	12	4 x 25m	Freestyle Relay - Mixed

Sunday events start @ 9.00am

8.00 am – 8.45 am – Supervised Warm-up - Please obey Lane Signage

Event	13	200m	Backstroke
Event	14	50m	Breaststroke
Event	15	100m	Butterfly
Event	16	50m	Freestyle
Event	17	100m	Individual medley
Event	18	25m	Butterfly
Event	19	25m	Backstroke
Event	20	200m	Breaststroke
Event	21	100m	Freestyle
Event	22	4 x 25m	Freestyle Relay – Women
Event	23	4 x 25m	Freestyle Relay - Men
Event	24	4 x 25m	Medley Relay – Mixed

Hot of the press—the last open water swim for February was the Barrett Bunbury Swim Thru

Happy to report that Glad is back in the open water and she finished first in her age group.

And being in Bunbury our swimmers were able to catch up with Elspeth and Geoff Binckes





MAIDA VALE MASTERS

PRESENTS

Kookaburra

Outdoor Cinema



A NIGHT AT THE KOOKABURRA OUTDOOR CINEMA

MOVIE: "ST. VINCENT"

RATED 'PG-13'

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.

Written and Directed by: Theodore Melfi

Stars: Bill Murray, Melissa McCarthy, Naomi Watts



WHEN: Friday 27th March 2015

TIME: Gates open: 6:30 p.m.
Movie Starts: 8:00 p.m.

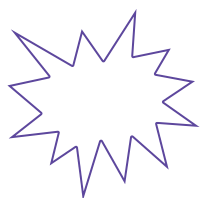
COST: Adults: \$15.00 Children: \$10.00 (NO eFTPOS or Credit Card facilities available)

WHERE: Allen Road, MUNDARING WEIR

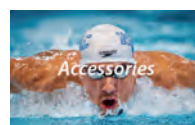
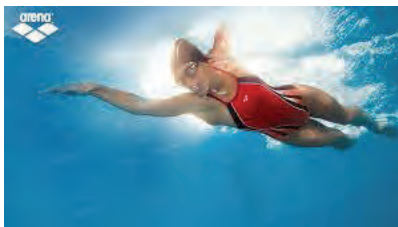
BRING: Why not arrive early and bring along a picnic dinner to eat prior to the movie starting. Note that the Kookaburra Outdoor Cinema is a BYO venue.

ABOUT: The cinema seats 310 in traditional steel framed and canvas slung deckchairs with ample room to the sides and rear for patrons to bring their own chairs if they desire. The auditorium is completely grassed with 12 picnic tables scattered about. Parking is alongside the cinema with overflow parking behind the screen with the main parking area being floodlit. There is a small kiosk selling tea & coffee, a range of confectionary, cold drinks and choc tops. Aside from the above, NO food or drink is sold at the cinema. More information is available at <http://www.kookaburracinema.com.au>





<http://www.missionbay.com.au/> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. Check it out! It is open on line 24 hours a day, the shop (which is next door to Effie's Emporium in Guildford) hours are Friday and Saturday 10am to 5 pm and Sunday 12 noon to 5 pm. If you buy on line you can collect by typing 'collecting' in the promo code or Liz will bring to the pool.



Everyone enjoying some socialising before seeing the movie at the Kookaburra Outdoor Cinema in Mundaring. For those who missed it, you have another chance to see a movie at this unique location on Friday March 27th—see the flyer for more details.



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

