



MAY 2015 NEWSLETTER

## PRESIDENT'S PROSE PRESIDENT'S PROSE – APRIL, 2015

For once there is not a lot to report on for this newsletter as the March edition was a couple of weeks into April so you all know how amazingly well the club finished in the All Club Challenge. Congratulations to all those members who set new club records and to Norma, Gwyn, Ian and Terry for setting new State Records. Rachael Cooper's success in Hobart was incredible, especially given that she was there on her own representing our club. Our swimming successes are costing Lesley a fortune in chocolate frogs!

The social highlight of this month was the terrific river walk last Sunday and it was great to see so many members and their families (plus dogs) turn up and tackle the 7 kms (10,000 steps!) around the delightful river course. Everyone stayed for lunch and spent a leisurely few hours under the trees watching the world go by. There will be a lot of great photos – thanks to Kathy – who, with Brian, was also responsible for organising the outing.

A particular highlight was Sandie's Border collie, who staked his claim on her esky and rug under the tree by relieving himself. Poor dog mustn't have lifted his leg for days by the flood which covered her lunch – but at least it was not on someone else's picnic!

We are still filling the training lanes each night with enthusiastic swimmers (and talkers) and, although our next LiveLighter competition isn't until July at Swan Park, there are some distance events on offer at other venues and I encourage you to participate. Details will be sent out in Dolphin Dots.

Quite a few club members are taking the opportunity to travel at this time of the year and I would like to wish everyone safe journeys to whichever part of the world you are visiting.

Glad is also going away – not quite so exciting though – but she will be spending a few days in hospital having a hip replacement operation and promises to be back in the pool with a vengeance as soon as she is able. She can join John Hoffman who is recuperating in lane 1 after the same operation. She has some new records to set!

We still have a few members who have not re-registered this year and I have to remind you that you are jeopardizing the coaches' accreditation and putting the club at risk of insurance problems by not being fully paid up members and continuing to train in the pool. Details of the procedure are always available so please attend to the matter as we really don't want to exclude you from swimming.

Don't forget our Tuesday Re-Hydration night at the Pizza Lounge in Lesmurdie on the 26th May.

I hope you were all able to participate in the 100<sup>th</sup> year commemorations of Anzac Day. We do have a great deal to be thankful of in this amazing country.

**FROM THE HILL ANDREA**



## CLUB NIGHT PROGRAM FOR MAY 2015

4th May	25 BREAST	STUBBY STAKES	200 IM
11th May	200 FLY		100 BREAST
18th May	50 Free HANDICAP		
25th May	Aerobics only— Committee Meeting		
1st June	ANOTHER PUBLIC HOLIDAY!		

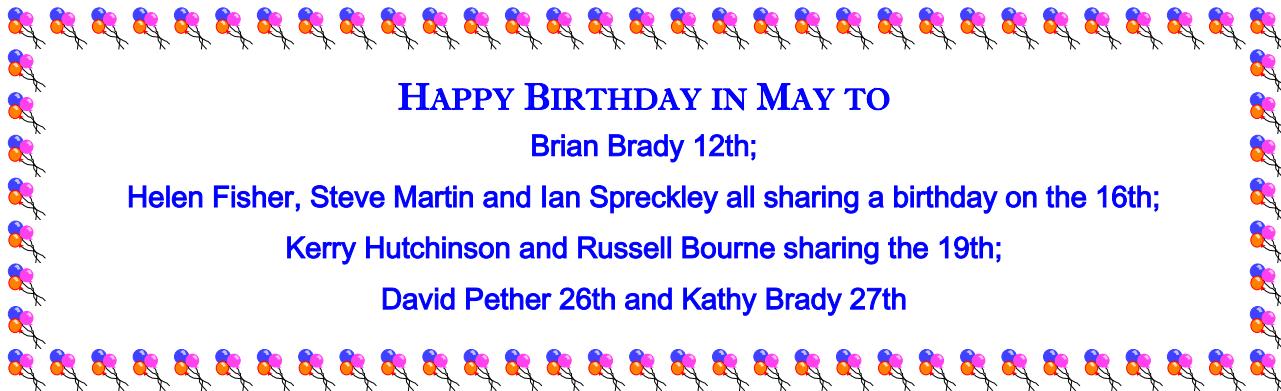


**CONGRATULATIONS TO DAVID PETHER  
DOESN'T HE LOOK HAPPY?**

DAVID SWAM CLOSEST TO HIS NOMINATED TIME  
FOR 25 METRES FREESTYLE

Stubby Stakes on Monday 4th May is  
25 Metres Free

Come to the pool with a plate of food to share and nominate your time to  
have a go at winning the wine.



Hardworking      Strong Willed  
Not one to mess with  
Restless      Reliable  
Very Caring      Loves to dream  
Taurus      Kind  
Loves being in long relationships  
One of a kind      Beautiful  
Loves to travel      Good Kisser

Outgoing      Great Listener  
The Most Irresistible  
Trustworthy      Understanding  
Great Flirts  
Strong      Gemini      Loud  
Has a beautiful smile  
Always Happy      Very Forgiving  
Love is one of a kind

## 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. More club records tumbling last month!! Ian and Gwyn appear to be re writing the records for their new age groups!!



### Club Records April 2015

NAME	AGE GROUP	COURSE	EVENT	TIME
Ian Stewart	80-84	Short	25m Free	19.01
Rachael Cooper	25-29	Short	100m Free	1.06.21
			200m Free	2.17.52
			100m Breast	1.23.41
			200m Breast	2.56.45
			200m IM	2.35.86
Liz Bettridge	55-59	Short	25m Free	16.81
Stuart Anderson	25-29	Short	25m Free	13.50



**Not only swimmers,  
but walkers as well**



Thanks to Kathy Brady for putting this together—it looks like a fun day was had by all!!

## Picnic and Walk Around the Bridges

What a glorious day for a walk and picnic. Sunday 19<sup>th</sup> April saw 20 energetic walkers set off from Garvey Park in Redcliffe for a 7km walk along the foreshore to and across the Garratt Road Bridge, along the opposite side of the River to the Tonkin Highway Bridge and return to Garvey Park. Also joining the walkers were two toddlers in prams, three bike riders and a couple on scooters. Oh, and also five energetic and well behaved dogs. There were also ten joining us for a picnic in Garvey Park afterwards.

Here is the story in pictures:



Our President's "Groovy" Walking Socks



The energetic walkers



All enthusiastic and ready to start walking.  
Even the Birthday Girl joined in!



Cookie and Rio got 'side tracked' after the first leg.



**Not only the dogs getting 'side tracked'. The walkers wanted to try out the exercise equipment or just watch.**



**Arriving back at Garvey Park, relaxing and enjoying a picnic lunch with great company.**





## THORNLIE AND DISTRICTS SWIMMING CLUB

Invites registered Masters Swimmers to join us on  
**Saturday 9 May 2015 - 12.00pm 'til 3.00pm (approx)**  
For the

### **LiveLighter 400m/800m Short Course Event**

Gosnells Leisure World, Culross Avenue, Thornlie - (indoor 25m heated pool)  
*rear of Thornlie Square Shopping Complex, Thornlie*

**Nomination Fee: \$7.00 per swimmer. Please pass to our Club on the day.**

Normal Pool entry payable at Reception

400m & 800m choice of strokes - see entry sheet

Swimmers may enter a maximum of 2 different swims

***Please be fully aware water temperatures are normally quite high in this complex. Please do not enter without taking this information on board***

Masters Swimming Australia Rules apply for this Event.

Depending on number of nominated swims, swimmers may be asked to swim two to a lane for freestyle events. **Late entries cannot be accepted**. All "single" swims will be timed prior to any second swims being commenced due to possible time constraints.

Visiting Clubs/swimmers are asked to assist with time-keeping.

Record Attempts must be clearly marked on the entry form.

**Entries close on: 1 May**

Please send all entries using the TM File (Obtained from the Masters Website) to [thornlienews@hotmail.com](mailto:thornlienews@hotmail.com) . We will also appreciate a hard copy scanned to the same email address.

Please join us for free refreshments after your swim.

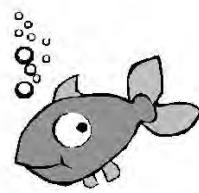
Club Contact is Ron Gray – Evening contact is best 08 9397 2768

**PS: Postal entries are encouraged from country clubs, and must reach us prior to 2 May . Please include Masters ID, 50m split times and date of swim. Entries must be signed by a club official to verify that Masters rules have been followed and that the Event was swum in a 25 metre pool (Swims from 50m pools are not eligible for this event). These postal entries are unfortunately not eligible for records.**





**Stadium Snappers**  
invite you to join us for our



## 1500m LC DISTANCE MEET

**SATURDAY 6 JUNE 2015**

**1.00 – 4.00pm**

**HBF STADIUM, STEPHENSON AVENUE  
MT CLAREMONT**

(Outdoor, Heated, 50 m Pool)

### **1500 m Choice of Stroke**

(One swim only, 400 m and 800 m intervals recorded)

Nomination Fee \$5.00 (includes lane hire and refreshments)

Pool Entry \$5.50 (Adult) \$4.30 (Concession)

Swimmers may be asked to swim 2 to a lane

Swimmers are to enter via Clubs and using Team Manager entry files. Please indicate Medical Disabilities and Record Attempts if applicable. Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a 50 m pool. Postal entry results must be submitted using the Team Manager Entry file received by 6.00 pm Wednesday 3 June 2015.  
Postal entries will not be eligible for records.

**Entries close: Monday 1 June 2015**  
(Late entries will not be accepted)

**Clubs - please bring stopwatches and if a swimmer is attempting a record please bring a least one timekeeper and watch. Swimmers - be prepared to time before and after your swim.**

**Please email entries to [paul\\_edmondson\\_au@yahoo.com.au](mailto:paul_edmondson_au@yahoo.com.au)  
by Monday 1 June 2015**

**Please join us for refreshments after the swim**

**Meet Director: Robyn Wilson**  
[bretnall@gmail.com](mailto:bretnall@gmail.com)  
9387 7549





Save the dates for these up and coming events—I know some of them look a long way off, but they will be here before you know it!!  
It's already May 2015!!

5th July, the Swan Hills Live Lighter Club Challenge

18th July, our Christmas in July, event venue and theme to be advised.

17th October, our club is hosting a 400/800/1500 metre event at the Darling Range Pool

18th October, after all that swimming a bowls day at Kalamunda Club.

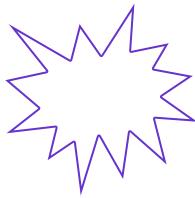
8th November our Lake Leschenaultia Swim.

18th November KADS night.

## **SENIORS TEXTING CODE:**

ATD: At The Doctors  
BFF: Best Friend Fell,  
BTW: Bring the Wheelchair,  
BYOT: Bring Your Own Teeth,  
FWIW: Forgot Where I Was,  
GGPBL: Gotta Go Pacemaker Battery Low,  
GHA: Got Heartburn Again,  
IMHO: Is My Hearing-Aid On,  
LMDO: Laughing My Dentures Out,  
OMMR: On My Massage Recliner,  
OMSG: Oh My! Sorry, Gas,  
ROFLACGU: Rolling On Floor Laughing And  
Can't Get Up  
TTYL: Talk To You Louder.





<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.



The cost for the new bathers is \$52 for men's jammers (long leg): \$72 for ladies regular and \$82 for ladies long leg

Please remember if you have received your new bathers that they have to be paid for as soon as possible. Cash to the treasurer at the pool on club night, or straight into our account on line.

**Bank:** Westpac, Kalamunda      **Account Name:** Maida Vale Masters Swimming (Inc.).  
**BSB:** 036-065      **Account Number:** 28-5603

**Deposit Reference:** Please insert a brief description of what the payment is for and from whom. This is to enable the Treasurer to identify who the payment is from and what for.



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

