



NOVEMBER 2015 NEWSLETTER

PRESIDENT'S PROSE – OCTOBER, 2015

What a terrific month October turned out to be! Our activities during the month just prove what an outstanding group of club members we have – both socially and competitively.

The club – co-ordinated by Lynne Duncan - successfully ran a Live Lighter Club Challenge at the Darling Range Sports Academy early in the month. Whilst I missed out on the event, I believe it was very well received by the competitors from other clubs – some of whom set new State records and others achieved personal best times. Many thanks to all the club members who helped out on the day with time-keeping, recording and – most importantly – supplying an amazing afternoon tea.

Our social event for the month was planned as a morning of lawn bowls at the Kalamunda Club, the Sunday following our Live Lighter Club Challenge. However, we were offered a fundraising opportunity on that day which was too good to resist and, as most of you already know, a group of 43 club members, spouses, friends and youngsters travelled over to Rottneest Island early in the morning and spent the whole day volunteering at the inaugural Rottneest Triathlon. It was a huge undertaking by the club and I was so very proud of everyone for joining in and obviously enjoying a very memorable experience. The day began well with everyone heading off to their designated areas with their allocated official duties but the weather turned wet and windy in the afternoon and some people were posted in very exposed spots around the island. It was great to see everyone heading back to the pub albeit wet and bedraggled but smiling and happy. What a perverse lot we are!!

There were so many very funny stories related at the pub whilst waiting for our ferries home and Monday night in the pool was a talk-fest. We hope to receive a \$2,000 deposit from the organisers who assure me that the athletes definitely want us back next year as they have never enjoyed so much positive encouragement during an event and we were all super efficient. We'll see who puts their hand up again!

The first open water swim of the season was held down at North Cottesloe beach on a sunny but windy Saturday afternoon. The event was organised by club member Ceinwen Roberts and was a fundraising event with all the profit (over \$20,000) being donated to The Leukaemia Foundation. Claire, Gwyn, Tammy, Greg and I endured the rough, sea breeze driven waves and stingers but it was fun and for a good cause. Thank you to Kate for coming down to support us, take photos and hold our towels.

It was a busy weekend for swimming as the Freo Fins Club Challenge was held the next day and, although we only had 15 swimmers, we finished second in front of 7 other clubs - including Claremont! There were some really good swims from individual members but the highlight of the day for me was the Mixed Medley Relay in the 320 year age group. Glad, John, Ian and Norma were inspirational. I hope Glad won't mind me sharing her delightfully entertaining 50mtr backstroke leg where she swam from one side of the lane to the other and back again many times as she headed for the wall and the changeover to John for the breaststroke. Because of the shallow end of the pool, John had to start in the water and it had been decided that swimmers would come in on the left and the next swimmer would start on the right of the lane to avoid collisions. It was hilarious watching John dancing from side to side as Glad first headed left, then right, then left again, then right again and finally changing once more in the last metre and colliding with John as he took off. Norma – the freestyle anchor- was above on the pool deck in fits of laughter.

Whilst for a change we didn't win any raffle prizes, we were treated to a great lunch and came away with more terrific club memories. Thank you to Kathy Brady for timekeeping all morning and to Barbara Hart, Lynne Duncan and Brian Harper for officiating.

Our last social for the month was scheduled for a coaching session in social lawn bowls by champion Ren and a curry dinner at the Kalamunda Club. However, the weather turned bleak so we were forced to abandon the bowls and just enjoy the meal, the music and the good company.

The terrific rainfall will add to the already high water level at Lake Leschenaultia so our club swim next Sunday, 8th November, should be another success. Once again, the committee would really appreciate as many members as possible to help out on the day. There will be a roster of duties available at training and there are always lots of things to do on the day. Many hands make light work!

For those club members who have contemplated being in a team to swim to Rottnest but never followed up, there is a new swim being launched on Friday 13th November which could be a good way to achieve your ambition. The Port to Pub is being organised by Ceinwen and her husband Andy and is planned for 19th March next year. There will be teams of 6 available so not as much of a commitment. Give it some thought and get organised!

Lastly - reports from the sick lane! Stuart has finally had his cast taken off but his wrist is still too weak to allow him to swim for another few weeks. He will be welcomed back on light duties. Also, for those who were not aware, Alan Friday injured himself rather badly when he fell into a floor cavity left open (by himself) for a white ant inspection and gashed both shins. Recovery will be slow and blood clots are not helping but Alan seems in good spirits, especially considering he will miss out on a lot of his beloved open water swims. On the up-side he might feel healthier for not indulging in all those bacon and egg breakfasts!

As I said – October was an amazing month and November is looking pretty hectic too.

FROM THE HILL.....ANDREA.

2015 EUROZ NORTH COTTESLOE COLDWATER CLASSIC

The Open Water swimming season has now started and 5 of our club members swam in the 2015 Euroz North Cottesloe Coldwater Classic on Saturday 24th October and organised by our club member Ceinwen Roberts.

Well done to Gwyn and Andrea Williams, Claire Ware, Tammy Norregaard and Greg Bourne who braved the water, which was described as swimming 1800 metres in a washing machine.

Next weekend's open water swim will be a swim in the park in comparison—no waves or stinger! See you all at the Lake on the 8th!



CLUB NIGHT PROGRAM FOR NOVEMBER 2015

2nd November	100 IM	STUBBY STAKES	100 FREE
9th November	50 Free		200 Free
16th November	25 Back		100 Fly
23rd November	ENDURANCE ONLY COMMITTEE MEETING		
30th November	100 IM		50 Free
7th December	50 BACK	STUBBY STAKES	25 Fly
14th December	100 BACK		25 Free

CONGRATULATIONS TO MARILYN POTTER



Marilyn did well to swim within 0.25 of her nominated time and take out the October Stubby Stakes. It was also great to see some members who hadn't done a timed swim since 2003!

Come to the pool on 2nd November and nominate your time for the 100 metre IM. Swim closest to your nominated time and you will win a bottle of wine specially selected by our Refreshment/Safety officer Russel Fowler.

Don't forget to bring a plate of food to share.



HAPPY BIRTHDAY IN NOVEMBER TO

**Chris Bagshaw 1st; Liz Bettridge 3rd; Dianne Cockman 7th;
Maggie Read 10th; Simone Beuke 11th; Joachim Eifler 15th;
Gwyn Williams 22nd ('Ohh'); Jane Potter 23rd**


SCORPIO
OCTOBER 23rd TO NOVEMBER 21st
DETERMINED
PASSIONATE
EMOTIONAL AND INTUITIVE
POWERFUL
EXCITING AND MAGNETIC
FORCEFUL

SAGITTARIUS....

**THESE PEOPLE ARE FUN,
OPTIMISTIC,
GOOD-NATURED, SOCIABLE,
IMPATIENT,
SELF-INDULGENT, FANATICS,
AND GAMBLERS.**

**THEY LIKE FREEDOM,
UNUSUAL IDEAS, PARTIES,
LUXURY, NEW FRIENDS, AND
FLIRTING.**

**THEY DISLIKE PUBLIC
DISAPPROVAL, PLAYING
SAFE, CONFINEMENT,
MONOTONY, TIGHT
CLOTHES, BEING DOUBTED,
AND BEING REFUSED.**

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. Another record breaking month—let us see what next month brings after the short course LLCC hosted by Beatty Park Masters.

Club Records October 2015

Name	Age Group	Course	Event	Time
Kate Elliott	65-69	Long	50m Butterfly	1.01.50
Glad McGough	85-89	Long	50m Freestyle	1.16.37
		Long	200m Freestyle	6.43.72
Russell Bourne	65-69	Long	200m Breaststroke	5.22.97
Gwyn Williams	70-74	Long	50m Butterfly	36.93
Richard Mazzucchelli	75-79	Short	200m Freestyle	3.32.39
		Long	200m Backstroke	4.22.82
Ian Stewart	80-84	Long	50m Breaststroke	57.22
		Long	50m Backstroke	56.78
		Long	200m Breaststroke	5.23.31



Congratulations to Ren Jakovich who was presented with the club's trophy for gaining the most points in the 2014/2015 Vorgee Endurance 1000 program. This program is designed to encourage people to swim distances from 400 metres to 60 minutes duration in a variety of strokes.

The total number of swims that can be completed is 62, broken down into

- 25 individual 400 metre swims;
- 25 individual 800 metre swims;
- 3 x 1500 m swims;
- 3 by 30 minute swims;
- 3 x 45 minutes swims
- 3 x 60 minute swims.

Endurance swims can be completed on Monday nights at training or Saturday afternoons at the Darling Range Sports College pool (times and dates advised in Dolphin Dots).

Some happy snaps from our Live Lighter 400/800/1500 Swim Event
held at Darling Range Sports College on Saturday 17th October

Workers!



Swimming....



Thanks to the officials!!



It's all about the food!!!



Brian, Brian and Brian

Fremantle Masters LL Club Challenge

This event was held last weekend and 15 club members braved the weather forecast again (after the 2014 weather at this event, getting 15 members to have another go was a good result!!). The rain did hold off until the end of the swimming events. Thank you to Kathy Brady for your time keeping and our officials Brian, Barbara and Lynne.

We may have been only 15 swimmers, but what we lacked in quantity we certainly made up for in quality. We came 2nd to Fremantle Masters, with 163 points. With 7 clubs finishing behind us! We had some of our members gain maximum points for their individual and relay events. Results of this event can be found [here](#)
PS Unfortunately we didn't do very well in the raffle!!



Claire was missing.
She had gone off for a
well earned massage!

**A QUALITY GROUP
OF SWIMMERS!!!**



Highlighting our club members
swims—well most of them.....

There was some clear blue sky!!



Happy mother and son!



Thanks for the time
keeping Kathy!



Ian and John enjoying well earned lunch!



Rottnest Triathlon Volunteers

As you can see—we had a very merry band of volunteers. Even though the weather was not the best we all managed to enjoy the day (well nearly all—spot the one person who looks a little bemused by it all),



One of the quieter check points!!



Some of the stations got very hectic, but everyone managed to keep the competitors hydrated and motivated! We had one club member competing! Well done Kelly!





Beatty Park Masters invite your members to a LiveLighter Club Challenge Event

to be held at
Tuart College Pool
corner French and Hector Streets, Tuart Hill on
Sunday 29th November 2015

Gates open 8:10am Warm up 8:15am Meet start time 9:00am

Venue is an outdoor, short course pool

EVENTS

1. 50m Backstroke
2. 50m Breaststroke
3. 50m Butterfly
4. 50m Freestyle
5. 25m Backstroke
6. 25m Breaststroke
7. 25m Butterfly
8. 25m Freestyle
9. 100m Individual Medley
10. 4x50m Mixed Freestyle Relay

The following Clubs will be participating:

Belmont, Bold Park, Carine, Claremont, Fremantle, Inglewood, Leisurepark
Maida Vale, Perth City, Thornlie, and Whitford.

- Swimmers may participate in 4 individual events and in the relays.
- MSA Swimming Rules apply.
- Cost of event entry is \$10 per person and \$5 for spectators (payable at the gate)
- All participating clubs with at least 4 swimmers will be required to provide timekeepers.

A sausage sizzle, desert and soft drinks will be provided afterwards.

Please process entries via Team Manager and email to beattyparkmasters@gmail.com and ensure that all participants are registered prior to accepting their entry.

If there are any problems or queries, please Alex Gower on: 0429 686 213

Entries close: Sunday 22nd November 2015



Ren will be taking entries for this event—
put your name down in the Red Book. A
short course event. A 25 metre pool doesn't
seem quite as daunting as a 50 metre pool.

Just have to make sure if you are doing a
50 metre event, you know how to turn
properly!! Those back stroke turns are tricky!!

Would be great if we could muster up
more than this number of club members
for the event!

Butterfly Handicap

A lot of club members put their hand up for the butterfly handicap
which was swum on Monday 12th October. After a lot of close heats
Andrea, Kate, Greg, Russel, Caroline and Lesley lined up for the final.

Well done to Andrea who started first and held on to her advantage to
win this year's Butterfly Handicap.



LAKE LESCHENAULTIA OWS Sunday 8th November, 2015.

Planning for this event is well and truly in motion. The event is open for registration. The link to the **Register Now** website where you can **register** for the event is [here](#). We will **NOT** be taking any manual/form entries for this event – all entries **MUST** be via the **Register Now** website. If you need help with this process, contact Lynne, Andrea or Claire for assistance.

Kathy & Brian Brady are already collecting donations for the raffles that will be held on the day. If you would like to donate (and we hope you will), please drop your donations at the pool on Monday or on a training night. Brian is also happy to collect money if you prefer and he will purchase something for the raffle baskets on your behalf.

THANK YOU so very much to all our new and existing sponsors, your contribution to this event is very much appreciated. Thank you in advance to everyone who will be there on the day, to help, to swim and for donating items for the raffle.



18th November KADS night.

KADS final production for 2015 is Quartet, a play by Ronald Harwood about aging opera singers. If you are interested in attending this night make sure you get your ticket order in asap! Watch Dolphin dots for more info about this!



This photo needs a caption. The best caption will win a prize Bring your entry to Stubby Stakes on Monday night 2nd November.



"What do you mean you're whale watching?"



Club Member, Linda Butler and her friend were treated to a beautiful free makeover - including dresses, jewellery and makeup - at a Telethon Weekend fundraising event at Bunbury Forum. Linda was invited on stage with X-Factor winner Johnny Ruffo to talk about the medical problems her little boy, Jonathan, has faced so far in his young life.

<http://www.secretbeach.com.au> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. It is open on line 24 hours a day. CLUB MEMBERS wishing to purchase any products Liz offers a 10% discount and will deliver to you at the pool. Just order online enter the coupon code of WMV and the discount and free shipping will be applied. Liz contact details: Telephone-0415112432 or Email-liz.bettridge@secretbeach.com.au



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

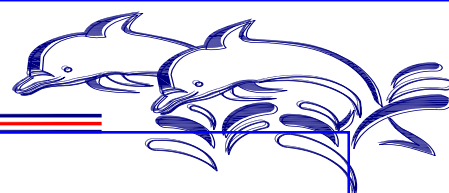
Deposit Reference: Please insert a brief description of what the payment is for and from whom. This is to enable the Treasurer to identify who the payment is from and what for.

Contact Details:

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

Ph:9293 2318
Ph: 0417 997 556
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/>

