

Hill & Down Up Vale



FEBRUARY 2016 NEWSLETTER

PRESIDENT'S PROSE January 2016

You have to love living in this great country. Even with all the problems and shortcomings, it is still the very best place in the world to live in and to raise a family. Having just celebrated a glorious Australia Day I am filled with patriotism and the love of family and wonderful friends. (Also a bit of nice red wine and lamb chops)

The open water squad were busy on Australia Day with a group of seven club members competing in the Mandurah Masters 2km swim and another group of six members competing at Sorrento in various distances at the Swimming WA event. Congratulations to all the competitors who battled the stingers that have plagued this season's events. (Except the Lake swim of course!) In addition, the swimmers who competed in the Claremont Masters river swim were only subjected to the larger jellyfish in relatively clean water and were able to post some very impressive results.

There has been a terrific influx of enthusiastic pool swimmers during January with most training nights attracting over 20 swimmers and Lesley was kept busy providing programmes for everyone. The social atmosphere is terrific in between some seriously hard sets.

We have an upcoming LiveLighter competition on 21st February at the Newman Churchlands pool and I hope we will have a good number of swimmers attending. Ren is currently taking names for the event.

Thankfully, our "sick lane" news is not too extensive this month but I was sorry to hear that Norma had an altercation with a mooring rope and has had to have surgery on a ruptured tendon in her arm, which will put her out of action for some time.

Ian's wife, Dorothy, was injured whilst watching him compete in the Claremont Masters river swim. A wayward dog ran into her and knocked her off her feet, and whilst nothing was broken Dorothy has had her arm in a sling to support a tender collarbone and has some bruising. Thankfully, she is getting better.

In another freak accident, Amber unfortunately cracked a rib when she was helping to pull the pool covers on one evening. That must be very painful as there is not a lot of treatment – just time required to heal. We were just welcoming her back in the pool.

Glad is continuing to have problems with cellulites in her legs but had an hilarious discussion with a new Silver Chain Doctor who thought she might actually be suffering from a sexually transmitted disease! What a minx!

As this is the last newsletter before the AGM and a new incoming committee, I would like to thank all the terrific club members who have served our club so efficiently and enthusiastically over the past 12 months. I would encourage any members who are thinking of offering their services on the committee to let me know before the meeting on Monday 15th February.

FROM THE HILL.....ANDREA.



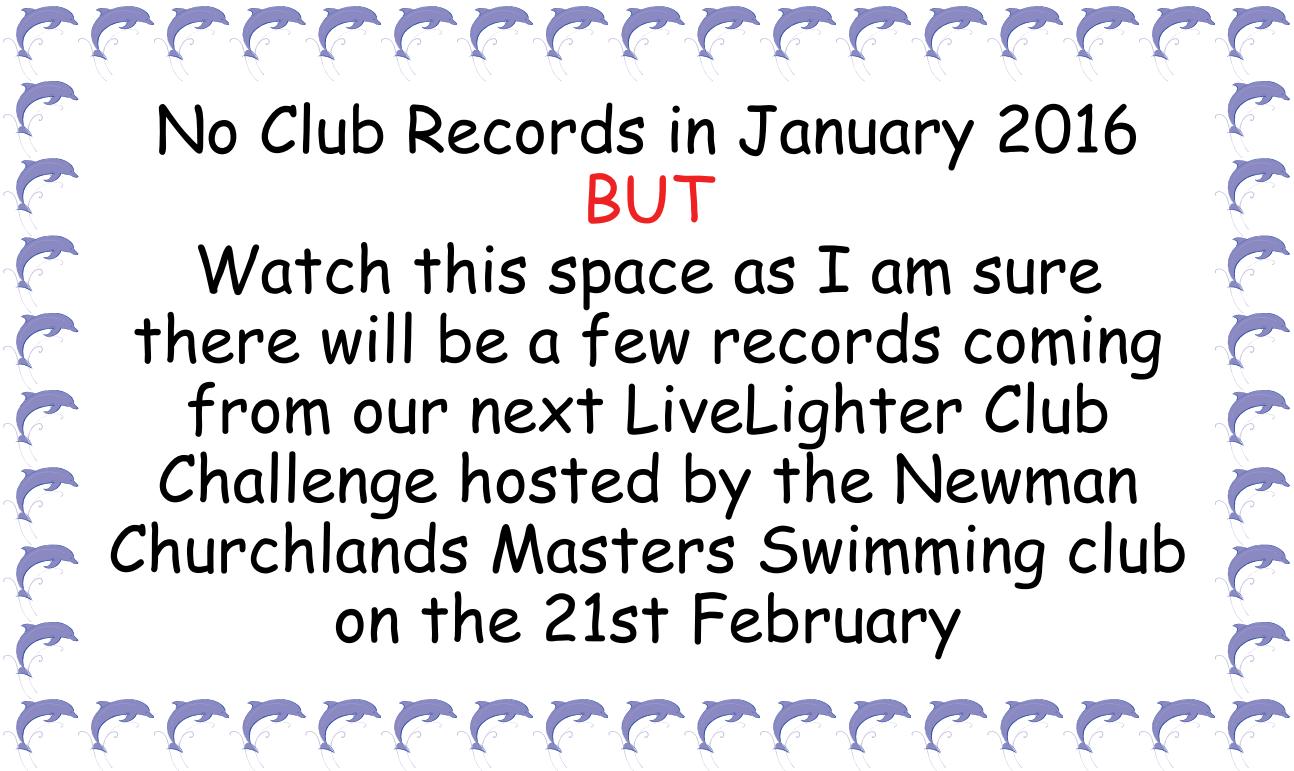
You've heard the one about 'how many men does it take to change a lightbulb?

Well how many swimmers does it take to remove the pool covers?

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. No records to date..

Check the link to see what records you could break this year. Lots of records were broken during 2015—all those new octogenarians!!



**No Club Records in January 2016
BUT
Watch this space as I am sure
there will be a few records coming
from our next LiveLighter Club
Challenge hosted by the Newman
Churchlands Masters Swimming club
on the 21st February**

Check the Dolphin Dots for more information about the Newman Churchlands Live Lighter Club Challenge. Swimmers can participate in three events and a relay. Cost \$7.00 payable at the gate.

The events are :

1. 200 Freestyle
2. 100 Breaststroke
3. 50 Butterfly
4. 50 Freestyle
5. 50 Backstroke
6. 100 Butterfly
7. 4 x 50 Women's freestyle relay
8. 4 x 50 Men's freestyle relay

HOPE ALL OUR CLUB MEMBERS WILL CONSIDER
ENTERING THIS EVENT. IT IS A LOVELY VENUE.
LAST YEAR WE CAME SECOND.
WOULD BE LOVELY TO COME FIRST!!

Warm up at 8.15 am for a 9.00 am start. It is a long course pool and an outdoor venue. (got to hope for better weather on the 21st February than we are experiencing today (Sunday 31st January).

A free sausage sizzle will follow the event, with free tea and coffee available during the day.



Open Water Swimming

The open water swimmers were out in force over January. Lots of swims with lots of club members competing and getting good results. Personally I think if I finish an open water swim it is a good result, and after the Cottesloe Classic Mile—no sharks is an even better result! Unfortunately the stingers were out in force for a lot of the swims!!

There have been club members swimming in Masters Swims and WA Swimming WA and I am confused as to what is what!! I shall endeavour to get them in some sort or order!!



Our Rottnest solo swimmers, Tammy and Steve Norregaard, and Claire Ware have now qualified for the Rottnest Channel Swim which takes place on Saturday 27th February. Kerry Hutchison and her friend are a duo and Stuart Anderson is in a team of 4.



More club members are getting ready for the new open water swim—the Port to Pub which takes place on the 19th March.

Team Legs Eleven have entered the Port to Pub swim. Garry Lymn, Richard Mazzucchelli, Russel Fowler, Gwyn Williams, Kim Bingham and Steve Cockman are a team of 6 but with only 11 legs (Garry's sense of humour came up with the name). 4 of the team members successfully completed a Rottnest Channel team swim in 1996 and had joked about getting together for a 20 year anniversary swim, but were a little hesitant as none of them feel as fit and able -bodied as they were in 1996. However the Port to Pub swim has offered them an opportunity for a 6 member team which they felt made the crossing more achievable. 4 members have now completed their qualifying swim, including Garry who now has to work out how to coordinate his changeovers in the boat. Something I am sure he will work out!!

There have been club members swimming in Masters Swims and WA Swimming WA and I am confused as to what is what!! I shall endeavour to get them in some sort or order!! But if I fail my apologies in advance!



Tammy and Steve Norregaard all smiles after their 5 kms swim at Sorrento on Australia Day. (not sure if there were any stingers around for this swim!!).

Results for our club members

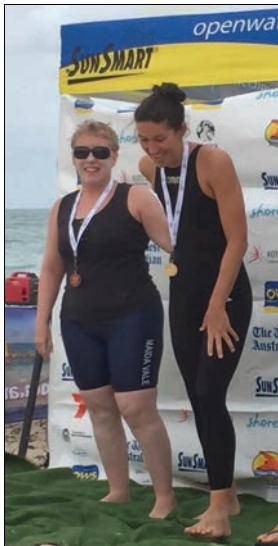
Tammy 1.40.56; Steve 1.34.09 and well done to Claire Ware who finished 3rd in her age group in a time of 1.29.49.

Claire Ware is coming a close second on the Swimming WA Leader board in the Legends category. All that hard work and early morning trainings are paying off!! Go Claire!!

Swimming WA Round 9 2.5 kms - congratulations to Alan Friday who came third in his age group with a time of 59.24.

In the 5 kms event, Steve Norregaard completed the event in 1.2925, with Tammy Norregaard following in closely in a time of 1.30.50.

Congratulations to Claire who was second in her age group in a time of 1.23.49



Congratulations to our swimmers in the 2016 Minara Resources Swim Thru Perth—a Swan River swim. Which is usually full of 'jellies' but this year it was surprisingly free of nasties! (I think they are all in the ocean this year).

Everyone got a place in their age group. Once again showing what a quality group of swimmers we have!!

4kms Stuart Anderson 1st 1.12.19

1.6 km Minara Mile

Lesley Hart	3rd	27.58
Caroline Dyer	3rd	29.09
Greg Bourne	1st	32.26
Maggie Read	1st	32.52
Terry McKie	1st	36.41
Ian Stewart	2nd	37.45





AUSTRALIA DAY 2016

On Australia Day, there were two open water swims.

Mandurah Masters held their Australia Day Open Water Swim at Doddi's Beach, Halls Head.

Swimming WA OWS Round 11 was held at Sorrento. We had swimmers in both events!

As I was the designated towel holder and bag watcher for the team at Doddi's beach I have photos from that event.



Results from the Swimming WA Open Water series Round 11 at Sorrento Beach on Australia Day

10 kms—Claire Ware 2.44.06; Tammy Norregaard 3.04.16
Steve Norregaard 3.04.17 (pretty close times Steve and Tammy)

2.5 kms—Gwyn Williams 45.42; Andrea Williams 50.40 (not so close...)

Andrea and Gwyn pictured with their daughter Sian who swam a 10km qualifier for the Port to Pub swim.