

# Up Hill & Down Vale



APRIL 2016 NEWSLETTER

## PRESIDENT'S PROSE MARCH 2016

I know you will have enjoyed the Easter break in March but it is time now to head back to the pool to shed those chocolate egg and hot cross bun calories. We headed to Darwin for Easter and the only eggs we had melted in about 5 minutes inside my handbag! Unfortunately, we missed the March Pizza night but I believe you all had a very pleasant night.

We have a LiveLighter Club Challenge coming up on Sunday 1st May at the Craigie Leisure Centre – a 50mtr outdoor pool – and hopefully we will have a strong club representation. Open water swimming is all over now (except for an obscure one at Waterman's at the end of the month) so it is time to focus on sprints.



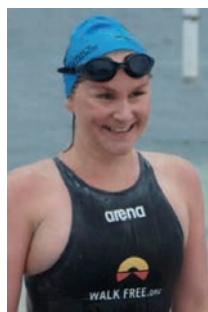
Although the State Open Water Swim was actually this weekend (in April), I am sure Kate will include some terrific photos of the event (courtesy of official club photographer Kathy Brady). You will see from the happy faces before and after the swim that we all had a wonderful morning and enjoyed a great breakfast followed by birthday cake to celebrate Jamie's 18<sup>th</sup> birthday. It was fun to note that the only mad club members jumping from the pontoon after the swim were from Maida Vale. Congratulations to age group winners, Stuart Anderson, Lesley Hart and me!

Lynne came down to officiate as she is getting into the swing of the OWS scene after attending the Easter Albany Harbour swim. (Wait for the Flipper Award at the July presentations!) Congratulations to Alan Friday who was the only club member to compete at Albany.

We had a terrific club involvement in the inaugural Port to Pub swim in March and I am very proud of my daughters – Ceinwen for being the organising force behind the event and our youngest, Sian, for finishing in first place in the solo event. Our middle daughter Bronwen and I were her support crew and were amazed at her determination to claim those P2P 001 number plates. Gwyn and the rest of the Pub Crawl team of Russel, Jamie Bounsell, Greg, Stuart and Maggie finished first in their category, as did Caroline, Jamie Dyer, Helen and friend Marissa – Team Beer Goggles and Quokka Arms. Ben, Tammy and Steve enjoyed competing in their relaxed team events without the pressure of solo efforts. Liz (who was one of the wonderful sponsors of the event - providing Secret Beach equipment bags to each swimmer) was the Pub Crawl on board team manager keeping them in order.

Lynne and I were in charge of the volunteers, including club members Lesley, Sandra, Jess, Garry and David Pether who were amazing. Kate took the easy way to the island – travelling over in a light aircraft and I believe the view was spectacular.

I know there were four club members who competed at the Beatty Park Sprint Event and it would have been a great night in the pool. Ian, Ren, Brian and Phil could at least put a relay team together. Unfortunately, it was the night before the P2P so quite a few of us were gearing up for an early morning. I hope to hear their stories at the Stubby Stakes.



FROM THE HILL  
(very proud mummy, wife and president)  
.....ANDREA.

## 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!!

### Club Records to March 2016

Name	Age Group	Course	Event	Time
Gwyn Williams	70-74	Short	200 M Freestyle	3.21.70
		Short	25 M Breaststroke (win stubby stakes or get a club record?)	20.21

On the 5th March a small band of club members trekked down to Bunbury for the 34th Barrett Bunbury Swim Thru. It was great for them to catch up with Elspeth who took out line honours in her age group, a former 'quality' swimmer from Maida Vale Masters. Only a small group, but 4 were place getters. Congratulations to all our swimmers.

#### Results:

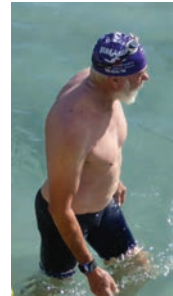
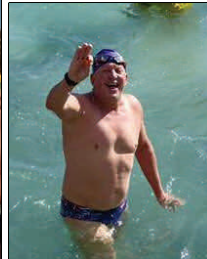
30-34 Stuart Anderson 27:50 1st.; 35-39 Caroline Dyer 29:10 1st; 70-74 Gwyn Williams 31:24 1st; 60-64 Alan Friday 34:28 5th ; 65-69 Andrea Williams 34:56 1st; 60-64 Maggie Read 35:23 3rd; 80+ Glad McGough 1:08:06 3rd; our former club member 60-64 Elspeth Binckes 34:23 1st





Sunday 13th March saw a large contingent from the club head down to Coogee Beach for the 20th Jetty to Jetty Open Water Swim. Nearly always good weather and conditions and this year didn't disappoint. We had some open water 'virgins' swimming in their first ocean event. Well done to Rikki Stewart and Jen Cook who took on the 750 metre swim, both swimming in good times. Jen was happy, but Rikki not so happy (she has only just started talking to Stuart again). Brian B was pleased with his efforts and it looks like he will be joining the open water swimmers next season!!

Good to see Alan Ware back in his bathers if only for one swim that Claire told him he enjoyed!!



### Results 750 m swim

35-39 Jennifer Cook 16.01 (3rd)

25-29 Rikki Stewart 18.11

### 1500m

35-44 Claire Ware 21:06

25-34 Stuart Anderson 22:02

35-44 Caroline Dyer 23:20

50-54 Lesley Hart 23:40

18-24 Jamie Dyer 24:11

65-74 Gwyn Williams 25:27

35-44 Helen Wilson 25:33

65-74 Andrea Williams 27:06 (2nd)

55-64 Alan Friday 27:13

25-34 Greg Bourne 27:28

65-74 Maggie Read 28:06

65-74 Kate Elliott 30:19

55-64 Brian Brady 30:37

75+ Terry McKie 30:45

and

55-64 Alan Ware 38:25

45-45 Duane Dyer 25:50



It's all about the breakfast!! (that's right isn't it Alan Friday? What better way to start a Sunday morning. A swim and then a good feed!





The club was well represented in the inaugural Port to Pub swim on the 19th March.

The weather was fair, the swimmers would have liked it a little bit warmer, but the wind was in the right direction!

From all accounts everyone involved had a great time.

Personally I had a very nice time, I flew over to Rottneſt with my nephew and his wife who had arrived from England the night before. Just what they wanted, a 6 am start to their first day in Australia!!

Our club member , Ceinwen Roberts did an amazing job pulling this altogether after just having her first baby!! It was a great event. The atmosphere on Rottneſt was amazing.



Stuart and Caroline the starters off the beach for teams Beer Goggles and Quokka Arms





And the last open water swim for the season was the Masters State Open Water Swim at Coogee on the 2nd April. Another beautiful morning, which, after the weekend before some had wondered what the weather would be like!!

Our youngest club member Jamie Dyer celebrated her 18th birthday, and we had three age group champions. Followed by members winning spot prizes. Alan Friday was thrilled to win the Live Lighter Cook Book .....

Results:

1000m

65-69 Kate Elliott 22:28 1st

35-39 Jennifer Cook 23:31 1st

Congratulations ladies !!!

2000m

30-34 Stuart Anderson 30:48 1st

40-44 Caroline Dyer 33:56 3rd

50-54 Lesley Hart 34:27 1st

18-24 Jamie Dyer 36:30 3rd

35-39 Helen Wilson 37:21

30-34 Greg Bourne 37:34

70-74 Gwyn Williams 37:51 2nd

60-64 Alan Friday 39:33

65-69 Andrea Williams 39:54 1st

60-64 Maggie Read 40:32

60-64 Brian Brady 47:04

What stars !!! What a great team !!

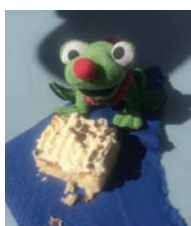
Congratulations to all swimmers 😊



Our champions. Lesley Hart, Andrea Williams and Stuart Anderson with their prize wine glasses..



Because we could.....



Champion effort today from the Maida Vale squad at the Masters State Open Water Swim! Birthday celebrations for our youngest member, some great new milestones, three age group champions, spot prizes and a yummy breakfast....Anna Phibian enjoyed it too!



## MAIDA VALE MASTERS

### PRESENTS

#### PICNIC AND WALK AROUND THE BRIDGE/S



With the success of last year's Picnic and Walk around the Bridge/s, we are organising another day out on Sunday 10<sup>th</sup> April 2016. Start off from Garvey Park and either walk to and across the Tonkin Highway Bridge and return to Garvey Park (approx. 3.5km, takes about 40 minutes), or for a more vigorous walk, keep going to the Garratt Road Bridge and back on the opposite side of the river, across the Tonkin Highway Bridge and return to Garvey Park (approx. 7km, this takes about 1:35 hours).

Pack a picnic or BBQ lunch and relax in the park after your walk. For those who just want to socialize and not walk, you can also bring your picnic or BBQ lunch and join in. You can also kayak, bike ride, push a pram, swim, etc and dogs are welcome (on a leash).

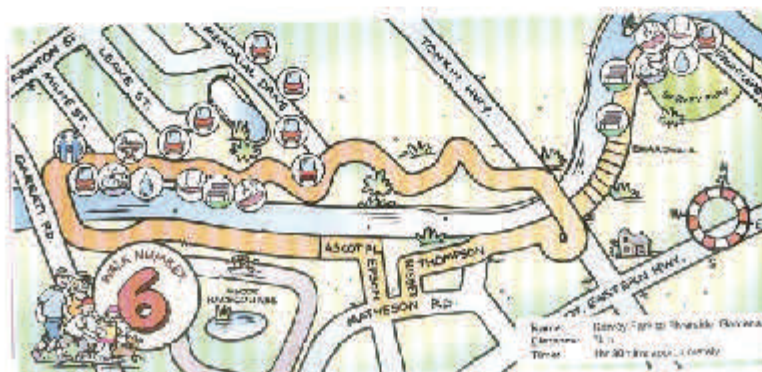
There is a cafe at the Park, so you buy your lunch, together with coffee or drinks.

**WHEN:** Sunday 10<sup>th</sup> April 2016

**TIME:** Arrive around 10:00am to start the walks

**WHERE:** Garvey Park, End of Fauntleroy Avenue, REDCLIFFE

**BRING:** A picnic or BBQ lunch, drinks, chair, picnic blanket and walking shoes, drink and hat for the walk.







**WESTCOAST Masters Swimming Club invites  
your members to a**

## **2016 LiveLighter Club Challenge Series Event**

*Date – 1<sup>st</sup> May 2016*

*Venue – Craigie Leisure Centre, Whitfords Ave, Craigie*

*Warm-up time – 8.00am – 50m Outdoor Pool*

*Meet start time-8.45am – 50m Outdoor Pool.*

**EVENTS** *(as per the LiveLighter 2016 Pool Events Calendar – note change to Relays )*

- |                           |                           |
|---------------------------|---------------------------|
| 1. 100m Breaststroke (BR) | 6. 50m Butterfly          |
| 2. 100m Backstroke (BS)   | 7. 50m Freestyle          |
| 3. 100m Freestyle (FS)    | 8. 50m Breaststroke       |
| 4. 100 Butterfly (BF)     | 9. 4x50m Women's FS Relay |
| 5. 50m Backstroke         | 10. 4x50m Men's FS Relay  |

The following Clubs will be participating:

Armadale / Beatty Park / Bold Park / Carine / Inglewood / Leisurepark / Maida Vale /  
Perth City / Stadium Snappers / Superfins/Swan Hills / Whitfords

- Masters Swimming Australia Swim rules apply to this event.
- Swimmers may participate in 3 events and in an appropriate Relay (s).
- All participating Clubs are to provide timekeepers and watches (if manual Timekeeping).
- Cost of event entry is \$10.00.per swimmer payable to the club (includes entry to pool). Spectator entry \$2.00
- Refreshments will be provided afterwards.

Please process entries via Team Manager and email to Lorraine Quayle at [westcoastmasters0@gmail.com](mailto:westcoastmasters0@gmail.com),  
and ensure that all participants are financial members of your Club prior to accepting their entry.  
If any problems or queries, please contact the Event Coordinator *Mike Kerman 0411071940 /*  
*mike.kerman@kerman.com.au*

**Entries close – Sunday 24<sup>th</sup> April 2016**



A warm outside pool.....



## THORNLIE AND DISTRICTS SWIMMING CLUB

Invites registered Masters Swimmers to join us on

**Saturday 7 May 2016 - 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: 2 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.

