

# Up Hill & Down Vale



DECEMBER 2015 NEWSLETTER

## PRESIDENT'S PROSE – November, 2015

This is the last newsletter for 2015 and I would like to take this opportunity to thank Kate Elliott for being such an amazing Editor and providing us with some great articles and photos over the past year. Kate has been ably assisted by Lesley on a couple of occasions whilst she was away on holidays but mostly it has been just Kate, a glass of wine (*several?*) and a weekend effort each month.

I would also like to thank all of our club members who helped to make our 29<sup>th</sup> Lake Leschenaultia open water swim such a resounding success. There is a huge amount of work involved in preparing for the event and it is always gratifying to see everyone arrive at the lake, unload the trailer and get to work setting up. Then, after the event, everyone helps to pack up so we can all enjoy a great picnic. Such a well-oiled machine! The water was very pleasant and the weather just perfect.

The club finished the competitive year on a positive note with a very creditable second place to a much bigger host club at the Beatty Park Club Challenge last Sunday at the Tuart College pool. Many thanks to Ren - assisted by Lesley – for entering some great teams for the relays, Thank you also to Brian Harper for officiating and Kathy Brady and Dorothy Stewart for timekeeping all morning. It was terrific to watch Sue and Simone compete for the first time and I am sure they enjoyed the experience.

By now, you should all have read the Dolphin Dots and will know that the pool is to have a new roof installed during the last two weeks of December. This is great news, as we were all a little concerned that the pool was going to be sold and the area rezoned for development. Thanks to owner Nick Upton, the pool should be available for our use for many years to come.

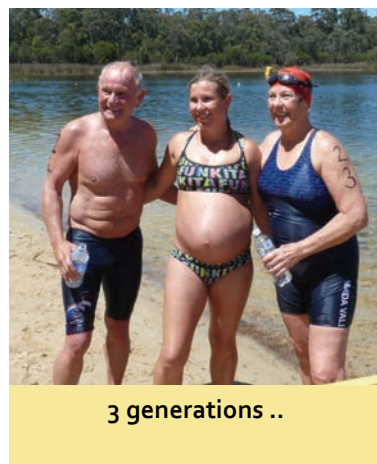
The open water season will now dominate our swimming calendar for the next few months and I would like to wish all those who enter these events, the best of luck. For those intrepid swimmers who have entered in the Rottneest Channel Swim and the new Port to Pub Challenge I hope you enjoy your training leading up to the events and that the weather gods are kind to you. Anyone who is thinking of entering into the Port to Pub Challenge, there are still some places available. Most of you know that one of the organisers of the event is our eldest daughter and fellow club member Ceinwen Roberts so we are hoping for a great inaugural swim.

November was a particularly successful social month with a delightful evening at the KADS theatre watching an entertaining production of “Quartet” The show was preceded by dinner at the Kalamunda Club. The same week a small group of members also spent an evening under the stars at the Kookaburra cinema.

We still have some walking wounded members who are not back in the pool yet but I believe Marilyn's broken foot is recovering well and that Alan Friday is hoping to be back soon also. Now John Hoffman has damaged his shins doing a good deed for Norma. It's great to see Stuart back in training now to strengthen his wrist.

I look forward to catching up with everyone at our Christmas party on the 12<sup>th</sup> December at Sandra's home and then the end of year sausage sizzle at Barbara van der Leest's home on the 21<sup>st</sup>.

**FROM THE HILL.....ANDREA.**



3 generations ..

## 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 after the Beatty Park Short Course event on Sunday 29th November.

### Club Records October 2015

Name	Age Group	Course	Event	Time
<b>Glad McGough</b>	<b>85-89</b>	<b>Short</b>	<b>50m Breaststroke</b>	<b>1.45.57</b>
		<b>Short</b>	<b>50m Butterfly</b>	<b>2.03.17</b>
		<b>Short</b>	<b>100m Individual Medley</b>	<b>3.34.16</b>
		<b>Short</b>	<b>25m Butterfly</b>	<b>52.28</b>
<b>Terry McKie</b>	<b>80-84</b>	<b>Short</b>	<b>25m Backstroke</b>	<b>52.28</b>
<b>Ian Stewart</b>	<b>80-84</b>	<b>Short</b>	<b>50m Freestyle</b>	<b>44.65</b>
		<b>Short</b>	<b>50m Breaststroke</b>	<b>56.11</b>
		<b>Short</b>	<b>25m Breaststroke</b>	<b>24.68</b>

Christmas is just around the corner!! How did that happen—seems to get here faster every year.

The club Christmas party is on next Saturday—12th December—see the flyer in this newsletter and then on Monday 21st December there is no swimming just eating sausages at the annual sausage sizzle.

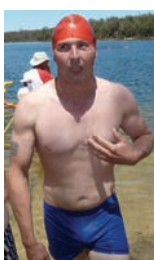
Details of this night are in Dolphin Dots—don't forget to take your money for sausage and a drink.



# Lake Leschenaultia Open Water Swim

Our club's annual Lake Leschenaultia Open Water Swim was a successful event with everyone enjoying the warm conditions, with not too many flies and NO stingers or sharks!! Our new buoys are a great asset to the swim, making it easier to keep on the right course.

Prize winners were impressed with their prize of an embroidered back pack, with quite a few of the club members eyeing them off. Some were lucky enough to win one, but if you would like to purchase one, there are still some left and can be bought at the pool on club or training nights for \$20.00. There are also still a few t-shirt's left.



Sandra Loving our new club gazebo thanks to the Shire of Mundaring.



Well done to Glad—back in the water after a receiving new hip and we hope to see Marilyn back in the water in 2016!

Getting a bit hectic at the finish—thanks to all our wonderful helpers it all ran smoothly!



Maggie Read enjoyed her first Lake swim. See you next year Maggie!!



And another Lake Leschenaultia virgin swimmer Greg Bourne with Russel Fowler who has swum it more times than he can remember.



Two disappointed club members who had to miss the swim this year. There's always next year.

The 30th anniversary!

Many hands make light work.



Thanks to Brian and Kathy Brady for putting the raffle prizes together. They looked great, and made lots of money for the club.



Time Keepers!



Resting after a job well done!

# Beatty Park Masters LL Club Challenge

This was held last weekend and once again 15 club members turned out for the event. The last Beatty Park Masters Club challenge being held at Tuart College Pool. The weather was perfect for a swim and the pool water was a nice temperature (the chill was off it!).

Once again with only 15 swimmers we managed to come second to the host club. Imagine how we could go with a few more swimmers!! Congratulations to Sue Griffin and Simone Beuke who were both competing in their first LL Club Challenge. We had some of our members gain maximum points for their individual and relay events. Results of this event can be found [here](#)

Once again we didn't fare too well in the raffle—although Lesley and Barbara Hart both won bottles of wine.



Maida Vale Time Keepers—again.  
Thank you Kathy and Dorothy!



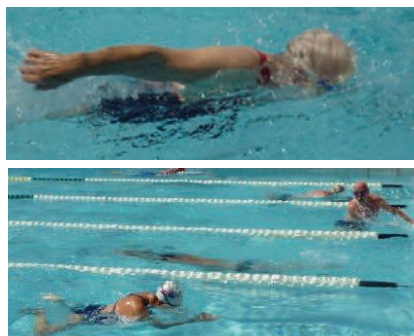
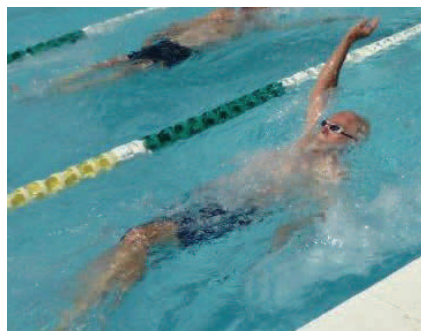
A few can tumble turn—  
who is it?



Gwyn—  
faster than the shutter speed!



Some of us may have to work on our starts.....



# More moments from the Beatty Park Live Lighter Club Challenge

Sue Griffin gliding along beautifully to finish the 50 metres breaststroke in an age group winning time! Well done Sue. Hope you enjoyed your first Club Challenge.



Simone  
Beuke  
finishing  
her first  
Club  
Challenge  
event



David and Ren had lots of fun!



#porttopub



## Be part of swimming history!

Celebrate 60 years since the first swim to Rottnest Island with WA's new open water swim.

### When

Saturday 19 March 2016

### Course

Leighton Beach to Rottnest Island  
(Hotel Rottnest)

### Categories

20km solo, duo and teams of four and  
six swimmers

25km ultra-marathon solo event – the  
longest open water swim in Australia!

### Presentations and Post-Event Party

Hotel Rottnest from 5:00 pm

### Registration & sign up for the latest news

[www.porttopub.com.au](http://www.porttopub.com.au)

### Enquiries

[info@porttopub.com.au](mailto:info@porttopub.com.au)



Our club members can donate non-perishable food and gifts to go into the Sharing a Hills Christmas parcels for disadvantaged families in the Shire of Kalamunda at the pool on club and training nights. (there are also boxes for donations around the Shire if you miss the pool donation box)

Money can also be donated as this is used to buy top up items – e.g. tins of ham, etc. (cheques should be made payable to Kalamunda Church of Christ).

If you have time to donate – the food and gift donations are being counted and sorted from 9.00 am at the Church of Christ Kalamunda, Mileti Road, on Wednesday 16th December.

Then packed on Thursday 17th December and delivered on Friday 18th December. Remember that many hands make light work. All donations of time will be gratefully received.


On behalf of Jill McClelland ☐




The things you see when you've left your harpoon on the boat!!


We swim  
because we are too sexy  
for a sport that requires  
clothes.



 Please check Dolphin Dots sent out on the 1st December for the address of the Christmas party and the parking instructions.

 The pool closed dates.

 The sausage sizzle details

 The fundraising flyer for the Masters Swimming Number Plate frames. Follow this [link](#)