

# Hill & Vale



MARCH 2016 NEWSLETTER

## PRESIDENT'S PROSE – FEBRUARY, 2016

February is of course the month of the AGM and once again, I was elected as President. This will be my 7<sup>th</sup> year at the helm and I hope to make it a memorable one. Thank you to all those members who attended the meeting and to Kathy and Brian Brady for the use of their lovely home again.

I would like to extend my gratitude to all the committee members who were happy to stay in office for another year and to our one retiring member, Ian Stewart, who worked with Ren as Assistant Captain. I feel the committee performed extremely well last year and would like to thank them on your behalf. Welcome to new committee members Stuart Anderson, Vice President, and Greg Bourne, Vice-Captain.

February is also the month for our first LiveLighter swim meet and we certainly started the year off well with a terrific win at the Newman Churchlands Carnival – the second year in a row we have finished first. The day was great, the water was lovely and fresh and the competition was fierce but we prevailed with some very good personal performances and some competitive relays to finish the morning. A special relay included 3 generations of the one family with new member, Jamie Dyer, joining her Mum, Caroline and Grandma, Kate in a team with honorary family member Rikki Stewart. Thankyous must go to Garry Lynn and Kathy Brady for timekeeping all morning and for the support of numerous family members who cheered us on to victory.

One of the longest open water events of the year is the 3.6 km swim around the Busselton Jetty and amazingly we had 14 members and 2 family friends complete the course on a lovely warm Sunday morning. Not warm enough for Maggie though as she had an uncomfortable bout of hypothermia at the end of her swim after posting a good time for her first swim of that distance.

The last weekend of the leap year month brought with it the Rottnest Channel swim and our club was well represented with Claire Ware, Tammy and Steve Norregaard all tackling the solo swims, Kerry Hutchinson and Ceinwen Roberts in different duo teams, and Ben Humphreys and Stuart Anderson in team events. Congratulations to a great bunch of motivated swimmers for even contemplating such an undertaking.

Good luck also to all those who are competing in the up-coming Port to Pub event in March. There are some interesting team combinations and I think they will have a great deal of fun.

John Hoffman's nephew Thomas has headed back to Germany to commence his university degree after spending a 5 month working holiday here in Perth. Thomas has been fun to share a chat with and the occasional training stint in lane 5

Socially, our monthly Pizza night was a huge success with 38 swimmers and family friends dining out on a lovely evening and helping Stuart to celebrate his big 30<sup>th</sup> birthday.

***From the Hill.....Andrea***

Nothing like an AGM to get everyone excited!



# The open water swimming continues...

The open water swimming continues with many of our club members competing in open water swims around the metropolitan area and beyond.

There was the Cottesloe to Swanbourne Ocean Classic 2.2 km.

Not everyone swam. Andrea did the SUP event, the Stand Up Paddleboard. However after falling into the ocean once too many times it became the KP event (kneeling). She finished in a time of 30.33 and got the gold medal for her age group.

An amazing effort by Ceinwen Roberts 30-39 in a time of 27:49. who delivered a beautiful baby daughter only 5 weeks before! Amazing .. well done Ceinwen.

Stuart Anderson 18-29 31:55; Ben Humphreys 40-49 32:23; Lesley Hart 50-59 34:25; Caroline Dyer 30-39 34:98; Jamie Dyer under 18 37:14; Greg Bourne 30-39 38:12; Alan Friday 60-69 41:59; Gwyn Williams with a 3rd in the 70+ age group 37:03; and a 2nd to Maggie Read in the 60-69 age group 40:31. Well done to everyone!!



Then there was the Busselton Jetty Open Water Swim. A big group went down the Forrest Highway to compete in this event. Once again the weather was kind and the conditions were near perfect for the swim. Not even many stingers were sighted or made their present felt!! Unfortunately Maggie got a bit cold after the swim and had to thaw out in the St John's on site shower. Happily it didn't take too long for her to warm up again.

## RESULTS SUNSMART BUSSELTON JETTY SWIM 3.6KMS

25-29 Stuart Anderson 58:39; 45-49 Steve Norregaard 59:55; 35-39 Tammy Norregaard 59:58; Caroline Dyer 1:05:13; 45-49 Ben Humphreys 1:03:11; 50-54 Lesley Hart 1:03:29; 15-19 Jamie Dyer 1:09:09; 30-34 Greg Bourne 1:10:59; 70-74 Gwyn Williams 1:11:09; 60-64 Alan Friday 1:15:22; 50-54 Paul Waters 1:17:52; 60-64 Maggie Read 1:18:14; 65-69 Andrea Williams 1:25:15 (Andrea did this with one arm as she had hurt her shoulder during the week!! Amazing woman!!) Congratulations to all swimmers ! Amazing results again!!





Congratulations to our only swimmer who competed in the Swimming WA Open Water Round 13 in the Swan River. Claire Ware (35-49) did an amazing time of 1:20:32 in the 5kms !!

Claire, Tammy, Steve and Alan Friday made the trip to Mandurah for round 14 of the Swimming WA Open Water Series at Doddies Beach, Mandurah.

Congratulations Alan Friday in the 2.5km 50+ 54:45; and congratulations to Tammy, Steve and Claire who swam the 5 kms. Claire 1:23:04 Silver; Tammy 1:30:22 Bronze and Steve 1:30:04



Once again we were well represented in the Karma Resorts Rottnest Channel Swim. Claire, Tammy and Steve were all swimming solo. Ceinwen was in a duo with her husband (not bad for someone who only had a baby a few weeks ago!!). Kerry also swam in a duo with a friend, and Stuart and Ben both swam in teams of 4. (I think Ben had much more fun this year than he did last year.)

Claire's hard work and all her training paid off as she recorded a personal best for her solo swim.

Congratulations to everyone.



### The Solo Swimmers

Steve and Tammy Norregaard  
and Claire Ware

**THE SUPPORTERS**  
**They had to get up very EARLY!!**



# Newman Churchlands LLCC

We had a very successful day at Newman College when we managed to once again take the honours for the day. We are a quality club!!

We had a few members competing in an interclub challenge for the first time. Everyone had lots of fun, lots of club records were broken and personal best times were recorded. We also had a relay team with three generations.

Thanks to our club members who did not swim but spent the day time keeping for us, thank you Garry and Kathy.

Thank you to family members who came along to cheer us on to victory.



Final Points for the day  
the top three teams...

Claremont—169  
Stadium—173 and ..  
Drum roll.....

Maida Vale Masters 195!!



3 Generations



Still smiling after  
100 Butterfly

It wasn't THAT cold!



There was a big turn out for last month's Pizza Night at the Village Pizza Kitchen in Lesmurdie—Stuart bought sweet pizzas to share with everyone to celebrate his 30th birthday, and John Hofman's great nephew spent his last social night with us before he returned home to Germany after a working holiday here in WA.

Our next Pizza night will be Tuesday 29th March, after training ....



Stuart modelling a pair of bathers from Secret Beach. Russel is secretly coveting these bathers.  
Check out Secret Beach bathers, and remember thanks to Liz Bettridge club members get 20% discount until the end of March



Maggie Read thawing out after the Busselton Jetty Swim

#### A LITTLE STORY TO MAKE YOU SMILE. (FROM NORMA JACK)

John is very proud of his Mercedes. ( now you know who the story is about! )

It is one of the very few Mercedes in Perth that has a tow bar. John uses this often with a trailer and one very important job is taking the rubbish bin up his long and steep driveway to the road for collection.

He received a notice in the letter box of a parcel he had to collect at the Kalamunda Post Office.

Since it was Tuesday afternoon and rubbish collection the next day, he hooked on the rubbish bin and drove up the driveway. When he got to the top the big wrought iron gates weren't opening as they should, so stopped the car, got out and worked on the mechanism until he was satisfied they were working OK.

He then jumped into the car and drove up Mundaring Weir Road to Kalamunda.....now I know you have guessed it.....with the rubbish bin still hooked on the tow bar! Up the hill, through the roundabout and eventually parked at the Post Office. He went inside, collected his parcel, came out and got into the car. As he started to back out the bin tilted up and he saw it in the rear vision mirror !!!! Bloody Hell!!!! Nothing else to do but drive out and take the bin home!!

They make these bins pretty tough I reckon, no damage and it was duly emptied next morning. I am amazed no-one tooted him, but what a funny sight, and how very degrading for a Mercedes !!!!!

Norma XXXX

