

# Hill & Down Up Vale



MAY 2016 NEWSLETTER

## NO PRESIDENT'S PROSE from APRIL 2016

Andrea has been away (again) so has not had time to send me her prose!!

She, and hubby Gwyn, have been swimming in the Pacific Ocean for a change. I wonder if it has been as nice as the Indian?



Congratulations to Lynne Duncan on receiving her Honour Award for 15 years service to MSWA at the recent AGM. Lynne has served MSWA in several areas including her current position of Director of Marketing on the Board. Technical Officiating role as Referee since 2002 and presenting at Technical Officials courses and workshops over the years. Well done Lynne!



There was not too much swimming in April. The last open water was held on the 2nd April—the State Open Water Swim at Coogee which was reported on in last month's newsletter. In case you missed it, we did well!! And Alan Friday competed in the Albany Masters Harbour Swim on Easter Saturday—a 4 kilometre solo swim in 1.39.11—Maybe next year a few more of the open water swimmers will make it to Albany for this swim.

Since then there has only been Stubby Stakes (Congratulations to Lesley Hart) and lots of training in readiness for the Westcoast Masters LLCC today, in which we did very well considering the number of swimmers who usually compete in the LLCC were away or unavailable. (or they had seen the weather forecast.....)

We did have a very pleasant walk around the bridges over the Swan River, starting and finishing at Garvey Park in Belmont on Sunday 10th April. Although the weather did not look very promising it turned out to be a very pleasant day for a walk. We really do have a lovely river with lovely walks.

We have been invited again to help with the Triathlon being held on Rottnest over the weekend Friday 13th May to Sunday 15th May. The club will be paid \$50.00 a volunteer, and they require 20 volunteers (at this point in time) - which could be \$1,000.00 for the club if we get 20 volunteers. They require 6 people staying over on Friday night, 14 on Saturday, with 6 staying over on Saturday night. We have not been told where the accommodation will be. If you are interested in having a stay on the island to go with your help, or just want to go over for the day, can you please let Andrea know as soon as possible (she will be back tomorrow!!).

Mother's Day coming up next weekend. 8th May, early this year. I have added a [hyperlink](#) to a website that has recipes for meals on Mother's Day. Just in case you have families that might be looking for inspiration, or you want to cook something special for yourself!!



**Seven Days of No Swimming  
Makes One Weak**

## 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!!



Name	Age Group	Course	Event	Time



For anyone thinking about open water swimming next season—  
look how much fun everyone has after it is all over!!  
Not forgetting the breakfasts!

Thanks to Kathy and Brian Brady who organised a walk around the bridges, Garratt Road and the Tonkin Highway bridge starting at Garvey Park. The weather did look a little damp at the beginning of the day, but it stayed dry and the conditions were perfect for walking (or riding).

After the walk everyone enjoyed a 'picnic' - some had brought one with them and some bought their sustenance from the kiosk at Garvey Park..

It was a very pleasant event, enjoyed by club members, their children and quite a few dogs!!

Thanks again Kathy and Brian.



Waiting patiently for the 'off'!



Brian and Rory took their bikes



The dogs were allowed to 'slip their leashes' and have a swim half way round!



The humans were not interested in swimming on this day....



If ever you fancy a pecan—there is a tree on the walk around the bridges. We did not find as many pecans as the man with the plastic bag!! But we had plenty of our own ‘nuts’.



**Some of the dog owners followed the country code and kept their dog on their lead when necessary, and some didn't....**



**And then there is the picnic at the end! A tie between Gwyn and Alan Friday!**



# Westcoast Masters LLCC

First day of May and we were competing at an **OUTSIDE** pool venue. An event for the hardy!! Our numbers were depleted due to other commitments for many regulars, however, those that made the journey North were resilient and good spirited as always. The long course events are a challenge for Maida Valeans so used to our warm 25 m pool, especially coming out of the Open Water season and trying desperately to get our sprint muscles firing. There were a few things to learn from and plenty to be proud of. It was particularly pleasing to see Russell Bourne diplomatically let his daughter in law Jen beat him in the 50 m breaststroke.



Thanks to Brian Harper for officiating and well done to Barbara and Lynne for swimming and helping out as officials.

**A THANK YOU** to Kathy Brady and Dorothy Stewart who did Maida Vale's time keeping duties for the whole event. It is such a big help to the swimmers especially today when it was so chilly out of the water!!



Winners are grinners



Third place getters are shiverers!

Sue is going to get herself a coat!!



# **Malda Vale Masters**

## **at the Westcoast Masters LLCC**

### **1st May 2016**





**Stadium Masters**  
invite you to join us for our



## 1500m LC DISTANCE MEET



**SATURDAY 11 JUNE 2016**  
**1.00 – 5.00pm**

**HBF STADIUM, STEPHENSON AVENUE**  
**MT CLAREMONT**  
(Outdoor, Heated, 50 m Pool)

### **1500 m Choice of Stroke**

(One swim only, 400 m and 800 m intervals recorded)

Nomination Fee \$7.00 (includes lane hire and refreshments)

Pool Entry \$5.60 (Adult) \$4.40 (Concession)

Swimmers may be asked to swim 2 to a lane

Swimmers are to enter via Clubs and using Team Manager entry files. Please indicate Medical Disabilities and Record Attempts if applicable. Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a 50 m pool. Postal entry results must be submitted using the Team Manager Entry file received by 6.00 pm Wednesday 8 June 2015.  
Postal entries will not be eligible for records.

Entries close: **Monday 6 June 21016**  
(Late entries will not be accepted)

Clubs - please bring stopwatches and if a swimmer is attempting a record please bring a least one timekeeper and watch. Swimmers - be prepared to time before and after your swim.

Please email entries to [paul\\_edmondson\\_au@yahoo.com.au](mailto:paul_edmondson_au@yahoo.com.au)  
by **Monday 6 June 2016**

Please join us for refreshments after the swim

Meet Director: Peter Lyster  
0419 909 566  
[phjl@westnet.com.au](mailto:phjl@westnet.com.au)



<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. Liz will deliver to the pool. You can contact Liz on Telephone-0415112432 or Email-liz.bettridge@secretbeach.com.au



Guess the owner of this bottom and win a Freddo tomorrow night.  
You have to be at stubby stakes to win.

**In the mean time—watch this space for  
details of our new uniform, coming soon!**



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Don't forget to visit our club's web page at <http://maidavalemastersswimming.com/>

