

# Hill & Down Up Vale



JULY 2016 NEWSLETTER

## MAIDA VALE VS HERVEY BAY SOLSTICE CHALLENGE

At the suggestion of the Hervey Bay Humpbacks Masters Swimming Club in Queensland, driven by past Maida Vale members Terry and Paula Hewett, we were invited to take part in a Postal Challenge between our two clubs. A team of 16 swimmers from the club entered 3 swims each over 100m, 50m and 25m events in the 4 strokes.

To recognise the Winter Solstice, the Queenslanders competed at their regular Sunday morning meet, sheltering from the stormy weather in their semi-undercover pool.

With the results from the East a mystery, we completed our events on the Monday evening. It was awesome to see our members with an age range from 18-81 battling it out across the 12 events. Spirits were high and the support of non-swimmers timekeeping and starting was much appreciated by the swimmers who could stay in the water's warmth.

Lesley entered our results that night and sent them off to Queensland to await the final tallies. Terry Hewett was quick to respond and despite a convincing win to Hervey Bay....191 to 242, we were excited by the new concept and have started training for next year.

It was great to see how many of our swimmers set personal best times in the competition format...keep up the awesome effort!

Thanks to the Hervey Bay team for the friendly battle.



Spot 'David the Druid' doing the honours for the solstice.



## 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. Check the link to see what records you could break this year.



### Club Records June 2016

| Name        | Age Group | Course | Event           | Time    |
|-------------|-----------|--------|-----------------|---------|
| Lesley Hart | 50-54     | Short  | 100 m Butterfly | 1.39.04 |



### CLUB NIGHT PROGRAM FOR JULY 2016

|            |                                 |               |               |
|------------|---------------------------------|---------------|---------------|
| 4TH JULY   | 50 FLY                          | STUBBY STAKES | 200 BACK      |
| 11TH JULY  | 50 FREE HANDICAP                |               |               |
| 18 TH JULY | AEROBICS ONLY COMMITTEE MEETING |               |               |
| 25TH JULY  | 25 FLY                          |               | 100 Breast    |
| 1ST AUGUST | 50 BREAST                       | STUBBY STAKES | 100 Freestyle |

### CONGRATULATIONS TO REN JAKOVICH

Who swam closest to his nominated time for 100 metres freestyle, 0.40 too fast!!

Come to the pool on Monday 4th July and nominate your time for 50 FLY!!

Swim closest to your nominated time and you will win a bottle of wine specially selected by our Refreshments Director, Russel Fowler.

Don't forget to bring a plate of food to share.



# **From our President who is AWOL again... Swimming and sailing around the Greek islands.**

Although we are AWOL again we are still checking in with MV activities but I will leave it in the capable hands of Stuart to fill you in for the newsletter. (he forgot)

Most of you would know we've been on a Swim Trek around the lovely little island of Milos in the Cyclades group in the Aegean. It has been amazing.

Claire has participated in several of these events in England and just recently in Majorca and now we know why she is hooked. The daily swims are around 5km in total but very easy with lots of stops for chats and sightseeing along the cliffs. We swam through archways and into gorgeous caves with turquoise water and white sandy bottoms. The water was around 23c and so crystal clear - like swimming in an endless Olympic pool surrounded by massive volcanic cliffs. We swam in a group like exotic coloured tropical fish in our Funky trunks. Very little in the way of real fish activity which made it comforting to know that nothing was going to nibble us on the deep water crossings between islands.

We had great weather and mostly flat calm conditions. Klephtic is a very popular bay and there were 6 mega yachts anchored with all their toys out and showing off which boat had the fastest jet skies. One is the Dynasty, owned by the Russian oligarch who owns Chelsea football club. 100mtrs long and \$US200 million!

In the summer months there can be up to 60 boats at a time in the bay. Gross! Most of the time it was just our group of 13 swimmers (all from Perth) and our 2 lovely Irish guides.

We stayed in the cute little village of Pollonia and sailed to the different swim sites every morning then back for a sundowner and dinner at the waterside seafood tavernas . Truly a holiday experience made in heaven.

**From the hills of Switzerland now.....Andrea.**

