

# Hill & Down Up Vale



OCTOBER 2016 NEWSLETTER

## PRESIDENT'S PROSE – SEPTEMBER

As we come to the end of a jolly cold September I am pleased to report that we were a very competitive club during the month.

Five swimmers drove to Bunbury to take part in the Stingers Skins Meet and I can thoroughly recommend the event. The concept is different from a regular meet and there is the added "carrot" of prize money. Stuart and Lesley got close! Gwyn and I made the heats of the Dash for Cash but bombed out in the backstroke. Barbara Hart spent her birthday officiating and was rewarded by winning one of the raffle prizes. Brenda helped out with the amazing afternoon tea as their son Geoff is the President of the club.

Another small group of five members competed against the youngsters at the Lesmurdie Legends swimming club. I was soundly beaten in the IM for the third time by young Angus who is now 9 and full of mischief. I managed to beat 7 year old Aysha! Newbies Stuart, Greg and Kirsten swam like demons with varying success. Stuart was lead and anchor swimmer in our winning relay team. Thanks Ren for being our Captain.

The same weekend yet another five swimmers represented the club at the Stadium Snappers event. Richard, Ian, Stuart, Paul and Ren swam so well that they won the Handicap Award. Well done lads.

Everyone should be gearing up now for the All Club Challenge (AKA State Championships) . Details in the Newsletter and Dolphin Dots.

The Village Pizza night will end the month and hopefully we will have a great turnout. I think the dessert pizzas are on Garry, Brian Risbey, Barbara and Caroline this month. Brett is now one of our Lake Swim shirt sponsors.

Congratulations to Caroline, Helen and their 2 friends for completing the gruelling 100 km Oxfam Walk in under 23 hours on a beautiful but icy full moon night They were ably supported the whole time by Lesley and Kate and even Stuart tracked them down for 2 sections after the Lesmurdie swim.

October heralds the start of the OWS season and I look forward to some company in the first event on 23rd with the Euroz Cold Water Classic.

Bring on the sunshine and warm weather.

FROM THE HILL.....ANDREA.



Maida Vale Masters showing the Lesmurdie Legends how it's done! Or did they show Maida Vale Masters?

## 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 September 2016

NAME	AGE GROUP	COURSE	EVENT	TIME
Elaine Bourne	65-69	Short	25m Backstroke	25.59
Stuart Anderson	30-34	Long	100m Butterfly	1.24.57
Gwyn Williams	70-74	Long	50m Breaststroke	45.03
Richard Mazzucchelli	75-79	Long	100m Backstroke	1.57.48
Ian Stewart	80-84	Long	100m Backstroke	2.16.24
		Long	200m Breaststroke	5.15.23



### CLUB NIGHT PROGRAM FOR OCTOBER 2016

<b>3RD OCTOBER</b>	<b>25 BACK</b>	<b>STUBBY STAKES</b>	<b>200 FREE</b>
<b>10TH</b>	<b>50 Breast</b>		<b>200 BACK</b>
<b>17TH</b>	<b>AEROBICS ONLY—COMMITTEE MEETING</b>		
<b>24TH</b>	<b>25 FREE</b>		<b>100 BREAST</b>
<b>31ST OCTOBER</b>	<b>50 FLY HANDICAP!!</b>		
<b>7TH NOVEMBER</b>	<b>100 Breast</b>	<b>STUBBY STAKES</b>	<b>100 FLY</b>



### CONGRATULATIONS TO GREG BOURNE

For swimming closest to his nominated time for 50 Metres Butterfly. Come to the pool on Monday 3rd October and nominate your time for 25 Metres Backstroke. 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.



2016 Gran Fondo World Championship cycle race on the 5th September came up the Zig Zag and finished in Kalamunda.

Marilyn Potter sent her experience of the race.

***"I was at the head of the peloton, along with our little dog Trixie ,at this stage along Ridgehill Road. I was going well but was disqualified for riding on the path and not wearing Lycra".***



For all the art lovers who swim with Maida Vale Masters don't forget that Sandie Schroder is having a exhibition of her fabulous paintings at the Mundaring Arts Centre.

Sandie has invited all interested club members to the opening night on Friday 30th September. (Refer to the email I sent out on Tuesday 13th September for your invitation).

The exhibition runs from the 30th September to Sunday 6th November.

Don't leave it too late to go, especially if you want to buy something—Sandie's paintings go fast!!

## BUNBURY STINGERS LIVE LIGHTER SKINS - 10TH SEPTEMBER 2016

Six members ventured to Bunbury for this unique event; Andrea, Gwyn, Richard, Stuart and Lesley to compete and Barbara who gave up a chunk of her birthday to help officiate.

It was lovely to catch up with Elspeth and Geoffrey Binckes who have settled well into country life and to meet their gorgeous two year old granddaughter Amelia. Richard and Brenda's son Geoff is the President of Bunbury Masters and they were the perfect hosts with a massive feast after the event and a few of us taking off our usual share of raffle prizes.

The swimming comprised of three 50m sprints each which determined who would go on to the challenge of the final two events....

Firstly, the SKINS which was consecutive handicapped 50m Freestyle sprints with the last placed swimmer being eliminated each round until a winner was decided. None of us had to endure that torture but.....

then there was the SPLASH FOR CASH.....Gwyn and Stuart made it into the men's event and Andrea and Lesley into the women's....five 50m sprints on 3 minutes intervals with the slowest meeting their demise each round. First Backstroke when Andrea and Gwyn decided enough was enough.....then Breaststroke, Freestyle, Butterfly and finally another Freestyle to decide the 3 cash reward winners. Stuart and Lesley were each 4th in their respective events in great competition.

There was a crazy mixed club 7 person relay too!

All in all a highly recommended and fun but very exhausting day!!



**Masters Swimming WA**  
**2015/2016 Open Water Series**  
 Age Group Winners, Top 20 Swimmers

**Female Age Group Winners**

Age Grp	Swimmer	Club	Points
18-24	Aithne Dell	WML	97
25-29	Maelle Bourdais	WPC	54
30-34	Uzzle O'Brien	WPC	30
35-39	Vanessa Toop	WAM	69
40-44	Ingrid Van Der Wel	WRK	50
45-49	Gillian Caruso	WAM	81
50-54	Lesley Hart	WMV	65
55-59	Lyle Kildea	WRK	80
60-64	Pamela Walter	WSU	66
65-69	Rosemary Green	WMH	55
70-74	Theresa Elliott	WCM	91
75-79	Pauline Wingate	WMH	30
80-84	Margaret Moylett	WBB	10
85-89	Glad McGough	WMV	10

**Male Age Group Winners**

Age Grp	Swimmer	Club	Points
25-29	Gary Namestink	WPC	29
30-34	Greg Bourne	WMV	66
35-39	Bob Tarr	WPC	59
40-44	Clinton Greener	WOP	45
45-49	Colin Gibson	WAM	71
50-54	Jon Haines	WPC	98
55-59	Paul Blackbeard	WPC	60
60-64	Robert Buetler	WFR	80
65-69	Graham Croft	WCM	60
70-74	Victor Paul	WCM	100
75-79	Stuart Gray	WCM	60
80-84	Ron Edwards	WBB	60
85-89	Rod Baker	WMH	60

**Female Top 20**

Age Grp	Swimmer	Club	Points
18-24	Aithne Dell	WML	97
70-74	Theresa Elliott	WCM	91
45-49	Gillian Caruso	WAM	81
55-59	Lyle Kildea	WRK	80
45-49	Erica Thomas	WRK	71
35-39	Vanessa Toop	WAM	69
35-39	Caroline Dyer	WMV	68
18-24	Sarah Lacey	WML	66
60-64	Pamela Walter	WSU	66
50-54	Lesley Hart	WMV	65
70-74	Marilyn Burbidge	WSU	59
60-64	Eleanor Parsons	WSU	58
65-69	Rosemary Green	WMH	55
25-29	Maelle Bourdais	WPC	54
40-44	Ingrid Van Der Wel	WRK	50
60-64	Julie Kerr	WSS	50
65-69	Andrea Williams	WMV	50
60-64	Maggie Read	WMV	48
70-74	Pam Walker	WML	46
60-64	Hazel Cockram	WMH	44

**Male Top 20**

Age Grp	Swimmer	Club	Points
70-74	Victor Paul	WCM	100
50-54	Jon Haines	WPC	98
60-64	Robert Buetler	WFR	80
45-49	Colin Gibson	WAM	71
30-34	Greg Bourne	WMV	66
30-34	Alan Rickard	WML	63
30-34	Stuart Anderson	WMV	60
55-59	Paul Blackbeard	WPC	60
65-69	Graham Croft	WCM	60
75-79	Stuart Gray	WCM	60
80-84	Ron Edwards	WBB	60
85-89	Rod Baker	WMH	60
35-39	Bob Tarr	WPC	59
80-84	Terry McKie	WMV	56
55-59	Gregory Frey	WAM	52
65-69	Charles Croft	WAM	51
60-64	Graham Hicks	WAM	49
55-59	Michael Kerman	WWC	46
55-59	Paul McDade	WFR	46
40-44	Clinton Greener	WOP	45
70-74	Gwyn Williams	WMV	45

Well done to Lesley Hart, Greg Bourne and Glad McGough for winning their age groups last season.

And congratulations to Caroline Dyer, Lesley Hart, Maggie Read, Andrea Williams, Greg Bourne, Stuart Anderson Terry McKie and Gwyn Williams who all finished in the top 20!

Not long till the 2016/2017 Open Water Series starts!

# **Change of Date Now to be held on the 29th October**



## MAIDA VALE MASTERS SWIMMING

## PRESENTS

## THE 2016 NOUGHTIES BIG BIRTHDAY BASH

It's that time of the year again when we celebrate our Member's "Special" birthdays. To help them celebrate we are having a Big Birthday Bash on 8<sup>th</sup> October in the "Big Party Room" at the home of Gwyn and Andrea Williams.

The Theme for the night is "Disney". So get your thinking caps on to come up with a great costume idea and come along and enjoy a great night of fun and laughter. Also bring some party finger food, be it savoury or sweet, for the table to share.

**When:** Saturday 8<sup>th</sup> October 2016  
**Where:** At the home of Gwyn and Andrea Williams, 12 Valley Road, Kalamunda  
**Time:** 7:00 pm till late  
**Bring:** Party Finger Food  
**BYO:** Drinks – no club drinks will be available and drinks will not be provided  
**Wear:** Dress in "Disney" theme  
**Parking:** Parking is available off Valley Rd up the driveway OR at the end of Hillview St off Benbullen Rd.

### **Celebrating, or already celebrated their big birthday are:**



- Jamie Dyer – 2<sup>nd</sup> April (18 years)
- Stuart Anderson – 21<sup>st</sup> February (30 years)
- Simone Beuke – 11<sup>th</sup> November (40 years)
- Caroline Dyer – 20<sup>th</sup> September (40 years)
- Patricia Dalle Nogare – 18<sup>th</sup> October (50 years)
- Steve Norregaard – 27<sup>th</sup> June (50 years)
- Jess Oram – 11<sup>th</sup> April (50 years)
- Trevor Costigan – 30<sup>th</sup> September (70 years)
- Marilyn Potter – 2<sup>nd</sup> December (70 years)
- Barbara Van der Leest – 1<sup>st</sup> January (70 years)



# 30th LAKE LESCHENAUTIA OWS

**LAKE LESCHENAUTIA OWS - Sunday 13<sup>th</sup> November, 2016**

Entries will open on the 3rd October via Register Now, which will be the only way entries will be accepted. Details of the link will be provided as soon as the site setup is complete.

Volunteers will be needed from within the club together with any family or friends that would like to help, to cover the many roles and positions required on the day. So watch Dolphin Dots so that you can put up your hand(s) to help out.

We will also be asking for donations for the raffle which is traditionally held on the day. Items to put into hampers will be most welcome....and I guess we will start collecting them as from the 3<sup>rd</sup> October. Alternatively, we are happy to accept cash donations and will purchase goods on your behalf, to place into the hamper(s).

**MORE TO COME FROM LYNNE VIA DOLPHIN DOTS**





**The 2017 FINA and FINA World Masters Swimming Championships will be held in one of the worlds most beloved cities.**

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The Hungarian capital of Budapest will delight visitors with its old world Bohemian charm, restorative thermal baths and world class restaurant and nightlife scene.

This event promises to be one of the great "FINA Masters Tours" and we are offering Masters Swimmers, friends and supporters flight and Budapest hotel packages and a not to be missed FINA Masters Post Tour.

**Click** on the link above, register your details on our website and we will send tour details and costings for the following...

- Flights from Australia to Budapest with Emirates or Qatar Airways - or your preferred airline of choice
- Championships pre-booked 4 star hotel booking in central Budapest at very attractive rates
- An Escorted 7 Day Post Tour including 3 nights in Vienna and 3 nights in Prague which promises to be a fantastic tour to this incredible part of Europe

Visit Bratislava with its pleasant medieval inner city with narrow, winding streets and hill-top castle next to the river Danube.

3 nights in Vienna where the artistic and intellectual legacy was shaped by residents including Mozart, Beethoven and Sigmund Freud. Visit the Spanish Riding School and the impressive Schönbrunn Palace.

Visit Český Krumlov famous for its Old Town, with 300 medieval buildings and cobblestone streets that wind past centuries old townhomes, inns, shops, and cafes.

3 nights in Prague known for its Old Town Square, colourful baroque buildings, Gothic churches and the medieval Astronomical Clock.

We look forward to your company on what promises to be one of the great FINA World Masters Tours!

For further information please contact...



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<http://www.secretbeach.com.au> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. You can buy on line 24 hours a day. Maida Vale Masters Swimming club members get 15% discount, just put in the code WMV. The shop, located at 141 James Street, Guildford is now open 5 days a week (closed Wednesday and Thursday) Club members also get 15% discount in the store! If you are looking for something a bit funky—get down to the store in Guildford!

Liz will deliver orders to the pool. You can contact Liz on Telephone-0415112432 or Email-[liz.bettridge@secretbeach.com.au](mailto:liz.bettridge@secretbeach.com.au)



**New Club bathers are available. Please see Lynne Duncan—she has them in the boot of her car which looks like a travelling bather's shop!!.**

**Ladies' Long Leg** \$82.00 – Sizes 8 > 18    **Ladies' Regular** \$72.00 – Sizes 8 > 20

**Men's Jammers (Long Leg)** \$52.00 – Sizes 14 > 26

**Silicon Caps** \$10.00    **Regular Caps** \$ 5.00

**To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool. Then contact Lynne and she will arrange to bring them to the pool BUT you MUST pay for them first. For those members who have already taken a pair of the new bathers, can you please transfer the money into the club's bank account asap. ....*Lynne Knows Where You Live*.....**



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

