

Hill & Down Up Vale



SEPTEMBER 2016 NEWSLETTER

PRESIDENT'S PROSE: August 2016

Considering how cold and wet the weather was in August we actually had quite a decent number of swimmers attending club and training sessions towards the end of the month. If you were one of the many swimmers who hibernated during the winter, it is time to spring clean the swimming bag, get the bathers out and join us for some serious training in time for the upcoming All Club Challenge in October.

We did have a terrific number of club members attend the LiveLighter 400/800 and 1500 challenge at the Darling Range Academy during the month and, as usual, everyone helped to make the afternoon a success. Swimmers from other clubs commented on how well the event ran and congratulated us on our rather splendid afternoon tea. Several swimmers broke State records on the day, including Gwyn in his 1500 metre freestyle. Thank you for all your great commitment to the club and for helping to run our event so efficiently.

Still on swimming, a small group have put their names down to swim against the youngsters in the Lesmurdie Legends Club next Friday night and I hope you all enjoy the experience of being soundly beaten by 10 year olds!

On the social side of the club, the Village Pizza Kitchen provided us with their usual delicious offerings at our monthly outing. Brett has agreed to be one of the club sponsors of our Lake swim so I hope you will all promote the restaurant on social media (for those of you who know how to do that!)

It was great to welcome Norma back from her three and a half months travelling around the U.K. and Europe with John. We have yet to see John as he came home with a bit of a lurgy. Norma is back swimming strongly in Lane 3. Also, back in the water after their respective hip replacements are Marilyn and Russel and they are recuperating very well. Liz is slowly mending after fracturing her knee (playing on the playground slide with her grandson) but Lynne is still suffering from shingles and not back in the water yet but is busy squireling away applying for funding grants for the club.

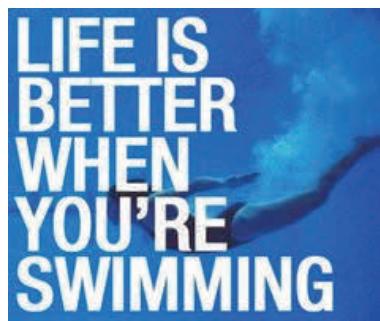
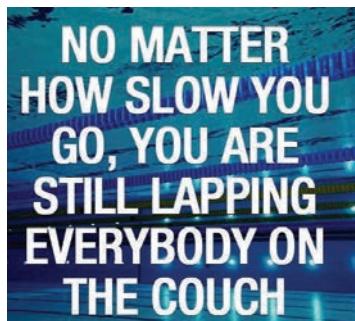
It was great to see Amber join us for two sessions and we hope she hasn't been scared off by the hard training Lesley put her through. The Potters are back in town too and Jane has been to training – still waiting for Chris to invade Lane 1.

One of our evergreen members, Glad, is also back swimming occasionally as her university studies are nearly at an end. I believe she has gained several distinctions and has been offered a scholarship to gain her Honours. What an amazing lady.

It's time also to get into the open water mind-set with the first swim on the 23rd October followed by our Lake swim on 13th November.

Looking forward to a great turn out on Monday for the Stubby Stakes.

FROM THE HILL.....ANDREA.



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 August 2016

Name	Age Group	Course	Event	Time



CLUB NIGHT PROGRAM FOR SEPTEMBER 2016

5TH SEPTEMBER	50 FLY	STUBBY STAKES	100 Breast
12TH	50 BACK HANDICAP		
19TH	AEROBICS ONLY—COMMITTEE MEETING		
26TH	PUBLIC Holiday		
3RD OCTOBER	25 BACK	STUBBY STAKES	200 FREE



CONGRATULATIONS TO MAGGIE READ

For swimming closest to her nominated time for 50 Metres Breaststroke.

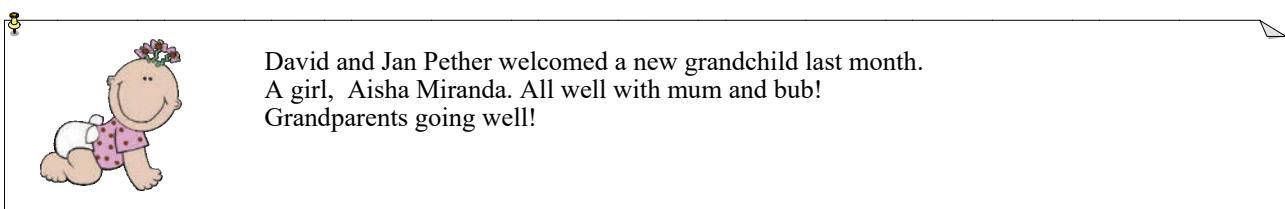
Come to the pool on Monday 5th September and nominate your time for 50 Metres Butterfly. Swim closest to your nominated time and you will win a bottle of wine specially selected by our Refreshments Director, Russel Fowler.

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



Maggie left early so missed the presentation....

But here is one I made earlier!!!



Just a few photos from the LiveLighter 400/800 and 1500 metre challenge that we hosted at the Darling Range Academy last weekend. It was well attended and the time keepers were kept very busy with quite a few of the swimmers swimming for record times. Well done to the time keepers for doing such a sterling job! Well done to Gwyn for his 1500 metre freestyle record.





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 8th 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.



Stadium Masters invites your members to the
2016 LIVELIGHTER CLUB CHALLENGE
to be held at
HBF STADIUM (indoor long course pool)
Stephenson Ave, Mt Claremont
on Sunday 18 September 2016
at 9.00 am (8.00 am warm-up)



(The pool opens at 8.00 am on Sunday)

EVENTS:

1. 200 IM or 200 FR or 200 FLY or 200 BR or 200 BA
(Please choose only one of these events)
2. 100 FR or 100 BA or 100 FLY or 100 BR
(Please choose only one of these events)
3. 50 FLY
4. 50 BA
5. 50 BR
6. 50 FR
7. 4 x 50 Women's Medley Relay
8. 4 x 50 Men's Medley Relay

PARTICIPATING CLUBS:

Beatty Park, Belmont, Busselton, Carine, Claremont, Inglewood, Kwinana, Maida Vale, Mandurah, Perth City, Riverton, Somerset, Stadium Masters, Superfins, Whitford

HOWEVER, ALL MASTERS CLUBS ARE INVITED TO ATTEND
(not for points for non-participating clubs)

EVENT RULES:

- Masters Swimming rules apply.
- Swimmers may participate in 3 individual events and in the appropriate relays.
- Swimmers must compete in at least 1 individual event to be eligible for relays.
- Electronic timing will be in place but all participating clubs are asked to provide timekeepers for the back-up system.

COST:

Cost of pool entry, lane hire and electronic timing is \$20.00 per person payable by **Tuesday 16th September 2016** by bank transfer. Details:

Stadium Masters
BSB: 036 063
Account No: 1629 84

A light lunch will be served at the conclusion of the morning's events.

Clubs are requested to email Team Manager entry files, including relays and a pdf file to Anne Edmondson at paul_edmondson_au@yahoo.com.au by **Sunday 11 September 2016**.
Late entries will not be accepted.

If there are any problems, please contact Meet Director, Bill Woodhouse, on 0414 913 689 or email wandwill@bigpond.com





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

**OPEN
WATER EVENTS
04-05 AUGUST
SWIMMING
EVENTS
07-13 AUGUST**

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...



International Sports Tours

T: (02) 9922 6166 E: info@sportstours.com.au
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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



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/>

