

## PRESIDENT'S PROSE JANUARY 2017

Happy New Year to all those members who have not been back in the pool during the month of January. I hope you made some positive resolutions, which included your commitment to the club. We missed Kate's wonderful newsletter in January as she was enjoying a few weeks camping at Busselton so this edition will cover both months' activities.

Our Christmas party at Lesley's wonderful home was a huge success with a great atmosphere and delicious food. I was proud to present the annual club trophies before the usual nonsense of the gift "swapping".



The Club Person of the Year trophy was awarded to Stuart Anderson and The Swimmer of the Year trophy went to Greg Bourne.



The hotly contested Aerobic Trophy was won by Lesley Hart.



My President's Awards (great umbrellas) were given to Lynne and Lesley as they are amazing club members and their contributions needed to be recognised. Huge congratulations to all those high achievers for their commitment to their swimming and the club during 2017.



Father Christmas (aka Russell Bourne) was hilarious and carried out his duties with gusto.



Thank you to Sandra and Jess for opening their lovely home on the escarpment for the end of year sausage sizzle. Thank you also to Brian and Kathy Brady for not only donating the delicious sausages and onions but also for cooking them for everyone.

The pool was closed for maintenance on the 14<sup>th</sup> December so training lanes were booked at the Bilgoman Pool and several members enjoyed a few sessions in the cool water and the fresh atmosphere. A few families stayed behind after the swims for a barbecue and it was very pleasant sitting on the lawn watching the sunset.

As the pool remained closed until the 16<sup>th</sup> January, training recommenced after the festive season at the Darling Range Sports Academy pool on the 9<sup>th</sup>. Although the venue is perfect and the water is refreshing, there were only a few members who turned up for 3 sessions and now we are back in full swing at the Maida Vale pool. We would love to see more swimmers there. Tuesday training can commence at 5.30 but Thursday remains a 6 pm start.

The club will be targeting the Newman Churchlands LiveLighter Carnival on 19<sup>th</sup> February and we hope we will have a great representation on the day. Let Ren know urgently if you would like to compete as registrations are due.

We have had several enquiries from prospective new members and it is very encouraging to welcome them to our squads.



We are missing our gorgeous coach Lesley, who is having an amazing gap year travelling around Australia in her bus – Mary Duff. Lesley and partner William are sending Facebook messages and photos and sharing their travels.



The club presented Lesley with a membership of the Big 4 Caravan Parks throughout Australia and New Zealand for when they are not 'free camping'.

It was terrific to see "Hearthrob" Richard Mazzucchelli back down at the pool after his epic open heart surgery just before Christmas. To quote Richard, he "has joined the Zipper Club" and is sporting an impressive scar on his chest. Richard is not back in the water yet but is looking really well and it was great to see him and Brenda at the pizza night last week.

Terry McKie has decided to hang up his budgie smugglers and goggles after 23 years as a terrific member of the club. He has many and varied hobbies and time was a factor in his decision to give up swimming. Both Pat and Terry were an important duo in the formative years of the club and will be missed. Terry has promised to keep in touch and may call into the pool for an occasional swim. On behalf of all his swimming friends I would like to wish them both the very best for their on-going hectic retirement.

We have also lost Alan Friday who has transferred to the Somerset Club as he has been training with them for some time and finds the water at Aqualife more conducive to aerobic distances. Alan will be a second claim member of Maida Vale and will visit us for training sessions from time to time – and promises not to miss Pizza Night!

Congratulations to Glad McGough for studying diligently for 3 years and attaining her Bachelor of Arts Degree at ECU. It is an amazing achievement for a feisty young lady in her eighties and we look forward to reading a book that Glad may eventually pen. Glad will graduate in March.



Brian has organised a social evening at the Crown Casino on Friday 17<sup>th</sup> February. Check out dolphin dots for information about this event!!

The **Annual General Meeting is being held on the 20<sup>th</sup> February** and I urge you all to attend and volunteer for a position within the committee. All positions become vacant. Please get involved as we need new enthusiastic input. The meeting will be at 12 Valley Road. Kalamunda. BYO supper. Club drinks on sale.

Good luck to those swimmers competing in open water events during February. It is a big month with the Cottesloe to Swanny, SWA and MSWA Rockingham swim, the Busselton Jetty swim and then the Cottesloe to Rottnest at the end of the month. Best wishes to those solo competitors in that event. Cockburn Jetty to Jetty and the Port to Pub are looming large in March and there is a good club representation in those events.

*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 January 2017

Name	Age Group	Course	Event	Time
<b>No records available at time of going to press!!</b>				

### CLUB NIGHT PROGRAM FOR FEBRUARY 2017

<b>6TH FEBRUARY</b>	<b>50 FLY</b>	<b>STUBBY STAKES</b>	<b>100 BREAST</b>
<b>13TH FEBRUARY</b>	<b>50 BREAST</b>		<b>100 FREE</b>
<b>20TH FEBRUARY</b>	<b>AGM NO SWIMMING</b>		
<b>27TH FEBRUARY</b>	<b>50 BACK</b>		<b>200 IM</b>
<b>6TH MARCH</b>	<b>PUBLIC HOLIDAY</b>		

### CONGRATULATIONS TO BRIAN BRADY (DECEMBER) AND JESS ORAM (JANUARY)



Congratulations to Brian Brady for swimming closest to his time for 25 metres breast stroke.

Congratulations to Jess Oram for swimming closest to his time by 0.14 beating Greg by .01. I have no idea what he had to do to win this!!



Come down to the pool this Monday 6th February and nominate your time for 50 Fly. (50 Fly ??!!! Bit early in the season for this!!). 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.



## OPEN WATER SWIMMING 2016/2017

There were many open water swims during the month of December and January. The regular competitors are Caroline, Stuart, Claire Ware, Tammy and Steve Nooregaard, Ben and Roz Humphries, Maggie, Helen Wilson, (and her daughter Holly), Jen and Greg Bourne, Andrea and Gwyn, Ceinwen, Rachael Cooper, Alan Friday and Paul Waters (occasionally).



Having already qualified for their solo Rottnest swims, Claire, Tammy, Steve, Ben and Stuart are consolidating their distances with various 10km and 5km events.

The Fremantle Swim Thru – which doubled as the State Championships for Masters Swimming - was well attended by Rachael, Caroline, Gwyn, Greg, Maggie, Jen, Claire, Stuart and me. The Championship event was a 2.5km swim and Claire and Stuart chose the 5km event. The water was pleasant and we all enjoyed a nice breakfast afterwards.

A new initiative by Swimming WA to provide varied events was the rationale behind a swim at the Harvey Dam in early January and Alan Friday, Claire and Stuart tackled the event on a 42c day. I believe the water quality wasn't too bad and none of them succumbed to tummy bugs.

There was an event named the Coastal Relays run by the North Cottesloe Surf Club which involves a distance of 1.25kms and which can be swum as a solo, duo or team of 4. Each swimmer completed one leg, ran up the beach to a checkpoint, tagged the next swimmer (or in the case of the solo, just checked in and went straight back in the race) then they continued on the next leg. Stuart beat himself up on the solo and sisters Caroline and Helen finished well in the duo.

The following day the Swim Thru Perth was held in the Swan River near Matilda Bay and the eight swimmers who competed did very well, considering the rough conditions and the ever present jelly fish. In the 5km swim Claire finished 1<sup>st</sup>. Stuart, Ben, Tammy and Steve also swam the 5km. Greg and Maggie chose the 2.5km and Roz was sensible and picked the 1.25. A runaway marker buoy made the course a little longer than planned.

The Mullaloo Beach event was cancelled due to inclement weather on the 27<sup>th</sup> December and was rescheduled for the following week. Claire finished 2<sup>nd</sup> in the 5km and Stuart tackled another 10km swim.

The Cottesloe Classic Mile swim was conducted on a great day with fairly calm seas and Stuart, Caroline, Helen, Maggie, Greg and Jennifer were all finishers. Perhaps the \$10 brekkie on offer at the OBH was an incentive to compete.

The Australia Day event run by Swimming WA at Sorrento Beach turned out to be a fairly chaotic swim with a very questionable course. Whilst the conditions were a little rough, the slow times of the competitors would suggest one leg of the course was probably 500mtrs too long – which across 10kms is distance of an extra 2kms.

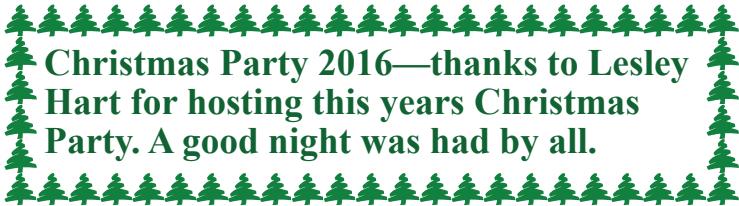
Alana Cooper (Sandra's daughter) was not impressed as she was completing her qualifying swim for a duo with Stuart in the Port to Pub.

The Masters Australia Day swim at Mandurah was a much better event with Stuart, Greg, Jen, Alan, Maggie and Claire enjoying the water and the breakfast after and the great prizes of bottles of wine (for coming first – Stuart).

The first weekend in February has 2 swims on offer – the Cottesloe to Swanny on Saturday and the Swimming WA/ Masters swim at Rockingham on Sunday.

As you can see – there is rarely a weekend free if you are into open water swimming. Although the ocean water is colder than normal, the stinger population appears to be staying away. I hope I have not just jinxed the notorious Busselton Jetty swim.





Christmas Party 2016—thanks to Lesley Hart for hosting this years Christmas Party. A good night was had by all.

Just keep swimming...  
Congratulations to David Pether  
A member for 25 years!



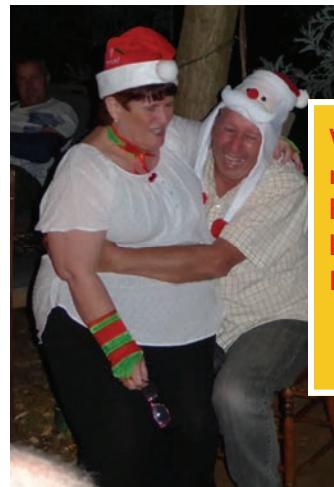
Did Claire ask Santa for something he doesn't have in his bag?



Careful where you put your hands Santa!



Even after this big hug he didn't come up with the goods :(



What made him so happy Kathy?



Must be serious !



Santa with the boys! Hope he granted all their Christmas wishes—I think that Alan was going to get his

And for those who couldn't make the Christmas party, there was the annual sausage sizzle, hosted by Sandra and Jess. Thanks to Brian and Kathy Brady for donating the sausages and onions and then cooking them!!



# Uniforms and Stock Items

We are in possession of a club long sleeve jacket that was left up at the Lake swim in November. It has an old Maida Vale AUSSI badge but no other identification. I have been carrying it around and trying to find an owner to no avail. Unless someone comes forward soon the jacket will go into club stock.

We have a small supply of the Lake Leschenaultia 30<sup>th</sup> Anniversary Swim cooler bags left in stock and they are for sale at \$15. The bags are a very useful size and are great for gifts (filled with cheeses and pates of course). Or lunch bags.

Also in stock are some Lake Leschenaultia swim commemorative micro fibre beach towels. They are selling for \$20. The towels are quick drying, lightweight and don't take up much room in your swim bag.

Lastly, there are 6 long sleeved collared polo shirts remaining from the Lake swim. 5 x 2XL and 1 x L. They are great sun smart shirts. The shirts are \$30.

Of course, we have a good supply of club bathers and the stock sizes are listed in the newsletter.

## Training Night Times (Tuesday and Thursday)

Some members may not be aware that the pool is available for training on Tuesday evenings from 5.30.

**The programs will still commence at 6 pm** but you may wish to arrive earlier and have a warm up swim.

Covers on by 7.30!

The only exception to this is the last Tuesday of every month when we pull the covers on by 7.15 to enable those who are dining at the Village Pizza to drive up the hill to Lesmurdie.

### **PLEASE NOTE:**

Thursday evening training remains a 6 pm start but we will not have access to lanes 5 and 6 until 6.30 as there will be swimming lessons in those 2 lanes.

This will necessitate the regular occupants of the “talking” lane and the training lane to co-operate and invade lane 1 or 4 for 30 minutes. We need to work in with the teachers and the pool owners as they have instigated these new lessons in an effort to raise some additional revenue.

I have confidence we can overcome this small change to our routine.



Newman Churchlands Masters invites your members to a

## **2017 LiveLighter Club Challenge Series Event**

to be held at Newman College Pool  
Empire Avenue, Churchlands on  
**Sunday 19 February 2017**

Warm up 8.15am for a 9.00am Start

Venue is an outdoor, long course pool

### EVENTS

1. 200 Freestyle
2. 100 Breaststroke
3. 50 Butterfly
4. 50 Freestyle
5. 50 Backstroke
6. 100 Butterfly
7. 4 X 50 Women's Freestyle Relay
8. 4 X 50 Men's Freestyle Relay

The event is open to all Masters Swimmers. The event will be limited to the first 150 swimmers to nominate.

Masters Swimming Australia swim rules apply to this event.

Swimmers may participate in 3 individual events and in the appropriate Relay.

Can all participating clubs please provide timekeepers on the day.

Cost of entry to pool is \$7 payable on the day. A free sausage sizzle will be provided afterwards. Free tea and coffee will be provided during the day.

Please put entries in via Team Manager emailed to [frankmaloney@optusnet.com.au](mailto:frankmaloney@optusnet.com.au)

Please ensure that all participants are financial prior to putting in their entry.

If there are any problems, please ring **Frank Maloney on 9349 5009**

**Entries close – 12 February 2017**





## A couple of reminders!!

**The Annual General Meeting  
will be held on  
Monday 20th February.**

**Remember: Many hands make light work!!**

AGM this will be held at Andrea & Gwyn's 12 Valley Rd. time 7:00pm. Bring a plate of supper.

**Our next Live Lighter Club Challenge is  
At Newman College on 19th February  
Entries closing soon.  
Get your name in the Red Book**

**Bus trip to Crown Casino \$15.00  
A bus ride, a buffet dinner AND  
a token to have a small flutter**

**FRIDAY 17TH FEBRUARY . LEAVING FROM MAIDA VALE POOL AT 5.45 PM—RETURNING APPROXIMATELY 10.30 PM**

2017 Club Memberships are due now. All the information on how to pay your membership will be in Lynne's dolphin dots with step by step on how to pay on line (at least I hope there will be step by step instructions!!)



<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*.....**



**Contact Details:**

President: Andrea Williams  
Secretary: Lynne Duncan  
Coaching panel :  
Editor: Kate Elliott

Ph:9293 2318  
Ph: 0417 997 556  
Ph: 0400450 770

[andrewilliams12@hotmail.com](mailto:andrewilliams12@hotmail.com)  
[duncan1320@bigpond.com](mailto:duncan1320@bigpond.com)  
[kelliott@iinet.net.au](mailto:kelliott@iinet.net.au)

