

Hill & Vale

Up  Vale

APRIL 2017 NEWSLETTER

PRESIDENT'S PROSE MARCH 2017

March has been a truly amazing month of swimming achievements for most of our club members.

We ended February with the Newman Churchlands pool event then all moved on to open water swimming, beginning with a large group of swimmers competing in the Coogee Jetty to Jetty swim. The morning was promising bleak weather but that didn't deter our contingent and the water conditions on the day proved to be excellent for a very pleasant swim. Special mention to young Holly Wilson, Helen's daughter – who entered the 750mtr swim as an 10 year old and is only 9 but swam really well and received a prize for the youngest competitor on the day. As Helen and Holly had gone home, Caroline collected her prize and was announced as Holly's Grandma (that went down well!). Everyone seemed happy with their times and the celebrations continued over a hearty breakfast. The weather broke just as we were all heading home and the heavens opened.



Training continued in preparation for the upcoming Port to Pub with some swimmers opting for Bilgoman Pool and others at Belmont to get the cooler water and the 50mtr distance.

The last metropolitan round of the Swimming WA events was a swim from the Mends Street jetty in South Perth across the river to the Elizabeth Quay, a distance of 1.3 kms. Again the morning was overcast and cool and the city was

 covered in mist but the river was flat calm. Stuart, Claire W, Maggie and I lined up and grabbed a photo with swimming legend Libby Trickett who also competed in the swim. Both Claire and Stuart were very chuffed to beat Libby who was, after all, a sprint medalist! Claire's swim resulted in her gaining a first place on the day and a gold medal and also completed her clean sweep in her age group of the overall Swimming WA season. **CONGRATULATIONS** on such a huge effort, competing nearly every weekend over the summer and finishing in the top two in every event. Maggie, Stuart and I stayed on the Quay for breakfast and the presentations.

Later that same day we had our first aerobic swim session at the Darling Range pool and 8 swimmers enjoyed the cool water, under the watchful eye of Barbara. An impromptu rehydration session followed for a few at the Kalamunda Pub. Barbara is hoping to continue the aerobics through the winter on a regular fortnightly basis when possible.



Finally the event we were all waiting for. Last weekend's second Port to Pub swim, run largely by club member Ceinwen Roberts (nee Williams) and her husband Andy, was a huge success. We had terrific club participation across the event. The weather was truly delightful with glassy water at the start line and not too much swell.

Solos: Tammy, with husband Steve paddling and Lizzie supporting and Ben with wife Roz supporting.



Duos: Alana and Stuart.; Claire and Rachael with Paul paddling; Gwyn and Sian with me supporting; Helen and Caroline with husband Duane skippering.

Tugboat Official Captains: Maggie and Greg.

Chief Volunteer: Lynne had spent months leading up to the event helping Blue Chip Timing with the competitor's details and also organising the volunteers. A massive undertaking. Husband Andrew was recruited to help out on the set-up side of the event.

Volunteers: Barbara, Garry, David, Russel, Sandra, Jess, Gwyn and me!



Supporters on the island: Kate, Claire D. Alan Ware.

So, as you can imagine, I was very proud to be associated with such a wonderful group of friends and cannot thank you all enough. Our middle daughter Bronwen swam in a team of four representing RU OK with Libby Trickett and had a great day. Needless to say there were lots of smiles on the boat!

To those people travelling in the next month, have a happy and safe adventure. Sandra and Jess are heading to the land of the long white cloud for 3 weeks. Norma and John are driving (in his lovely Bima!) across the Nullabor, Barbara and Bill are off in the UK again and Gwyn and I are flying to Sydney to take in some culture at Carmen the Opera on the harbour, leaving Vice Captain Stuart in charge. Welcome back to Brian and Kathy who had a great holiday around South Australia.

Good luck to Brian who is the only member travelling down to Mandurah this weekend to compete in their carnival and Lynne will be officiating.

It's good to see Richard back in the pool doing a few laps and slowly getting his fitness back. Steve Cockman (some of you might remember him from lane 5) who has undergone a knee replacement and is recuperating.

Our coaching duo are targeting the State Championships on 29th and 30th of April and it would be really good if you could consider competing on at least one of those days.

We're also looking at the Alice Springs Masters Games on 12th to 21st October 2018. Some accommodation has been reserved and it is a work in progress but something long term for the calendar.

Finally, our ever popular Village Pizza night was well attended and it was great to see newby Rosie and her family along.

FROM THE HILL.....ANDREA.



Swimmers, volunteers and new friends....



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 Aerobics Records to end of March

Name	Age Group	Course	Event	Distance/Time
Stuart Anderson	30—34	Short	1 Hour Freestyle	4000 m
			800 IM Medley	13.46.24
Gwyn Williams	70-74	Short	1 Hour Freestyle	3100 m
CLUB RECORDS SET ON 27TH MARCH 2017				
Russel Fowler	70-74	Short	5 M Freestyle	0.16.71



CLUB NIGHT PROGRAM FOR APRIL 2017

3RD APRIL	50 FREE	STUBBY STAKES	100 BREASTSTROKE
10TH APRIL	50 FLY		100 BACKSTROKE
17TH APRIL		NO SWIMMING EASTER MONDAY	
TUESDAY 18TH	BETTER GET A SWIM IN AFTER ALL THAT EASTER CHOCOLATE!!!!		
24TH APRIL	COMMITTEE MEETING		
1ST MAY		STUBBY STAKES	



CONGRATULATIONS TO GREG BOURNE

Congratulations to Greg Bourne for swimming closest to his time for Stubby Stakes in February.

Come down to the pool on Monday 3rd April and nominate your time for 50 metres.

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.





MASTERS SWIMMING WA

LiveLighter 2017 State Championships

LONG COURSE MEET

Saturday 29th & Sunday 30th April 2017
HBF Stadium - Mt Claremont



Masters Swimming WA's premier annual event for Clubs and members to enjoy participating as a team and challenging themselves in individual events

PROGRAM OF EVENTS

Members can swim in a maximum of 4 events in one day or 6 events over the weekend
(individual events – not including relays)

Saturday events start @ 1.00pm

12.00 – 12.45pm – Supervised Warm-up - Please obey Lane Signage

Event	1	200m	Individual Medley
Event	2	50m	Breaststroke
Event	3	100m	Freestyle
Event	4	200m	Backstroke
Event	5	100m	Breaststroke
Event	6	50m	Freestyle
Event	7	200m	Butterfly
Event	8	4 x 50m	Medley Relay - Women
Event	9	4 x 50m	Medley Relay - Men
Event	10	4 x 50m	Freestyle Relay - Mixed

Sunday events start @ 9.00am

8.00 am – 8.45 am – Supervised Warm-up - Please obey Lane Signage

Event	11	200m	Breaststroke
Event	12	50m	Butterfly
Event	13	100m	Backstroke
Event	14	200m	Freestyle
Event	15	50m	Backstroke
Event	16	100m	Butterfly
Event	17	4 x 50m	Freestyle Relay – Women
Event	18	4 x 50m	Freestyle Relay - Men
Event	19	4 x 50m	Medley Relay – Mixed

Presentations at end of meet



Entries close 7th April

MSWA State Championships

Saturday 29th and Sunday 30th April

Maida Vale Masters hope that a lot of club members will consider swimming at this event.

Do you question your ability to compete at swim meets – read further to see that anyone can and it's not that big a deal!

Whether you are a new or long-time member of Masters Swimming you may not have entered for various reasons:

- You think you have to be a really good swimmer to “compete” in swim meets
- You think State Championships means serious swimming races and not much fun
- You joined your Masters Club to swim for fitness and health only, and the social activities
- You think you are too old to participate in a swim meet
- You are only interested in swimming in open water events

You don't want to spend all weekend at Challenge Stadium because you have a young family or other commitments

Well maybe I can change your mind or encourage you to discuss with other Club members who have participated before:

- It is not the Olympics – the State Champs are just like one big interclub swim meet, with a social gathering at the end of the meet
- Swimmers of all abilities participate in Masters State Championships - some who can only manage one 50m freestyle event and maybe one relay
- Swim meets are an opportunity to test how your training is going. It can be viewed as a challenge where members aim to do personal best times or enjoy the fun of swimming with Club mates in relays
- There are no finals, one enters a time for an event and is placed in a heat to swim with other swimmers who have entered similar event times, no matter how old or what sex.
- If your time is limited enter to swim on one day only or both mornings, to fit in your family or other commitments
- It is all about participation, barracking for your Club mates, enjoying meeting or catching up with members from other Clubs
- Or you might like to come along to spectate and cheer for your Club mates or hold a stop watch to help as a volunteer. Spectators and volunteers have free entry courtesy of MSWA

Masters Swimming WA Website—well worth a visit. Click [here](#)

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 30th 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)

PLEASE NOTE:

Tuesday night training commences at 6.00 pm—no earlier and **not at all** when there are children still in the water.

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.

Thursday training commences at 6.30 pm and the same rule for not getting into the water when there are children still in the water.

**NO SWIMMING IN THE POOL WHEN THERE ARE CHILDREN STILL IN IT.
THIS IS AT THE REQUEST OF THE PARENTS.**

Special Event

Sandie Schroder, the club's amazing artist, has been invited to be a part of a group Exhibition at Linton & Kay Galleries, Mandoon Estate, Swan Valley throughout all of April.

If you have time, pop into this wonderful venue that is opened on Friday/Saturday and Sunday 11am to 5 pm. A sample of Sandie's work
(*I own it! Editor Kate*)

Please click [here](#) to give you an idea of what will be on display and more details of the exhibition.



**The Open Water Season is nearly over....
Coming pool events. Mark your calendars and join in!**

State Championships Saturday 29th and Sunday 30th April
Swan Hills Masters Club Challenge Sunday 2nd July
Alice Springs Masters Games on 12th to 21st October **2018**
(start planning now—accommodation booked)



<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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