

# Hill & Down Up Vale



MAY 2017 NEWSLETTER

## PRESIDENT'S PROSE APRIL

I am writing this before the weekend of the State Championships so I trust the small group competing will have a pleasant and fulfilling experience. It is a shame we do not have more members interested in the event as it really is just a slightly larger interclub swim. The format is the same with timed finals and great relays with the additional challenge of finishing in the top 10 clubs in the state. Editor Kate will include the weekend's results before this newsletter goes to print.

April has been a month of disruptions with Easter and school holidays and then Anzac Day but a very small group of swimmers have still been training. Coach Stuart has spent time highlighting the techniques for those competing in the state relays events.

The final open water swim on the calendar was held at Albany over Easter and Claire Ware was the only competitor from the club. Claire finished first in her age group and fourth female overall. Congratulations to Claire for completing a very successful season on a high note. Lynne travelled south to officiate at the event and combined it with a very pleasant, albeit cool and misty, week's holiday.

I finished my season with a very casual 1 km swim at Gracetown. We were all standing casually on the beach when someone at the back yelled GO and off we went! Very funny. There were over 250 competitors and the event has grown in popularity over the past 19 years. Ex member, Mark Henry and I raced against each other. Raffle prizes (which unfortunately I did not win) were hampers with crayfish and local wine!

Make sure you are free on Saturday 13<sup>th</sup> May to either swim or officiate (or both) at the club's 1500 metre event at Darling Range Academy. Over the past years, we have hosted successful events with several swimmers from other clubs participating. We require timekeepers and recorders and also a plate of afternoon tea from as many people as possible.

We welcomed one new member during the month. Kathy Hall has paid her fees and settled in very comfortably in Lane 3 and is training enthusiastically. Kathy also delighted us with her presence for the second month in a row at the Pizza night.

For all those missing Lesley it was fantastic to catch up with her, and partner William, at the Pizza night. Lesley was in Perth for just one week and managed to squeeze us into her busy schedule. They have headed back east to pick up Mary the bus and to continue their travelling adventures.

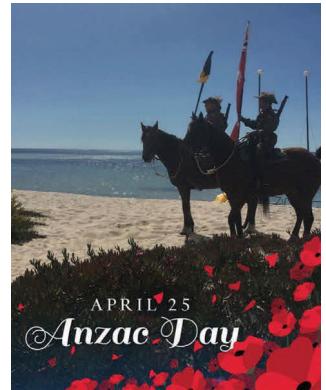
The club Christmas in winter is scheduled on 22<sup>nd</sup> July so make sure you put that date into your social calendar. More details to follow.

As stated at the start of my prose the last event for April was the Masters Swimming WA LiveLighter 2017 State Championships long course meet at HBF Stadium. 252 swimmers from 28 clubs competed over two days. As a club with 6 swimmers competing on Saturday and 8 on Sunday we performed very well

Thanks to Lynne Duncan for all her officiating duties and Barbara Hart for once again time keeping for the whole meet on Sunday.

See you at the Stubby Stakes on Monday!

FROM THE HILL.....ANDREA.



### MISSING:: POOL KEYS.

Sometime in the past few weeks I gave my pool keys to someone to use whilst I was away in Sydney and now I can't remember who that was. So, if you have a set of 2 keys on a plastic clip can you let me have them back.



ALSO...because I didn't have my keys, I went to the security box behind the desk and that key is also missing. **Definitely** not me being careless but if someone needed to use the key to lock up one night, could you please bring it back.



The club has booked a bunkhouse at the Big4 MacDonnell Range Tourist Park for the Masters Games. The dates are 12<sup>th</sup> to 21<sup>st</sup> October, 2018.

The price will work out approximately as follow: These are 2017 prices so may increase slightly.

2 people in a 4 bed room	- \$40 per person per night.
3 people	- \$33 per person per night
4 people	- \$29 per person per night

The committee will investigate travelling to Alice Springs by coach but, if you might be considering this event, you could start checking discount airfares.



### Coming events. Mark your calendars and join in!

**Maida Vale Masters 1500 Metre event Darling Range Pool 13th May**

**Swan Hills Masters Club Challenge Sunday 2nd July**

**Maida Vale Masters Christmas In Winter Saturday 22nd July**

**Alice Springs Masters Games on 12th to 21st October 2018  
(start planning now—accommodation booked)**

## 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 April 2017

Name	Age Group	Course	Event	Distance/Time
Caroline Dyer	40—44	Short	Backstroke Before River virus struck	0.21.09



### CLUB NIGHT PROGRAM FOR MAY 2017

1ST MAY	50 FREE	STUBBY STAKES	100 IM
8	200 BACKSTROKE		50 BREAST
15	COMMITTEE MEETING		
22	25 FLY		100 FREE
29	25 BREAST		100 BACK
5TH JUNE	WESTERN AUSTRALIA DAY (PUBLIC HOLIDAY NO SWIMMING!)		

### CONGRATULATIONS TO BRIAN BRADY

Congratulations to Brian Brady for swimming closest to his nominate time for Stubby Stakes in February.

Come down to the pool on Monday 1st May and nominate your time for a 50 metres swim

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.



## MANDURAH LIVELIGHTER CLUB CHALLENGE

Brian Brady was the only member to travel to Mandurah for their LLCC and he and Kathy combined the swim with a nice weekend away. Brian swam really well and I believe he achieved a couple of PB's. He was in the company of ex members Alan Friday and Elspeth Binckes.



Kathy spent the morning timekeeping and Lynne Duncan and Barbara Hart were there officiating. From the photos (thanks to **Kathy Brady**) it looks like it was a lovely day, and the newly refurbished Mandurah Aquatic Centre looks very inviting.



LiveLighter 2017 State Championships. The ladies 4 x 50 metres medley relay. A creditable performance from Elaine Bourne, Andrea Williams, Maggie Read and Kate Elliott—third in their age group—which is one of the biggest age groups in masters swimming!





4 x 50 Freestyle Relay—Ladies.

First in age group.

Jennifer Cook, Kate Elliott,  
Claire Dunstan and Andrea Williams.



The mixed 4 x 50 r freestyle relay  
Gwyn Williams, Kate Elliott,  
Maggie Read and Stuart Anderson  
(he had disappeared before the  
photo shoot so not in there embracing  
his team mates, but a picture of him  
all the same—just so you know who  
the relay anchor was!!

A small, but quality,  
group of swimmers!!

With only 10 swimmers  
competing over the 2  
days we finished in the  
top 10 of 28 clubs!!



Congratulations to Claire Dunstan who was presented with a Have-a-Go News Encouragement Award for participating in the 2017 LiveLighter State Championships for the first time to assist the club to gain points without any possible chance of winning an individual event or setting a record.

However, Claire was happy to record a personal best for her 50 metres backstroke.

She will be looking for a Freddo Frog on Monday night!!



# Uniforms and Stock Items

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)

### ***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.**

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

<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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