

Hill & Down Up Vale



JUNE 2017 NEWSLETTER

PRESIDENT'S PROSE MAY

Congratulations to all those swimmers who participated in the club's LiveLighter 1500 metre event at the Darling Range pool. There were several State and one National Record set and quite a few personal best times achieved. Lynne Duncan was the driving force in sorting out the sanction paperwork to make the event official and Sandra Thomson was the technical guru on the day sorting out the programme and the seeding. Many thanks to those two hard working ladies and to the rest of the terrific club members who turned up and helped with time keeping, recording and, most importantly, the great afternoon tea. The event ran very smoothly and was a successful afternoon.

We have had a couple of changes on our committee and I thank Caroline Dyer for stepping into the role of Club Captain - taking over from Elaine and Russell Bourne, and Claire Dunstan who has put her hand up to learn the role of Recorder as Greg Bourne is no longer in a position to fill that position. Thank you to the Bourne family for filling those roles and good luck to the incoming committee members.

The club has again been challenged by the Hervey Bay Humpbacks to participate in the Winter Solstice event that they won last year. As the "runners up" we will choose the programme and coach Stuart will have outlined the details during the month. The swim will be conducted on the June stubby stakes evening – 12th June.

There are several members travelling abroad at the moment and in the next few weeks and I wish them all safe and interesting holidays. Garry and Barbara are in deepest darkest Africa sending back some wonderful photos. Claire and Alan Ware are in the UK as is Barbara van der Leest. Elaine and Russell are away for 3 or 4 months also in the UK and lane 3 will suffer from their absence. Kathy and Brian Brady are heading to Europe for another lovely river cruise. Marilyn and Graeme are travelling to Melbourne then into the red centre, Claire Dunstan is heading to Sydney for her holidays and Gwyn and I are spending 3 weeks in Italy. John is currently setting up a new factory in Peru (shall we re-name him Paddington?), then coming home to a possible knee replacement.

Fortunately there are not too many in the sick lane but Caroline has been battling Ross River Virus for nearly 3months and has good and bad days and missed competing at the State Championships. Barbara Hart is also unwell as we go to press hopefully it won't be too long before both these two are back in the pool. It's wonderful to see Richard back into some decent training sessions.

Enjoy pizza night without us! (We might be having some second rate ones in Italy).

PS from editor Kate—the pizzas on Tuesday were up to their usual standard and the two desert pizzas provided by Kathy and Brian Brady who both celebrated their birthdays in May were delicious!!

From somewhere in Italy.....ANDREA.

Andrea and Gwyn getting in a few swims whilst on holiday..



Nice bathers
Gwyn.....



Andrea and Gwyn spotted Santa on his summer vacation in Italy.....



ALICE SPRINGS Masters Games

13 - 20 October 2018
The Friendly Games

The club has booked a bunkhouse at the Big4 MacDonnell Range Tourist Park for the Masters Games. The dates are 12th to 21st 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!

Swan Hills Masters Club Challenge Sunday 2nd July

Program: 200/100/50/25m. Mixed Medley & 4x25m Relays
Watch Dolphin Dots for the flyer

Maida Vale Masters Christmas In Winter Saturday 22nd July

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



One of the reasons for Lane 2 being so underused the last few weeks is there are a few of the regular lane 2 swimmers on holiday. (actually I think half the club must be on holiday it has been so quiet in the pool, it can't be because the weather has cooled off, the water is still warm!)

Marilyn is back after what looks and sounds like a wonderful holiday visiting family in Melbourne, and then going on to visit Coober Pedy, Alice Springs and finishing at Uluru.

Looking forward to having you back in the pool Marilyn and hearing all about your trip!!

Very Important! Stubby Stakes 12th June

Stubby Stakes will be a little different this month.

Once again the club has accepted Hervey Bay Humpback's Winter Solstice Challenge. As we were the losing club last year, we get to choose 'The Challenge' for 2017.

So instead of the usual stubby stakes, we have the following happening.

WINTER SOLSTICE CHALLENGE – MAIDA VALE DOLPHINS VS HERVEY BAY HUMPBACKS 3 RELAYS. 3 RELAY TEAMS EACH,

MINIMUM OF 4 SWIMMERS PER TEAM UP TO A MAXIMUM OF EIGHT.

RELAY ONE:	Continuous 50m freestyle relay (men)
RELAY TWO:	Continuous 50m freestyle relay (women)
RELAY THREE:	Continuous 50m medley relay (mixed)
	Each relay is one hour long. Each relay needs recording of each 50 split. And swimmers can only be in one team.



We need a minimum of 12 swimmers up to a max of 24. Definitely at least 6 women & 6 men. More would be good. We will also need at least 3 timekeepers to record 50m x lap times

But don't worry you will still have a chance to win Stubby Stakes. Everyone who participates, either as a swimmer or timekeeper, will get a raffle ticket. The winner will be drawn at the end of the event.

We will still need everyone to bring a plate share (we may need more sustenance after swimming for an hour)

And for those that don't know, this challenge started last year when ex Maida Vale members, Paula & Terry Hewett, who now live in Hervey Bay Queensland, picked up the gauntlet thrown by Andrea for a challenge between the two clubs.

Some might remember David Pether in his monk attire, waving his dead duck around (rubber one – not real). David isn't here to swing the duck again, but surely there is someone else who can take over.....candidates welcome!!!



NO MATTER
HOW SLOW YOU
GO, YOU ARE
STILL LAPPI NG
EVERYBODY ON
THE COUCH

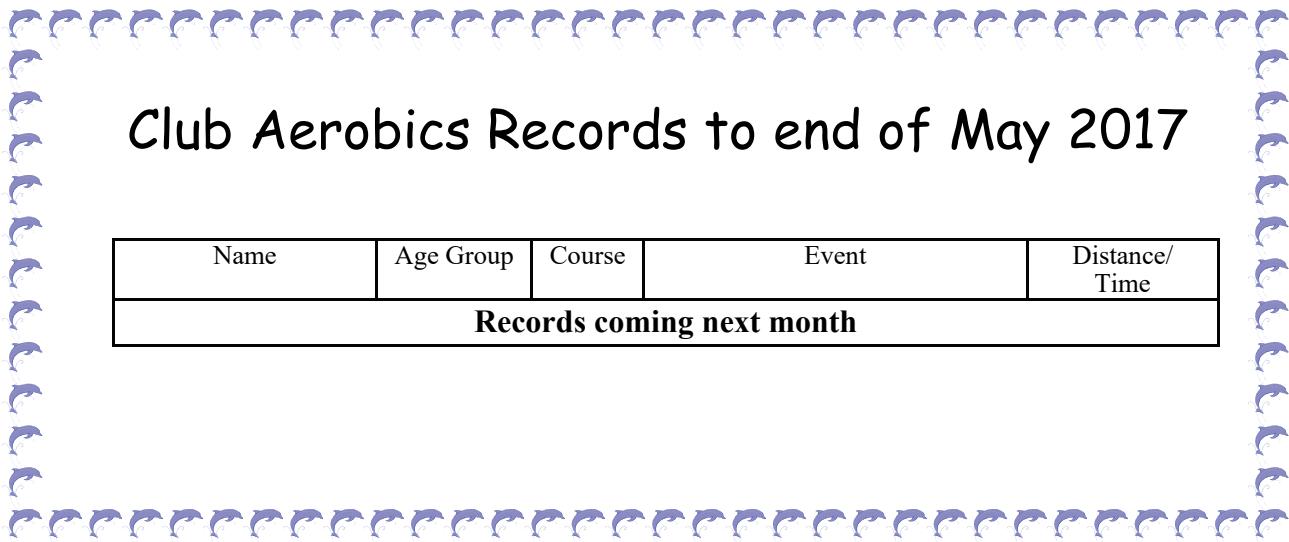
It has been very quiet down at the pool for the past few weeks, so it would be great to have a big turn out for this event.

Shake the cobwebs out of your bathers and come to the pool for a swim and some socialising.

The more swimmers we have for this event the more laps we can record. Stubby stakes night is a great night for catching up with club members

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 May 2017

Name	Age Group	Course	Event	Distance/Time
Records coming next month				

CLUB NIGHT PROGRAM FOR JUNE 2017			
5TH JUNE	NO SWIMMING	PUBLIC HOLIDAY	WA DAY
12TH JUNE	HERVEY BAY HUMPBACKS WINTER SOLSTICE CHALLENGE SEE DOLPHIN DOTS FOR MORE INFORMATION		
19TH JUNE	Committee Meeting		
26TH JUNE	200 IM		25 FREE
3RD JULY		STUBBY STAKES	

CONGRATULATIONS TO RUSSEL FOWLER

Congratulations to Russel Fowler for swimming closest to his nominate time for Stubby Stakes in May.

Come down to the pool on Monday 12th June swim in the Hervey Bay Humpback challenge. Get a raffle ticket for either swimming or timekeeping and win this month's different Stubby Stakes

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





MAIDA VALE MASTERS SWIMMING

PRESENTS

2017 CHRISTMAS IN JULY

WHEN: Saturday 22nd July 2017

WHERE: Lesmurdie Club - Boronia Room
Lawnbrook Road, WALLISTON

TIME: 7:00 pm till late

COST: \$35.00/person

THEME: "OP SHOP POSH"

Let's go "Op Shop Shopping". Choose a posh outfit from the Op Shop racks to look your poshest. Don't forget to leave the price tag on. We want to see how you can dress up for less.



CHRISTMAS BUFFET DINNER:

SOUP



MAINS

DESSERT

TEA AND COFFEE



DRINKS CAN BE PURCHASED AT THE BAR AT OWN EXPENSE

BRING: Present worth \$10.00 for Secret Santa
(Please Note: No chocolates/sweets/biscuits)
Labelled Male/Female/Unisex

RSVP: By Monday 17th July (Final No's must be given Tuesday 18th July).

Book at the pool or email Brian Brady at kathybrady@bigpond.com

PAYMENT MUST BE MADE PRIOR TO THE NIGHT

Uniforms and Stock Items

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.

***There has been another change to Thursday training night times
We are now able to access three lanes at 6.00 pm.***

(I think we can now go into the pool even if there are still children in the other three lanes!!).

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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