

Hill & Down Up Vale



JULY 2017 NEWSLETTER

PRESIDENT'S PROSE JUNE

As you will see from the report and the photos of our mid winter Solstice Swim against the Hervey Bay Humpbacks, June was a fun month, albeit not a very successful one competitively. Although we had 18 dedicated swimmers competing in our relay events the Humpbacks were able to field a much stronger contingent, in particular some very fast young ladies. As you will see from the results, we won one out of the three relays but had to admit defeat for a second year running. The event was a great deal of fun and certainly a different format for our Stubby Stakes night. Perhaps next year....

Attendances at training nights have picked up and Tuesday nights are becoming the most popular session as we have the whole pool from 6pm. Unfortunately we still only have half of the pool on Thursday evenings from 6. If you still want to train, we are able to open up the other 3 lanes from 6.30 until 7.30 so still time for a good session.

We had hoped to end the month (begin July) with a clean sweep in the pool at Swan Hills but, due to that event having a limit of 100 competitors, we missed out as we were still gathering names and hadn't entered our team. It is a shame we will not be competing as we have won that event for 4 years in succession.

Whilst Brian and Kathy are travelling overseas, they have organised the club Christmas in July in advance and would love to see a great attendance at the Lesmurdie Club on 22nd July. Check out the flyer in the newsletter and let the committee know you will be there.

It would appear that we are primarily a travel club and secondarily a swimming club. Sue Griffith and her husband have just returned home from 6 weeks travelling across Europe by train and Trevor Costigan and his wife are still enjoying Italy. Elaine and Russell are currently in Greece and Paul Waters and Lisa are riding a section of the Camino Trail in Portugal. Scott Yaxley has just completed a bike ride in Poland and, of course, Lesley is currently in Queensland and regaling us with her travel adventures. John Hoffman is still overseas travelling between Peru and China on business. No wonder there are gaps in the training lanes!

The Handicap Events will have a different format this year in an endeavour to attract more swimmers to attend and compete. The four strokes will all be swum on the same evening – 21st August – and coach Stuart is confident the evening will prove interesting and enjoyable. More details in the ensuing weeks but put the date in your diaries.

You will have noticed that Barbara Hart has not been on the pool deck coordinating the aerobic swims this month as she has had an overnight stay in hospital and has been grounded until her health improves following a bout of pneumonia and clots on her lungs... Unfortunately, Barbara had to cancel her planned trip to South Africa and postpone her knee replacement operation. Barbara plans to be back at the pool very soon.

Jamie Bounsell had an altercation with a car whilst riding his motor bike and suffered a few broken bones. The bone in his arm—between wrist and elbow was broken lengthways—so it will be some time before Jamie can get back into the pool. Incidentally the accident wasn't his fault—a car pulled out from the Bunnings exit on to GE Highway and collected Jamie.

I had coffee with Joachim Eifler last week and whilst he is primarily house bound he is in good spirits and relatively good health and asked me to send his best wishes to everyone.

See you all at next Monday's Stubby Stakes!

FROM THE HILLS.....ANDREA





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!
MASTERS IS ALL ABOUT FITNESS, FRIENDSHIP AND FUN.**

**Maida Vale Masters Christmas In Winter Saturday 22nd July
Please email Andrea or Lynne or put your name on the list at the
pool (it was a bit soggy last time I saw it!) by 17th July.**

Handicap Night in August

Watch Dolphin Dots for more information

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



Winter Solstice Stubby Stakes

The Planets aligned and the moon was high so the druids and wood nymphs of Maida Vale Masters swimming gathered around a ring of Stones to celebrate the coming Winter Solstice and to compete in truly amazing relays.

Once again we accepted Hervey Bay Humpbacks Masters winter solstice challenge. This year we set the challenge, which was three relays to be swum for an hour; a women's freestyle, a men's freestyle and a mixed medley. We had a great turn out, some members who have never experienced a Monday night were there!!

And the results were ..



Men's Freestyle Relay

Maida Vale	5 swimmers	distance 4050 metres
Hervey Bay	7 swimmers	distance 3625 metres

Women's Freestyle Relay

Maida Vale	8 swimmers	distance 3850 metres
Hervey Bay	8 swimmers	distance 4245 metres

Mixed Medley

Maida Vale	6 swimmers	distance 4150 metres
Hervey Bay	8 swimmers	distance 4550 metres



The
Circle of
Stones..

Thanks to all the swimmers who turned out for the challenge and the time keepers. who thought they were going to have a dry night, but with all those dives they didn't keep very dry!! It all got very wet on the pool deck!!



Stuart
explaining
how the
event will
work.



Maybe we will get this trophy next year!!





For all those missing the lovely Lesley Hart. Here is a postcard from Lesley who is enjoying the Queensland sunshine!!



Hi all, Just crossed the border into Q'land @ this neat little town & the Sunshine has found us again at last! We have now officially set foot in every mainland State/Territory after 18 weeks on the road in Mary. So many beautiful places & amazing experiences with more to come... hard to believe I haven't worked for 6 months as of this week! Not a decent swim to speak of lately but we're hoping to pay a visit to the Hervey Bay Humpbacks this weekend maybe we could pick up the trophy!! Loved the recent photos showed the familiar & some new faces & love to you all, Lesley & William xx



Maidavale Masters
c/o 12 Valley
Kalamunda

WA 6076

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: More changes to training nights!

Tuesday night training commences at 6.00 pm 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 night we can access three lanes at 6.00 pm.

There are Aqua Tot swimming lessons in the other three lanes until 6.30, after this time we can then use all the 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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