

Up Hill & Down Vale

JANUARY 2018 NEWSLETTER

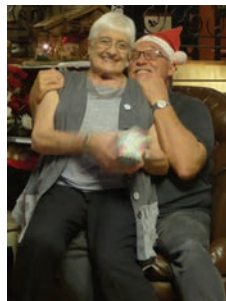
PRESIDENT'S PROSE DECEMBER

Best wishes to everyone for the Festive Season. Whatever you do over the next couple of weeks, remember we want you back safe and sound in the pool and the ocean next year.

Following the involvement of the club in the MS Ocean Ride, we were given a prize of \$500 for having provided the most (and best) volunteers on the day. Whilst it was a great acknowledgement of our services, the Committee decided not to accept the money and donate it back. We were not there to raise money but to support Marilyn Potter and Paul Waters. It was a terrific outcome after a very nice morning by the sea!

December was an eventful month with the terrific Christmas party hosted by John Hoffman and Norma Jack at John's amazing home in the valley.

It was touch and go for a day as to whether John would be fit enough to host the event as he had a terrible incident on Rottneest on the Thursday before the party. He was hauling crayfish up from pots at Longreach and dislocated his hip replacement. I can only imagine the pain as the emergency crew got him onto a stretcher off the back of his boat and tried in vain to relocate the hip. John required a helicopter evacuation to hospital where his hip was finally put back in place. Meanwhile a very worried Norma was left on the boat and was keeping me up to date on his progress. John's legendary strength of character and determination surfaced and, with the help of his daughter Ingrid and grandson Thomas, he was able to host the party just two days after his accident. (PS: The crayfish were retrieved successfully!)



The party night was a beautiful balmy evening and surrounded by stunning native bush and trees we partied into the small hours of the morning. The usual gift giving and taking was a treat with Garry Lymn in the "red seat" this year. The presentations of honours and flippers was entertaining and I thank everyone for voting for me as Club Person of the Year. Congratulations to the Swimmer of the Year award which was justifiably won by Claire Ware for her outstanding open water achievements. I presented my President Award to Claire Dunstan for her great involvement with the club, both swimming and stepping in on the Committee as Recorder. Handicap Prizes were given out to Jamie Dyer for winning the 50 backstroke and Stuart Anderson for the 50 breaststroke.



As swimmers, during the month the open water season continued with Gwyn, Ceinwen and me competing at the start of the month on Rottneest Island. The “killer”: swim of the month was the Coogee event where the stingers were horrendous and Stuart, Claire and ex member Helen Jones were badly attacked. Thankfully, the Fremantle Fins event at South Beach was a great event. The disappointment of the month was the last minute cancellation due to bad weather of the Masters 10km event at Cottesloe Beach.

Stuart volunteered to help blind swimmer Jeremy McClure complete a triple crossing of the Rottneest Channel and was impressed by Jeremy’s determination and stamina. Assistance swimmers are tethered to the swimmer and take turns in guiding him through the gruelling event. Diving into pitch-black water in the early hours of the morning was a “highlight” for Stu. Unfortunately, it is a very difficult swim and Jeremy had to withdraw after two successful crossings due to hypothermia. Over \$4,000 was raised for Variety.

Thankyou to Lynne and Andrew Duncan for hosting the yearly sausage sizzle at their home on a very cold evening. It was ridiculous to have to have the outdoor heater on in December! Thank you to Brian and Kathy Brady for donating the sausages. As they were away in Queensland for Christmas Greg stepped in to chop the onions and Brian Risbey put on the apron to cook the snags. The last two Handicap Prizes were handed out to Claire Ware for the 50 butterfly and Kirsten Mitchell for the 50 freestyle.

The last event of the year was a delightful swim at Bilgoman pool in Darlington, followed by a bbq at the pool. A small group then headed to Brian, Jacinta and Rory Risbeys home for coffee, homemade gingerbread biscuits and liquors for a final toast to the festive season.

On behalf of Jill McClelland, I would like to thank everyone who donated to the Christmas in the Hills Sharing programme that Jill is involved with. Santa’s little helpers, Barbara and Garry Lymn, Lesley Hart and me donated our time to help out over the week. It is a wonderful “feel good” community event.

Barbara Hart underwent a knee replacement during the month and I believe she is recovering well at home and she is hoping to get back into the pool as soon as possible. Caroline Dyer is regretting missing some of the season’s swimming as she has finally had an operation to remove a hernia, which has been pestering her for years. A quiet Christmas is planned with only medicinal alcohol allowed!

Again, best wishes to everyone and we will see you back in the pool on Monday 8th January.

From the HillAndrea



CLUB NIGHT PROGRAM FOR JANUARY 2018

1ST JANUARY	NEW YEARS DAY—POOL CLOSED		
8TH JANUARY	50 FREE	STUBBY STAKES	100 BREAST
15TH JANUARY	COMMITTEE MEETING		
22ND JANUARY	100 IM	25 BACKSTROKE	
29TH JANUARY	200 FREE	25 BREAST	

CONGRATULATIONS TO STUART ANDERSON

Stuart swam closest to his nominated time for December's Stubby Stakes, 50 metres freestyle. The third time Stuart has won Stubby Stakes this year.

Come down on Monday 8th January and swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. The first stubby stakes for 2018.

Remember to bring a plate of food to share.



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.

Records will be coming your way at the beginning of next year. If you are in a new age group in 2018 check out the records for that age group and see if you can knock a few off! There are some records that go back to 1980.

Masters Swimming WA is hosting the Nationals in April and will be asking for volunteers to help over the championships. The National Championships is the premier event on the Masters Swimming Australia calendar. The 2018 MSA National Championships (N18) will be held in Perth from 18-21 April at HBF Stadium, Western Australia's leading aquatic facility. The focus of N18 is on participation and creating a supportive environment for swimmers to achieve their personal goals.

We hope that lots of our members will register and swim in this event. Go to the [link](#) for details about registering. There will be more information about this event at the beginning of the year.



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Aquarius pays attention to the things you love, the things that relax you, the things that you strive for, and when you least expect it... they do the little things to make you smile.



The Open Water Swimming Season continues

Thank you to Stuart Anderson for his up date on what is happening in the Open Water.

Scarborough OWS- just Stuart and Helen swam. This was a relay format, for teams or individuals. Three laps of a course, that included running on the beach. It was a good swim, but Scarborough beach is treacherous for being difficult to swim in and out of.

Last weekend was Leighton OWS - Claire Ware did this swim. The Masters WA 10km was supposed to be the say after but was cancelled due to very poor conditions.

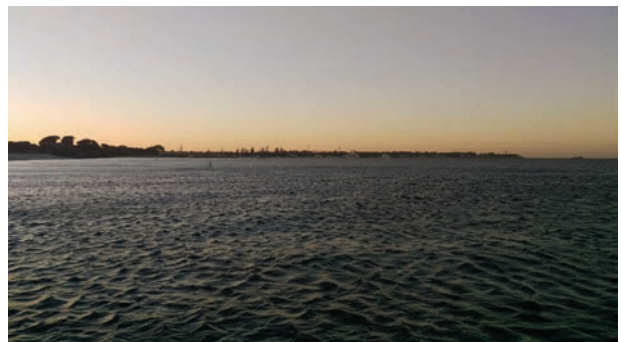
Fremantle Port Swim: had a lot of club members swimming- Andrea and Gwyn Williams, Maggie Read, Caroline Dyer, Helen Wilson, Claire Ware, Steve Norregaard and myself. Holly Wilson did the 500m with Jamie Dyer as her chaperone. Cloudy day, but conditions were good. Questionable course measurement, but all in all, a good day.



Stuart was involved in Jeremy McClure's Triple crossing., Rottnest to Cottesloe, Cottesloe to Rottnest and then back to Cottesloe and has shared his experience here:

I was lucky enough to be able to join the support crew for Jeremy McClure's attempt at a triple crossing of Rottnest Channel. Jeremy is a four time Paralympian, and last year completed a double crossing to Rottnest.

Jeremy has a significant vision impairment, that limits him to approximately 2% sight. For him to be able to swim to Rottnest he required two swimmers with him at all times. One swimmer was tethered to Jeremy, allowing him to judge direction and stay on course. The second swimmer wore a Shark Shield on their ankle, to do exactly what the name of the product says.



Jeremy left Rottnest from the Natural Jetty at 9pm on Wednesday 20 December. The support crew was made up of 4 boats, 7 paddlers, 12 (approx) support swimmers and a number of crew on boats monitoring his progress, nutrition, and overall health.

The first crossing of the channel was particularly treacherous. A support swimmer was evacuated within the first 30 minutes, due to sea sickness. The darkness and rough conditions were particularly tough for the paddlers and Jeremy was quickly down to 2-3 paddlers for a majority of the first crossing.

I first entered the water at 1am, at around the half way point of the channel. This is hands down the most terrifying experience I have had in open water swimming. The cold water, rough conditions and complete darkness means panic sets in very quickly. Once you got swimming it wasn't too bad, but it was very disconcerting.

Jeremy completed the first crossing in approximately 8.5 hours. I was lucky enough to be able to swim with him into Cottesloe to complete the first crossing. There, he had to quickly eat, debrief with his crew, get sun screened up and turn around and go again for the second crossing.

Conditions were quite good for the first 3 hours of the second crossing. Jeremy's speed picked up and the sun coming up was a welcome relief for everyone.

Towards the half way mark, the wind and current picked up significantly. Pushing Jeremy north, especially at each changeover and feeding. At 15km Jeremy's body temp had lowered to 32°C and was beginning to fatigue significantly. The next 5km took a lot longer than expected and Jeremy touched down back to Rottnest at about 1:30pm on Thursday.

The decision was made to finish at 2 crossings, due to concerns about Jeremy's physical well-being, ever worsening conditions, and support crew continuing to drop like flies. Whilst Jeremy was disappointed to finish at 2 crossings, it was still a phenomenal effort especially given he swam in awful conditions – we later learned that Water Police wanted to pull the pin on the swim during the first crossing due to poor conditions.

It was a great thing to be a part of and would definitely volunteer to help again. I get the feeling Jeremy won't be put off by this and will be having another crack in the future. **Submitted by Stuart Anderson**





MEMBERSHIP FEES FOR 2018

12mth registration for 2018 is available now. However there is no rush to re-register as you are covered until the 31st December, HOWEVER if you are an OWS you must have registered by that date to qualify and gain points for the OWS series.

Fees for 2018 are **\$104.00** and can only be paid through the Membership Port on the MSWA website. As existing members, ensure you click on the **RE-REGISTRATION** button and not the REGISTER button – clicking this button will assign you a new membership number and will cause problems for the Director of Recording who will have to merge your old number & your new number – and that will make her grumpy!!!!


Remember – if you are not a financial member, you cannot swim at any club events including training, aerobics, club nights etc. as you, the coaches and the club are not covered by insurance.

Lynne has sent out instruction on how to register in last weeks Dolphin dots if you have forgotten how to do this (I know I have!).



Stubby Stakes on the 8th January is the first night the pool will be open again in 2018.

Training nights will stay as Tuesday and Wednesday.



Visit our club's web page at

<http://maidavalemastersswimming.com/>

For all the latest results of events our club members have entered and anything else members have been up to!
Or you can visit our [Facebook](#) page. Just click on the links!

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

A blast from the past

Glad McGough was the coach in 2002

Coach's' Corner, 2002

Well, we're back from Alice Springs. We being Paula (swimming and ten pin bowling) and Terry (swimming, cycling, triathlete, athletics etc.) Hewett, Barb Hart (swimming and swim leg of the triathlon) myself (swimming) and Mike Loly (hockey) and what was missing? YOU! A poolside discussion decided that it would be great if we could go as a club to the 2004 Masters games. Think seriously about it as a town of 2,600 has to accommodate 4,500 athletes (including equestrians, so it is imperative that early bookings are made.)

244 swimmers competed including 11 female and 10 males from WA who formed a very supportive WA cheer squad. Competition was very thin in the fly events of my age group 70-74 so I ended up with gold medals for just getting wet. (Also an inaugural 800m FS record). Barb, Paula, Terry and I were all runners up for the aggregate trophy in our respective age groups.

The World Masters in Melbourne impacted on attendance this series with 3.5 thousand athletes competing. The highlight of the games, for me, was watching Terry skim down the pool in breaststroke, picking up a lead of 10m+. I was sorry we couldn't get his time. I don't think I will ever see another breaststroke leg swum as fast. Needless to say the team of Paula, Bruce and Barbara Wilson - Albany AUSSI) got a gold. Another gold was won from an excellent start in the backstroke leg by Barb Hart, which left me to anchor with freestyle. We were joined by a Canadian and a NSW swimmer and plan to meet again in 2004. The same team got a silver in the freestyle relay.

Dawn Fraser and Darryl Somers were also there to present medals.

Meanwhile back at base our brilliant Club maintained the reputation as classy swimmers coming second in the interclub with only eleven swimmers. I believe there were some brilliant times achieved, also some gut-wrenching efforts to catch up, pass and win the relays. Well done guys! (I believe Scott's taper might have had something to do with it!)

Not only are we a mighty Club but we are also versatile with David and Lesley taking over the Coaching Clinic for beginners while I was away. (That went over so well that I thought I mightn't get my job back!) Thanks David and Leslie.

Finally, I hope you are all inspired to put in some hard training for the National Games in March. Just remember with the open water swims just starting we will need to work on the anaerobic training early in the New Year.

Love you all, *Glad* - Club Coach

Coming events. Mark your calendars and join in!

MASTERS IS ALL ABOUT FITNESS, FRIENDSHIP AND FUN.

Alice Springs Masters Games on 12th to 21st October 2018
Start planning your trip now!!



ALICE SPRINGS Masters Games

13 - 20 October 2018
The Friendly Games

The schedule of events is now on the Alice Springs Masters Games website and registrations are being take, Click [here](#) for a quick link to the webpage .

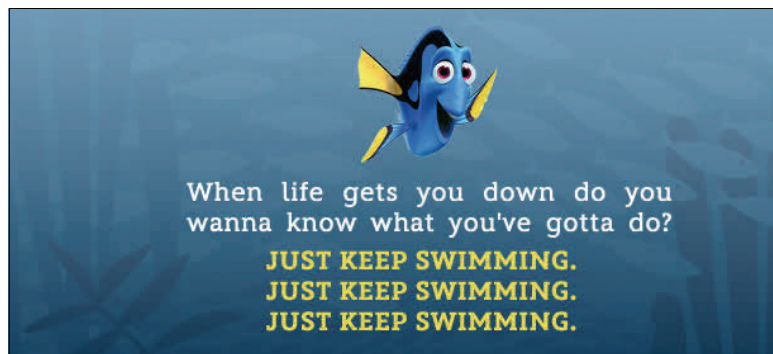
The club has booked a bunkhouse at the Big4 MacDonnell Range Tourist Park for the Masters Games. The dates are 12th to 21st October, 2018.

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.

**Now you can start planning what events you want to enter!!
(you can do more than swim if you are feeling energetic!)**



<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.

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 **NORMA** 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.**We Know Where You Live.....**



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