

PRESIDENT'S PROSE MARCH

I hope you all had a safe and happy Easter break and did not over-indulge on eggs or hot cross buns. A very few of us were looking after ourselves in preparation for the upcoming Masters Nationals in the middle of April. I would like to wish everyone the very best of luck – although if you are superbly fit you will not need luck!!

The open water swims continued throughout March with the 2km State Swim held at Rockingham Beach on a beautiful autumn morning. Congratulations to Stuart who finished first in his age group. Lynne represented the Club by referring in knee-deep water all morning and a group of swimmers enjoyed breakfast on the foreshore before heading down to Bunbury for the Barrett Leschenault Inlet swim. I somehow managed to finish closest to my nominated time by .037 and won a nice prize. The beautiful weather held and we enjoyed a terrific bbq on the banks of the river. What an amazing day!

The Jetty-to-Jetty swim at Coogee was another amazing day with flat calm water which was a bonus considering the very strong easterly winds from the previous night. The club was well represented by members and off-spring in every distance on offer and some were lucky enough to be given a special numbered plastic duck which allowed them entry into the raffle. I am sure you all read the hilarious story of Cockburn's new mascot for the swim. The club had bought a three metre high bright yellow blow-up duck named Daphne which was to be the finishing marker buoy but the wind was so strong in the early morning she took flight and blew away – last seen heading for South Africa at great speed. Daphne actually beached herself at Rottnest and was picked up by a fisherman who took her home, not knowing where she had come from, and then went to Victoria for a week and it wasn't until he came back that he thought about locating the much relieved owners!

March was a hugely disappointing month for the swimmers who were involved in the Port to Pub Rottnest crossing as I am sure you will all know that the event had to be cancelled in the early stages of the race due to dangerous sea conditions that were deteriorating as the morning progressed. As you can imagine – after a year of organising - the Committee led by our club member Ceinwen Roberts, was devastated to have to make the final call but the safety of the swimmers, support crews and the official rescue and support vessels was paramount.

For those of us who jumped in the water and experienced the waves the cancellation came as no surprise and quite a good deal of relief but there was almost unanimous agreement that it was wonderful to be able to start the event and test ourselves in the worst conditions ever for an open water swim off our coast. (One paddler thought the event could have easily been postponed to the next day!)



You have to feel sorry for one swimmer who flew in from New York and two teams from Queensland who had been taken out of the water because of the shark attack in the Rottnest Channel Swim and had come back for a second attack on the channel. Thanks to our great skipper Kim Heath and deckhand Kate our team was lucky enough to reach the island and swim the last kilometre (in very flat water!) and be greeted on the beach by so many wonderful smiling faces and volunteers eager to hand out towels, caps, medals, fruit and pastries. Of course, Murphy's Law - the following day was perfect. Maida Vale Club provided quite a number of volunteers over the weeks leading up to the event and on the day, and for that I thank you on behalf of Ceinwen and her team.

One of the last open water events of the year was Swim the Swan and we were represented by club members Helen Jones who came first in her age group swimming 5 kms and Claire Ware who was 2nd in her age group swimming 3.5 kms.



Training evenings are attracting the usual 10-15 swimmers and Saturday aerobics continues to be a very exclusive event with a handful of regulars.

The final club event of every month is the Pizza night and we will soon have to book out the whole restaurant as we ran out of tables and chairs.

A get well message to Ian Stewart who has a hernia and also suffering from a serious flu virus usually caught by children, worse in adults! Get Better Soon Ian!

Congratulations to Sandie Schroder who has an exhibition of her wonderful art work at the Linton and Gay art gallery at Mandoon Estate in the Swan Valley. I believe the opening was very successful and that her work will be hanging in a very prestigious boardroom (Janet Holmes a Court's no less!) The exhibition continues until 29th April. The gallery is open on Friday, Saturday and Sunday 10 am to 5.00 pm.

Extra congratulations also to Sandie and Robyn as their Nanna turned 100 years old and I am told she is very proud to have received her birthday congratulatory letter from The Queen If only we could get her to swim for the club! (Nanna – not the Queen!)

FROM THE HILL.....ANDREA



Team Maida Vale at the Rockingham Ocean Classic which incorporated the MSA State Championship held on the morning of the 3rd March.

A smaller team continued on to Bunbury for the Barrett Bunbury swim thru in the afternoon.



Very Happy!



Jetty to Jetty swimmers.

A family affair with mums and daughters, husbands and wives, fathers and sons, sisters and grandchildren who swam the shorter distances.

CLUB NIGHT PROGRAM FOR APRIL 2018

2ND APRIL	NO SWIMMING PUBLIC HOLIDAY		
9TH APRIL	25 FLY	STUBBY STAKES	100 BREAST
16TH APRIL	50 FREE		50 BACK
23RD APRIL	100 FLY		25 FREE
30TH APRIL	AEROBICS ONLY COMMITTEE MEETING		

CONGRATULATIONS TO MARILYN POTTER

Marilyn swam closest to her nominated time for March Stubby Stakes,. Marilyn's first stubby stakes for a long while!!

Come down on Monday 9th April and swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler.

Remember to bring a plate of food to share.



CLUB RECORDS

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. There could be lots of new records after the Nationals this month! Watch this space.....

HAPPY BIRTHDAY IN APRIL TO

**Jamie 2nd; Jess 11th,
Sandra 19th; Scott 21st**

Happy birthday Aries

Adventurous
Pioneering

Dynamic

Impulsive

Enthusiastic

Forthright

Energetic
Courageous

Confident

Assertive

Quick-witted

CherylHeppard.com

Happy birthday Taurus

Determined
Practical

Patient

Very Good Looking

Generous Foodie

Spiritual
Successful

Clever
Sensual
Loyal
Trustworthy
Good
Calm
Kisser



ALICE SPRINGS Masters Games

13 - 20 October 2018
The Friendly Games

BIG 4 MACDONNELL RANGE HOLIDAY PARK

We have been talking about this event for over a year and the time to make some decisions has arrived. Check out the events [here](#)

I would suggest checking out Qantas for a flight that leaves Perth on Friday morning at 0600 and is non-stop to Alice. The flight home is Sunday morning at 1125.

Registrations are open and you are encouraged to check out their website to select your events. You are permitted to compete in 6 individual events - plus the 800mtr freestyle. There will be relay events. The swimming programme runs from **Saturday 13th to Wednesday 17th** - which allows 3 days for sightseeing and then the closing ceremony and party before flying home on Sunday.

As a fun event you should also consider registering for the Masters Mile which is a stroll around the oval on Thursday evening. A very social event and only an extra \$5 and you can boast you competed in both swimming and athletics!

The accommodation that has been booked by the club consists of a bunkhouse with 16 rooms. There are 8 rooms at one end, the kitchen, eating and sitting area in the middle and another 8 rooms at the other end. Whilst each room has 2 sets of bunk beds, accommodating 4 people, it might be more comfortable to book one room per couple.

Each bunkroom will cost \$82 per night - \$732 for the 9 nights (total for 2 persons).

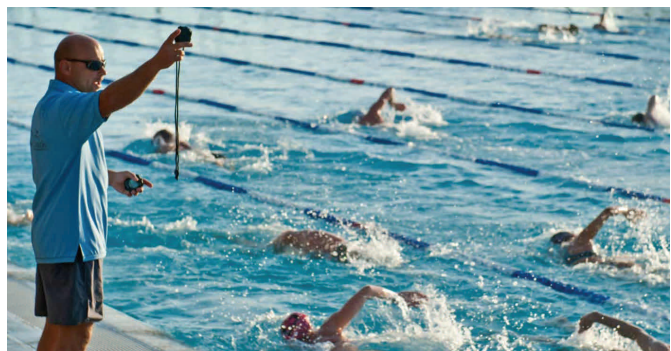
Whilst the Holiday Park is 10kms from the pool, there is a bus service on the corner and I have been told there will be a free Games Shuttle bus.

It is now most important that you let me know if you intend travelling to Alice Springs as we either need to fill the bunkhouse with out club members and families or release some rooms to other clubs/competitors.

Please contact me - andreawilliams12@hotmail.com - as soon as possible.

I will need to release any spare accommodation by the end of June at the very latest!

Andrea Williams.



A STORY FROM A VERY PROUD MUM.

Marilyn Potter's son, Jason, recently completed the Three Peaks Bike Challenge at Falls Creek, Victoria. It is a 238 kilometre challenge which attracts over 1600 riders annually.

Marilyn sent hubby off to Melbourne to meet up with Jason, his partner, Penny, Marilyn's daughter Sonia, hubby Heath and two grandsons Tristan and Quentin. Marilyn stayed home to make sure the dog was safe and sound but was able to keep up with the ride via the internet (such a great invention for times like this!!!).

For Jason it was an unfinished challenge as he had entered the challenge last year but had to pull out after the first climb. He was determined this year to complete it! The weather produced perfect conditions for the riders and with the support of all the family Jason successfully completed the ride in 11 hours and 18 minutes. Only 8 minutes outside his nominated time.

Marilyn's grandson Tristan rode his bike in a three kilometre ride for children which took place after the Three Peak Challenge riders left for their 238 kilometre ride.



It is not all about the swimming!

Brian is organising another walk around the bridges starting at Garvey Park on Sunday, 15th April at 10.00 o'clock followed by a picnic.

Bring your walking shoes, picnic hampers and dogs (if you have one) a great walk for them!!



MEMBERSHIP FEES FOR 2018

**DON'T
FORGET**

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 Dolphin dots if you have forgotten how to do this.

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](#)

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.

New Club Shirts and they are ready for collection....just in time for the Nationals. The shirts will cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Get your shirt in time to wear at the Nationals – and that includes anyone who is attending but not necessarily swimming.

Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots



Contact Details:

President:	Andrea Williams
Secretary:	Lynne Duncan
Coaching panel :	Stuart Anderson
Editor:	Kate Elliott

Ph: 9293 2318
Ph: 0417 997 556
Ph: 04277 829 380
Ph: 0400450 770

andreawilliams12@hotmail.com
duncan1320@bigpond.com
kelliott@iinet.net.au

