

President AWOL again September 2018

I am writing this from our balcony overlooking the beautiful Libyan Sea on a day off from swimming 5kms a day along the coast of southern Crete. A majestic baron coastline dotted with little villages and white churches. A similar adventure to the swim experienced in Croatia by Caroline, Jamie and Maggie. Definitely a bucket list item for swimmers. Fellow club member Helen Jones is on another trip island hopping in Samoa at the moment which sounds wonderful.

We did a gruelling 18km hike through the Samaria Gorge before our swim which was amazing but left us feeling like Minoan relics afterwards. These gorges were the escape routes to the sea for thousands of Allied troops in 1941 and I can't imagine the hardships they underwent. Hiking, malnourished and in full kit, with no tourist tracks or comfort stops to help them. We are near Preveli where troops were hidden by locals in the old church. Prevelly Park in Margaret River has a little Greek church which was built by a WA survivor of that escape.

The chapel, officially known as the St John the Theologian chapel, was built in the late '70s by Prevelly's founder, Geoff Edwards. He named the settlement and built the chapel to commemorate the people and monks of the Holy Monastery of Preveli in Crete, who helped him and other servicemen survive and escape the Battle of Crete in World War Two.

Meanwhile back in Perth in early September we did have five swimmers travel to Cockburn to compete at Leeming Master's 400/800 meet. The centre there is very impressive and it was a good afternoon.

With luck and some good club participation our 400/800/1500 event on **October.6th will be a successful event. Please try to make yourselves available at the Darling Range pool from 12 noon if possible.**

Congratulations to Sandra and her sister for completing the 35km Bloody Big Walk (no I'm not swearing again!) In 5hrs 40 whilst fundraising for the Mita foundation.

Thanks to WiFi and the Internet the final planning for our Lake swim has been ongoing whilst both Lynne and I have been away. Lynne has been dealing with the sanctioning paperwork and I have been sorting the prizes. We have also been involved with a new Masters website promoting open water swimming and it looks great. The WOW site can be accessed via the Masters site. Check it out!

I hope you have all enjoyed the pizza night, the footy, the walk on Sunday and we'll see you at Stubby Stakes on Monday.

FROM THE WHITE MOUNTAINS AND THE BLUE WATERS OF CRETE.....ANDREA.



Congratulations to former Maida Vale and current Hervey Bay Masters members, Paula and Terry Hewett on the safe arrival of grandson Sebastian to Jacinta and Ross on 21st September.
NB (we won the Winter Solstice against Hervey Bay Masters this year!)



CLUB NIGHT PROGRAM FOR OCTOBER 2018

1ST OCTOBER	100 FREE	STUBBY STAKES	100 Fly
8TH OCTOBER	25 FREE		25 BACK
15TH OCTOBER	50 BREAST		50 BACK
22ND OCTOBER	50 FREE	OR A COMMITTEE MEETING	100 BACK
29TH OCTOBER	200 FREE		25 FLY

IT WAS A DOUBLE HEADER LAST MONTH CONGRATULATIONS TO SANDRA THOMPSON AND GREG BOURNE



Who both swam closest to their nominated times for September Stubby Stakes which was 25 Fly.

Come down on Monday 1st October 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.

Monday Stubby Stakes night is a night to catch up with other club members and to check out how well you know your swimming time.

HAPPY BIRTHDAY IN OCTOBER TO

GLAD 1ST; TAMMY 4TH A BIG O BIRTHDAY!
KATE 11TH; PATRICIA 18TH; JENNIFER 22ND



OR



We are hosting a LiveLighter Swim Event at Darling Range Sports Collect in Forrestfield on Saturday 6th October.

The Boiler is working again so the water will not be freezing!!

Hopefully lots of club members will have put this event in their diary and will be able to come down and swim, time keep and help with afternoon teas!!



Maida Vale Masters
invites you to join us for our

LiveLighter 400m/800m/1500m Swim Event
Saturday 6th October 2018
1.00pm – 5.00pm
Darling Range Sports College
Berkshire Rd, Forrestfield
(Indoor, Heated, 25m Pool)

Two swims only – Second swim dependent on time - (1500m Swims - 400m & 800m intervals recorded)

Event 1:	400m FR	Event 6:	800m FR	Event 11:	1500m FR
Event 2:	400m BA	Event 7:	800m BA	Event 12:	1500m BA
Event 3:	400m BR	Event 8:	800m BR	Event 13:	1500m BR
Event 4:	400m BU	Event 9:	800m BU		
Event 5:	400m IM	Event 10:	800m IM		

Entry Fee \$6.00 and includes refreshments which will be served throughout the event

Clubs to pay by one bulk payment only please and collect individual fees from their swimmers themselves.

Payment is required by EFT prior to the meet or by cash on the day for *all swimmers entered*

Bank Acct Name: Maida Vale Masters Swimming **BSB** 036-065 **Acct. No** 28-5603

- Swimmers are to enter via Clubs and using Team Manager Entry files.
- Masters Swimming Australia Swim Rules apply.
- Please indicate Record Attempts if applicable.
- Swimmers may be asked to swim 2 to a lane
- Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a pool of meet distance, that is 25mtrs.
- Postal entry results must be submitted using the Team Manager Results File, received by 6.00 pm, 4 days before the event date.
- Postal entries will not be eligible for records. Distance Event Time Sheets downloaded from the MSWA Website – V4 June 2018, Under Information/Forms should be used.

Postal Entries close: Wednesday 3rd October, 2018. (Late entries will not be accepted)

Clubs - please bring stopwatches, and if a swimmer is attempting a record please bring at least one timekeeper and watch, please. Swimmers - be prepared to time before and after your swim.

Please email entries to Brian RISBEY risbev3@bigpond.com by Thursday 4th of October, 2018

Meet Organiser: Lynne Duncan - Email: duncan1320@bigpond.com – Contact: 0417 997 556



- The club's open water swim at Lake Leschenaultia will be held on the second Sunday in November, the 11th November. (this year is the 100th anniversary of Armistice day). And a day which it is hoped as many club members as possible will keep free, if not to swim, but to help out with all the jobs that go into making this a successful fund raising event for the club. This year there are a few changes to the event. 4 distances to choose from being the main change! There will be more about this event in Dolphin Dots and the newsletter, but put a big circle round the 11th November on your calendar and keep it free.



**32nd Lake Leschenaultia
Open Water Swim
Sunday 11th November 2018
400m, 800m, 1600m & 3200m Swim**

Lake Leschenaultia, Chidlow

45 minutes' drive from Perth, Rosedale Road, Chidlow, is a man-made lake constructed in 1897 for the WA Government Railway to water Steam Engines at the Chidlow Well Station. 600 acres of Parkland is now a recreation area ideal for family and group outings, plenty of BBQs, sandy beaches, grassed areas and pleasant and easy walks.

Reflections Café on lakeside, is open for breakfast, lunch, coffee & refreshments

Please Note: Entry to the Lake is **FREE**
Pets are not allowed at the Lake!

EVENT INFORMATION

This event will be conducted according to the MSA Local OWS Rules 2018/2019

8:00am - 9:00am	Registrations
9:10am	Event Briefing - All Events
9:20am	1 Min Silence—Remembrance Day
9:30m	400m Swim—Start
9:50m	3200m Swim—Start
9:52m	800m Swim—Start
9:55am	1600m Event—Wave1 Start
9:57am	1600m Event—Wave2 Start
9:59am	1600m Event—Wave3 Start

<https://www.registernow.com.au/secure/Register.aspx?E=27573>

Cancellation: The Race Director & Event Coordinator, in conjunction with the Race Referee, has the right to cancel the event due to unfavourable conditions or circumstances that could compromise the safety of participants.

In the event of the swim being cancelled, every attempt will be made to notify competitors in advance.
Entry fees will **NOT** be refunded.



Our Sponsors

Thank you to our Sponsors whose support is acknowledged and very much appreciated



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Paul Jones
0415 679 232
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www.f4coaching.com



Village Pizza
Lesmurdie 9291 4444

221 Gooseberry Hill Rd,
Maida Vale. 9454 5440



ELIGIBILITY

400m—Go Jump in the Lake Non-competitive event is open to swimmers **9 years of age** (on the day) and over

800m event is open to swimmers **11 years of age** (on the day) and over
1600m Signature event is open to swimmers **11 years of age** (on the day) and over.

(Closest to Nominated Time)
3200m event is open to swimmers **12 years of age** (on the day) and over

ENTRY FEE:	400m event	\$10.00
	800m event	\$35.00
	1600m event	\$40.00
	3200m event	\$45.00

LATE ENTRY: \$50.00—ALL events except the 400m.

Thanks to Kathy and Brian for organising the bush walk today.

Thanks to Caroline, Stuart and Jamie for testing the trail on Saturday (in the rain!).
What a beautiful morning it was for a walk this morning, happily the forecast was wrong!
We all enjoyed a well earned brunch at Embers after the walk.

How lucky we are to have something like this on our doorstep?



The leschenaultias: a gentle reminder to start training for the lake swim! 11/11 (that's the 11th November the second Sunday in November!)





ALICE SPRINGS Masters Games

13 - 20 October 2018

The Friendly Games

Good luck to all the club members heading off to Alice Springs this month. Only a few weeks away now. Lots of serious training happening.....how many medals will be brought back?

The Noughties Night, held to celebrate all those people with an O in their age will be held on Saturday 27th October. More details will follow in Dolphin Dots about this events.



Thanks to Barbara Hart, Garry Lymn, Brian Risbey and Caroline Dyer who all celebrated their birthdays in September and bought sweet pizzas at the Village Pizza Kitchen which were shared by all on Wednesday 26th September.



Don't forget that Pizza Nights have been changed to The Last **WEDNESDAY** in the month. This month it will be held on the 31st October. Village Pizza kitchen will no longer be opening on a Tuesday.

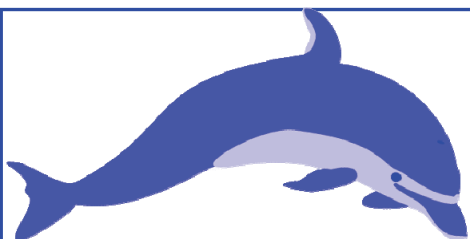
Did you Know?

**Swimming a quarter of a kilometre
is almost equivalent
to running one kilometre**



Don't forget to check out our Facebook web page with more photos and videos .Just click on the link below.

[Maida Vale Masters Swimming Club](#)



Swimming. It's good for you, but I expect all of you who swim already know how good you feel after a session in the pool! In fact, it turns out that swimming is better than good, it's awesome, and not just because it's an amazing low-impact, fun [way to lose weight](#) and get fit. Swimming has a plethora of benefits, which is why it is one of the most recommended cardio workouts in the world today. So embrace your inner

dolphin and get ready to enjoy all the benefits which swimming can bring. Click [here](#) to check out the 8 Awesome Health Benefits.

Endurance swimming at Darling Range College Pool is a good way to embrace your inner dolphin on a Saturday afternoon. The boiler is fixed and Endurance swimming can begin again.

Next Saturday 6th October our club is hosting a Live Lighter Swim, 400, 400 and 1500 metre timed swims. If you don't want to swim we hope that you will have time to come down to the pool and help with time keeping and the afternoon tea!

IF YOU ARE PLANNING TO SWIM IN THIS EVENT DON'T FORGET TO LET BRIAN RISBEY KNOW THE EVENTS YOU WANT TO ENTER.

The next Saturday afternoon endurance swim will be announced in Dolphin Dots after our LiveLighter Event on the 6th October.

THE OPEN WATER SWIMMING SEASON IS NEARLY UPON US!

REGISTRATION FOR THE BUSSELTON JETTY SWIM IN FEBRUARY 2019 OPENS TOMORROW MORNING AT 5.00 AM. THIS SWIM FILLS QUICKLY, SO IF YOU ARE PLANNING TO GIVE IT A GO NEXT YEAR. SET YOUR ALARM CLOCK!! THIS YEAR THEY HAVE A NEW SWIM, 1,600 METRES STARTING FROM THE TOP END OF THE JETTY!! YOU JUST HAVE TO SWIM IN!



MEMBERSHIP FEES FOR 2019

**DON'T
FORGET**

Fees for 2019 **\$104.00** and can only be paid through the Membership Port on the MSAWA 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 will send 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



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