

# Up Hill & Down Vale



MARCH 2019 NEWSLETTER

## PRESIDENT'S PROSE FEBRUARY 2019

Well it was no surprise that I was voted in again as President for 2019 – I have yet to find anyone else who will take over from me. Thank you again for your confidence in my leadership skills. I did arrive late to the AGM but still got re-elected! Brian and Kathy Brady generously opened their home for the meeting

Our committee has remained virtually the same as 2018 with the exception of Stuart Anderson who has stepped down as Vice President. I would like to thank Garry Lymn for jumping in foot first to fill the role and also thank Stuart Anderson for his past two years as my offside. The committee for 2019 consists of me at the helm for the tenth year, Garry Lymn is our new **Vice President** – a position he has held previously. Lynne Duncan is **Secretary and Registrar** (still efficiently performing that role after fifteen years). Sandra Thompson is our **Treasurer** for the third year. Kate Elliott is again **Publicity Officer** for the fifth year. Lesley Hart has stepped back into the role of **Coach and Recorder**. Our **Captain** for the second year is Brian Risbey who also controls our Website. The **Social Director** is again Brian Brady – ably assisted by Kathy. **Uniforms Officer** is Norma Jack and our **Refreshment Officer** is none other than Russel Fowler – possibly into his twelfth year and a job for life! Maggie Read has taken over from Russel as **Safety Officer** as Russel Fowler is retired and no longer required to keep his qualifications up to date.

The position of Safety Officer was debated as we are required to have at least one member present with current first aid and CPR qualifications at all training sessions. To comply with this requirement the club will organize a partially subsidized daylong training session with a qualified first aid instructor.

The position of **Aerobics/Endurance Recorder** has been held for many years by Barbara Hart, however there is considerable heavy lifting involved and the stress level was becoming a problem for her so Brian Brady and Elaine Bourne have stepped into that role. Barbara will still be on hand at the pool to help with the timekeeping. Thank you to Barbara for all her wonderful work. As you can see, the committee consists of mostly the same people, who have volunteered in various roles for many years and it really is time that some new, possibly younger members put their hands up next year. The club needs to evolve with fresh ideas.

I mentioned that Lynne Duncan has held her position as Club Secretary and Council of Clubs representative for 15 years. Lynne's talents extend much further than club activities as she is also on the board of Masters Swimming WA and on the Masters Technical Committee plus she is an active pool and open water series referee. In recognition of her services, I nominated her for a Life Membership of Masters Swimming – a nomination supported by several other clubs - and at their Annual General Meeting, Lynne was awarded that honour, along with Ron Gray, another hard working volunteer. Congratulations Lynne and Ron for all their years of dedication and hard work with Masters Swimming – an undertaking that I know they both enjoy immensely.



The open water swimming season continues The month began with an open water event from Cottesloe to Swanbourne on a lovely sunny morning with a decent southerly wind that assisted the competitors and some fast times were recorded. Lesley Hart, Greg and Jennifer Bourne, Maggie Read, Gwyn and I enjoyed our swims and a quick breakfast before a dash home to prepare for my birthday party that night. Whilst not a club social event, quite a few of my swimming friends did attend my 70<sup>th</sup> birthday party and I personally had a wonderful celebration.

Greg, Maggie, Andrea and Gwyn competed in the Fremantle Surf 1.6 km swim. This was followed by a 4 x 500 metre relay, which we might have to enter next year. The Open Water season is a great opportunity to enjoy the ocean and to get out of the tin shed for a swim.



February was a huge swimming month for several members with the Busselton Jetty Spectacular weekend and the Rottnest Channel swim. At Busselton, Tammy Norregaard competed in the half marathon on Saturday morning and then a solo swim around the jetty on Sunday. Despite there being a lightening and thunder storm on the Saturday night, Sunday morning heralded terrific weather and provided calm waters for the 3.6km swim around the jetty. Tammy and Steve Norregaard, Claire Ware, Stuart, Greg, Gwyn and I, Helen Wilson, Helen Jones, Lesley, Ceinwen and Andy Roberts completed the solo swim. Paul Waters was 400mtrs into his solo, had a malfunction with a nose-clip blowout, and had to withdraw! Kate and Caroline swam as duos. Maggie and Jennifer competed in the new Magic Mile event from the end of the jetty back to shore and Jamie Dyer, young Holly Wilson and the Norregaard boys were a team around the jetty. Lynne, Andrew, Garry and Barbara were the official towel holders and cheer squad.



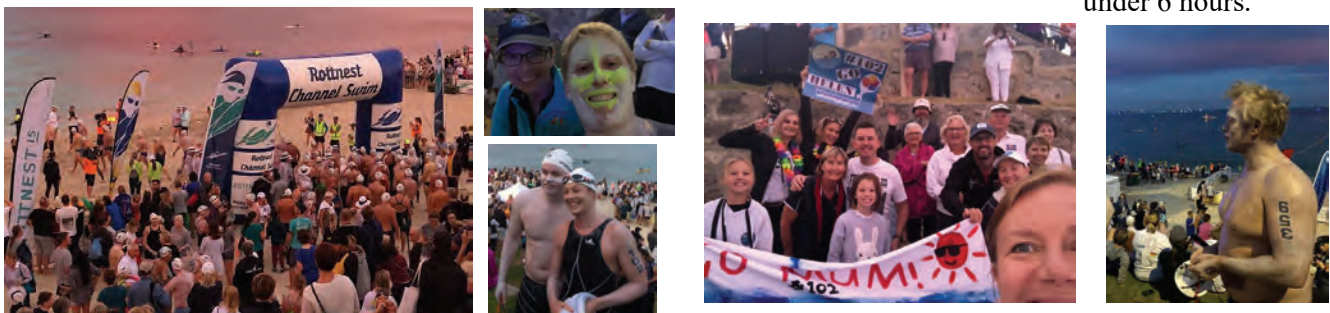
The Newman Churchlands LLCC was held mid February after a year off because of renovations to the college pool. The event is always popular with clubs because the venue is perfect for a summer competition and the cool, clean water is a delight to swim in. With only a small group and a couple of unfortunate disqualifications by suitably embarrassed swimmers, we finished a very close fourth. Perhaps next year we will present more of a challenge to the Superfins!



A small group trained at Bilgoman Pool on the cool Thursday evening before the channel swim but the bbq area was sheltered and provided a pleasant venue for a celebration and a birthday cake for Stuart and to wish him, Helen Wilson, Claire Ware and Steve Norregaard well in their upcoming solo swims.

The final weekend of the month provided a large number of club members with an excuse to travel to Cottesloe beach and Rottnest Island to support our fellow swimmers in their challenge to cross the Rottnest Channel. Congratulations to our finishing solo competitors, Stuart, Helen Wilson and Steve Norregaard (with Tammy paddling for him) Steve had an unwelcome adrenaline rush the day before as he had been stranded in Norseman, surrounded by bush fires and his plane had been delayed – not the ideal pre-race preparation. Unfortunately, Claire Ware succumbed to seasickness and cramps and was not able to finish this year. Solo swimmers train for nearly twelve months to prepare and qualify to compete and it is an amazing undertaking and personal achievement to make it to the starting line on the day! Well done to Helen Jones who competed in a duo, as did Ceinwen with Andy and both teams finished well

under 6 hours.



A great group of club supporters travelled down to the beach to farewell the swimmers and followed it up with a breakfast at the OBH... Lesley, Maggie, Elaine, Greg, Jennifer, Lynne, Jan and David Pether and Brian Risbey were up before dawn to wish them well. Having read the official booklet it was interesting to note that there have now been nineteen swimmers from Maida Vale completing solo swims since the event officially began and they have recorded forty three crossings in total. Not bad for the Tin Shed Crew!



The final gathering for the month was the Village Pizza night and we had to resort to providing our own chairs as we had packed the courtyard out. Delicious as usual. A big thank you to the birthday people who supplied the desert pizzas! Always delicious



My last comments in the January Newsletter were about Norma Jack's injured left hand and I can report that some of the swelling has gone down but the physiotherapy is proving to be quite painful and her hand is bandaged and has a small supporting cast. It will be a while before Norma can hop back into Lane 2 where her cheerful presence is missed – and she is still on light duties in the kitchen I believe!

On a sad note, Patricia Dalle-Nogare's much loved Father passed away following a stroke suffered late last year. Nine club members attended the funeral, wearing our navy blue club shirts to show our respect and support Patricia, Frank and Maurice.

Glad McGough is not in the best of health with badly swollen legs from cellulites, a sore wrist requiring carpal tunnel surgery and a damaged shoulder so we may not see her in the pool for some time but wish her well, and a speedy return to the pool!.

Good luck to Garry Lymn who is undergoing another knee operation in early March to provide him with a State of The Art prosthetic leg attachment.

Keep up the great training sessions and good luck to competitors in the upcoming State open water swim in March.

FROM THE HILL.....ANDREA.

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

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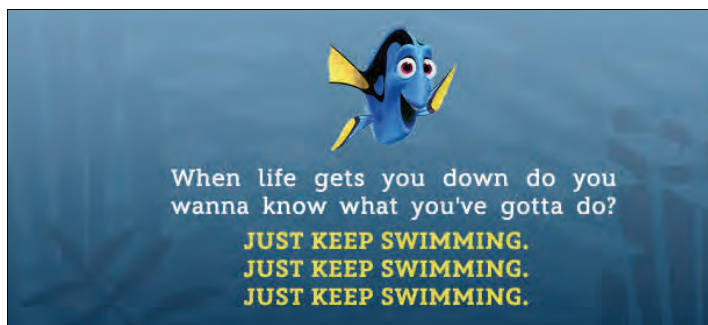
## LEADERBOARD

### CURRENT STANDINGS

WOMEN		MEN	
<b>UNDER 15</b>	<b>POINTS</b>	<b>UNDER 15</b>	<b>POINTS</b>
1 Ashvini NADARAJAH	305	1 Owen CATTAWAY	335
2 Rosie WILSON	220	2 Alessia MACRI	315
3 Emma CUMMINS	137.5	3 Haydn FERGUSON	290
4 Emily PARSONS	150	4 Archie DAVIS	122.5
5 Caitlin GOLDING	87.5	5 Luke COLLINS	115
<b>UNDER 18</b>	<b>POINTS</b>	<b>UNDER 18</b>	<b>POINTS</b>
1 Fiona CULLINANE	255	1 Max CUIEN	300
2 Tia DONOVAN	185	2 Byron KIMBER	265
3 Abigail PHILLIPS	130	3 Kyle LEE	190
4 Kate COLLINS	112.5	4 Jye JENSEN	122.5
5 Claire EMERY	107.5	5 James PETROFF	115
<b>OPEN (18-34YRS)</b>	<b>POINTS</b>	<b>OPEN (18-34YRS)</b>	<b>POINTS</b>
1 Rebekah WELLS	400	1 Bradley SMITH	220
2 Natalie WOOLFIT	320	2 Samuel FOSTER	165
3 Stacie FRUCHOT	150	3 Stuart ANDERSON	125
4 Tessa VILJOEN	165	4 Harry HEWITT	120
5 Nicole HAMILTON	85	5 Giacomo LUCIFERO	115
<b>LEGENDS (35-49YRS)</b>	<b>POINTS</b>	<b>LEGENDS (35-49YRS)</b>	<b>POINTS</b>
1 Jaime SCHWARTZ	400	1 Nicola FRANCHINI	400
2 Helen JONES	175	2 Bob TARR	320
3 Rachel BORN	150	3 Anne ELLIS-KERR	210
4 Clare WARE	115	3 Shaun JESSOP	185
5 Julie GIBSON	100	5 Marcus DONATO	180
<b>SUPER LEGENDS (50+YRS)</b>	<b>POINTS</b>	<b>SUPER LEGENDS (50+YRS)</b>	<b>POINTS</b>
1 Margaret YOUNG	220	1 John MUIR	410
2 Sue PARSONS	180	2 Richard WILLIAMS	350
3 Nancy WAINWICK	115	3 Alison MAXWELL	320
4 John AUSTLEY	165	4 John HANES	220
5 Helen BLINFORD	97.5	5 Chris PALANKE	180

PRESENTING SPONSOR:

FINANCIAL SUPPORT BY:



## CLUB NIGHT PROGRAM FOR MARCH 2019

<b>4TH MARCH</b>	<b>PUBLIC HOLIDAY—NO SWIMMING</b>		
<b>11TH MARCH</b>	<b>50 BACK</b>	STUBBY STAKES	<b>100 BREAST</b>
<b>18TH MARCH</b>	<b>100 FLY</b>		<b>25 BACK</b>
<b>25TH MARCH</b>	<b>COMMITTEE MEETING—TRAINING ONLY</b>		
<b>1ST APRIL</b>	<b>STUBBY STAKES (ALL FOOLS DAY) 50 FLY SEEMS APPROPRIATE!</b>		

### STUBBY STAKES FEBRUARY CONGRATULATIONS TO **MARILYN POTTER**

Who swam closest to her nominated times for February Stubby Stakes which was a 50 Back

Our next Stubby Stakes will be held on Monday down on Monday 11th March. 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 MARCH TO**

## Pisces

February 20 to March 20

SYMBOL - The Fishes

ELEMENT - Water

PLANET - Neptune

**Qualities Of Pisces**

Compassionate, Selfless, Sympathetic, Artistic,  
Intuitive, Carefree, Imaginative & Joyful

**Lucky Color** - Sea green

**Lucky Stone** - Aquamarine

**Lucky Day** - Friday

**Lucky Number** - Three & Six

# There are Club Records already being broken in 2019.

## Records are tumbling,

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 whose records you could break.



### CLUB RECORDS FEBRUARY 2019

Name	Age Group	Course	Event	Time
Andrea Williams	70-74	Short	800m Freestyle	16.28.14
		Short	25m Freestyle	21.58
		Short	50m Breaststroke	1.04.98
		Short	100m Freestyle	1.39.09
		Long	100m Breaststroke	2.25.03
		Short	200m Freestyle	3.36.82
		Long	200m Freestyle	3.34.49
Maggie Read	65-69	Long	50m Butterfly	56.78
		Long	100m Breaststroke	2.11.04
Lesley Hart	55-59	Long	200m Freestyle	3.03.00
David Pether	70-74	Long	50m Freestyle	34.04
		Long	200m Freestyle	3.11.07
Brian Brady	65-69	Short	1 Hour Backstroke	2090

## An Early Outing to the Crown

### ON THE BUS TO THE CROWN – Friday 8<sup>th</sup> MARCH 2019

An early outing to put into your diary – Bus to the Crown Casino for dinner & a bit of a flutter.

Bus leaves the pool at 5:30pm to Crown and leaves Crown at 10.30 pm to return to the pool.

\$15.00 per person paid in CASH to Brian on the night/bus. The Crown will not accept payment by card or EFT – cash only.





This is our next club event.  
 It was a quick and well run event last year.  
 If we were not swimming we were time keeping.  
 Fastest event ever! Followed by a delicious supper and a raffle!  
 If you haven't been to a masters challenge in a while, this one is for you.  
 Close to home and leaves you a whole weekend to recover!  
 It would be great to see some of our new members here.  
 Join in, choose your events, and have an enjoyable night!



Swan Hills Swimming Club invites your members to the  
**Eastern Hills Club Challenge #1, 2019**  
**Friday, 22<sup>nd</sup> March 2019**

Venue: Swan Active Midland - SC Outdoor  
 Address: Gray Drive, Midvale  
 Warm up: 6.00pm, Meet start time: 6.30pm

**EVENTS**

- |                           |                                    |
|---------------------------|------------------------------------|
| 1. 200m Choice            | 9. 50m Breaststroke                |
| 2. 100m Freestyle         | 10. 50m Butterfly                  |
| 3. 100m Backstroke        | 11. 25m Freestyle                  |
| 4. 100m Breaststroke      | 12. 25m Backstroke                 |
| 5. 100m Butterfly         | 13. 25m Breaststroke               |
| 6. 100m Individual Medley | 14. 25m Butterfly                  |
| 7. 50m Freestyle          | 15. 4 x50m Slowest Freestyle Relay |
| 8. 50m Backstroke         | 16. 4 x25m Slowest Freestyle Relay |

The event is OPEN to Masters Swimmers from Swan Hills, Maida Vale and Armadale, swimmers from other clubs may request to attend. *This event will be limited to the first 50 swimmers who nominate.*

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and in an appropriate Relay(s).
- All participating Clubs are to provide timekeepers.
- Cost of event entry is \$5 per swimmer. Entry to the pool is payable on the day.  
Clubs please forward team payments by 22<sup>nd</sup> March 2019 to:  
Swan Hills Swimming Club BSB 633 000, A/c 146931712 please use club name as reference.
- Refreshments will be provided afterwards in our club rooms.

Please process entries via Team Manager and email to Club Recorder at  
[secretary@swanhillsswimmingclub.org.au](mailto:secretary@swanhillsswimmingclub.org.au) and ensure that all participants are financial  
 members of your Club prior to accepting their entry. **Entries close Wednesday, 20<sup>th</sup> March  
 2019.** If any problems or queries, please contact the Event Coordinator, Sandra Mutch on 0417  
 97 4417.



**DON'T  
FORGET**

## MEMBERSHIP FEES FOR 2019

12 months registrations for 2019 will open on Sunday 2nd December. If you need assistance with your registration, please contact Lynne Duncan on 0417 997 556, and she will be able to assist you.

Fees for 2019 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.

Details on how to re-register

<http://mswa.asn.au/>

Click on the membership portal (on the right)

Click on the Re Register Icon and follow the instructions from there.

### New Club bathers and club shirts 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. The shirts 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 Lake Swim if you don't already have one. 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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