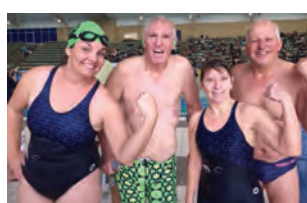


PRESIDENT'S PROSE AUGUST 2019

August began with a group of 16 swimmers competing in the Golden Gropers State Relay Championships at the HBF Stadium. Claremont Masters conducted a very well organized event which ran smoothly considering there were a record number of events on offer. I will name our swimmers as they worked very hard to represent our club and finish in the top 10. Lesley Hart; Maggie Read; Kate Elliott; Andrea Williams; Caroline Dyer and newcomers to competitions Bronwen Charlesson; Victoria McGuire and Alison Charman. Stuart Anderson; Ian Stewart; Gwyn Williams; Brian Brady; Greg Bourne; David Masters (also a new comer to competition) Russel Fowler; and Garry Lynn.



Lynne Duncan was again on pool deck as an official and Liz Bettridge, Barbara Hart and Dorothy Stewart were our cheer squad. The competition was fierce and our best result was a second place by one of the ladies' teams with several third placings. We did have one DQ which was so close it was only picked up by the electronic timing system. Kate proudly boasted that it was a great family exercise as her three daughters were competing with her. Helen Wilson has transferred (due to travel logistics) and was swimming for Bold Park. The girls were in one of the relays together which was fun.

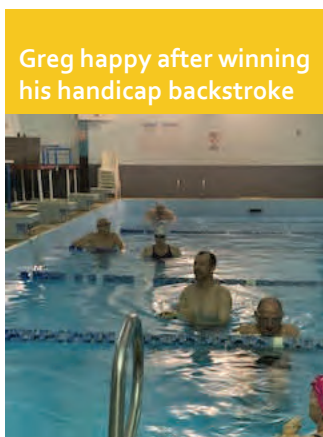
The highlight of the afternoon however, was our "Stephen Bradbury" relay moment. Greg Bourne was swimming the 50mtr butterfly in the men's medley and had completed the first 25mtrs in a cracking pace but with 5 metres to finish his arms gave in and he swam from the flags to the wall in freestyle. He was so cross with himself that he threw his goggles! Garry was waiting in the water to complete the relay with the freestyle. And swam butterfly for the last 5 metres! His reason being that Greg finished with free in his fly so Gaz would finish with fly in his free! Very funny and it was commented upon. However, at the time of Greg's change of stroke (in lane 1 right under the noses of 3 referees and the starter) not one of the officials was looking at him but instead concentrating on something at the other end of lane 8! Consequently the team was not disqualified! Remarkable! (A Flipper for the officials!)

As we were away for the middle of the month Lesley stepped in to take control and I believe everything carried on as usual with good numbers attending training. Endurance recommenced at the freshly tiled, painted and cleaned Darling Range pool.

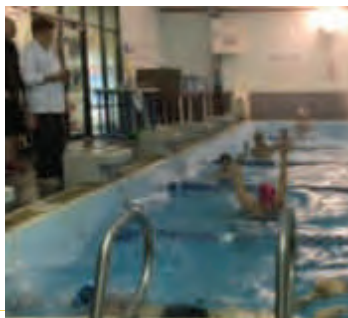
Thank you to Lynne Duncan and Brian Risbey who attended an inaugural Club Conference that concentrated on the upcoming calendar of pool and open water events. They both found the content and guest speakers very informative.

I believe Glad McGough was up to her usual antics in the pool at Somerset when she competed in the 1500 mtr pool event. Glad repeated her Nationals trick of diving in without her goggles on and had to complete the 1500 breaststroke with a lot of blinking. The choice of stroke was appropriate as she also had her usual costume malfunction. I will leave that to your imagination!

The Handicap Events were held last Monday and thanks to Lesley's and Sandra's handicapping prowess, most races were very close and exciting. Our champions for this year were Marilyn in freestyle; Greg in backstroke; Bronwen in breaststroke and Kate in butterfly.



Greg happy after winning his handicap backstroke



A very happy Kate after winning the butterfly handicap



Waiting for the go in the breaststroke

The Village Pizza night was again well attended with our newest member Richard Blyth joining us to meet fellow swimmers- plus a gorgeous Great Dane who dropped in to pick up a takeaway!

The committee had to make a decision on the Distance Meet that we normally conduct in October and because our main organizer, Lynne, will be away at the time, it was decided to cancel it this year. There is a great deal of paperwork involved with these events and, with the Lake swim also in the planning we felt it was the best option.

Congratulations to Jamie Dyer who has just graduated and is now a fully qualified RN with a job lined up at Royal Perth Hospital. I know she will make a wonderful nurse but hope never to meet in her professional capacity!

The MS Ocean Bike Ride will be held on 24th November and we will probably volunteer to assist for the third year running so keep that date free and let me know if you're available. Marilyn Potters son, Jason Potter, has once again signed up for this years ride Last year he rode in a team, **Doing it For Mum** and raised over \$7,000.00 for MS research. This year Jason has signed up to the 120 km ride (20 km longer than last years ride). Jason has a fundraising page if anyone would like to contribute to his fundraising. Click [here](#) to be taken to his fundraising page.

Good luck to Scott Yaxley who is about to undertake a bike ride to the base camp of Mt. Everest! I expect some wonderful photos on his safe return.

See you on Monday at Stubby Stakes!

Back on the Hill*ANDREA WILLIAMS.*



Loving the new club hoodies!!

Two familiar bottoms appeared in this months Have a Go paper promoting the benefits of swimming for fitness, fun and friendship!



CLUB NIGHT PROGRAM FOR SEPTEMBER 2019

2ND SEPTEMBER	25 BACKSTROKE	STUBBY STAKES	100 BREAST
9TH SEPTEMBER	100 FREE		50 FLY
16TH SEPTEMBER	COMMITTEE MEETING—TRAINING ONLY		
23RD SEPTEMBER	100 IM		50 BREASTSTROKE
30TH SEPTEMBER	P U B L I C H O L I D A Y N O S W I M M I N G		

AUGUST STUBBY STAKES CONGRATULATIONS TO STUART ANDERSON

Who he swam closest to his nominated time for August Stubby Stakes, 50 Butterfly.

Our next Stubby Stakes will be held on Monday 2nd September.

Come down to the pool and swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. Please 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 SEPTEMBER TO

**Garry Lymn 1st; Jill McClelland 2nd; Barbara Hart 10th; Kayla Ellis 15th;
Andrew Ryan 16th; Caroline Dyer 20th; Trevor Costigan 30th**

VIRGO

AUGUST 24 - SEPTEMBER 23

Observant **DEDICATED** Witty
 sympathetic CREATIVE
 organized **RELIABLE**
 helpful ANALYTICAL Kind
 sensual Efficient LOYAL
CHARMING Thoughtful
 Industrious COMPASSIONATE
 perfectionist Intelligent
 punctual **LOVING**

LIBRA

SEPTEMBER 24 - OCTOBER 23

Charming ARTISTIC GENTLE
 escapist TOLERANT
 thoughtful **seductive** FAIR
 easy going well balanced
 communicative Sociable
Good mediator Romantic
 diplomatic sincere
Graceful gossipy
 manipulative **IDEALISTIC**

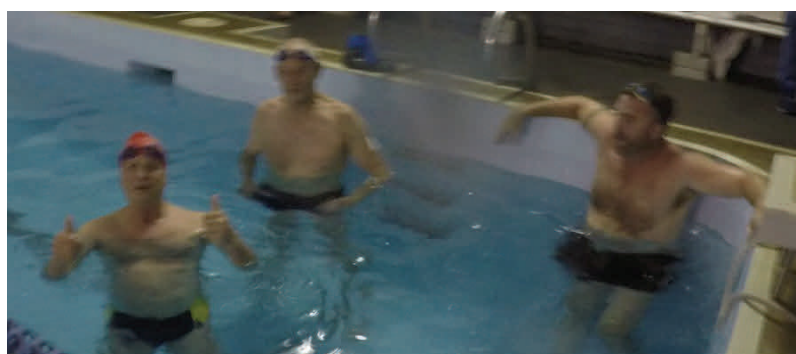


This [link](#) will take you to the Results and Records on the Maida Vale Masters website where you can find all club records and results. Check the link to see whose records you could break in 2019. Challenge yourself!

Club Records August 2019

Name	Age Group	Course	Event	Time
Andrea Williams	70-74	Short	25m Freestyle	21.48
		Short	200m Individual Medley	5.01.42
Ian Stewart	80-84	Long	800m Freestyle	17.40.43
Brian Brady	65-69	Long	100m Butterfly	2.46.65

Masters Swimming WA Website—well worth a visit. Click [here](#)
Don't forget to check out our Facebook web page with photos and videos.
Just click on the [link](#).



Waiting patiently and hoping to win a frog on Monday night!!



BUTTERFLY BURNS 166 CALORIES PER 10 MINUTES speedo	BACKSTROKE BURNS 80 CALORIES IN 10 MINUTES speedo
BREASTSTROKE BURNS 60 CALORIES PER 10 MINUTES speedo	FREESTYLE BURNS 85 CALORIES PER 10 MINUTES speedo

Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!! The price of the ladies bathers and the mens long leg jammers have been reduced.

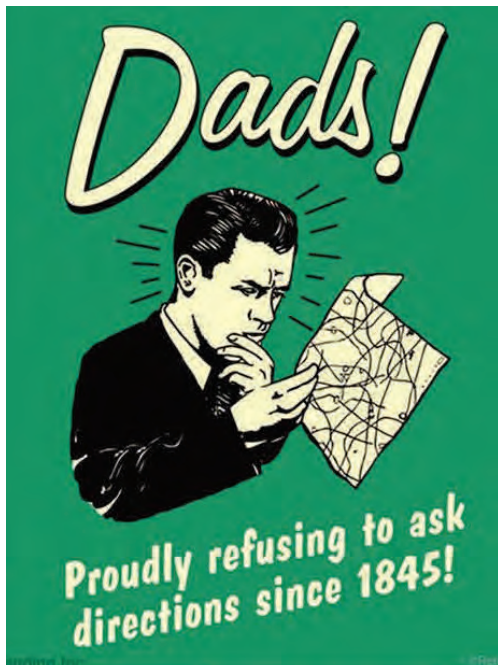
Ladies' Long Leg \$82.00 now \$75.00 Sizes 8 > 18 Ladies' Regular \$72.00 now \$65.00 Sizes 8 > 20
Men's Jammers (Long Leg) \$52.00 now \$45.00 – Sizes 14 > 26
Silicon Caps \$10.00 Regular Caps \$ 5.00

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. New Club Shirts. The shirts cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots
There are also a few club vests available, 1 x XL; 2 x L and 3 M, see Norma for details. Very useful item of clothing when it is cold!!



Hope all our dads enjoy their day



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