

Hill & Down Up Vale



NOVEMBER 2019 NEWSLETTER



PRESIDENT'S PROSE OCTOBER 2019

Happy Halloween everyone. I can't believe it is 12 months since we dressed up a ghouls, witches and vampires. This year's "Noughties" party will be slightly more sedate with the "Noktoberfest" theme. The significant birthdays this year are David Outred, Jamie Dyer, Kayla Ellis and me. I hope you can join us this coming Saturday 2nd.

The month began with the on-line registrations for next February's Busselton Jetty swim. The site opened at 05.00 and the duos and teams were sold out by 05.30. The solos were also sold out by 08.40! The quick and the dead but some of our members did manage to score a place.

During October we proved we are a club with quality swimmers at the Fremantle Live Lighter Club Challenge. We were represented by 16 swimmers and managed to finish 3rd out of 19 competing clubs. We were outnumbered by The Superfins and Fremantle but like to think we would have finished second had the relays gone ahead.



We had a super 320 + team with Ian Stewart, Glad McGough, Marilyn Potter and Richard Mazzucchelli plus another 6 teams ready to destroy the opposition. However, as usually happens at Fremantle, the relays were cancelled as the event would have run overtime. Given that Captain Brian Risbey, coaches Lesley and Stuart had spent a couple of hours planning those teams it was a pity but...there were no title deeds to a sheep station as a prize and the morning was delightful with great conditions and a nice lunch. A special mention to Alison's friend Greg for timekeeping for us all morning.



The open water season began during the month with the Euroz Cold Water Classic swim which is a fundraising event for the Leukemia Foundation. Murphy's Law prevailed with beautiful flat calm conditions on the Saturday and then almost gale force southerly winds on Sunday at North Cottesloe beach. Whilst the waves were a challenge the water wasn't actually too cold and Stuart, Greg, Gwyn and myself managed to finish unscathed. Stuart is again competing in the Swimming WA events nearly every weekend and completed a 5km swim the day before the Fremantle pool swim. Not sure of the training sense of that situation.

Numbers are growing for our Lake swim and with 2 weeks to go we have over 100 entries which is a great start.

I have a list of volunteers required on the day and would appreciate everyone helping out if possible. You will still be able to compete as most of the work is before and after the event.

Paddlers are also required as we will be without Sandie Schroeder this year and she does the work of 2 people! **Brian Brady is looking for donations for the raffle prizes so bring anything you think appropriate down to the pool.**

There is an Eastern Hills Club Challenge on Friday 8th November at Swan Hills. More details have been sent out in Dolphin Dots and this newsletter. It is always a good night and close to home for most of us. Put your entries in the book at the pool or forward to Brian Risbey risbey3@bigpond.com before Wednesday 6th November.

The club is volunteering again this year in support of club member, Marilyn Potter and will help out with the MSWA Ocean Bike ride at Whitfords Node on Sunday 24th November. Please save the date and add your name to the list at Club/Training. It's a terrific morning. We will be in charge of medals, fruit & drinks again as we were so efficient last year. Marilyn Potter's son, Jason, will once again ride for his mum and if you would like to sponsor him follow this [link](#)

In recent months we have had a great response to Endurance Swimming at Darling Range SC. (a great pool for distance swimming) Well done to all those who have made the effort to be there, especially those who have come just to help out with timekeeping. Give it a try maybe you too will be surprised by achieving a personal best or even a club record or two! Watch out for the next endurance swimming in Dolphin Dots.

We almost had a new member with Peggy Mews joining us and registering, but Peggy managed to press the wrong club button and is currently a new member of Mandurah Masters !!! A Flipper - and she's not even an official member!! That's a first!

Our pizza night will end the month on Wednesday and will give you a chance to catch up with our overseas travelers as Lynne, Andrew, Elaine and Russell have finally come home.

FROM THE HILL.....ANDREA.



Maida Vale Masters 33rd Lake Leschenaultia Open Water Swim Sunday 10th November

The club's open water swim at Lake Leschenaultia will be held on the 10th November. A day on 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.

There are 4 distances to choose from, something for everyone. 400 metre, 800 metres, 1600 metres and 3200 metres.

We will be running our raffle. If you have any donations for the raffle please bring them to the pool when you come for a swim.

There will be more about this event in Dolphin Dots, but put a big circle round the 10th November on your calendar and keep it free.





Swan Hills Swimming Club invites your members to the
Eastern Hills Club Challenge #2, 2019
Friday, 8th November 2019

Venue: Swan Active Midland - SC Indoor

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, Belmont and Armadale, swimmers from other clubs may request to attend. *This event will be limited to 50 swimmers from invited clubs first.*

#

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and in an appropriate Relay.
- 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 6th November 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 and ensure that all participants are financial members of your Club prior to accepting their entry. **Entries close Wednesday, 6th November 2019.** If any problems or queries, please contact the Event Coordinator, Sandra Mutch on 0417 97 4417.



DID YOU KNOW?

Swimming a quarter of kilometre (250 metres) is almost equal to running one kilometre!

And if you ever get caught in quicksand raise your legs slowly and lie on your back—you won't sink!!



*32nd Lake Leschenaultia
Open Water Swim
Sunday 10th November 2019
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.

Visit Reflections Cafe at the lake—Breakfast, Lunches, Coffee & Refreshments.

EVENT INFORMATION

This event is part of the *WOW Masters Swimming Open Water Series*

The event will be conducted according to the *MSWA Local OWS Rules 2019/2020*

To stay plastic free, we will not be handing out bottled water.

Water will be available—Please bring your own water bottle to refill

8:00am - 9:00am Registrations
9:10am Event Briefing (all events)
9:30am 400m Event — Start
9:50am 3200m Event — Start
9:52am 800m Event — Start
9:55am 1600m Event — Wave 1 Start
9:57am 1600m Event — Wave 2 Start
9:59am 1600m Event — Wave 3 Start
12:00pm Official Finish of the Lake OWS

ELIGIBILITY

400m—Non-competitive 'Go Jump in the Lake" event is open to swimmers 9 years & over on the day

800m—11 Years & over on the day

1600m—11 years & over on the day

3200m—12 years & over on the day

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

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

<https://www.registernow.com.au/secure/Register.aspx?E=35785>

Event Cancellation: The Race Director has the right to cancel the event, in consultation with the Event Coordinator, the Referee and the Shire Ranger, due to unfavourable conditions or circumstances that could compromise the safety of participants. In the event of cancellation, entry fees will not be refunded. Every effort will be made to notify swimmers in advance of the event day.



Department of
Local Government, Sport
and Cultural Industries

ATTENTION!

WE HAD TO CHANGE THE DATE

**Join with Club Members and their families
On November 2nd
to celebrate our members
who have had a special birthday in 2019**



Kayla Ellis	15th September	20
David Outred	18th March	60
Andrea Williams	29th January	70
Jamie Dyer	2nd April	21

We are having a Big Birthday Bash on **Saturday 2nd November** to help our club members who celebrated a special birthday. The theme for the night is Noctoberfest—so get out your steins, lederhosen and Bavarian dresses and come along to the home of Andrea and Gwyn from 7.00 pm till late. Bring a plate of finger food (sweet or savoury) to share and BYO drinks.

12 Valley Road Kalamunda



CLUB NIGHT PROGRAM FOR NOVEMBER 2019

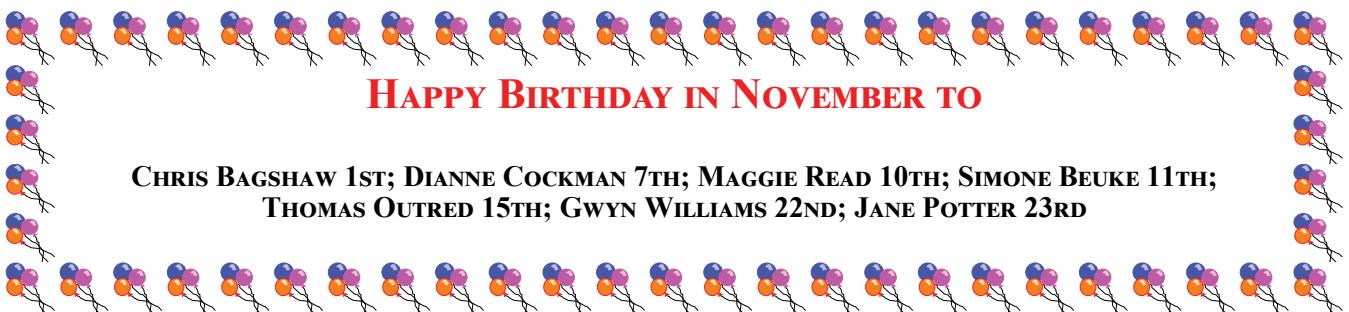
4TH NOVEMBER	25 Free	STUBBY STAKES	200 FLY
11	200 BREAST		25 BACKSTROKE
18	COMMITTEE MEETING—TRAINING ONLY		
25	200 FREE		25 FLY
2ND DECEMBER	50 BACK	STUBBY STAKES	100 FREE

SEPTEMBER STUBBY STAKES CONGRATULATIONS TO STUART ANDERSON

Who he swam closest to his nominated time for October Stubby Stakes.
Our next Stubby Stakes will be held on Monday 4th November

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.





This [link](#) will take you to the Results and Records on the Mai-da 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 September/October 2019

Name	Age Group	Course	Event	Time
Glad McGough	85-89	Long	1500m Breaststroke	67.48.80
		Long	50m Breaststroke	2.11.58
Marilyn Potter	70-74	Short	½ Hour Freestyle	905m
Andrea Williams	70-74	Short	200m Backstroke	4.52.22
Lesley Hart	55-59	Short	800m Freestyle	13.36.69
		Short	400m Freestyle	6.39.04
		Short	100m Freestyle	1.21.76
Brian Brady	65-69	Short	1500m Backstroke	42.39.58



“Swimming is good for you, especially if you’re drowning. Not only do you get a cardiovascular workout but also you don’t die.”

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!!



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](#).



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