

PRESIDENT'S PROSE – FEBRUARY 2020.

Thank you to Kathy and Brian Brady for hosting our AGM – they have the perfect venue for our gathering. It will come as no surprise that I was elected unopposed as President again and Lake Co-Ordinator!! A new member really needs to take over next year!

Thank you to the hardworking 2019 Committee members – all of whom have been re-elected to their positions, with the exception of our Treasurer, Sandra Thompson, who has stepped down after 6 years in the role. Sandra has helped with the records, recording and the lake swim registrations for many years and continues to assist Lesley in those areas. Therefore - **WE URGENTLY NEED A NEW TREASURER!** Sandra will be available to assist you and work through the position. If we cannot find a club member, we may have to consider outsourcing this position and paying someone – something we have never had to resort to in the past. **Lesley Hart** has again volunteered as Vice President, Recorder of Monday Club results, Endurance swims, Inter-clubs, OWS results, Club Records Officer, Coach (with Stuart's assistance) and generally a great all- round Committee member. **Lynne Duncan** is continuing as our Secretary, Registrar, Assistant Lake Co-Ordinator, Club representative at MSA Council of Clubs and remains as a Board Member of MSA. **Brian Risbey** remains as our Captain and Webmaster. **Kate Elliott** is our wonderful experienced Newsletter Editor yet again. **Brian Brady** continues as our Social Organiser and Endurance Co-Ordinator. **Norma Jack** is happy to remain as Uniforms Officer. As you can appreciate, the committee members are great at multi-tasking. There must be someone out there who can take on the one position of Treasurer.

February began with an enthusiastic group of swimmers assembling for the Swanny Swim from Cottesloe to Swanbourne Beach – 2 kms in a straight line on a really pleasant morning. There was quite a good southerly current running that helped with some fast results.



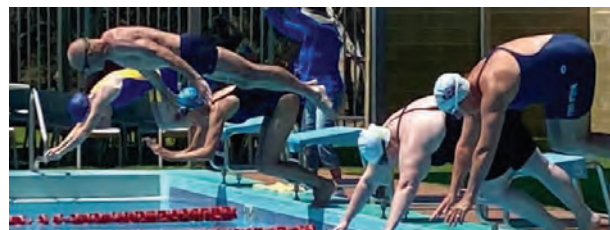
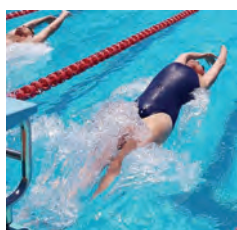
The following weekend was the Busselton Jetty swim and involved a large number of club members, either swimming or supporting. Stuart, Lesley, Caroline, Ceinwen, Greg, Gwyn, Garry (**yes he made it!**) and I finished the 3.6km event around the jetty. Kate, Maggie, Jennifer (plus baby) with Holly Wilson completed the Swim to Shore Mile from the end of the jetty and ex members Ben Humphries, Helen Wilson, Claire Ware and Mark Henry also completed the 3.6kms. Lynne, Andrew and Lexie dog sat Cookie and provided logistical support for Garry. Lesley managed to get a stinger down inside her bathers which left a nasty scar!



As the month rolled on, another small group braced the rough weather and the 'stinger soup' at the Fremantle Ocean Classic at Leighton beach. Elaine, Russell and the boys came along for breakfast. Both Maggie and I won our age group whilst all that Stuart, Greg, and Gwyn had to show for their efforts were some very nasty scars.



Newman Churchlands' LiveLighter Club Challenge is always a highlight on our swimming calendar. The venue and pool are perfect and the weather was just warm enough in the morning. Glad McGough was flexing her muscles in her new age group – 90-94 – and was determined to set some new records. I was in the same heat as Glad in the 200 freestyle (my fault for not checking the entries) and that caused quite a lot of mirth but made me try very hard. Glad was just trying to stay respectable and contained within her 'new' club bathers that she had unsuccessfully constructed using 2 old pairs of club bathers! A quick change of bathers was required before she succeeded in recording a new State Record in the 100 metres breaststroke. It was good to catch up with Ian and Dorothy Stewart. There were 20 clubs represented and our 14 swimmers managed a very credible second place to the large contingent of wonderfully enthusiastic SuperFins.

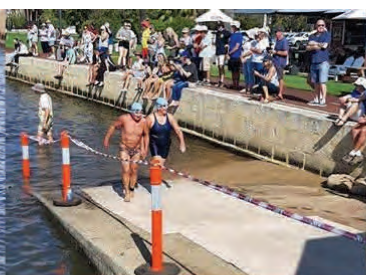


Pretty impressive starts here, especially Lesley's backstroke!

As the month rolled on the Rottneest Channel Swim loomed, along with some cooler weather. Our only club representative this year was Ceinwen who completed a Duo with her husband Andy. David Pether's great niece and Richard Mazzacchelli's granddaughter were in the same Bunbury swimming team whilst ex member Steve Norregaard completed another solo crossing and Claire Ware and Rachel Cooper completed a duo.

Saturday 29th offered the last of the WOW series incorporating the Masters State Open Water 1.6km swim. Stuart, Greg, Maggie, Lesley, Bronwen, Caroline and I travelled to Mullaloo Beach to compete. Lynne was one of the officials on the beach. The weather leading up the swim was chaotic and the water was a tad turbulent. At least most of the stingers were swept away with the wind but there were little sea lice keeping us awake! Congratulations to Greg, Lesley and Claire who finished first in their age groups. Breakfast following presentations was the highlight of the morning.

As if that swim wasn't enough of a challenge, Lesley, Maggie, Stuart and I drove straight down to Bunbury to compete in the Bunbury Barrett Old Boys event in the Leschenault Inlet. Glad (sporting a re-stitched pair of bathers) and Gwyn met us there –



lured by the excellent bbq on the river following the swim.

Glad was escorted in by Lesley, Stuart and me to keep her on track and her exit from the water respectable. Stuart was the blocker in front, Lesley and I were either side to tuck in bits and pieces. Glad was awarded a special Achievement Trophy for her effort and Stuart won a terrific spot prize.



The Club's Oldest and Youngest Members Both competing at Newman Churchlands



Whilst the weather has been fairly humid and unpleasant over the month our club and training nights have been surprisingly well attended . There was even a good turn-out last Wednesday night before Pizza dinner! Endurance afternoons are exceeding previous attendance numbers and are keeping Lesley busy recording the results. I hope this trend will continue throughout the year and provide an interesting battle for the trophy!

Finally - on social matters - we were treated to a wonderful surprise during the month with the announcement from Norma and John that they have become engaged and plan to marry on 17th July. That was such delightful news and couldn't happen to a better young couple!

Jill McClelland is back in the pool after suffering from bronchial pneumonia and luckily escaped a stay in hospital. We wish her a speedy return to better health.

Welcome to our latest new member – Lilia Burton who has been training with us for a month and decided to make the correct choice to join the club. Farewell to Claire Ware - one of our legendary members for several years. Whilst Claire will remain as a Second Claim member, she has joined Kalamunda Guildford Masters club but will compete with us from time to time.

Welcome back to safe haven in Australia , ex member Robyn Schroeder, sister of Sandie. Robyn flew out of Northern China at the beginning of the month. Actually her Visa had expired but her departure was medically timely.

Following the sad news last month of the passing of ex-member Cheryl McGay, I have to pass on more sad news. For those members who have been with the club for over 25 years you will remember Barbara Watkins. Terry McKie (who now lives in Beverly with Pat) rang to tell us Barbara had passed away last month in Bunbury.

March will be the culmination of months of organising for the committee of the Port to Pub. Ceinwen is the President and Lynne is in charge of the wonderful Volunteers, including some of our club member. Lesley will be helping at Briefing, Registration and the Start Line. David Pether is helping out at the Start Line. Maggie and Russel will be on the Tug on the day. Barbara and Garry will be on the island and I will be commenting on the day. Thank you in advance to all our great club members for all your help.

Some of you may know that Ceinwen is planning a four way crossing of the Rottneest Channel at the end of March and there is an interesting Pod Cast interview by Bryn Edwards discussing the event plus other highlights. She mentions Maida Vale Aussi as being her inspiration and support during her early swimming years. Check out Ceinwen's podcast [here](#) .

From the Hill Andrea

Russel had offered Gladys a lift home from Newman Churchlands but rode his motor bike and only took one helmet



CLUB NIGHT PROGRAM FOR MARCH 2020			
9TH MARCH	50 BACK	STUBBY STAKES	100 BREAST
16TH MARCH	COMMITTEE MEETING—TRAINING ONLY		
23RD MARCH	100 FLY		25 BACK
30TH MARCH	200 BREAST		50 FREE
6TH APRIL	50 FREE	STUBBY STAKES	100 BACK

FEBRUARY STUBBY STAKES CONGRATULATIONS TO DAVID MASTERS

Who swam closest to his nominated time for February's Stubby Stakes, 50 Breast.. A first Stubby Stakes for David!

Our next Stubby Stakes will be held on Monday 9th March. Maybe someone else who has never managed to win a stubby stakes will have some luck! Come down to the pool on Monday, 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.



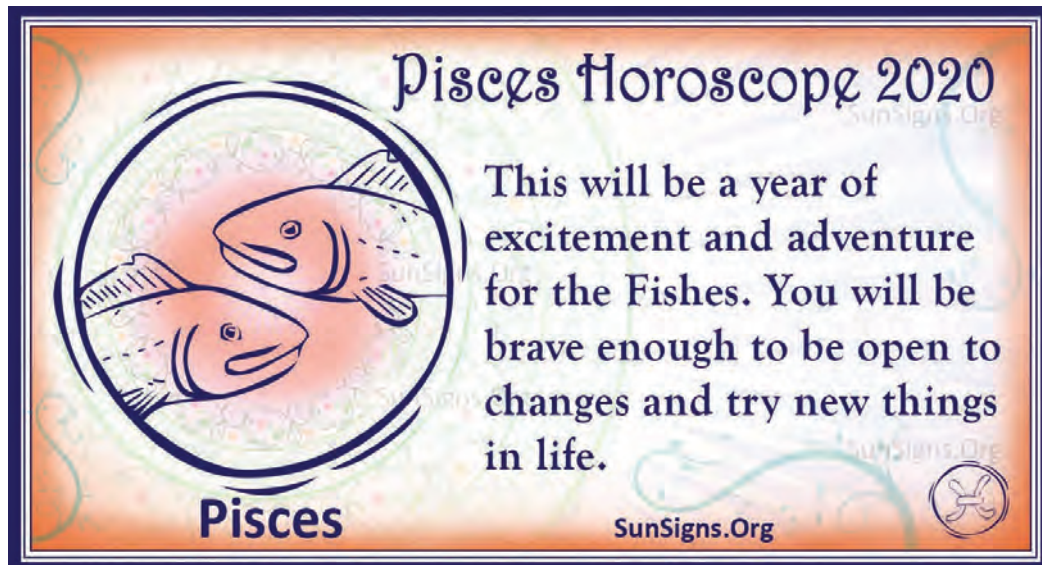
HAPPY BIRTHDAY IN MARCH TO

Russel Fowler 2nd; Alison Charman and Victoria Maguire 6th

Richard Mazzucchelli 10th An 'Oh' birthday!

Lee Caldwell 12th; David Outred 18th

All Pisceans!!



A recipe from Marilyn Potter. If you've been to a stubby stakes supper you will have enjoyed some of this Mamma's apple slice. Marilyn says it is a no fail recipe and easy as!!

1 x 340 g packet buttercake cake mix
1 cup desiccated coconut
125 g butter melted
1 x 825 g can pie apples
1 x 300g carton sour cream
1/2 teaspoon finely grated lemon rind
2 eggs lightly beaten
1 teaspoon ground cinnamon



1. Grease a 20cm x 30 cm lamington pan, line base and two long sides with baking paper, extending paper 2cm above edge
2. **Do Not Follow instructions on cake mix packet.**
3. Combine cake mix, coconut and butter in a bowl; mix well. Press mixture into prepared pan
4. Cook in a moderate oven, 180C for about 15 minutes, or until lightly browned. Cool slightly, spread apples evenly over base
5. Whisk sour cream, rind and eggs in a bowl until smooth. Pour mixture over apples in pan.
6. Cook in a moderate oven, 180C for a further 30 minutes or until firm. Cool in pan, refrigerate until cold
7. Cut into squares, sprinkle with cinnamon
8. Eat it!



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 2020.

Challenge yourself ! You could be in a new age group this year— there's always a good chance at getting a club record when you get into a new age group!!

Club Records February 2020

Name	Age Group	Course	Event	Time
Glad McGough (State Record)	90-94	Long	100m Breaststroke	4.32.27
		Long	200m Freestyle	7.17.84
		Long	50m Freestyle	1.27.06
Ian Stewart	85-89	Long	100m Breaststroke	2.38.25
		Long	50m Backstroke	1.07.40
		Long	50m Freestyle	51.90
Richard Mazzucchelli	80-84	Short	50m Backstroke	57.86
		Long	50m Backstroke	55.09
Gwyn Williams	75-79	Long	100m Breaststroke	1.55.62
		Long	200m Freestyle	3.47.40
		Long	50m Freestyle	39.43
Andrea Williams	70-74	Long	200m Freestyle	3.34.35
		Long	50m Freestyle	45.05
Lee Caldwell	65-69	Short	800m Individual Medley	22.09.87
Greg Bourne	35-39	Short	800m Backstroke	19.29.78
Stuart Anderson	30-34	Short	400m Backstroke	6.49.71
		Short	1500m Backstroke	26.29.56
		Short	800m Breaststroke	14.22.77



Vorgee Endurance 1000

It is fantastic to see that so many members are already keenly participating in this program in 2020 at Darling Range Sports College on Saturdays from 2.45 (please check Dolphin Dots for dates) . That said, it is timely to refresh everyone's awareness of the objectives and running of the program. The Endurance 1000 is a program for swimmers who want to improve their fitness and endurance. It is used to promote aerobic fitness by providing an incentive (in the form of points) for members to swim longer distances and more often. Recognition is given to the aerobic fitness aspect of swimming, as points are awarded according to relative degrees of fitness. Details are available on the Masters

Swimming [website](https://mastersswimming.org.au/programs/endurance-1000-program/) if you are interested in exploring the points system further

<https://mastersswimming.org.au/programs/endurance-1000-program/> .

The program was launched in 2012, following on from the Aerobics program that started in 1982. The old Maida Vale Aerobics Trophy dates back that far with many familiar names recognised on it. It was replaced with the current Endurance Trophy in recent years so the tradition continues and is awarded each year to our highest points scorer. All Endurance 1000 swims by Maida Vale members are eligible for Club Records. Any distance swims completed at interclub events are also included in our database. There are 62 possible swims that can be completed in a calendar year with a maximum of 1005 points achievable:

25 x 400m (5 in each stroke including Individual Medley) – only one per month

25x 800m (5 in each stroke including Individual Medley) –only 1 per month

3 x 1500m (1 each of Freestyle, Breaststroke and Backstroke)

3 x 30min (1 each of Freestyle, Breaststroke and Backstroke)

3 x 45min (1 each of Freestyle, Breaststroke and Backstroke)

3 x 60min (1 each of Freestyle, Breaststroke and Backstroke)

In 2019 Maida Vale finished 38th nationally and 12th in WA.

1822 total points: 563 Female, 1259 Male. 20 members contributed: 12 Female, 8 Male

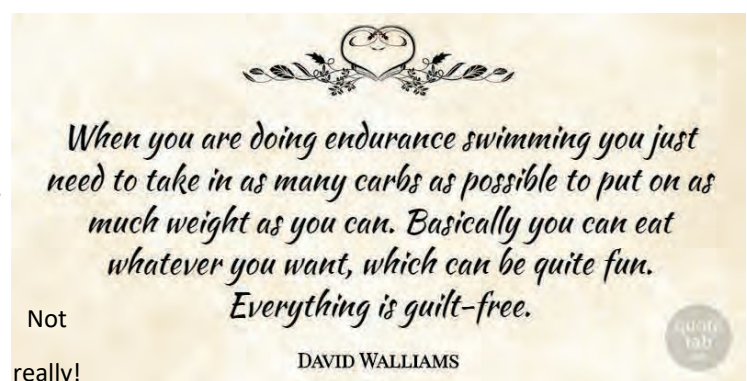
So far in 2020, we are well on the way to bettering this total: 701 total points: 145 Female, 556 Male

11 members contributing: 6 Female, 5 Male

It is very important that we keep records accurately for this program and from a recorder's perspective; it is often quite difficult to decipher what is on a recording sheet and enter it into the database... a task which is already time consuming enough. Taking splits for each 100m is a good way for a swimmer to track their pace. It is also vital to assist in detecting possible errors on the part of the timekeepers either miscounting laps or forgetting to record times (we are all human). Please ensure that at least the swimmer's name, the stroke and date are correctly entered. Timekeepers also need to write their name in the space provided on completion as signatures can be hard to read. We appreciate those who take the time to help out with timing for Endurance swims (especially if they are not swimming) but I would be grateful if we all took more care with filling out the forms to make my job easier. The attached sheets are filled out as examples.

If you have any questions or would like help to learn how to record splits, please don't hesitate to ask.

Lesley Club Recorder



Endurance 1000

Recording Sheets



Recording Sheet 30min Swim

Award Year: 2020	Name: FRED BLOGGS
Registration Number:	Age: 38 ☒ M ☐ F (Please Circle)
Club Name: Maida Vale	Club Code: WMV

Record the split and cumulative time for each 100 metres in the table below.

100m Split		1100m	2:13	2100m	
Cumulative	2:12.37		24:23.16		
200m Split	2:18	1200m	2:12	2200m	
Cumulative	4:30.91		26:35.75		
300m Split	2:12	1300m	2:12	2300m	
Cumulative	6:42.31		28:47.61		
400m Split	2:17	1400m	+60m	2400m	
Cumulative	8:59.42		13:60m		
500m Split	2:07	1500m		2500m	
Cumulative	11:06.88				
600m Split	2:14	1600m		2600m	
Cumulative	13:20.63				
700m Split	2:10	1700m		2700m	
Cumulative	15:30.37				
800m Split	2:12	1800m		2800m	
Cumulative	17:42.31				
900m Split	2:15	1900m		2900m	
Cumulative	19:57.20				
1000m Split	2:13	2000m		3000m	
Cumulative	22:10.11				

* notify 5mins to go

Date of Swim: 15/2/20	Pool Length: 25m	Stroke: FREESTYLE	Points:
Timekeeper's Name: Mary Smith		Club Recorder - Name and signature:	



Recording Sheet 400m Swims

Award Year: 2020	Name: FRED BLOGGS
Registration Number:	Age: 38 ☒ M ☐ F (Please Circle)
Club Name: MAIDA VALE	Club Code: WMV
Stroke: ☒ Freestyle ☐ Backstroke ☐ Breaststroke ☐ Butterfly ☐ Ind Medley (Please circle)	

Record the split and cumulative time for each 100 metres in the table below.

Swim Number	1	2	3	4	5
Pool Length	25m/50m	25m/50m	25m/50m	25m/50m	25m/50m
Date of Swim	15/2/20				
100m Split	2:10.16				
Cumulative	2:10				
200m Split	4:20.32				
Cumulative	2:20				
300m Split	6:40.76				
Cumulative	2:17				
400m Split	8:57.23				
Cumulative					
Points					
Timekeeper's Name	Mary Smith				

Club Recorder - Name and signature

Examples of how to record times and distance



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. A 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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