

Up Hill & Down Vale



JANUARY 2022 NEWSLETTER

PRESIDENT'S PROSE – DECEMBER , 2021

I hope as you read this newsletter that you have all the presents under the tree, the turkey stuffed, ham glazed, plum pudding and custard sorted and the bubbly on ice! Or...as we are being hit by 42c – the prawns peeled, the mangoes diced for the pavs and the icy cold beer in the fridge! Either way, I hope you all have a wonderful festive season and keep safe in the air-conditioning or the pool. Kalamunda Pool is a nice temperature – the only time of the year I can say that!

December seemed to fly past in a series of swims and socials and, true to our social nature, the last event just before Christmas was a token swim at Bilgoman Pool, followed by a bbq around the pool and coffee at Lesley and Williams' home in Hovea. B2's ginger bread biscuits were a triumph and some swimmers joined in a small nip of Cointreau – just to end the year on a great note!



There were two open water events, one at the beginning of December over at Rottnest and only Ceinwen and I represented the club in the swim-thru at Thompsons Bay. It was my 40th swim! Ceinwen finished 3rd female and first in her age group – and I just finished. 😊 Caroline, Greg and I also swam in the Fremantle Port OWS on the 11th December.



The only other event was to have been the Christmas 10km qualifier at Coogee but unfortunately the swim was cancelled at 5.20 in the morning as the weather had turned very cold with strong winds, a high southerly swell and a tidal surge which would have made the event unsafe for all concerned. Lynne, Andrew and I were 10 minutes from the beach so turned around and went back to bed! Lynne would have been refereeing, Andrew helping out and I was jumping in for the 3.4km lap. We were so sorry for the organisers - we all know how much work is involved in an open water event.



The day seemed to be destined for no swimming as that afternoon, the group that turned up for the last Endurance swim of the year at Darling Range, were locked out of the pool area. Some confusion with the key.

Unfortunately, the second planned coaching session with Kareena Preston had to be cancelled as Kareena had lost her voice. We are in the process of rescheduling two more sessions in February and March.



Congratulations to Lynne Duncan who has been elected to Chair the Masters Swimming Australia Technical Committee – as if she doesn't already have enough to do! Lynne will have a busy time in April with the AMGs rescheduled in Perth.

The most important night of the year – the Christmas Party – was held at Sandra and Jess's beautiful home overlooking the twinkling lights of Perth. The weather had turned rather chilly but it didn't detract from the delightful evening. The presentations were made and the Flippers handed out and then it was time for the fun to begin with the opening of the presents. Santa (aka Lesley) took copious notes off everyone who was naughty and it turns out that most of the club members will be without gifts under the tree this year! The "fought over gifts" were a set of Bocce balls and a child's Ukulele – neither of which will probably ever be played.

The much-deserved Club Person of The Year Trophy was presented to Brian Brady for his ongoing contribution to the running of the club, organising our social calendar, putting together our Lake Leschenaultia raffle and for coordinating the Endurance afternoons. Brian also generously donates the coveted Monday night Onya Frogs and the sausages for the sizzle in December.



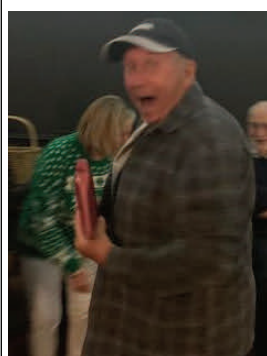
A very surprised and honoured Gwyn was presented with the Swimmer of The Year Award by Lesley who pointed out his personal achievements over the past year. Gwyn set 6 new State records, won his age group in 3 open water events and became an accredited coach. Gwyn also still holds several club records, some of which go back over 30 years.

Following a very competitive Endurance season, Lesley stole the lead with her last swims and was the recipient of the Trophy for 2021. For those who are not yet converted to endurance swimming on a Saturday, to receive the trophy requires the swimmer to complete over 62 different swims total not more than 70, during the season ranging from 5 x 400m and 5 x 800m swims in

each stroke (including the dreaded Individual Medley), a 1500m swim in each stroke then 30mins, 45 mins, 60mins in each stroke! Have I convinced you to get involved yet?? Top five were Lesley, B1, Lee, Greg and Kate. Initially the competition was fierce between the boys and the girls but the boys were beaten soundly in the end!



My President's Awards went to Brian Risbey and Lee Caldwell, both of whom made terrific contributions to running the club over the past year. Lee also qualified as an accredited coach.



Russell Bourne was presented with a special Mr. Grumpy mug (for obvious reasons) and Andrew Duncan - whilst not a club member - received a six pack of Tradies Undies (for his tool box) for helping out during the year whenever we asked him (or whenever he was told, by She Who Must Be Obeyed).

Lesley handed out the prizes for The Handicap Swims to Caroline for the Freestyle, Russell Bourne for the Breaststroke; Tom Love for the Backstroke and Russel Fowler for the Butterfly! They all received a Lake Wet/Dry bag and a towel.



Our last Monday Club night was a casual affair with Lesley organising a fun relay evening – which of course involved a lot of creative bending of the rules.

Jill McClelland was involved again with the Kalamunda Hills Sharing and on behalf of Jill, I would like to thank all those who donated to the cause and to Barbara Lymn in particular who helped out with the packing. Allison's Mum is very heavily involved with the group too and Allison stepped in to help out.

Chris and Pam hosted the sausage sizzle in their lovely garden and B1 – having donated the sausages and cut up the onions - donned his apron and expertly cooked a huge number of delicious sausages and onions, assisted by B2 with Steve Martin keeping them company and supplying them with refreshments.

Have a wonderful, safe time between swims and we will all meet again in the New Year.

FROM THE HILL.....ANDREA

PS 2022 Fees are now due. Important for anyone doing open water swims!!

Cost the same as 2020. \$120.00 Payment via Masters Swimming WA—Members Portal.

Should all be self explanatory. I forget every year how to do it!! (editor)



CLUB NIGHT PROGRAM FOR JANUARY 2022

3RD JANUARY	POOL CLOSED—NO SWIMMING		
10TH JANUARY	50 M FREESTYLE	STUBBY STAKES	100 M BACKSTROKE
17TH JANUARY	100 M INDIVIDUAL MEDLEY		25 M BREASTSTROKE
24TH JANUARY	COMMITTEE MEETING - TRAINING ONLY		
31ST JANUARY	100 M FREESTYLE	50 M BACKSTROKE	

DECEMBER STUBBY STAKES WINNER

Russel Fowler won Stubby Stakes for December with an impressive 25 metres butterfly. The last time Russel won Stubby Stakes was November 2020 when he shared the honours with Tom Love. Russel was happy to win as he had bought an extra special bottle for the final stubby stakes winner in 2021.

Come down to the pool on Monday 10th January for your first chance in 2022 to win the bottle of wine selected for you by Russel and swim closest to your nominated time for



Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation. Please bring a plate to share.

HAPPY BIRTHDAY IN JANUARY TO

Barbara Van der Leest 1st; Norma Jack 9th; Greg Bourne 14th;
Ian Stewart 19th; Jamie Bounsell 21st (50!) ; Andrea Williams 29th

CAPRICORN
DECEMBER 22 - JANUARY 19

**A Capricorn is a true
winner because no matter
what you throw at them
they will weather any storm
and make it out on top.**



Makes intricate,
ingenious plans,
then ignores them
without a second thought.

CLUB RECORDS DECEMBER 2021

Name	Age Group	Course	Event	Time
Richard Mazzucchelli	80—84	Short	25m Backstroke	25.57
Kate Elliott	70—74	Short	25m Butterfly	29.35
Caroline Grennan	45—49	Short	1 Hour Freestyle	3325 metres

ENDURANCE 2021

ENDURANCE 1000 RESULTS
AS AT 31ST DECEMBER

Female Points **4377**
Male Points **2710**
Total Points **7087**
Total Points for 2020 **3995**

**Total number of swimmers participating in
Endurance swims in 2021
13 female swimmers and 11 male swimmers.**

YEAR	TOTAL POINTS	FEMALE POINTS (participants)	MALE POINTS (participants)	MV TROPHY WINNER (points)	National Position	State Position
2012	3082	2312 (18)	770 (11)	Claire Ware (860)	28	7
2013	1251	832 (16)	419 (10)	Lesley Hart (255)	43	12
2014	1469	691 (19)	778 (10)	Ren Jakovich (532)	41	11
2015	1591	915 (15)	676 (11)	Lesley Hart (480)	39	12
2016	2100	602 (10)	1498 (14)	Ren Jakovich (622)	35	9
2017	1366	427 (11)	939 (7)	Stuart Anderson (355)	44	13
2018	2538	1249 (17)	1289 (8)	Brian Brady (595)	31	9
2019	1822	563 (12)	1259 (8)	Brian Brady (595)	38	12
2020	4010	1759(13)	2251 (12)	Lee Caldwell (859)	16	7
2021	7087	4377 (13)	2710 (11)	Lesley Hart (1005)	TBA	TBA

Individual Endurance Results 2021 - Maximum possible points 1005

Lesley Hart, first overall with 1005 points
Lee Caldwell, second overall with 933 points
Brian Brady, third overall with 655 points
Greg Bourne, fourth overall with 547 points
Kate Elliott, fifth overall with 506 points

First female Lesley Hart 1005
Second female Lee Caldwell 933
Third female Kate Elliott 506
Fourth female Marilyn Potter 499
Fifth female Caroline Grennan 400

First Male Brian Brady 655
Second male Greg Bourne 547
Third male Tom Love 463
Fourth male Garry Lymn 285
Fifth male Gwyn Williams 275

Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!!
The price of the ladies bathers and the men's 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](#).

IRON WOMAN!



**Congratulations to
Tammy Norregaard**

On completing the Busselton Ironman on December 5th. An amazing achievement after all that training.

3.6 k Swim 1.13.56
180 k Bike Ride 6.32.23
42 k Run 5.30.22
Total time taken 13.26.21

I'm exhausted just reading that!!!
Well done Tammy from MVMasters!

Not an Iron Woman!

*I don't know when or how
alcoholic beverages became such
a big part of New Year's
celebrations. But me likey!*



Contact details

President:	Andrea Williams	Ph: 0403 210 096	andreawilliams12@hotmail.com
Secretary	Lynne Duncan	Ph: 0417 997 556	duncan1320@bigpond.com
Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
Newsletter	Kate Elliott	Ph: 0400 450 770	kelliott@iinet.net.au

