

PRESIDENT'S PROSE FOR November , 2023

If I was a betting person I would have won a lot of money at the beginning of the month but alas I pick horses by jacket colours and names so did not make a killing on the Melbourne Cup. I did have a great day and managed a training session that night. My fascinator was a Levingstonia palm frond I picked up in Echidna Gorge in the Kimberley so it was very unique. I always like it when the cup is over because that signals the lead up to our Lake swim and I can focus on more important things.

Stubby Stakes was a great night as usual with Russel arriving in time to present the winning bottle of wine to Lesley. Russel's entry to pool deck was spectacular as he put his gopher into rabbit instead of turtle and nearly ended up in Lane 3. I can report that he has finally undergone a successful operation on his left leg to bypass another aneurysm, however his right leg is stubbornly refusing to heal completely so it will still be some time before he can get back into the pool – via the steps!

As the days led up to the big event the weather was so unpredictable with a catastrophic fire danger causing the complete closure of the park the week before our swim. The Friday morning of the course setup was pleasant weather. Lesley, Gwyn and the young ranger motored around the lake for a couple of hours dropping ropes and anchors under the supervision of Les our surveyor, whilst I recorded distances. Lynne and Brian filled sandbags ready for the marker buoy weights on Sunday. A group swim to test the temperature of the water was followed by a very nice brunch.

Sunday morning presented us with 140k easterly winds racing across the lake and the promise of an early storm, but the rain stayed away, and the races were conducted in quite pleasant conditions with only a handful of swimmers succumbing to the cold. As usual all our terrific Maida Vale members worked like a well-oiled team and set up the area in preparation for the arrival of the competitors. We trialled a new registration system this year with everything placed in the new shelter instead of down on the beach. This alleviated the need to carry everything down into the sand and negated the need for the big marquees. It worked really well with just a couple of minor changes to be made next year. Thank you to Lesley and Caroline who suggested the changes and to our reconnaissance crew who checked it out at the picnic last month.

After a slow start with registrations in the week leading up to the big day we finally recorded 202 (?) entries across the 4 distances. We did notice a drop in the 3.2k competitors, possibly impacted by a new open water swim that ran the day before in Dunsborough. We might try to liaise with the GeoSwim to ask them to consider running their event on the following weekend next year.

Thank you again to everyone who generously donated to the legendary raffle and to all those who helped on the day. We received so many complimentary emails from competitors after the event – all praising us for efficiently running such a terrific community swim! There are always moments when we are like the ducks in the lake – smooth and calm on the surface and paddling like heck underneath!



Speaking of paddling, we did have an unfortunate occurrence at the end of the event and for the first time ever the St. John Ambulance officers had to do more than just attend to cuts, grazes and bee stings. Sandra had been one of our great safety kayakers and was heading for shore when the boat capsized and filled with water. She was pulling it into the beach and the rope handle snapped, sending her crashing to the sand. Naturally she put her hand out to stop her fall and that resulted in her dislocating her wrist and crushing the bones together. Lake side assistance from the ambos and a trip to Midland Emergency Medical Centre – courtesy of Garry – resulted in her having surgery and a cast on her arm. One piece of good luck is that it was her right wrist, and she is left-handed, but she is still not permitted to drive for six weeks. The insurance policy covering our event is being tested!



The following weekend was the ABC Short Course meet at Mandurah and we had three competitors representing the club – along with Lynne who was the Meet Referee. Glad, Ian and Michelle swam their individual events but, of course, there could not be a relay. Congratulations to you all and I do feel guilty that we didn't enter but I needed some time out!

As the final event for the month approached, the excitement grew amongst the six swimmers who donned their brightest bathers to represent the club at the inaugural Pride Swim Carnival run by the Rainbow Swans, an LGBTQA+ group of swimmers. Their Masters of Ceremony on the day were two exotic Drag Queens – Fay Rocious and Cougar Morrison – complete with huge hair dos, makeup and costumes.



Apart from the regular swimming races on offer to the Masters Swimmers and members of the community, there was a special Lipsync Synchro swimming routine which was truly hilarious.

We entered a team in the relay and the attached photos will explain how we conducted ourselves! Lesley, Gwyn, Brian B and I had a great deal of fun. B1 may never be the same again. If only he hadn't cut his ponytail off! He could have braided it with ribbons! First time interclub competitor Kerry enjoyed herself especially as she won a raffle prize! Lynne was the Meet Referee and was resplendent in rainbow tutu, socks, tiara and umbrella as were the other officials. Competitors all received a string backpack, a free ice-cream and a bbq lunch.

Unfortunately, the number of competitors was not large but those who attended thoroughly enjoyed the fun event. I think this will be a highlight on the swimming calendar next year when the word gets out.

The pizza night was held on a delightfully warm evening with a great group turning up for the last dinner of the year at The Pizza Village. There were even some swimmers there! □



The Rottnest Swim Thru is early this year, falling on the 2nd December and there will be a few swimmers heading over to the island to compete in the 46th year of the swim.

With the open water season under way now I would like to promote the other WOW events and would really encourage you to compete in their events.

Freo Fins WOW swim is being held at South Beach on the 9th December - the morning of our Christmas party - but you will have plenty of time to get home and get ready for the party at Lynne and Andrew's home. It's an easy rectangular course up the coast and there is plenty of shade under the trees for a nice breakfast whilst waiting for the presentations. Some members have already registered for the Christmas 10K qualifying swim at Coogee beach. There are 3 swims on offer. The 10K for those wanting to qualify for RCS and P2P; a one lap 3.4 Christmas Cruiser and the Merry Mile - so something for everyone.

The Swim Thru Perth is not being held until the 21st January but the entries are already open. The iconic event will be 104 years old and is run by Claremont Masters and the Superfins. They ran at a loss in 2022 and made only \$86 this year. Whilst they have a lot of sponsors, their operating costs are massive and they actually attracted less swimmers this January than we did at the lake last November. The ride on the bus to the start of the 3.5k swim from the Perth foreshore, under the Narrows Bridge and into Matilda Bay is enjoyable albeit there are jellyfish – but they don't sting! There is an 800m and a 1.6k on offer also.

We do need to support the other WOW events in the series so if you are undecided – make your mind up now!

Looking forward to seeing you all at the Christmas Party on the 9th December and the sausage sizzle on the 19th December. Details of these events will be sent closer to the dates.

FROM THE HILL.....ANDREA.



CLUB NIGHT PROGRAM FOR DECEMBER 2023

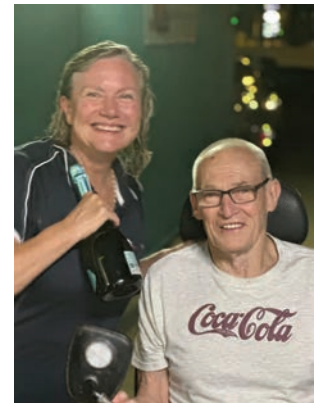
4TH DECEMBER	25 BUTTERFLY	STUBBY STAKES	100 FREESTYLE
11TH DECEMBER	FUN RELAYS		
18TH DECEMBER	SAUSAGE SIZZLE—NO SWIMMING		
25TH DECEMBER	MERRY CHRISTMAS EVERYONE		

NOVEMBER STUBBY STAKES WINNER

Congratulations to Lesley Hart who won Stubby Stakes swimming closest to her nominated time for 25 metres backstroke. Well done Lesley, your third win this year! Stubby Stakes winners to date are Maggie Read x 2; Marilyn Potter x2; Brian Risbey x2; Lesley Hart x 3; Richard Mazzucchelli x 1; David Masters x 1.

Make the time to be at the pool on Monday, 4th December, for your last chance to win this year by entering the Stubby Stakes, and swimming closest to your nominated time.

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 and a drink (not to share unless you want to!!).



HAPPY BIRTHDAY IN DECEMBER TO:

**MARILYN POTTER 2ND; SIMON SCOTT 3RD; BRONWEN CHARLESSON 17TH;
BRAD PITT 18TH; ELAINE BOURNE 23RD; MARTIN BYRNE 27TH**

SAGITTARIUS **JOVIAL GENEROUS**
PHILOSOPHICAL INTELLIGENT
ENERGETIC
ALTRUISTIC OPTIMISTIC
ADVENTUROUS NOVEMBER 22 - DECEMBER 21
SOCIABLE BRAVE
STRAIGHTFORWARD

CAPRICORN
PRACTICAL AMBITIOUS
HUMOROUS
PRUDENT PATIENT
DECEMBER 22 - JANUARY 19 **DISCIPLINED**
STEADFAST CAUTIOUS
HELPFUL RELIABLE
INDEPENDENT

MAIDA VALE MASTERS

PRESENTS

2023 CHRISTMAS PARTY



THEME: "SUSTAINABLE CHRISTMAS"

This year's Theme is for a "Sustainable Christmas" by using the theme "Reuse, Reduce, Recycle". Reuse one of your favourite outfits, Reduce by making an outfit from something you already have, or Recycle by buying something from the Op Shop as your Christmas Theme. You choose.



WHEN: Saturday 9th December 2023
WHERE: Lynne & Andrew Duncan's Home
35 Valley Road,
KALAMUNDA
TIME: 6:30 pm > 7:00 p.m. until late
BRING: Please bring a plate - Savoury or
Sweet to share on the table
Crockery, cutlery and chairs



DRINKS Are free but please bring glasses
Wine, Beer, Bubbly & Soft Drinks in the Esky

Secret Santa - bring a gift valued at \$10.00
Marked Male, Female or Unisex depending on the gift



Come along and join your fellow Club Members for a great night out, together
with the presentation of Club Awards, Certificates and "Flippers"

Lake Leschenaultia

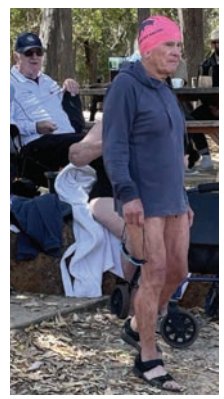
From setting the course; checking the buoys are going to stay inflated; then deflating them. Sand bag filling; Registrations, raffle prizes; many hands making light work. Swimmers, paddlers. It wouldn't happen or run so smoothly without the help of our club members.



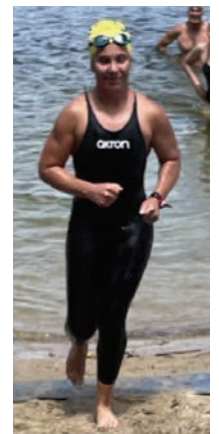
INFLATED...

Not sure what they are looking for. Hope it was found!





Future club member?



Three generations!



Well done to Glad for completing the 1600 metres. She says it is her last one! I'm sure she still has an 800 metres in her for 2024!



Lesley with her clan. Megan who didn't know she was going to swim won with her nominated time.



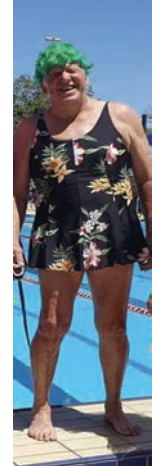
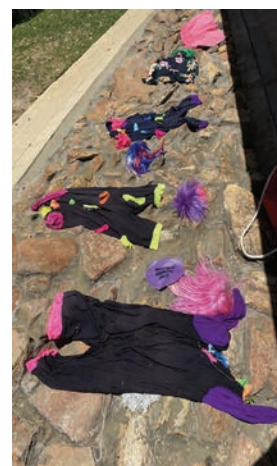
Sandra T who didn't know she was going to break her arm . Who knew this could happen to a paddler!!



Deflating.....



And then there was the Perth Rainbow Swans Carnival



Maida Vale came 3rd at the Pride carnival against 13 other clubs....14 in total



With the men's average points increasing again, a welcome first swim of the year from Bronwen was the reason for a female points bump, but average dip!

Endurance as at 25/11/23		
Female	Male	Total
3252	1335	4587
14 women	7 men	
you're averaging 232.3 points each	you're averaging 190 points each	

flashback to the end of November 2022...		
Female	Male	Total
3273	1330	4603
11 women	6 men	
297.5 points each	221.7 points each	

a peek back at 2021		
Female	Male	Total
4245	2710	6498
13 women	11 men	
326.5 points each	246.4 points each	

DID YOU KNOW?

Richard Mazzucchelli holds nine backstroke sprint club records across multiple age categories

There are more than 100 club Endurance records that are older than lane 4's newest member, Sarah!

TRIVIA TIME!

- 1) WHAT IS THE OTHER SPRINT EVENT THAT RICHARD HAS A CLUB RECORD IN? (SET IN 2005)
- 2) SET ON THE SAME DAY, WHAT YEAR ARE THE OLDEST TWO CLUB RECORDS FROM?

Answers to the Trivia Time questions in the next edition of Up Hill Down Vale.

Thanks to Tom Love for these interesting facts about the club and it's members!

Swimmers in Focus II



A couple who aren't just part and parcel of the club themselves, but so are second generation Greg and Jen, who now have the Bourne Trilogy thrashing up and down the pool!

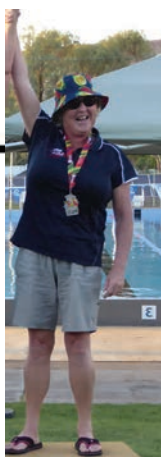
Elaine Bourne

Elaine is at her fastest over the sprint Freestyle, but holds the rare distinction of swimming Endurance backstroke quicker!

This year Elaine has sixteen Saturday swims to her name, bettered only by the haul of nineteen in 2021. Elaine could be about to enter her most prolific swimming season yet, and as a mainstay in 'Team Lane 2' Elaine epitomises the club motto "fitness, friendship and fun"

Russell Bourne

Russell brings unwavering humour to the club, and is always great value at Endurance sessions when time keeping. But Russell isn't just a social swimmer, he holds a club record in the 1/2 hour breaststroke! Set in 2021, he has swum 30,975m of Endurance since that day! Add that to the metres from club nights and he's swum to Rottneast and back!



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 Latex Caps \$ 5.00

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool.

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 web page with photos and videos. Just click on the [link](#).

You can also check out our Facebook page. Just click on this [link](#).



Club Night—Monday—6.30 to when we finish. We have timed swims (except the night we have the committee meeting) Good night to check to see if you are getting faster (or slower!). Not too many have managed the 200 butterfly this year!

Training : Tuesday night 6.30 to 7.30—you can do a program left by the coaches or not!

Training: Wednesday night 6.30 to 7.30—do a program left by the coaches or not!

Endurance: Saturday—2.45 till approximately 4.30—timed swims.



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