

Hill (Down Up Vale



APRIL 2024 NEWSLETTER

PRESIDENT'S PROSE FOR MARCH, 2024.

March came and went so quickly and we're almost 2 weeks into April already.

The long weekend at the beginning of March offered open water swimmers a chance to compete in the MSWA Open Water State Championships. Lesley was the only member to enter but didn't compete on the day and opted out for a training swim and picnic at Coogee Beach instead. The weather conditions were not exactly inviting and Lynne was the only one to trek out to Mullaloo to officiate. A long way to go for a free bacon and egg roll!

The long-awaited Jetty to Jetty swim finally arrived, entries opened in December 2023, and was successfully held on a perfect Sunday morning with a terrific group of our swimmers gathering under a shady tree before competing in the 750 and 1500 distances. The conditions were very pleasant, and the community atmosphere was delightful. Lynne officiated again and got a ride up the beach to the start line in the buggy whilst the rest of us walked the 1500m before swimming back to Daphne Duck and the mermaids at the start line. On such a clear morning, most of us swam in a straight line but Alison decided to do a slight detour – via Madagascar if you believe her explanation!



No podium finishers but Gwyn was very lucky to win one of the major prizes simply by entering the event. He collected a brilliant deck jacket and backpack – donated by @Red, and, although the initial one was a tad large, was able to swap it for a perfect fit. I think it would go well in the Antarctic!



The Stubby Stakes was well attended and there was a great deal of chatting about the swim – the water in the pool always proves to be a great way to rub off the tattoos from the J2J! The races were fiercely contested, and Tom and Lee were kept busy sorting out the winner. Lee enjoyed a birthday cake which Lesley had brought to help Lee celebrate 70 years!!

Training nights have also been great with most lanes fairly full. Endurance swims are still average, and Brian would love to welcome more participants on a Saturday afternoon.



The week leading up to the J2J had flown by with all my attention taken by the Port to Pub. There was bag packing of all the competitors' goodies, then the following night the full-on registration evening with over 1500 people in attendance on a really steamy night at the Claremont showgrounds. The morning began early with the news that there was a printing mistake in the 2000 handbooks so each book had to have an updated sticker placed over print on the relevant navigation page! Job done – onto the fun. There was such an excited buzz on the night with so many swimmers and supporters gathering for the compulsory briefing. Wonderful Lesley was busy working as a volunteer but met up with Megan to pick up her Duo pack. Caroline (Duo), Helen (Solo) with, Holly (paddling), Steve (Duo), and Stuart (25k ultra marathon!) plus so many other familiar happy faces all crammed into the hall to listen to Ceinwen's words of wisdom. Gwyn, Lynne, Andrew and I were working "officials" and enjoying the atmosphere.

Following on from the great registration night there was a VIP function held at Gage Roads in Fremantle and the guest speaker was one of the most inspiring people I have ever met. Kerry-Lee Gockle – aka The Wingless Warrior – is a swimmer from Brisbane who was born with no arms. She swims distances of over 10km with the help of fins and is planning the 25k swim in 2026!



Finally the big day arrived and it was fantastic to see Lesley, Megan, Helen, Steve, Caroline and Stuart jog up the beach and tick off their bucket list achievements. Inspirational!

Thank you to Lynne, Andrew, Barbara, Garry, Sandra and Kate for helping out on the day and – in particular – our two tugboat observers – Captains B1 and B2



Back to reality on the mainland and a small group of us attended the Freo Fins ABCCC on a wonderful warm Sunday morning. The Fremantle pool is always spectacular, and the morning ran very smoothly – well done Captain Tim!! To say that the lunch provided by the Fins is the very best of all the meets on offer is an understatement. It was worth the drive to Fremantle! Alison won a great raffle prize and added the goodies to her packing for her move to Vasse. I would like to extend a special thank-you to Alison's Mum Audrey for spending the morning time-keeping for the club. You will be sadly missed in more ways than one!

It's always great to catch up with Ian and Dorothy Stewart at the interclub events Ian is swimming well – albeit has decided to give butterfly a miss from now on – and he is still diving off the starting blocks!!

Our team of 8 swimmers finished in 5th place from 23 clubs! Well done to Ian, Michelle, Gwyn, Elaine, Russell, Kate, Lesley, and me! Once again, Lynne officiated but didn't need to DQ any of our team!

Tom was in the neighbourhood with his Mum and Dad so popped in to support us whilst they scoured the markets for must-have souvenirs.



I trust that you all enjoyed your Easter break and family gatherings and I know some swimmers took the opportunity to join Brian at Endurance on Easter Saturday. I drove down from Yallingup to compete in the Gracetown Cowaramup Bay open water swim and, whilst it was only a kilometre there was a 2.5m swell and the waves were breaking over the outer marker buoy. It was a fun swim and the rewards for my efforts were 2 bottles of great wine and a gift voucher.



That's it for the 2024 open water season!

John and Norma received some very sad news about the passing of John's brother Erich at the end of the month. Erich had been battling Parkinson's Disease for several years and finally succumbed. Erich and John migrated to Australia when they were only 19 and 17 and worked incredibly hard together to build their very successful engineering business – starting out in the garage of their house. On behalf of all our club members I would like to express our sincere condolences to John, Norma and their families.

As I alluded to in my comments about the Fremantle swim, Alison and her Mum Audrey have moved from Lesmurdie to live down in a lovely new home in Vasse . Most of their family are in the Busselton area and Alison has been considering the sensible move to the south-west for a few years. She has promised to keep in touch and I believe she may join Busselton Masters or the Swimming Women.

Maggie Read has also moved clubs this year from Maida Vale to Whitfords Masters - which is a logistical decision following a couple of years of driving from Madeley, 40 kms north of Maida Vale, to training at Maida Vale pool. Maggie – who had been a member of Maida Vale for over 15 years - originally lived in Swan View but moved to the coast for family reasons and the travel finally became unsustainable.

Glad has had some very traumatic health issues over the past couple of months. Beginning in the very hot spell at the end of January her legs experienced a minor paralysis from the knees down and her calves and ankles were very swollen. Her situation escalated and she needed to get to hospital in Midland so an ambulance trip was organised and Glad spent 4 nights in hospital undergoing tests and treatments. Bob was accommodated in a bed in her room and Glad described their "staycation" as a bit of an adventure. I haven't received an update on her condition but am hoping to hear some good news when she's back in front of her computer.

Brian Risbey's son Rory has joined the club—our youngest member!! We also have a potential new member about to transfer from Cockburn Masters to align with his move to the hills. Malcolm Wilcox is a very fit triathlete and we look forward to his company and enthusiasm.

A smaller group than usual shared the monthly Pizza night and I believe they enjoyed their meals and the company. Birthday boy Richard was absent as he was on his way to Esperance for Easter. It will only be a couple of weeks before I write the Prose for April! Again – a busy month.

FROM THE HILL ANDREA

Sue Griffin is currently in training for the [Lake Argyle Swim](#) to be held on May 4th. Click on Lake Argyle Swim to take you to the link explaining all about the swim.

As this lake is full of small crocodiles, apparently too small to do too much damage should one decide to make friends with you.

Sue has been making sure she will know how to handle any crocodile who wants to be her friend.



**When it comes to this message
your survival depends on who
taught you how to construct
sentences**

CLUB NIGHT PROGRAM FOR APRIL 2024

8TH APRIL	POOL CLOSED FOR MAINTENANCE		
15TH APRIL	50M BREASTSTROKE	Stubby Stakes	100M BACKSTROKE
22ND APRIL	COMMITTEE MEETING TRAINING ONLY		
29TH APRIL	25M BUTTERFLY		100M INDIVIDUAL MEDLEY

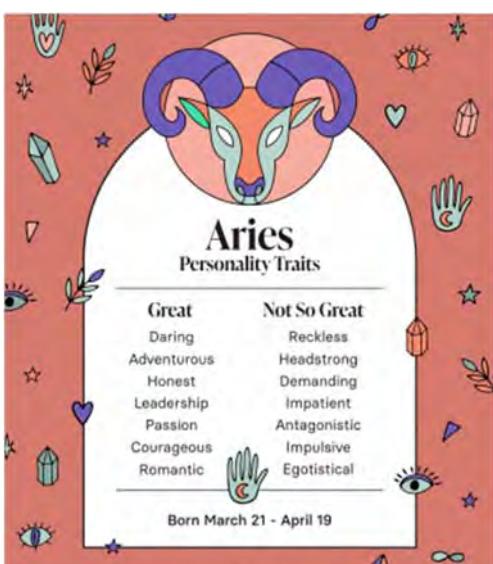
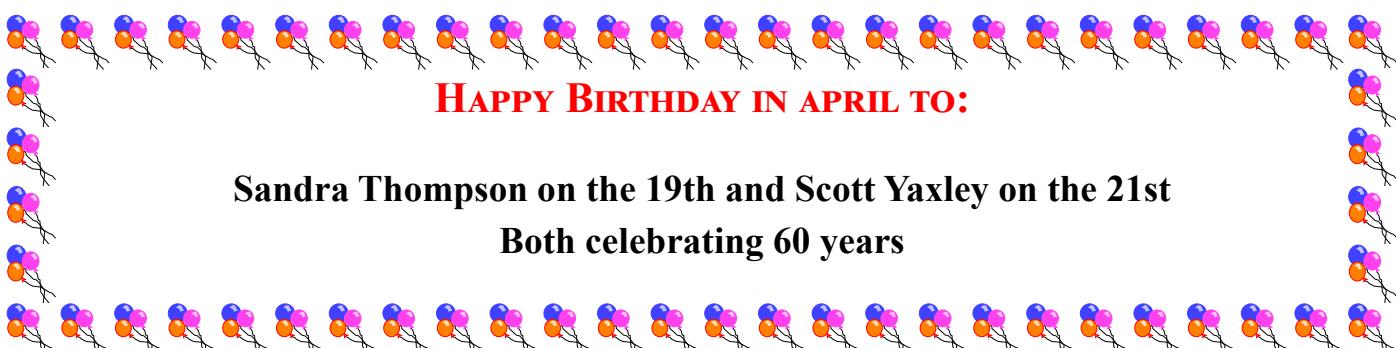
MARCH STUBBY STAKES WINNER

Congratulations to Victoria Maguire who won Stubby Stakes swimming closest to her nominated time for stubby stakes. Well done Tori!

Make the time to be at the pool on Monday, 15th April, for your chance to win the Stubby Stakes, by swimming closest to your nominated time for 50 metres breaststroke.



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!!).



Swimmer in Focus VI

This month's focus is on another senior squad member, in his 90th year, but won't be competing in 90—94 till 2025.

Mr Ian Stewart

Not only is Ian the club record holder in 64 events - from 25s to 1500s covering all strokes - he holds 19 State records, with two that remain unbeaten since he set them in 2015. Although it might not seem a long time, that was actually nine years ago! That's two age groups of swimmers since that haven't bested Ian's 50m Fly or 200m IM, and this was even before Phelps retired! If his club and State exploits aren't enough to admire, the World Masters rankings from 2020 and 2021 include top ten appearances by Mr Stewart: 2020 - 100m Free SC; 50m Back LC; and 2021 - 200m Back SC & LC; 50m Fly SC; 100m Breast LC. With a whole new set of challenges and records to set, break and better, 2025 will be an exciting year for our club's most senior male swimmer. Much like the great Glad McGough, Mr Ian Stewart is continuing to write history, and set a legacy that the men of our club can swim towards, and all members of our club can enjoy recognising and sharing in the joy that Masters swimming brings.

With a geographical relocation to the coast, the Stewarts are not regulars to training with the club, but when there are races to be raced, Ian is often there, breaking club and State records, and even setting previously unset records. Ian, and his better half Dorothy, are an absolute joy to chat to at poolside. Embodying the spirit of Fitness, Friendship and Fun, the Stewarts are always happy to share wonderful life experiences and thoughtful words on how to enjoy the beautiful environment we are fortunate to live in here in WA. And Ian, if you're reading, not only would you and Dorothy be most welcomed at a club night, if you let me know when you might be able to join of a Monday, there are 25m and 50m free records waiting to be set before you out-'age' this category at the close of 2024... and I can have a word with the program organiser to see if those events are on...





America isn't the only place to have 'March Madness' as another half a dozen endurance club records were broken at Darling Range. Conditions are perfect, company is delightful, and the afternoon tea is fabulous.

Endurance as at 23/03/24		
Female	Male	Total
1046 10 women you're averaging 104.6 points each	449 6 men you're averaging 74.8 points each	1495

flashback to the end of March 2023...		
Female	Male	Total
1143 11* women 103.9 points each	611 6* men 84.7 points each	1754

a time travel all the way back to '22		
Female	Male	Total
981 13* women 75.5 points each	650 11* men 59.1 points each	1631

* based on all swimmers in 2022, 2023

Club Records set in March 2024

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Lee Caldwell						
70-74	1 Hour Back	2145	March 9	2040	8407	Glad McGough
	1 Hour Breast	2140	March 2	2050	6405	Norma Jack
	400m Fly	13:06.26	March 23	14:00.47	7313	Glad McGough
Lesley Hart						
60-64	30min Free	1775	March 2	1700	763	her own record!
	1500m Free	25:28.20	September 3	27:10.48	465	her own record!
Caroline Grennan						
45-49	30min Free	1900	March 3	1845	1261	Claire Ware

Did you know?

The month of April has the modal number of club records set in sprint (167) and endurance (91)!

At the time of writing, Lee has already swum 1900m of Fly at endurance...which is 1900m further than the rest of the club put together!

Trivia Time!

Which month of the year have the least number of club records been set in? (just like the 'Did you Know?', this is the same for sprint *and* endurance)

B) There are ___ club sprint records still standing that were set before the year 2000:

- a) 2
- b) 20
- c) 200
- d) 2000

C) What connects all three of these club records? *

The Women's 45-49 200m Back, 75-79 100m Fly
& the Men's 40-44 200m Breast

D) The 5000m Free (yes, 5 with three 0's after it) was rightly banned for causing timekeeper distress** From the twelve records set, can you name two of the holders that are still active club members?

And one for the road) 1/4 of the records are held by one person, but who?

Answers to these questions are over on the next page!

Port to Pub

The boat of B1 and B2



Port to Pub

The boat of Lesley and Megan





After a backlog of unanswered trivia, I've put this page together, in the hope someone may get something out of it. If you missed the questions from previous months and fancy having a go at them or haven't tried and never thought you'd have this chance again, just look at the first column, the answers are in the reverse colour scheme in the next. For aficionados, the data is on the following page.

Nov-23			
1) Who stands (or rather swims) between a sweep of those active short course records?			
2) Which club member still holds two long course records for Lesley to conquer?			
Dec-23			
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?			
Jan-24			
1) Who was 2023's most prolific time keeper?			
2) Who was the only time keeper this year that didn't actually record any swims?			
Feb-24			
Lesley and Andrea have the same time (1:42.00) for two of their club records as the men's 200m freestyle world record! But what events did they set theirs in?			

ANSWERS TO THIS MONTHS TRIVIA QUESTIONS



A)	B)	C)	D)
December	(200)	They are all just under 3mins (2:59....)	Sandra, Russell F, Gary & Lee - who is the answer to E!

The official (and not so) data

Nov-23

1 Hour Breaststroke	416150	JACK Norma	60-64	04-10-1997	2395
3000m Freestyle	103332	MCKIE Pat	60-64	20-09-1998	62:21.63
3000m Backstroke	103332	MCKIE Pat	60-64	05-09-1998	74:19.24
3000m Breaststroke	416150	JACK Norma	60-64	14-08-1999	78:37.66
400m Ind_Medley	238654	WILLIAMS Andrea	60-64	28-04-2011	8:59.62
800m Freestyle	238654	WILLIAMS Andrea	60-64	27-04-2011	14:57.61

Dec-23

1500m Freestyle	416153	MAZZUCHELLI Richard	65-69	05-02-2005	28:09.50
200m Free	620106	SCOTT Robert	28	Short	30-06-1979 2:15.00
100m Back	640030	WATKINS Lester	44	Short	30-06-1979 1:26.70

Jan-24

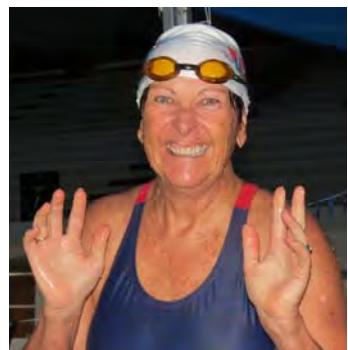
- It is possible these records are not exact, but it is unsurprising these three have been the most committed 'stopwatchers'. Great job guys!
- * I think 2023 will be the last year on record this Trivia stands!



You should have used
this zoopasuit ladies!

Feb-24

100m Breast	290762	HART Lesley	46	Short	04-02-2008	1:42.00
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100m Free	238654	WILLIAMS Andrea	73	Long	02-04-2022	1:42.00
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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 7.45—do a program left by the coaches or not!

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



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