

Hill (Down Up Vale



MARCH 2024 NEWSLETTER

PRESIDENT'S PROSE FOR FEBRUARY, 2024.

This prose have taken me longer to write because of the extra day in a very busy month!

So many events in February beginning with a small group of us attending The Bassendean Community outdoor cinema to sit in bean bags and watch "The Boys In The Boat". The movie was based on a true story about the USA rowing 8 team overcoming adversity to win a gold medal at the 1936 Olympic Games in Berlin. A great little movie and a fun evening on the grass enjoying a pre-show picnic.

The very next morning some of us were up early to compete in the Cott to Swanny Ocean Classic. A 2km swim up the beach in relatively good conditions with a following south westerly swell helping us along. Lesley and Megan are training for their Duo swim in the P2P and I was just along for a nice swim and the breakfast! (the bloke in the photo is Megan's partner, Jed).



The Stubby Stakes on Monday, February 5th, were truly awesome. We had 26 club members swimming and some of the races in the 25m freestyle were nail-biting finishes. Tom and Lee had their work cut out to set the races and check the results!

The training nights across the month have been well attended with a good combination of serious swimming and solving World problems at the end of the pool. We have welcomed back Jane and Chris Potter on Tuesdays and Tom's Mum Sandra has been jumping in for a swim whilst they are here on holidays.

Endurance swimming on Saturday afternoons has endured the very hot conditions in the Darling Range sauna, with Tom introducing a unique form of timekeeping to stay cool. Our timekeepers are getting younger with the help of young Theodore Llewelyn on pool deck helping Grandma Caroline!



The Busselton Jetty Swim was a week away and quite a large number of swimmers, families and friends were heading south to enjoy an amazing weekend of competition and friendship. A new event on offer this year was the 500m Simon's Short Cut swim held on the Saturday afternoon. Jen and Gwyn entered for a leisurely swim under the jetty and were given nice medals at the finish line. The main event on Sunday was a sell-out and there were too many friends competing to mention individually but it was wonderful to catch up with people we only see once a year. Most of us were happy with our results as the conditions were favourable. Lesley had kindly organised a group lunch at a local brewery following the swim, although there were some logistical problems, it was a great idea!



Lesley had been feeling a little under the weather over the weekend and succumbed to Covid during the following week. Gwyn also caught the bug and unfortunately was a little unwell for that week too. Lynne also thought she had fallen victim to Covid but turned out to be an unpleasant tummy bug!

During the week after the swim there were very strong winds in the hills and Russel's ceiling in his dining area basically collapsed, with the kitchen ceiling threatening to do the same. His insurance company refused to pay for any repairs, so Russel rang Brian Brady for help. Brian organised a busy bee the following Saturday and 15 club members arrived at 7 am, suitably dressed and equipped with work tools. We were all advised to wear face masks and cover ourselves in baby powder to stop the itching from the blow-in fiberglass insulation, so we all looked like a wild bunch of zombies! We were soon covered in ceiling mess, gyprock dust and general "stuff". Turns out Russel has not been vacuuming the spiders in his roof!!



Maida Vale Masters Busy Bee!!



B1 turned up with all the material to replace the ceilings in the kitchen, dining room and hallway, reinstall insulation batts (not pink- by request) and repair the ceiling batons then re-install the downlights. B2 arrived with all his battery operated "toys" and set up fans to blow out the dust, an industrial light - as we were working in the dark, a heavy-duty vacuum and blowers. Elaine and Russell came equipped with brooms and William arrived with his truck, wheelbarrows and tools. We started work like a swarm of well-ordered bees (appropriate) and by 9.30 we were all ready to enjoy the morning coffee and treats supplied by Marilyn and Lesley. By 10.30 the job was nearly finished with the clean-up crew making the kitchen functional. One group led by William, Lesley and Graeme set about replacing uneven pavers in the driveway – pulling out the dead tree roots which had caused the subsidence.

We all went home filthy dirty (although we were all dusted off by Elaine and Russell) but with an amazing feeling of achievement and club camaraderie. It was a fun morning and Russel was very appreciative. B1 and Jamie have since finished the cornices and tidied up. I would like to thank all our worker bees on Russel's behalf! B1 and B2; Lesley and William; Graeme and Marilyn; Sandie; Richard; David Masters; Elaine and Russell; John; Garry; Jamie and me!

The weather had been kind to us with a cool easterly but the temperature was forecast to increase the next day to reach 43c and the Newman Churchland's LLCC event was cancelled for safety reasons. The difficult decision was made as the well-being of the officials, swimmers and spectators was paramount.

The swim has now been rescheduled to 7th April, entries close 29th March

The A.G.M. was held the following Monday evening at Kathy and Brian Brady's home with a decent number of members turning up on a very warm night. Thank you to the Brady's for the use of their "meeting area". The Committee remains pretty much the same as 2023 with the exception that Tom is officially recorder with Lesley assisting and Lee has stepped down as Uniforms officer and Michelle has filled that position. Thank you to both ladies. The position of Refreshments Officer, filled magnificently for many years by Russel – has basically been made redundant with a few minor exceptions. Most people now know that we basically BYO at all socials, except the Christmas Party. Russel will still be in charge of making the ice (water!) in his garage but the burden of providing drinks each month for S.S. has been lifted. A massive thankyou to Chookie for all his years in charge of our liquid hydration.

A brief discussion was held over the situation with the automatic elevation to “Life Member” following 25 years of membership with the club. Lynne pointed out that there is a provision within the By-Laws to bestow that honour to outstanding members after 15 productive years with the club.

Gwyn and I were the only two members who went to see The Pool production at Bold Park – an exercise that was planned to follow the NC swim, but it was also rescheduled for the following week because of the heat. It was unique, very unusual and a brilliant festive show.

Brian Risbey (B2) had a very lucky escape from serious injury on a Friday morning at Kal-
amunda Primary School. He arrived at work a little later than usual only to find that a massive
gum tree had crashed across the exact space where he always parks. It would have completely
wrecked his car and he could have been sitting in it at the time! I’m amazed that he didn’t just
happen to have a chainsaw (battery operated) in his boot! Time to buy a Lotto ticket.



The last Saturday of February was the day of the Rottnest Channel Swim. There was a great deal of uncertainty with the unpredictable weather, but the decision was made to start the event, albeit the conditions were never going to be ideal. The combination of the swell, wind and currents forced the organisers to abandon the swim before any competitors had reached the island. It was devastating for everyone but the only responsible decision to make as the safety boats were overwhelmed and someone could have been seriously injured. My sincere commiserations to all our members who were competing or involved in the event. Sarah Howard was doing a duo with her friend Kacy, Ceinwen and Kate’s daughter Helen were doing solos with Holly and Caroline supporting. That’s the nature of open water swimming!



**Sarah and Helen
Still smiling!!**



A small group of us were following the progress of the channel swim from the comfort of Michelle Chia’s great little bus as we headed down to Bunbury to swim in the Leschenault Inlet with the Old Boys Surf Life Saving club. With Michelle at the wheel, Lynne, Lesley, Kate, Gwyn and I enjoyed a really relaxed outing. The water is always a muddy challenge but the riverfront sunset bbq at the end is definitely worth a grubby mustache face coming out of the water. The numbers were quite low because of the clashing Rottnest swim but we weren’t complaining! It was Michelle’s first swim at that event and she was justifiably very pleased with herself. Gwyn only swims breaststroke these days but really enjoyed being able to see where he was heading and was definitely in the mix with the rest of the swimmers! His main event was surviving 4 hours in a bus with a group of chatty ladies!



After the Lake Leschenaultia swim the club had some pencil cases with ‘Stuff’ printed on them. Some of our members took these home and filled them with stuff for the children at the Ronald McDonald house where Garry and Barbara Lynn volunteer. They received this letter from their friends at RMDH.

Dear Friends of Garry,

I wanted to extend my heartfelt gratitude for your generous donation of pencil cases filled with exciting goodies for the children at RMHC WA. Your thoughtful contribution brought sunshine and smiles in abundance. The magic of the Season was truly brought to life as Santa Claus himself delivered your wonderful gifts. The children’s faces lit up with joy as they discovered the delightful surprises inside each pencil case. Your kindness and commitment to spreading joy this Festive Season is so appreciated. Thank you once again for your incredible generosity. Wishing you a joyous New Year. Your friends at RMHC WA.

Garry, Barbara and David Pether volunteered at the Up All Night Walk, a fund raiser for the Ronald McDonald House. It is a 42 km walk starting after dark and ending at dawn. Not sure if I could stay awake all night, well done to Garry, Barbara and David for volunteering at this event and staying up all night!!

Our social dinner night at the newly managed Village Pizza was very pleasant and, whilst there were still a few issues, the food was definitely delicious.

CLUB NIGHT PROGRAM FOR FEBRUARY 2024

4TH MARCH	LABOUR DAY PUBLIC HOLIDAY—NO SWIMMING		
11TH MARCH	50M FORM		100M BREASTSTROKE
18TH MARCH	200M CHOICE		
25TH MARCH	COMMITTEE MEETING TRAINING ONLY		
1ST APRIL	EASTER MONDAY—NO SWIMMING		
WHAT IS FORM?	Any stroke that isn't Freestyle. So you can choose between Butterfly, Backstroke or Breaststroke		
WHAT IS CHOICE?	Any stroke (Fly, Back, Breast, Free) we'll even throw in the Individual medley		

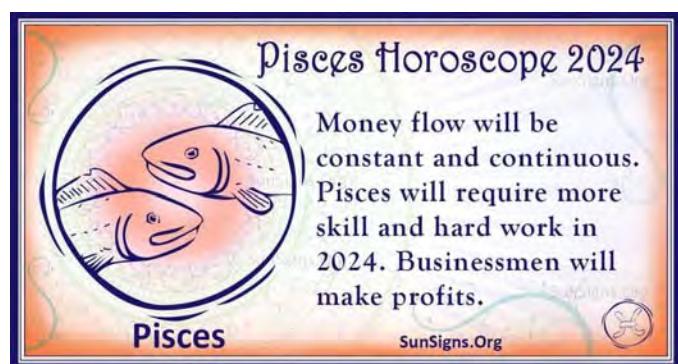
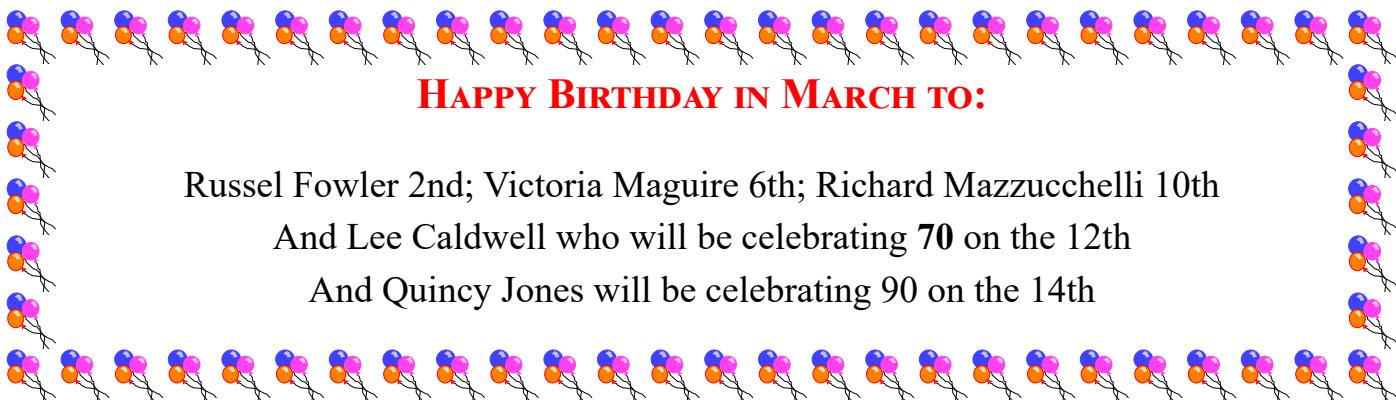
FEBRUARY STUBBY STAKES WINNER

Congratulations to Brian Risbey who won Stubby Stakes swimming closest to his nominated time for stubby stakes. Well done Brian!



Make the time to be at the pool on Monday, 11th March, for your chance to win the Stubby Stakes, by swimming closest to your nominated time for your choice of form! That means no freestyle!! I suspect everyone will be putting down for butterfly.....

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 V



From now on there will just be one swimmer per edition, giving a chance to spotlight some of the magnificent exploits of our club members. There is so much that can be written and shared about people at Maida Vale and these sections are just how the data jump out. But when it comes to numbers there is one in particular relating to this month's swimmer that is astounding...

94

Mrs Glad McGough

Glad holds... wait for it... sixty-seven sprint and eighty-five endurance club records! 94 years young this year, Glad has the rest of 2024 to chase down the final age group record that eludes her in the current set. Long standing servants of Maida Vale will be able to guess who that 50m free accolade still belongs to*. Glad's oldest club record still standing is the 65-69 LC 100m Fly. You'd have to go all the way back to the 2nd of March 1996 to have seen that. Her short course record in that same event was only recently bested (in 2020*). Glad's other record still standing from last century - the 3000m free - will require a special event to even attempt to beat it!

Glad's performances can be found in the World Masters Top10 rankings in four of the last five years, with a 2021 hiatus the only reason for not making a clean sweep of appearances. The most notable of these, is in 2022 for the LC 200m Breast, where Glad had the distinction of ranking number one in the world!

This performance was joined in 2022 by the wonderful national record Glad set in the 1500m free, rightfully celebrated in the newspapers and with a very enjoyable ABC radio interview. Masters swimming digital records only date back a quarter of a century, but even these show the **sixty** state records that Glad set since competing in the 70-74 age group, and only five of these are in her current 90-04 category and seventeen still haven't been broken!

200 M. BRST	11:06.50	GLAD MCGOUGH	AUS
12.43 29	DAVIDSON M. ET AL	NEA	

Glad is very modest in telling you she can break records now as there are fewer nonagenarian swimmers, but you can only beat the people who can race you and, scouring club records back ten years (when Glad was *only* in her early 80s), she held a combined 128 club records. So Glad was always prolific performer even without being in the most senior of age groups. Plus, in the race of life, competing in her age group really is winning! From Saturday endurance sessions, Glad has already made an impression on a certain five year old that came to join her Daddy timekeeping; for female club members who find themselves on the fun side of retirement, Glad's exploits are leaving quite the legacy to chase; and for all of us at the club, Mrs Glad McGough is leading the way in why we are all making the most of life, and love to...

just keep swimming!





Last weekend saw a welcome return to endurance action for Marilyn. We can't wait to see more of you now the weather is finally under 40!

Endurance as at 29/02/24		
Female	Male	Total
532	285	
6 women	4 men	
you're averaging 88.7 points each	you're averaging 71.3 points each	817

flashback to the end of February 2023...		
Female	Male	Total
1010	508	
11* women	6* men	
91.8 points each	84.7 points each	1010

a peek back at 2022		
Female	Male	Total
628	430	
13* women	11* men	
48.3 points each	39.1 points each	1058

* based on all swimmers in 2022, 2023

Club Records in Jan & Feb 2024

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Brian Brady						
70-74	1hr Back	1920m	13/01/2024	1835m	315	his own inaugural record!
Lee Caldwell						
70-74	1500m Breast	43:13.36	13/01/2024	44:43.08	6384	Norma Jack
	400m Fly	04:05.87	03/02/2024	04:05.87	7264	Glad McGough
	800m Fly	04:05.87	10/02/2024	04:05.87	8687	Glad McGough
	800m IM	04:05.87	17/02/2024	04:05.87	7980	Glad McGough
Andrea Williams						
75-79	200m Free	04:05.87	05/02/2024	04:18.11	4964	Barbara Hart

DID YOU KNOW?

Lee's [first] 800m fly swim of the year was so determined to go unrecorded that it leapt into the pool (thank goodness for pencil written split times), then spent a whole week laying on the pool's kitchen drying rack, luckily unmoved!

Graham Croft (of Claremont fame) featured in the same World Master's Championship 100m Freestyle race as a man from Hadleigh Swimming Club (UK) from the same pool Tom's Grandma swam in since it first opened many moon's ago!



World Master's Champs Trivia Time Special!

A) The 65-69 women's 50 free was won by Elin Knag (bonus prize for the Norwegian pronunciation!), but which 1984 club person of the year holds the Maida Vale record in this event?

B) Sachiko Hasegawa took the 85-89 women's 200 IM in an astonishing 4:57.33 (check that birth certificate!), what is the first age group that holds a club record faster than that at Maida Vale? Bonus for guessing the record holder.

C) Ahmet Nakkas set a championship record of 57.74 seconds in the men's 100m free, but in what age group?

D) If they swum close to their 2022 club record time in the 200m back, which men's club member might have challenged for gold at the world master's?

E) And just for a bit of fun, there are two teams entered in the 320-259 years mixed medley relay. Can you guess which two nations they are from the following clues:

Country 1: There is a famous 80s song named after the capital.

Country 2: The former name of the country is a species of cat.

Answers!

A) Barbara Van der Leest, B) 65-69 (Maggie Reed), C) 60-64 years, D) Ian Stewart, E) 1 - Austria, 2 - Thailand



A clue to the answer of one of Tom's Trivia Questions

- Renewing your membership.
- We cannot accept payment of fees at the pool, and you now need renew your membership via the Registration option available on the MSWA website. <https://mswa.asn.au/>
- See Dolphin Dots dated 1st February for how to renew your membership for 2024.
- Membership fees for 2024 are \$135.00.
- Masters Swimming Australia increased their fees by \$10.00 however Maida Vale Masters has absorbed 50% of this increase, which is reflected in our 2024 membership fee.
- You are not covered by Masters Swimming insurance if you have not paid your fees.



Newman Churchlands Masters Swimming Club invites your members to a
2024 Act Belong Commit Club Challenge Series Meet

DATE: Sunday 7 April 2024

VENUE: Newman College Pool Empire Ave Churchlands. The venue is an outdoor long course pool

TIME: Warm up 8.15am for a 9.00am start

COST: Cost of meet entry is \$12 per swimmer (plus booking fee) which includes entry to the pool

ENTRIES CLOSE: 29 March 2024

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU147>



EVENTS

1. 200 Freestyle	IMPORTANT NOTE
2. 100 Breaststroke	This Meet has been rescheduled from the
3. 50 Butterfly	cancelled Meet that was going to be held on 18
4. 50 Freestyle	February.
5. 50 Backstroke	If you nominated for that event, you will need
6. 100 Butterfly	to use the link to
7. 4 X 50 Women's Freestyle Relay	<ul style="list-style-type: none">• Confirm your entry or
8. 4 X 50 Men's Freestyle Relay	<ul style="list-style-type: none">• Request a refund

IMPORTANT NOTE
This Meet has been rescheduled from the cancelled Meet that was going to be held on 18 February.

If you nominated for that event, you will need to use the link to

- Confirm your entry or
- Request a refund

The meet is OPEN to all Masters Swimmers. The meet will be limited to the first 150 swimmers who nominate.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 individual events and in the appropriate Relay.
- All participating Clubs are to provide timekeepers. Watches will be provided.
- A free sausage sizzle will be provided afterwards. Free tea and coffee will be provided during the day.
- Direct swimmer registration can be found at this link:
<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU147>
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry.
- The Club Captain will ask for relay availability on closure of individual entries.

For event enquiries, please contact the Meet Coordinator, Frank Maloney 0402 786 011.

If you are unable to register but are a current financial member, please contact

communications@mswa.asn.au



Department of
Local Government,
Sport and Cultural
Industries





Fremantle Fins Masters Swimming Club.

2024 Act Belong Commit Club Challenge Series Meet.

DATE: Sunday 24th March 2024

VENUE: Fremantle Leisure Centre, Shuffrey St Fremantle, Long Course

TIME: 8am warm up, 845am start

COST: Cost of meet entry is \$23 per swimmer and includes pool entry and a fantastic lunch.

ENTRIES CLOSE: 18th March 2024.... 5pm (for individual swims). Late entries will not be accepted.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU134>

EVENTS

1. 50m Butterfly
2. 50m Freestyle
3. 50m Breaststroke
4. 50m Backstroke
5. 4x 50m Mixed Free Relay
6. 4x 50m Mixed Medley Relay

The meet is OPEN to all Master's Swimmers.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 events and in an appropriate Relay (s).
- All participating Clubs are to provide timekeepers and watches (Manual Timekeeping).
- Refreshments will be provided afterwards- no cost to the swimmers or officials.
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- The Club Captain will ask for relay availability on closure of individual entries on the 21st March.

For event enquiries, please contact the Meet Coordinator *Timothy Buckton* for enquires at tim@wardersholtel.com.au or 0433676599. If you are unable to register but are a current financial member, please contact communications@mswa.asn.au



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.**

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.

Contact details

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Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
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