

Hill & Down Up Vale



AUGUST 2024 NEWSLETTER

PRESIDENT'S PROSE FOR July, 2024

I would like to begin this newsletter by wishing all the Maida Vale Masters a very Happy 45th Birthday! It has been a great pleasure to be involved from the beginning and it has formed a very large part of our lives since we joined the fledgling club in July 1979. Lester Watkins leased the pool at the time and a group of his mates (Gwyn included) trained together every morning at 7am. Lester heard about a new concept from America that involved swimmers over the age of 25 forming clubs, training with a coach and competing against other AUSSI clubs around the USA. AUSSI stood for American Union of Senior Swimmers Inc. It was altered here to stand for "Australian". Later the Australian Association changed the name to Masters but some chose to stay as AUSSI. Lester and a group of the early birds visited the new club of Osborne Park and came back to Maida Vale with glowing reports and great excitement. The fact that older swimmers could set 5 year Age Group State, National and World records really appealed to him. Gaining National and State Top Ten points was also an incentive to train. Over the ensuing years there have been many notable records achieved by several members. Within a few weeks the club had grown to about 30 members and included Gwyn, Barbara Hart, Barbara van der Leest, Trevor Costigan, Anita Eifler and myself – with the exception of Anita, still are all current members but only Gwyn and I still currently compete. Barbara van der Leest, Gwyn and past member Lyn Orohoe, had never met before but discovered that they had all competed in the same regional championships in the U.K.

Anita was heavily involved with Royal Life Saving and Kalamunda Districts Swimming Club with the Harts. A former National swimmer in Germany, she was selected for the 1936 Berlin Olympics but unable to compete due to chaperoning difficulties.

Barbara Hart was a very good swimmer and a member of KDSC as her daughter Lesley Jane, was a really competitive junior swimmer. At 17 years old Lesley loved swimming with us whenever she could and counted the years before she could join the club – which was minimum age of 25 at the time. I have also had the pleasure to watch her become a Mother to her gorgeous daughters, Rachel and Megan and them in turn become delightful young ladies and Rachel, a Mum Herself to another water baby, Sadie. I cannot believe Lesley is a Grandma.

Barbara Hart was a Midwife at Kalamunda Hospital and was in the theatre to help deliver two of my girls. I remember the night I went into hospital before Ceinwen was born and wanted to train first so Barbara was in the lane behind me – ready for a water birth!

On a similar subject I have fond memories of celebrating the news that Sandra had given birth to daughter Alana whilst we were all enjoying the clubs Christmas sausage sizzle! Alana turned out to be a water baby too as I'm sure her son Hunter will.

There are so many stories and memories – State, National, Pan Pacific and FINA World Championships; mid-week Interclub swims at Osborne Park, West Coast and Inglewood; Rottnest Swim Thru weekends; Rottnest Channel Swims; Country events in Geraldton, Mandurah and Alice Springs plus lots of purely social fun and games. Trips down south for weekends in holiday cabins including a famous "Weekend from Hell" at Popanyinning, epic Christmas in July parties involving bus trips to Araluen....this newsletter is not big enough!

In 1981, having competed at a few Open Water events on offer a group of us were enjoying an annual March tradition of breakfast at Lake Leschenaultia. It was a rule that you had to swim across the lake before you opened the champers. Munching on bacon and eggs, we conjured up the notion of running our very own event at the Lake and set about working out the details. By November of that year we successfully pulled off our first epic swim with around 33 swimmers I think! It was a very different undertaking back then.....again this newsletter is not big enough!



10th Anniversary 1989



Araluen 1990



Xmas 1994



The Lake 2000

Back to 2024 and I think for those members and partners who attended our terrific celebration dinner at the Kalamunda Club, you will agree that we managed to create another great memory. Thank you to Brian and Kathy Brady for choosing that venue and to everyone who dressed accordingly and made the night a great deal of fun. Brian Risbey's Francophile quiz was a big hit too. There were some wonderful costumes, in particular Glad McGough who excelled in her creativity.

We did manage some swimming during the month and the lovely warm water of the pool was a welcome escape from the cold, stormy conditions outside.

Gwyn, Michelle and I competed at the Riverton ABC interclub. Lynne was the Meet Director and kept up her daily step count on pool deck. Both Gwyn and I gained maximum points (and..yes there were more than just us in our age groups). Michelle swam in 2 of her events but sadly succumbed to an upset tummy and had to head home.

TIN SHED CHATTER:

Both Lesley and Richard have shared their wonderful holiday stories with photos in this newsletter. I know you will enjoy reading about their adventures.

Norma and John joined us at the dinner celebrations – Norma with her leg all bandaged after undergoing another skin graft which her doctors are pleased with. John appears to be coping with his foot ulcer and it has not stopped him heading to Spain and Germany on a work trip.

Russel finally had his long awaited operation on four of his vertebrae and is still in hospital whilst they treat an infection before he can escape and head home to his newly converted car. Lessons on driving with his left foot will be interesting. He is sporting a large neck brace that he has to wear for 8 weeks. Not happy but on the upside he is binge watching the Olympics.

Sarah underwent knee surgery for a torn ACL which she sustained playing netball (should have stuck to swimming!). She was in hospital overnight and was sent home wearing a very impressive knee brace. Possibly 6 weeks recovery before she can get back in the pool. Again, lots of TV time!

Glad is back in the pool and training hard for our 1500m event at Darling Range. She will be swimming backstroke.

Kate and Kim have headed north to join Caroline and Steve to climb Mt. Augustus and looking forward to some warmer weather.

NOW FOR SOME LOUD CHATTER!!

Ceinwen headed to the UK to accompany 7 of her swimmers in their attempts to cross the English Channel. To date four swimmers have been successful, two weren't able to finish due to incredibly strong currents and hypothermia and sadly were pulled from the water just a few kilometres from France. One of them will try again next week.

Ceinwen had swum the channel back in 2011 so decided on another challenge and elected to attempt the Bristol Channel from a small coastal village, Porthcawl, in Wales to Somerset in the UK. A distance of 28kms but across some of the highest tides and strongest currents in the world. She swam it with one of her friends, Fletcher and, together, they finished in 9hrs 7 mins and broke the previous world record of 9hrs 10mins. The previous female record was 9hrs 24 mins. Back on the boat to Porthcawl for a quick shower before heading to Dover – a 6 hour drive – to get on a support boat for an English Channel swim! Dean had been one of the supporters on her boat so slept in the car all the way to Dover before jumping in the water and heading off to France! Luckily he finished in just under 10hrs. 24 hours later they did it all again supporting Luke who was very close to finishing when he was caught in the current. Ceinwen jumped in to swim with him to shore then he collapsed and ended up in hospital back in Dover with water in his lungs. The channel is not to be taken lightly!

They are planning to get to Paris to see the open water swims – taking the train this time!



I hope you are all enjoying the Olympic events – the swimming in particular – but don't forget to get down to the pool!!

FROM THE HILL.....(well actually kid sitting in Claremont).....ANDREA.

Membership Awards

45 years Founding Members

Andrea Williams

Gwyn Williams

Barbara van der Leest

Barbara Hart

Trevor Costigan

30 years

Patricia Dalle Nogare

25 years Life Membership

Scott Yaxley

15 years

Kate Elliott

Caroline Grennan

Russell Bourne

Elaine Bourne

Paul Waters

10 years

Brian Risbey

John Hofmann

Greg Bourne

Steve Martin

5 years

David Masters

Bronwyn Charlesson



45 years of Fitness,
Friendship and Fun
Congratulations
Maida Vale Masters!



Richard's account of the amazing adventure he had in June...

'I am aware I have been a bit of a sad sack around the club since Brenda died, but in June I had one of the greatest experiences of my life. I had an adventurous week in Exmouth with the four oldest of my nine grand-children. When I booked the rental house, I had no idea it was the week after Uni exams and the start of holidays. I invited any of the family to join me, not expecting any takers, let alone a quartet of youngsters. Sarah accepted enthusiastically right away but I suspect the rest were under parental instructions, lest I get into any trouble. I didn't, but the young people took control and I accepted their help in all manner of things with gratitude. We had a couple of cold fronts but it remained swimming weather throughout the week. The grandies insisted I take the opportunity to swim with the whale shark, even though I had nominated Bill, who even helped me when I was fumbling to get my flippers back on. In the end, I didn't go on the tough walks in the National Park, which was one of my original objectives, but with exploring, swimming, snorkelling, reading, card and board games and driving there and back, it was a packed week, and a wonderful privilege for me.'



Richard with his four eldest grandchildren:
Sarah, Bill, Emma and Sylvia

Who is Phil Leap?

Some of our more recent members might be wondering who (or what) Phil Leap is who has popped up in recent Messenger chats and on the club's Facebook posts. His very own Facebook page introduces him as such... **'Cast aside by a neglectful frog collector, Phil Leap was rescued by well meaning souls who have made him an honorary member of Maida Vale Masters Swimming Club. Since his new lease on life began, Phil has taken every opportunity to see the world.'**

Beginning in 2012, Phil Leap and his girlfriend Anna Phibean (currently missing in action) have been on numerous adventures with club members to the far reaches of the Earth. These trips have included visits to Budapest (x3), Venice, Disneyland Paris, New Zealand, a bus trip around Australia, Bali and many, many more. Phil Leap even lost his head (literally) swimming the English Channel with Cenwen!

If you're planning a holiday and would like a small travel companion, let someone on the committee know. These two are always keen to discover new horizons!



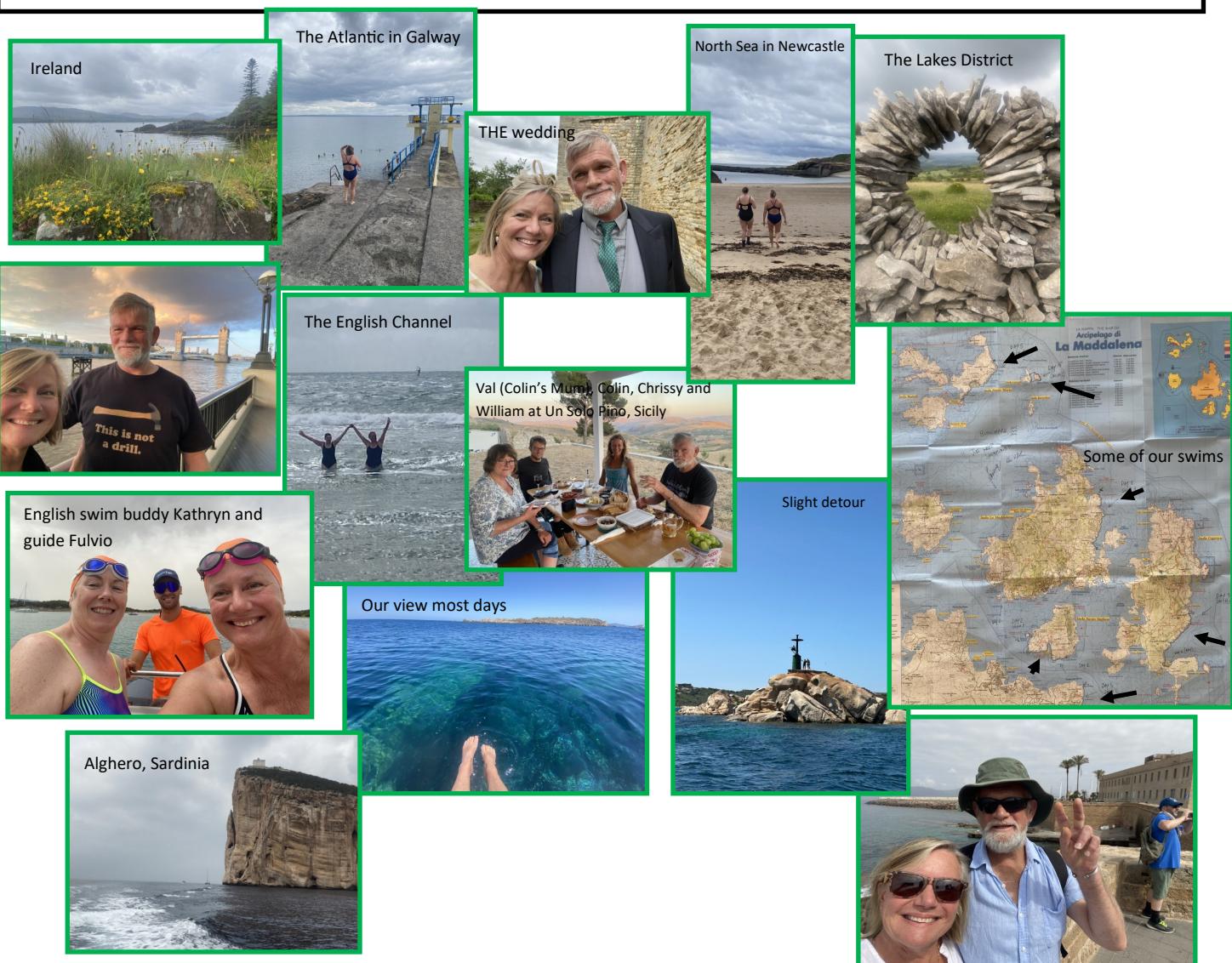
Lesley's (condensed) account of her trip...

William, Phil Leap and I had the most fabulous 7 week adventure! Our first week was spent in cool, wet and windy southern Ireland. We still managed many scenic drives with spectacular views and plenty of Guinness. Next stop was England for a very posh family wedding followed by a quick circuit of the country from the Scottish borderlands to Poole in the South and back to Lincoln. A plethora of friends and relatives kept us well entertained and fed. It was an exhausting 3 weeks and finding a pool to train in proved an expensive and most often futile venture. It's no wonder we do so well at the Olympics with the facilities we have!

From the UK, we headed for a brief stay with an old school friend of mine in her home of 25 years, Budapest. Such a stunning city to wander around and finally some warm weather for us. Onwards from Hungary, we made it to the rural Sicilian property that is home to family friends of William's. Colin tragically became a tetraplegic at the age of 20 after diving into shallow water. He had just returned home after spending his 'gap year' from school in the UK working for William and travelling around Oz. To say he has made the best of a bad situation is an understatement....Colin and his Australian wife Chrissy have had many adventures over the last 20 years, the latest being redeveloping their 20 acres of land to make it an eco tourism destination suitable for people with disability. This is a mammoth task and it's impossible to say that these two are anything short of inspirational.

Leaving William helping in Sicily, I travelled solo to Sardinia for my Swimbtrek experience. The archipelago of La Maddalena was our base for the week of amazing swims in the most beautiful of settings with the awesome company of 15 women from all over the world. The weather was not always kind to us but the experience of our lead guide Francesco was invaluable, always managing to find a protected coastline for us to follow and complete the promised 5km every day. A 'bucket list' item well and truly ticked off for me...already planning the next one!

The journey home after William rejoined me saw us enjoy a few more days in Sardinia and then one day in Fiumicino, Rome. It was definitely a full and satisfying holiday but we both agree we are lucky to live where we do!



We celebrated July Birthdays (and our 45th again...because we could)

at the Village Pizza Kitchen on the last day of the month!



Lesley is taking part in this Cancer Council fundraiser and attempting a 'dip' (mostly cold), every day in August.



If you'd like to join her at Lake Leschenaultia at 10.30 on Sunday, 25th August, you too can feel the chill and share the love! Brrrrrrr

She'll supply a sausage sizzle...BYO everything else!

You can donate through her Facebook page. Thanks to those who have already supported this important cause!



CLUB NIGHT PROGRAM FOR AUGUST 2024

5TH AUGUST	50 METRES FREESTYLE	STUBBY STAKES	25 METRES BACKSTROKE
12 AUGUST	100 METRES FREESTYLE		50 METRES FORM
19 AUGUST	HANDICAP MEETING (ALL 50'S ; ALL TO RACE FOR)		
26 AUGUST	COMMITTEE MEETING - TRAINING AND COACHING		
2ND SEPTEMBER	50 METRES BACKSTROKE	STUBBY STAKES	200 METRES BREASTSTROKE

WHAT IS FORM? ANY STROKE THAT ISN'T FREESTYLE
SO YOU CAN CHOOSE BETWEEN FLY, BACK OR BREASTSTROKE

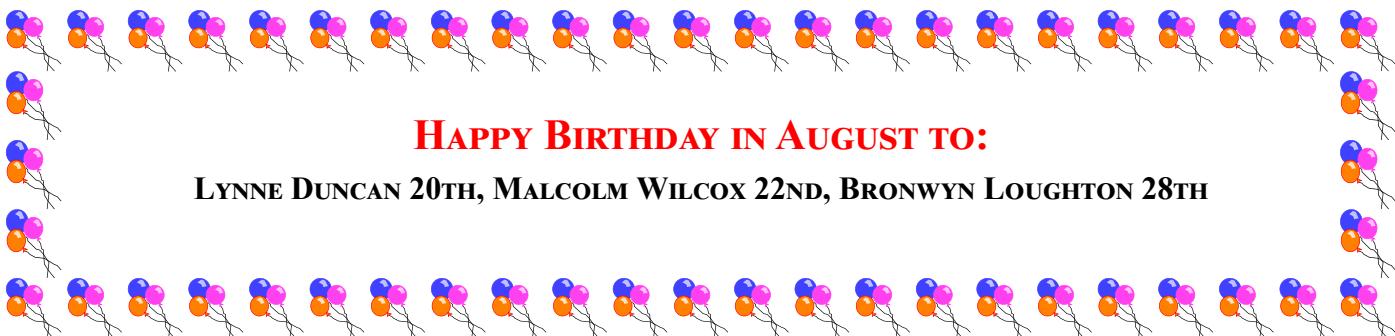
JULY STUBBY STAKES WINNER

Congratulations to Tom Love who won by swimming closest to his nominated time for July Stubby Stakes, 50 metres Backstroke.



Make the time to be at the pool on Monday, August 5th, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time and you've won a lovely bottle of wine!

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!!).





Maida Vale Masters

Invites you to join us for our

Act Belong Commit 1500m Swim Meet

Our swim is the only SC 1500m swim on the 2024 Pool Calendar

The pool is not open to the public and we have exclusive use of the venue

A range of soups and refreshments will be served throughout the course of the afternoon

The venue is disability accessible with 'real' steps in place to enter and exit the pool

Date	Saturday 10 th August 2024
Venue	Darling Range Sports College, 117 Berkshire Rd, Forrestfield Indoor Heated Short-course Pool
Times:	Warm-up: 12:30pm Start Time: 1:00pm Finish time: 5:00pm
Cost of meet and Pool entry	Cost of meet entry is \$15 per swimmer, includes pool entry & refreshments. Spectators \$5.00 on entry – includes refreshments
Entries Close	Wednesday 7 th August 2024) Late entries may be accepted on the day depending on the number of entries received.
Registration link	http://www.myswimresults.com.au/Entries.aspx?MeetID=MAU154
Contact details	Lynne Duncan duncan1320@bigpond.com 0417 997 556

1500m Choice of Stroke

Event 1. 1500m Freestyle. Event 2. 1500m Backstroke. Event 3. 1500m Breaststroke.

400m and 800m intermediate times will be recorded

A second swim *may* be offered dependent on time and must be a different stroke from the first

- Masters Swimming Australia Swim Rules apply
- Swimmers may be asked to swim 2 to a lane if swimming Freestyle
- Please indicate Record Attempts if applicable.
- Swimmers attempting a record are asked to bring at least one timekeeper & watch
- Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a pool of meet distance i.e. 25m or 50m.
- Postal entry results must be submitted using the Team Manager Results File, received by 6.00 pm, 4 days before the event date.
- Postal entries will not be eligible for records.
- Swimmers - be prepared to time before and after your swim

For event enquiries, please contact the Meet Coordinator (Lynne Duncan | duncan1320@bigpond.com | 0417 997 556).



ENTRIES CLOSE WEDNESDAY 7TH AUGUST

After a terrific Club birthday celebration, it is time to work off the delicious three course meal by supporting Brian and Lee in points scoring for the club! Whilst there are others regularly coming along, you really do miss out by not being there for a swim, a chat whilst timekeeping, and a delicious afternoon tea to boot. Plus, even though there are plenty of Freddo's won (I won't name Kerry here), I'm bursting to go 'Oprah' one night at the pool with a bag full of lollies for a record Saturday attendance.



Endurance at the end of July		
Female	Male	Total
2226	1009	
12 women	9 men	
averaging 185.5 points each	averaging 112.1 points each	3121

Did you know?

Nic Fink's silver medal in the 100m Breaststroke made him the oldest 'first time' medallist in the Olympics since 1904, and given there were only nine events that edition (and eleven in the previous two - all male, such were the times), his achievement - at the age of 31 - is extraordinary. It's also one of those great stories that teaches us age, and most importantly time, is not a barrier to achieving a 'first time' goal, and that's what makes masters swimming so special!



Club Records set in July 2024

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Lee Caldwell						
70-74	1/2hr Breast	1088m	July 6	1035	1,028	Andrea Williams

SWIMMER IN FOCUS VIII—GWYN WILLIAMS

There is rarified air for this athlete, as he is the last male Founding member of Maida Vale Masters (nee AUSSI). It is not often people can write 'since records began', but time has stood still since the 30th of June 1980 for three of his club records (within the inaugural year of the club), so it is only right that our very own "First Gentleman" is this edition's 'Swimmer in Focus'.

16,104 days is how long the 35-39 years 200 IM, 50 and 100 Fly club records have stood unmatched in the club's 45-year history. There are only two records still standing that are older from Messrs. Lester Watkins and Robert Scott. It was only after a certain newly nationalised club member joined (all the way back in 2020) that Gwyn's remaining record from that first meeting in 1979, was broken.

Such is Gwyn's swimming prowess, he holds ninety sprint club records, ***all still spanning every age group from 35-39 to his current home in 75-79!***

His 32 endurance club records date back as far as a quarter century, the oldest one (his 50-54 years 400m Breaststroke) was set 22 days before Ian Thorpe broke his first 400m world record. It is hard to know specifically what to 'zero in' on when it comes to Gwyn's records, although there is someone in the 35-39 age group that would love to eventually *challenge* those historic 80s marks, they are by no means under threat!

Looking across the five decades in which Gwyn still holds unbeaten times, celebrating a forty-five-year club history now may seem small in the future, as Gwyn's name is likely to remain in the books over many age groups until Maida Vale is celebrating at least it's *ninety fifth anniversary!*

There are many great swimmers at our club: Swimmers who are mastering the art of ageing; inspiring us whilst overcoming adversity; improving their fitness and times or; rolling back the years with excellent age group swims. But even after 45 years, I don't think there's anyone in the club quite like Gwyn, and I don't think there ever will be.



Who's who?

Jovially muddled up club members names

(French themed to boot)

(plus, the name of another Olympic gold medallist, and no mistakes this month!)

ET LITTLE OAK

OUI, LEARN BEE

JE SELL ONE I

LE V HATS MOO!



Last Edition's Answers:



HOKEY, ERR!

KERRY HOWE

ALIAS DRAWN LIME

ANDREA WILLIAMS

CAP TALL BEE CAM

CATE CAMPBELL

RYAN 'D' RABBI

BRIAN BRADY

NAIL MY TT ROPER

MARILYN POTTER

(WHAT HAPPENED TO THE T'S?!)

(SORRY ABOUT THAT!)

DUNNY CLEANN!

LYNNE DUNCAN



Olympic Special!

A) Bronte Campbell and Cam MacEvoy equal the most Olympic appearances by Australian swimmers (4), three others have been to this many Games, can you select them from the names below?

Cate Campbell	Dawn Fraser	Shane Gould	Grant Hackett	Jodie Henry	Leisel Jones	Emily Seebohm	Ian Thorpe
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B) Emma McKeon is Australia's most decorated Olympian and could win Gold in three Olympics, but who is the only Australian to win gold individually in three Olympic games?

C) For a bonus point, all three golds were won in the same event by this legendary swimmer, what was it?



D) What is special about the elite group of swimmers who have won gold for Australia at three Olympics?

E) Finally, of the 41 swimmers in the Aussie Dolphins, how many of them are making their Olympic debut?

less than 5

between 5 and 10

between 10 and 20

more than 20

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 Michelle 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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