

# Hill ( Down Up Vale



SEPTEMBER 2024 NEWSLETTER

## PRESIDENTS PROSE FOR AUGUST 2024.

The highlight of August was definitely our 1500m event at Darling Range pool and I would like to take this opportunity to thank Lynne for all her work at her computer dealing with the sanctioning of the event and the subsequent uploading of the program. It took her several attempts to access the data and the problem was finally resolved by sourcing an updated License Code from the State Recorder! Definitely not an exercise I would have coped with. We had 32 swimmers compete on the afternoon, most of them choosing form strokes and the feedback from everyone was very enthusiastic. Sadly, we were short on our club member numbers and it was a tad chaotic at the start of the afternoon.

I would also like to thank everyone who provided assistance on the day – setting up the venue, organising the race program and providing amazing food. We were praised by the officials for the way in which we ran the event and our efficient timekeeping. I confess to making a mess of one of my efforts but managed to cover my tracks – much to Garry's delight!

Congratulations to Lesley for setting a new state record for her 1500m backstroke, especially considering her long post Swim Trek taper!

**Our amazing Glad (93) finished her 1500m backstroke, setting new inaugural State records for 400m, 800m and 1500m in the 90 to 94 age group, and an inaugural National Record for 1500m backstroke. I know a lady doesn't like her age being mentioned, but I think Glad is an exception.**

I also managed to set a new state record for my 1500m freestyle which I contribute to adrenaline from running around before my swim trying to reset fused power boards which had been splashed by soup when the table holding the pot caved in slightly! (plus messing up my timekeeping!)

I believe there were more records set – Theresa Elliot broke the 1500m backstroke in her swim, however Gerda Williams broke that record a few heats later in the afternoon! Paul Blackbeard annihilated his freestyle record recording regular 37.5 seconds per 50m laps – at 65!! Overall, there were 12 State and 2 National records set.

Claremont Masters conducted the State Relay Event on Sunday 18th, however, with the exception of Lynne officiating, our club was not represented. Tim swam with the Fremantle Fins and they broke a State record and Tiarne competed with her 2nd claim Somerset Masters. The event was very popular, albeit hectic with over 375 swimmers entered in 10 events with several heats in each event.

The club's annual Handicap Event was held on Monday 19th and, although there were not many competitors, the evening was great fun. Thank you to Tom, who, with the assistance of Lesley, calculated the handicaps that resulted in some very close photo finishes. For the first time in the history of the event, Lesley managed to win a title, finishing first in the final of the breaststroke – her least favourite stroke! Richard took out the backstroke in a fingernail finish over David Masters. Kate was the butterfly queen and I finished first in the freestyle.

Backstroke photo finish!



Somerset Masters held their 1500m long course meet on Sunday 25th and Lynne officiated, once again – 3 meets in one month! Volunteering above and beyond!! She was lucky enough to win a huge raffle hamper which made the trip worthwhile.

Simon Scott is the lead singer in a Little River tribute band called "Shut Down Turn Off". Whilst it was not an official club social event, a group of us travelled in style in Michelle's "Little Bus" to the venue in South Perth and enjoyed a brilliant evening. The band's repertoire is extensive, the musicians are very good and Simon is a dead ringer for Glenn Shorrock (also from the U.K.) Thank you, Michelle, for getting everyone home safely on a very wet evening.



The Somerset Masters Long Course event coincided with a fundraising cold-water dip which Lesley had planned at Lake Leschenaultia. Lesley signed up to help raise funds for Daffodil Day, which supports research into cancer and she committed to taking several plunges into cold water during the month of August.



Lesley, Brian Risbey and I joined her in the water on Sunday morning, Warmly supported on the beach by Gwyn, Richard, Lesley's daughter Rachel, husband Matt and little Sadie. I would say that the water was around 16c but the sun came out for us and we all managed a 200m dash before hitting the hot showers. Marilyn had good intentions to join us but a flat battery delayed their trip! Lesley provided a sausage sizzle and chocolate Weetabix slice, Brian made a lemon cake and Marilyn and Graeme arrived in time to share her delicious apple cake. The lake setting was beautiful and we had a thoroughly invigorating experience – and circulation has finally returned to my toes!

An update on the Spring Equinox Swim. At this point in time, we may be holding on to the massive Hervey Bay trophy for an extra year. The Humpbacks are having trouble accessing their pool which is still undergoing extensive renovations. I have suggested Monday 23rd September to them but they are not sure they will have lane space anywhere. Watch this space!

Marilyn has been informed that there will be no MS Ocean Ride this year so our regular volunteers can have a Sunday off in November! They will be back in 2025. Jason had already bought his airline tickets to fly over for the event so will still come for a relaxing visit.

Sandie Schroder is flat out preparing for an art exhibition at the end of the year. Sadly, some of her paintings were badly damaged when her roof caved in due to storm damage back in June. Unlike Russel, her insurance company has finally agreed to repair the damage! I wonder if Sandie will be having a "water sale"??

The August Pizza night dinner was interesting, given that their cook was taken ill in the afternoon and we were told when we ordered our meals that we could only order pizzas and garlic bread! Not to be deterred, 11 people turned up and enjoyed a more intimate evening with the nice new heaters made the atmosphere cozy. Lynne was the birthday girl but decided to stay home because of a bout of bronchitis. We still enjoyed a "lovely pear" at her expense!



#### **TIN SHED CHATTER**

Great Grandma Kate, Granny Caroline, Great Aunties Helen and Victoria are excitedly awaiting the birth of the latest little member of the dynasty. The gender of the baby is known already but I won't print it as there is always the 1% margin of error! Best wishes to Jamie, Cam and Theo.

Russel was finally given a clean bill of health and able to return home from hospital. He has daily visits from Silver Chain to check on his operation scars but it will be some time before he is allowed back into the pool as he has to wear a heavy-duty neck brace for a couple of months.

Caroline, Steve, Kate and Elaine managed to successfully hike up the 12km return track and climb up Mt. Augustus –albeit the last 350m push was beyond Kate and Elaine! Russell had a fall at the start of the walk and took some bark off his leg so sensibly stayed behind at their campsite. Apparently, it is much harder than they had anticipated and Kate recommends anyone planning the trip to indulge in their bucket list item before they get too old to contemplate the trek.



John has returned from a business trip in Germany and Spain in good health and enjoyed some leisure time exploring small villages in Bavaria. He said his son tried to kill him with early starts and late nights, and exciting trips on the autobahns. Norma's leg is not far away from healing properly and she is looking forward to getting back in the pool and showing off her "patchwork quilt" skin grafts on her legs. She is about to set off into the wheatfields chasing wildflowers around Mullewa, Yalgoo and Kalbarri for a week with her 2 sisters.

Gwyn had an overnight stay in hospital to have a new pacemaker implanted – having had one removed several years ago. High blood pressure and some bradycardia prompted this decision. Earlier in the month we were enjoying a delightful morning tea with Lesley and Tom at St. Barnabas church and had just devoured scones with jam and cream when Gwyn suddenly fainted. After an ambulance trip to the hospital and extensive tests there wasn't a clear reason for the episode. He has been fine since but it's better to be safe – hence the pacemaker. Hopefully we will still be able to travel to Japan on a planned holiday in early September.



Kim and Shelley Bingham and Dianne and Steve Cockman have also headed off on separate trips in their caravans, following the sun north and exploring the wildflowers and quaint outback towns and settlements. I believe Jan and David Pether will be following them into the wilderness very soon.

Lee had been scheduled to undergo some serious dental work but was waylaid by a bout of Covid during July, however she has finally gone under the knife and is making a recovery but is nursing a very sore mouth.

Ian and Dorothy send their regards and Ian apologised for not swimming in our 1500m event as he had just had injections into a painful back problem.

Kathy and Brian have headed "over the ditch" to New Zealand for a 5-week touring holiday, sampling the local fare and exploring the North Island predominately before joining friends in Invercargill.

Our latest member, Dave Howe, is about to undergo similar neck surgery that Russel had to release some compacted vertebrae before a hip replacement later in the year. He has decided to write off this year in the pool just as he had joined us in Lane 1.

Sarah Howard is making a steady recovery from her ACL knee surgery and hopes to get back into some warm water walking therapy very soon.

There is some good news to end the CHATTER!! The Paralympics are going to keep us entertained for the next 2 weeks! Try to watch the Steelers Wheelchair Rugby and look out for Kerry's nephew Jake who is number 4 in the Australian Steelers squad. Jake works at WAIS in the same area as Bronwen Charlesson.

Sarah and Austin Love had a wonderful day out at the City to Surf but Sadly Tom has damaged his knee so stayed home with Alana.



FROM THE HILL.....ANDREA

## CLUB NIGHT PROGRAM FOR SEPTEMBER 2024

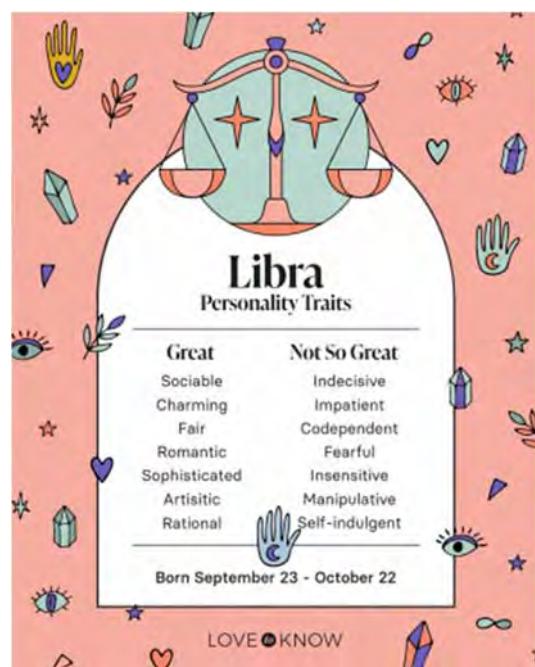
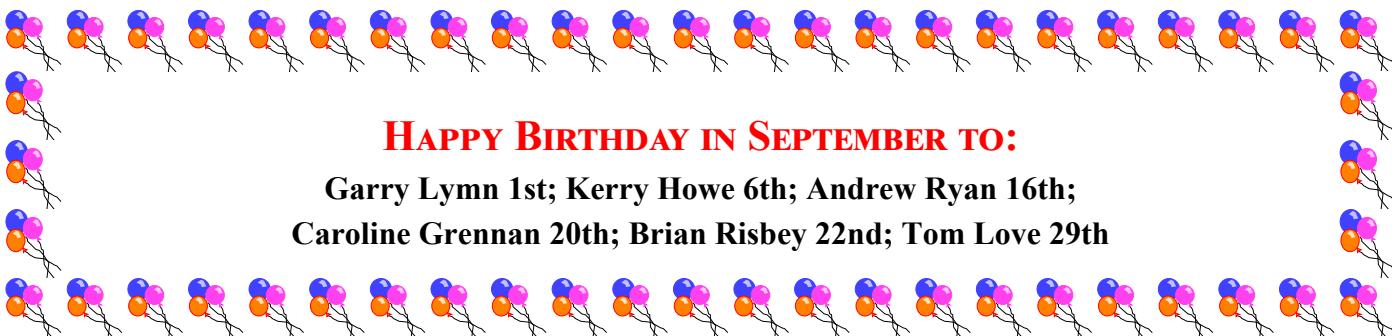
2ND SEPTEMBER	50 METRES BACKSTROKE	STUBBY STAKES	200 METRES BREASTSTROKE
9TH SEPTEMBER	100 METRES BUTTERFLY		50 METRES FREESTYLE
16TH SEPTEMBER	100 METRES FREESTYLE		25 METRES BREASTSTROKE
23RD SEPTEMBER	No Swimming—We will be celebrating King Charles's Birthday		
30TH SEPTEMBER	Committee Meeting - Coaching		
7TH OCTOBER	25 METRES FREESTYLE	STUBBY STAKES	200 METRES BACKSTROKE

### AUGUST STUBBY STAKES WINNER

Congratulations once again to Tom Love who won by swimming closest to his nominated time for August Stubby Stakes, 50 metres Freestyle.

Make the time to be at the pool on Monday, September 2nd, 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!!).



There were notable swims in the Maida Vale 1500m event last month. National Records were broken by Gerda Williams (no relation) and Paul Blackbeard, whilst our very own Glad McGough set the inaugural 1500m backstroke record in the 90-94 age group! A quite staggering achievement, in your 94th year, swimming, competitively, for 78 minutes, in backstroke! All those records are special in their own way and it was a privilege to watch them.

Another state record set was the magnificent 27 minute swim by Lesley in the 1500m Back. A superb swim that shattered the previous state record by a minute and a half! It's also thirty seconds quicker than the state record she held in the previous age group from 2021. In fact, the records online show that's Lesley's fastest 1500m back since 2018 (five swims ago). There's a saying about wine we could use here... but also sporting one: "Form is temporary, but class is permanent"



Endurance as at 26/08/24		
Female	Male	Total
2411 13 women averaging 185.5 points each	1047 9 men averaging 116.3 points each	<b>3458</b>
flashback to the end of August 2023...		
2806 11* women 255.1 points each	1156 6* men 192.7 points each	3962
a time travel all the way back to August '22		
2466 13* women 189.7 points each	1234 11* men 112.2 points each	3680

\* based on all swimmers in 2022, 2023



## Club Records set in August 2024

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Lesley Hart						
60-64	1500m Back	27:55.59	August 10	29:49.80	943	her own record
				Andrea Williams		
70-74	1500m Free	31:20.01	August 10	31:18.89	1075	her own record!

16<sup>th</sup> month membership option is for **NEW MEMBERS ONLY** and is available from the 1<sup>st</sup> of September. The membership covers the period from 1st Sept 2024 through to 31st December 2025. The cost of this membership will be \$176.00, primarily due to increases in both the National & Branch (State) components

Existing members who have not renewed their 2024 membership must pay the full 12mth membership fee of \$135.00.

Payment of fees is not accepted at the pool, and you must renew or join as a new member via the Registration option available on the MSWA website. <https://mswa.asn.au/>

## Did you know?

At the Maida Vale 1500m meet, the women's 80-84 backstroke 1500m WA state record was broken twice. First, by Theresa Elliott, and little more than an hour later, Gerda Williams (still no relation) jumped in to break it, and the event's National record in the process!

## Also, did you know?

Western Australia is represented in the Paralympic Swimming.

One athlete is the "Bunbury Bullet" Alex Saffy. A bronze medallist in last year's S10 200 IM (7th Sep), he will wear the green and gold in this event on the 7th of September, but will be in the pool on the 3rd for the 100m Fly, where he is also a medal contender. "Go Bunbury Bullet!"

## Who's who?

### Jovially muddled up

#### Olympic Gold medallists

with some country flags as hints



NON-CHARD MEAL

MUM'S HIT MR CONES

EYE CC VROOM MAN

MEOW LEAKY NECK

LIKED CAKE YET

NEW FINAL FIND



### Last Edition's Answers:



ET LITTLE OAK

KATE ELLIOTT

OUI, LEARN BEE

ELAINE BOURNE

JE SELL ONE I

LEISEL JONES

LE V HATS MOO!

THOMAS LOVE (full name!)

# 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



## President:

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