

# Up Hill ( Down Vale

DECEMBER 2024 NEWSLETTER

## PRESIDENTS PROSE FOR NOVEMBER 2024

Congratulations to all our wonderful club members and their families who supported us through the 38<sup>th</sup> Lake Leschenaultia open water swim! We all managed to conduct a brilliant event that was so very close to being cancelled. We were very lucky to have a beautiful morning with no terrible easterly winds to disrupt our marker buoys and upset the course. Our numbers were very manageable with 206 registered swimmers and 192 successful finishers. Most of you would be aware that we were required to provide paddlers with Bronze Medallion qualifications. Thanks to a Facebook post to the swimming community and an email to our largest group of supporters Central Aquatic Swimming Club - we were able to provide enough paddlers to satisfy the Sanctioning process. Paul Waters is still a loyal member of our club even though he lives on the coast and he stepped in to help us. We still provided kayakers with Sandie and Andrew escorting some of the slower swimmers around the course. Central Aquatic have a RLS training component within their club and we will be approaching them next year to provide the paddlers with a more official booking.



The Friday morning course set-up was well attended with the lure of a delicious brunch to follow the early morning work. The wind was brisk and the thunder and lightning storm held off long enough for William to finish in the dinghy. Luckily the event wasn't that day!

So many people helped out on the day and you were all well organised and efficient. We have received many emails of congratulations, pointing out the well-oiled team of workers and the friendly and relaxed atmosphere on the day! I would however, acquaint my input as that of one of the ducks on the lake – calm on the surface but legs paddling wildly under the water! ☐



David Pether's race chute was a work of art and he is the undisputed king of the start/finish line. Barbara Hart would be proud of his efforts! Garry and Barbara's lolly bags were a huge hit and we might have to increase the budget for next year to include the MV crew.

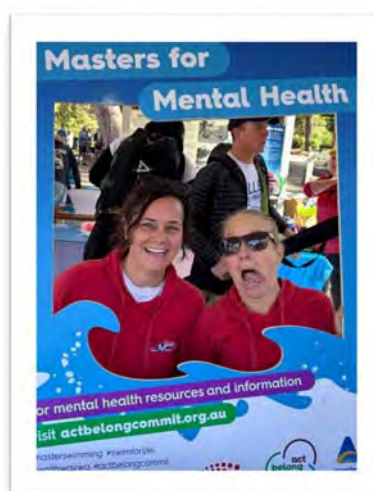
Brian excelled yet again with his amazing raffle. I think the total was around \$965 which is directly thanks to you all for providing prizes and cash donations. Thank you also to Tim for the Emily Taylor vouchers and Sarah for contacting Bunnings.



I received a phone call from the duty ranger on the Saturday morning informing me that some delightful member of the public had disconnected 2 of the small marker buoys, resulting in the rope, chain and anchors disappearing into the bottom of the lake. Luckily there was time to grab some replacements and we were able to retrieve one of the anchors on the day but we did have to concede defeat and leave one behind. Maybe it will be retrieved when the lake level drops at the end of summer.



There was an ABC Interclub swim on the first weekend of November, however only Lynne and I attended. Lynne was officiating and I swam in my choice of 3 events and actually managed to beat another club's score, so Maida Vale didn't come last! It was a really pleasant morning in the pool with a nice lunch but neither of us picked up a raffle prize.



## A picture paints a thousand words

There was a Masters zoom meeting during the month discussing the possibility of appointing a person within each club to be a Mental Health Champion. The intention is to provide members with someone they can go to if they are experiencing any personal issues and that person will be in possession of contacts and services on offer that could help out. There will be more information available to share as they sort out the details. I feel that we already have a working network within our club but am always happy to be provided with professional assistance and advice.

Monday club nights and racing events have been well received during November. Gwyn offered a well-received and fun coaching session for us on the Committee Meeting night. However the Tuesday evening training sessions reached an all-time low with only Andrew Ryan and me one night. We have a basic rule that there needs to be at least 3 swimmers for safety reasons however, we still had to get into the pool to pull the covers over so we decided to have a wonderful training session in our very own personal heated pool!

In an effort to solve this situation, Lesley offered to provide a Tuesday night coaching session to attract more swimmers. Whilst they were great sessions, we still only managed a few actual participants. 4 the first night, 6 the next, then 3 and 4. Quite a shame as Lesley gave up her evenings to share her knowledge. I personally thoroughly enjoyed myself – although I now know I am hopeless at kicking drills!

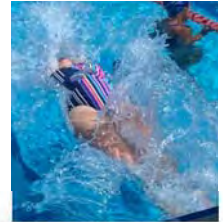
Tom had scheduled an interesting 25m Chase The Ace Handicap event, however he had to spend a couple of nights in hospital so Lesley organised some fun relays instead. The new event will still make a debut early next year.





The last Pizza night of the year was very well attended and the food was delicious as usual. The menu is changing gradually to include more curries but the pizzas are still up to Brett's standard. Gwyn bought a couple of the Lovely Pear dessert pizzas to celebrate his November birthday.

The month finished with a group of members attending the awesome Rainbow Swans ABC Interclub swim at Beatty Park. Inappropriately dressed in rainbow tutus, Lesley, Caroline, Kerry, Kate, Gwyn and I romped our way through individual swims and then some fun relays. Lynne was resplendent in tutu and tiara whilst attempting to officiate. Our newest member, Clare Cao had intended to go along for the fun and to experience competitive swimming -albeit a little unusual- but was unable to get there. She had made a terrific banner for us! The Diva, BarbieQ who was commentating was very statuesque and fun and we were entertained by a display of synchronised swimming before a fun pool party that ran into the early evening.



It was such a perfect banner—so sorry it didn't make it to the swim with Clare Cao!



Sandra T's new passion is Dragon Boat paddling and she is a member of a team called The Pirates. They participated in some exciting exhibition races on the Swan River over the weekend as part of the Chung Wah Chinese Festival.



You will remember the request from Michelle in the October newsletter for donations towards "Share the Dignity's It's in the Bag" campaign. Several members donated bags full of goodies and others gave Lesley some money to shop on their behalf. Michelle received a wonderful collection of bags which she presented to Bunnings in Kalamunda. Thank you very much to all those who contributed. Once again, we are a bonza bunch of human beings!

### **TIN SHED CHATTER:**

The best new chatter is that we have a delightful new member. Welcome to Clare Cao who actually Googled Maida Vale, liked what she saw, joined on line, then came down to the pool to see what she had committed to. Luckily it was a Stubby Stakes night so Clare's introduction to our club was the best possible scenario. Clare is already a good swimmer and has attended all the club training nights for the month so her stroke is rapidly improving.

The GeoBay 20k swim from Dunsborough to Busselton was held during the month, however none of our current members took to the water. I did note that ex-members Helen Wilson and Stuart Anderson completed the distance in preparation for Rottneest swims next year. Randall Skinner successfully qualified for his Solo attempt after succumbing to cramp and loss of energy in the Lake 3.2K swim.

I hear that Bronwen, Bronwyn, Lesley and Tim will be entering the P2P swim in March so the training in Lane 4 has elevated. Bronwen has committed to a Swim Trek in Indonesia – think Komodo dragons – in June next year, so is keen to challenge herself.

There is finally some good news from Russel as he has received his restricted driver's licence and is now able to drive his converted vehicle. Independence after 2 years!

Elaine and Russell have been enjoying a wonderful holiday in India and Nepal on a group tour.



Marcus Bourne has been training and competing as a member of Guildford Kalamunda Districts Swimming Club and received a very special trophy at the annual presentation evening.

The Mazzucchelli Family Trophy – 12/U Boys.



Following an email from Glad, I had a long chat with her about the serious medical problems that Bob is coping with. Bob spent 9 days in Midland hospital with Glad at his side sleeping in an upright chair for some of the time. After extensive tests Bob was sent home to spend quality time with Glad and she is currently nursing him with the daily assistance of Silver Chain nurses. If you have a spare few minutes Glad would love a phone call to cheer her up but is requesting no visitors at this time. Glad is amazingly stoic and is still suffering herself from an aggressive ulcer on her ankle. Her aim is to make a return to the pool next year – keen to set some new age group records!

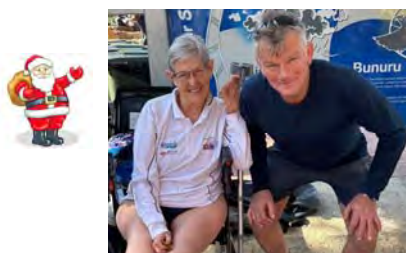
Tom has had a set back with his shoulder/neck recuperation and had to spend a couple of nights in hospital receiving treatment and nerve blocking medication. Tom, Sarah and the children are heading to the UK in early December for a family catch-up over December so he needs to get his strength back to carry the bags!

Lynne and Andrew are also heading to England, Germany and Austria in early December to fulfill a long-time desire to experience a white Christmas and the Bavarian Christmas Markets. The way the weather is behaving at the moment I think they will get their fill of snow!

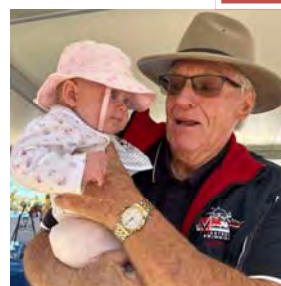
Barbara van der Leest arrived home from a family reunion in the UK to be greeted with the sad news a couple of weeks later that her sister had passed away in Plymouth. So back on the plane for the funeral. Not the best of trips and it was beginning to get cold even down in Devon.

You will see from the flyer that the Christmas Party is being held this year at Kerry and Dave's home in High Wycombe. It would be wonderful to see everyone there to celebrate another year of friendship with our great little club.

FROM THE HILL.....ANDREA.



Then  
1992  
↔  
and  
Now  
2024



Who left Garry holding the baby. Where was Stuart?





# CLUB NIGHT PROGRAM FOR NOVEMBER 2024

2ND DECEMBER	50M CHOICE	STUBBY STAKES	100M CHOICE
9TH DECEMBER	75M CHOICE		50M FREE
16TH DECEMBER	FUN RELAYS (THERE MAY BE A FREDDO ON OFFER HERE!)		
23RD DECEMBER	POOL WILL BE CLOSED  WISHING YOU ALL A MERRY CHRISTMAS AND A SAFE HAPPY NEW YEAR		
30TH DECEMBER			

## NOVEMBER STUBBY STAKES WINNER

Congratulation to Andrea Williams who won by swimming closest to her nominated time for November Stubby Stakes, 50 Metres Breaststroke.



Make the time to be at the pool on Monday 2nd December, 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!



And here is a picture of Lynne with her first Freddo win ever! For a 100M freestyle, a 2 year PB in the last 2 years. She hasn't raced for that long due to recovering from shoulder surgery. If you hang in there long enough the rewards will come. (or the Freddos!).

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  
Elaine Bourne 23rd

**SAGITTARIUS.**  
(the archer) Nov. 23-Dec. 21.  
FRANK. ENTHUSIASTIC.  
stimulating. optimistic.  
GENEROUS. candid.  
impulsive. FAIR.  
OPEN and HONEST. sensual.  
eager. carefree.  
GOOD-JUDGEMENT. SINCERE.  
adventurous.  
POSITIVE THINKER.  
desired by everyone.

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**CAPRICORN.** dec. 22-jan. 20.  
(the goat) resourceful.  
ambitious. DETERMINED.  
ORGANIZED. realistic.  
CANNY. Patient.  
goal-oriented. witty.  
strong-willed. LOYAL.  
efficient. HARD-HIGH-STANDARDS. WORKING.  
fearless. RESPONSIBLE.  
THOUGHTFUL. steadfast.  
Simply IRRESISTABLE.



Apologies for missing the October records in last month's edition, there was in fact a bumper crop to report!

### Club Records set in October/November 2024

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
<b>Peter Caldwell</b>						
40-44	400m Back	8:40.99	October 5	6:57.50	4383	Ren Jakovich
	3/4 hour Free	2725	November 2	2567	8428	Mark Henry
	1 hour Free	3490	November 8	3155	5474	Ren Jakovich
<b>Andrea Williams</b>						
75-79	25m Breast	31.08	October 14	32.23	5280	Barbara Hart
	200m Back	4:59.63	October 14	5:06.91	4354	Barbara Hart
	100m Breast (LC)	2:40.57	October 20	2:44.94	182	<i>broke her own record!</i>
	50m Free	48.09	October 28	49.91	5294	Barbara Hart
	25m Fly	35.1	November 11	38.59	5461	Glad McGough
	1 hour Free	2703	October 5	2295	6769	Glad McGough
	400m Free	8:27.50	November 2	9:05.10	5402	Barbara Hart

There will be well deserved recognition for an outstanding Endurance1000 achievement at our upcoming Christmas party. So this report will be without a spoiler to that, however there is a Caldwell who is making a splash in recent weekend by breaking long standing club records in the men's events!



### Endurance as at 29/11/24

Female	Male	Total
<b>2800</b>	<b>1149</b>	<b>3949</b>
13 women	11 men	
averaging 215.4 points each	averaging 104.5 points each	

flashback to the end of October 2023...

<b>3252</b>	<b>1335</b>	<b>4587</b>
11* women	6* men	
295.6 points each	222.5 points each	

a time travel all the way back to October '22

<b>3273</b>	<b>1330</b>	<b>4603</b>
13* women	11* men	
297.5 points each	221.7 points each	

\* based on all swimmers in 2022, 2023



# MAIDA VALE MASTERS PRESENTS

## 2024 CHRISTMAS PARTY



### THEME: "IT'S CHRISTMAS TIME"

"It's that time of the year to put on your Christmas cheer, so come along dressed in your Christmas Best."



**WHEN:** Saturday 14<sup>th</sup> December 2024

**WHERE:** Kerry & Dave Howe's Home  
10 Brolga Court  
HIGH WYCOMBE

**TIME:** 6:30 pm > 7:00 p.m. until late

**BRING:** Please bring a plate being Savoury or  
Sweet to share on the table  
Crockery, cutlery and chairs



**DRINKS:** Will be provided and are free, but please bring glasses.  
(Beer, Wine, Bubbly & Soft Drinks in the Eskies)

Also, bring a gift valued at \$10.00 for Secret Santa  
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"

## Did you know?

Noé Ponti recently broke the short course World record in the 50m Fly twice (20/10 and 02/11). While he was making history over two lengths, he has also broken 10 seconds when turning at the 25m in four different swims (including 9.86 enroute to his now 21.50 record time). I wonder how far we can all get in the pool in ten seconds?!

**Did anyone manage to earn a Freddo from the Swamagrams in November?**



### Last Edition's Answers:

I BIN DAT TOM	Matt Biondi	8 gold	2 silver	1 bronze
SPOTY JOHN MENN	Jenny Thompson	8 gold	3 silver	1 bronze
SELL HIM CHEAPP	Michael Phelps	23 gold	3 silver	2 bronze
SLIM TITCH LOANS	Allison Schmitt	4 gold	3 silver	3 bronze
THY NO CLEAR	Ryan Lochte	6 gold	3 silver	3 bronze

## Dates for your Diary

**Christmas Party**—Saturday, 14th December

**Bilgoman Swim/BBQ**—Thursday, 19th December (with gingerbread and aperitifs at B2's after)...if that doesn't tempt you, nothing will!



# 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 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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