

Hill & Down Up Vale



MARCH 2025 NEWSLETTER

PRESIDENT'S PROSE FOR FEBRUARY, 2025.

Another year at the helm!! This will be my 16th year as President and I am beginning to think I have to leave the country to get out of the job!! I thank you all for voting for me as I do enjoy my involvement, however, we really should be encouraging younger members to step up to insure the future of the club.

I welcome another year with my very efficient committee members.

Lesley as Vice President and Head Coach; Lynne as Secretary (for the gazillionth year!) and Co-Director of the Lake Swim with me; David Masters as Treasurer; Brian Risbey as Captain and Webmaster; Kate Elliott as Publicity Officer; Brian Brady as Social Officer, Safety Officer and Endurance Officer; Michelle Chia as Uniforms Officer and ordinary committee member and Russel who has taken on Refreshments Officer again. Lee Caldwell is also Endurance Officer and Gwyn is our second qualified coach. I would like to thank Glad McGough for opening up her garden and hosting the AGM on a very balmy evening.



February began with the Swanny Ocean Classic swim on a beautiful morning. Albeit an on-shore swell made it quite a challenge just to get to the starting line on the outer side of the shark enclosure. There was a great deal of surfing and interaction with other swimmers as we were pushed north up the coast. Lesley, Caroline and I managed to surf into the beach and to complete the 2.2km distance in respectable times. As usual, we all enjoyed our bacon and egg buns on the grass at the Swanbourne Surf Club.



The excitement and anticipation of the upcoming Busselton Jetty swim was the main talking point at the Monday Stubby Stakes. There was a large group of members and their families heading south for the weekend and the 30th Jetty Swim.

Whilst the weather on the Saturday for the duos and teams was delightful the conditions deteriorated overnight and Sunday morning arrived with a few short rain showers. The sun came out and so did over 4500 competitors. The main event was the 3.6k swim around the jetty and it was amazing to see the rolling starts as thousands of swimmers jumped into the crashing waves. It brought to mind lemmings jumping off a cliff!



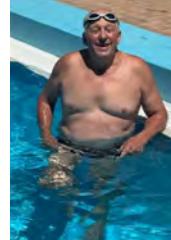


There was also a very large number of 1 Mile swimmers. Their swim required them to walk to the end of the jetty and swim back to shore – all the time watching the chaos in the water. Kate walked out to the end of the jetty and decided she didn't need the excitement and walked back to shore! The conditions were equal to the worst event they had back on 2017 and was the slowest on record.



Congratulations to everyone who battled the elements!

Newman Churchlands LLCC carnival is always a highlight on my calendar in February as the pool is delightful to compete in and the atmosphere is very pleasant. We managed a team of 5 ladies and only 3 men, which wasn't enough to give the boys a relay team. It is always a shock to the system getting to the end of a 50m pool but we all managed to finish our events and were 9th overall.



The Barrett Bunbury Swim Thru was on the following weekend and Lesley, Gwyn, Kate, Kim and I travelled down to Bunbury to enjoy our annual dip in the less than perfect water of the inlet. Call us masochists if you will but it is a very enjoyable event and the bbq on the foreshore at sunset makes it worth the trip. Unfortunately, our bus driver from last year, Michelle, was unable to join us on the trip as her Mum was in hospital with a medical issue.



Carefully does it!!



And off they go!!



Lynne and I attended a MSWA Zoom Presidents' meeting and the subject was the proposed merger of Masters WA with Swimming WA. This is as a direct consequence of the DGLSC via the state government directing all their funding to only one swimming organisation in WA. I believe this is the situation in all the other states. The \$70,000 they allocate for Masters swimming will now be managed through Swimming WA. They will receive the money from DGLSC and will pay it to MSWA's bank account for MSWA to manage. This is to be discussed at club level and we need to provide our thoughts, ideas and suggestions before the Council of Clubs meeting on 19th March. There are, of course, advantages and possible disadvantages to this decision. It would be up to the board of SWA to distribute the funds to MSWA however their capability to provide paid office personnel, media and communications assistance

would be advantageous. We presume there would still be an EO employed by MSWA who would have a position on the SWA board. There would also be the possible promotion by SWA clubs to introduce 18-year-old swimmers to Masters. There was discussion around remaining completely separate, which would require gaining sponsorship, fundraising and possible membership increases to cover the cost of employing MSWA office staff.

At the end of that meeting, Rhys King, the current EO tabled his resignation from MSWA so there was a great deal to absorb and discussions will be ongoing amongst the club representatives.

Norma attracted a large crowd at the Pizza Village to help her celebrate her 90th birthday, which was actually in January but she was not able to attend last month. Tom's parents, Sandra and David were also on hand to enjoy the dessert pizza along with Richard's delightful granddaughter Sarah who is staying with him whilst searching for a Uni share house.

Clare was the only club member to compete at the MSWA, WOW State Open Water swim at Mullaloo Beach and reported that the conditions were a little cool and rough but that she had a good morning and a nice experience. Lesley was entered but decided against competing (for the second year in a row I believe Lesley?)



TIN SHED CHATTER:

I mentioned that Sandra and David were at pizza night as they are here on an unplanned holiday helping Tom with his recovery from knee surgery. Sandra has actually joined the club as an active member and has already recorded several Endurance swims and Monday night sprints. Sandra is a regular swimmer in her home village and usually swims as a guest whilst she is here. They will be back on a planned holiday in September so felt it was time to join and enjoy the benefits of being actually legally covered by Masters insurance.

Tom had minor (well-he's a boy so he considered it major) surgery on the tendons surrounding his patella and is recovering very well.

Also on knee issues, Jamie Bounsell underwent surgery to repair his ACL and hopes to be back in the pool once he has the all-clear from his doctor.

Whilst Randall Skinner wasn't able to complete his first solo Rottnest crossing in the Channel Swim, having succumbed to seasickness at the 9k mark so he has jumped on board the P2P event. I really hope he manages to tick this off his bucket list !

I'm sorry to end on a sad note but I would like to send condolences on behalf of the club to Michelle, Ian, Tiarne and family following the passing of Michelle's Mum. It has been a fairly traumatic six months for them and it will be a poignant comfort now that Mum is finally at peace.

Port to Pub news



We were incredibly proud to share the news that Ceinwen's Port to Pub event was nominated as a finalist in the World Open Water Events. It was a huge honour to be chosen from the hundreds of events held every year around the globe. The votes were counted and the P2P was awarded the Bronze Medal. The event is now in it's 9th year and sold out!



CLUB NIGHT PROGRAM FOR MARCH 2025

3RD MARCH	LABOUR DAY PUBLIC HOLIDAY— NO SWIMMING		
10TH MARCH	25M BACKSTROKE	STUBBY STAKES	200M FREESTYLE
17TH MARCH	200M IMEDLEY		25M BREASTSTROKE
24TH MARCH	COMMITTEE MEETING AND COACHING		
31ST MARCH	100M BACKSTROKE		50M FREESTYLE
7TH APRIL	50M CHOICE	STUBBY STAKES	100M BUTTERFLY

FEBRUARY STUBBY STAKES WINNER

Congratulation to Lesley Hart who won February Stubby Stakes by swimming closest to her nominated time for 50 Metres breaststroke.

Join us on Monday, 10th March, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 25m Backstroke and you have won a bottle of wine, red, white or bubbly!

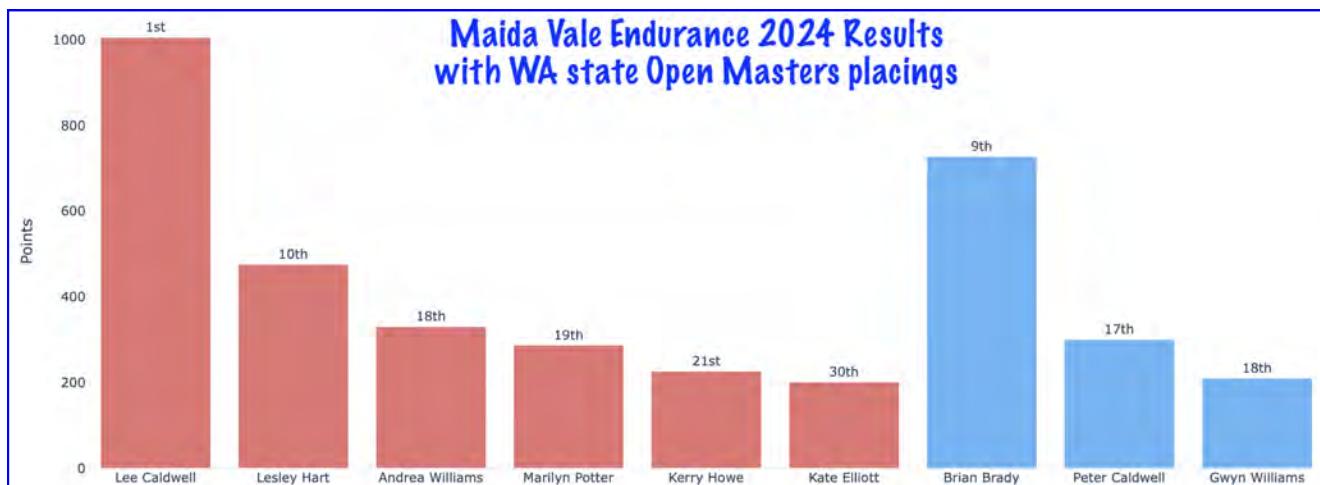


Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation.

Please bring a plate to share and a drink (not to share unless you want to!!).



2024 Endurance Results



Female Results

Swimmer	Points	WA Rank	National
Lee Caldwell	1005	1st	1st
Lesley Hart	475	10th	
Andrea Williams	330	18th	
Marilyn Potter	287	19th	
Kerry Howe	226	21st	
Kate Elliott	201	30th	

* Lee Caldwell achieved maximum points (tied with 4 other WA swimmers)

* Lee Caldwell tied for 1st nationally with 60 other swimmers

WA and National rankings based on all age groups (Open Masters)

Male Results

Swimmer	Points	WA Rank	National
Brian Brady	727	9th	51st
Peter Caldwell	300	17th	
Gwyn Williams	210	18th	

* Brian Brady ranked 51st overall nationally

SWIMMER IN FOCUS

Our first swimmer in focus for 2025, is last year's Swimmer of the year. A lady who has not only embraced Endurance and baked delicious savoury delights, but has put the club's budget on notice with relentless PB's leading to the need for bulk purchases of Freddos! A relatively new club member who has been involved so much, you'd never know she hadn't been at Maida Vale for years, here's to:

KERRY HOWE



After Lee and Brian, Kerry is the most likely name to come up when thinking about Saturday afternoon swims. Kerry has swum 36,000m at endurance sessions since joining Maida Vale Masters. A distance that could almost get you to AND from Wadjemup Rottnest Island. It would get you across the English Channel with kilometres to spare! Kerry's improvement in the water has been staggering. She hasn't just embraced being part of the club, but has been keen to improve her fitness and speed. Since her first 400m breaststroke, Kerry has taken 5 minutes off her best time, 5:00.34 to be precise (or approximately 300 seconds). In context to her swim, that's 25% faster. In a year. 25% of 400, meaning Kerry could swim another four lengths and finish before her first endurance effort stopwatch clicked. That achievement takes some beating. There's a lot of great stories in our club, and Kerry has rewritten the rules when it comes to self improvement.

And as an added extra, during 2024 Kerry won Stubby Stakes twice.

Trivia Time! March '25

**A) The 3000m Freestyle is no longer part of the Endurance program (perhaps we can revive it?)
Who holds the fastest club record time?**

Terry McKie

Patricia Dalle Nogare

Dianne Cockman

Alan Friday

**B) Gwyn dominated the 75-79 endurance record books, but Mazz' 400m backstroke stood strong.
The question is: Who are the only other two men that hold records from 75 onwards?**

C) The World Masters are in Singapore this August (if anyone's planning a holiday). But other than Perth (2008), where is the only other Australian city the World Masters has been held?

Adelaide

Brisbane

Melbourne

Sydney

**D) March 2015's UHDV is a fun read, and that month, there were a LOT of club records broken,
but how many swimmers set records?**

5

8

11

13

A) Patricia Dalle Nogare B) Tony McKie & Ian Stewart C) Brisbane D) 13 swimmers! 8 of whom still represent the club in the water!



A busy month for Presidents! Congratulations to Andrea for continuing her record breaking through the ages. There's nothing stagnant* about the other age group record books either: Peter Caldwell broke a record almost as old as Sarah Howard! Gwyn is stamping his authority on yet another age-group, and Lesley continues to show us all how it's done with a notable ONYA.

Club Records set in February 2025						
Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Peter Caldwell						
40-44	3/4 hour Free	2860m	February 1	2567	8519	Mark Henry
Lesley Hart						
60-64	200m Back	3:31.36	February 24	3:32.41	616	<i>her own record!</i>
Andrea Williams						
75-79	50m Breast	1:10.55	February 3	1:12.97	5348	Barbara Hart
	100m Free	1:46.03	February 10	1:52.12	5391	Barbara Hart
	200m Back	4:53.78	February 24	5:06.91	4466	Barbara Hart
	25m Free	22.38	February 24	22.49	266	<i>her own record!</i>
Gwyn Williams						
80-84	100m Breast	2:01.70	February 16	2:18.32	3270	Ian Stewart

* just a fun reference from the AGM!

A strong start to Endurance this year for the regulars. Construction works at Darling Range gave us a chance for a Saturday afternoon jacuzzi session! But despite that, ONYA's were had; Bronwyn C went a full hour in preparation for Port to Pub (which I'm sure will be easier than that!) and; not to be outdone, Lee decided to swim 800m fly!

Endurance (end of Feb)		
Female	Male	Total
473	241	
5 women averaging 94.6 points each	4 men averaging 60.3 points each	714
flashback to the end of Feb '24...		
532	285	
6 women 88.7 points each	4 men 71.3 points each	817
flashback to the end of February 2023...		
1010	508	
11* women 91.8 points each	6* men 84.7 points each	1518

* based on all swimmers in 2023

Did you know?

Lesley broke five club records in March 2022 (after ploughing through 11 the month before! and 11 the month after!) As far as I can tell, there's been no other quick fire onslaught on the record books like it. So you read it here first, the March 2027's UHDV will be a busy one for the recorder!

Dates for your Diary

Saturday 15th March—Port 2 Pub
Sunday 30th March—Fremantle Masters 2025 ABC Club Challenge
Entries close Sunday 23rd March

FREMANTLE MASTERS SWIMMING CLUB INVITES MSWA MEMBERS TO PARTICIPATE IN THE 2025 ACT BELONG COMMIT CLUB MEET

MEET OVERVIEW

Come and join us for a fun day of swimming followed by a delicious lunch on the grass at Fremantle Leisure Centre. FREE PARKING included.

MEET DETAILS

Date Sunday 30th March 2025 Venue Fremantle Leisure Centre, Shuffrey Street Fremantle, Outdoor Pool Warm-up time 8am Start time 8:45am Finish time (approx) 1pm Cost of meet and Pool entry Cost of meet entry is \$23 per swimmer This includes Pool entry Entries Close 23rd March 2025, 5pm (Late entries will not be accepted)

[Registration link My Swim Results - Meet - 2025 ABCC Fremantle Club Carnival](#)

PROGRAM

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

RULES AND IMPORTANT DETAILS

The meet is open to all Masters Swimmers.
Masters Swimming Australia swim rules apply to this meet.
Swimmers may participate in 3 events and in both relays.
All participating clubs must provide timekeepers and watches.
Refreshments will be provided afterward.
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 the closure of individual entries

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

President:	Andrea Williams	Ph: 0403 210 096	andreaswilliams12@hotmail.com
Secretary	Lynne Duncan	Ph: 0417 997 556	duncan1320@bigpond.com
Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
Newsletter	Kate Elliott	Ph: 0400 450 770	kelliott@iinet.net.au



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