

Hill & Down Up Vale



APRIL 2025 NEWSLETTER

PRESIDENT'S PROSE FOR March, 2025.

March was a very busy month for us all and the unpleasant heat wave was a definite challenge, especially in our little tin shed pool! Ongoing maintenance problems at the Darling Range pool forced the Saturday Endurance swims to be held at the Maida Vale. Bronwen Charlesson was determined to complete some last-minute training for her P2P team and swam for one hour in the 32c water!

The temperature dropped slightly, and we did have a great morning for the popular Jetty to Jetty 1500m event. Congratulations to all our members who competed, either in the 750m or the long course. Malcolm Wilcox enjoyed a buggy ride up to the start line as he is still nursing his damaged ankle. We adopted Sarah Howard's Mum Lesley for the morning as she was there alone whilst Sarah was enjoying a holiday in Japan. Breakfast on the grass in the shade was a pleasant finish to the morning's activities.



The Stubby Stakes was a week into the month, and I sadly had to miss the fun and games because of Port to Pub duties but congratulations to Kate for winning the 25m backstroke event.

The next couple of weeks were full on for a terrific group of members who were not only volunteers but also competitors in the ninth Port to Pub. Lesley found time to help at the exciting Registration night whilst still training for her own team challenge.

The big day finally arrived and began with the eerie sounds of the didgeridoo and the haunting music of the bagpipes, welcoming the swimmers and sending them off at the start line. It was great to chat with Randall, Tim, Caroline and sister Helen as the full moon set into the ocean and the morning sun rose to greet the waiting boats and paddlers.

Fast forward a few hectic hours and Randall Skinner strode up the beach at the pub and ticked off his bucket list Solo 19.7k swim, having been forced to abandon his Rottnest Channel Swim attempt due to seasickness.

The Perimenajaws – aka Caroline and her wonderful friend Stacey, completed a Duo. Team Maida Vale Stingers –

Lesley, Bronwen, Bronwyn and Tim, had been training hard for a few months and successfully finished in under 7 hours! A great result all round!



B1 and B2 were the Tugboat observers on the day and, due to the swell and a last-minute change of vessel, poor B1 suffered from seasickness and wasn't able to enjoy his bacon and eggs breakfast on board – a truly momentous end for Brian to an otherwise exciting morning.

Kate, Barbara, Garry, Lynne, Andrew and Gwyn were kept very busy on the island at the finish line. It was a long but immensely satisfying day for me. Interviewing competitors at the start line at Leighton Beach at 04.30 then racing over to the island on the Eco Jet boat to greet the swimmers at the finish line in front of the Rottnest pub until 17.30! Can you imagine – me talking for 12 hours!!!! 😊

I briefly reported last month that there would be a change to the funding allocated from DGSLC to MSWA. This change was discussed at the AGM and the Council of Clubs meeting. The actual changes will not be implemented for another 3 years - affording clubs considerable time to absorb and comment. I also mentioned that EO Rhys King had resigned, and I am pleased to share that our new MSWA Executive Officer is Richard Johnson, a long-standing member of Claremont Masters and currently the State Recorder. It is encouraging that we finally have an actual swimmer in charge, following the past five career based Executive Officers.

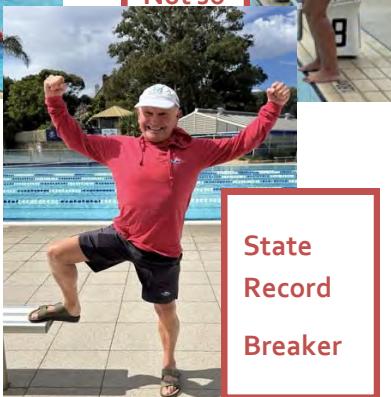
Also, at the AGM, Lynne retired from her role as a Board Member of MSWA- having served on the board in various roles for the past ten years, Lynne was required to step down to comply with the regulations governing length of tenure. Lynne will still retain her involvement with the State and National Technical Committees. Not sure if she will receive a gold stopwatch but her expertise will be a definite loss to the Board, albeit some well-deserved rest from her duties for both her and hubby Andrew.

The pizza dinner for March was quite well attended, given that the temperature during the day had been 39c! Thank you to Richard Mazzucchelli who treated the gathering to a Lovely Pear dessert for his birthday.



Finally, the Fremantle Act, Commit, Belong was held on the last Sunday of the month. Whilst the weather had been very warm in the previous week, late on Saturday night strong easterly winds arrived ahead of huge thunderstorm clouds and spectacular lightning strikes preceded a brief downpour of rain. Except for Tim Buckton, most of you would have slept through this but Tim was one of the organisers of the event and was seriously considering cancelling the swim. This was a case of deja vu for the Freo club as a very similar scenario had occurred about 4

years ago. Like that year, the sun shone through the clouds on Sunday morning and despite having to swim into quite a strong breeze, the morning was another great success.



One made a sea change , and one made a tree change



Ian Stewart impressed us by competing in his new 90-year-old age group and diving in perfectly off the blocks for his freestyle start. Gwyn has also moved kicking and screaming into a new 80-year-old age group and was happy to set a new State Record time of 50.66 in his 50m breaststroke. Melville's 97-year-old Charles Renner is still an absolute inspiration-recording a time of 57.17 for his 50m freestyle!

Congratulations to our great little team of 7 swimmers who finished equal 9th from 22 clubs and third in the Handicap category. Michelle, Christine, Lesley, Kate, Ian, Gwyn and me! Dorothy cheered us on with daughter Linda. It was the first time in years that Lynne was not officiating as she is still taking care of her new hip.

You will remember the delightful Kareena Preston who was a visiting MSWA coach at our club for a few very interesting sessions. Picture this! Kareena trying to convince Michelle and Christine that a great pre-race stretch required them to face away from the wall, bend their leg backwards up from the knee and rest it flat against the wall, then straighten their foot up! I think they are still laughing at that crazy suggestion!

TIN SHED CHATTER:

I was not actually around the pool for most of the month so my social reporting is a little light on. The first 3 weeks I was involved with the Port to Pub then I fell victim to a very nasty vertigo attack which kept me horizontal and out of the water for over a week. The irony was that my neck was compressed whilst lying on my back and assembling a Pilates reformer bed – that is designed to increase core strength and balance! Couldn't stand up for a week and my core was objecting to any movement!! ☹ For that reason my swimming at the Freo ABC was very tentative but healing – proving again that You Never Regret A Swim!

I had to miss the first Committee Meeting of 2025. While the Cat was away, your new committee were scheming to spend some of the club money on a couple of interesting projects! More to follow if they look like eventuating.

Our newest member – Tom's Mum Sandra – returned to the UK with hubby David but is planning to return to the club in September on their next holiday. Sarah's parents have "tag-teamed" and arrived at the end of the month to help Tom with his ongoing rehabilitation. Not sure if they are swimmers??



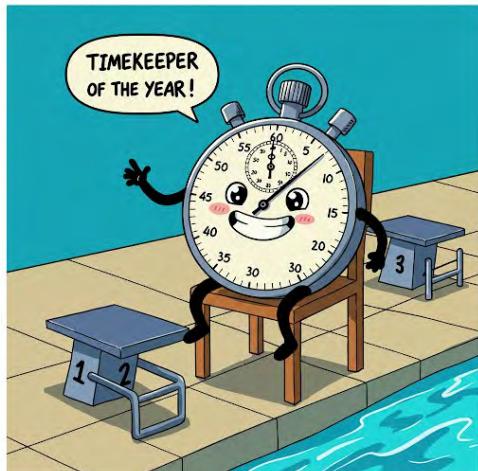
Marilyn has been suffering from a very painful lower back for several weeks and has been undergoing a myriad of tests to discover the cause. She has an amazing pain threshold and is continuing to swim a little despite the discomfort.

ALBO was spotted in Midland grabbing a photo opportunity with Caroline at St. John of God's hospital whilst promising funding for the hospital if he is elected. I hope he realised that he was in the presence of a famous Rottnest Channel swimmer!!

I think that is a wrap from me – please think seriously about entering the State Championships over two half days on the 3rd and 4th May. Check out the flyer attached and let's see if a team from Maida Vale can record a Top 10 finish!

FROM THE HILL.....ANDREA.

Time Keeper of the Year



Thanks to all club members who sat down with a stopwatch for the 287 Endurance swims recorded on 2024. Here are the swimmers that 'time kept' the most..

5. Marilyn Potter and Garry Lynn
4. Kerry Howe
3. Tom Love
2. Lee Caldwell
1. If you can't guess—find the champ in this month's Trivia Time!

CLUB NIGHT PROGRAM FOR MARCH 2025

7TH APRIL	50M CHOICE	STUBBY STAKES	100M BUTTERFLY
14TH APRIL	200M BREASTSTROKE		25M CHOICE
21ST APRIL	EASTER MONDAY		
28TH APRIL	MEETING ??		
5TH MAY	50M BACKSTROKE	STUBBY STAKES	100M FREESTYLE

MARCH STUBBY STAKES WINNER

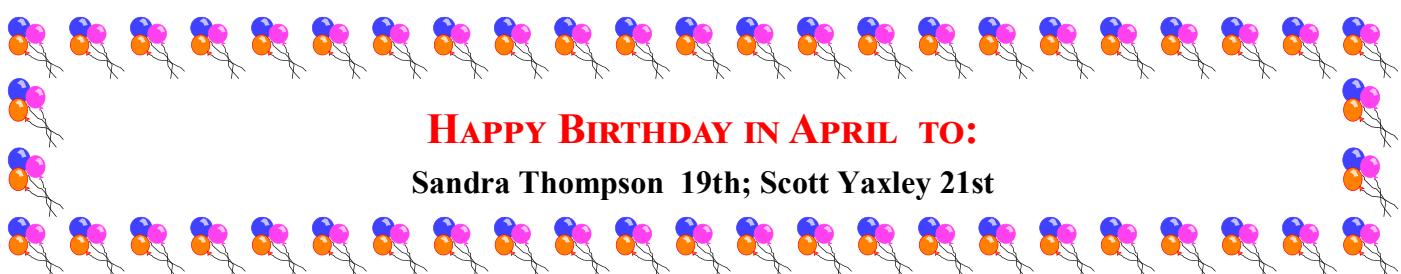
Congratulation to Kate Elliott, who won March Stubby Stakes by swimming closest to her nominated time for 25 metres backstroke.

Join us on Monday, 7th April, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 50 m of your choice of stroke 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!!).



It's The Month Of



ARIES
(March 21 - April 19)

Smart and independent, Aries will never do something just because everyone is doing it

Element Fire	Ruler Mars	Compatibility Sagittarius
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Taurus
Element: Earth
Modality: Fixed
Symbol: Bull
Ruling Planet: Venus

Clever, Artistic, Romantic but Possessive, Practical, Determined, Stable, Loyal

Love and Money are the primary things on the list of desires of taurus to feel stable and inspired. They are extremely dependable, resilient yet stubborn and loves to maintain intimate relationship.

Swimmer in Focus

It may come as no surprise, that our swimmer in focus this month has the longest surname in the club's history, and with over 1000 swims to his name over club nights and events, there aren't many that can top this commitment to Maida Vale Masters.

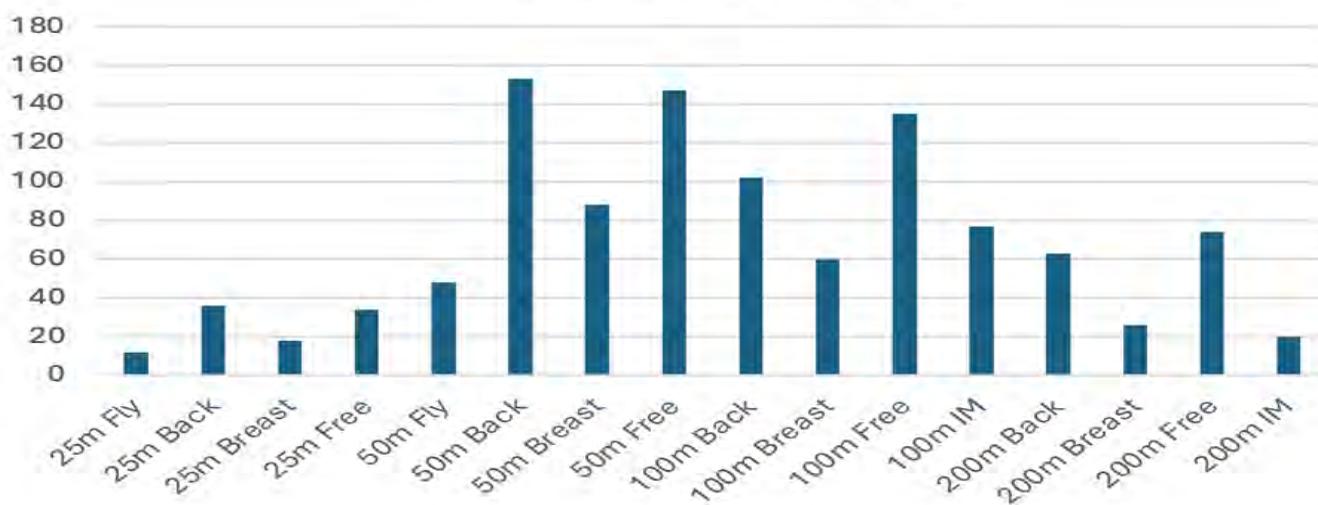


Dr Richard Mazzucchelli

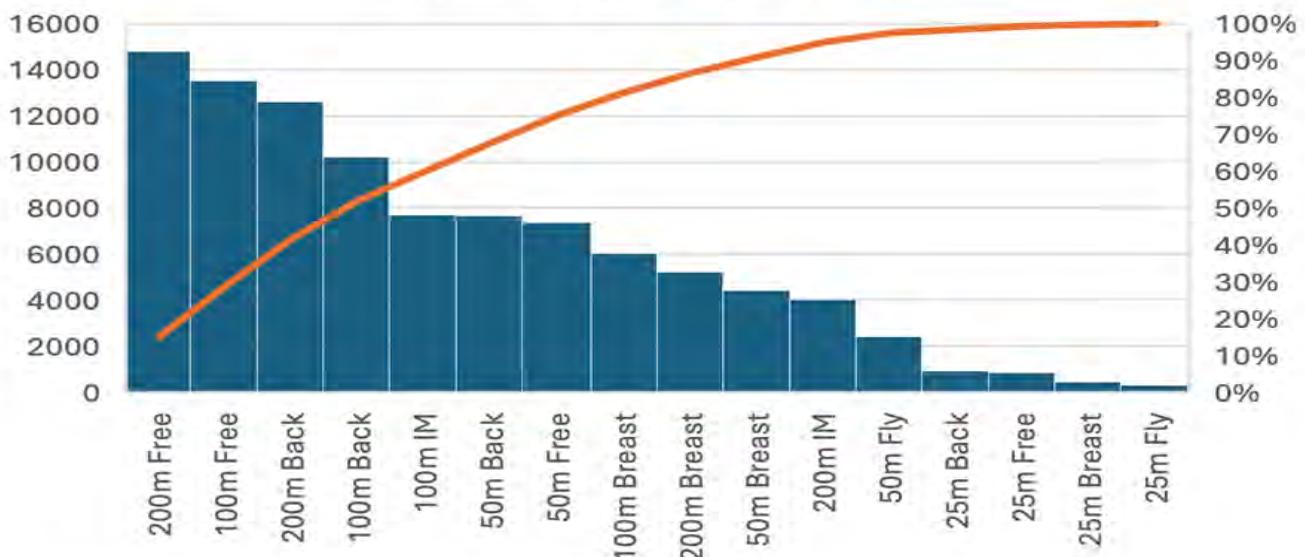
The archives show that Richard is just one endurance effort shy of 150,000m worth of Saturday swims. 'Mazz' has held the 65-69 age group 1500m Free club record for more than 20 years, and with no-one coming through the ranks favouring distance events, this record could stand for long while yet. It's not Richard's only club record in endurance, and despite being known for his backstroke over the last decade, he also has club records in the 100 free, and 200 breast dating back to when he was in the 65-69 age group. Now in a new age group, Richard can tackle records (and set inaugural ones! – see March club records) that only one man in the history of Maida Vale masters has been in, and competitive swimming whilst 85 is a rare accomplishment in itself.

Even though this section is about the swims, I must say, if you haven't read Richard's semi-biographical story of his great-grandfather, it is a must. And after a great deal of fossicking through the database, perhaps the best way to put Richard's time at the club into perspective, is to display it in a way that can be admired by the man himself, as data:

No. of swims (by event)



Swims, by Total Distance



RECORD BREAKERS

A first record in her new age group for our club newsletter editor. A hatful of records from the Fremantle ABC, including a state record! A new mark for this month's swimmer in focus Plus special records this month: starting with an inaugural mark in the 25m Free for the women's 90-94 age group to join Glad and Anita in the books, and another of Glad's more recent records broken! Then, not to be out-done, our male nonagenarian sets three marks! Congratulations for providing such an inspiring month of competition.

Club Records set in February 2025

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Kate Elliott						
75-79	400m Back	10:44.06	March 29	11:27.27	1241	Marilyn Potter
Lesley Hart						
60-64	25m Back	20.29	March 10	20.47	231	<i>her own record!</i>
	50m Back (LC)	44.09	March 30	44.12	1099	<i>her own record!</i>
Norma Hofmann						
90-94	25m Free	33.74	March 10			<i>inaugural record!</i>
	25m Breast	50.74	March 17	56.05	1008	Glad McGough
Richard Mazzucchelli						
85-89	50m Free (LC)	1:07.77	March 30			<i>inaugural record!</i>
Ian Stewart						
90-94	50m Breast (LC)	1:26.36	March 30			<i>inaugural record!</i>
	50m Back (LC)	1:16.35	March 30			<i>inaugural record!</i>
	50m Free (LC)	55.5	March 30			<i>inaugural record!</i>
Gwyn Williams						
New State Record!						
80-84	50m Breast (LC)	50.66	March 30	57.22	3444	Ian Stewart



Endurance (end of March)

Female	Male	Total
890	343	
7 women averaging 127.1 points each	4 men averaging 85.8 points each	1233

flashback to the end of Feb '24...

1046	449	
10 women 104.6 points each	6 men 112.3 points each	1495

flashback to the end of February 2023...

1143	611	
11* women 103.9 points each	6* men 101.8 points each	1518

* based on all swimmers in 2023

On one of our Saturday Endurance sessions this month, all five swimmers swum one event, but each of them swum a different event! Although it is a useless piece of trivia, perhaps it's one of the only times no-one has just quickly added in an extra 400m

Free, Back or Breast before afternoon tea! And despite B1 missing last Saturday's session (one for the collector's album), he still managed to deliver "Brian's bread" via Kerry!



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Did you know?

Russel Fowler's return to club night racing marked his **1000th** and **1001st** sprint event! Stay tuned for next month's UHDV to find out who else is in 1000 club...

Trivia Time! April 2025

A) The 2024 Timekeeper of the year award goes to...

Kate Elliott	Lesley Hart	Brian Brady	Andrea Williams
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B) Which swimmer at our club has raced the most Long Course Endurance events?

Sandra Smith	Alan Friday	Ian Stewart	Glad McGough
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C) How many Endurance swims were recorded in 2024?

150-199	200-249	250-299	300-349
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D) Lee was champion for Endurance in 2024, but who swam the second highest number of efforts?

Brian Brady	Kerry Howe	Kate Elliott	Marlyn Potter
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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.



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