

Hill & Vale

Up  Vale

AUGUST 2025 NEWSLETTER

PRESIDENT'S PROSE FOR JULY, 2025

This newsletter is not as sad as June's issue which was full of the news of Barbara Hart's passing, the funeral and the farewell gathering. On behalf of Lesley, I would like to thank all the club members who attended and those who wore their club uniforms. I think Barbara would have approved. It was great to see some of our past members in attendance too. Listening to the special messages from her family and admiring all the memorabilia that was on display, it was very evident that she had been an amazing lady, a pillar of the community and a very special member of this club.

Coincidentally, the club has purchased 6 new stop watches to replenish our aging stock and the brand name is Hart. Given that Barbara's passion was timekeeping and she excelled at pushing buttons, it seemed an appropriate purchase!



The Riverton ABC meet was held in the middle of the month, but due to school holidays and members' travels there were no participants from our club – not even Lynne officiated as it clashed with the Fever Netball semifinal.

The Golden Gropers State Relay Championships were held with the organising club – Claremont Masters – surpassing their previous events and providing a very exciting racing carnival. This was the 17th year of the State Relay event with 306 registered swimmers from 14 clubs. That breaks down to 352 teams competing over 53 heats. The highlight of the meet was the 6x25 Dash for Cash with some very exciting racing and some serious prizes on offer. Claremont won and reset their record – 1.14.34 - which equates to around 12.33s per swimmer! Lynne won first prize in the raffle - a large bucket full of bottles and boxes of wine. One of the boxes turned out not to be wine but a Lake Leschenaultia thermos flask prize from quite a few years ago. Someone had obviously never used it and donated it as a raffle prize! Lynne was on deck for this event, and I spent a very hectic 6 hours on the announcer's desk filling in for Elena Nesci who had done all the hard work and organising leading up to the event but was away for the weekend. Unfortunately, the event ran over time and the last event had to be cancelled. Tim swam with his first claim club Fremantle as Maida Vale did not have any teams in the relays.

Swimming training at the Maida Vale pool came to a sudden halt in the middle of the month causing the cancellation of our Monday coaching session prior to the Committee meeting. One of the boilers broke down, coupled with the lack of sun on the solar panels and the water temperature dropped to 26/27c (normally 32c). Whilst that temperature would have been acceptable for our training it was not ideal for the babies and young children. We wouldn't have been able to wallow in the nice warm water and those brave enough to get in would have had to indulge in some serious training to keep warm! The owners were desperately trying to keep the water as warm as possible using just the one boiler and the covers were pulled



over straight after their sessions. Tuesday and Wednesday nights were also cancelled, however I heard that Bronwen and Bronwyn travelled over to the Canning pool for a training session!

Maybe the break will give us time to practise our cover winding skills!

Swimmers at Endurance coped with the cooler water but the boiler was not repaired in time for the following Monday club night and Gwyn's rescheduled coaching session was abandoned. He has provided a copy of his "Fat Burner" programme in this newsletter for swimmers to copy, laminate and challenge themselves with during Tuesday and Wednesday night training. Unfortunately, the 200m sprint race and Tom's fun 25m sculling event will have to be sidelined for the moment.

I hope you are enjoying the interesting articles and facts that Tom is providing in our newsletters. His "Swimmer In Focus" articles are brilliant. Tom is deeply interested in records and swimming history within the club and his enthusiasm is encouraging swimmers to test themselves to try to break long-standing current records.

The Darling Range complex continues to be off limits for Endurance due to the on-going maintenance around the school, however we have been guaranteed access to the pool to conduct our 1500m S/C event on Saturday 9th August. Entries are slowly increasing, and I would urge any members who would like to challenge themselves and compete in this event to register as soon as possible. We need everyone's support with general setting up, timekeeping and providing plates of afternoon tea or big vats of hot soup! There will more information in the Dolphin Dots but please set the afternoon aside to get involved.

Our club is lucky enough to have members who are willing to volunteer their time to upgrade their knowledge of first aid every



three years. The Royal Lifesaving course is quite a challenge that involves an on-line learning component, followed by an exam with a compulsory 100% pass rate and then a full 8-hour practical course. Congratulations to Lesley, B1 and B2, David Masters, Gwyn, Lee and me on successfully gaining "First Responder" qualifications at an informative and fun day in the Williams' party room!

As the freezing cold month came to an end, a small group of members braved the weather to celebrate July birthdays at the Village Pizza. The heaters were on and it was quite toastie around the table.

PAYMENT VOUCHER:

The committee will be trialing a system for replacing the cash payments of \$5 notes with a voucher book option. ONLY for Monday night entry payments. The situation with I.O.U. notations on the sign-in sheets needs to be addressed as it has become a problem for the treasurer to reconcile. The committee is considering the issue of voucher books that will initially contain 5 vouchers for \$25.



Depending on the popularity and practicality of these books, the value could increase to 10 for \$50. Being mindful that they are virtually cash and could be lost and will not be replaceable. The vouchers will be available for purchase from the treasurer – either in cash on Monday nights or by bank transfer. Each voucher will be numbered and have a section for swimmers to print their name and the date. The swimmer will still record their name on the sign-in sheet and tick the "V" box and place their voucher in the money box. Cash will still be accepted as usual.

This system will only apply to Monday club nights!! Tuesday and Wednesday training nights remain cash only as that money is paid directly to the pool owners. The option for paying a discounted amount in bulk at the start of each year will be discontinued as that system does not actually work out economical, taking into accounts missing sessions due to holidays or illness/injuries.

TIN SHED CHATTER:

The date for the "Noughties" yearly birthday party has been set and please put Saturday the 18th October on your calendars and make sure you keep the date free. There will be more details and a flyer in next month's newsletter!



I reported in last month's newsletter that Christine and Doug Paterson had embarked on a 4-5 month caravanning holiday around the country. Unfortunately, due to a family health situation, their trip was cut short, and they are back home, vowing to continue their travels when the time is right –although they did manage to cover quite a bit of South Australia and the Nullabor.



Kate, Kim, Caroline and Steve are enjoying lovely warm weather driving north to begin their Gibb River Road adventure and sharing crocodile encounters, fishing achievements (some better than others), and some great bird watching. They had a chance encounter with Kim and Shelley



winding their way back from their northern adventures at 80 Mile Beach which naturally involved some bubbles on the sand!

Steve and Dianne Cockman's adventures with Kim and Shelley through the north-west were halted due to a broken shock absorber on their van which meant a delayed return to civilisation. An expensive towing charge and an enforced stay in Derby was an experience they hadn't wished for. They are finally on their way home as well.

Lesley and William headed to Tasmania for a 3 week touring holiday. The weather in Perth lately has prepared them for the freezing temperatures on the island and they will be rugged up appropriately.

Sarah is continuing her travels and is currently in Budapest. She managed to catch up with an old school friend of Lesley's who lives there, and they shared some wine whilst comparing stories of their lovely mutual friend!



As a certified Maths specialist, Tom attended the 66th Mathematics Olympics held on the Sunshine Coast. Whilst he is very humble about his credentials, he was invited to observe and participate in the prestigious event and spent a weekend surrounded by the brightest and the best brainiacs in the World.

I can now report that Kerry is finally back into the pool and tentatively swimming a few laps to strengthen her ankle.

David Masters is having a short holiday at Sharks Bay to indulge in a spot of fishing – not my idea of fun in this cold weather, but I'm sure he will enjoy himself and I hope the fish are biting!

FROM THE FREEZING AND CLOUD COVERED HILLS.....ANDREA.

First Aid Fun (it wasn't all serious!)

Our apologies to Vanessa our trainer....that lady deserves a medal for patience!



Gwyn's special **FAT BUSTER** program
we didn't get to try out in July in case you want to give it a
go....maybe this month!

WARM UP

200 FREE

6x50 I/M (half a lap each stroke) REST 1min

DRILLS

4X25m Swordfish (one arm extended ,other rest at thigh) kicking
with body at 90 degrees. Alternate arms each lap

2X25 m fast head up water polo

2X25m fast head usual

2X25m fast head horizontal ,eyes to floor (to demonstrate faster
streamline)

MAIN SET

3x100m I/M (fly one arm at a time)

3X100m Descending (each faster than last)

6X50m PULL race pace 1min REST

COOL DOWN

6x50m Ascending (Each slower than last)

**Main set should be fast paced so you
should be short of breath after each swim .**

Best effect from 3 sessions per week!



CLUB NIGHT PROGRAM FOR AUGUST 2025

4TH AUGUST	25M BREASTSTROKE STUBBY STAKES	25M SCULLING (NOT BEER)	200M IM
11TH AUGUST	200M BREASTSTROKE		50M INDIVIDUAL MEDLEY
18TH AUGUST	MEETING - TRAINING ONLY		
25TH AUGUST	HANDICAP - BE THE FIRST TO TOUCH THE WALL AND WIN A GREAT PRIZE! 50M OF ALL FOUR STROKES		
1ST SEPTEMBER	100M FREESTYLE	STUBBY STAKES	50M BACKSTROKE

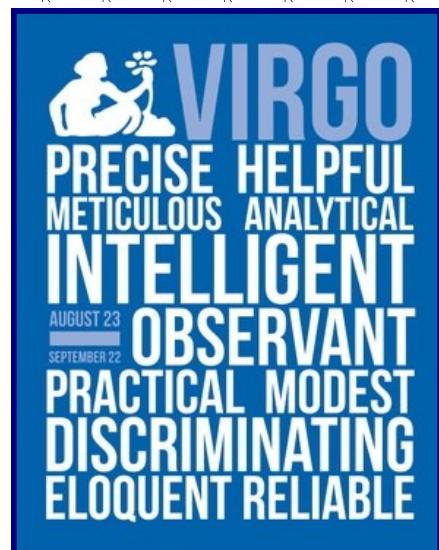
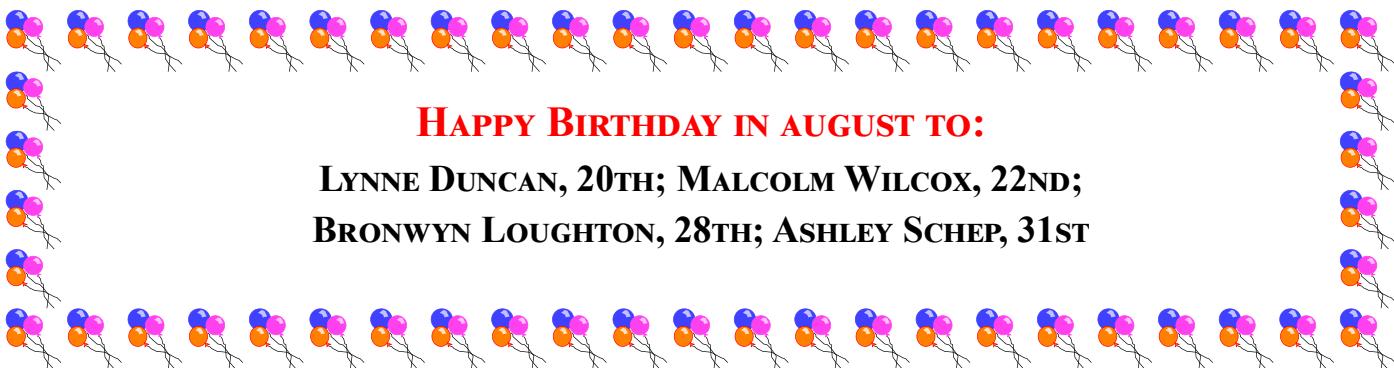
JULY STUBBY STAKES WINNER

Congratulation to Lesley, who won the July Stubby Stakes by swimming closest to her nominated time for the third time this year. Lucky she'll be away and give someone else a chance this month!

Join us on Monday, 4th August, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 25metres Breaststroke and you have won a 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!!).



200M IM

BATTLE OF THE 'ALL-ROUNDERS'

With 45 years of archives, there's lots of interesting ways we can compare and celebrate performances. This month we have the 200m IM to swim after Stubby Stakes, so here are Maida Vale's all-time fastest 10 swimmers in this event (short-course):

Swimmer	Year	Age	Time
Matthew Brown	1987	25-29	2:23.91
Simon Lyons	1990	25-29	2:31.61
Peter Thompson	2005	40-44	2:35.34
Rachael Cooper	2015	25-29	2:35.86
Sean Richards	2005	25-29	2:36.57
Gary Bradley	1986	25-29	2:38.75
Robert Czaplinski	2008	30-34	2:40.23
Jeffrey Jaeckel	2008	30-34	2:43.66
Stuart Anderson	2020	30-34	2:45.52
Gary Pether	1990	20-24	2:47.56

The 'average' time of all recorded races is about 3:53 with 50% of all swims faster than 3:47

124 Maida Vale swimmers have raced one

Andrea has swum the most ever! (73)

With none of our 2025 members in the all-time top 10, here is a top 10 of our current crop:

Swimmer	Year	Age	Time
Gwyn Williams	1984	35-39	2:48.80
Lesley Hart	1990	25-29	2:49.50
Tom Love	2020	30-34	2:51.24
Scott Yaxley	2002	35-39	2:53.31
David Pether	1998	50-54	3:09.62
Russel Fowler	1996	45-49	3:10.20
Tim Buckton	2024	35-39	3:19.63
Garry Lynn	1990	40-44	3:31.44
Kim Bingham	1991	35-39	3:31.73
Caroline Grennan	2017	40-44	3:32.95



Endurance Saturdays have enjoyed Russel's company recently, and now he's getting points on the board with new records in the backstroke as well.

Another very welcome surprise, is the astounding Kerry Howe comeback! Great to have Kerry back on poolside timing, and stealing in a few laps and points on her way to recovery from the insane ankle break, as seen in June's UHDV.

Keep an eye out in Dolphin Dots for Endurance pool locations given the boiler gods are playing havoc with our routine again!

Endurance (end of July)

Female	Male	Total
1777	1054	
9 women	8 men	
averaging 197.4	averaging 131.8	
points each	points each	

flashback to the end of July '24...

2145	967	
12 women	6 men	
178.8 points each	108.4 points each	

A look all the way back to the end of July 2023...

2310	978	
11* women	6* men	
210 points each	163 points each	

* based on all swimmers in 2023

Did you know...

The 'nameless' 29.0 turned out to be Michael Boisvert, and this wasn't swum at Maida Vale, however there is a 29.0 that Richard Ainley raced in the inaugural year of 1979.

Can anyone remember back to 1990 when Simon Lyons was at the club? It's quite possible he holds the pool record with an outstanding 27.14



Missed from last month's UHDV, here are the club's inaugural record holders in our new 150m events. A night of firsts, with Lesley touching the wall to set the first ever 150m club record. Brian 'B1' Brady setting the first ever men's 150m club record. Notable mention goes to Bronwyn L for taking on the 150m Fly! All nine swimmers set new club records on the night, with no overlap in age-group and event.

Save the date 13/10 for the chance to 'make or break' records in the 150m events.

150m Inaugural Club Records (30/06)

Age Group	Event	New Record
Brian Brady		
70-74	150m Back	4:06.82
Bronwen Charlesson		
45-49	150m Free	2:18.27
Kate Elliott		
75-79	150m Free	3:10.79
Lesley Hart		
60-64	150m Back	2:37.31
Bronwyn Loughton		
40-44	150m Fly	2:56.21
Tom Love		
35-39	150m Free	1:53.79
David Masters		
70-74	150m Free	3:02.76
Marilyn Potter		
75-79	150m Back	4:37.11
Andrea Williams		
75-79	150m IM (Bk,Br,Fr)	3:38.78



150m Backstroke

finishes for B1

and Lesley



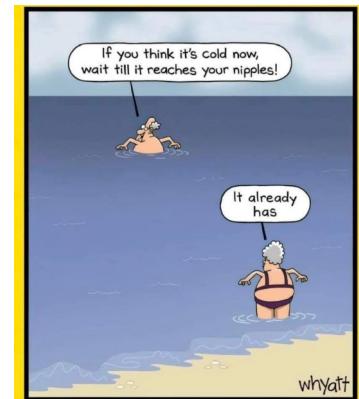
Don't miss the Handicap Sprints!

On **Monday, 25th August** we will be holding our annual Handicap Sprints. Come along for a fun 'splash and dash'!

Your starting time will be calculated from your sprint times this year. First to the wall in the final for each stroke will be crowned this year's champions and be presented with a much coveted prize at the Christmas Party.

You can enter as many as you wish but once you win one, you're out!

Potentially you could swim 8 sprints so start training for it now!



I forgot to put these
in last newsletter...



Who's who?

The answers from last month's frivolity:

RAW EAR LICE (00s-10s)

Clare Ware

'ELO PAINT (80s-00s)

Pat O'Neil

SING TO CAT ROVER (70-10s)

Trevor Costigan

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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