

Hill (Down Up Vale



JULY 2025 NEWSLETTER

PRESIDENT'S PROSE FOR JUNE, 2025

VALE Barbara Hart 10/09/1935 – 18/06/2025

Barbara passed away peacefully in palliative care at Parry Care Centre in Lesmurdie where she had been a resident for the past 4 ½ years. Lesley and William arrived just after her indomitable spirit left her and bade her farewell on her next adventure.



In July 1979 – 46 years ago – Barbara was one of the founding members of Maida Vale AUSSI and later became a Life Member. She was already an accomplished natural swimmer having competed, taught and officiated in the UK before migrating to Australia in 1969 with her dashing RAF Pilot husband Peter and their three young children. Lesley, Jonathan and Simon were all members of the Kalamunda Swimming Club and she naturally became one of that club's busy officials and committee members, gaining Life membership there as well.



A back stroker and freestyler by preference, Barbara's swimming achievements are legendary, including nearly beating THE Dawn Fraser in competition at the Alice Springs Masters Games in 2008! During her competitive years she held 16 State Short Course, 22 State Long Course and 3 National Long Course records as well as a World Top Ten ranking in 1986. Barbara still holds some club records – including the 50m butterfly in the 70-74 age group - which are slowly being taken off her by Lesley. She was also the recipient of many Flipper Awards over the years for numerous amusing incidents as she was always involved in club social activities. Following a brief break in her swimming career, she made a come-back at an Interclub event at Swan Park and dragged out the old bathers, thinking they would do the job. Unfortunately, the Lycra had deteriorated and the bathers she wore were almost transparent – a cause of much embarrassment for her but hilarity to the onlookers. Another Flipper was earned when she was walking backwards whilst filming a swimmer at the pool, tripped and narrowly missed falling into the water. I think her best award was for berating a competitor at the finishing line of the lake swim for not standing up so that she could read his tattoo number on his left leg only to realise that the swimmer was an amputee and had only a right leg and couldn't stand up without his crutches.

Whilst swimming with her beloved club was a huge part of her life, Barbara was also very involved with the Royal Life Saving Society as an instructor. She taught Education Department Vac Swim for many years as well as volunteering for Swimming WA as a club referee and Masters Swimming WA as an official where she specialized as Chief Timekeeper and assisted at the 8th FINA World Masters Swimming Championships and the World Masters Games held in Perth. She was rewarded for her contribution being presented with the Perc Edwards Volunteer of the Year Award in 2014.

Not just a pool swimmer, Barbara was very competitive in Open Water events and travelled as far away as Albany to swim 5 kms in the chilly Princess Harbour over many Easter weekends with Glad McGough as well as competing in the early days of the Busselton Jetty swim, Rottnest Swim Thru and the Port Gregory Open Water swim.

One year, Barbara and Glad decided between them that local John Perkins, who had been severely disabled by a head injury and needed access to a swimming pool for rehabilitation, should be trained up to do our Lake Leschenaultia swim. The problem of access to the water was solved in a very undignified way, with him being bundled into a wheelbarrow and trundled down the old jetty to be 'placed' in the water complete with inflated neck pillow, arm and leg floaties. The pair then proceeded to escort the very buoyant John successfully around the 1.6 km course.

Barbara also worked as a full-time midwife at Kalamunda Hospital and helped deliver thousands of babies into the world in the 1970's, 80's and 90's. Her background in midwifery began in London around the era of the "Call the Midwife" TV series and consequently, she didn't suffer fools gladly on her ward! She was on hand to deliver our daughters Ceinwen and Bronwen as well as Lee's son Peter, Barbara may also have delivered fellow founding member Trevor Costigan's sons. The night before Ceinwen was born I wanted to get a final training session in at the pool and Barbara insisted on swimming behind me in case I produced a water birth!

As if she wasn't busy enough, Barbara was also an ardent 'twitcher' and delighted in taking off in her caravan to watch and count birds, particularly Carnaby Cockatoos. She loved nothing better than getting up at dawn on Rottnest Island to watch birds in the swamps.

In 1990, Barbara travelled to Nepal and undertook a trek to Base Camp in the Himalayas to sight birds and wildflowers. I remember her telling us she told the sherpas off for walking too fast as she didn't have time to take photographs. They are probably still talking about that bossy Aussie woman!

I don't recall Barbara being a great gardener – preferring the slash and burn method. On one occasion they had a bonfire but left the pile smoldering and the fire rekindled. Neighbours called the bushfire brigade and they were mopping up whilst Peter and Barbara were blissfully unaware and eating their dinner. Barbara was also very proud of the fact that she had paved her front yard with clever herringbone brickwork. However, when the new owners took over she was furious that they pulled up all her hard work and took down the white picket fence.

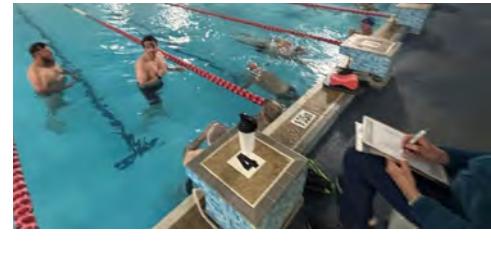
There was a very sad time in the lives of the Hart family when in 1980, Barbara and Peter's eldest son Jonathan was diagnosed with Acute Lymphoblastic Leukaemia which sadly after just over a year he lost his battle with. It was a devastating time – one that Barbara never fully recovered from and something that affected and reshaped the lives of Lesley and Simon as well.

Our very special club member was one of a kind and a force of nature and will be remembered by all those whose lives she touched and helped shape. She is finally reunited with her lovely husband Peter and cherished son Johnathon and it is time now to Rest In Peace Barbara.

WINTER SOLSTICE SWIM.



June 21st heralded the Winter Solstice in the Southern Hemisphere and most swimmers celebrate by taking a dip in freezing cold water, basically in their birthday suits. Not Maida Vale! We are more mature and sensible and chose to compete in our 32c pool in a fun challenge against the Hervey Bay Humpbacks in Queensland. The event was initiated by Paula and Terry Hewitt who were terrific members of our club before deciding to move to Hervey Bay and joining the local thriving Masters club. Terry threw down the gauntlet and set the first programme and the fun event that has been held 8 times over the past 9 years. The Humpbacks have won the shield 5 times and Maida Vale 3 times with last year's event having to be cancelled due to their lack of an operational pool.



Whilst our very enthusiastic and competitive swimmers tried extremely hard to complete a greater distance in the 20 minute time-frame set by HV, we fell short by the slimmest of margins of just 48mtrs overall. The massive trophy is on its way back to Hervey Bay and hopefully, as the losing club sets the programme, we can regain it in 2026 by devising a cunning plan.

Thank you to Lesley and Tom for organising the teams and to Lynne for purchasing the delicious pizzas for supper and thank you also to our resident Druid aka Brian Risbey for setting the mood of the evening!



Riverton Masters held an 800/400 long course event in their delightful pool and Maida Vale was represented by Lesley (800 back); Kate (800 back); Gwyn (800 breast); Ian (400 back and 400 breast) and me (800 free). Lynne was on hand as Meet Referee and Dorothy was our lovely cheer squad. All five of us recorded decent swims and all set new club records.



Our club is conducting the annual 1500m short course meet on Saturday August 9th at the Darling Range pool. We have been promised by the school that the maintenance work that has affected the use of the facility for the past 6 months will be completed by that date. Lynne has been working on the paperwork for the sanctioning requirements and the entries will be opening soon. We really need as many club members – partners, friends, relatives – as possible to help with the running of the event as last year we fell short on timekeepers and it was fairly chaotic. It would be wonderful if we could attract a lot of our members to not only swim in an event, but to help out on the day. We are renowned for our delicious afternoon teas/soups/sandwiches and cakes.



The pizza evening was a really intimate gathering as many members were away on holidays and others were possibly turned off by the inclement weather. However, those who attended and were warmed by the cozy heaters enjoyed an evening of great banter with their delicious meals. We provided the dessert pizza to celebrate Ceinwen's June birthday.

Tom scheduled a fantastic new event for the last Monday club night of the month. The programme on offer was a 150m race in which swimmers could choose their preferred stroke. The completed swims provided a new category in our record portal which resulted in every swimmer setting an inaugural club record in their age group on the night! Swimmers chose carefully and made sure not to clash with each other. Bronwyn Loughton had a bit of a head rush and chose the 150m butterfly! There was a great deal of congratulations amongst the competitors as it was the first time some swimmers had set a club record. I believe Tom has a few more initiatives for other interesting events in the future.

TIN SHED CHATTER:

Kerry and Dave Howe have returned home from their eventful trip to South Australia and Kerry is still sporting her glamorous black moon boot to support her ankle recovery. Kerry wasted no time in getting back poolside – albeit only to time keep at Endurance and Monday club night – but she's hoping for clearance soon to be back in the water for some gentle rehabilitation.



Kerry, Russel and Garry provided the swimmers at the pool with an hilarious march on Monday night as they repositioned to the shallow end of the pool for the 25m butterfly sprint. There were only three good legs between them!



Whilst Tim's restaurant Emily Tayler and the Warders and Garde Hotels are booming in Fremantle, he was pictured breaking into his kids piggy bank to find money for his Tuesday night training!. Perhaps we could run a Lamington Drive fundraiser for him!

Bronwen Charlesson returned home from a wonderful Swim Trek around the Indonesian Island of Komodo that she undertook with her cousin Katie. The trip was a 40th Birthday present and involved living for a week on a beautiful teak sailing vessel, swimming each day across reefs and coral outcrops teaming with tropical fish and eating delicious meals prepared on board. The odd Komodo dragon made an appearance but the swimmers were assured there was no danger!

Christine and Doug Patterson have departed on a 4-5 month caravaning trip across the top of Australia and into Queensland and have promised to stay safe and keep us provided with updates and photos of their experiences.

Meanwhile the Binghamns and Cockmans are never coming home by the look of the photos of their great trip up the coast of W.A. and into the N.T.

Sarah Howard has flown off to Thailand on the first leg of a series of holidays that will take her most of the remainder of the year and to travel as far as Morocco where she will be joined by her Mum Leslie, and later in the year to Europe with her partner Adrien.

Kathy and Brian spent a couple of weeks enjoying the sights of Bali celebrating their 25th Wedding Anniversary and have returned home with just enough time to plan their next trip to North America and Canada.

I think that's about it on the travel front for June. I'm sure there will be more adventures to report on at the end of July.

FROM THE HILL.....ANDREA.

A few photos from Barbara's send off for those who were unable to attend



Barbara was a wonderful seamstress as you can see from this beautiful quilt she made.

Russel receiving, finally, the bottle of whiskey Barbara promised him for a favour. Garry took the original one which he apparently had done nothing to deserve it!

Enjoy it Russel—I am sure Garry enjoyed the original one!

CLUB NIGHT PROGRAM FOR JUNE 2025

7TH JULY	50M FORM	STUBBY STAKES	100M BREASTSTROKE
14TH JULY	100M BACKSTROKE		50M BUTTERFLY
21ST JULY	MEETING		
28TH JULY	200M FREESTYLE		25M SKULL
4TH AUGUST	25M BREASTSTROKE	STUBBY STAKES	200 IM

JUNE STUBBY STAKES WINNER

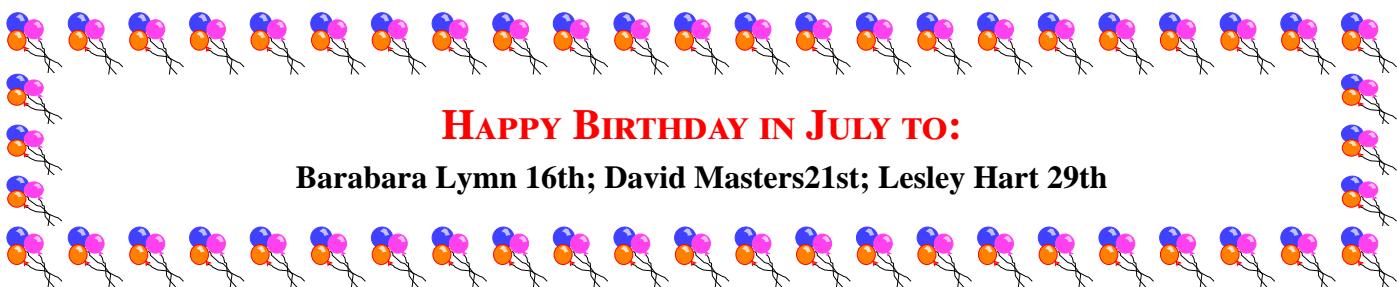
Congratulation to Lesley Hart, who won June Stubby Stakes by swimming closest to her nominated time for 25m Freestyle. That's twice for Lesley in 2025



Join us on Monday, 7th July, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 50m Form (you choose the stroke you think you can swim closest to your nominated time) 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!!).





CANCER

◊ what makes them so lovable? ◊

- though at times clingy, they'll give you space when you need it!
- their intuition allows them to protect their loved ones from harm
- they are passionate people, and will work to serve a higher purpose
- being empaths at heart, they'll protect the underdogs from bullies!
- they are unfiltered and won't fake a vibe for anyone
- they're the funniest in the room, just very subtle about it!
- they inspire others with their ambition and originality!
- they're great listeners that aren't scared of emotional intensity

how to attract a

Leo

woman

The Leo woman is attracted to a strong person, someone that challenges them, and someone that stands out. Give her praise and adoration. When it comes to a Leo woman, a compliment can never go far! Compliment her on anything and everything! Don't hide your emotions, and be straight-forward and honest with her. It may even be as simple as going up and telling her that you like her!

Endurance plows on, albeit temporarily without Brian's bread! But more names have added extra points to the club's tally, so go Dolphins!

The coffers boosted by Endurance in race form at Riverton last Sunday, with club records set in every swim! Not to be bettered, the whole club came together on Monday 30th for the inaugural 150m races, with Lesley setting the first ever 150m club record, B1 setting the first ever men's 150m record, and a shout-out to Bronwyn L, who raced the 150m Fly! A mark sure to stand in her age group or a while! If anyone dares try, you will have a chance in October,

Endurance (end of June)

Female	Male	Total
1735	967	
9 women	7 men	
averaging 192.7	averaging 107.4	
points each	points each	
		2702

flashback to the end of June '24...

2145	967	
12 women	6 men	
178.8 points each	108.4 points each	
		3121

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

2310	978	
11* women	6* men	
210 points each	163 points each	
		3288

* based on all swimmers in 2023

DO you know...

There is a 'nameless' 29.0 recorded in the 50m free from a club night way back in July 2003, do you know who may have swum such an impressive time in our tropical waters?

Quick answers to the trivia from last month: The youngest swimmer who ever raced for the club in the month of June's name: Louise Stanley.

Plus the one other club member has swum as a teenager in June: Jamie Dyer

100M BREAST

TOM'S FAVOURITE!

With 45 years of archives, there's lots of interesting ways we can compare and celebrate performances. This month we have the 100m breast 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
Tom Love	2021	30-34	1:14.27
Matthew Brown	1987	25-29	1:17.01
Stuart Anderson	2015	25-29	1:21.43
Christopher Webster	1992	40-44	1:21.60
Gwyn Williams	1990	45-49	1:21.61
Rachel Cooper	2015	25-29	1:23.41
Steven Keesing	1981	25-29	1:23.51
Jeffrey Jaeckel	2008	30-34	1:23.98
Andrew Okines	1986	18-24	1:24.19
Alastair Banting	1992	30-34	1:24.66

219 Maida Vale swimmers have raced one

Glad is the all-time oldest in this event (93)

Short Course State Record Breakers:
Kim Bingham, Chelsea Boisvert, Brenda Burton, Anita Eifler, Norma Hoffman, Terry McKie, Glad McGough, Ian Stewart, and Gwyn Williams

Norma has swum the most ever! (103 times!)

Long Course State Record Breakers:
Anita Eifler, Heather Hunt, Steve Keesing, Glad McGough and Gwyn Williams

Current State Record Holders

Short Course: Ian Stewart (2020) 85-89
Long Course: Glad McGough (2020) 90-94



Celebrations galore! With a long-course endurance Interclub serving up the perfect opportunity for records to be broken, with every swimmer setting or breaking a club record with their efforts.

Our night of 'firsts' on the 30th, with the 150m events provided inaugural club records for every swim due to the span of strokes; age groups; and gender entries! So many that there is no space to include them this time, but rest assured they will be ready to rock and roll for the August edition.

Club Records set in June 2025

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Lee Caldwell						
70-74	400m Back	9:08.17	June 14	9:57.80	1728	Andrea Williams
Peter Caldwell						
40-44	400m Back	6:11.46	June 7	6:57.50	4168	Ren Jakovich
Kate Elliott						
75-79	800m Back (LC)	21:30.71	June 22	27:01.59	6916	Glad McGough
Lesley Hart						
60-64	800m Back (LC)	15:29.33	June 22			<i>inaugural record!</i>
Richard Mazzucchelli						
85-89	25m Free	30.46	June 9		1564	<i>inaugural record!</i>
Rory Risbey						
18-24	25m Free	18.8	June 9	19.21	392	<i>his own record!</i>
Ian Stewart						
90-94	400m Back (LC)	12:10.77	June 22			<i>inaugural record!</i>
	40m Breast (LC)	15:08.64	June 22			<i>inaugural record!</i>
Andrea Williams						
75-79	400m Back	10:19.96	June 21			<i>inaugural record!</i>
	800m Free (LC)	16:46.39	June 22	21:27.11	7001	Glad McGough
Gwyn Williams						
80-84	800m Breast (LC)	19:52.28	June 22		3311	Ian Stewart

Swimmer in Focus—Barbara Hart

I never had the privilege of meeting Barbara Hart. What I can write about, is the role of recorder that was so diligently and impressively fulfilled for decades and the records she made along the way. So this month's swimmer in a focus is a thank you to Barbara for the legacy that she was not only part of, but one she documented for us all.

People use the phrase "I've done this thousands of times!" and it is often an exaggeration. When it comes to endurance however, Barbara timed over ***two and a half thousand*** swims. And that's just the ones that are noted in the database since 2002. Barbara's commitment to club recording dates back long before the ease of a digital database to store and retrieve information, and such dedication has ensured our club can look back on all our efforts.

So many club records have been set and broken behind her stopwatch, and so much gratitude will forever be shared by members of the club for the hours on poolside that kept track of every lap and every split.

"Records are made to be broken", and almost all Barbara's remaining backstroke marks from the 50 to 1500 are ready to be broken by another Hart from 2027!

But there are five other endurance events including breaststroke records set in her 70s that may well be in the books for another few decades, not to mention the 15 sprint events from age 65 through to the 80-84 age group that still await besting.

On the subject of records, the history books show Barbara broke 22 long course State records during her masters career. Dating all the way back to 1981, in freestyle, backstroke, breaststroke and IM. Of which, in 1987, the 200 backstroke placed Barbara 8th in the world rankings and 9th for her 200 IM. A special distinction by virtue of sharing that roll of honour with a Miss L. Hart who made the world top ten in the 100 back and 400 IM.

Barbara also owned 16 short course State records, and her 2010, 400 breaststroke mark still stands as the 75-79 age club record. Our club president Andrea, is now state record holder in the 1500m freestyle that Barbara broke in 2010.

Not just a state record holder in Western Australia, Barbara broke three National long course records: the 100 backstroke in 1981, and the 800 free and 400 back in 1990.

From the Maida Vale and the State of WA to Australia and the World, Mrs Barbara Hart made her mark in masters swimming. A legacy of "Fitness, Friendship and Fun" to celebrate, and inspire us all.



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.



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