

# Hill & Vale

Up



MAY 2025 NEWSLETTER

## PRESIDENT'S PROSE FOR APRIL, 2025

I had to check my calendar to see what the club had been up to in April and, apart from the Stubby Stakes at the start of the month there were no outstanding swimming events to mention.

Saturday endurance swims are still being conducted at the Maida Vale pool as the Darling Range complex is impacted by ongoing maintenance at the school - a situation that will continue sporadically for most of the year. The regular attendees are fairly consistent but there is always space available in the lanes for more swimmers who might enjoy a distance swim followed by afternoon tea and a chat.



The Easter break and the school holidays impacted on the numbers of swimmers at the pool, especially on Tuesday training nights, however it was great to be able to access the pool earlier and not have the usual inundation from the over zealous cleaners!

I had the pleasure of competing in one last open water swim at Gracetown, Cowaramup Bay on Easter Saturday, which is organised every year by the local community. Whilst there had been a 2.5m bronze whaler shark swimming 5m offshore on the Friday, it did not deter the 300 swimmers the next morning.



The monthly committee meeting was preceded by a coaching session and 3 lanes of swimmers "enjoyed" a pyramid challenge set by Gwyn.



The committee had been discussing the possibility of purchasing a "Poolie Pal" similar to the machine used at Darling Range for pulling the covers over the pool. As wonderful as that would be, the cost of a machine is \$12,000! The pool staff use a rope to pull the covers over and an enthusiastic group of swimmers attempted to implement that system with hilarious results. The cover filled up with water and the rollers were in danger of falling into the water so the exercise had to be aborted. It's back to the people power method!

Investigations were also made into the feasibility of purchasing an electronic timing system to make our race results more efficient. A system where the times could be uploaded into a tablet by the recorder on Monday nights, then sent directly to the club computer records. One possible benefit being that swimmers would have access to their individual times for events by logging into a portal on our website. Again, most systems appear to be either way too expensive or not suitable for our requirements. We could not use that system for our 1,500m swim as the starts are staggered. If anyone has any suggestions, the committee would be pleased to hear from you.

Monthly pizza/pasta night was a nice intimate event with the whole table able to converse at the same time on the same topic!! I always feel that I am missing out when there are so many interesting conversations happening at the same time!

It was terrific to welcome our newest club member Paul Norris to the monthly dinner. Paul is Jane Platt's partner and has recently joined our ranks. Jane has rejoined the club as she was a member a couple of years ago. Another 'husband and wife' combination joining the ranks of Kerry and Dave; Garry and Barbara; Norma and John; Gwyn and me!

## TIN SHED CHATTER:

I managed to catch up with a little bit of club social news at the Pizza Night.

Caroline and Steve have had a busy month - selling their house in Persimmon Place - time to move further up the hill. Plus holidaying in the islands off Bali for their 4 year anniversary.



Domestic Goddess Kate - Gold medal at the Kalamunda Show for her Famous Apricot jam with hidden secret ingredient and another Gold for her superb boiled fruitcake using her Mum's recipe! Wow! Her daughters secretly entered the produce in the show, stealing the jam from the pantry and requesting a cake for a special friend. Very clever!



Having achieved some terrific results in the State Dragon Boat Championships, Sandra Thompson was selected in the State Team to compete at the National championships held on Penrith Lakes just outside of Sydney. I have yet to hear how they went but imagine it would have been an "oarsome" experience.

Congratulations to Marilyn and Graeme who celebrated their 55<sup>th</sup> wedding anniversary in April. What a terrific milestone!



Randall Skinner's car, or rather, boat trailer(!) is sporting new P2P 19.7k Solo Swim plates!



Ceinwen swam the 25k Port to Pub distance in an "out of competition" event, which completes the final leg of the Australian Triple Crown following the Derwent River swim in Hobart and the Palm Beach to Shelley in Sydney. We spent a great day on the island and greeted her in front of the pub with medals, a trophy and a bottle of bubbly!



Speaking of bubbly-ravers, Lesley and William tested out their President Award wine cups at a music festival in Busselton!



Kate had a really busy month which included being fortunate enough to be the chaperone for her granddaughter Astrid and her friend, Sara at the National Age Group Diving Championships on the Gold Coast over Easter. Kate was their Manager, coordinator, op-shop escort, cook and support team. Astrid won a Bronze medal in her 3m event and the two girls placed 5th in the synchronised diving.



My daughter Bronwen and I got up before dawn on ANZAC Day and headed up to the beach front at Yallingup to watch the dawn and conduct our own little service. It is a poignant landscape as the waves crash onto the beach and then the sun comes up over the top of the hill - reminiscent in a very small way to Gallipoli. Before the dawn there was an added bonus of a very bright sliver of new moon flanked by Venus and Saturn in the dark sky, like an upside-down smiley face... very special.

Lesley and William celebrated ANZAC Day with a bbq and a traditional Two-Up game. Goddess Kate impressed as a Tosser...so multi-talented!!

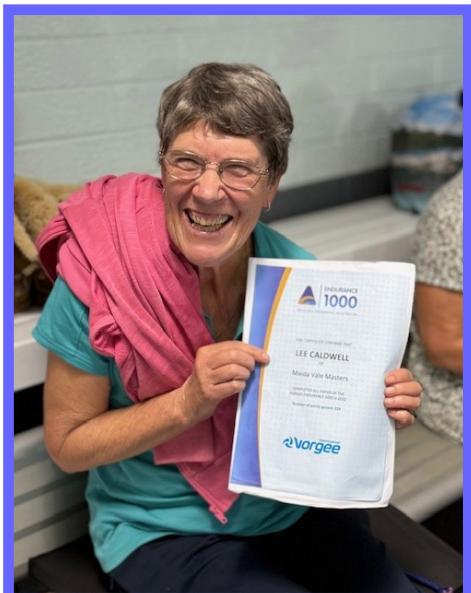


David Masters' Dad Gordon wanted to celebrate his twin brothers' 90th birthday with them. The stumbling block was that the festivities were in the UK so David accompanied him on a lightning one week trip! Well done lads!!

Good luck to the 4 club members who are competing at the State Championships over the weekend. Michelle, Ian, Gwyn and me. Lynne is Meet Director, I am the announcer and Michelle's husband Ian is timekeeping for us! Go Team Maida Vale!!

Again, if I missed out an important event, I sincerely apologise.

FROM THE HILL.....ANDREA



#### **BETTER LATE THAN NEVER!**

Lee was recently presented with a long lost certificate in recognition of her completion of ALL Endurance Swims for 2022. We could just copy and paste with a date change for 2023...2024 and maybe 2025!

**WELL DONE LEE!!**

# Recorder's Report

Despite the tropical conditions for Endurance this month, we have seen distance Fly, and multiple continuous swims of half an hour or more! It has to be seen to be believed, so even if you aren't able to dip your own toes, come on down to Maida Vale on a Saturday afternoon to time keep one heck of an effort from our 30min+ club: Brian, Lee, Kerry, Marilyn, Malcolm and - joining the club in April - Andrea!

Four of Maida Vale's finest are gearing up for the State Championships in the first weekend of May.

Best of luck to Andrea, Gwyn, Ian and Michelle in their respective individual efforts and also in the mixed relay.

## Endurance (end of April)

Female	Male	Total
--------	------	-------

1021	489	
------	-----	--

8 women	5 men	
---------	-------	--

1510		
------	--	--

averaging 127.6 points each	averaging 97.8 points each	
-----------------------------	----------------------------	--

## flashback to the end of April '24...

1451	691	
------	-----	--

11 women	6 men	
----------	-------	--

2142		
------	--	--

131.9 points each	115.2 points each	
-------------------	-------------------	--

## A look all the way back to the end of April 2023...

1223	680	
------	-----	--

11* women	6* men	
-----------	--------	--

1518		
------	--	--

111.2 points each	113.3 points each	
-------------------	-------------------	--

\* based on all swimmers in 2023

## Did you know?

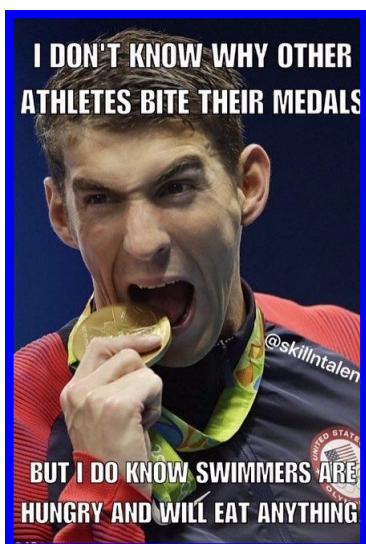
It is estimated that Garry has swum between 1,000 and 1,000,000 metres this year at Endurance. The problem is, he hardly ever lets us record him!



A surprisingly quiet month for records looking back to previous Aprils, however there were many interrupted Mondays, and the State Championships isn't until the first weekend of May, so there could be many more on the way!

## Club Records set in April 2025

Age Group	Event	Record	Date Set	Previous	Days Since	Former Holder
<b>Lesley Hart</b>						
60-64	100m Fly	1:49.94	April 7	1:51.96	525	<i>own record!</i>
<b>Andrea Williams</b>						
75-79	200m Breast	5:45.79	April 14	5:51.09	224	<i>own record!</i>



Have a great State Championships:

Andrea, Gwyn, Ian and Michelle



## CLUB NIGHT PROGRAM FOR MAY 2025

5TH MAY	50M BACKSTROKE	STUBBY STAKES	100M FREESTYLE
12TH MAY	100M INDIVIDUAL MEDLEY		50M BREASTSTROKE
19TH MAY	COMMITTEE MEETING - TRAINING ONLY		
26TH MAY	200M FREESTYLE		25M BACKSTROKE
2ND JUNE	WA DAY - NO SWIMMING		
9TH JUNE		STUBBY STAKES	

### APRIL STUBBY STAKES WINNER

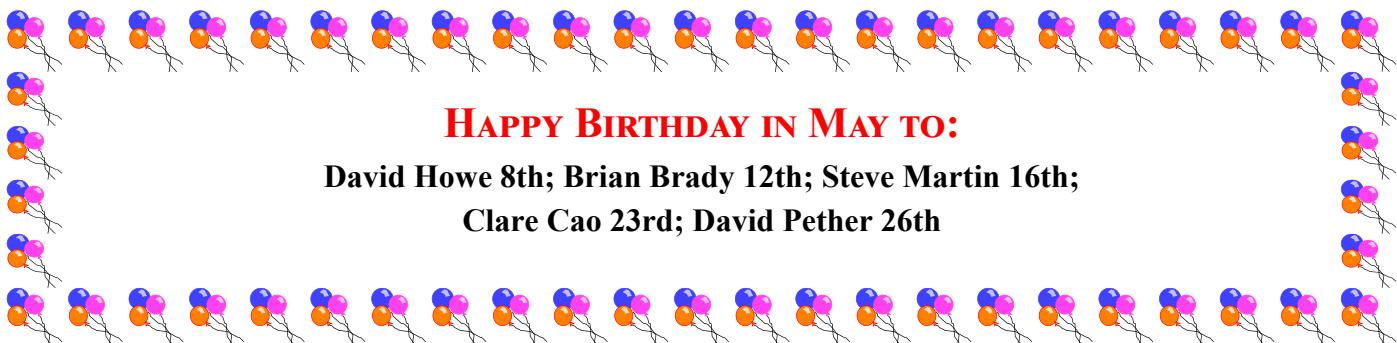
Congratulation to Gwyn Williams, who won April Stubby Stakes by swimming closest to his nominated time for 50m Breaststroke. It's becoming a habit Gwyn!



Join us on Monday, 5th May, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 50m Backstroke 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!!).



### TAURUS

wtfzodiacsigns.com

APRIL 20 - MAY 20

Aggressive. Loves being in long relationships. Likes to give a good fight. Fight for what they want. Can be annoying at times, but for the love of attention. Extremely outgoing. Loves to help people in times of need. Good kisser.

Good personality. Stubborn. A caring person. They can be self centered and if they want something they will do anything to get it. They love to sleep and can be lazy. One of a kind. Not one to mess with.

Are the most attractive people on earth!



I don't believe in Astrology,  
 I'm a Gemini, we're  
 skeptical.



# WHAT DO YOU NEED?



If anyone is in need of Club Uniforms of any sort, please let Michelle or any other committee member know as we are going to put an order in, particularly for shirts, caps and vests, very soon.



Pizza  
Pals  
30th  
April



## Health Benefits Of Swimming

Burns Calories

Strengthens Lungs

Boosts Metabolism

It's a complete workout

Beneficial for people with MS

Ideal for people with injuries and arthritis



# 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.

### Contact details



President:

Secretary Lynne Duncan  
Coaching Panel Lesley Hart  
Newsletter Kate Elliott

Ph: 0403 210 096

andreawilliams12@hotmail.com

Secretary Lynne Duncan

Ph: 0417 997 556

duncan1320@bigpond.com

## Coaching P

Ph: 0419 961 729

lesleyjane62@hotmail.com

