

# Hill & Vale

Up  Vale

SEPTEMBER 2025 NEWSLETTER

## PRESIDENT'S PROSE FOR AUGUST, 2025.

August was definitely a record month for extreme cold weather but also for two of our senior gentleman swimmers! Whilst competing at the Maida Vale 1500m S/C meet at the Darling Range pool Ian Stewart set new State and National records in his 800m breaststroke and Gwyn broke his existing record in the 1500m breaststroke. Our iconic event was a very successful swim meet, albeit having to battle torrential rain that caused blocked drains to overflow within the pool surrounds, resulting in officials and timekeepers having to wade around behind the blocks. To add to that problem, the water was decidedly chilly – varying reports from 24c to 26c – which caused some unfortunate withdrawals due to hypothermia, notably Brian Brady and Malcolm Wilcox. To complete the trifecta of negative occurrences, Russel was making his way to the showers, after completing his 800m backstroke, and one crutch slipped out in front of him, causing a fall that resulted in some nasty grazing. Brian Risbey put his first aid training into action with bandaging before David Pether took Russel to Midland Hospital. He is recovering well but not able to fit his prosthetic leg on.



Whilst pointing out the negative occurrences, the actual event was very successful, and I would like to applaud all our club members who assisted on the day to provide a well-received and well conducted event. Barbara would have been very proud of our efficient timekeepers and our new Hart stopwatches.

Lynne had submitted all the sanctioning paperwork for the 1500m event; however, we were approached by 97-year-old Chas Renner from Melville asking if he could swim only an 800m backstroke – being unable to complete the full 1500m. This required Lynne setting up a completely different event in the week leading up to the swim, receiving sanctioning approval and advertising it to the swimming community. The additional distance proved very popular attracting six extra entries, and we will be adding the shorter distance to our event next year.

Chas Renner managed to set a new State and National records in the 100;200;400 and 800m backstroke so he was very appreciative. The same applied to Heather Whitehead from Beatty Park who backed up an 800 b/fly with an inaugural record 800 I.M. swim.



Thank you to all the helpers on the day and the cooks for providing delicious soup, sandwiches and cakes. The atmosphere at the end of the meet was very social with many swimmers sitting around and chatting well after the covers were pulled over – with the help of Steve Reynes from Beatty Park.

The afternoon ended with Tom realising he had locked his keys and phone in his car which required a lift home in our car which was packed to the roof and only had two seats available. I ended up curled in the back amongst the soup pots, the trestles, the club flag etc.etc.etc.!

The number of swimmers at training nights was particularly low during the month, possibly because of the extreme cold weather. The water is still a wonderful warm bath and great for wallowing in and alleviating any aches and pains. It is possible to operate a session with only three able bodied swimmers.



**On the coldest day for 50 years there were equal numbers of swimmers to spectators at the pool!! The 25 metre choose the stroke you want event had all lanes taken by the 6 swimmers competing!!!**



During the month there were five of us in the pool when a massive storm rolled through which resulted in a power blackout across the hills. We were in almost total darkness and Kerry hopped out and grabbed her phone – providing a little light for us to pull over the lane ropes and the covers. Jamie Bounsell had a fantastic “lightbulb” moment and went outside in his bathers to roll his motorbike into the office area to shine the headlight into the pool. There was just enough light for us to see what we were doing. We locked up and headed home just wrapped in towels – avoiding a car crash at the traffic lights. It was a very surreal experience!



Later in the month, Brian Brady and Gwyn swam at the Somerset 1500m L/C meet with Lynne officiating. Both Brian and Gwyn were very happy with their efforts – especially as it was a cold, raining day in an outside pool. All three MV crew won a great prize in the raffle. Following on from Lynne’s last raffle prize basket - which included a Lake Leschenaultia swimmer’s prize flask from a few years ago – her latest prize bundle had a miracle Wrinkle Roller device and a tub of what she took for moisturiser only to find it was insect repellent! Hope she has better luck with the lake raffle! □

Planning for the Lake Leschenaultia swim is already underway, and Brian Brady is asking for donations for his amazing raffle baskets. Kathy and Brian may be overseas, however, Michelle has offered to collect any gifts you may want to donate. The lake is currently overflowing for the first time in a few years so there will be plenty of water for us to splash around in.



The decision was made by the committee to reschedule the annual Handicap Event to a date in October to allow time for hibernating members to return to the pool.

Pizza night was a nice cozy event considering the cool and wet weather, but the heaters kept the area cozy whilst we enjoyed some delicious food and dessert pizza courtesy of Lesley and Lynne.

Endurance will remain at Maida Vale pool until further notice as the DR pool area is still an active construction site.

#### **TIN SHED CHATTER:**

Kerry managed to break her little toe on the lane ropes during a swimming session. It was on the same foot as her recent broken ankle and has caused her a great deal of discomfort, with no treatment available. Dave and Kerry are heading to New Zealand for a holiday, and I believe Dave was seen at OfficeWorks buying a large roll of bubble wrap!!

Kathy and Brian were packed and ready to leave on a wonderful holiday to Canada, Alaska and the east coast of the US, including New York and Washington DC. Sadly the day before they were due to fly out to Vancouver, Brian

suffered a medical incident that resembled a stroke. Kathy took him into Emergency at Midland Hospital for tests. Thankfully a stroke was ruled out and the diagnosis was an inner ear imbalance due to crystals in the ear canal. The first leg of their holiday had to be cancelled and they are awaiting approval from the doctors as to whether they can re-schedule the second part of their trip in New York to the 27<sup>th</sup> September. Such bad news as they have been looking forward to this trip for a very long time. The only redeeming fact was that it didn't happen whilst they were in-flight.

Lesley and William have returned home from a wonderful touring holiday around Tasmania. Naturally the weather was cool, but they avoided snow and there was very little rain to spoil their walks around the beautiful national parks. The positive side of travelling at this time of year was



the lack of tourists and traffic jams.



Kate, Kim, Caroline and Steve have also made it back safely from their incredible driving holiday which included the Gibb River Road, the beautiful Bungle Bungles, Mitchell Falls and many other Kimberley highlights. They were forced to stay longer in Broome due to a vehicle breakdown – poor things!

Sarah Howard is still checking in occasionally from exotic places in Europe – possibly Morocco at the moment?

Some of you may remember another Sarah – Sarah Lacey! She may possibly rejoin the club after having a beautiful little baby girl, Gwyneth.

On the topic of babies, congratulations to Sue and Rob Griffin on the safe arrival of their third grandchild – a little girl. They were travelling in their van and not expecting her to arrive on the actual due date! After a couple of weeks of cuddles, they will be setting off on a Mediterranean Cruise.



Glad is still being frustrated by one last ulcer on her leg which refuses to heal and she is desperate to get back into the water. Her son has moved in with her to keep her on the straight and narrow and she is keeping herself busy at her church and sends her best wishes.

Richard suffered a fall at home and has damaged his knee and will require surgery when he has time! ☺. However, that is not stopping him travelling on a bus tour from Adelaide to Broken Hill to take part in a mining history conference and a reunion with fellow geologists.

Some sad news to share. Unfortunately, Patricia dalle Nogare's lovely Mother has passed away peacefully in her sleep after being quite unwell for many months. Patricia spent many weeks with her whilst she was at Midland Hospital in palliative care until the family convinced the hospital to let their Mum move back into her home. Condolences to Patricia, Frank and Maurice for their loss.

Condolences are due also to David and Jan Pether. David's older brother Jim passed away in Busselton after a long illness. Thankfully David had spent some quality time with his brother in the weeks before he died.

Brian is planning some fun social events later in the year and is being helped by Michelle. Check out the flyer about the "Noughties" Birthday bash and try to keep the 18<sup>th</sup> October free to join in the celebrations.

Our "step-son" - aka second claim Fremantle member - Tim Buckton – has a good reason for missing the September Stubby Stakes as he will be celebrating the opening on the first day of Spring of his newest hotel in Fremantle. The Garde has been built in the heart of the Fremantle Prison heritage precinct. The name is derived from the Irish word for Police as many of the early prisoners were from The Emerald Isle. The Warders Hotel, The Court House Bar and Restaurant and Emily Tayler's Restaurant are all a part of that historic section of the City.

John Hofmann has been in the news lately rubbing shoulders with important government and military personnel following his company's application to manufacture parts for nuclear aircraft carriers and that may eventually extend to parts for the AUKAS submarines! John has amazing energy and his ambitions for growing the company are incredible.



Keep warm and safe in the artic conditions – remember the pool water is very warm and welcoming!

**FROM THE CLOUD COVERED HILL.....ANDREA**

# CLUB NIGHT PROGRAM FOR SEPTEMBER 2025

1ST SEPTEMBER	100M FREESTYLE	STUBBY STAKES	50M BACKSTROKE
8TH SEPTEMBER	200M BACKSTROKE		50M BREASTSTROKE
15TH SEPTEMBER	75M CHOICE		25M FREESTYLE
22ND SEPTEMBER	MEETING - TRAINING ONLY		
29TH SEPTEMBER	TOM'S BIRTHDAY AND THE KING'S BIRTHDAY HOLIDAY—NO SWIMMING		
6TH OCTOBER	HANDICAP	HANDICAP	HANDICAP

## AUGUST STUBBY STAKES WINNER

Congratulation to Bronwyn Loughton who won the August Stubby Stakes by swimming closest to her nominated time. Can she follow up with another win this month?

Join us on Monday, 1st September, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 100 metres Freestyle and you have won a bottle of wine!

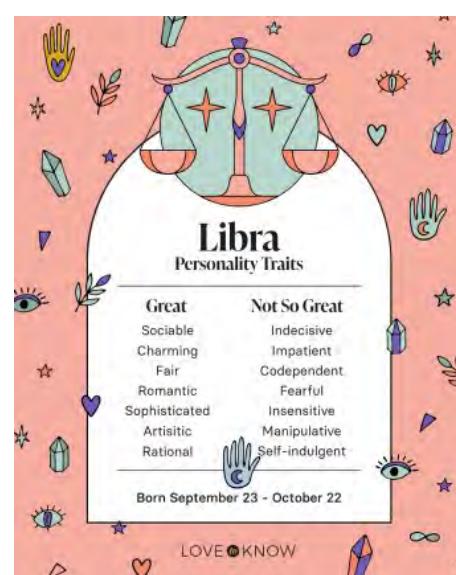
Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation.

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



## HAPPY BIRTHDAY IN SEPTEMBER TO:

GARRY LYNN 1ST; JILL McCLELLAND 2ND (A VERY BIG 0 BIRTHDAY); KERRY HOWE 6TH;  
RANDALL SKINNER 9TH; ANDREW RYAN 16TH; CAROLINE GRENNAN 20TH  
BRIAN RISBEY 22ND; THOMAS LOVE 29TH; TREVON COSTIGAN 30TH





A bumper month for records with unintentionally ideal endurance swim temperatures at Darling Range! Nevertheless, a shout out to Gwyn, who's new club record broke the Richard Fox's mark by 21.91 seconds! And a special mention to Ian's two records, set in the same swim, that weren't just inaugural club and state records, but Australian records! Formerly held by two separate swimmers, the 400m time was last broken in 2019, but the 800m was set in 2007, so many congratulations for breaking a long standing Australian record.

## Club Records set in August 2025

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
<b>Lee Caldwell</b>						
75-79	1500m Breast	42:22.74	Aug 23	50:10.71	7265	Glad McGough
<b>Russel Fowler</b>						
75-79	3/4 hour Back	1837	Aug 2			Inaugural Record!
<b>Tom Love</b>						
35-39	25m Breast	17.	Aug 25	18.18	2674	Mark Baker
	400m Breast	6:50.10	Aug 16	7:14.99	42	<i>His Own Record!</i>
	1500m Breast	27:28.31	Aug 9	32:17.69	9756	David Zuiddam
	1/2 hour Breast	1550	Aug 2	1250	7469	Marco Marinelli
<b>Ian Stewart</b>						
90-94	400m Breast	15:09.67	Aug 9			Inaugural Record!
	800m Breast	31:07.85	Aug 9			Inaugural Record!
<b>Gwyn Williams</b>						
80-84	1500m Breast	39:34.37	Aug 9			Inaugural Record!



This missed the final draft of our previous UHDV, so here's additional records to read from July. Huge congratulations to Russel, picking up his first club records in the 75-79 age group, especially having only recently returned to endurance training, not to mention a few other factors! The first of many more records Russel will set. Another swimmer who's been away from this list a for a little too long popped up this month! Rewriting a couple of 'very' old club records, the latter of which I wasn't even 10 when it was last broken!

## Club Records set in July 2025

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
<b>Russel Fowler</b>						
75-79	1/2 hour Back	1215m	July 12	1212.5	5469	Terry McKie
	1500m Back	35:38.68	July 19			<i>inaugural record!</i>
<b>Tom Love</b>						
35-39	400m Breast	7:14.99	July 5	7:17.49	8469	Peter Bennett
	800m Breast	14:53.50	July 12	15:08.64	9801	David Zuiddam
<b>Andrea Williams</b>						
75-79	400m Free	8:18.15	July 5	8:36.54	309	Her own record!

### Don't miss the Handicap Sprints!

On **Monday 6th October** 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!



With a successful 'Super Saturday' at Darling Range for our annual 1500m (+800m) event, battling the cool pool and torrential rainfall that crept perilously close to washing out the meeting, it's back to Maida Vale to continue battling the tropical temperatures that add an additional level challenge to the meaning of Endurance swims!

With the anticipated end of a season that almost beat 1977's record for rain in August, there's even more reason to come down and enjoy the satisfaction of a good swim, and even better company at afternoon tea.

### Endurance (end of August)

Female	Male	Total
2007	1397	
9 women	8 men	<b>3404</b>
averaging 223	averaging 174.6	
points each	points each	

flashback to the end of August '24...

2411	1047	
13 women	9 men	<b>3458</b>
185.5 points each	116.3 points each	

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

2806	1156	
11* women	6* men	<b>3962</b>
255 points each	192.7 points each	

\* based on all swimmers in 2023

## Did you know...

The World Masters Swimming Championships included far too many outstanding performances to mention, but if you want to be inspired by the extraordinary times set by swimmers from their twenties to their nineties, then check out [MastersSingapore2025](https://www.masterssingapore2025.com)

# 100M FREE

THE 'SWIMINGEST' EVENT

With 45 years of archives, there's lots of interesting ways we can compare and celebrate performances. This month's Stubby Stakes is the 100 Free, 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	59.51
Peter Thompson	2003	35-39	59.59
Tom Love	2021	30-34	1:00.33
Brian Day	1997	25-29	1:01.06
Peter Blackmore	1983	25-29	1:01.34
Richard Ainley	1979	25-29	1:02.00
Jeffrey Jaeckel	2004	25-29	1:02.50
Alastair Banting	1991	30-34	1:03.20
Maurice Dalle Nogare	1985	20-24	1:03.41
Stratton Towers	2021	30-34	1:03.71

Ceinwen in 2003, set the fastest ever time swum by a Maida Vale female with a swift 1:06.17, and Rachael Cooper was only a fraction away from that in 2015 with 1:06.21.

100 Free is a popular event, and there are a few members who have raced more than 10km of them! Here are the five members of the 100 club...

There have been almost 300 swimmers record a time in the 100 Free for Maida Vale!

Norma (97), Russel (85), Lesley (80) and B1 (68) are next in the event's all-time swims.

## The 100 Club

Swimmer	Swims
Richard Mazzucchelli	135
Lynne Duncan	130
Andrea Williams	123
Marilyn Potter	123
Kate Elliott	112

## STADIUM MASTERS SWIMMING CLUB INVITES MSWA MEMBERS TO PARTICIPATE IN THE

### 2025 ACT BELONG COMMIT CLUB CHALLENGE SERIES MEET

#### MEET OVERVIEW

- The event is a round of the National Swim Series.
- There will be 200 m, 100 m and 50 m races in all four strokes and freestyle relays.
- The event will be held in a 50 metre (LC) indoor pool equipped with electronic timing.
- Presentations and refreshments will be held after the event at the UWA Hockey Club located adjacent to the swimming venue.

#### MEET DETAILS

<b>Date</b>	<b>Sunday 19th October 2025</b>
<b>Venue</b>	HPC, Stevenson Avenue, Mt Claremont
<b>Warm-up time</b>	8.00 am to 8.45 am
<b>Start time</b>	9 am
<b>Finish time</b>	1 pm
<b>Cost of meet and Pool entry</b>	Cost of meet entry is \$25 per swimmer Including pool entry
<b>Entries Close</b>	10th October 2025 No late entries accepted
<b>Registration Link</b>	<a href="https://www.myswimresults.com.au/Entries.aspx?MeetID=MAU%7C72">https://www.myswimresults.com.au/Entries.aspx? MeetID=MAU%7C72</a>
<b>Contact details</b>	Helen Loake Mobile: 0448102743 Email: helenloake@gmail.com

**EVENTS** Swimmers may participate in 3 events and in an appropriate Relay

**1. 200 m IM 2. 200 m Free 3. 200 m Fly 4. 200 m Breast 5. 200 m Back**

**(Please choose only one of these events above)**

**6. 100 m Free 7. 100 m Fly 8. 100 m Breast 9. 100 m Back**

**(Please choose only one of these events above)**

**10. 50 m Freestyle 11. 50 m Breaststroke 12. 50 m Backstroke 13. 50 m Butterfly**

**14. 4 x 50 m Women's Freestyle Relay 15. 4 x 50 m Men's Freestyle Relay**

**RULES AND IMPORTANT DETAILS** The meet is open to all Masters Swimmers. The meet will be limited to the first 150 swimmers who nominate • Masters Swimming Australia swim rules apply to this meet. • Swimmers may participate in 3 events and in an appropriate Relay • All participating clubs must provide timekeepers • 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 • For event enquiries, please contact the Meet Coordinator: Helen Loake - Mobile: 0448102743 Email: helenloake@gmail.com.

# 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

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Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
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