



DECEMBER 2025 NEWSLETTER

#### THE COMBINED PROSE FROM THE PRESIDENT AND VICE PRESIDENT FOR NOVEMBER 2025

I am writing my Prose at the start of the month before we head off on a trip to the Antarctic on the 13th. I just couldn't miss out on commenting on our amazing 39<sup>th</sup> Lake swim!

VP Lesley will regale you with the rest of the month's news updates.

Lesley was on holidays in Singapore with some of her long-time girlfriends and missed out on the excitement at the Stubby Stakes of watching Tim try to break a 50m freestyle sprint record held for over 30 years by David Pether. It was a valiant attempt, but the record stands for another time!

Gwyn and I will sadly miss out on the Rainbow Swans Pride Carnival, which we both really enjoy and the Supa Golf Day – which we would also have enjoyed as the concept is a great deal of fun. We will be thinking of you all whilst checking out penguins!

There are quite a lot of pre-event formalities required to have our event sanctioned. Not only MSWA but the Shire of Mundaring. Plans need to be provided to cover every possible eventuality. The odious but necessary Sanctioning documentation had been managed by Lynne over the past three months before she departed on holidays. However, problems arose whilst she was away and I was messaging her for assistance. Lynne and Andrew were on a cruise off Japan and China and, with no on board internet, Lynne was having to wait until she was on shore to find a Starbucks to use their wifi. Between us, we managed to satisfy all the regulations and finally received official permission to run the event the week before our swim.

My forte is the infrastructure with many challenges being thrown at me regarding the equipment trailer and the supplies – however, with the help from many friends – two trailers were locked and loaded with a mountain of “stuff”.

The excitement began with the Friday morning set-up at the lake and the placing of the anchors and small temporary buoys in readiness for the addition of the large markers on Sunday morning. The two equipment trailers were hauled up the hill by B1 and me and locked into a safe area in readiness for the early Sunday morning start. We have always had the assistance of a surveyor – Les Smith – who has set the course for us for around 30 years using a theodolite positioned on the beach taking readings from a handheld crystal receiver with the ranger in the dinghy. This usually takes several hours and a great deal of repositioning; however, this year the exercise was considerably more efficient using a combination of old and new technology. We experimented with GPS coordinates downloaded onto David Masters phone by an App recommended by Nick Wyatt (who organises the J2J event). Using Google maps, he sent us the course pictures and overlaid the details, and we were able to get them professionally printed on core flute sheets. The printer is a friend of Ceinwen's so she paid for them through the Port to Pub! It's not what you know...etc! David and William trundled around the lake in the little yellow dinghy (Whalley). William dropped the anchors in the designated spots that David relayed to him from his phone. The coordinates were checked by Les, and the course was perfect on our first attempt! Meanwhile, B1, Gwyn and I filled the weight sandbags, and we were all eating brunch by 10am in the Chidlow Cafe!

Brian Risbey was able to print small A3 maps to enable every swimmer to have their own copy at registration. Still – there were last minute questions from the swimmers!

Thankfully VP Lesley arrived home from her Singapore Sling just hours before the big day. We couldn't have wished for a better day for the event – weather wise it was probably one of the best ever. We were greeted with a cool gentle breeze – no big easterly tossing the buoys around and playing havoc with the signage. The water temperature had been measured during Friday set-up as 22c and the lake was glassy and inviting. The issue of hyperthermia was not a problem. Also, the flies were not pesky, which was a definite bonus.

I am so very proud of all our club members who rallied in the carpark at Sparrows Tweet to unload the equipment, then take it to the designated areas for the set-up to begin. A very special mention to Sandie Schroder who set off from Harvey at 0530 to help, paddled her kayak and worked like an Amazon on pack down. By 0800 we were ready to start registrations with Lesley, Caroline, Kate and their crew – including Ian Chia, Sue and Rob Griffin, Kim Heath, Lesley’s daughter Megan, and her partner Jed, Bronwen and Bronwyn. Tom had arrived on crutches with Richard to help out. Russel and Garry had been transported in the ranger's buggy to the other side of the lake to take up positions in their camping chairs under the shade with flags, whistles, binoculars and walkie talkies to spot any possible incidents – a ridiculous sanctioning requirement that will not be repeated next year!



Happy David taking the money!!

Blue Chip timing had arrived, and, under David Pether’s supervision, the Start/Finish line began to take shape whilst the marker buoys were being inflated and sent out onto the lake with William in charge of deployment. (Ask him the difference between solid pink and pink and white chequered???)

The next 90 minutes flew by with a 0910 briefing scheduled. The fruit table was under Kerry’s control with Christine helping her after she finished an 800m swim. B1’s amazing raffle was in full swing with Barbara and Michelle assisting; Gwyn, Doug Paterson; Tim; David M were all busy with the buoys and marquees.



The paddler crew from Central Aquatic gathered on the beach, along with our kayakers, Jamie, Shelley, Kim and Sandie. The referees were in position, and we were ready to hit the water.



It is always terrific to watch the 400m “Go Jump In The Lake” competitors testing themselves in their first open water event. Bronwyn’s son Kye and husband Richard and our granddaughters, Darcy and Genevieve! Bronwen’s son Flynn improved his previous time by over a minute. They were all happy recipients of Barbara and Garry’s lolly bags! Sadly Michelle has been very unwell and wisely decided not to swim.



A 'then and now' photo!  
Flynn has certainly grown!!



With late entries we had 212 swimmers registered across the 4 distances with some not making it to the start line on the day including Kate and Kerry who were looking after their health after suffering from bad colds. There was only 1 withdrawal from the race after their first lap of the 1.6. There were a lot of very happy, smiling swimmers tagging off through the finishing arch. A special mention to Tim Buckton who now holds the record for the biggest margin



in



the



“Closest to Nominated” 1.6k event. He was only 37:55 minutes too fast! The conditions remained perfect and we were on schedule with the presentations and raffle draw. Again, I would like to thank everyone who arrived cheerfully and took orders without any complaints {well not to my face!}

Thank you all very much for the generous donations you gave to Brian for his wonderful raffle prizes. I believe the total was over \$1,000 this year! I wasn't lucky enough to win one of Tim's Garde Hotel vouchers, but Lynne did pick up a prize [\$20 Bunnings voucher] all the way from Hong Kong!!

That's a wrap from me, and I will leave you in the capable hands of Lesley and Kate to complete the rest of the November newsletter.

Have fun at the Pride Carnival, the Supa Golf and Rottnest Swim Thru.

FROM THE WHITE CONTINENT.....ANDREA.



**STOP PRESS: Andrea Took the plunge into 1C water (in training for Kalamunda Pool?)**

I'm happily taking over from 'The Pres' Andrea to complete the month's happenings whilst she and Gwyn bob around on the ocean somewhere around Antarctica after a remarkably calm crossing from South America....what an adventure! We all hope it continues to be the experience of a lifetime for them.



As Andrea indicated, they were both sorry to miss the Perth Rainbow Swans Carnival at beautiful Beatty Park on the 15<sup>th</sup>. Our small but happy band of swimmers enjoyed a fabulous afternoon dancing to the catchy music and seeking patches of sunshine to warm up between events when the wind picked up later in the day. Kate, Kerry, Christine, Sue, Lesley and our sole male B1 did an excellent job to finish in the middle of the pack of ten clubs competing although, if everyone had entered the 4 events available rather than the usual 3, we would easily have made up the 8 points we trailed by to finish 2<sup>nd</sup>!!! The Rainbow Swans Club were out in force in their bright pink club bathers and super grateful to those who turned up to support their carnival. A large amount of preparation and



planning to organise sponsorship meant the entry cost was kept to \$5.00, a rarity for recent events. It was disappointing that not more swimmers entered. Local Drag Queen, BarbieQ got everyone involved in the atmosphere and the novelty events that included sprinting 25m by any means whilst straddling an inflatable unicorn, were entertaining but also extremely competitive. It needs to be noted that Brian was exceptionally keen to again flaunt his ladies bathers for these events! We were all ably assisted by Lynne wearing her tutu, referee's tiara and diamond encrusted whistle, and Sue's husband Rod (he's had a busy month!) who was official photographer and timekeeper. Sue was thrilled with her raffle prize of an Arena Backpack and Christine won a Budgy Smugglers voucher.



As some club members will be aware, Garry and Barbara Lynn are volunteers at Ronald McDonald House in Nedlands. On Sunday 16<sup>th</sup> November Ronald McDonald House held a Volunteer Appreciation Event at Fraser's in Kings Park to recognise the efforts of 200 of its 400+ volunteers who, in numerous roles, support families from regional areas whilst their children are receiving medical care at Perth Children's Hospital. Pregnant women, and families with premature babies, in the care of King Edward Memorial Hospital are also provided with accommodation. Garry was presented with a Certificate of Recognition of his 15 years as a volunteer, which started when the House occupied premises (with 12 rooms) near to Princess Margaret Hospital. Families are now accommodated in three locations with a total of 100+ rooms, with planning for another 100 rooms well underway.

An early start on Saturday 22<sup>nd</sup> saw a number of members enjoying a round of Supa Golf in the Swan Valley. As golfers most of us make great swimmers but it was a fabulous morning in great conditions despite the threatening looking clouds overhead. Kate, Kim, David M and Lesley all hit their fair share of trees and bunkers with David showing the benefits of real golfing experience. Kim hit a hole in one but definitely not in the right hole!!! Michelle and Ian played with their granddaughter Tamara who loved her time learning a new skill. B1, Kathy and Lynne made up another team and Brian was particularly chuffed with having the best score for the day. It didn't look like this would be the case early on when Ian, Brian and Kathy were all spotted retrieving their balls from the lake using palm fronds! Tom (still incapacitated) watched on from the clubhouse whilst Sarah, Austin and Alannah had a fun time playing the round. Austin proudly declared he is much better at Supa Golf than Mini Golf! Most of us then popped next door to Mash Brewing for a well-earned lunch. Thanks to Michelle for organising the morning, it was a fun time with great company!



Tin Shed Chatter:

Lynne and Andrew have returned from a fabulous holiday that included a cruise around Japan. Likewise, Lee and John had a fairly chilly, but interesting journey around parts of Tasmania.

Sarah has been joined by her partner Adrian for the final part of her extended break from work and since hiking, getting henna tattoos and rafting amongst the rhinos in the rain in the Annapurna region, they were last spotted cruising with the dolphins in the stunning Maldives before heading home. It will be great to have her back in the pool to hear all her stories!



Andrea and Gwyn have sent progress pics of their Antarctic Adventure and confirm that not only have they had their first venture onto the icy continent in snow shoes and sighted their first penguins and kayaked in glorious sunshine, but also that soaking in the on board jacuzzi whilst snow falls is invigorating and surreal at the same time.

Tim has had a quick 'lads' trip to Las Vegas as part of his training for the Open Water season...as you do!

Marilyn and Graeme had a lovely evening with family and friends in their paddock to celebrate their twins Sonia and Jasons' 50<sup>th</sup> Birthdays.

It has been awesome to see David P and Tom back in the water after their ventures under their respective surgeons' scalpels. Time will be the best healer.

We hope that John makes a steady recovery from his ailments as well and is back with us in the water sooner rather than later.

Thanks to Kate for another fabulous year of newsletter publications...we sure are a busy club!

**FROM THE FROG POND.....LESLEY**



Congratulations to our record breakers this month, and to Andrea, whose end of the month mark in October was missed off the last edition of UHDV.

**Club Records set in November 2025**

Age	Event	New Rec-	Date Set	Previous	Days	Former Holder
<b>Lee Caldwell</b>						
70-74	3/4 hour Back	1647m	Nov 08	1625m	1463	Kate Elliott
<b>Andrea Williams</b>						
75-79	200m Free	3:49.88	Oct 27	4:05.87	630	<i>Her own record</i>
	1/2 hour Free	1425m	Nov 01	1350m	567	<i>Her own record</i>
<b>Gwyn Williams</b>						
80-84	50m Breast	50.99	Nov 03	51.11	294	<i>His own record</i>

## SWIMMER IN FOCUS

It's been a few months since a Swimmer in Focus has appeared, as it's not always easy to find the right words to celebrate club members. When it comes to our swimmer in focus for this edition however, the first word that springs to mind is... Inspiring. This might be too personal a word to convey who they are to everyone, so let's kick this edition off by explaining why I am inspired by:

### MRS. MARILYN POTTER

Our club is like a family. That's something Marilyn has said ever since I joined, and, five years on, I couldn't agree more. There are many special people in Maida Vale Masters, and what makes Marilyn special is her relentless determination to 'just keep swimming'.

If ever you are wondering whether you feel like 400m on a Saturday afternoon... How about a 45min backstroke, or 45min freestyle? Marilyn did both of those in May. Or maybe the 1500m in back and free this October (a month of weather to not write home about!) Endurance swims are all about personal fitness and your own goals, but what Marilyn may not realise, is that every time she gets into the pool to record a swim, is a time I recognise how important it is to appreciate what we can do in the water. The laps don't just give us fitness, but a time to think – and if you're like Marilyn – to plan the meals out for the week!

Embracing the fun of new events by setting club records in the 150m back and 25m sculling (feet first) are not the only club records Marilyn holds:

The 1500m Backstroke Maida Vale best, in her current 75-79 age group, is a mark that will be determinedly chased down in a few years by another indomitable club member. But we must travel back to just after the Beijing Olympics, and Marilyn set a long course age-group 200m Fly record that still stands today! Now, if you didn't know what age group this was set in, it is the current residence of Lesley Hart, who hasn't yet tackled what is arguably the toughest of all Olympic pool events! With only one more season (and few chances remaining) to attempt to break it, the 6250+ days it is standing at, is testament to the lady that Marilyn is: Someone whose effort surpasses tolerance and who is not prepared to accept limitations in continuing to live with purpose.

I can't speak of Marilyn's Rottneest Channel Team swim achievement, because that's before my time, but to know there's so much more to the story of her swimming past and present. With a special '0' birthday emerging next year there's a chance to break new ground and continue to build a tale of determination, persistence and passion for the joy of moving through the water.



Time Keeping



Stubby Stakes Winner!

Editor's Note: When I 'tackled' my first Lake swim Marilyn was kind enough to swim alongside me until I got over my first open water swim nerves! She was very patient with me when I started to panic!! Thank you Marilyn!

# CLUB NIGHT PROGRAM FOR DECEMBER 2025

<b>1ST DECEMBER</b>	<b>25 METRES FORM</b>	<b>STUBBY STAKES</b>	<b>200 METRES IM</b>
<b>8TH DECEMBER</b>	<b>75 METRES CHOICE</b>		<b>25 METRES BREASTSTROKE</b>
<b>15TH DECEMBER</b>	<b>F U N R E L A Y S</b>		
<b>22ND DECEMBER</b>			
<b>29TH DECEMBER</b>	<b>N O S W I M M I N G</b>		

## NOVEMBER STUBBY STAKES WINNER

Congratulations to Bronwyn Loughton who won November Stubby Stakes. Swimming closest to her nominated time for 50 metres freestyle, her **third** win this year

Join us on Monday, 1st December, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for your choice of 25 metres form to win a bottle of wine selected by Russel!!

Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation. Your last chance this year to get your hands on that bottle of wine!!

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



## HAPPY BIRTHDAY IN DECEMBER TO:

**MARILYN POTTER 2ND; SARAH LACEY 3RD; BRONWEN CHARLESSON 17TH;**  
**JANE PLATT 23RD; TIM BUCKTON 25TH (A BIG 0 BIRTHDAY)**  
**MARTY BYRNE 27TH**



### Sagittarius

Personality Traits

Great	Not So Great
Optimistic	Tactless
Generous	Opinionated
Friendly	Reckless
Idealistic	Immature
Intuitive	Forgetful
Open-minded	Hyperbolic
Outspoken	Messy

Born November 22 - December 21



### Capricorn

Personality Traits

Great	Not So Great
Perseverant	Melancholic
Ambitious	Pessimistic
Loyal	Cynical
Sincere	Demanding
Tolerant	Cold
Helpful	Resentful
Sensitive	Stubborn

Born December 22 - January 19

**November saw the ‘official’ unveiling of a new race for Monday nights. The head first, or feet first—25m Sculling!**

With Lesley’s pre-race coaching, then joined by Tom on poolside to keep an eye on ‘sculls’ to make sure they didn’t become ‘pulls’, we saw eight inaugural records. Whilst World Aquatics\* may not ratify these as World Best times, it was a fun night had by all, and one that will return in the new year. So come and have a go, and see if you can beat these, or set your own age group record.

## 25m Sculling Club Records (10/11/25)

Age Group	Swimmer	Record	...First
<b>Female</b>			
45-49	Bronwen Charlesson	50.87	Feet
55-59	Patricia Dalla Nogare	1:01.27	Feet
65-69	Chris Paterson	55.50	Head
75-79	Andrea Williams	1:23.68	Feet
75-79	Marilyn Potter	1:04.29	Head
<b>Male</b>			
70-74	David Masters	56.10	Feet
70-74	Brian Brady	1:32.36	Head
85-89	Richard Mazzucchelli	56.15	Head



Lee continues to take on club records, besting a 3/4 hour backstroke, with more on the cards in December. Watch this space!

Russel is impressively taking on the challenge of freestyle, having completed the backstroke events.

Kerry's rehab has gone so well, she chasing down Freddo's again!

Glad backed up her 400m Free last month with another quarter mile swim. Such is the measure of Glad's intent, was her disappointment in not improving on the previous month's time! Although, taking freestyle to its full intended meaning, this may have been due to the 25m single arm fly she included mid effort!

Stretching all the way back to the start of the month, Sandra Love backed up her 1/2 hour breaststroke with two more maximum point hauls in the 400m and 800m to end her first year as a Masters swimmer with 82 points.

### Endurance (to end of November)

Female	Male	Total
2393	1734	
10 women averaging 239.3 points each	8 men averaging 216.8 points each	<b>4127</b>

A look way back to the end of October '24...

2800	1149	
13 women 215.4 points each	9 men 104.5 points each	<b>3949</b>

The points score by the end of November 2023...

3273	1330	
11* women 295.6 points each	6* men 222.5 points each	<b>4587</b>

\* based on all swimmers from those years

## Did you know...

The 25m Free was swum at the Australian Short Course Championships.

The Women's race was won by the aptly named 15 year old Lily Young! In 11.58

Cam McEvoy managed to win the men's, in, wait for it... 9.36 seconds!

**MAIDA VALE MASTERS  
PRESENTS**

**2025 CHRISTMAS PARTY**



**THEME: "TIS CHRISTMAS TIME"**

"Tis that time of the year again to celebrate another Christmas with fellow Maida Vale Members and their families. So come along dressed in your best Christmas outfit"



**WHEN:** Saturday 13<sup>th</sup> December 2025

**WHERE:** Kerry & Dave Howe's Home  
10 Brolga Court  
HIGH WYCOMBE

**TIME:** 6:30 pm > 7:00 p.m. until late

**BRING:** Please bring a plate being Savoury or Sweet to share on the table  
Crockery, cutlery, glasses and chairs

*Kerry said - no need to bring crockery*

**DRINKS:** Will be provided and are free, but please bring glasses.  
(Beer, Wine, Bubbly & Soft Drinks in the Eskies)



Also, bring a gift valued at \$10.00 for Secret Santa  
Marked Male, Female or Unisex depending on the gift



Come along and join your fellow Club Members for a great night out, together with the presentation of Club Awards, Certificates and "Flippers"

# 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

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 \$40.00 and are being subsidized by \$9.00 from their actual cost of \$49.00.

Club Vests: The vests cost \$50.00 and are being subsidized by \$9.00 from the actual cost of \$59.00

There are 3 x Medium Vests and 3 x Large Vests available in stock.

**Make yourself proud to be a MVMS member.**

Contact details for merchandise can be made to Michelle Chia 0411 389 036 either text message, call or catch up with Michelle at the pool. Merchandise can be brought to the pool to try on before purchasing.

When purchasing club merchandise, please make an EFT payment into the club's bank account ensuring member's name and 'club uniform' is noted as the reference or cash can be paid on raining nights. Bank details can be found in Dolphin Dots.

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](#).

**NO MATTER  
HOW SLOW YOU  
GO, YOU ARE  
STILL LAPPING  
EVERYBODY ON  
THE COUCH**



**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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