

# Up Hill & Down Vale



FEBRUARY 2026 NEWSLETTER

## PRESIDENT'S PROSE FOR JANUARY, 2026

It is a tad late but I would like to wish everybody a Happy New Year. There are some members who haven't been to the pool yet and I'm hoping their resolutions to get fit will kick in now the school holidays are over. It's time to get back into some training for the Newman Churchlands ABC Club Challenge event on the 15th February. PLEASE look at entering this fabulous event (flyer attached)! It's a great pool and always a terrific atmosphere-then there's the lunch and raffle prizes!

January is always a quiet month and the decision to cancel training on Tuesday nights was the correct one. The number of swimmers training on Wednesday evenings rose slightly as a result and, even though the temperatures were high outside, the water was very pleasant as the covers were being left off due to Vac Swim lessons. The 6pm starts were also a bonus.

January began with the first Stubby Stakes for the year and I believe the evening was very pleasant. Tom Love was the clever winner.



The following weekend was the 106th Swim Thru Perth, the second oldest open water swim in the world! Held in the Swan River at Matilda Bay on a perfect sunny morning, the event was the 4th in the WOW series. Swimming under the Narrows Bridge, past the old Swan Brewery, the blue boat shed and the Eliza statue was a delight. The water was very calm and the jellies were few and far between (seriously!). Malcolm Wilcox competed in the 1.6k distance and I got value for money in the 3.5k straight line swim. Malcolm is training for a Duathlon and then a Triathlon later in the year.



Your diligent committee held the first meeting of the new year and the last for the current members before the AGM on February 16th. Remember all positions become vacant and nominations to fill positions are welcomed by the committee.

Thank you to Gwyn and Lesley for conducting a training session with stroke correction tips before the meeting. Check out the resurrected Coaches Corner in this edition. Lesley must have more time on her hands now she's retired!



The open water season is in full swing and Gwyn and I competed in the Fremantle Ocean Classic (FOC Yeah!) at Leighton Beach. Earlier that morning Ceinwen had set off from the same spot to complete her 30th Solo crossing to Rottnest, equalling the current female record held by Barbara Pellick.



Endurance for the year began early (Tom's lemon drizzle cake was a hit) and I am pleased to report that we are back in the Darling Range pool for the rest of the Summer and into Autumn. We may revert to MV in the winter if it gets too cold in DR. Swimmers should schedule their longer events in the cooler water at the DR pool.

A plan for an Australia Day swim and picnic at Bilgoman pool was impacted by the sudden (but welcome) onset of cold weather and sadly, as the day progressed, it became apparent that no one was intending to participate. Tom, Sarah and family missed my texts and turned up -to an almost empty pool! They had plenty of room for their fun swim but sensibly took their BBQ home!

The first pizza night for January proved very popular. There were several December/January birthdays so a surfeit of dessert pizzas on offer!



The last Saturday of the month provided a small group of swimmers the chance to swim the Swanny Ocean Classic from Cottesloe to Swanbourne. The 2k event is run by the Swanbourne Nedlands SLSC and offers a choice of ways to cover that distance. Claire Cao decided to run along the beach whilst Lesley, Caroline, Gwyn and I took to the beautiful clear water. All for a bacon and egg roll at the finish line !!



#### TIN SHED CHATTER:

This is a more serious item than chatter. As most if you will already know, Richard Mazzuchelli's health has been declining for quite some time. He has asked me to share his medical diagnosis with everyone as it is very difficult for him to explain, given that his capacity to speak is deteriorating. Richard is suffering from a syndrome called Progressive Supranuclear Palsy (PSP). It is rare and fatal and progresses rapidly, affecting balance, walking and speech. This diagnosis has meant that Richard needs to be near to his son and as a consequence, he has sold his home in Lesmurdie and moved to a retirement unit in City Beach. The only good part of all this is that he can take his gorgeous dog Bo with him. This will mean we probably won't see much of Richard in the future and I know you will all wish him the absolute best he can achieve for the rest of his life.

We've had a couple of medical issues during the month...

John Hofmann contracted a bacterial infection that attacked his bone marrow-manifesting in intense pain in his spine. He has spent all of January in Hollywood Hospital and is currently still there in rehab. Norma visits him every day and reports that he can be a little stubborn! Who knew?? ☐

Brian Brady also succumbed to a mixture of medical curiosities and spent time in Midland hospital. He has a heart monitor for a week and also medication for pneumonia and an ear infection. He's feeling much better and is already back walking in the pool!

On a happier note, Kerry spent a nice "girls only" week in Bali over the New Year before returning in time to spend some caravanning time in Manjimup.

Christine and Doug are currently travelling again in their caravan but will be back in time for the Busselton Jetty swim.

Lesley and William headed to Albany after Christmas and both took part in some Summer School learning activities. Lesley took lessons in landscape painting whilst William perfected his djembe drumming skills. They also enjoyed a quick trip to experience the incredible Orcas in the Bremer Canyon with a bonus appearance from an enormous pod of Sperm Whales.

The Risbey Family decided on a short trip to Victoria but picked the week when it was 40C+ to drive along the Great Ocean Road. Thankfully they missed the drastic flooding by two days and saw some fabulous sights.

Patricia chose to travel to Adelaide and is currently ‘enjoying’ temperatures in the mid 40C!

Welcome back to Kayla Ellis who swam with us a few years ago. Kayla is extremely excited about her upcoming marriage to fiancé Anthony on 28th February. She shared that her dress is purple - just to be different!

Both Lynne and Garry had significant falling incidents during the month. We should be thankful they are both ok-physically at least!

Lynne tripped over a metal beam whilst booking tickets to the movies and ended up in an ambulance to Fiona Stanley Hospital but brain scans revealed nothing!

Garry rolled over in bed, fell out and face planted the tiled floor. He was sporting a unicorn sized lump on his forehead and panda eyes but again, no serious brain damage.

Our youngest club member, Sarah is still travelling somewhere in South America and hopefully fit and well and enjoying some rugged hikes in Patagonia.

Randall Skinner has made a great recovery from his knee surgery and has managed some pool rehab after relaxing in Lancelin with Fiona over the new year.

Kate was last seen in Busselton still reading, swimming and relaxing for the month of January so you can't blame her for this edition!



Tom enjoyed a day trip to Rockingham with Marilyn and Graeme whilst his family were still in the UK.



David and Jan Pether are incredibly proud of their grandson William, who at 17, is a volunteer with the Mundaring Volunteer Bush Fire Brigade and has just been voted the Young Volunteer of the Year by the Shire.

As you know, Michelle and Ian Chia lost 3 key members of their family to cancer last year. Michelle and her grandson are taking part in a 14k walk on 2nd May to raise funds for cancer research. If anyone would like to make a small donation please visit the site. [www.walkforwomenscancer.org.au/s/1507/12834](http://www.walkforwomenscancer.org.au/s/1507/12834)



Gwyn and I were surprised by daughter Sian with tickets to the international Sailing GP in Fremantle and Lesley and William were there on the same day. It was quite the spectacle and very exciting seeing these high performance catamarans flying around the course (and occasionally colliding!) with a fabulous atmosphere in the city.



I can't think of any more news and I must apologise if I have missed anything important.

See you all for Stubby Stakes and the AGM!!

FROM THE HILL.....ANDREA



**We will be continuing to provide coaching sessions on Committee Meeting nights this year and stroke correction/advice when you ask for it (we don't want to pressure anyone). We are happy to suggest programs for anyone thinking they might use them to train in their own time. If there is anything in particular you would like us to cover here, please let us know.**

### **This month's topic is FREESTYLE HEAD POSITION...**

Proper freestyle head position is crucial to overall freestyle technique. Good head position will help you swim efficiently. One of the most common mistakes in freestyle is swimming with your head too high, which causes drag.

First, focus on holding your head and neck in a neutral position. As you swim, you should be looking at the bottom of the pool. Do not raise your head to look in the direction you are swimming. Raising your head will create drag and slow you down and can lead to shoulder pain.

To avoid the issue of raising your head while you swim, imagine a line starting at the top of your head and continuing through your spine. The goal is to keep this imaginary line straight.

Freestyle head position is often related to incorrect placement of the upper body, or the neck, shoulders, and upper back. To correct these issues, you can...

- \* Use a snorkel and concentrate on the correct position of your head. Remember to keep a neutral neck position, look at the bottom of the pool, and visualize the imaginary line running through your head, neck, and spine.
- \* Exercise with resistance bands using workouts that help to improve your flexibility. As your upper body flexibility increases, you will find it easier to maintain proper head position.

Your head may be in the incorrect position because your hips are dropped too low. When your hips are too low in the water, your head will naturally rise. This body position creates large amounts of drag. To correct the position of the hips and increase body positioning you can...

- \* Train using a pull buoy so you can begin to feel what it is like to swim with your hips close to the water. After a few laps, try swimming without it and focus on keeping your hips near the surface like they were when you were using it.
- \* Train your Freestyle kick. A powerful kick will help to keep your hips and legs up high in the water. Use a kickboard and focus on keeping your hips near the surface of the water.
- \* Practice sculling on your stomach with your hips near the surface of the water. Position your body parallel to the surface with your arms stretched out about 30 cm below the water level.

Now that you understand the proper freestyle head position, it's time to head to the pool (or open water). Remember to practice your fundamentals to the point where it becomes natural.

Credit : <https://blog.arenaswim.com/en/training-technique>



# CLUB NIGHT PROGRAM FOR FEBRUARY 2026

2ND FEBRUARY	50M BREASTSTROKE	STUBBY STAKES	100M INDIVIDUAL MEDLEY
9TH FEBRUARY	100M FREESTYLE		50M BUTTERFLY
16TH FEBRUARY	ANNUAL GENERAL MEETING		
23RD FEBRUARY	200M FREESTYLE		25M BACKSTROKE
2ND MARCH	LABOUR DAY PUBLIC HOLIDAY		
9TH MARCH	25M FREESTYLE	STUBBY STAKES	200M BACKSTROKE

## JANUARY STUBBY STAKES WINNER

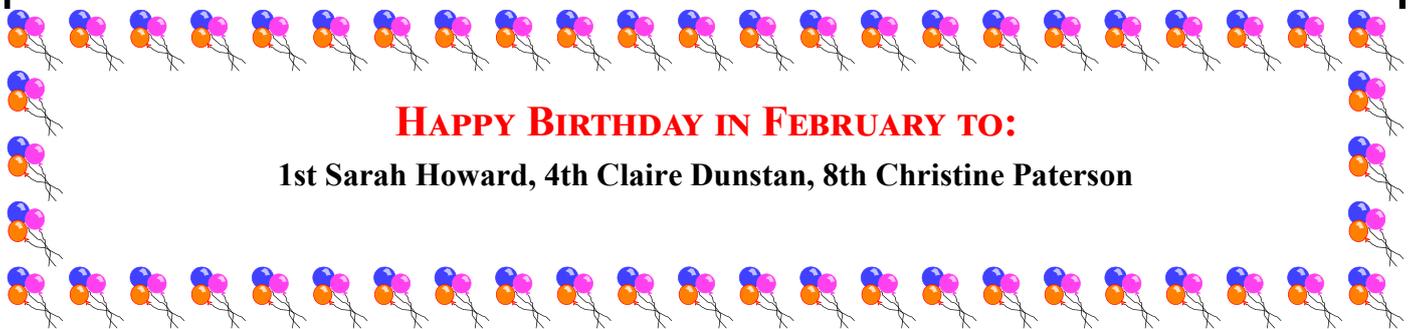
Congratulations to Tom, who won the January Stubby Stakes by swimming closest to his nominated time in the first event for the new year. Wondering who will set the trend this year for multiple Stubby Stakes wins!

Join us on Monday, 2nd February, for your chance to start a winning streak. All you have to do is swim closest to your nominated time for 50m Breaststroke and you'll pick up a bottle of wine for your efforts ...easy they say!

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

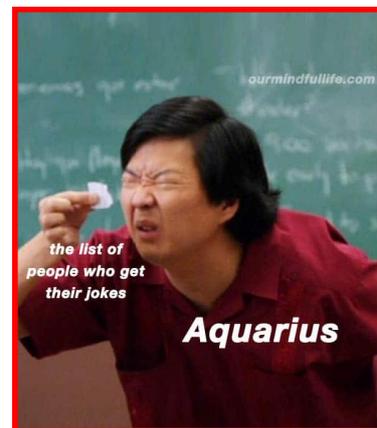
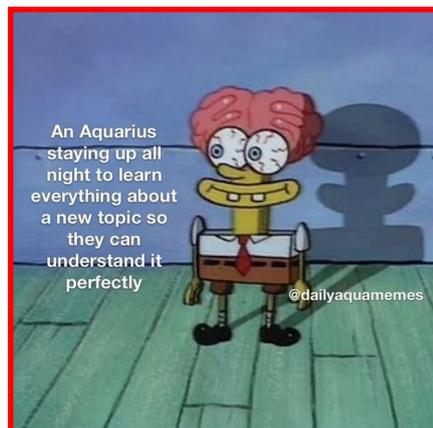


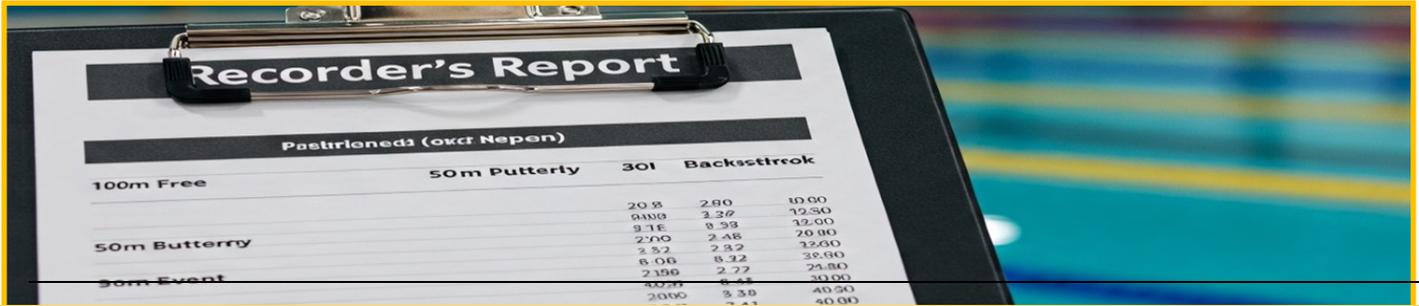
Please bring a plate to share and a drink (not to share unless you want to!!).



## HAPPY BIRTHDAY IN FEBRUARY TO:

1st Sarah Howard, 4th Claire Dunstan, 8th Christine Paterson





Congratulations to Maida Vale Masters for finishing 5th in WA's 2025 Endurance1000 competition. Our 18 competitors (listed in the results in this month's UHDV) did us proud. Only 154 points behind 4th place, there's all to swim for this year. Plus it's worth mentioning we finished a creditable 21st in the country.

### A call to arms! (and leg[s]!)

If we could get just half the club recording Endurance swims throughout the year, we would be challenging the top 3 in the State and the top 10 of Australian clubs.

### Did you know...

Marilyn beat Tom into third place in last year's Endurance swims by 1 point! All those lengths, distances and hours in the pool, and a solitary point separated them.



**& SETTERS!!**

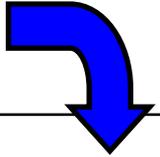
Congratulations to our record 'breakers and makers' this month.

## Club Records set in January 2026

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
<b>Glad McGough</b>						
95-99	400m Back	20:48.50	Jan 17			<i>Inaugural</i>
<b>Marilyn Potter</b>						
80-84	800m Back	25:35.61	Jan 17	29:58.69	5472	Glad McGough



2025 RESULTS...  
WELL DONE  
EVERYONE!



### Endurance 1000 Results at a Glance

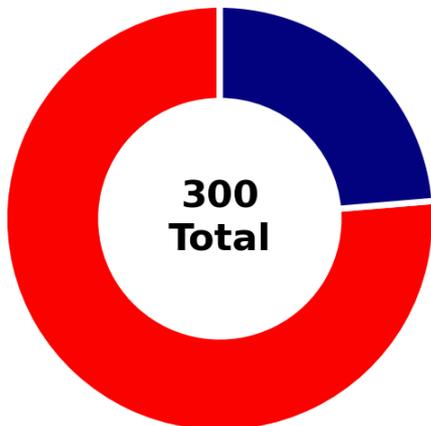
Club Place	Swimmer	Swims	Points	National (Overall)	WA (Overall)	National (Age)	WA (Age)
1st	Lee Caldwell	62	1005	=1	=1	=1	=1
2nd	Brian Brady	40	618	136	24	7	1
3rd	Marilyn Potter	26	336	226	40	12	2
4	Tom Love	28	335	227	41	3	1
5	Kerry Howe	29	300	240	47	28	4
6	Russel Fowler	12	265	259	51	23	6
7	Peter Caldwell	20	248	272	53	2	1
8	Lesley Hart	13	235	284	58	25	3
9	Kate Elliott	12	176		71	15	3
10	Andrea Williams	15	175		72	17	4
11	Malcolm Wilcox	13	155		=79	25	8
12	Sandra Love	9	82			49	10
13	Bronwen Charlesson	1	80			19	7
14	Gwyn Williams	2	50			15	7
15	Garry Lymn	2	43			36	9
16	Sarah Howard	1	20			15	8
17	Ian Stewart	3	20			2	1
18	Glad McGough	3	6			2	1

Maida Vale Masters Endurance Club Rankings 2025

2026 results so far! Great start...

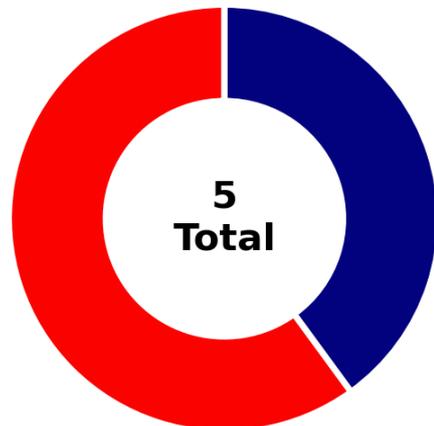
### Endurance1000 as at 24/01

Points in 2026



Ladies (229 pts) Mens (71 pts)

Swimmers



Females (3) Males (2)

## Newman Churchlands Masters



invites MSWA members to participate in the

### 2026 Act Belong Commit Club Challenge Series Meet

#### MEET OVERVIEW

The Meet is part of the Club Challenge Series and is held in a 50-metre outdoor pool. It is open to all members of all ages and abilities.

#### MEET DETAILS

Date	Sunday 15 February 2026
Venue	Newman College Pool, Empire Avenue Churchlands. The venue is an outdoor long course pool
Warm-up time	Warm Up starts at 8.15am
Start time	The Meet starts at 9.00am
Finish time (approx)	It is anticipated that the Meet will finish at about 12.30pm
Cost of meet and Pool entry	Cost of meet entry is \$15.00 per swimmer (plus booking fee). This includes entry to the pool.
Entries Close	Entries close on 9 February 2026
Registration link	REGISTRATION LINK: <a href="https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU176">https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU176</a> 

#### Program

Event 1	200 Freestyle
Event 2	100 Breaststroke
Event 3	50 Butterfly
Event 4	50 Freestyle
Event 5	50 Backstroke
Event 6	100 Butterfly
Event 7	4 X 50 Women's Freestyle Relay
Event 8	4 X 50 Men's Freestyle Relay

# 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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