

PRESIDENT'S PROSE FOR OCTOBER, 2025.

Thank you to our Editor in Chief for struggling out of her sick bed to put together this newsletter. Kate has been very unwell for a couple of weeks but is recovering at last.

Kate was so ill that she and Kim could not join in on the Noughties celebrations – albeit Kim generously dropped around his delicious curry and rice for the gathering. Needless to say, the party was a fun evening and the special birthday guests –Gwyn, Ian, Norma and Kathy – regaled us with their stories of their swimming history and achievements. Kathy was briefly a member back when Brian joined the club but decided that swimming was not her forte! Tom's dad, David was also celebrating his 65th birthday that day, not a Noughtie but we allowed him to be an honorary special birthday person.

The theme was a Gathering of The Clans, celebrating everyone's heritage and there were some appropriate outfits. Although there were four Scottish clans represented, there were no altercations, and they even treated the Sassenachs with respect. Our late Queen Elizabeth was in attendance in regal spirit and was gracious enough to pardon the prisoners who had served as guests of her great-grandmother, Queen Victoria in Fremantle Prison back in the late 1800s!

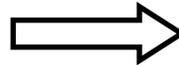
Both Marilyn and Norma had great grandfathers who were transported to the colony of Fremantle to serve at her Majesty's pleasure. Coincidentally they were imprisoned at the same time, later becoming free settlers and forging a life in WA, one as a butcher and the other as a stonemason.



Gwyn was resplendent in his Welsh jumper. As he will be celebrating his 80th birthday on the high seas on our way to Antarctica, I thought it appropriate – whilst surrounded by many of his friends - to present him with his birthday present – a very cute little brass penguin! Lesley produced a quick quiz, concentrating on special details of cities around the world, and the winners were lucky enough to receive a great pair of fun socks for their brainiac efforts. Lesley also made an awesome “Death by Chocolate” birthday cake to add to the delicious food on offer.



Concentrating very hard ...
and the winners were



Ian and Dorothy Stewart travelled from Fremantle to celebrate Ian's 90th, both resplendent in their tartan, but had to leave early as Ian was entered to swim in the Stadium ABC event on Sunday morning. He competed in 3 events and posted some decent times, considering the late night, long drive and early start.

Ian was the only competitor at the meet, as Gwyn and I decided for once to not to burn the candle at both ends. Besides we had some tidying up to contend with after the party.

The preceding Monday evening our annual Handicap Event had been conducted brilliantly by Tom and Lesley. The handicapping times were – for the most – particularly accurate, resulting in some very close finishes. A fifth event was introduced this year with the addition of the 50m Individual Medley proving popular. Bronwyn Loughton made the finals in all 5 events – 10 x 50m sprints – but unfortunately did not achieve a podium finish.

Tom is planning a 25m Handicap Event early next year which should be a novelty.

Lynne and I were invited to attend the Annual MSWA Awards night – apparently Ron Gray had nominated me for the Perc Edwards Volunteer of The Year Award! A bit embarrassing as the winner was the coach of the Superfins who is amazingly committed to that club and achieves huge milestones for them. The very interesting guest speaker was Olympian Sally Hunter (nee Foster). Some of you may recall that Sally recently broke records in the Masters World Aquatic Championships in Singapore. Sally is a member of Central Aquatic Masters and will be competing at our lake swim for the second time, although she admits she really doesn't like open water swimming.

The Stubby Stakes at the beginning of the month produced some very close races, and an hilarious result ensued with the awarding of the coveted bottle of wine to Sandra Love. Upon checking the sheets, it was discovered that Bronwyn Loughton had actually won. However, Sandra was very disappointed at the prospect of giving up her bottle of Cow Bombie Shiraz that was heading back to the UK - especially as they had visited Cowaramup! Refreshments Officer Russel made an executive decision which resulted in 2 bottles being awarded!

Brian and Kathy organised a fun evening of Ten Pin Bowling, preceded by a delicious Chinese meal. There were some stand-out performances from B1,

The monthly pizza night welcomed Kim and Shelley back to the group, and we were also very pleasantly surprised by a visit from Claire Ciao, who has been in Sydney for several months looking after her sick Father. Claire knew where to find us



The Endurance season is coming to an end for another year and, whilst the swims continue to attract the same people every week, there is still a month in which to enjoy some distance swimming and gain some points for the club.

FINALLY, the Lake swim is only one week away, and registration numbers are very encouraging. **We really need as many club members as possible to head up to the lake on Sunday 9th, ideally around 7am to assist with a myriad of tasks or, later if possible, to help us pack down the area.** Brian is still looking for raffle prizes. Tim has generously donated \$200 in gift vouchers for his new hotel Garde in Fremantle.

Although Sandie Schroder is now living in Harvey, she has volunteered to drive up and kayak for us on the day.

Registrations are open for the Freo Fins WOW open water swim on the 13th December and the Christmas 10K qualifying event on 20th December.

Of course – our lake swim is also open until Thursday 6th if you haven't already entered.

Don't miss out on the Rainbow Swans fabulous Interclub swim on November 15th at Beatty Park pool. The event is a great deal of fun with no pressure. It's your chance to glam up in tutus, wigs and fairy wings!

TIN SHED CHATTER:

Lynne and Andrew are enjoying a nice holiday in Japan – albeit the weather is not particularly pleasant. They were heading back from a day trip from Tokyo to unsuccessfully view Mt Fuji and stopped into a very small village for lunch. Amazingly they bumped into Elaine and Russell Bourne, who are also holidaying in Japan. Photos in the rain ensued before both couples headed off to join their respective cruise ships.



Kathy and Brian headed to the airport just hours after the Ten Pin Bowling evening and sent a picture of them enjoying an iced coffee in Bali before some of us even woke up! They are celebrating Brian's son's 50th birthday.

Lee and John missed the Noughties party – and Lee's chance to reclaim her "Best Costume" status from last year – as they were enjoying a coach tour around Tasmania.

Scott Yaxley is masochistically enjoying a cycling trip around Japan (not sighted by Lynne or Elaine to verify though).

Also behaving slightly masochistic, David Masters and a bunch of his wacky mates enjoyed some serious four-wheel driving in the outback, putting their vehicles to the test against some very rough terrain. Each to their own!!

Awesome Glad has returned to the pool for the Endurance swims and, whilst initially only jumping for a token swim, she has now completed her first 400m freestyle timed distance. That swim resulted in her setting an inaugural State record. Glad has also been enthusiastically passing breaststroke tips to Sandra Love.

Between Gwyn's Monday night coaching and Glad's encouragement, Sandra's times and distances have improved greatly – just in time for her to return to the UK.

I mentioned that David Love had enjoyed his birthday with us and it turned out to be the "icing on the cake" of a great day for him. His present was a walk around the top of the Optus Perth stadium and he even swung out and over the edge. The Indian cricket team were warming up on the pitch below which added an extra special treat to the adventure.



CLUB CHRISTMAS PARTY

Thank you to Kerry and Dave for offering up their beautiful garden for the club to celebrate Christmas on Saturday 13th December. I believe there was a bit of coercive persuasion involved by Tom!



FROM THE HILL, ANDREA



Lake Leschenaultia Swim Raffle

Brian is calling on donations for the Lake Swim raffle

which is always a big money spinner for us...

Any vouchers, goods or money can be handed to B1 or

other committee members at the pool.

MAIDA VALE MASTERS TEN PIN BOWLING NIGHT.

On Saturday, 25th October, Brian and Kathy arranged a great night of Ten Pin Bowling night at Zone Bowling in Cannington. First up, 15 bowlers went to the Ambassador Chinese Restaurant next to the bowling alley and had a delicious Chinese Banquet meal.



Then everyone went next door to join up with two more to play two games of Bowling. So, all up we had seventeen attend We were split into two teams of six and 1 team of five over three lanes.

There was a lot of fun on the night, with plenty of strikes as well as gutter balls and even some spares. There was even Turkeys bowled by B1 and Dave. Lesley reckons she was behind the eight ball all night and even had the pic to prove it. (editor's note—what is a Turkey?)

Team 1 was made up of Andrea, Gwyn, Lesley, William, David (William's brother) and his partner, Silke.

Team 2 was made up of B1, Kathy, Christine, Doug, Kerry and Dave.

Team 3 was made up of B2, Patricia, Tim, Randall and Fiona.

After some stand-out performances from B1, "Tim, Dave Howe and William's brother David. William had never bowled before in his life and, as a south paw, had an awkward bowling action. With his first ever attempt he scored a strike but sadly for him, it proved to be beginners luck!

We did get a print out of the scores, but when scanning them to include in this write up, we noticed that they only printed Team 1, and two print outs of Team 3. So we did not get Team 2's scores, so had to declare it a tie all 'round.



Thanks to Kathy Brady for the right up about the bowling night!



CLUB NIGHT PROGRAM FOR NOVEMBER 2025

3RD NOVEMBER	50 METRES FREESTYLE	STUBBY STAKES	100 METRES BACKSTROKE
10TH NOVEMBER	100 METRES IM		25 METRES SKULL
17TH NOVEMBER	MEETING - TRAINING ONLY		
24TH NOVEMBER	200 METRE CHOICE		50 METRE IM
1ST DECEMBER	25 METRE FORM	STUBBY STAKES	200 METRE IM

OCTOBER STUBBY STAKES WINNER (S)

One of these lovely ladies won her 2nd Stubby Stakes for the year, swimming only 0.05 outside her nominated time or the 50 metres Breaststroke... the other was led to believe she had won, but Maths was the real winner. Where was Tom when we needed him? Well done Bronwyn Loughton! Hard Luck Sandra—better luck next time!!



Join us on Monday, 3rd November, 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 to win a bottle of wine selected by Russel!!

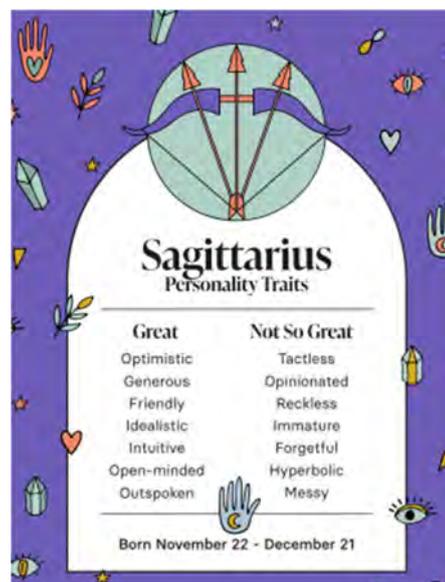
Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation.

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

HAPPY BIRTHDAY IN NOVEMBER TO:

DIANNE COCKMAN 7TH; PETER CALDWELL 21ST;

GWYN WILLIAMS 22ND (IT'S A BIG ONE); JANE POTTER 23RD



With Lee having completed the Endurance1000 programme before the clocks changed over East, new challenges presented themselves, and with Glad in attendance, Lee was cheered on to break the age-group club record for the 800m breaststroke that Glad set over 21 years previously! A super way to end an afternoon of swimming. Not to be outdone, Glad then swam 400m freestyle a fortnight later, to set an inaugural record for the ladies' 95-99 age group!

Also a shout out to Sandra Love, who swam over 1000m in the 1/2 hour

Endurance (to end of October)

Female	Male	Total
2340	1714	
10 women averaging 234 points each	8 men averaging 214.3 points each	4054

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

2750	1092	
13 women 211.5 points each	9 men 99.3 points each	3842

The points score by Halloween 2023...

3153	1279	
11* women 286.6 points each	6* men 213.2 points each	4432

* based on all swimmers from those years

Did you know...

Glad's 400m freestyle is the first recorded short course swim in Western Australia for any lady in the 95-99 year age group (and only the second ever recorded swim!).

Congratulations Glad on a successful return to the pool, and we look forward to seeing you swim into 2026 and set even more club and State records.

RECORD BREAKERS



Congratulations to our record breakers this month.

Club Records set in October 2025

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Lee Caldwell						
70-74	800m Breast	21:37.06	Oct 11	21:41.24	8785	Glad McGough
Glad McGough						
95-99	400m Free	19:03.81	Oct 25			<i>Inaugural</i>
Andrea Williams						
75-79	800m Back	20:49.82	Oct 25	23:19.85	1736	Marilyn Potter
Gwyn Williams						
80-84	25m Breast	22.00	Oct 06	24.68	3599	Ian Stewart



With stubby stakes offering the ‘blue ribband’ event, here’s a selection of club records that may or may not be at stake on the night themselves!

50 Free Club Records (Short Course)

Age Group	Swimmer	Record	Date Set	Days Since
Female				
25-29	Anne-Marie Smith	31.00	20/06/84	
40-44	Lesley Hart	34.68	10/03/03	
60-64	Kerry Hutchinson	38.63	28/03/15	
75-79	Andrea Williams	48.09	28/10/24	
90-94	Anita Eifler	2:04.83	23/02/09	
Male				
18-24	Wade Isard	27.05	28/06/98	
40-44	David Pether	29.86	04/11/91	
60-64	David Pether	31.96	01/07/07	
70-74	David Pether	33.80	07/01/19	
75-79	David Pether	37.96	14/02/22	
80-84	Ian Stewart	44.65	29/11/15	3599

***David Pether hasn't reached this age group yet!**

nb. The age group records:

45-49, 50-54, 60-64 and 65-69 all belong to David Pether

UHDV November 2023 highlighted David's history of club records, with the oldest of which will turn 30, the day after Stubby Stakes unless Tim breaks it on Monday!

David enjoying being a Stubby Stakes winner
June 2022



Perth Rainbow Swans



**PERTH RAINBOW
SWANS**

invites MSWA members to participate in the

2025 Act Belong Commit Club Challenge Series Meet

MEET OVERVIEW

ONLY \$5.00 *THIS INCLUDES ENTRY TO THE POOL AND FOOD AFTERWARDS*

Welcome to the 3rd annual Pride Carnival to be held at Beatty Park Leisure Centre. This year we invite everyone to participate in the novelty events in addition to the official swimming races.

Please Nominate for the novelty events when you register.

Participants will be randomly allocated to a team.

MEET DETAILS

Date	<i>Saturday 15th November 2025</i>
Venue	<i>Beatty Park Leisure Centre, Vincent St, North Perth Long Course 50m outdoor pool</i>
Warm-up time	<i>1:30pm – 2:00pm</i>
Start time	<i>2:00pm</i>
Finish time	<i>5:30pm</i>
Cost of meet and Pool entry	<i>Cost of meet entry is \$5.00 per swimmer Pool entry is included</i>
Entries Close	<i>9th November 2025 Late entries will not be accepted</i>
Registration link	https://www.myswimresults.com.au/Entries.aspx?MeetID=MAUJ75
Contact details	<i>Janet Bolton janetb@perthrainbowswans.org</i>



Program

Event 1	100m Freestyle	(MSA members)
Event 2	100m Backstroke	(MSA members)
Event 3	100m Butterfly	(MSA members)
Event 4	100m Breaststroke	(MSA members)
Event 5	Novelty event 1	(Everybody)
Event 6	Novelty event 2	(Everybody)
Event 7	50m Freestyle	(Community/non-members)
Event 8	50m Freestyle	(MSA members)
Event 9	50m Backstroke	(MSA members)
Event 10	50m Butterfly	(MSA members)
Event 11	50m Breaststroke	(MSA members)
Event 12	50m Breaststroke	(Community/non-members)
Event 13	4 x 50m FS Relay Mixed	(MSA members)
Event 14	Novelty event 3	(Everybody)
Event 15	Novelty event 4	(Everybody)

RULES AND IMPORTANT DETAILS

The meet is open to all Masters Swimmers.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 4 events and the relay AND the novelty events.
- All participating clubs must provide timekeepers and watches.
- Refreshments will be provided afterward. Please collect your food ticket at the entry desk.
- 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.
- Events 5, 6, 14, & 15 Novelty events are open to everybody.
Participants will be randomly allocated to a team.
A team captain will nominate the members for the different events.

Gwyn says it is the most fun Masters event!! Dress up and have fun with the Rainbow Swans

For event enquiries, please contact the Meet Coordinator
Janet Bolton janetb@perthrainbowswans.org

If you are unable to register but are a current financial member, please contact
communications@mswa.asn.au





SUPA GOLF
Saturday 22nd November 2025
SWAN VALLEY OASIS
10250 West Swan Rd Henley Brook

What about a mid-morning game of Supa Golf?

Come and enjoy a mid-morning game of Supa Golf, at the Swan Valley Oasis Resort, located in the beautiful Swan Valley.

Arrival 9 - 9:15 a.m. for a 9:30 a.m. sharp! tee off

Supa Golf is a real golf game everyone can play. You play with very oversized clubs and equally oversized balls that are very easy to hit and do not travel too far !! The course layout is much the same as you would find at any golf club, with obstacles like water traps, bunkers and trees. The course is 900m long and usually takes 1½ to 2 hours to complete the round. All clubs and equipment are provided.

A booking can be made at Mash Brewing Restaurant for lunch following the golf if members want to do this. This will be at the Member's expense and payable on the day. So we can ensure accurate numbers for the booking - please indicate below if you will be joining us for lunch at Mash Brewing and for how many people. Alternatively, members/families can bring their own lunches and meet up for a picnic lunch after the event.

Bring the family or friends along and make up a Team of 4 or 5, or we can organise you in a Team.

Please complete and return the following tear off section with your payment by
Monday 3rd November 2025: (Note we need to give numbers by this week)

Costs for Golf only are shown below.

We look forward to seeing you for a fun morning!

RSVP and payment by Monday 3rd November 2025 by either of the following:

Fill out form and leave with payment
in envelope marked Michelle Chia
for collection at pool on Mondays

or

EFT to Club's Bank A/c
 Bank: Bank of Bendigo - Forrestfield
 A/c Name: Maida Vale Masters Swimming (Inc)
 BSB: 633-000
 A/c 184 043 420

Deposit Reference: (Your Name) Golf

If using the EFT option, please confirm your attendance and payment via text message or if you require further information call - **Michelle Chia on 0411 389 036.**

Yes, I will be attending the Supa Golf on Saturday 22nd November 2025:

NAME: _____

Please include names of all attending (continue on back of form if not enough space)

GOLF:	_____ Adults	x	\$22.00 each	=	\$ _____
(refer conditions for Seniors)	_____ Seniors	x	\$16.50 each	=	\$ _____
	_____ Kids (5-14)	x	\$16.50 each	=	\$ _____
	_____ Kids (0-4)	x	\$9.00 each	=	\$ _____
YES - for Mash Brewing Lunch - how many	<input type="checkbox"/>			=	\$ _____

Supa Golf is Fun

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

President:	Andrea Williams	Ph: 0403 210 096	andreawilliams12@hotmail.com
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Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
Newsletter	Kate Elliott	Ph: 0400 450 770	kelliott@inet.net.au

