

PRESIDENT'S PROSE FOR September, 2025.

It will come as no surprise to you all that participation numbers in the pool were low again in September due to the abysmal weather, It's worth the effort once you get in the water but I will not guild the lily and pretend it has not been arctic in the changerooms! Spring has sprung so there is no excuse not to return to training now.

The Stadium Snappers are conducting an ABC pool meet on Sunday 19th October and it would be great if some of our swimmers decided to register and represent the club. It is the morning after our Noughties Big Birthday party on the 18th but that shouldn't pose as a problem for such athletes.

Continuing with swimming matters, Gwyn held an interesting coaching session, focusing on breaststroke techniques, that was enjoyed by a good group of members. The numbers in the water were boosted by a surprise visit from Paula and Terry Hewitt – of Hervey Bay Humpback Solstice Swim infamy – who were in Perth visiting their family and staying with Sandra Thompson.



Tom's Mum (and club member) Sandra, and Dad David are visiting from the UK and younger brother Ed has arrived from Belgium. Both Sandra and Ed joined in the coaching session – with Tom and Ed sharing a lane with Lesley and setting a cracking pace.

The open water season is looming, and preparations are well under way for our lake swim on 9th November. Once again, Brian Brady is collecting prizes for his famous raffle so please clean out your cupboards and maybe regift some treasures. No half full jars of jam!

Brian has also been busy organising an evening of Ten Pin Bowling in Cannington which will follow an optional Chinese meal nearby. The club is subsidising members for the bowling so please consider joining him for a great night out. Saturday 25th October.

TIN SHED CHATTER:

Brian Brady is continuing his recovery from the vertigo/inner ear imbalance episode he suffered with last month and is taking things slowly in the pool. Whilst they were hoping to catch up with the second part of their planned trip, they have had to postpone the holiday until May next year. They are currently on a short trip to Albany and will head to Bali at the end of October as a consolation holiday.

Thank you to the group of club members who attended Patricia's Mum's funeral at the beginning of the month on a cold and miserable day. The weather was very appropriate to the occasion.

Marilyn and Graeme have been in Wagga Wagga, NSW watching their grandson, Tristan, take part in Australian Junior Cycling Championships. Their daughter-in-law, Penny has a senior role at the MCG and was able to secure some tickets for Graeme and Jason to attend the AFL Grand Final.



Kerry and Dave Howe spent a wonderful (incident free) 3 weeks holiday in NZ and have been sharing some terrific photos and stories. They are back home now and probably planning their next adventure.



Michelle is also back in the water after a miserable few months of intermittent illness. She is back to work in her role as Uniforms Officer and is keen to help anyone wanting to purchase club uniforms. New orders are being placed for polo shirts and waistcoats and the on-going search for bathers is still a challenge.

Glad continues to battle her one remaining leg ulcer and is getting very frustrated and it wouldn't surprise me if she doesn't show up one night and jump in for a swim. Who knows? The chemical contents of the pool could be a secret cure!

Finally, the monthly pizza was very well attended – as I said- Spring Has Sprung so hibernation is over. Paula and Terry joined us, as did Sandra and David. It was great to see Patricia and Scott joining us for the first time in a few months.



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.**

CLUB NIGHT PROGRAM FOR OCTOBER 2025

6TH OCTOBER	25M CHOICE	STUBBY STAKES	100M BREASTSTROKE
13TH OCTOBER	HANDICAP EVENT		
20TH OCTOBER	MEETING - TRAINING ONLY		
27TH OCTOBER	200M FREESTYLE		25M BACKSTROKE
3RD NOVEMBER		STUBBY STAKES	

SEPTEMBER STUBBY STAKES WINNER

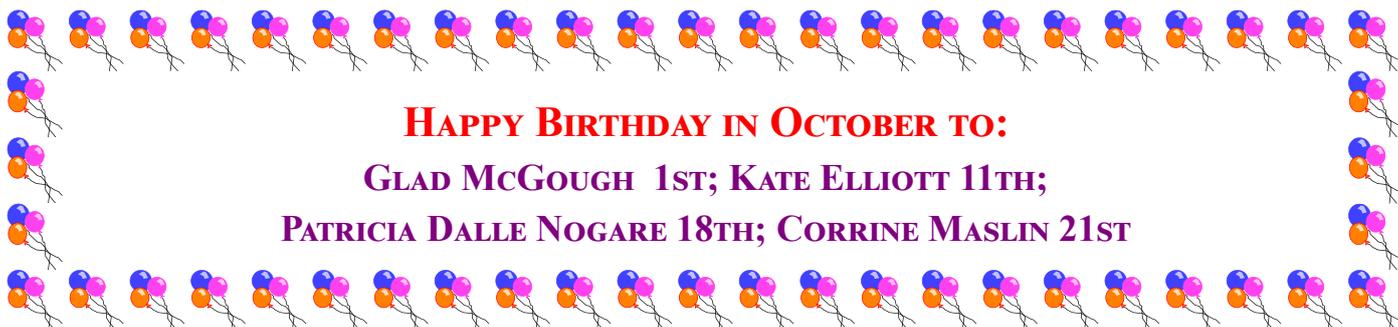
Congratulation to Lesley Hart who won the September Stubby Stakes by swimming closest to her nominated time.

Lesley has now won Stubby Stakes **4 TIMES THIS YEAR (yes 4)!!**

Join us on Monday, 6th October, 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 OCTOBER TO:

GLAD MCGOUGH 1ST; KATE ELLIOTT 11TH;

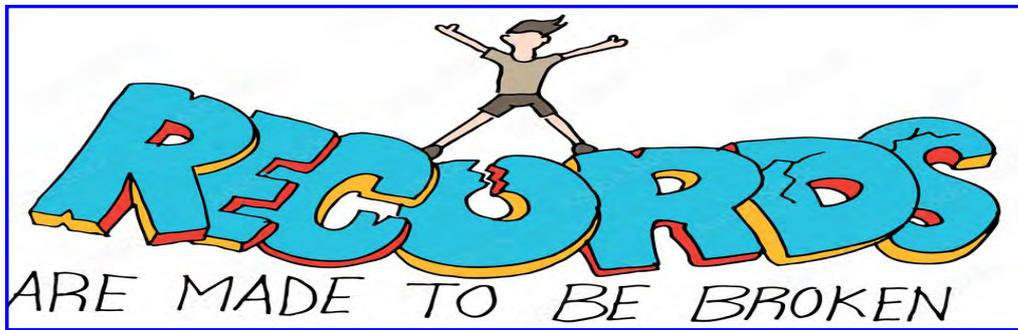
PATRICIA DALLE NOGARE 18TH; CORRINE MASLIN 21ST

LIBRA WOMAN

The magnetic, attractive and outspoken Libra brings balance and justice to the lives of people around her



Just
so
you
know!!!



Another month, another 'new' event! Three laps this time, with new club records set, whilst two marks were posted on December 9th, before the database was set up to record 75m swims (these are denoted with an asterix). A particular shoutout to Kate, who becomes the first to break at 75m record, which happens to be an ONYA, so enjoy the Freddo!

Save the date:

November 10th for our first 'official' 25m sculling race (*not alcohol sculling!*)

Club Records set in September 2025

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Russel Fowler						
75-79	1 hour Back	1837	Sep 6	2425		Innaugural Record!
Tom Love						
35-39	25m Free	13.87	Sep 15	14.26	9599	Scott Yaxley
	400m Breast	6:42.90	Sep 13	6:50.10	28	<i>His Own Record!</i>
	800m Breast	14:07.03	Sep 6	14:53.50	56	<i>His Own Record!</i>
	1/2 hour Back	1605	Sep 20	1305	1666	Greg Bourne

Don't miss the Handicap Sprints!

On **Monday 13th 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!



Inaugural Club Records (15/09)

Age Group	Event	New Record
Claire Cao		
25-29	75m Breast*	1:38.00
Kate Elliott		
75-79	75m Back*	1:52.95
	75m Back	1:50.00
Russel Fowler		
75-79	75m Back	1:37.39
Lesley Hart		
60-64	75m IM*	1:16.68
	75m Fly	1:21.47
Kerry Howe		
65-69	75m Breast	2:37.66
Sandra Love		
60-64	75m Breast	1:46.21
Tom Love		
35-39	75m Breast	1:00.07
David Masters		
70-74	75m Breast	1:42.93
Richard Mazzucchelli		
80-84	75m Back*	2:04.60
Chris Paterson		
65-69	75m Free	2:00.44
Andrea Williams		
75-79	75m Free*	1:19.41

With the weather still not quite making up its mind, the pool is always warm and welcoming. With B1 and Kerry back into the swing of things, there's a good swim and even more enjoyable afternoon tea to be had, see you on the 11th!

Plus, Lee has only two swims left to complete the Endurance1000. Even if you aren't swimming, come along to time-keep to share in yet another special achievement from a truly impressive swimmer.

Endurance (end of September)		
Female	Male	Total
2077	1599	
9 women averaging 230.8 points each	8 men averaging 199.9 points each	3676
A look all the way back to the end of September '23...		
2929	1195	
13 women 225.3 points each	9 men 170.7 points each	4124
An Olympic cycle ago, the distant memory of the haul by September		
3505	2602	
13* women 269.6 points each	11* men 236.5 points each	5838

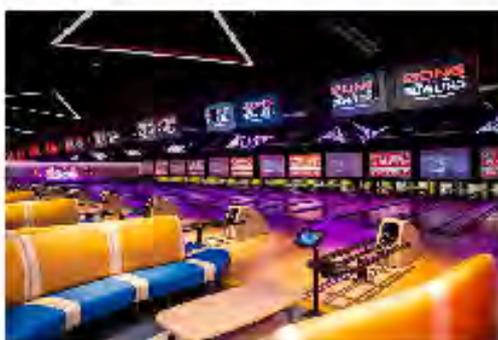
* based on all swimmers in 2021

Did you know...

10 years ago, in the October UHDV, our President declared "I have officially given up on the tumble turns!" You'll have to let me know if this stuck from the statement, but even if they might not be seen in the pool in recent years, perhaps now is the time for Coach Gwyn to bring out a 'Turns' session... never say never!



ZONE BOWLING CANNINGTON TEN PIN BOWLING NIGHT



SATURDAY 25th OCTOBER 2025

COME ALONG AND ENJOY AN EVENING OF TEN PIN BOWLING

- WHERE:** Zone Bowling Cannington
Chapman Avenue (Cnr Burton Street)
CANNINGTON
- WHEN:** Saturday 25th October 2025
- TIME:** 7:45 p.m. for a 8:00 p.m. (sharp!!) start
(to allow time to sort shoe sizes & be put into teams)
- COST:** \$20.00 per person
- PAYMENT:** To be paid via EFT or at the Pool by Friday 17th October 2025
(See Dolphin Dots for MVM's bank details)
- INCLUDED IN COST:** 2 Games of bowling



Drinks and eats can be purchased at own cost from the café

For those who wish to, meet at the Ambassador Chinese Restaurant, 4 Hamilton St, Cannington, from 5:30 to 6:00pm for dinner, at own cost prior to bowling, please indicate on the Attendance Sheet or let Brian Brady know for numbers.

RSVP by Friday 17th October 2025

Book at the pool on sign up sheet or email Brian Brady at brianbrady1953@gmail.com

Note: As the confirmation of numbers and payment must be made in full by the Club to Zone Bowling Cannington on Monday 20th October 2025, no cancellations are allowed after this date.



MAIDA VALE MASTERS SWIMMING

PRESENTS

THE 2025 NOUGHTIES BIRTHDAY PARTY



HERITAGE (A GATHERING OF YOUR ANCESTRAL CLANS)

Come along and help our Members celebrate their "Special Noughties" birthday with a Heritage Theme (A Gathering of Your Ancestral Clans).

THE DETAILS:



WHEN: Saturday 18th October 2025

WHERE: Big Party Room at the home of Andrea & Gwyn Williams
12 Valley Rd, Kalamunda (also rear entry and parking off Hillview St.
Note: it is at the cul-de-sac at the very end of Hillview St – number #34)

TIME: 6:30pm till late (dinner to be served at 7:30pm)

BRING: Food for the table – everything else provided

BYO Drinks – No Club drinks will be available and drinks will not be provided

WEAR: "ANCESTRAL HERITAGE ATTIRE"



IRISH



PHILIPPINES

MALAYSIA

VIETNAM

SCOTLAND

WALES

IRELAND

ENGLAND

Heritage of Australia

43/11

CLUB MEMBERS CELEBRATING THEIR NOUGHTY BIRTHDAYS ARE:



WESTERN EUROPE

- + Rory RISBEY – 20 Years
- + Tim BUCKTON – 40 Years
- + Claire DUNSTAN – 40 Years
- + Bronwyn LOUGHTON – 40 Years
- + Paul WATERS – 60 Years
- + Gwyn WILLIAMS – 80 Years
- + Lynn OROHOE – 80 Years
- + Norma HOFFMAN – 90 Years
- + Ian STEWART – 90 Years
- + Jill MCCLELLAN – 90 Years



EASTERN EUROPE



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!

Please check in Dolphin Dots dated 23rd September for more information about this event.

If you have any questions that are not answered in the Dolphin Dots flyer, please Contact Michelle Chia (Maida Vale Masters Swimming Club) - 0411 389 036

SUPA GOLF IS FUN!!



Spotted outside Gracie's Café
in Gracetown
by Sandra and Dave Love

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

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

President:	Andrea Williams	Ph: 0403 210 096	andreawilliams12@hotmail.com
Secretary	Lynne Duncan	Ph: 0417 997 556	duncan1320@bigpond.com
Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
Newsletter	Kate Elliott	Ph: 0400 450 770	kelliott@inet.net.au

