



## Issue 3

## March 2026



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*New UHDTV format created by Tom Love*



# President's Prose

## FOR FEBRUARY 2026

This is your President speaking – yet again!! I must apologise to anyone who was hoping for some new young blood! 😊 The AGM was quite well attended and thank you to those members who sat through the process of amending a club By-Law and who helped define the requirements involved in attaining Life Membership. The Committee had been approached by a member at the 2024 AGM, asking for a review of the existing rule governing the bestowing of Life Membership. It took 2 years of discussions, suggestions, and amendments to arrive at an acceptable solution. For those members who were not present at the meeting, you can read the article covering the replaced By-Law in this newsletter.

I would like to thank Lynne, in particular, for gathering and collating all the suggestions for the changes into a concise By-Law and for the useful input by the rest of the Committee. Barbara Lymn added further corrections, and, by the end of the discussion, the members voted unanimously to accept the new By-Law.

The meeting continued with the Agenda items and the voting for the new committee members. I would like to thank the outgoing committee members and welcome the incoming new members.



This newsletter has been co produced by our new Editor (and Vice President and Coach! with Tom who has designed a new look format that we hope you enjoy. Lesley has taken up the challenge to step into Kate's shoes after 14 years of producing amazing newsletters . Lesley has covered for Kate on holiday occasions, so she is fully aware of the task ahead of her. Kate's input to the Committee will be greatly missed, but she has offered to be co-opted when needed. We owe her a huge debt of gratitude.

Lynne continues as our outstanding Secretary – a task she has taken on incredibly efficiently for over 20 years. Lynne also fills the positions of Technical Officer, MSWA Delegate, Registrar and dual Lake coordinator.

David Masters remains our very competent Treasurer. He tabled a detailed Report of the Club's healthy banking details that have been reviewed by an auditor. Julie Beus does not charge the club for her services; however we do send her a gift voucher for her assistance.

David commented that the Monday night vouchers have been received enthusiastically and are helping to streamline the banking process.



# President's Prose cont...

The position of Club Captain has been held by Brian Risbey for over 5 years. Brian held a dual portfolio as our Webmaster and Captain. Brian will remain as our Tech Guru and the position of Captain has now been taken over by Tom Love. Tom is still the Club Recorder. Thank you to Gwyn who had also been nominated for the position of Captain.

Gwyn and Lesley are on deck again as our Club Coaches. Brian Brady continues as our very proactive Social Officer and also fills the role of Safety Officer. Brian and Lee Caldwell are the hard working and enthusiastic Endurance Officers. Michelle continues as the Uniform Officer and has plans for new items of clothing in the coming year.

Russel Fowler retained the role of Refreshments Officer. The duties of that position have been greatly reduced by members providing their own drinks on SS nights. However, Russel is still in charge of providing the carefully selected wine prizes for Stubby Stakes every month and, of course, the Christmas Party supplies.

I would like to welcome and thank two new ladies for volunteering as Ordinary members – Kerry Howe and Sarah Howard. (Neither of them ordinary in any way!) It's wonderful to have new presence on the committee.

It was decided to instigate a separate sub-committee to assist with the Lake Leschenaultia OWS. Lynne, Gwyn, Lesley and I will be more than happy for the workload to be shared. B1, B2, Sarah, Michelle and Kerry have offered to learn the ropes of running the event.

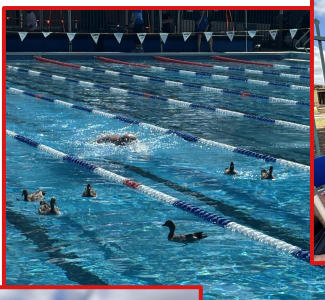


Earlier in the month of February an energetic group of swimmers headed to Busselton for the swim around the jetty. It was a magic weekend with very calm conditions – albeit quite a lot of stingers in the water. Congratulations to Lesley and Caroline who finished the 3.6k swim around the jetty. Christine completed a 1.6k swim from the end of the jetty to shore – celebrating her 70<sup>th</sup> birthday in style! Kate also completed the mile to shore, her first real swim in over a month. Gwyn and I swam a 3.6k Duo – Team name ‘Seniors Big Day Out!’ We all enjoyed a great lunch after the event and shared Christine’s birthday cakes with her delightful family. It was great to catch up over Friday dinner with Alison, Steve and Dianne – all now southwest residents. Garry, Barbara, Kim Heath, and Steve Grennan were our support crew and towel holders.



# President's Prose cont...

Ceinwen didn't get a place in the ballot to swim around the jetty, so she decided to complete an "out of competition" solo crossing to Rottnest instead. It is an official swim with hefty fees involved. The conditions deteriorated at the 17k mark but she managed to finish and record her 31<sup>st</sup> official crossing which broke the previous record by a female of 30 crossings.



The Newman Churchland's ABC interclub was held the weekend after the Jetty swim, and we managed to field 10 swimmers and 3 supporters with Lynne officiating. Christine sadly called in sick. Barbara and Garry helped with Timekeeping all morning, which took the pressure off the swimmers. It was really great to see Scott Yaxley back into pool competition.

Our amazing nonagenarians, Ian and Glad were outstanding. Glad – at 96 – set 2 Inaugural Club, State and National records. It was wonderful to see her back in action after a long time out of the water. Ian had spent time in hospital before Christmas due to a pinched nerve in his neck, so his balance is still not the best but that didn't stop him competing.

Some friendly ducks made their presence felt, making a sterling effort to claim lane space during a few races!

We managed to finish 6<sup>th</sup> from 21 clubs which was very impressive, but we finished first in the raffle prize pool with Barbara, B1, Lynne, Kerry, Ian, Tom and Gwyn all scoring nice prizes.



# President's Prose



As the month continued, there were a few swimmers from our club impacted by the bad weather that caused the cancellation of the Rottnest Channel Swim. It was a heartbreaking decision for the RCSA to have to make but definitely the correct one as the strong winds and heavy swell would have made the event incredibly dangerous.

The Cott to Rott always clashed with the Bunbury Barrett SwimThru in the Leschenault inlet. In the past we have had a small group of swimmers head south for a swim and BBQ on the foreshore. However, this year there was only Michelle representing the club as she was heading to Busselton for a friend's 60<sup>th</sup>. She reported that the swim was a delight and she was very impressed with her 800m swim.

The final swim of the month was the Mullaloo Mile State MSWA WOW event with an 800m and 3.2k distance included. Whilst the weather leading up to the event was less than ideal, over 300 swimmers headed to the start line in the hope that the broadcasters might be exaggerating. There was an entrant from Italy who had flown over especially to compete in a team of 4 in the Cott to Rott. - but, of course, that didn't eventuate, so he decided to compete in the 3.2 distance. His name is Gregoria Paltrinieri and his swimming credentials and achievements are legendary. The male winner of the Busselton Jetty, Kyle Lee, had also entered which should have made for a terrific race.



Lesley, Caroline and Malcolm entered the 1.6 State Championship event whilst I opted for the 3.2. There were a couple of very fast ladies in my age group, so I thought I would steer clear of them by entering the longer distance.



Unfortunately, for the second weekend in a row the weather was abysmal, and the event had to be cancelled due to the dangerous conditions. Very strong winds at 7am with the promise of an increase in velocity as the morning wore on. Like a "plague" of lemmings, a lot of swimmers leapt into the water for a quick frolic in the chaotic waves which was fun but definitely not safe for racing in. Lesley won a raffle prize – a basket of goodies and fresh tomatoes and I won a punnet of cherry tomatoes! The cancellation was such a shame – we all know from experience how much time and effort it takes to facilitate an open water swim.



# Tin Shed Chatter



I will begin with the best news of the month! Our youngest member, Kayla Ellis became Mrs Anthony Smith on the last day of February. Lynne and I were invited to attend the delightful ceremony at Balmain Estate in the Swan Valley and the young couple looked truly awesome – Anthony resplendent in a purple suit and Kayla in a gorgeous lilac tulle dress. There were games to follow the ceremony and the reception promised to be a delicious feast. They were driven off to their honeymoon in the valley in a classic black vintage Chevy complete with purple swirls!



Continuing with the good news, it was great to hear that B1 was given a clean bill of health after his bout of pneumonia which affected his lungs and kept him out of the pool. He and Kathy are currently enjoying a holiday in Singapore.



I would love to report that John Hofmann is home and healthy but, unfortunately, he is still in hospital whilst the doctors attempt to rectify his painful osteomyelitis in his spine. He also has some ongoing blood issues. Norma continues to visit him every day and, whilst she is stoic and coping, the constant travel is exhausting. Garry has been amazing- taking her to the hospital when he is volunteering either at Hollywood or Ronald McDonald House.

Sarah is finally home from her months of amazing world travels! We look forward to seeing her back in the pool...way more than she is looking forward to going back to work!!!



Finally, a happy group enjoyed pizza as usual on the 25th celebrating the month's birthdays.



FROM THE HILL.....ANDREA.



# Thank You!

## THANKS KATE!!!

Massive thanks to the amazing Kate Elliott who has handed over the reins after diligently producing our newsletter for 14 years!

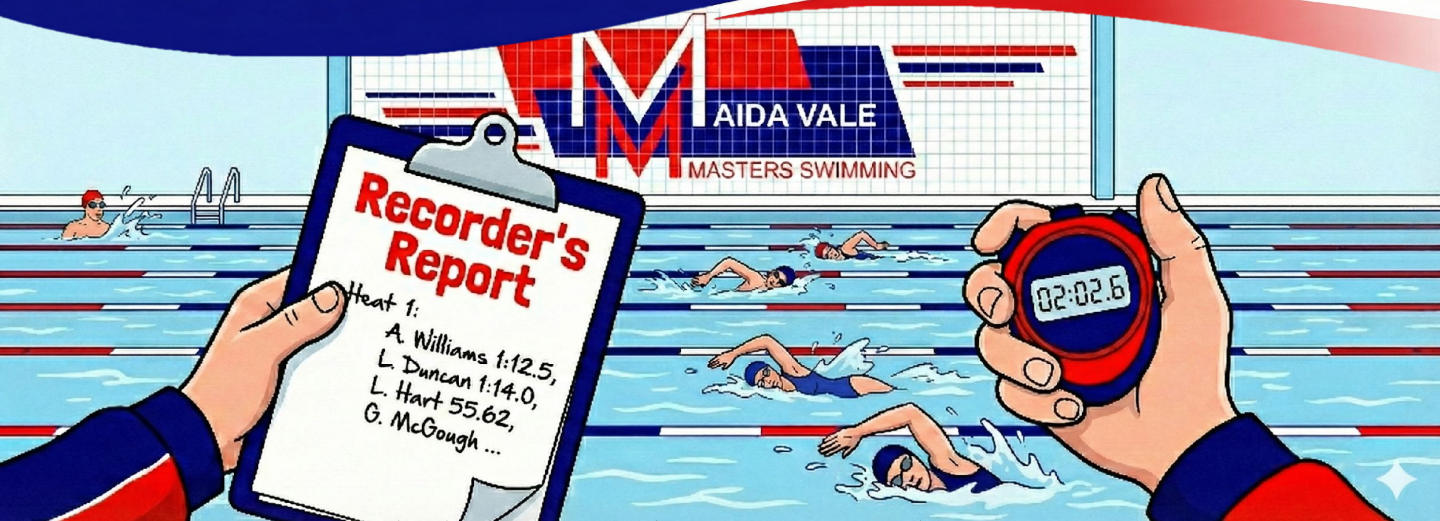
Your efforts have not gone unnoticed and we all appreciate the challenges to meet the deadlines you have met with a smile along the way.



2011 - 2025



# Races and Records



## Club Records set in February

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
<b>Peter Caldwell</b>						
40-44	400 Back	5:56.25	21/02	6:11.46	259	his own record!
<b>Lesley Hart</b>						
60-64	200 Fly (LC)	4:06.86	15/02	5:31.82	6333	Marilyn Potter
<b>Glad McGough</b>						
95-99	30 mins Free	565	21/02	First recorded for this age in Australia		
	400 Back	18:54.20	14/02	Inaugural Club records		
	400 Free	18:50.69	28/02			
	200 Free	8:42.34	23/02			
	25 Back	1:02.72	23/02			
	100 Breast (LC)	5:26.50	15/02	Inaugural <b>National</b> record!		
	50 Free (LC)	1:38.33	15/02	Inaugural <b>State</b> record!		
<b>Marilyn Potter</b>						
80-84	800 Back	25:31.86	28/02	25:35.61	42	her own record!



# Results from The Range



**Endurance this month**  
 1500m Free  
 L. Caldwell 39:03...  
 B. Brady 43:51...  
 M. Potter 46:46.80

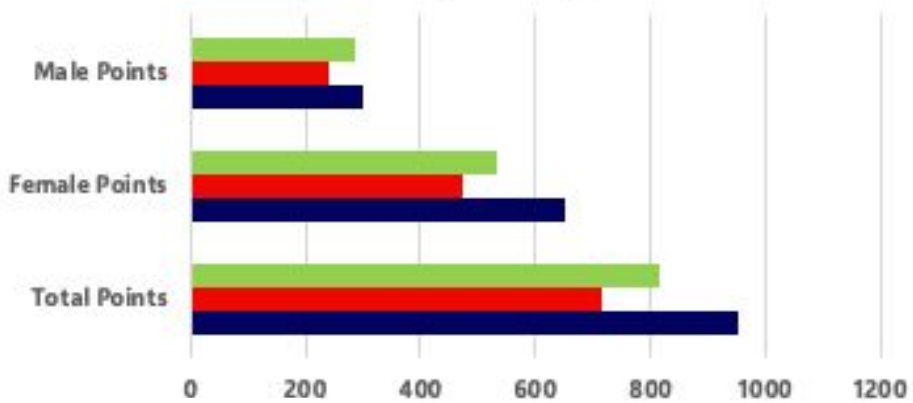
20:26.3

We are back at Darling Range for Endurance, and in the nick of time! The heat of Saturday afternoons has been relieved by a cool pool, and an impressive point collection that beats our last two years to this stage.

**Perhaps the only thing that tops it, is the afternoon tea!**

A welcome back to regular swims from our Australian record setter Glad, and a warm welcome to endurance for one of our newest members, Sarah Lacey, who not only made an 800 free look effortless but finished off the afternoon with a 400 IM. Quite the debut.

**A three year snapshot by March 1st**



**Average Points at the end of February**

■ 2024 ■ 2025 ■ 2026





# Swimmer in Focus

**This month's edition highlights a current history. Such is the impact this gentleman has made on our club, the state and Australia's masters swimming scene, there's not enough space in just two pages to say it all about...**



## Mr Ian Stewart



### Club Record Holder

**A half century of current sprint records, from 2011 to date, 25s to 200s; Fly races to IM's, he's still got one of all across his four most recent age groups.**

**19 Endurance records, including two 1500s in the 85-89 age group and an 800 Breaststroke that turns 20 in May!**

### State Record Holder

**80-84: 11 years on, still holds the 50m Fly and 200m IM short course records.**

**85-89: Eight records long-course and eight in the short course pool across Breaststroke, Fly, Back and IM.**

**90-94: Another eight records from a 25m Fly to an 800m Breaststroke.**



# Swimmer in Focus

## National Record Holder

**90-94: Ian broke two records at Darling Range last August in the same race: The 400m and 800m Breaststroke, breaking the first, almost six years after Mr Bill Walker set it, and the 800m from its inaugural record holder, Mr Jack Matheison, who laid down those markers in the same race 2,913 days previously, in 2017.**

**Watching Ian race in his 90s is a joy. When you see him glide down the pool, it defies belief that he isn't twenty years younger! It isn't just inspiring, it is a privilege. To know there is ambition, desire and record setting for a lifetime sets a special precedent to all Masters swimmers.**

**The unwavering love and support of his wonderful wife Dorothy. Also watching Ian receive his WA state championship medal, Linda, one of their daughters.**



*(Above, our two State champions in 2025: Club President Andrea, and our male nonagenarian, Ian)*

## Why your kick is making you slower (and how to fix it!)

YouTube video by Fares Ksabati...link here 

- The thigh and butt muscles are the biggest in the body. When kicking cardiac output increases, so it is more tiring!
- If your head is too high, legs drop, causing drag, slowing you down.
- The amplitude of your kick should be about 30 cm (1 foot), contained in an imaginary cylinder.

Sprinters, should use a 6 beat kick (3 for each arm pull). This gives better propulsion than lower kick beats, but is tiring!

Endurance or distance swimmers should try a 2 beat kick, using a right leg kick opposite to left arm, mainly for balance rather than propulsion. Far less tiring, but needs practise!

Best drill for kicking is on your back, arms extended (elbows locked) and kicking with or without fins. Stiff fins are harder work than flexible fins.

Repeat drill on front, right side, then left. Knees should be flexible but straight, and power should start from thighs (like kicking a ball on the ground).

### Gwyn and Lesley





# Stubby Stakes

## And the winner is...

Our February winner of Stubby Stakes was David Masters. He swam 0.12 secs off his nominated time for the 50m Breaststroke.



Come along on Monday, **9th March** and have a go at the **25m Freestyle** for your chance to win for the month!  
This social night is a great opportunity to challenge yourself and catch up with other members. Bring a plate to share and whatever you would like to drink.

## **UPCOMING STUBBY STAKES...**

**9TH MARCH**

**25M FREE**

**13TH APRIL**

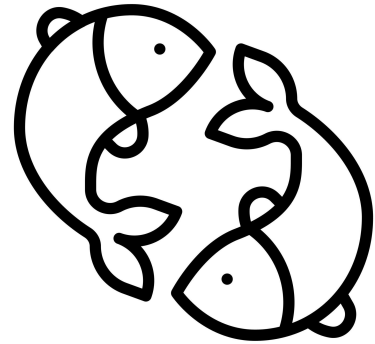
**50M CHOICE**



# Birthdays and Blurb

## *Pisces Birthday Celebrations in March...*

Russel Fowler 2nd  
Sandra Love 5th  
Richard Mazzucchelli 10th  
Lee Caldwell 12th  
Rory Risbey 15th



Rory will be 21!!!  
Have fun celebrating in Kalgoorlie  
Risbey Family!



# Club Uniform

**Ladies' Long Leg Bathers \$82.00 now \$75.00**  
**Sizes 8 to 18**

**Ladies' Regular \$72.00 now \$65.00**  
**Sizes 8 to 20**



**Men's Jammers (Long Leg) \$52.00 now \$45.00**  
**Sizes 14 to 26**

**The club subsidises shirts and vests by \$9...**  
**Club Shirts only \$40.00**  
**Club Vests: only \$50.00**  
**3 x Medium and 3 x Large in stock.**

**To Buy:**  
**EFT to the club's bank account**  
**Include: member's name and 'club uniform' as the reference**  
**Cash can be paid on raining nights.**

**Bank details are in Dolphin Dots.**



**Michelle Chia**  
**0411 389 036**

**You can often catch**  
**Michelle at the pool.**  
**Kit can be tried on before purchasing**  
**(just let Michelle know in advance)**



# Upcoming Events

**Sunday 8th March - Jetty to Jetty, Coogee**

**LINKS!**

**Sunday 29th March - [Fremantle ABC Club Challenge \(Long Course\)](#). Entries by [21st March](#)**

**11th - 12th April - [MSWA State SC Championships, Mandurah](#)**

**Mandurah Aquatic Centre**  
303 Pinjarra Rd, Mandurah  
25m Outdoor Pool

**Saturday 11 April**  
Warm Up 10:45  
Racing from 11:30  
Finish 5:30

**Sunday 12 April**  
Warm Up 8:00  
Start 8:45  
Finish 1:45

**QR CODE  
TO ENTER!**



**Meet Registration:** \$28 per swimmer  
**Individual Events:** 50m, 100m and 200m - \$6.75 (max 6)  
**Individual 25m Events:** no cost (max 4)



**Even if you can only make one day.....it would be great to have you for the relays!**



# WA State SC Championships Programme



## Day 1 - Saturday 11 April

1	100m Fly
2	200m Free
3	100m Back
4	50m Breast
5	Freestyle Relay
6	100m IM
7	200m Breast
8	50m Free
9	25m Back
10	25m Fly
11	Medley Relay - Female
12	Medley Relay - Male

## Day 2 - Sunday 12 April

13	200m Fly
14	100m Free
15	50m Back
16	50m Fly
17	Medley Relay
18	200m Back
19	100m Breast
20	200m IM
21	25m Free
22	25m Breast
23	Freestyle Relay - Male
24	Freestyle Relay - Female

**All events Mixed except relays at the end of the sessions**





# Monday Nights

## PROGRAMME FOR MARCH

<b>2ND MARCH</b>	<b>LABOUR DAY</b>	
<b>9TH MARCH</b>	<b>25M FREE</b>	<b>200M BACK</b>
<b>16TH MARCH</b>	<b>200M IM</b>	<b>25M BREAST</b>
<b>23RD MARCH</b>	<b>100M BACK</b>	<b>50M FREE</b>
<b>30TH MARCH</b>	<b>COACHING NIGHT + COMMITTEE MEETING</b>	

## PROGRAMME FOR APRIL

<b>6TH APRIL</b>	<b>EASTER MONDAY</b>	
<b>13TH APRIL</b>	<b>50M CHOICE</b>	<b>100M FLY</b>
<b>20TH APRIL</b>	<b>COACHING NIGHT + COMMITTEE MEETING</b>	
<b>27TH APRIL</b>	<b>200M BREAST</b>	<b>25M SCULL</b>

**Stubby  
Stakes**

**Public  
Holiday**

**No  
Races**



# Club Calendar

## MONDAY

CLUB NIGHT

**18:30 – 19:30** Training: *choose a program or swim at your own pace*

**19:30** Weekly News Update

**19:35 – Finish** Races! *see Monday Night Programme*

*3rd Monday of the month: Coaching from poolside + Committee Meeting after 7:35 (No Races).*

## TUESDAY

TRAINING

**18:30 – 19:30** Training (Open Session)

*Choose a coach's program sheet or swim at your own leisure.*

## WEDNESDAY

TRAINING

**18:30 – 19:45** Training (Open Session)

*Choose a coach's program sheet or swim at your own leisure.*

## SATURDAY

ENDURANCE

**14:30 – 16:00** Timed Endurance Swims

**16:00 - 17:00** Afternoon Tea & Catch-up

*Check 'Results from The Range' for details.*



# Contact the Club



**Andrea Williams**  
**0403 210 096**



**andreawilliams12@hotmail.com**



**Lesley Hart**  
**0419 961 729**



**lesleyjane62@hotmail.com**



**Lynne Duncan**  
**0417 997 556**

**duncan1320@bigpond.com**



**Tom Love**  
**0493 591 622**



**twjlove@outlook.com**



# Meet our Committee

## **Executive:**

**President:** Andrea Williams

**Vice President:** Lesley Hart

**Secretary:** Lynne Duncan

**Treasurer:** David Masters

**Captain:** Tom Love

## **(Above) Ordinary Members:**

**Brian Brady (B1)**

**Brian Risbey (B2)**

**Michelle Chia**

**Kerry Howe**

**Sarah Howard**

**Welcome to the team Kerry and Sarah  
and thanks for volunteering!**





# Useful Links



[maidavalemastersswimming.com](http://maidavalemastersswimming.com)



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**WORLD  
AQUATICS**

