



UP HILL DOWN VALE

Issue 4

April 2026



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President's Prose

FOR MARCH 2026

Autumn brought with it another very busy month for club activities beginning with the Jetty to Jetty WOW swim at Coogee beach. It was fantastic to see so many club members competing and, in particular, Kerry and Marilyn, who both faced their fears and entered the 750m swim. Kerry admitted that she was very nervous but actually really enjoyed her swim. Marilyn had royal treatment from William and the organisers and was driven up to the start line in a dune buggy then assisted out at the end in a special wheelchair. Both Bronwen and Bronwyn's sons swam in different distances, with Grandad David assisting in the 750m with Flynn and Bronwyn's husband Richard supporting in the 250m. Sarah, fresh from her travels, had her first big swim in nearly a year and it was great that her Mum and Dad, Lesley and Nigel, joined her in the water. Nigel was boasting that he beat her – but seriously Dad - after a year out of the water?!! Scott also enjoyed his swim after returning to competitive swimming this year. Kate is still muttering about her choice of the 1500m as the conditions were on the wild side and battling the waves was a challenge, but she didn't have to push into it doing breaststroke like Gwyn!!



Other notable swims were from Christine, Lesley, Caroline, Malcolm and me – all finishing the 1500m. William, Dave Howe and Graeme came down to support and we all demolished a delicious breakfast under the shady trees after our efforts. Gwyn had carried our picnic bag quite a distance and was complaining about the weight. I had accidentally packed a heavy bag of Bocce balls from a previous picnic – hence the photo of us all about to play a game.





President's Prose cont...

The rest of March was a hectic race to get the Port to Pub swim to the start line! Several of our club members have been volunteering for 10 years and were busy again this year. Lesley, Barbara, Garry, Lynne, Gwyn and I were all presented with terrific Yeti drink bottles as a thank you. The Brians (as they are known by the organisers) were again out on the big icon vessel – 1500m out from the beach – to assist with any swimmers missing kayakers, boats etc. B1 missed a huge breakfast on board last year as he was seasick so he went prepared this year with tablets – only to find they weren't cooking up brekkie and the ginger tablets gave him heartburn!



Garry and his mate Lorenzo from Hollywood Hospital volunteering were the “security” in the volunteer's room and were given special t-shirts to confirm their high authority. Does everyone remember when Russel was the security in the room and promptly fell asleep in a dark corner?? 😊 Lynne kept them in line, ordering the food and sweeping the sand from the floor. Gwyn and Andrew were floating helpers as there are so many little tasks to keep on top of. Kate and Barbara worked very hard handing out the prizes at the end. Lesley and I were at the start line at Leighton at 0430 then jumped on the special Eco Fast Ferry across to the beach at Rottneest. It's truly the best fun way to zoom across. Lesley set to work with the volunteers in the recovery tent and I got back onto the microphone again – completing a 10 hour shift of talking!!! 😊





President's Prose cont...

You will have all heard how fantastic the day turned out and it was a fitting way to celebrate ten years of organising an awesome event. The conditions in the channel were magic – the water was glassy and you could see the sand and reefs the whole way. Everyone was smiling and ecstatic at the finish line. There was a 97% success rate across all the waves of swimmers and so many inspiring back stories from the competitors and their families. We are so very proud of Ceinwen for her tenacious belief in her event and for the way she is able to gather like-minded people around her to make this event unique. We are very grateful to our wonderful friends in the club who pitch in every year and happily do what is asked of them.

xxx



Can confirm she talked for 10 hours!!!

Back to reality and, after a great week of nice weather, Mother Nature unleashed a bucket load of rain leading up to the weekend of the Freo Fins ABC event. Luckily for them, the wind and rain cleared to provide a beautiful Sunday morning, and the event was very successful. We had taken the club marquee down for protection against the elements – along with deck coats, blankets, hot water bottles, raincoats and ponchos - but we ended up needing it to keep out of the sun.



President's Prose cont...

Our little band of 7 swimmers managed to finish 13th from 21 clubs. We were successful in our swims but sadly not in the raffle prizes. Tim Buckton had donated some awesome prizes involving his hotel – The Garde in Fremantle and his restaurants. He was the MC on the day and kept the party vibe going all morning with great music.

Glad swam in 3 events and broke her own 50 Freestyle State record. Marilyn swam 3 individual events and 2 relays. I drew the short straw and embarrassingly nearly drowned swimming 50m butterfly in a relay. Kate, Scott, Brian and Gwyn all swam well. Lynne officiated and Graeme supported us.



The month finished with a committee meeting and a Monday night coaching session delivered by Gwyn. There were several swimmers who enjoyed the drills and the sets. One potential new swimmer, Claire who also availed herself of some stroke correction.

The pizza night was a very intimate occasion as some of us were still enjoying Rottneest and others were not available to attend. The fact that they were only making pizzas on the night and not pasta, etc may have contributed to the lack of numbers. I believe that the ten people, including newlyweds Kayla and Anthony, and first timers Sue and Rob, enjoyed themselves.





Tin Shed Chatter

The main news is that 'The Tin Shed' is in line for a facelift and will be closed over these school holidays for some much needed repairs. The steel beams along the side of the pool – basically holding the roof up – are very rusted out and will be replaced. Thankfully the sky hasn't fallen in on us! (channeling Chicken Little!)

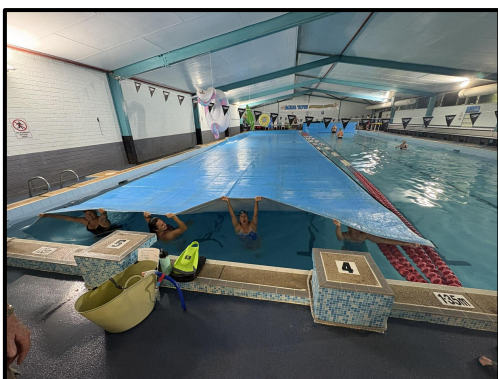
It will reopen again on the 20th which will actually be another committee meeting and coaching session. THERE WILL BE NO STUBBY STAKES IN APRIL!

Endurance is still continuing at Darling Range with Brian, Lee and Kerry holding the fort.

The situation regarding John is still very much in limbo. He has had more back surgery to insert some steel pins in to support his spine. Thankfully he is now sitting up in a chair and beginning the long haul back to walking again. Norma continues to visit him every day and has popped into the pool a couple of times on her way home. I know you all share your best wishes for John's recovery – it won't be speedy but time is not the issue.

Whilst on the medical front, we were sorry to hear that Ian has also had a spell in hospital with spinal problems but is home now and working towards getting back in the pool as soon as possible.

On a lighter note, we had a funny incident a couple of Mondays ago when, after the covers had been put on, it was remembered that the pool staff had asked us to locate a tear in one for them. Lesley hadn't changed yet so squeezed her way to the centre of the pool and swam under the covers to find said hole. Andrea struggled to hold the camera still watching as fingers appeared hauntingly...shades of 'Thing' from the Addams Family. Mission accomplished!



We have had a bumper couple of months welcoming new and prospective members. Peter Caldwell's wife Sophie has joined and will now be officially allowed to swim at Endurance. Shiryan Fernihough is another new member and Kayla's new husband Anthony has also signed up and is already taking advantage of Tuesday night with his new wife in Lane 1. A lovely lady named Clare Veitch popped in for a swim and a reconnoiter on Monday night and hopefully liked us enough to become a member.



We welcomed our latest committee members, Sarah and Kerry to their first meeting and enjoyed watching their reactions to our slightly unconventional methods of conducting a meeting. I look forward to their input.

Brian, Jacinta and Rory spent a great holiday exploring Kalgoorlie whilst celebrating Rory's 21st birthday.

Christine and hubby Doug will be travelling around the country again – providing they can get fuel and Kerry and Dave are also heading off on a trip to the south west.

Garry and Barbara drove down to Albany to watch “The Switching On Of The Lights” and, whilst they enjoyed their short holiday, they were underwhelmed by the much advertised occasion.

A group of swimmers will be attending the State Championships in Mandurah during April and are planning to stay there for a couple of nights. A terrific dinner is planned for the Friday night – being mindful that we are all elite swimmers and need to carb load for the event. More details next month!

I hope you all have a wonderful and safe Easter and school holidays. Maybe try to fit in some training at one of the other pools on offer??

FROM THE HILL.....ANDREA



Editors Note: Our President neglected to announce that she was declared an Age Group Winner (Veterans 76 years and over) in the 2025-26 WOW Open Water Series.

Apart from the accolades this involves for her commitment to supporting the available swims throughout the season, Andrea also received a box of goodies.

Congratulations Andrea!



Can You Help?



**40TH ANNIVERSARY
LAKE
LESCHENAULTIA
SWIM THRU**

8TH NOVEMBER 2026

We are asking for expressions of interest from anyone keen to join a sub-committee to make sure this event is the best yet.

Sharing the load will make all the difference!

Please let Andrea know ASAP if you would like to help!

Races and Records



Club Records set in March

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Peter Caldwell						
40-44	100m Back	1:15.11	23/3	1:26.70	17 068	Lester Watkins
	1500m Back	25:04.70	21/3	27:33.74	6040	Ren Jakovich
Marilyn Potter						
80-84	100m Back	2:54.03	23/3	2:55.80	9457	Anita Eifler
	800m Back	25:11.13	21/3	25:31.86	21	Her own
Glad McGough						
95-99	800m Free	38:18.82	14/3		Inaugural	
	45 mins Free	883m	21/3		Inaugural	
	50 Free (LC)	1:36.17	29/3	1:38.33	42	Her own State record!
Tom Love						
35-39	200m Back	3:06.91	9/3	3:06.93	14 819	Rob Watson
Lesley Hart						
60-64	200m Back	3:30.88	9/3	3:31.36	378	Her own

Results from The Range



Everything is ticking along for Endurance at Darling Range with the regular core amassing points and others making the occasional appearance when their social calendar allows. Brian is steadily increasing his distances after being so unwell and there are goals being set by others that should make for some tight point scoring challenges at the end of the year. A bonus in recent weeks has been the hunting and gathering (figs and olives) in the local surrounds after the swimming.

As at 4th April 2026.....

Female Points (10 swimmers)	Male Points (3 swimmers)	Total Points
1158	425	1583

Compared to the same time in 2025....

Female Points (7 swimmers)	Male Points (4 swimmers)	Total Points
890	343	1233

Drills for Core Strength and Body Rotation

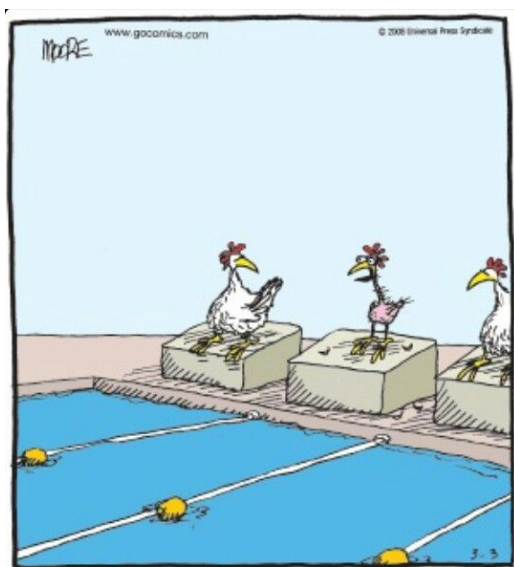
Global Triathlon: These 5 drills will take your Freestyle swimming technique to the next level!

Torpedo Drill - arms held at side, face down, 6 beat kick, then rotate on one side and repeat 6 beat kick, next rotate on back, repeat, then rotate to other side repeat. Continue for one lap at a time. Easier with fins!

3 Pull 6 Beat Kick drill - start with 3 normal strokes with 6 beat kick, then use core strength to rotate to one side and execute 6 strong kicks (swordfish). Next rotate back to normal position and execute 3 full strokes with 6 beat kick. Finally rotate to opposite side and repeat 6 strong kicks (swordfish). One lap at a time!

Water Polo drill - swimming with head up high, focusing on end of pool. This makes you pull directly below each shoulder (not to either side).

Video on YouTube - <https://www.youtube.com/watch?v=0N5Mzazwnrg>



It has been noted for some time that the training programs available at the pool are way too long for our current timeslot of one hour (max) given that they were prepared for a 1 ½ hour timeframe. With that in mind, we will be taking some time to revise them so members can have a better sense of accomplishment in finishing a program, and come up with some new ideas to maintain interest and fitness.

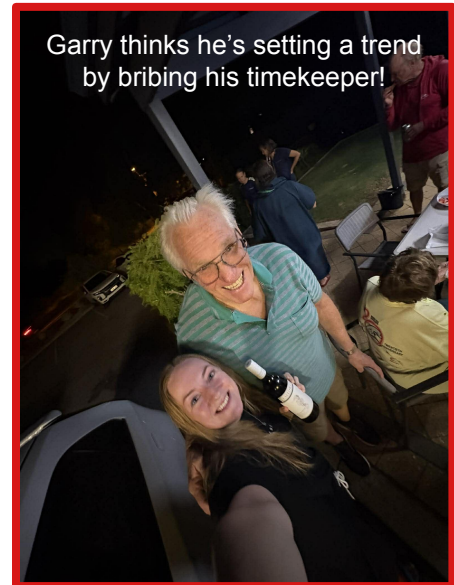
Gwyn and Lesley



Stubby Stakes

And the winner is...

Our March winner of Stubby Stakes was Garry Lymn. In a major upset and equally impressive comeback, he swam closest to his nominated time for the 25m Freestyle.



Garry thinks he's setting a trend by bribing his timekeeper!

Come along on Monday, 4th May and have a go at the **50m Backstroke** 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...

APRIL...CANCELLED DUE TO POOL CLOSURE

4th May 50m Backstroke





Birthdays and Blurb

Birthday Celebrations in April...

Sandra Thompson 19th

Sophie Caldwell 20th

Scott Yaxley 21st



Upcoming Events

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

If you feel like a drive and maybe some timekeeping, come and cheer our members on!

Sunday, 19th April - Lunch/Walk/Movie

Details on the next page...

COME ALONG FOR A FUN AFTERNOON...

When: Sunday, 19th April

Where: Mundaring Weir Hotel

Lunch @ 1pm

(including a \$10 drinks voucher each)

See menu on the link below

After lunch there is the option of staying to enjoy the entertainment and ambience **OR** working off your meal with a leisurely stroll around the Weir.

As an added bonus, there is a great film showing at the **Kookaburra Cinema** (link below) just up the road that evening. If your energy levels are still high enough, get there for the doors opening at **6.15pm (movie at 7.30pm)**

The Movie: **One Battle After Another** (M) *Thriller*

Highly acclaimed, winning 6 Oscars this year including Best Picture – starring Leonardo Di Caprio and Sean Penn

Please **RSVP** for lunch by **14th April** so bookings can be made to: **Michelle OR Brian**



Mundaring Weir Hotel
~Est. 1898~





Monday Nights

PROGRAMME FOR APRIL

6TH APRIL	EASTER MONDAY
13TH APRIL	POOL CLOSED
20TH APRIL	COACHING NIGHT + COMMITTEE MEETING
27TH APRIL	ANZAC DAY

PROGRAMME FOR MAY

4TH MAY	50M BACK	75M CHOICE
11TH MAY	100M IM	50M BREAST
18TH MAY	COACHING NIGHT + COMMITTEE MEETING	
25TH MAY	200M FREE	25M BACK

**Stubby
Stakes**

**Public
Holiday**

**No
Races**



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

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



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.

No swimming at Aquatots until 20th April due to maintenance work being carried out!



Contact the Club



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Useful Links



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Rankings**

