



# UP HILL DOWN VALE

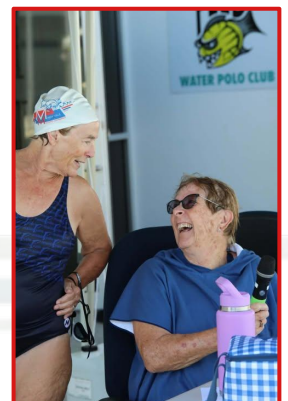
**Issue 5**

**May 2026**



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# President's Prose

## FOR APRIL

There were 4 more Open Water swims in April to end the season. The Gracetown Community swim at Cowaramup Bay, Denmark, the Watermans To The Wall and the Albany Harbour Swim. I did the CowTown swim and Ceinwen braved Denmark and Princess Harbour. Cowaramup is a great community event with around 300 participants. Very casual 1k around the bay. Luckily, I managed to finish first in my age group and collected some quality wine to enjoy over Easter and another local pottery mug for my growing collection.



April was a busy month for those members who competed at the State Championships in Mandurah. Although the MV pool was closed for training over Easter and then again for maintenance, the eight swimmers who headed south for the weekend managed to peak just at the right time. Lesley and Caroline had been training at Kalamunda and Bilgoman pools before they closed for the year.

Congratulations to Kate, Lesley, Michelle, Gwyn, Caroline, Brian B., the amazing Glad and me for competing so brilliantly over the 2-day meet. With individual events and relays we managed to finish 7<sup>th</sup> from 26 clubs. The Mandurah Aquatic Centre provided a perfect venue for fast swimming which enabled Glad to set 6 new State records and 1 inaugural National record. Glad also helped us to victory in 1 relay and finished first in her age group. Gwyn broke a State record in the 25m Breaststroke, and I managed to break the 200m Freestyle State record. Lesley finished 2<sup>nd</sup> in her very popular age group.



Glad had an entourage of club members every time she fronted up for a race, which included a special unit to help her exit the pool. Brian perfected the very undignified "bum push" up the steps - which provided hilarity and a huge response from the other swimmers watching on pool deck. Lynne officiated all weekend and Ian Chia time kept for the club on both days. He made a lot of new friends and actually enjoyed himself. I was part of the announcing team – talking as usual!

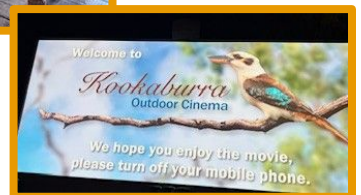


# President's Prose cont...

A group of us rented a house in Halls Head for 2 nights and others stayed elsewhere, so we all gathered on Friday night for a magnificent feast before the competition began. It was a brilliant weekend – both socially and swimmingly! 😊



Brian and Michele organised a social Sunday outing involving lunch at The Mundaring Weir Hotel, followed by a walk around the Weir and then an evening at the Kookaburra Cinema. The plan was upturned dramatically by a road accident – involving a motorbike and a tree – just 200m from the Hotel carpark. We have no idea what the outcome was as there was nothing reported on any news feeds. The group driving from Mundaring arrived on time, but the group driving from Kalamunda were stuck in traffic before turning back and parking on the other side of the weir. A leisurely walk across the dam wall brought us to the hotel through the gardens, and lunch proceeded an hour behind schedule. Luckily Glad and her son, Rob, arrived just as the accident had happened and were allowed through by the police. Rob was celebrating his 71<sup>st</sup> birthday. Following coffee and drinks on the verandah, the intrepid walkers set off back across the weir wall before driving to the outdoor venue. We enjoyed a picnic dinner under the stars - serenaded by the cackling of kookaburras - before watching an “interesting” movie., “One Battle After Another”.





# President's Prose cont...

The pool reopened after the school holidays, following the refurbishing of the steel upright roof supports. Although the first night back was a training/stroke correction and committee meeting, the fact that we were all desperate to get back into the pool was evident in the numbers who attended. Lesley – with input from Gwyn – had prepared a new selection of programmes over the break and they were enthusiastically received. They are more aligned to allow for a realistic time frame in which to complete the schedules.

Endurance participation over April was slightly impacted by the State Swim and the Easter/school holidays, but Lee, Patricia and Brian kept the sessions running. The temperature of the Darling Range pool will be monitored, and consideration will be given to reverting to Maida Vale pool over the colder months.

The normal procedure governing no swimming on public holidays was changed to allow a club night on the ANZAC Day Monday holiday. The Committee made a quick decision to hold an open session of training which was well attended with the swimming interrupted by the usual chatter.

Once again, the month finished with the Village Pizza dinner. Luckily, they had a chef on duty and were able to provide a full menu for those who aren't keen pizza lovers. Thank you to Sandra who trekked up the hill to join us, share her birthday pizza and utilise her tech skills to update some info on the club laptop while she was there!





# Tin Shed Chatter

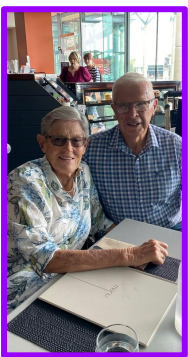
The best chatter of the month was that John Hofmann was finally given a health all clear to return home after being hospitalized since early January. John was initially admitted to Hollywood Hospital, then transferred to Charlie Gardners for surgery before spending time in Mt. Lawley rehab hospital. He is still receiving Silver Chain home visits but the fact that he is finally in his own home and that Norma no longer drives to the hospital on a daily basis is wonderful progress. It will be some time before John can return to the pool for a swim, but he has learned to be more patient after such an ordeal. 😊

Whilst Michelle had helped Brian to organise the Sunday lunch and movie outing, she was not able to attend on the day, as she had a much more important event to participate in. Michelle and her grandson Brody were on a training walk in Whitemans Park, preparing to undertake a 14k walk around the river on 2nd May, raising funds for Womens' Cancer Research. It is a charity close to both Michelle and Ian's hearts as both of their families have been sadly impacted by the terrible illness. If you'd like to offer some last minute support to Michelle and Brody before they take to the streets on Saturday, here's the link to donate [Walk for Womens Cancer - Michelle Chia](#)

Marilyn and Graeme recently celebrated their 56<sup>th</sup> Wedding Anniversary with lunch at Mandurah and then enjoyed a coach trip up the coast to Broome – just in time to escape the start of the winter weather.

Wonderful news from Sarah Howard who is a first time Aunty to a gorgeous new nephew during the month. Her big sister Emma gave birth to Osian Gwyn and the whole family is besotted.

Brian Risbey is enthusiastically settling into retirement and trying new adventures. The latest one involved a health retreat and a 7c ice bath! I think a nice massage and facial would have been a softer option!



Christine and Doug returned home safely from a great holiday in Tasmania.

Kerry and Dave are ignoring the possible fuel shortages and have spent some time on a lovely holiday driving around the great southwest in their van. Their plans are to head to South Australia again to watch more wheelchair basketball. I just hope that Kerry doesn't feel the need to join her nephew courtside in her own wheelchair again!

Still on the caravanning trail – David and Jan Pether are also adventuring into the mulga looking for old relics. Dave could just stay in lane 5 and achieve the same results! 😊



# Tin Shed Chatter

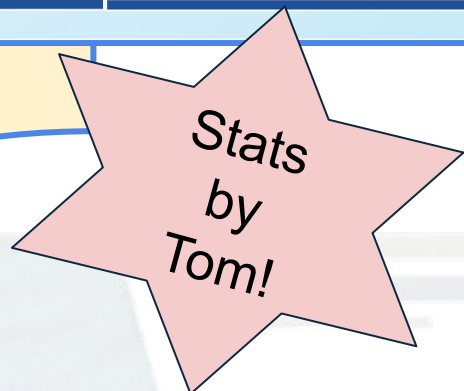
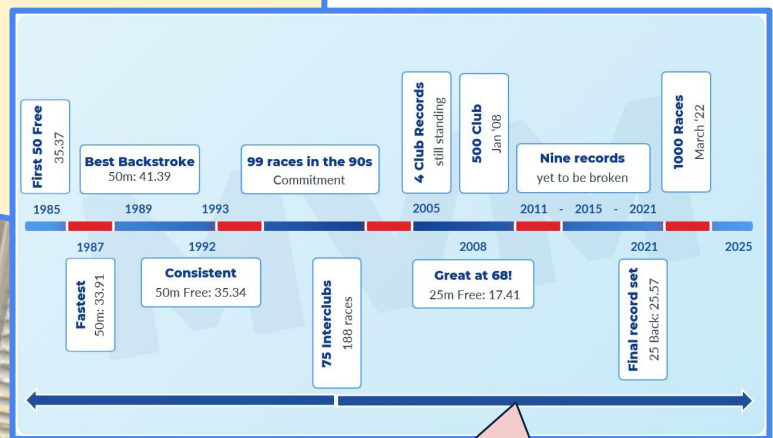
Unfortunately, there are two hospital lane cases to mention. Russel was swimming at Bayswater Waves and took a tumble heading for the showers and has scrapped his knee badly so swimming has been off his agenda for a couple of weeks but he is back in the pool now.

David Masters took a tumble over the handlebars whilst out cycling – leaving him bruised and nursing a small fracture in his sternum – which only hurts when he coughs – but he is already back in the pool swimming gently.

I believe everyone else is fine and dandy but I do apologise and commiserate if this is not the case!!

## FROM THE HILL.....ANDREA

Lesley and William visited Richard in his new home in City Beach this week and presented him with a photo book full of memories of his time at Maida Vale. He was very appreciative and sends his regards to everyone. Richard has settled in better than he expected and is a keen participant in many of the activities available to him including the footy tipping (he's beating Ian Brayshaw 'STICKS' so far), gym and heated pool.





# State Championships

## COMBINED CLUB SCORES

Place	Team	Points
1	Beatty Park Mast	1,968
2	Claremont Master	1,695
3	Perth Rainbow Sw	978
4	Rockingham Maste	971
5	Perth City Swim	868
6	Bold Park Master	494
7	Maida Vale Maste	418
8	Inglewood Master	396
9	Stadium Masters	376
10	Busselton Master	286
11	Riverton Masters	280
12	Somerset Masters	278
13	Mandurah Masters	269
14	Armadale Masters	264
15	Swim West Master	182
16	Whitford Masters	166
17	Superfins WA Mas	112
18	Cockburn Masters	91
19	Leeming Masters	84
20	Casey Seals Mast	74
21	Kwinana Masters	60
22	Guildford and Ka	56
23	Fremantle Master	48
24	Central Aquatic	28
25	Melville Masters	26
26	Scarborough Beac	24

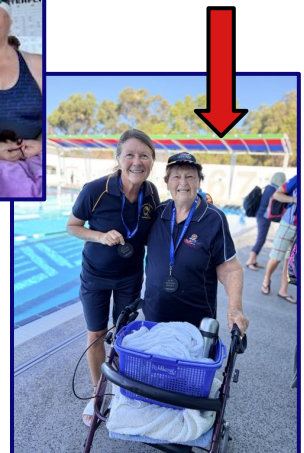
Pretty impressive for 8 swimmers!



How Did We Go?	Points	Age Group Placing
Lesley	80	2 <sup>nd</sup>
Glad	60	1 <sup>st</sup>
Kate	50	4 <sup>th</sup>
Andrea	46	5 <sup>th</sup>
Brian	44	3 <sup>rd</sup>
Gwyn	40	3 <sup>rd</sup>
Michelle	20	10 <sup>th</sup>
Caroline	12	9 <sup>th</sup>



**CHAMP**



I finished the 50m Fly!!

Can You Help?

**STILL!**



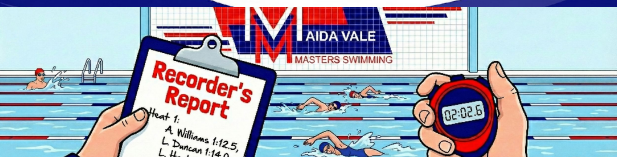
**40TH ANNIVERSARY  
LAKE  
LESCHENAULTIA  
SWIM THRU**

**8<sup>TH</sup> 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

## Records set in April

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
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### Gwyn Williams

<b>80-84</b>	200m Breast	4:38.11	11/4	4:49.02	<b>4032</b>	Ian Stewart
	100m Breast	1:56.95	12/4	2:06.55	454	His own
	25m Breast	21.63	12/4	22.00	188	<b>New State Record!</b>

### Andrea Williams

<b>75-79</b>	200m IM	5:26.43	12/4	5:28.93	<b>776</b>	Her own
	200m Free	3:53.61	11/4	3:56.13	<b>1841</b>	<b>New State Record!</b>

### Glad McGough

<b>95-99</b>	50m Back	2:06.93	12/4	2:10.81	160	<b>Her own Club and Inaugural State Records!</b>
	25m Back	57.81	11/4	1:02.72	48	
	50m Breast	2:26.13	11/4	2:43.20	69	
	200m Back	9:16.29	12/4	<b>Inaugural State Records!</b>		
	25m Breast	1:04.34	12/4			
	100m Breast	5:25.83	12/4	<b>Inaugural State and National Record!!</b>		

### Lesley Hart

<b>60-64</b>	200m Back	3:28.74	12/4	3:30.88	34	Her own
	100m Back	1:35.13	11/4	1:37.54	524	
	50m Back	43.83	12/4	43.99	342	
	100m Fly	1:44.67	11/4	1:49.94	370	
	25m Fly	19.19	11/4	19.45	713	
	200m IM	3:36.36	12/4	3:36.61	867	

# Results from The Range



A quiet few weeks at DRSC but the regulars are still ticking off their swims. If you're free on a Saturday afternoon, challenge yourself with a distance swim ranging from 400m to 1 Hour and gather some points for the Club in the National competition at the same time!

A bit of delayed recognition for those who did the timekeeping for Endurance in 2025...

Brian Brady (61 swims), Kerry (53), Lee (51), Tom (45) and Marilyn (22). Thanks for always being there to support each other!

As at 30th April 2026.....		
Female Points (10 swimmers)	Male Points (3 swimmers)	Total Points
1250	425	1675
Compared to the same time in 2025....		
Female Points (8 swimmers)	Male Points (5 swimmers)	Total Points
1021	489	1510



# Coaches' Corner

Given that the programs used on training nights were designed for the hour and a half we used to have in the water, and at the request of some swimmers, we are creating some new schedules that should be achievable in the hour now available. There are two in each set: we recommend A for Lanes 2 & 3, B for Lane 4.

They are in the MV holder by the clock in a clear folder labelled '2026', along with all the old ones that have been resorted and replaced. As time permits, we will produce more so keep checking.

Please always ensure that any programs you use are dried and put back in their appropriate folder in the correct order.

There are some drills we haven't done for a while so if you're not sure please ask.



Rowdy Gaines (67), a three-time USA gold medallist from the 1984 Los Angeles Games, firmly believes in the unique advantages of swimming against any other exercise out there, especially as we age.

Prioritising **proper technique** is crucial. While most recreational swimmers favour freestyle, Gaines' advice extends to breaststroke, backstroke, and butterfly. For freestyle, he advocates for long, smooth strokes over short, choppy ones, emphasising keeping the head aligned with the body in the water... "water rewards efficiency". **Be patient** ...building distance and endurance must be a gradual process. **Prevent injuries** ...by doing a proper warm-up. This should ideally be done on dry land before entering the water, incorporating stretches, shoulder exercises, and some strength training. **Remain hydrated** ...perspiration occurs in warm pools like ours and can exacerbate dehydration.

**It's a Mental Game...** Gaines places significant emphasis on keeping swimming enjoyable and fostering comfort in the water, rather than fighting it... "learn to feel the water". Swimming is not easy. You are not always going to feel good swimming. But you are going to feel great when you're done." [Olympic gold medallist gives 5 tips for older swimmers returning to the pool | The Independent](#)

Circa 1991  
(Bad Taste Night)  
Yes, she is pregnant. No, it's not his!!



**Gwyn and Lesley**



# Stubby Stakes

**And the winner wasn't...**

**Due to maintenance taking place at the pool during April, no Stubby Stakes was held but...**

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...**

**4th May      50m Backstroke**

**8th June      25m Butterfly**

**I SWIM  
BECAUSE  
I'M  
TOO SEXY  
FOR SPORTS  
THAT REQUIRE  
CLOTHES**



# Birthdays and Blurb

## ***Birthday Celebrations in May... (all the boys!)***

**8th David Howe and Paul Norris**

**12th Brian Brady**

**16th Steve Martin**

**19th Anthony Smith**

**26th David Pether**



# Upcoming Events

**24th May Stadium Masters ABC 1500m**  
**(see attached)**

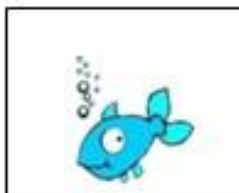
**21st June Riverton Masters ABC Carnival**

**22nd June Maida Vale vs Hervey Bay Solstice**  
**Challenge**

**(ALL BODIES ON POOL DECK!)**

Enter by May 17th...

STADIUM MASTERS SWIMMING CLUB



invites MSWA members to participate in the

## 2026 Act Belong Commit 1500 Swim Meet

### MEET OVERVIEW

1500m – One swim only, 400m and 800m splits will be recorded

Event 1: 1500m Freestyle Event 2: 1500m Backstroke Event 3: 1500m Breaststroke

### MEET DETAILS

Date	Sunday 24 <sup>th</sup> May 2026
Venue	Perth High Performance Centre (Perth HPC) Indoor 8 Lane Pool Stephenson Avenue, Mt Claremont
Warm-up time	08:15 – 08:45
Start time	09:00 All Swimmers must register by 10am
Finish time	12:30
Cost of meet and Pool entry	Cost of meet entry is \$12 per swimmer  Pool entry is \$7.40 payable on the day Concession (student and pension card holders) \$5.80
Entries Close	17 <sup>th</sup> May 2026 at 5pm (Late entries will not be accepted)
Registration link	<a href="https://www.myswimresults.com.au/Entries.aspx?MeetID=MAU180">https://www.myswimresults.com.au/Entries.aspx?MeetID=MAU180</a>
Contact details	Jil Mogyorosy <a href="mailto:jilmogyorosy@gmail.com">jilmogyorosy@gmail.com</a> 0401522063



# Monday Nights

## PROGRAMME FOR MAY

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

## PROGRAMME FOR JUNE

<b>1ST JUNE</b>	<b>WA DAY</b>	
<b>8TH JUNE</b>	<b>25M FLY</b>	<b>150M CHOICE</b>
<b>15TH JUNE</b>	<b>200M FLY</b>	<b>50M FREE</b>
<b>22ND JUNE</b>	<b>WINTER SOLSTICE VS HERVEY BAY</b>	
<b>29TH JUNE</b>	<b>100M FREE</b>	<b>25M KICK</b>

**Stubby Stakes**

**Public Holiday**

**Special Event**

**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.*



# Contact the Club



**Andrea Williams**



**andreawilliams12@hotmail.com**



**Lesley Hart**



**lesleyjane62@hotmail.com**



**Lynne Duncan**

**duncan1320@bigpond.com**



**Tom Love**



# Useful Links



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



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