



UP HILL DOWN VALE

Issue 6

June 2026



Guernsey

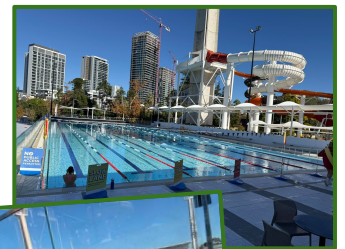


President's Prose	2-3
Tin Shed Chatter	4-5
In the News	6
Can You Help?	7
Races and Records	8
Results from The Range	9
Coaches' Corner	10

Stubby Stakes	11
Birthdays and Upcoming Events	12
Winter Solstice	13
Social Event/Distance Meet	14
Monday Nights	15
Club Uniform	16
Club Calendar	17
Contact the Club & Useful Links	18



New Pool
at the
WACA



RIP dear
Cookie...the
most loyal
club member
ever!



President's Prose

FOR MAY

There was very little club activity over the month of May. I must say that, although we currently have 50 “active” members, we continue to struggle with attendance numbers on training nights. On average we manage 4 swimmers on Tuesdays and 8 on Wednesdays, which makes the exercise of covering the pool difficult. If you keep thinking of getting in for a swim, consider putting your thoughts into action and hop in for a session. The new, shorter training programmes are specifically designed to be completed within the hour.

Endurance sessions have recently been held at Aqua Tots on Saturday afternoons as the Darling Range pool had heating problems. There is always the regular quorum, however, if more people attended, the situation with the covers would be less of a dilemma. I called in on my way home to help out one Saturday as I knew there would only be 4 swimmers (including Glad and Russel) and managed to provide a great deal of entertainment. I was pulling from the side as the cover was stuck and Patricia and Kate couldn't budge it. I was fully extended over the pool with one corner of the cover in my hands, when it suddenly moved sideways! A quick parkour roll landed me on the edge – wet but unhurt! Take 2 involved a rope attached to the centre of the cover which I tried to pull. The “rope” was actually a piece of string which promptly broke and sent me crashing backwards into the wall! Again, unhurt but none of us could stop laughing!

There was a 1500m long course event at the HPC hosted by Stadium Masters and I was the only member of Maida Vale to attend. In the past the event has been conducted in the outdoor 8 lane pool and was always dependent on the weather. This year the outdoor 10 lane pool has been emptied in order to replace the tiles, and the 8 lane was being used by the public. To hold their event, Stadium Masters either must pay \$300 to have the boom moved from short course to long course in the indoor pool or pay for the hire of marquees for the outdoor event! Our club is so fortunate to have the facilities of the Darling Range pool for our short course 1500m event where we just basically hand over a portion of the swimmers' entry fees on the day. Our 800/1500m event will be held at the Darling Range pool on **Saturday 8th August**. Make sure you put this in your diary and get there to help on the day!



Editorial addition: In a major highlight for the Maida Vale month Andrea's 1500m Freestyle at this event was a State Record breaking the previous record by over one and a half minutes!



President's Prose cont...

Stubby Stakes was another swimming highlight of the month with the coveted bottle of wine being won by Lesley. The results were very close with Tim just missing out because he was trying to finish exactly half a second behind Lesley.....missed by not much!



Congratulations to Lynne who has been recognised for all the endless hours spent as a Technical Official with Masters Swimming Australia. She currently chairs the National Technical Committee, working on the 2027 National Championships being held here in Perth. She has been presented with a 5 Year Meritorious Award for services to Masters Swimming Australia. Lynne also travelled down to Mandurah last weekend to conduct two technical courses for trainee officials.

Although the weather was a tad chilly, a few brave souls made it to the monthly pizza dinner with birthday boy David Pether providing the dessert pizza.



WINTER SOLSTICE CHALLENGE!! We are completing our annual challenge against the Hervey Bay Humpbacks on **Monday 22nd June**. You need to check out the details in this newsletter and please make yourselves available to swim on the night. We need 24 people in the water and another 4 to count laps. Of course, there will be a pizza supper at the end of the event. We have only managed to win this coveted trophy on two occasions over the 8 years it has been running. The Humpbacks are a very strong club but we have cunning and great age on our side.

LAKE LESCHENAULTIA SWIM: Plans are beginning to take shape for our 40th Anniversary event on **Sunday, 8th November**. We have put forward a Business Case to The Shire of Mundaring for some funding to provide special prizes this year. I'm not filled with confidence but we might just be lucky.

I attended a debriefing meeting of the 2025/26 WOW events and our swim rated very highly against the other 5 events.



Flashback
of the Month

2010

How many do you
recognise?



Tin Shed Chatter

The exciting news of the month was the newspaper coverage we received from The Echo reporting on the club's achievements at the State Swim. We managed to get a great article in, which included a lovely photo of our little band of swimmers and, in particular, a wonderful photo of Glad. The article was followed up with an interview with Glad on 6PR. It was quite early in the morning and thankfully Tim managed to record it for those who missed it. Glad was in her element, talking about swimming and she even managed to get a promo in about the Lake Swim. She is more than happy to sign autographs as her article in the paper was picked up by family in the UK and Canada and her fame is now established! (See the related page in this edition)

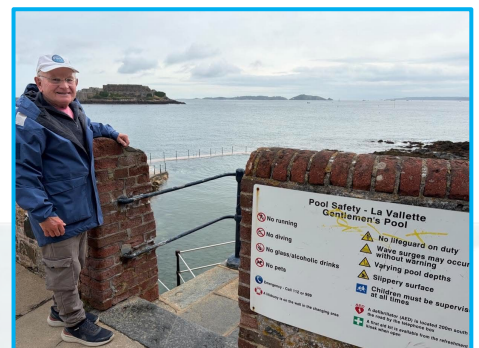
Whilst John has been recovering slowly but steadily at home over the past month, Norma has taken the opportunity to travel to Sydney for a quick visit to her son Greg and is hoping to return refreshed and ready to jump back into the pool. Those of you who know Paula and Terry Hewitt – of Hervey Bay Humpbacks fame – will be pleased to hear that they will be returning to Perth to live. Unfortunately, Terry is quite unwell, and they need to be around their daughter Jacinta here in Perth. Paula has also had some serious health issues but has vowed to get back into swimming – hopefully with Maida Vale. Also sighted back in the hospital lane is Jamie, steadily recovering from shoulder surgery.

There are so many people still away on holidays – hence the lower numbers at the pool. That will include Gwyn and me over the next month. We are travelling to Guernsey, North Wales and then France. We are planning to catch up with the Guernsey Masters swimming club for a training night whilst we are there. I have scrounged some Masters WA swimming caps to hand out. Marilyn and Graeme had a wonderful bus trip as far north as Broome. Kerry and Dave are continuing to enjoy their caravan adventures, last spotted in Exmouth. David M has recovered sufficiently from his injury last month to tackle a spectacular cycling tour of Japan. Brian and Kathy enjoyed a couple of weeks in Bali to celebrate B1's birthday and their anniversary. Finally, Caroline and Steve have just had a fabulous long weekend in Hong Kong!



A chilly swim
in Guernsey!

Too chilly
for some!





Tin Shed Chatter

Congratulations to Christine Paterson who has finally retired from her position with W.H. Smith working at the Perth airports. Chris and Doug have great plans to tour around northern WA and beyond. Add this to celebrating son Sam completing the Half Ironman in Busselton and it's been a pretty good month for her.

Following her fabulous walk for charity with grandson Brody at the beginning of the month, Michelle Chia has also retired after 35 years in racing administration finishing with 12 years serving the Animal Welfare Department with Racing WA. She is joining the ranks of the great unemployed within the club. Michelle and Ian are celebrating with a trip to New Zealand visiting relatives.

Scott and Patricia are pretty happy too after welcoming their beautiful granddaughter Jane in April, and Marilyn is super proud of grandsons Tristan and Quentin and their cycling pursuits.



I hope to see you all on the 22nd for the Solstice Swim - we will be landing at 0600 that morning so, if we can make it, so can you!!!

FROM THE HILL AND FAR BEYOND.....ANDREA

Hi Lynne and all members of Maida Vale Masters Swimming Club

What a gift! What a Club! What a memento of my 40 years as a Club member! I can't find the words to thank you enough. What a precedent you've set. There are many people more worthy than me, who have embraced the Club more than I have.

I am sorry not to have visited the team at the Newman-Churchlands Interclub. I was just too busy and fatigued by the move. I am in a good place now but still struggling with multiple medical appointments, some unrelated to PSP, not helped by the fact that I had a bingle last week (my fault) and have decided it is time to stop driving. My family can be sure that if I have another fall, help is readily to hand. In the meantime, I am taking advantage of the supervised sessions to promote general wellness, stability and balance. I have a customised gym programme and have used the outdoor, heated 20m pool only three times, due to my medical issues. My hope is for this to improve.

A big thankyou to the people who put the book together. It will be treasured.

Gratefully

Mazz

From Richard...



In the News!

Maida Vale Swimmer Still Making Waves at 96

(Echo Newspaper April 23, 2026)

Maida Vale swimmer Gladys McGough, 96, continues breaking records, setting state and national milestones while inspiring fellow masters swimmers across Western Australia.

MAIDA Vale Masters swimming club member Gladys McGough is 96 and setting records as the lone WA swimmer in her age group. Competing at a recent two-day Masters swimming meet in Mandurah, Ms McGough set six inaugural state records and one national record.

The event was held at an outdoor 25m pool and brought together swimmers from 26 clubs across the state with competitors across all age groups. Maida Vale Masters president Andrea Williams said Ms McGough's performance stood out even among strong swimmers.

Ms McGough competed in six individual events and two relays across the weekend, having only returned to training late last year after a two-year break due to illness.

Mrs Williams said while Ms McGough is the only swimmer in her age group competing in the state, there were others her age over east, and she continues to measure herself against national standards. "There are other swimmers in the eastern states in her age group which is why she only went for the one national record," she said. "But the fact she's back in the water and competing at that level is incredible."

Ms McGough had been an advanced swimmer ever since she got her bronze medallion when she was 27. She has since kept up the habit for 69 years. "Every time I get in the water, I set a new state record," Ms McGough said. "It's a privilege to be swimming at this level at my age. I've had friends I lost to dementia and other illnesses. I've had many fantastic opportunities in my life, and I don't take any of it for granted."

Ms McGough said the sport of swimming had given her a fulfilling life so far. "It was wonderful getting to coach swimmers at the Bayswater Club and years later running into one of my swimmers who had gone into a coaching role of her own," she said. "Another part of it all was getting involved with the Community Youth Support Scheme. We worked with unemployed young people and got kids into jobs. Some of them are now swimming coaches and pool managers and gone on to help others love to swim."

Apart from the potential for social good, Ms McGough said what kept her passionate about the sport was the community. "None of this is possible by myself and I am so fortunate to be surrounded by an incredible community," she said. "The people in this sport have been there to support me when I was fit and when I was unwell. Having good people will keep you going."

Ms McGough isn't planning on stopping any time soon with a swim in Lake Leschenaultia planned soon.



A fair bit of media coverage for 'our' Glad (and our Club) last month including a hilarious radio interview with Karl Langdon on 6PR on 5th May!



Echo Newspaper
May 1, 2026

Along with her husband, senior club coach Gwyn also taking 1:9 seconds off and setting a new state breaststroke record while Maida Vale Masters club coach Lesley Hart gained runner-up winner in her age group. With only 8 club members competing, Maida Vale Masters finished in 7th place from 26 participating clubs. Like our only privately-owned, independent local Echo, we have a proud history and I thank your advertising clients for supporting the Echo's publication. If longevity means anything, I wish you 96-years of continuing success.
G McGough
Maida Vale



Click the radio to hear Glad's interview

Can You Help?

STILL!



**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!



Records set in May

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Russel Fowler						
75-79	30 min Back	1250 m	16/5	1215m	308	His own
	45 min Back	1850m	23/5	1837	294	
Andrea Williams						
75-79	1500m Free	32:56.50	24/5	34:28.12	2772	New State Record previously held by Theresa Elliott of Claremont!
				42:03.28	6428	Glad McGough
Glad McGough						
95-99	100m Free	4:24.91	11/5	Inaugural Club Records!		
	400m Free	18:34.66	16/5			
	400m Breast	26:04.21	30/5			
Lesley Hart						
60-64	75m Breast	1:25.35	4/5	1:46.21	231	Sandra Love



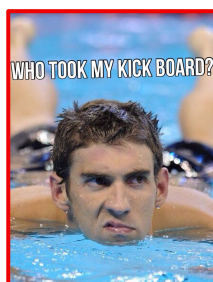
Problems with the boiler at Darling range saw us spend most of May swimming Endurance at Maida Vale. Not ideal given the water temperature for distance swimming but a number of hardy members managed to complete plenty of swims. We are now back at Darling Range and the water temperature is perfect for the Endurance program. Why not come along and gather some points in the National competition (or help with timekeeping in good company) if you have a free Saturday afternoon from 2.45pm. Bring something to share for afternoon tea with tea and coffee provided.

As at 31st May 2026.....		
Female Points (11 swimmers)	Male Points (4 swimmers)	Total Points
1722	594	2321
Compared to the same time in....		Improving every year!
2025	2024	2023
2248	2142	1518

As Maida Vale pool is so warm at this time of the year, the 'fast lane' team have asked to trial training in Lane 2 where they are closer to the cooler air from the windows that may chill those not swimming so vigorously, and away from the warm water being pumped into the pool via the central outlets. This change would see Lane 1 remaining available for rehab and the usual Lane 2 swimmers moving to Lane 4. It is hoped this will make things more comfortable for all swimmers. Please let us know if you are concerned about the change.

Masters swimming workouts provide numerous benefits, such as:

- **Improved Cardiovascular Health:** Swimming is a low-impact exercise that boosts heart health.
- **Enhanced Technique:** Regular practice with drills sharpens stroke mechanics.
- **Strength and Endurance:** Swimming engages all major muscle groups, building strength and stamina.
- **Social Connection:** Joining a masters swimming program fosters a supportive community.



Think about your kick in Freestyle....it is the rhythm dancing around the beat of your arms.

- The number of kicks is measured in a 2-arm stroke cycle.
- Kick Tempo varies according to distance being swum and the individuality of each swimmer – someone with a very low stroke rate will have difficulty with a 2-beat kick as their stroke may slow down too much. A good stroke rate is desirable for an effective 2 Beat kick.
- Distance swimmers favour a 2-beat kick as it is less tiring and conserves energy. A 6-beat kick can usually only be maintained for short distances.
- Kick drive is initiated from hips. In a 2-beat kick the drive achieved from hip rotation is important in establishing propulsion and rhythm.
- 4-beat kick is the most common kick. It can sometimes be uneven such as 1 strong kick, followed by 3 small. It works in partnership balancing stroke and breathing.
- Often swimmers e.g. Katie Ledecky, will vary kick speed in a race, going from a 4-beat, to 2-beat and then 6-beat.



Stubby Stakes

And the winner is...

Our May winner of Stubby Stakes was Lesley in a close fought competition with Tim totally misjudging what staying half a second behind her meant. She swam within 0.01 sec of her nominated time for the 50m Backstroke



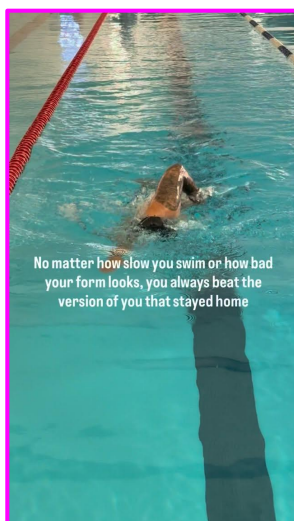
Come along on Monday, 8th June and have a go at the **25m Butterfly** for your chance to win for the month! This social night is a great opportunity to challenge yourself and catch up with other members. Bring a plate to share and whatever you would like to drink.

65 Years old is still young!

How old is old? World Health Organisation (WHO) had declared that 65 years old is still considered young.

Before, based on the Friendly Societies Act (1875) in Britain, old was defined by age of 50. The UN has not adopted a standard criterion but lately 60 years old was referred as the border age to the word 'old'. However the health organisation had done a new research recently, according to average health quality and life expectancy and defined a new criterion that divides human age as follows:

- 0 to 17 years old: underage
- 18 to 65 years old: youth or young people
- 66 to 79 years old: middle-aged
- 80 to 99 years old: elderly or senior
- 100+ years old: long-lived elderly



No matter how slow you swim or how bad your form looks, you always beat the version of you that stayed home



UPCOMING STUBBY STAKES...

8th June 25m Butterfly

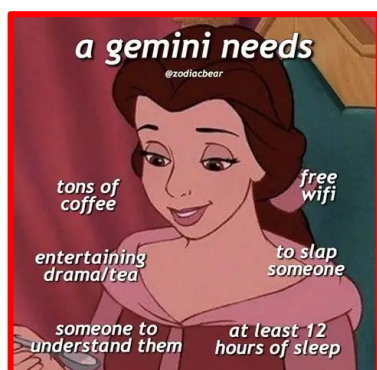
6th July 50m Form (anything but Free)



Birthdays

Birthday Celebrations in June...

3rd John Hofmann
9th Steve Cockman
10th Kim Bingham
12th Ceinwen Williams
15th Lynn Orohoe
26th Michelle Chia



Upcoming Events

21st June Riverton Masters
400/800m ABC Carnival

22nd June Maida Vale vs Hervey Bay
Solstice Challenge

(ALL BODIES ON POOL DECK!)

28th June Stadium Masters Swim for Memory

[Stadium Masters – Swim For Memory](#)

Winter Solstice Challenge vs Hervey Bay Humpbacks

Monday, 22nd June

6.30pm: Warm – Up and Team arrangements

7.00pm: Announcements

7.15pm: Commence relays

7.45pm: Finish relays

8.00pm: PIZZA



Come along and help us set a mark that will be difficult for our opponents to top.

Everyone matters as your age is part of the complicated total distance calculation (the older the better)!

Four relays will be swum concurrently for 30 minutes: 1 x Freestyle Female, 1 x Freestyle Male, 1 x Freestyle Mixed, 1 x Medley Mixed

Please put your name on the sheet at the pool or let Lesley know if you'll be there to swim or help counting laps.

Let's do this!!!

2026 POOL EVENT CALENDAR

DATE	EVENT	VENUE	DISTANCE
Sun 15 th February	Newman Churchlands Act Belong Commit Carnival	Newman College Pool	200FR, 100BR, 50BU, 50FR, 50BA, 100BU, 4X50 FR Relay Women, 4X50 FR Relay Men.
29 th March	Fremantle Masters Act Belong Commit Carnival	Fremantle Leisure Centre	50m FR, BA, FL, BR, 50m medley relays, 50m free relays
Sat 11 th - Sun 12 th April	MSWA State Championships	Mandurah	25m, 50m, 100m, 200m, Freestyle, Breaststroke, Butterfly, Backstroke, 4x50 Freestyle Relay (Men/Women/Mix) 4x50 Medley Relay (Men/Women/Mix)
28 th - 2 nd April/May	2026 MSA National Championships	Brisbane	
Sun 24 th May	Stadium Masters Act Belong Commit 1500	Perth HPC	1500m - 6 long course lanes
Sun 21st June	Riverton Masters 400m/800m distance meet	Riverton Leisureplex	4 lanes available 400m/800m distance swim meet, choice of stroke, maximum of 2 swims but only one 800m swim, 50m indoor pool at the Riverton Leisureplex - Long Course
Sun 28st June	CHARITY EVENT Stadium Masters Swim for Memory	Perth HPC	6 short course lanes
Sun 19th July	Riverton Masters Act Belong Commit Carnival	Riverton Leisureplex	Choice of one x 200m any stroke including IM, one x 100m any stroke, 50m all strokes, 4x100m Women's & Men's Freestyle Relays Long Course.
Sat 8 th August	Maida Vale Act Belong Commit 800m/1500m	Darling Range Sports Centre	800m/1500m, choice of stroke Short Course
Sun 23rd August	Golden Groper Act Belong Commit Relay Carnival	Perth HPC	4 x 50m, 4 x 25m Relays Short Course
Sun 30 th August	Somerset Masters Act Belong Commit 1500m	Aqualife Victoria Park	1500m, choice of stroke Long Course
Sun 18 th October	Stadium Masters Act Belong Commit Carnival	Perth HPC	200m, 100m, 50m Relay Long Course
Sun 1 st November	Mandurah Club Carnival	Mandurah ARC	25m, 50m, 100m, Freestyle, Backstroke, Breaststroke, Butterfly, IM Short Course
TBC	Pride Carnival (Perth RainbowSwans)	Beatty Park Leisure Centre	50m, 100m Long Course

Further Information
www.mswa.asn.au/events/



Get your art apron on and your creative juices flowing for a fun afternoon!



Kalamunda Community Learning Centre, Jorgensen Park

Sunday, 19th July

11am – 3pm

All art supplies provided for \$10 entry fee

Bring an apron/shirt, newspaper, a container for water (eg ice cream or yoghurt), something to share to nibble on whilst you work and whatever you'd like to drink. Coffee and tea will be available all afternoon.

Lesley will take you through the process of producing a unique art piece.

You can choose to make either a calico bag or canvas.

Let her know if you'll be there and which is your preferred work surface!

RIVERTON MASTERS SWIMMING CLUB



invites MSWA members to participate in their

2026 Act Belong Commit 400m/800m Distance Swim Meet

MEET OVERVIEW

Come and join us for the only long-course 400m/800m meet to be held this year.

Choice of Distance & Stroke

Two swims may be undertaken, but only one 800m swim; second swim only after all first swims have been completed, and dependent on time available.

Swimmers may be asked to swim 2 to a lane if swimming Freestyle.
Refreshments will be provided afterwards (included in entry fee).

MEET DETAILS

Date	Sunday 21 June 2026
Venue	Riverton Leisureplex, High Rd, Riverton, indoor 50m pool
Warm-up time	Anytime in public lanes
Start time	1pm All swimmers must register by 2pm
Finish time	4pm approx
Cost of meet and Pool entry	Cost of meet entry is \$15 per swimmer Pool entry is \$5 payable on the day
Entries Close	Monday 15 June 2026 (Late entries will not be accepted)
Registration link	2026_RivertonMasters_400&800m_DistanceSwims
Contact details	Muhammet Kaya on email: navyarcakaya@gmail.com



Monday Nights



PROGRAMME FOR JUNE

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

PROGRAMME FOR JULY

6TH JULY	50M FORM	100M BREAST
13TH JULY	100M BACK	50M FLY
20TH JULY	COACHING NIGHT + COMMITTEE MEETING	
27TH JULY	200M CHOICE	25M FREE





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

Endurance held at Darling Range
unless notified otherwise

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



twjlove@outlook.com



Useful Links



maidavalemastersswimming.com



Visit us on Facebook!



**Masters Swimming
Rankings**

