



UP HILL DOWN VALE

Issue 7

July 2026



I wonder if this is what we needed to win the Solstice Challenge?



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swimmologist



noun

a master of the pool, devoted to the meditative pursuit of the black line; expert in losing count of laps and the therapeutic scent of chlorine.

see also: chlorinopath





President's Prose

FOR JUNE

I am not sure that I am qualified to write any Prose about the club activities in the month of June as I was only around for the last week of the month. Thank you to Lesley and Lynne for taking over in my absence.

I was, however, on deck for one of the club's most important swimming events of the year. Gwyn and I arrived home at 5 pm from Paris and dug out our swimming gear (which sadly hadn't been used for 3 weeks!) and rummaged for the druid costumes in time to get to the pool at 6 pm. In a vain attempt to miss out on the dreaded jetlag, we joined in on the hilarious team challenge and enjoyed the pizza supper ordered by Lynne.

I had bought a Normandy Knight's costume and a flag from Mont Saint Michel the day before, in France as part of the ancient history theme (nothing really to do with the Solstice and Druids) but Normandy was named after the men from the North – Vikings – and it loosely fitted with paganism! Luckily Kayla was able to fit into the child's sized tabard. The annual appearance of Brian the Druid was up to his finest performance, and he even brought his collection of trolls with him for mythical support. We challenged the Hervey Bay Humpbacks and literally threw the gauntlet down, but we were not up to the might of their swimmers. We came second (1st loser) for yet another year. You will see from the photos later in the newsletter that Hervey Bay embraced the theme this year with their own costumes as well.

I am very grateful to Lesley, who worked hard to organise great inclusive teams and correlate the results. We simply don't have the strength of Hervey Bay's very competitive swimmers, and we fell short by just over 2kms in the complicated point scoring (only by age, not by distance swum).

(PS: The jet lag still hit us but that meant we were able to sit up and watch soccer!)

We were kept up to speed with the training sessions, via the MV Messenger page, and it was a shame that a couple of the sessions were cancelled due to lack of numbers. Granted, the water is possibly too warm for serious training, but the "mental health" sessions of catching up with friends whilst wallowing in the warm 'bath' are worth the effort on a cold, rainy night.

Discussions have been had with those involved to decide which pool to use for Endurance sessions as Darling Range pool area is quite cold during winter, although the water temperature is far more conducive to long distance swims. A decision was made to swim at Darling Range on the 1st Saturday of the next two months, and the remainder of the month will be held at Maida Vale (**with the exception of our Distance event at Darling Range on the 8th August!**). Stay tuned to Dolphin Dots for any changes and what things will look like moving forward after that. We are extremely fortunate to have both options!

Lynne ended her month by conducting a technical course for 17 aspiring officials. The course was for Inspector of Turns and Inspector of Stroke qualifications. Masters WA are encouraging swimmers to qualify in time to officiate at the Nationals here in Perth in 2027. Interestingly, former member Maggie Read was one of the participants.



Tin Shed Chatter

Firstly, I would like to thank Lesley for adding the little photo and lovely text in last month's newsletter reporting on the sad passing of our darling old irreplaceable girl, Cookie. Those of you who loved her too know what we experienced, and it has been a challenge arriving home to our empty house.

Lesley also added a photo of me at the Guernsey Masters Swimming Club in St. Peter's Port. Gwyn and I were enthusiastically welcomed by a large group of members at one of their training nights. They are about the same size club as Maida Vale but manage to attract around 30 swimmers per session, so their coach was kept busy. They also invited us to join them in the outdoor seawater pool the next morning for a swim. I jumped in for a couple of laps in the 13/14c salt water! Very invigorating.

I was very pleased to hear that Brian Brady managed to overcome his latest health scare and hospital visit and that he is making a good recovery from the breathing problems he suffered. It was not a great experience for him or Kathy with the dash to hospital and the extended stay in the Emergency corridors. Thankfully, apart from staying out of the pool for a couple of weeks, there appear to be no lasting effects, and they still intend to travel to Airlie Beach in Queensland for a holiday.

John continues his slow recovery at home and is settling into a routine whilst still undergoing further tests for an ongoing blood disorder.

Norma returned home from her enjoyable trip to Sydney to deal with a health problem of her own. Her doctors have been monitoring a small growth in her ear canal for over 18 months and, because it has recently increased in size, it now requires radiation to remove it. Luckily it is non-cancerous, but the side effects of the radiation will leave her deaf in that ear. I admire Norma so very much as she is such a resilient person and is taking this latest set-back in her stride.

Lesley has nearly finished her extensive training to become a Rottneest Island guide with two more assessment days left before she is let loose on unsuspecting tourists. With the amount of work and study involved, she could have done a PHD in the time taken to qualify. Can't wait to be on the island in the future and join in on one of her sessions.



Gentlemen only pool!
Surely Gwyn qualified to swim there?



**Flashback
of the Month**
A youthful OWS team!



Tin Shed Chatter cont...

I heard that David Masters enjoyed his cycling tour in Japan, albeit he was still slightly affected by the small fracture in his sternum. I believe he even managed to repeat the incident twice by tumbling over his handlebars, but with no ill-effects this time.

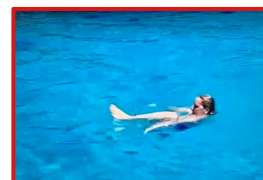
Welcome back to Jamie who has made it back into the pool for some gentle training following his shoulder surgery.

Members are slowly returning to the pool following extended holidays. Kerry and Dave Howe changed their intended Eastern States trip, caravanning instead in our beautiful Northwest for the past 8 weeks. They visited some truly amazing places.

Michelle and Ian had a wonderful – incident free - family holiday in New Zealand but Michelle returned home and broke her little toe, just when she was getting back into training.

Gwyn and I made it home safely following what was primarily a family reunion for Gwyn in beautiful but drizzly Snowdonia in North Wales. Our little side trip to the Channel Islands was a delightful bonus and a trip down the Seine to visit the battlefields of the Somme and the Normandy D-Day landings was a sobering experience. The countryside and small villages were beautiful until the temperature started to rise dramatically at the end of our holiday. Traipsing around Paris in 36c+ heat was not ideal. It was fabulous to come home to lovely fresh, clean air – albeit a little bit chilly and damp.

Sue and Rob Griffin are currently enjoying an amazing holiday that includes touring Croatia on a small boat cruise. The water in that area is crystal clean and warm, so there is plenty of swimming, drinking wine, and dining in cute little alleyway restaurants. Sue was even seen practicing some breaststroke drills. I believe they will then be visiting family in the UK and Scotland before a short trip to Iceland.



Cross trainer Christine Paterson spends her Wednesday nights at the Jurassic Gym instead of swimming, and last month took part in a fundraising challenge that was aimed at raising awareness of mental health issues and the increasing prevalence of suicide. Christine recorded a very impressive 3,307 pushups over the month and is still feeling the after effects. She is making the most of her time now following her recent retirement.

Barbara and Bill Van der Leest are celebrating their 60th Wedding Anniversary and enjoying a holiday on Norfolk Island. It is apparently beautiful but very windy and too cold to go for a swim.

We were home in time for the monthly Pizza night and, although there were no birthday people in attendance, we enjoyed a delightful pear pizza bought by a mystery donor. Numbers were down but it was a delightful evening.

And that's the social news for another month!

FROM THE HILL.....ANDREA





Winter Solstice

It was awesome to see so much action on pool deck June 22nd for our annual Solstice Challenge against Hervey Bay Masters, Queensland.

Congratulations to them!

Whilst we had all the props and enthusiasm we could muster.... it was not enough to bring home the trophy. We can however, be very proud of giving everyone who wanted to be involved a chance to be included.

Thanks to everyone involved including our diligent lap counters. We did the best we could! Time to start planning for next year...

Maida Vale Teams	Metres Swum	Age Credits (metres)	Total (metres)
The Heavenly Bodies (Female Freestyle)	1550	10425	11975
Uranus' (Mixed Freestyle)	1775	8900	10675
The Burning Clocks (Male Freestyle)	2000	11125	13125
The Black Holes (Mixed Medley)	1850	8375	10225
Total	7175	38825	46000

Hervey Bay Teams	Metres Swum	Age Credits (metres)	Total (metres)
Female Freestyle	1600	10875	12475
Mixed Freestyle	1500	10050	11550
Male Freestyle	1800	10300	12100
Mixed Medley	1950	10200	12150
Total	6850	41425	48275



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 June

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Marilyn Potter						
80-84	150m Back	4:33.61	8/6	Inaugural		
	½ Hour Backstroke	937m	20/6	875m	5811	Glad McGough
	¾ Hour Backstroke	1365m	27/6	Inaugural		
Christine Paterson						
70-74	150m Freestyle	3:37.17	8/6	Inaugural		
Bronwyn Loughton						
40-44	150m IM	2:43.73	8/6	Inaugural		
Sandy Touchell						
55-59	150m Breaststroke	4:02.27	8/6	Inaugural		
Lesley Hart						
60-64	200m Butterfly	4:01.26	15/6	4:06.42	1505	Her own
	¾ Hour Backstroke	2210m	27/6	2162	1477	



We missed Brian whilst he was away, and then unwell last month. Many thanks to Lee and the rest of the team for keeping Endurance going. Even though the water temperature at Darling Range is pleasant for longer swims, those doing shorter events and sitting timekeeping are less comfortable, so it has been decided that for July and August, Endurance will be held on the first Saturday of the month at DRSC and the remainder of the month at Maida Vale.

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 30th June 2026.....		
Female Points (11 swimmers)	Male Points (4 swimmers)	Total Points
2089	619	2708
Compared to the same time in....		
2025	2024	2023
2702	2564	2288

WHY DRILLS?

Swimming is not a simple skill to learn. It requires much repetition to master a skill correctly, and there are many skills combined to master a swimming stroke proficiently. A swimming drill is a modification and exaggeration of a part of a stroke so that it can be trained in isolation. The brain can more easily modify the muscle pathways when concentrating on a single element. After slow repetitions the drill elements become part of your full stroke.

This Month our Focus is Freestyle Drills...

Rotation drills encourage use of strong back muscles rather than arms and shoulders, kicking from the hips rather than knees, and train balance in the water.

ROTATION drills include:-

Swordfish - (+/-fins) push off right arm extended, left arm resting at thigh, rotate body to 90 degrees, and kick for one lap. Alternate arm extension for successive laps.

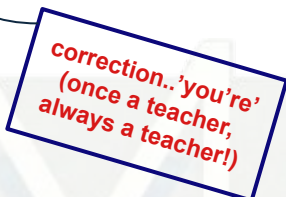
6/3/6 - as for Swordfish but right arm extended for 6 kicks, 3 arm strokes, to switch to left arm extended for 6 leg beats and repeat. Rotate body from the hips, and stroke arm with high elbow.

Shark Fin - like above, right arm extended, left arm zips along body till hand reaches armpit, elbow vertical like a shark fin, and while strongly kicking continuously, slowly unzip back to thigh. Repeat alternate arms.

Body Roll into Catch - swim with body at 45 degrees, roll to other side around a central axis keeping the arm extended until catch up...strong kick required.

Zip with Bilateral Breathing (also known as Finger Drag) - as recovery arm comes out of water, drag fingers from thigh, past hip, along torso, past ear before dropping back into water for next stroke. Core rotation of 45 degrees is ideal.

Torpedo (for strengthening core and rotation also known as Corkscrew) - arms held at side, 6 beat kick face down then rotate on one side and repeat kicking 6 beats. Next rotate on back, then to other side. Repeat one lap at a time. Easier with fins but you might get dizzy if you do it too fast!



Coaches' Corner cont...

CATCH drills for start of stroke include:-

Catch-Up - start with arms at 11 and 2 o'clock (shoulder width), complete one full stroke and return to 11, pause then repeat for other arm. Perform a small scull while arm is extended, only moving arm from elbow forward.

Closed Fist - helps you recognise the value of sculling. Full stroke for full lap with closed fist, next lap with 2 fingers extended,

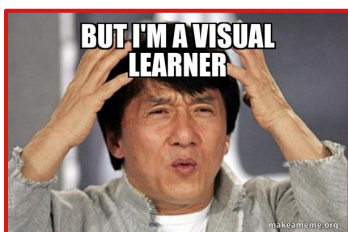
Scull - kicking normally, feather cupped hands left to right, 11 to 2 o'clock for one lap. Then compare in next lap with hands flat not cupped.

Dog Paddle (also known as Long Dog)- this improves freestyle by focusing on the catch. Fully extend arm, stretching forward on surface of water, catch water with cupped hand, pull water with elbows at 135 degrees, back to thighs. Finish off stroke from vertical to thigh, pushing water beyond backside.

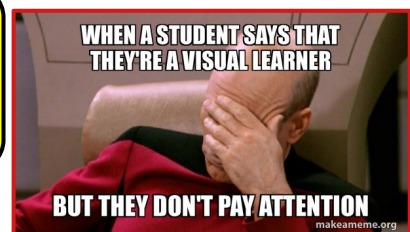
Water Polo - makes you pull directly below each shoulder (not to either side). This helps avoid repetitive shoulder injury. Head held high, sighting end of pool.

Swimming is hard work and an inefficient stroke makes it harder still. We want you to LOVE swimming and if it is too hard it won't be enjoyable for you. Practising correct technique will make swimming easier and fun!

Gwyn and Lesley



If this is you...
maybe these
links will help!



These 5 Drills Will Take Your Freestyle Swimming Technique To The Next Level!

<https://youtu.be/0N5Mzazwnrg?si=YXvY79P4DjzcXlja>

4 Swim Drills - That ANYONE Can Do!

<https://youtu.be/6dfYvTYxzRY?si=cVzbKNisGXPTxYIz>



Stubby Stakes

And the winner is...

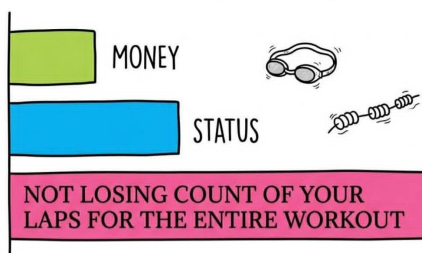
Our June winner of Stubby Stakes was Bronwyn L only 0.14s slower than she guessed she might swim for the 25m Butterfly. Five swimmers finished within 0.36s of their nominated times. Well done to Kayla and Sandy who swam in their first official Stubby Stakes event and finished in the top five!



Come along on Monday, 6th July and have a go at the
50m Form (anything but Free)
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.

WHAT GIVES SWIMMERS FEELINGS OF POWER



UPCOMING STUBBY STAKES...

6th July 50m Form (anything but Free)

3rd Aug 100m Form (anything but Free)



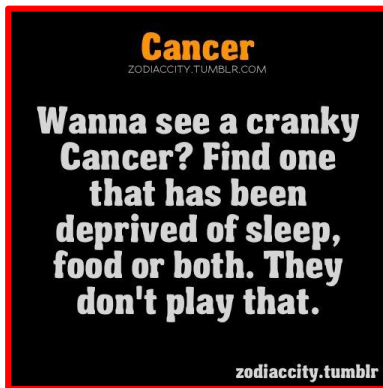
Birthdays

Birthday Celebrations in July...

16th Barbara Lymn

21st David Masters

29th Lesley Hart



Upcoming Events

19th July Riverton Masters
Act Belong Commit Carnival
and

Art Afternoon (swim or create???)

8th August Maida Vale Act Belong Commit
800m/1500m

(ALL BODIES ON POOL DECK!)

23rd August Golden Groper Act Belong
Commit Relay Carnival

[Click
here](#)

Maida Vale Act Belong Commit 800m/1500m

Saturday 8th August 2026

**ENTRIES
NOW OPEN!**



Date	Saturday 8th August 2026
Venue	Darling Range Sports College, 117 Berkshire Rd, Forrestfield Indoor Heated Short-course Pool
Warm-up time	12:00pm
Start time	12:30pm
Finish time	5:00pm.
Cost of meet and Pool entry	Cost of meet entry is \$20.00 per swimmer, includes pool entry & refreshments all afternoon There is no charge for individual events
Entries Close	Wednesday 5th August 2026 – 11.59pm No late entries will be accepted, including on the day of the swim
Registration link	http://www.myswimresults.com.au/Entries.aspx?MeetID=MAU 86
Registration QR code	
Contact details	Please contact the Meet Coordinator (Lynne Duncan - duncan1320@bigpond.com 0417 997 556)

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 create on either a canvas or a calico bag.

Let her know if you'll be there and which is your preferred work surface as the bags take a bit more prep!

Enter by July 12th...

RIVERTON MASTERS SWIMMING CLUB



invites MSWA members to participate in a

2026 Act Belong Commit Club Challenge Series Meet

MEET OVERVIEW

The meet is a traditional Masters Swimming carnival and comprises 15 events. Swimmers can participate in a **maximum of 3 individual events** from a choice of 13; and in an appropriate relay. *Note: no more than one 200m and one 100m individual event.*

MEET DETAILS

Date	Sunday 19 July 2026
Venue	Riverton Leisureplex, High Rd, Riverton Venue is an indoor long course (50m) pool
Warm-up time	12 noon
Start time	12.30 pm
Finish time	Approx. 4pm
Cost of meet and Pool entry	Cost of meet entry is \$20 per swimmer Pool entry is \$5 payable on the day
Entries Close	Sunday 12 July 2026 (Late entries will not be accepted) Relay entries close on 14th of July
Registration link	2026 ABCCC Riverton Masters
Contact details	Muhammet Kaya - email: navyarckaya@gmail.com



Monday Nights

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

PROGRAMME FOR AUGUST

3RD AUGUST	100M FORM	50M IM
10TH AUGUST	200M BACK	50M FREE
17TH AUGUST	COACHING NIGHT + COMMITTEE MEETING	
24TH AUGUST	HANDICAP	
31ST AUGUST	200M BREAST	25M CHOICE

**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

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



Useful Links



maidavalemastersswimming.com



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**Masters Swimming
Rankings**

