

Issue 8

August 2026



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President's Prose

FOR JULY

July has been an awesome month for the club with the terrific news that our Business Plan for a grant from The Shire of Mundaring was approved. The Council agreed unanimously and voted to provide us with the full requested amount of \$10,000 to fund the 40th Lake Leschenaultia Open Water event! This will mean that we can hand out a commemorative towel to every swimmer who competes. The cost would have been prohibitive without funding. There will be some surplus funds to include the expense of the Blue Chip Timing. As it is a very special milestone, the Shire was delighted to promote the Lake and the surrounding area. Some of you may have read a great article in the Echo newspaper explaining the details of the grant.

This grant brings back memories from 2010 when I managed to procure a \$10,000 grant from Variety to provide a disability chair lift for the pool. We settled for the stainless steel steps instead!

Masters WA shared the list of swimmers in the state who have achieved World Top Ten placings. Congratulations to Ian Stewart, who has recorded impressive times in his new age group of 95-99. Ian joins the lofty ranks of Barbara Hart, Barbara Van der Leest and Gwyn Williams who were all successful in their age groups back in the 1980/90s. It is such a huge personal achievement for these legends and highlights what amazing competitors the club has nurtured.



You will be impressed that 10 members of the Committee attended the annual CPR refresher course, and we all passed with our 100% Certificates to frame. We had an informative and amusing morning followed by a delicious lunch. We can now provide support as needed on pool deck at every training session.

Congratulations to all our creative and truly talented members who were lucky enough to attend Lesley's incredible art class at the Jorgensen Park Learning Centre. It was such a fun event and everyone excelled in their efforts to create an artwork on either a calico bag or a canvas. By the end of the day, everyone went home with works that were going straight to the pool room (or perhaps some other special place)! Then there was me... I wasn't listening to the instructions - because I was setting up the morning coffee/lunch table! My artwork is still a work in progress, and my assignment will be handed in late! 😊

President's Prose cont...

Thank you very much to Michelle who organised all the paperwork for the booking of the lovely venue and, of course, to Lesley who spent many hours preparing for the workshop and who put on her Teacher's Hat to teach us all to embrace our artistic talents.

Unfortunately, the art class clashed with the Riverton ABCC event but, as a swimming club, we completely boycotted that and opted for a fun day of painting and socializing instead. Mental health is as important as physical health after all!

We did participate in some swimming, with the Stubby Stakes and Monday Club nights recording decent numbers, however training nights and Endurance are still only attracting low numbers. Endurance will move to Darling Range for the first Saturday in the month to encourage those swimmers who find it too warm to complete long distance swims at Maida Vale.

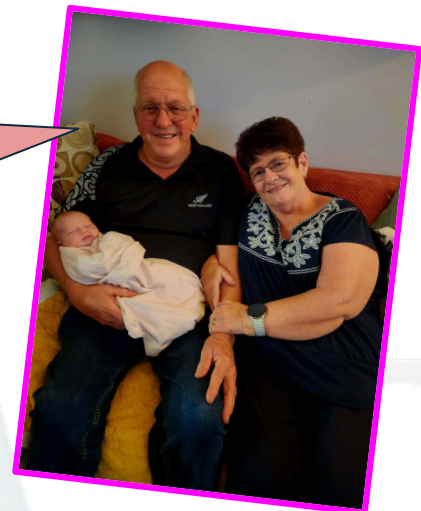
The entry numbers for our upcoming 800/1500 event are encouraging, and we look forward to providing another successful annual event. Your involvement is requested as we need timekeepers and helpers, plus donations of soup, sandwiches or cake for our legendary afternoon tea.

The monthly pizza night was very well supported on a very cool evening. I like to think everyone made a special effort because it was Lesley's birthday. It was particularly wonderful that John and Norma were able to attend. It was the first social outing for John in quite a few months and so great to chat with him.

Barbara Lymn provided the birthday dessert pizza and Lesley shared some of the huge red velvet cake she had made for her Graduation event the previous evening. It was really delicious.



Brian and Kathy are back from their trip to Airlie Beach to meet their newest granddaughter Billibrook!





Tin Shed Chatter cont...

Congratulations to Lesley who has graduated (I like to think, with Honours!) as a Volunteer Rottneest Island Guide. After at least 4 months of studying and extensive training every Tuesday evening and some weekends on the island to become a Guide. Lesley and her group received their uniforms and badges at a special celebration evening. Because it is the 40th year of the volunteer programme, their group was called The Rubies – hence the red velvet cake.

Lesley will be let loose on the public when she is back in town after an upcoming road trip around the great southwest in a motorhome. I can't wait to be on the island and ask her a myriad of obscure questions on one of her guiding sessions.



SOME MIGHT RECOGNISE
LESLEY'S FELLOW
GRADUATE....KELSEY THOMPSON,
A PAST MEMBER!



The pizza night provided a chance to catch up with everyone's stories of their recent travels – too many to recount – but all interesting. Scott is still cycling around in Norway but Patricia reports that it is very hot!

FROM THE HILL.....ANDREA.



Flashback
to 2005



Can You Help?



40TH ANNIVERSARY **LAKE LESCHENAULTIA SWIM THRU**

8TH NOVEMBER 2026

What an awesome outcome receiving the Mundaring Shire grant is for our event! Congratulations to Andrea and Lynne for all their hard work in making it happen.

Time to start thinking about how you can help as the day approaches...

What raffle contributions can you make? Goods or cash towards hampers can be given to Brian (B1) or Michelle.

What job can you volunteer for on the day? Helping with transporting the essentials, set-up, registrations, paddling, raffle ticket selling, packing away etc. Let Andrea know.

Will you be entering to swim? Challenge yourself!



Races and Records

Records set in July

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Marilyn Potter						
80-84	1500m Back	49:09.40	18/7	53:30.84	4991	Glad McGough
Glad McGough						
95-99	½ Hour Backstroke	537m	18/7	Inaugural		
Russel Fowler						
75-79	1 Hour Backstroke	2450m	18/7	2425m	315	His own



Results from The Range

Endurance progress as at 31st July 2026.....

Female Points (11 swimmers)	Male Points (4 swimmers)	Total Points
2416	751	3167

Compared to the same time in....

2025	2024	2023
2831	3121	3288



Coaches' Corner



This Month our Focus is Butterfly Drills...



STERNUM KICKING (+/- fins) - learn to initiate dolphin kick from sternum, not your knees. Aim for smooth undulation, without bending knees too much and with toes together.

KICKING (4,3,2) - standard dolphin kick with arms extended and eyes down, kick 4 beats then breathe, kick 3 beats then breathe, kick 2 beats and breathe and repeat. Kicks should initiate from chest, not the knees.

KICKING (Front,Back,Side) - as above but changing from front to side to back, repeat as rotation. Begin with fins.

DOLPHIN KICK ON BACK - arms extended above head, in streamline position, dolphin kick below surface, knees together.

SINGLE ARM FLY - two beat dolphin kick with single freestyle throw and catch. Breathe as in freestyle, non-stroking arm extended in front. **Good for building strength and timing of kick with arms.**

DIVE FLY - throw arms underwater at start of stroke i.e. out in front and kick 2 - 4 beats underwater, surface for stroke, dive back under water at end of arm throw.

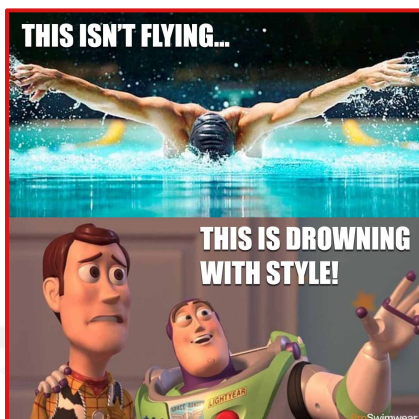


Butterfly Tips



Aim for the body position to be horizontal, eyes directed to bottom of pool-move the body with a streamlined undulating action. Legs should be close together without touching, feet pointed and leg movement starting from the hips, kicking downward and past the knees in a smooth continuous motion - like a dolphin. Avoid bending the knees on the upward part of the kick as this will cause hips to drop. Try to make a double kick for each arm stroke, the first kick being a strong one to propel the upper body out of the water, and second kick more gentle.

Arms provide most of the propulsion. They should stroke simultaneously through to the exit. They should enter close to shoulder width apart, elbows slightly bent, as they pull through the water. To breathe, push chin forward so head comes out of the water, and return head to water before the hands exit. Try to breathe every second stroke if possible. Try to propel with arms forward rather than upwards for faster swimming.



How I think I look swimming the 100 fly.



How I actually look.



Gwyn and Lesley



In the News!





Stubby Stakes

And the winner is...

Our July winner of Stubby Stakes was Brian Risbey. He swam 0.41 secs faster than his nominated time for the 50m Breaststroke, setting a personal best time on the way!



Come along on Monday, 3rd August and have a go at the **100m 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.

UPCOMING STUBBY STAKES...

3rd Aug 100m Form (anything but Free)

7th Sept 25m Breast

More Pools of Perth and Surrounds



**DO YOU RECOGNISE
ANY OF THEM?**

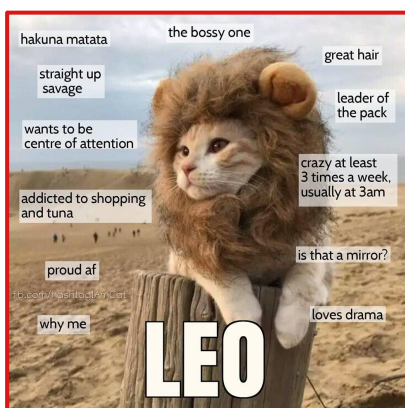




Birthdays

Birthday Celebrations in August...

Lynne Duncan 20th
Malcolm Wilcox 22nd
Bronwyn Loughton 28th



Upcoming Events

8th August Maida Vale Act Belong Commit
800m/1500m
(ALL BODIES ON POOL DECK!)

[Click here](#)

23rd August Golden Groper Act Belong Commit Relay Carnival

24th August Handicap Night

30th August Somerset Masters ABC 1500m

Maida Vale Act Belong Commit 800m/1500m

Saturday 8th August 2026

**ENTRIES
CLOSE 5TH
AUGUST!**

Date	Saturday 8 th 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
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/





It Wasn't all Swimming in July

CPR Course



Not only Swimmers, but Artists as well.....



**SPOT WHO
DIDN'T FOLLOW
THE
INSTRUCTIONS**





Monday Nights

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

PROGRAMME FOR SEPTEMBER

7TH SEPT	25M BREAST	200M IM
14TH SEPT	75M CHOICE	50M BACK
21ST SEPT	COACHING NIGHT + COMMITTEE MEETING	
28TH SEPT	KING'S BIRTHDAY	

**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
0411 389 036

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.

Endurance held at Darling Range
unless notified otherwise



Contact the Club



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Lynne Duncan

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Useful Links



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**Masters Swimming
Rankings**

