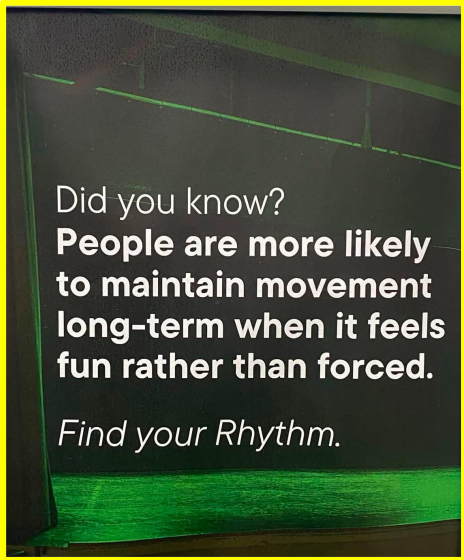
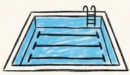
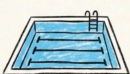
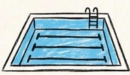
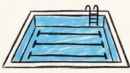




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THE POOL FIXES EVERYTHING

 SAD	+	 THE POOL	=	 PEACE
 STRESSED	+	 THE POOL	=	 WEIGHTLESS
 NO ENERGY	+	 THE POOL	=	 RECHARGED
 BRAIN FOG	+	 THE POOL	=	 CLARITY.



President's Prose

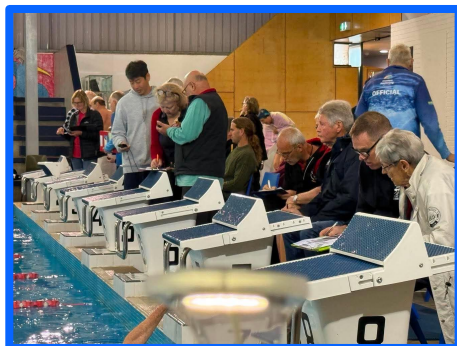
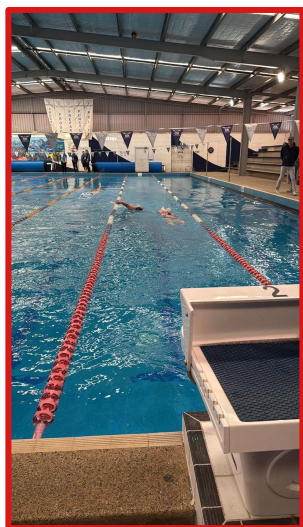
FOR AUGUST

When I look back on our newsletters, I realise that we achieve something special every month and August was no exception.

50% of the grant money from the Shire of Mundaring was transferred into our bank account which meant that we could place the order for our Lake Leschenaultia 'finishers' towels with our local supplier. New owner Megan at Embroidery House in Walliston has designed a great new towel and they will be awarded to all competitors who complete their swims at the lake.

The 800m/1500m SC meet at the Darling Range pool early in the month was a very successful event. Unlike the cold water from last year, this year the water temperature was perfect, and it was quite warm in the centre. The wind, rain and hailstones on the metal roof added to the atmosphere! We hosted 34 swimmers who competed in a total of 46 events from 14 WA clubs. One gentleman flew across the country from Sydney to compete for his South Australian club, Phoenix. David Bryce arrived Friday, swam Saturday, and flew back on Sunday. We believe he set 2 new South Australian records so was very happy.

Congratulations to Lynne for setting up the event with the official sanctioning. It's a great deal of work to organise. Thank you to all our wonderful club members who provided delicious soup and afternoon tea and spent the afternoon timekeeping. There were some State and National records achieved. Glad McGough was the outstanding swimmer, completing a 1500m freestyle in 1hr:18:47. Glad set an inaugural National record for the 1500m and State records in the 100m, 200m, 400m, 800m and 1500m distances. She was understandably very pleased with her effort!



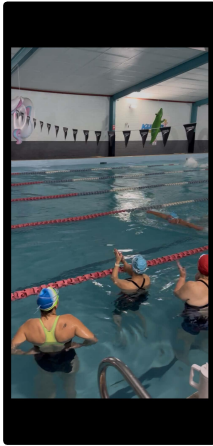
Kate's one editorial job was to take pics of the event...she forgot, so you get her and Caroline instead!



President's Prose cont...

The next outstanding event in August was the Handicap swim. Lesley arrived home from her motorhome travels on Sunday and set about creating the format for the 5 x 50m challenges. With Gwyn helping, they managed to create some very accurate handicap times for swimmers, making most of the races very close with video finishes being recorded by Lee. Garry was outstanding, swimming in 3 of the events and making finals in 2 – totaling 250m of sprints! It was great that some established members swam in the event for the first time and our newest member, Sandy Touchell gave the sprints her best shot. She is training diligently and improving every week...she has even started to complete Endurance swims!’

Full results can be found inside this edition!



The last swimming event of August was the Somerset 1500m event on a glorious Spring Sunday morning. The pool is always a delight to compete in but the past couple of years have been marred by rain and cold weather.

I was the only swimmer from our club and managed to break my own State record for the 1500m Long Course Freestyle. Lynne was there to mentor aspiring new officials. Maggie Read continues to train as an official and sends her regards to everyone.

Both Lynne and I won a raffle prize – mine was a voucher and special sun cream, but Lynne's was obviously donated by a Dockers Fan. It was a box of purple themed vegetables! Purple potatoes, cabbage, mushrooms, garlic, carrots, aubergines etc. Very unique! 😊





Tin Shed Chatter

I think the most important Chatter during August was the fact that our lovely Kerry Howe was diagnosed with Stage 2 breast cancer. Her brilliant doctor acted swiftly and there was just over a week from the results of the mammogram to Kerry undergoing a mastectomy. The initial results are very positive, and Kerry is feeling confident that her recovery will be straightforward. It goes without saying that everyone in the club wishes Kerry the very best of good luck and we hope to see her smiling face back in Lane 3 very soon.



I have heard from Claire Dunstan who, some of you will know, has been diagnosed with POTS – Postural Orthostatic Tachycardia Syndrome. There are many side effects from the syndrome, one is that she can't stand being in a hot and steamy environment – hence she hasn't been able to swim at our pool. Unfortunately, the latest effect is that she must use a walking frame as her mobility is impaired. She is unable to drive. The positive news is that she has a new puppy and is still her bright and bubbly personality.

Brian and Kathy Brady are about to set off to Canada and New York on their postponed trip from last year when Brian became ill on the eve of their holiday. Brian has been banned from swimming by Kathy in an effort to keep his breathing and heart issues under control until they leave. Unfortunately, Brian injured his left hand while working at the Community Garden but luckily didn't do too much damage. He was on his own and cutting small branches with a chainsaw!!! Just as well he is a First Aider and knew what to do. His stitches will be out just in time for their departure. We wish them safe travels and hope they have a wonderful trip.

The monthly pizza dinner was well attended, and it was wonderful to see John and Norma again for the second month in a row. They are both suffering from some health issues and Norma reported that their social outings revolve around medical appointments at the moment. Lynne and Andrew supplied the birthday dessert pizzas.



Gwyn and I spent a lovely family week in Singapore celebrating the upcoming 40th birthday of our youngest daughter Sian (feeling really old now!) and we came across a delightful new Swimming Club that we were hoping to join but they only specialized in dog-paddle and the joining fee was exorbitant! 😊

FROM THE HILL.....ANDREA



Handicap Results

Congratulations to everyone who rose to the handicap challenge last month. Special mention to those who debuted. Garry swam 50m Breaststroke (twice) for the first time in many years! Some of the handicapping was pulled out of the clouds with swimmers either not ever having done the event or having avoided it for a loooooong time!! We hope you had fun anyway...

Individual Medley Final

- 1st Bronwen Charlesson
- 2nd Patricia Dalle Nogare
- 3rd Kate Elliott
- 4th Christine Paterson
- 5th Andrea Williams



Butterfly Final

- 1st Kate Elliott
- 2nd Tim Buckton
- 3rd Lesley Hart
- 4th Bronwyn Loughton

Breaststroke Final

- 1st Patricia Dalle Nogare
- 2nd Garry Lymn
- 3rd Tim Buckton
- 4th David Masters

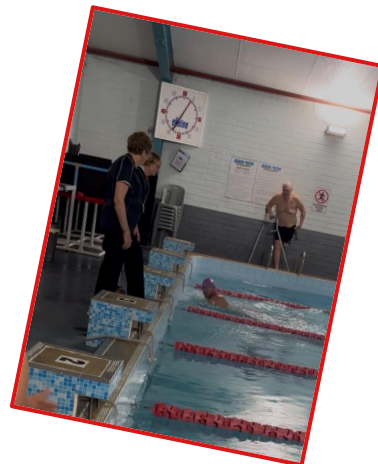
Backstroke Final

- 1st Bronwyn Loughton
- 2nd Tim Buckton
- 3rd Sandy Touchell
- 4th Garry Lymn



Freestyle Final

- 1st Tim Buckton
- 2nd Sandy Touchell
- 3rd David Masters
- 4th Lesley Hart



So...who has bragging rights for the most 50m sprints this year?

TIM with 8!!! He said he slept well...



Can You Help?



40TH ANNIVERSARY **LAKE** **LESCHENAULTIA** OPEN WATER SWIM

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!



Records set in August

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Glad McGough						
95-99	1500m Freestyle	1:08:47.79	8/8	National, State and Club Inaugural		
	100m Freestyle	4:52.33	8/8	State Inaugural		
	200m Freestyle	10:03.48				
	400m Freestyle	20:23.10				
	800m Freestyle	40:54.66				
Andrea Williams						
75-79	1500m Freestyle (LC)	32:33.95	30/8	32:56.50	97	Her own State and Club Record
Marilyn Potter						
80-84	800m Backstroke	25:06.26	1/8	25:11.13	133	Her own
Russel Fowler						
75-79	½ Hour Backstroke	1325m	29/8	1250m	105	His own

Some impressive new marks this month...these swimmers just keep improving in their respective age groups. Glad's swim at our 1500/800m event saw her setting State records for all distances from 100m to 1500m in her age group and a National record for the 1500m. Interesting though that apart from the 1500m, none of them were Club records...she obviously swims faster at Maida Vale!

Marilyn and Russel courageously keep pushing the bar higher and our 'Pres' is unstoppable improving her own State Record at the Somerset Masters distance event.

Check out the records on the website and give yourself a target!



Endurance progress as at 31st August 2026.....		
Female Points (14 swimmers)	Male Points (5 swimmers)	Total Points
2776 (Av. 198 points each)	853 (Av. 170 points each)	3629
Compared to the same time in....		
2025	2024	2023
3404	3458	3962

The past couple of months have seen all swims at Maida Vale with the exception of our 1500/800m event in August. It was fabulous to see some of our swimmers challenging themselves with different events and that others who haven't swum Endurance for a while, turning up to help out with our Live Lighter Challenge on the 8th. Congratulations to new member Sandy who has taken up the Endurance challenge for the first time between the seasons of her numerous other sporting commitments! During September, the decision has been made to allow for longer swims on the first Saturday (5th) at Darling Range. The remainder will be at Maida Vale.

See you there from 2.30pm...bring a plate of afternoon tea to share over a cuppa.



Coaches' Corner

This Month our Focus is Breaststroke...

- To improve your breaststroke technique your body position should be with your head facing forward in line with your body.
- Keep your shoulders, hips and legs as horizontal as possible but slope your body slightly to allow the leg kick to stay beneath the water.
- The leg kick uses your core and abdomen muscles more than freestyle so it's important to not to let your hips drop in the water. Your legs should be behind you rather than below you.
- Try to keep your neck and shoulders as relaxed as possible to aid the arm action and reduce strain. Look downwards as you glide to avoid straining your neck
- Good timing of the arm action and leg kick are imperative to make the most out of your breaststroke.
- Try to time your arm action and leg kick so there is always something propelling you through the water.
- The arms will be propulsive while the legs recover and the legs propulsive while the hands recover.

Credit: [Improving Breaststroke Technique - Swim England Masters](#)

DRILLS:

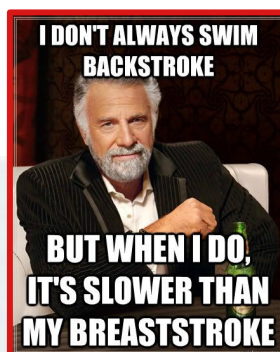
- **KICKING ON BACK** - Arms extended over head, bring ankles to chest without breaking water, whip kick to straight leg, toes pointed. **This corrects kick where each knee tends to be at different level.**
- **HEEL TAPS** - Allow arms to dangle next to your backside, aim to touch heels to hands.
- **BALLS** - Scull hands around imaginary tennis ball, then gradually increase size of ball to basketball.
- **FULL STROKE/EXTENDED GLIDE** - Full arm stroke holding glide position for 2 seconds, having dropped head during glide. **Helps to streamline body in horizontal position.**
- **1,2,3 FINGERS DRILL** - Start with fist clenched for one lap, then extend more one finger on each consecutive lap. Alternate each step with a few strokes of full breast stroke. **Facilitates awareness of hand position ensuring correct pull and recovery.**
- **BODY DOLPHIN** - Arms extended straight out in front, eyes down, half a lap, deep underwater small dolphin kick initiated from sternum down to toes concentrating on keeping arms still. Avoid bending knees too much (think wiggling body ahead through a hoop). **Assists with glide maximization for Butterfly and Breaststroke.**
- **BAND KICK** - Using elastic band positioned just above knees, complete stroke cycle, concentrating on keeping knees close together (adjust band tightness to suit). * **NOT FOR SWIMMERS WITH KNEE PROBLEMS**

Breaststroke:

The act of repetitively smashing your face flat against the surface of the water



Just because





Stubby Stakes

And the winner is...

Our August winner of Stubby Stakes was Bronwyn L who swam 0.39s slower than her nominated time for the 100m Breaststroke (her event of choice). Her nearest rivals were Sandy, Andrea and Patricia who were all just over a second outside their nominated times.



Come along on Monday, 7th September and have a go at the
25m Breaststroke

A quick sprint 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, but remember that **no glass containers** are allowed in the pool area.

UPCOMING STUBBY STAKES...

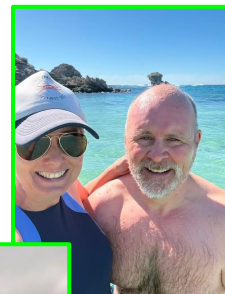
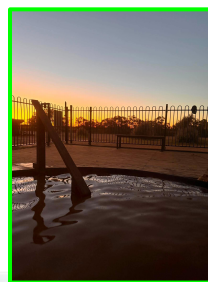
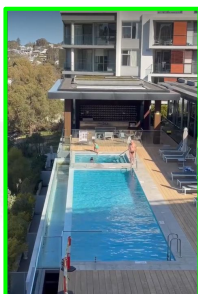
5th Oct 100m Free

2nd Nov 50m Free

More 'Pools' of Perth and Surrounds

WHICH IS WHICH?

FAYS BAY, ROTTNEST
CEINWEN'S APARTMENT BLOCK
MURCHISON, SCARBOROUGH
TWO PEOPLES BAY, ALBANY
WORRAMEL STATION,



Birthdays

Birthday Celebrations in September...so many!

**Garry Lymn 1st, Jill Mc 2nd, Shiryan 5th, Kerry 6th, Randall 9th,
Kayla 15th, Andrew R 16th, Brian R 22nd, Tom 29th**

Special Naughty Birthday celebrations for...

Caroline 50 on the 20th and,

Foundation Member Trevor Costigan, 80 on the 30th



Upcoming Events

**18th October Stadium Masters Act Belong Commit
Carnival**

1st November Mandurah Club Carnival

8th November Lake Leschenaultia Open Water Swim

TBC Pride Carnival (Perth Rainbow Swans)



Monday Nights

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	

PROGRAMME FOR OCTOBER

5TH OCT	100M FREE	50M BREAST
12TH OCT	150M CHOICE	25M FLY
19TH OCT	COACHING NIGHT + COMMITTEE MEETING	
26TH OCT	200M FREE	25M BACK

**Stubby
Stakes**

**Public
Holiday**

**Special
Event**

**No
Races**



They might
need to
practise their
spelling and
grammar as
well!!

Patricia's
dog Mia
has it all
sorted!





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

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

0403 210 096

andreawilliams12@hotmail.com



Lesley Hart

0419 961 729

lesleyjane62@hotmail.com



Lynne Duncan

0417 997 556

duncan1320@bigpond.com



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