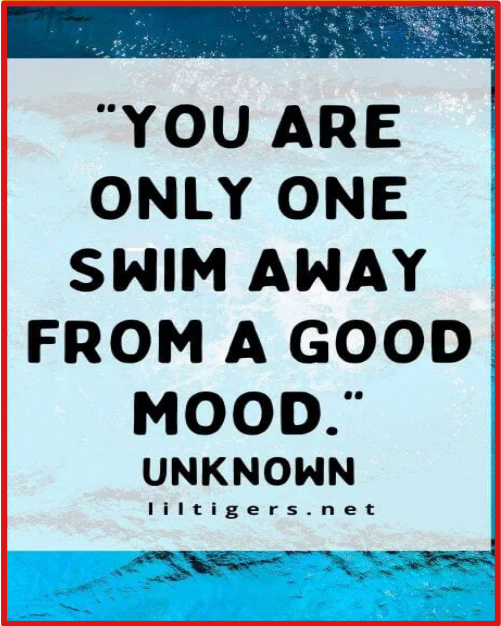




President's Prose	2
Tin Shed Chatter	3-4
Lake Leschenaultia	5
Races and Records	6
Results from The Range	7
Coaches' Corner	8

Stubby Stakes	9
Birthdays and Upcoming Events	10
The Noughties Party	11
Monday Nights	12
Club Uniform	13
Club Calendar	14
Contact the Club & Useful Links	15





President's Prose

FOR SEPTEMBER

Whilst I should be reporting on swimming and club related issues, September was a roller coaster month for some of our besotted AFL Fremantle Dockers fans. The stress experienced by Tim, Kate, Michelle and Randall was undoubtedly next level. Tim's efforts to promote his beloved team escalated to serving purple dumplings at Emily Taylor's. We were all impressed by the incredible mural he sent us adorning a building in Freo. Sadly, the anticipated outcome did not go to plan but "there's always next year"!

Another non-club related event was an awesome SwimTrek adventure in Bali to celebrate Caroline's 50th birthday. Caroline, sister Helen, Kate, Lesley and I were part of a group of 15 that enjoyed a 6 day adventure swimming around 4 km per day along the Shipwreck coast in Amed. The scenery was stunning above and below the water. Getting in and out of the outrigger boats was a challenge but we all persisted and conquered.

Congratulations to Lynne who was presented at the MSWA Awards ceremony with the "Official of The Quarter" honour. Lynne is the WA Technical Official for the N27 Championships here in Perth next April. We are very proud of her commitment to Masters Swimming!

Back in the pool, there were no events on offer over the month so Club, training nights and Endurance swimming continued as usual. Sandy has been pushing new limits at Endurance completing, amongst other distances, a ¾ hour Backstroke. Her enthusiasm is infectious! It was also great to welcome Tom back into the pool after a 6 month hiatus.

We also welcomed a great new member. Georgina had been training with us during the month and fitted right in with "the guns". She was an experienced pool swimmer in her younger days and has decided to get her mojo back and lead by example for her young daughter who also swims. The group in Lane 2 is now a very competitive unit with Tim, Tom, Patricia, Bronwen C, Bronwyn L, Caroline, Georgina and Lesley. They might need to take over another lane if the enthusiasm continues. 🙌🙌🙌

Entries for the Lake Leschenaultia Swim went live on 30th September so you can now all register for our wonderful 40th year event. Lynne has again spent many hours fine tuning the sanctioning documentation so it is now down to managing the logistics. Brian and Michelle are chasing donations for the famous raffle prizes. Don't forget that if you register, swim and finish, you will receive a fabulous commemorative towel! 🙌🙌

You will all vividly remember the exercise of changing the club By-Laws at this year's AGM. One issue was to address the bestowing of Life Memberships to eligible swimmers. The resulting changes make it possible for a member who has been with the club for at least 15 years, and has served in an extraordinary capacity, to be nominated for a Life Membership. The previous stipulation was 25 years. Nominations can be made to the Committee in writing by downloading the nomination form [here](#), and submitting it to Lynne no later than Friday 11th December 2026 (60 days before the AGM on Monday 15th February next year). It is important to comply with the criteria and to submit your nomination as soon as possible!



Tin Shed Chatter

I think the best item in this month's 'Chat' is the fabulous achievement by Garry who successfully - and easily (if you believe him) climbed the Sydney Harbour Bridge! It's a big challenge for regular climbers but that didn't worry Garry and, apart from being given his own guide, he took the vigorous exercise in his stride. 😊 According to Gaz that was Bucket List #2. The first being his Solo Busselton Jetty Swim. A lap around the mountain at Bathurst might be #3? Barbara and Garry travelled overland in the comfort of the Indian Pacific train to holiday in Sydney.



The second most important chat is the return to the pool of our gorgeous Kerry following her recent surgery, after a whirlwind diagnosis of breast cancer. Kerry is incredibly strong willed and motivated and it won't take her long to build up strength again.

September was yet another month of overseas travel for some with Michelle holidaying in Singapore and Christine checking out the sights of Vietnam. Great to see them both out and about as neither have been enjoying the best of health lately.

Of course, the girls in Bali too! SwimTreks are a great way to spend a holiday with a group of people from around the globe who love combining swimming with travelling. Bronwen did the Komodo Island SwimTrek with her cousin Katie last year as well.

I have to give a special mention here to Lee, who-whilst not actually leaving the country, is undertaking a virtual walk around Portugal. You may remember that Lee virtually walked around Australia over the past year. I believe that Lee has also completed an amazing number of Park Run events.

Caroline has been undertaking some great challenges to mark her 50th year, including climbing around the peaks in the Stirling Ranges. Whilst stopping in Mt Barker for coffee she bumped into former members Elspeth and Geoff Binckes. It's a small world! They both send their regards.





Tin Shed Chatter cont...

Brian and Kathy are finally enjoying a wonderful holiday in Canada, postponed from last year due to Brian's medical issues. Although they have both been unwell this trip, they are soldiering on and we can't wait to hear all about it on their return.

I hear that The Community Garden is suffering from the absence of B1, Barbara and Garry!



B2 has been AWOL for several weeks whilst replacing the ceiling and parts of the roof in their kitchen and lounge room. The renovations are almost finished so he should be back in the pool soon.

Sarah (from the Editorial Desk) has started a new adventure riding the 1067 km Munda Biddi Trail from Mundaring to Albany. We wish her all the best and look forward to pics for next month's newsletter.

Pizza night was a small but exclusive group celebrating the September birthdays of Kayla, Kerry and Brian R.

Don't forget to save the date of our 'Noughties' night celebrating significant birthdays for the year on 17th October and make the effort to dress to the theme 'OPERA'.



FROM THE SEASIDE AT YALLINGUP.....ANDREA



AN HONOURABLE MENTION TO ANDREA'S SWIMMING BAG (CIRCA 1993) THAT FINALLY SUCCUMBED AFTER RATS FOUND A NEGLECTED 'ONYA' FREDDO IN A POCKET!





Can You Help?



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

8TH NOVEMBER 2026

Sanctioning papers submitted, towels printed and delivered, St John's booked....it's all getting real!

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 September

Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
Russel Fowler						
75-79	75m Backstroke	1:35.12	14/9			Inaugural
Andrea Williams						
75-79	1 Hour Freestyle	2795m	19/9	2703m	714	Her own
	75m Breaststroke	2:01.70	14/9			Inaugural
Marilyn Potter						
80-84	75m Freestyle	2:15.03	14/9			Inaugural
Tim Buckton						
40-44	75m Freestyle	57.54	14/9			Inaugural
Bronwen Charlesson						
45-49	75m Freestyle	1:04.25	14/9			Inaugural
Tom Love						
35-39	75m Freestyle	45.89	14/9			Inaugural
Kate Elliott						
75-79	75m Individual Medley	2:19.09	14/9			Inaugural

It's worth doing the 75m and 150m events as most of them will be new records!



Results from The Range



Endurance progress as at 30th September 2026.....		
Female Points (14 swimmers)	Male Points (5 swimmers)	Total Points
3295 (Av. 235 points each)	893 (Av. 178 points each)	4188
Compared to the same time in....		
2025	2023	2021
3676 (17 swimmers)	4124 (22 swimmers)	5838 (24 swimmers)

Lee only has 8 swims left to complete the full Endurance program again...what a champion she is!!

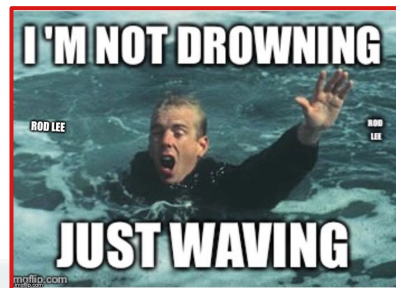
From October, the first Saturday of each month will be at Maida Vale and the remainder at Darling Range.

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



This Month our Focus is Open Water Swimming...

- Make sure your goggles are comfortable and clear, and wetsuit tight and appropriate (according to race rules)
- Allow time to quietly plan your course and race plan, noting entry and exit points, sighting points (on shore generally) and positioning of marker buoys
- If you feel prone to panicking, swim in a pack by positioning yourself at the outer edge of the starting line and merging in with other swimmers of similar pace OR start a few seconds from the back of the pack when they take off to avoid being jostled and have a clear run to get going. Maybe enter with a buddy who will accompany you, especially if it's your first Open Water event
- If you plan on going out hard (ahead of the pack), warm up with press-ups and arm swings before entering water. If the conditions are very cold, minimize shock by splashing your body and wetting your face and neck first, submerge and breathe deeply, blowing bubbles out until comfortable
- If you get into difficulties, roll onto your back and wave!
- Open Water is very different to pool swimming so practise an increased stroke rate (because glide does not happen in choppy conditions) and wider, straighter arm strokes to negate loss of power from chop and swimmers close-by
- Be assertive with your strokes, punching into the chop and stroking quickly to keep control, but ensure the arm that is in the water strokes powerfully to keep the 'catch' effect
- Sighting a distant landmark or buoy should be frequent, lifting the head just high enough without causing your legs to drop. Practise a water polo type stroke
- Never Breaststroke around a buoy to avoid kicking anyone close behind you
- Drafting off another swimmer, either at their feet or hips, saves energy and is faster (as long as the draftee is not dawdling). Practise drafting off a friend!
- Bacon and eggs is really good after a swim!!





Stubby Stakes

And the winner is...

Our September winner of Stubby Stakes was Caroline Grennan.. She swam closest to her nominated time for 25M Breaststroke by swimming 0.20s too fast! Caroline said it was an early 50th birthday gift to herself..



Come along on Monday, 5th October and have a go at the
100m Free

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...

2nd Nov

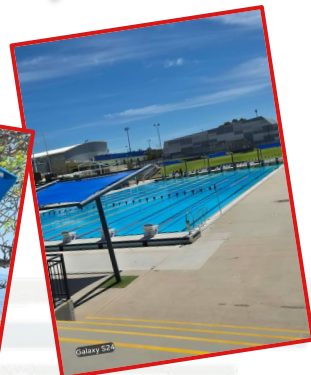
50m Free

7th Dec

25m Back

More 'Pools' of Perth and (much further) Surrounds

FROM LEFT TO RIGHT:
STIRLING RANGE CARAVAN PARK, SUNSET
POINT, BLUE EARTH VILLAGE (25M SINGLE
LANE), ICE BATH (BALI TOO), HPC PERTH





Birthdays

Birthday Celebrations in October

**Glad McGough 1st; Kate Elliott 11th
and**

Special Noughtie Birthday celebrations for...

Corinne Maslin - 50 on the 21st

Patricia Dalle Nogare - 60 on the 18th

AT 60, YOU
FINALLY KNOW
EVERYTHING...
JUST IN TIME TO
FORGET IT ALL.



50



The bright side is we
did all our stupid stuff
before the internet



Upcoming Events

11th October Stadium Masters ABC Carnival -
click [here](#) to enter! (maybe too late...)

1st November Mandurah ABC Carnival

8th November Lake Leschenaultia Open Water Swim

TBC Pride Carnival (Perth Rainbow Swans)



**MAIDA VALE MASTERS SWIMMING PRESENTS
THE 2026 NOUGHTIES BIRTHDAY PARTY**



OPERA

Come along and help our Members celebrate their "Special Noughties" birthday with a Theme of OPERA.

DETAILS



The Magic Flute

WHEN: Saturday 17th October 2026

WHERE: Big Party Room at the home of Andrea & Gwyn Williams
12 Valley Rd, Kalamunda (also rear entry and parking off Hillview St.
Note: it is at the cul-de-sac at the very end of Hillview St – number #34)

TIME: 6:30pm till late (dinner to be served at 7:30pm)

BRING: Food for the table – everything else provided

BYO Drinks No Club drinks will be available and drinks will not be provided

WEAR: Outfit from your favourite Opera



Giacomo Puccini



CLUB MEMBERS CELEBRATING THEIR NOUGHTY BIRTHDAYS ARE:



- | | | |
|---|-----------------------|----------|
| + | Georgina Hamer | 40 Years |
| + | Caroline Grennan | 50 Years |
| + | Corrine Maslin | 50 Years |
| + | Michelle Chia | 60 Years |
| + | Patricia Dalle Nogare | 60 Years |
| + | Christine Paterson | 70 Years |
| + | Marilyn Potter | 80 Years |
| + | Trevor Costigan | 80 Years |



**Wolfgang Amadeus Mozart
The Marriage of Figaro**



**Georges Bizet
Carmen**





Monday Nights

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

PROGRAMME FOR NOVEMBER

2ND NOV	50M FREE	200M CHOICE
9TH NOV	100M BACK	50M IM
16TH NOV	100M BREAST	25M KICK
23RD NOV	COACHING NIGHT + COMMITTEE MEETING	
30TH NOV	200M IM	25M FORM

**Stubby
Stakes**

**Public
Holiday**

**Special
Event**

**No
Races**

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

**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



Useful Links



maidavalemastersswimming.com



Visit us on Facebook!



**Masters Swimming
Rankings**

