UP HILL DOWN VALE

Issue 11 **November 2026**



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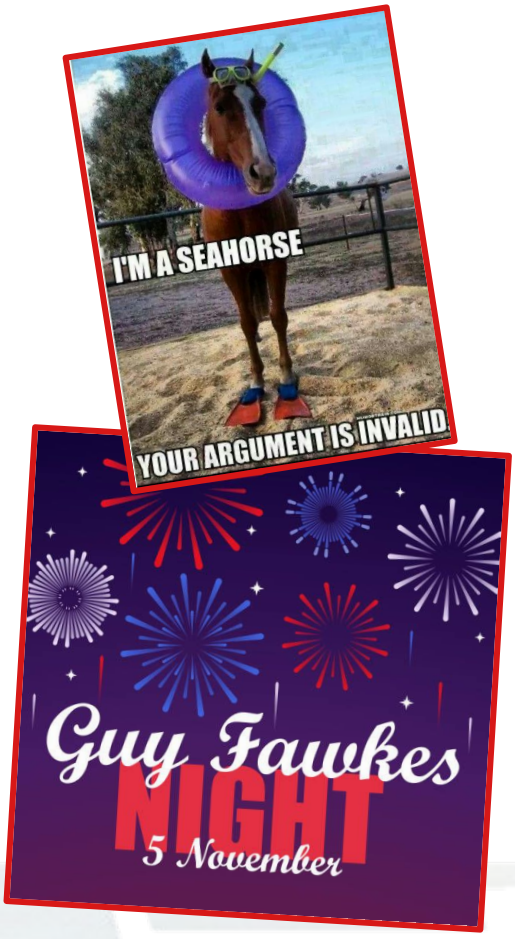


President's Prose

FOR OCTOBER

October began on a very disappointing note for those members who excitedly entered the Busselton Jetty Swim ballot on the 1st of the month. One week later we all received positive confirmations of our registrations, only to learn later in the day that there had been a massive technical glitch, and the results were all incorrect as all 7 000 hopefuls had been confirmed as entrants!. When the dust settled, only Lesley and Sarah were lucky enough to receive a confirmed spot in the event. The rest of us are wait listed! Oh well…first world problem.

The Stadium Masters ABC Carnival was held on the second Sunday with only Tom representing the club in the pool. He managed to break a long-standing club record in the 100m Breaststroke (Long Course) swimming more than a second faster than the previous time set by Gwyn back in 1984! Lynne was, once again, on deck as an official.

The highlight of October is always the "Noughties" party and this year we were celebrating the coming of "special ages" of Georgina (40), Caroline (50), Michelle (60), Patricia (60), Christine (70) and Marilyn (80). One of our founding Life Members, Trevor, is also 80 but is not involved in the club's activities.

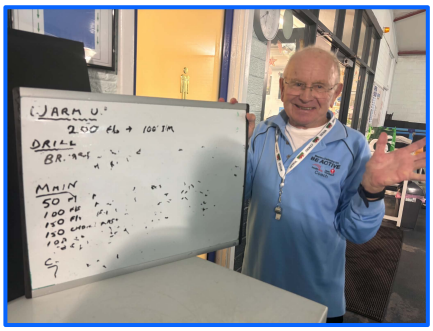
Unfortunately, Caroline was very unwell and consequently unable to attend and share her swimming story with the group. Georgina discovered in conversation that she had swum in the same pools and competitions in Suffolk, in the U.K. as Tom. Such a small world!

Patricia had offered to make an amazing "Opera" birthday cake, so the theme of the evening was set. That proved to be a challenge for me with the decorating, but I did manage to dress the social room with a ‘Night at the Opera’ theme. There were some interesting outfits and plenty of delicious food on offer. Unfortunately, my Opera themed quiz was not popular and it was mentioned vociferously that, whilst we are good swimmers, we are not opera buffs! We really needed Elspeth or Glad to prove you can be an Opera aficionado and a good swimmer as well!



President's Prose cont....

The monthly coaching night was organised by Gwyn, who had diligently written out the programme on a white board. With his swimmers in the water, he leant the board on a chair behind the lane 4 and it promptly slid down the plastic chair and into the water. He had used a white board marker and the moment the board hit the water, the writing literally floated off the board and settled on top of the water. It was like alphabet soup! Sandy was just swimming into the wall and her arms were covered in black lettering. Thankfully Gwyn had made a hard copy of his programme and was able to carry on with his coaching session once the hilarity had settled down.





Endurance on Saturdays continues to attract the regular small group of enthusiastic swimmers. Remaining sessions will be held at Maida Vale on 7th November and 5th December and Darling Range for the remainder of the months unless otherwise advertised. The weather is gradually beginning to warm up, and the Maida Vale pool is just too hot to complete long distances.

Our monthly pizza/pasta dinner was well attended, especially after the exclusive little group in September. Young Patricia provided the dessert pizza to celebrate her milestone birthday.

LAKE LESCHENAULTIA WOW SWIM:

There is only one week until our 40th Lake Leschenaultia event on Sunday 8th, and we need all hands on deck at the start line to ensure we run another amazing swim. If you can help in any way, I would like to see you at 0700 on the beach. We would also appreciate your assistance in the packing down of the event once the last of the swimmers have completed their race.

We have been able to source 2 catering vans on site for the morning - Yvette's Coffee and Cake and Steve's Ye Olde Ice Cream. Please consider supporting them!

SEE YOU THERE!







Tin Shed Chatter

It was young Glad's 96th birthday last month and I thought you might like to see the card I managed to find for her. I couldn't resist it and know she will be happy to share it!





Sarah and her partner Adrian are back home after completing an epic 1,067km bike ride on the Munda Biddi Track from Mundaring to Albany - testing her reconstructed ACL! I hope she shares some photos and stories of her adventure.



Brian and Kathy arrived home safely from their wonderful holiday,travelling and cruising in Canada and spending time in New York City. They both experienced bad colds and then Brian's developed into pneumonia, which resulted in a two night stay in hospital in Vancouver. Brian was dosed up with medications and they were able to continue on their trip.

Unfortunately, Brian's condition deteriorated after they arrived home and Kathy took him to Midland hospital for a thorough check up. The asthma that he was diagnosed with 18 months ago as his major problem has now been overridden with tests and the doctors have discovered he has a bicuspid aortic heart valve situation. Finally, there will be some targeted treatment, and he should make a good recovery. Phew!! B1 is too decent a person to have all this drama in his life.

Malcolm has been AWOL for 2 months as he has been nursing his wife back to a modicum of health after a very serious operation. He is hoping to regain some of his own fitness in the pool, and I look forward to seeing him on Training nights and maybe Endurance afternoons.

Kerry continues to gain strength after her ordeal and has returned to Endurance swimming, successfully completing 400m Freestyle and Breaststroke.







Tin Shed Chatter cont...

Norma has had a setback whilst waiting for a medical procedure on her leg and has developed cellulitis. She has spent some quality time with her son and daughter-in-law whilst John had his daughter caring for him. I would love to report some good news for our lovely senior couple, so am hoping for the best in the next few weeks.

I am very happy to report that Jamie is back in training in Lane 5 and has set himself – and his repaired shoulder – the challenge of competing in the 800m at the lake swim!

Sandy just keeps improving with every swim she undertakes, and is so enthusiastic about her progress that she has coaxed her eldest daughter Holly, into attending a couple of training sessions. Holly is a fabulous addition to "the guns" in Lanes 2 and 3. By "guns" I mean Bronwen, Bronwyn, Tim, Tom, Patricia, Georgina and Lesley!

See you all at Stubby Stakes on Monday night!

FROM THE HILL.....ANDREA







Flashback to 2012



Anyone recognise these two 'behinds' from a Masters Swimming WA brochure?



Age Group	Event	New Record	Date Set	Previous Record	Days Since	Former Holder
			Marilyn			
80-84	150m Back	4:31.96	12/10	4:33.61	126	Her own
			Kate			
75-79	150m Back	3:43.18	12/10	4:37.11	469	Marilyn
			Andrea			
75-79	150m Free	2:56.98	12/10	3:10.79	469	Kate
			Russel			
75-79	¾ Hour Back	1855m	3/10	1837m	427	His own
	150m Back	3:20.28	12/10	Inaugural		
			David			
70-74	150m Free	3:00.47	12/10	3:02.76	469	His own
			Patricia			
60-64	150m Free	2:27.72	12/10	Inaugural		
			Georgina			
40-44	150m Free	2:27.42	12/10	Inaugural		
			Tim			
40-44	150m Free	2:12.60	12/10	Inaugural		
			Tom			
35-39	150m Free	1:46.25	12/10	1:53.79	469	His own
	25m Brst	16.40	12/10	17.15	413	His own
	100m Brst	**1:20.66 (LC)**	**11/10**	**1:21.71**	**15 443!!**	**Gwyn**
			Lesley			
60-64	¾ Hour Brst	1887m	24/10	1850	1449	Her own
	1 Hour Backstroke	3025m	31/10	2902m	56	Patricia

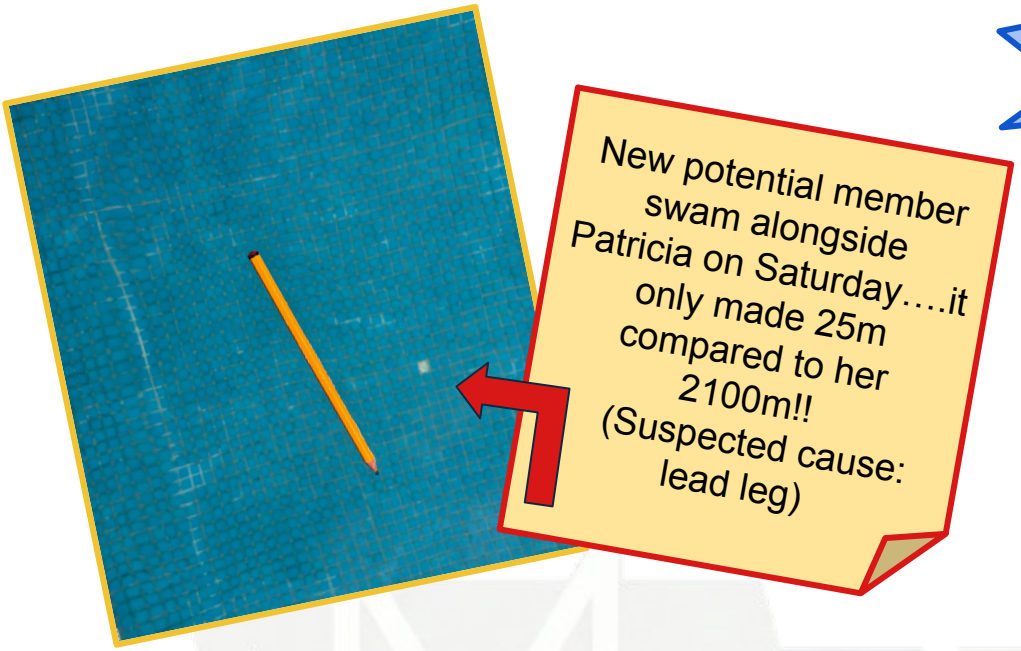
Check out this one!!!

Results from The Range



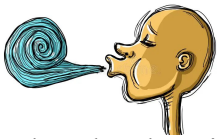
Endurance progress as at 31st October 2026…..		
Female Points (14 swimmers)	**Male Points (5 swimmers)**	**Total Points**
3754	**943**	**4697**
Compared to the same time in….		
2025	**2024**	**2023**
4054	**3842**	**4432**

What great efforts we are seeing this year!



New potential member swam alongside Patricia on Saturday….it only made 25m compared to her 2100m!! (Suspected cause: lead leg)

Coaches' Corner



This Month our Focus is....BREATHING!

As part of a warm up, it is beneficial to reactivate the body first. This can be done by changing your breathing mode from **Parasympathetic** (rest and feeding), to **Sympathetic** (flight or fright -pumping more adrenaline). So 5 to 10 deep breaths are helpful - then using arm exercises or elastic swimming bands to simulate swim action would complement this.

When one holds their breath in any part of a stroke, a buildup of carbon dioxide occurs, reducing efficiency. This can be minimised by breathing in deeply and then out forcefully. More oxygen comes in and more oxygen is exhaled this way.

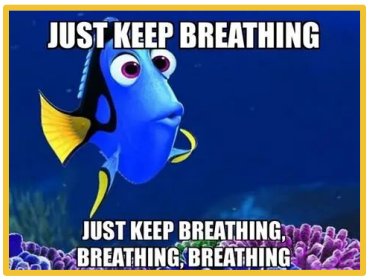
Choose an appropriate rhythm to promote the forceful breathing eg for drills, training for a smooth and balanced stroke, and 60% effort swims – bilateral is best. For threshold, 80% effort swims, breathing every second stroke might be better.

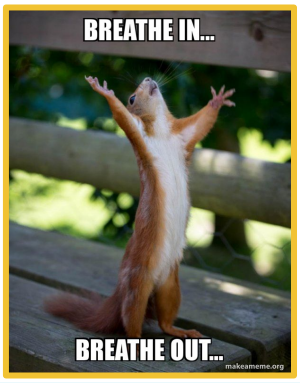
Hypoxic breathing (holding your breath or decreasing breath frequency) increases lung capacity but is not recommended for older swimmers! **(that will be me...Kate)**

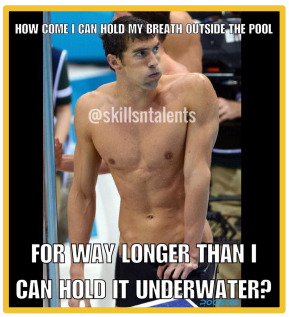
Breathing comes first from the top part of lungs. Diaphragmatic breathing uses the belly part of the lungs. Using this lower lung diaphragmatic breathing not only increases breath efficiency, but promotes the glide part of the stroke.

For quick recovery between races a successful method is to "box" breath ie breathe in deeply for 4 seconds, hold for 4 seconds then exhale forcefully for 4 seconds. Repeating this a few times is helpful.

Gwyn and Lesley







Congratulations to Tom who broke one of the longest standing records in the Club at the recent Stadium Masters Long Course Carnival. He bettered Gwyn's record for the 100m Breaststroke from 1984 (yes, 42 years ago) by 1.05 secs!!



And the winner is...

Our October winner of Stubby Stakes was Andrea, who swam 0.72s slower than her nominated time for the 100 metres freestyle. It has been a long time coming. Her nearest rival was Tim who was hoping for his first Stubby Stakes win. So close, a bit like an AFL football team.



Come along on Monday, 2nd November and have a go at the
50m Freestyle
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 November	50m Freestyle
7th December	25m Backstroke

More 'Pools' of Perth and Surrounds























A Night at the Opera













❖ Garry has shared his experience climbing the Sydney Harbour Bridge with a pacemaker and one and half legs!! Personally not sure I could do it without a pacemaker and two legs. Well done Garry ticking off an item on your bucket list!

Barbara and I left Perth on the Indian Pacific on 19th September for a five day train journey to Sydney, a city I had never visited.

My bucket list item was to climb the Sydney Harbour Bridge. I had studied the BridgeClimb website and thought I could manage the climb. I made some enquiries and was given a list of what was required before they would consider my request.

Being over 75, and with a pacemaker, was of concern to their safety team, even before the amputee issue was mentioned.
I had a certificate from my GP confirming I was fit to complete the climb.

On our first day in Sydney I visited the BridgeClimb hoping to book a climb within the week we were in Sydney. I agreed with the Duty Manager that climbing the 20 ladders in the Summit Climb may be too much for me. However, there are different climbs of the Bridge, two of which are to the summit, and they were happy for me to attempt a Summit Insider Climb with my own guide rather than potentially slowing down a group.

I arrived on the Tuesday for the climb and met my guide (from Mandurah) who was confident I could get to the summit. The climb was relatively easy but because I went around the ladders it had several hundred more steps than a normal climb. Unlike the climb direct to the summit, the inside walkways were open and I could see straight through to the water below. When we reached the top we spent 15 to 20 minutes just taking in the 360-degree views.

The climb took me approximately 20 minutes more than the normal assent and it was not nearly as difficult as I imagined. It was something I've always wanted to do and I'm so glad I did it. I would encourage anyone who wants to climb the Sydney Harbour Bridge to do it because it's an experience they'll never forget.

Garry





Birthdays

Birthday Celebrations in November...

Peter C 21st, Gwyn 22nd
and Jane P 23rd





Upcoming Events

8th November Lake Leschenaultia Open Water Swim

5th December Rottnest Swim Thru

12th December Fremantle Port Swim Thru
AND Christmas Party @ Kerry and Dave's

21st December Bilgoman Swim & BBQ
AND Gingerbread @ Brian and Jacinta's

Monday Nights

Programme for November		
2nd Nov	50m Free	200m Choice
9th Nov	100m Back	50m IM
16th Nov	100m Brst	25m Kick
23rd Nov	Coaching Night + Committee Meeting	
30th Nov	200m IM	25m Form
Programme for December		
7th Dec	25m Back	100m Free
14th Dec	Fun Relays	

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

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.

Sunday 8th November

Maida Vale Masters Open Water Swim At Lake Leschenaultia

Contact the Club

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LAKE SWIM COORDINATOR

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Lesley Hart

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Useful Links

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