

PRESIDENT'S PROSE FOR December , 2023

Happy New Year to everyone! I really hope 2024 will bring you good luck and happiness but most of all good health!

With the arrival of 2024 the club is heading into its 45th year as a Masters Swimming Club which is an incredible achievement and something that we should proudly celebrate. Maida Vale club was formed in July 1979, the third AUSSI club to become affiliated in WA behind Carine and Osborne Park I believe. Perhaps we could organise a joint party later in the year?

December is always a very busy month with quite a few events on offer. The Swim Thru Rottneest was held on the first weekend and a group of club members and their families competed in the beautiful waters of Thompson Bay.

It was another memorable swim with around 800 competitors. Kate opted for the 500m event which she has decided is her favourite distance whilst Gwyn swam the 1.6km doing breaststroke. Lesley, Caroline and I swam 1.6km freestyle. Ceinwen raised the bar a tad by swimming 20km over to the island with a small group of her squad then jumping in to do the 1.6km cool down! She gets her insanity from Gwyn! ☐



The last Stubby Stakes of the year was a quieter affair with some of us still on the island. Congratulations to Alison for winning the last bottle of wine on offer for 2023.

One week later the Freo Fins hosted the second WOW OWS of the year at South Beach. Another lovely morning for a dip. Lesley, Caroline, Gwyn and I enjoyed the 1.6km with Lesley finishing first in her age group, winning a prize and a great unique medal. Bacon and egg rolls were on offer and Caroline decided to consume one before the race! It seemed to be a good strategy as she finished second in her age group. Randomly the Lions Club ran out of gas and couldn't cook any eggs after the race, so we missed out!



I also finished second and won a great raffle prize, making it worth the trip to Fremantle.



It was a long day for the early morning swimmers as the club Christmas party was that evening and final food and costume preparations were paramount with no time for a snooze.

Lynne and Andrew hosted the evening and it was really pleasant sitting out on their decking on a balmy night. The theme was "Sustainability" so Op Shop or pre-loved outfits were recommended. There are some good photos of the little gems. Elaine scored a great Salvos top, my dazzling number was from Save the Children, Richard shopped exclusively at St Barnabas and Alison had a wonderful time purchasing two outfits from Good Sammies. B2 wore a truly remarkable pair of green and white striped designer trousers which cost him a fortune back in the 80s when they apparently were all the rage! Michelle was rocking a pair of Chrissy pjs and Gwyn had a fluffy jumper with baubles that were irresistible. Lynne recycled the original Lake Leschenaultia Dolphin shirt from 1987! (Artist credit to Lesley!)

The food -as usual-was delicious (albeit no pavlova as B1 and Kathy had Covid).

Presentations followed dinner with only a few Flipper Awards being handed out as Russel hadn't been up to his usual antics during the year. There were some year badges given to long time members and then the recipients of the main club trophies were announced.

The Club Person of The Year was awarded to Tom Love who, whilst battling a debilitating issue with the nerves in his shoulders which has rendered him unable to swim, has nevertheless attended club nights (when not in hospital) and jumped into the water to run laps in the pool. Tom has also stepped in to the roll of Recorder, a position that has been managed successfully for many years by Lesley, plus he has also instigated a great swimmer's profile section in the newsletter.

The Swimmer of The Year was awarded by the Coaching panel -aka Gwyn and Lee- to Lesley! Whilst Lesley has helped select the "SOTY" in the past she has never actually won the trophy. Lesley's swimming has always been one of the most important activities in her life and over the years she has achieved many accolades. In the past year she has set new club records to include nearly every event in her age group (except perhaps one which is still held by Mum Barbara, Marilyn and Norma), has completed Endurance swims, competed at interclub challenges and open water events on offer and is now training hard to complete a duo with daughter Megan in the Port to Pub in March and a Swim Trek in Sardinia in June!

The final Club Trophy is the Endurance Award and this was won for the second consecutive year by Lee Caldwell. This is a huge endeavour as not only does Lee swim all the regular distances but she also finishes five 800m Butterfly and five 800m Individual Medley swims! Boggles the mind!!

I presented two President's Awards to worthy recipients who both work very hard to keep the club running efficiently. Lynne and Brian Risbey received a Lake Leschenaultia dry bag each as they are the only two members who -because of their roles in the day-cannot compete in the event!

Of course, the evening could not be complete without the present gifting and stealing and, as usual there were some standout favourites with some camping chairs and a teapot topping the list.

Thankyou to Lynne and Andrew for opening up their home for our celebrations.

For our last Monday swim of the year Lesley organised a fun relay night with some very creative games. Creative bending of the rules was paramount and I can confirm that Marilyn was by far the worst offender!

The last open water swim of the year was the Coogee Christmas 10k hosted by Cockburn Masters. Lynne officiated whilst Lesley and Caroline completed the Christmas Cruise 3.4K event. Unfortunately I had to withdraw from the event due to an accident the day before that resulted in stitches in my calf - so no swimming for a while! I won a spot prize and enjoyed a social morning on the edge of a very calm sea.

Thank you to Richard for hosting the sausage sizzle at his delightful house in Lesmurdie. We all felt that he and Brenda had set up a beautiful home for their retirement and that Brenda's presence is palpable -particularly in the garden. Lesley presented the Handicap prizes to David Masters and Brian Brady and passed on the awards for Bronwen Charlesson and Bronwyn Loughton. Year badges were handed out to Martin Byrne and Steve and Dianne Cockburn. Thank you once again to B1 for donating and cooking the sausages and onions. We do really appreciate his generosity.

Finally the club's yearly activities ended with a cool evening swim at Bilgoman followed by a poolside sausage sizzle. Brian, Jacinta and Rory invited us to their home for delightful gingerbread people biscuits, coffee and Cointreau . We all marvelled at their display of assembled Lego pieces and Christmas novelty collectables which are very impressive .

David Pether was kind enough to take Russel to the Risbey's for a coffee. Hopefully Russel will be able to return to the pool in early 2024.

And that's a wrap for another year of Fitness, Friendship and Fun in our little hot tin shed in Maida Vale!

FROM THE YALLINGUP HILL.....ANDREA



Final Monday night fun and games!

**CLUB PERSON OF THE YEAR
TOM LOVE**



**ENDURANCE SWIMMER OF THE YEAR
LEE CALDWELL**



**SWIMMER OF THE YEAR
LESLEY HART**



**PRESIDENT'S AWARDS
BRIAN RISBEY and LYNNE DUNCAN**



COOGEE XMAS 10KM (for some at least!)





Final swim at Bilgoman before the Christmas break, followed by refreshments at 'The Risbey Residence'.



35 Year membership badge awarded to Marty Byrne (maybe he'll get wet in 2024!)



Two out of Four Handicap Winners! B2 and David M



Whose spectacular backstroke start is this?



Here's when to start your New Year's Resolution in 2024:

Club Night—Monday—6.30 to when we finish. We have timed swims (except the night we have the committee meeting) Good night to check to see if you are getting faster (or slower!). Not too many have managed the 200 butterfly this year!

Training : Tuesday night 6.30 to 7.30—you can do a program left by the coaches or not!

Training: Wednesday night 6.30 to 7.30—do a program left by the coaches or not!

Endurance: Saturday—2.45 till approximately 4.30—timed swims.

Maida Vale Endurance Results 2023

	1st	2nd	3rd	4th	5th
Overall	Lee Caldwell 926	Brian Brady 781	Glad McGough 402	Alison Bartlett 385	Kate Elliott 309
Female	Lee Caldwell 926	Glad McGough 402	Alison Bartlett 385	Kate Elliott 309	Maggie Read 285
Male	Brian Brady 781	Garry Lymn 171	Greg Bourne 141	Russell Bourne 101	Gwyn Williams 80



Congratulations to Lee for another Endurance 1000 club title! A true testament to persistence and great habits, Lee completed the set of swims... **again!**

Endurance at end of 2023

Female	Male	Total
3254	1335	4589
14 women	7 men	
↑ you averaged 232.4 points each	you averaged 190 points each	

flashback to the end of November 2022...

Female	Male	Total
3293	1338	4631
11 women	6 men	
299.4 points each	223 points each	

a peek back at 2021

Female	Male	Total
4367	2685	7052
13 women	11 men	
335.9 points each	244.1 points each	

DID YOU KNOW?

If Brian Brady's Endurance 1000 swims were combined and he could swim from Maida Vale pool 'as the crow flies', he would have reached the coast of Garden Island!

23 Endurance club records were broken in '23

TRIVIA TIME!

1) WHO WAS 2023'S MOST PROLIFIC TIME KEEPER?

BETWEEN THE TOP THREE, IT WAS MIGHTY CLOSE...

48, 47 & 45 EVENTS TIMED

2) WHO WAS THE ONLY TIME KEEPER THIS YEAR

THAT DIDN'T ACTUALLY RECORD ANY SWIMS?



Swimmers in Focus II

This month, I've altered the format to note an unexpected, but delightful surprise! However, first things first, a nod to our Endurance Champion of 2023...

Lee Caldwell

Lee is a stalwart of Endurance, clocking 253 swims since the return to the pool midway through 2020. Lee has swum more than 18km of Fly since then... wow! Lee holds fourteen endurance records from a 400m Fly to the epic 5000m Back and Breast events of the 90s. In 2024, a new age group for Lee sees the opportunity to break a new set of club marks, and given her performances in 2023, the recorder will be busy updating the record books! I for one am motivated by example Lee sets in completing the Endurance program. I know there are swimmers who are keen to challenge next year, however Lee's 926 point haul of 2023 may not be enough, as the next age group up gives a chance to pick up more points for similar times to mere weeks ago. But in all honesty, Lee deserves an award for completing the 800 IM plus the 400 and 800 Fly sets alone! A great Maida Vale Masters champion.

Tom Love

I had no plans to be a 'Swimmer in Focus', but I couldn't pass up the opportunity to write something given the great privilege of winning club person of the year (especially as I was genuinely [yet completely uncharacteristically!] lost for words upon receiving it). From Andrea's ward visit on behalf of the team back at the start of '22... then B2's home calls that saved our house from burial under an overgrown garden!..to a certain club legend giving our youngest the best start to school life, the club means such a great deal to our family, here and in the UK. I thoroughly enjoy recording for the club, and can't wait to grow my involvement to find some way to give back to the club. I am indebted to everyone for the friendliness and joy I receive just by coming to the pool. 2023 saw loss and tragedy within the club, and I would be remiss to not acknowledge the far more significant challenges others in our club family have endured and are enduring. A very special lady in the club reminded me that "patience" is so important when overcoming challenge, and this was a timely message that has helped significantly in the always non-linear trajectory towards my goals. I am deeply humbled to be awarded club person of 2023, especially as I understand how much time, effort and passion that so many club members put in to Maida Vale Masters. So I can only thank everyone involved in the club, and will look back on 2023 as a turning point towards a very bright future.

CLUB NIGHT PROGRAM FOR JANUARY 2024

8TH JANUARY	50M FREESTYLE	STUBBY STAKES	100M BREASTSTROKE
15TH JANUARY	100M INDIVIDUAL MEDLEY		25M BACKSTROKE
22ND JANUARY	COMMITTEE MEETING—TRAINING ONLY		
29TH JANUARY	100M FREESTYLE		50M BUTTERFLY

DECEMBER STUBBY STAKES WINNER

Congratulations to Alison who won Stubby Stakes swimming closest to her nominated time for 25m Butterfly. Stubby Stakes winners for the year were Maggie (2), Marilyn (2), Brian R (2), Lesley (3), Richard (1), David M (1) and Alison (2).



Make the time to be at the pool on Monday, 8th January, for your first chance to win in 2024 by entering the Stubby Stakes, and swimming closest to your nominated time.

Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation. Please bring a plate to share and a drink (not to share unless you want to!!).

HAPPY BIRTHDAY IN JANUARY TO:

Barbara Van Der Leest 1st; Mel Gibson 3rd; Norma Jack and Dominic Furfaro 9th;
 Paul Waters 12th; Greg Bourne 14th; Ian Stewart 19th;
 Susan Griffin and Jamie Bounsell 21st; Andrea Williams 29th

CAPRICORN

PRACTICAL AMBITIOUS
HUMOROUS
 PRUDENT PATIENT
DECEMBER 22
DISCIPLINED
JANUARY 19
 STEADFAST CAUTIOUS
 HELPFUL RELIABLE
INDEPENDENT

AQUARIUS

FRIENDLY LOYAL
HUMANITARIAN
 INTELLIGENT INVENTIVE
GREGARIOUS
JANUARY 20
FEBRUARY 18
INDEPENDENT
 BROAD-MINDED CREATIVE
UNPREDICTABLE

Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!!
The price of the ladies bathers and the men's long leg jammers have been reduced.

Ladies' Long Leg \$82.00 now \$75.00 Sizes 8 > 18 Ladies' Regular \$72.00 now \$65.00 Sizes 8 > 20
Men's Jammers (Long Leg) \$52.00 now \$45.00 – Sizes 14 > 26
Silicon Caps \$10.00 Latex Caps \$ 5.00

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool.

Club Shirts. The shirts cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots. There are also a few club vests available, 1 x XL; 2 x L and 3 M, see Norma for details. A very useful item of clothing when it is cold!!

Masters Swimming WA Website—well worth a visit. Click [here](#)

Don't forget to check out our web page with photos and videos. Just click on the [link](#).

You can also check out our Facebook page. Just click on this [link](#).



**Check Dolpin Dots for
Christmas and New Year
pool opening and closures
No Tuesday training in January**



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