

## PRESIDENT'S PROSE FOR SEPTEMBER, 2023

Spring arrived with a chilly drop in temperature and more rain than we had in winter! The stubby stakes was a very quiet evening but the competition was close and Marilyn Potter was the winner for the second month in a row. No pressure for October Marilyn! Later that week an horrendous storm and damaging winds hit the metropolitan area and I'm sure that was the reason for only a few brave souls turning up to training that Wednesday night! It was very loud in the pool with the rain hammering on the roof. As the month progressed the nights were still chilly, however the numbers increased slightly.

We did have an actual swimming event on offer with the Somerset Masters 1500m swim in their great outdoor pool. Only Glad and Brian Brady competed, and Lynne officiated. Glad swam a great backstroke in 1 hour 13 minutes, after already finishing an 800m backstroke the afternoon before at Endurance! Unfortunately, Brian succumbed to an asthma attack early into his 1500m backstroke and had to stop his swim and get assistance. It was quite upsetting for him as he had been training steadily.

The month proceeded without much excitement until we all went to Lesley and Williams' home in Glen Forrest for a wonderful Sunday walk through the nearby National Park. Lesley was one of the guides taking a group the long way into the park and William headed off in a different direction with a smaller group— both relating stories about the park and pointing our wildflowers and birds along the way. The promised blue wrens were elusive until we were eating lunch back in their garden!



Marilyn and Graeme drove into the park and enjoyed a short walk whilst the rest of the group walked nearly 7kms. The weather was perfect, the scenery was delightful and the lunch in the garden, surrounded by lovely flowering plants was a fitting end to a great day. Many thanks to Lesley and William for their hospitality.



As Lynne mentioned in Dolphin Dots, we have a great new member who joined once the 16-month registrations opened. Ashley Barnett has been training regularly with the club since August and has enthusiastically embraced the ethos of Masters Swimming. He was at the pool on the night of the Handicap Event so Lesley encouraged him to compete in the freestyle challenge. He made it to the second round with a mighty effort but was a “no-show” at training the following night! Ashley had originally been taught to swim back when he was a young lad by our very own Anita Eifler in her home pool.

Finally, the weather warmed up by the end of the month and the evening at the Village Pizza was very pleasant. Brian Risbey was celebrating his Big 60th and along with Garry provided the dessert pizzas.

I am hopeful that some of you will join me and Gwyn at the Stadium LLCC as it will be a battle getting a relay team together without some support!



FROM THE HILL.....ANDREA.



Not only swimmers, gardeners as well.  
How lucky is the community garden?



### OCEAN TO OCEAN SOLO BIKE RIDE OCTOBER 2023 TO RAISE MONEY FOR MULTIPLE SCLEROSIS RESEARCH

The fundraising bike ride for Multiple Sclerosis research is on after a three year delay due to Covid and border closures. Our son is ready to go. Jason will start the ride in Sydney on the 14th October and finish in Perth on the 11th November. His support crew will be his wife Penny and Sonia (his twin sister). My brother and a good friend will drive two mobile homes to accompany him. Jason’s website is <https://www.ocean2oceanride4ms.com/> Please check it out . Any donations will be greatly appreciated and will help in the fight against this awful disease. You will be able to follow Jason on his ride via the website link.

**Marilyn and Graeme Potter**

**The second Sunday in November is fast approaching  
Our club's open water swim will take place at Lake Leschenaultia  
Please keep Sunday 12th November free!  
Many hands make light work!**



Brian and Kathy Brady are collecting donations of raffle prizes for the Lake Leschenaultia swim raffle. Unwanted gifts make great raffle prizes. If you don't have anything you can donate, cash is always handy to buy a few extra prizes

You can drop of donations at the pool on swim nights.



**You can now register for this iconic swim just click [here](#) and it will take you to the registration page.**

The event comprises of four swim distances.

1. 400 metre (Jump in the Lake) swim; open to swimmers from the age of 9 years and above. Swimmers aged 9 years must be accompanied by a guardian.
2. 800 metre swim; open to swimmers from the age of 11 years and above.
3. 1600 metres (1.6 km) swim; open to swimmers from the age of 11 years and above **(this includes Closest to Nominated Time winners in each category)**

**Note: the wearing of watches, timing devices, data collection devices, smart goggles, etc. is not permitted for the 1600 (1.6km) event**

4. 3300 metre (3.2 km) swim; open to swimmers from the age of 12 and above.



## CLUB NIGHT PROGRAM FOR OCTOBER 2023

2ND OCTOBER	50 FREESTYLE	STUBBY STAKES	100 BACKSTROKE
9TH OCTOBER	200 BACKSTROKE		25 BUTTERFLY
16TH OCTOBER	COMMITTEE MEETING— TRAINING ONLY		
23RD OCTOBER	100 FREESTYLE		50 BACKSTROKE
30TH OCTOBER	200 FREESTYLE		50 BREASTSTROKE

### SEPTEMBER STUBBY STAKES WINNER

Congratulations to Marilyn Potter who won Stubby Stakes swimming closest to her nominated time AGAIN!! Two months in a row. Well done Marilyn. Lovely to have Russel back on deck to present Marilyn with her prize!



Make the time to be at the pool on Monday, 2nd October, for your chance to win this month 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 OCTOBER TO:

**Glad McGough 1st; Kate Elliott 11th; Cliff Richard 14th;**  
**Patricia Dalle Nogare 18th; Jennifer Bourne 22nd; Chris Potter 23rd**  
**Ashley Barnett 31st**

**LIBRA.** (the scales)  
 sept. 24 - oct. 23. IDEALISTIC.  
 \* EASY-GOING. affectionate.  
 Sincere. EXPRESSIVE.  
 FAIR. stylish.  
 well-balanced. \* good  
 sociable. mediator.  
 ARTISTIC. romantic.  
 DIPLOMATIC. charming.  
 COMMUNICATIVE.  
 absolutely FABULOUS.



**SCORPIO.** (the scorpion)  
 oct. 24 - PASSIONATE.  
 nov. 22. TENACIOUS. \*  
 COMPLEX. investigative.  
 clever. MAGNETIC.  
 BRAVE and SOCIAL.  
 LOYAL. good memory.  
 protective. deep.  
 resourceful. SENSUAL.  
 DYNAMIC. self-reliant.  
 intuitive. DETERMINED.  
totally HYPNOTIC.



# ENDURANCE 1000

Endurance as at 26/09/23		
Female	Male	Total
2929	1195	4124
13 women	7 men	
you're averaging 225.3 points each	you're averaging 170.7 points each	

flashback to the end of September 2022...		
Female	Male	Total
2540	1270	3810
11 women	6 men	
230.9 points each	211.7 points each	

a peek back at 2021's haul by October		
Female	Male	Total
3505	2602	5838
13 women	11 men	
269.6 points each	236.5 points each	

Endurance swimming is being held at Aqua Tots until we hear that the heater at Darling Range has been turned on again. 2.45 pm till approximately 4.30 pm.

Bring a plate of something to share and have with a cup of tea or coffee after swimming.  
Thanks to Brian Brady and Lee Caldwell for organising these swims.

**THE WORD IS THAT DARLING RANGE POOL  
WILL BE OPERATIONAL VERY SOON!!**



The Vorgee Million Metres Awards Program is open to all registered members of Masters Swimming Australia. The program aims to stimulate all members to strive for greater fitness, and recognises swimmer's progressive milestones.

Click [here](#) for more information.





Stadium Masters Swimming Club invites your members to the

## 2023 Act Belong Commit Club Challenge Series Meet. A Round of the National Swim Series

**DATE:** Sunday, 22<sup>nd</sup> October 2023

**VENUE:** HBF Stadium, Stephenson Ave, Mt. Claremont. Indoor long course, electronic timing.

**TIME:** Pool opens at 8.00am. Warm up from 8.00am to 8.45am. Meet starts at 9.00am.

**COST:** Cost of meet entry is \$25 per swimmer and includes pool entry.

**ENTRIES CLOSE:** Sunday, 15<sup>th</sup> October 2023. Late entries will not be accepted.

**REGISTRATION LINK:** <http://www.myswimresults.com.au/Meet.aspx?MeetID=MAU142>

### EVENTS:

1. 200m IM    2. 200m Free    3. 200m Fly    4. 200m Breast    5. 200m Back

(Please choose only one of these events)

6. 100m Free    7. 100m Fly    8. 100m Breast    9. 100m Back

(Please choose only one of these events)

10. 50m Freestyle

11. 50m Breaststroke.

12. 50m Backstroke

13. 50m Butterfly.

14. 4 x 50m Women's Freestyle Relay.    15. 4 x 50m Men's Freestyle Relay

The meet is OPEN to all Masters Swimmers and will be limited to the first 150 swimmers.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 events and in an appropriate Relay
- All participating Clubs are to provide timekeepers.
- Refreshments will be provided afterwards in the UWA Hockey Club rooms.
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- The Club Captain will ask for relay availability on closure of individual entries

For event enquiries, please contact the Meet Coordinator Peter Lyster

Phone: 0419 909 566 Email: [phil@westnet.com.au](mailto:phil@westnet.com.au)

If you are unable to register but are a current financial member,

please contact [communications@mswa.asn.au](mailto:communications@mswa.asn.au)



Entries close: Sunday, 15<sup>th</sup> October 2023.



# 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.

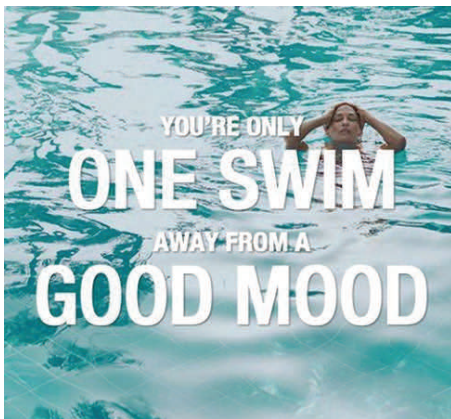
Club Shirts. The shirts cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Make yourself proud to be a MVMS member.

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](#).



**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.



## Contact details

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