

# CHALLENGERS' CHATTER

APRIL 2014

## 2014 NATIONAL AND STATE TITLES - ROCKHAMPTON



A huge thanks to co-Captain, Brian Hoepper, who, daily, meticulously documented Rockhampton happenings and emailed these to the unfortunates back in Noosa.

*Day 1 - Wednesday, 23<sup>rd</sup> April*

The Capricorn Smelting Works ran hot and overtime yesterday stamping out the medals for the Noosa Masters. At day's end the team had amassed a total of 32 individual medals – 9 at National level and 23 at State level – while our two relay teams each chimed in with Silver at State level. Our only National Gold went to Eulah Varty in the 400IM. A terrific swim.

Perhaps the most celebrated statistic for the club is that, after just one day, every member of the Noosa team has won at least one medal! And happiest of all was Adele Tucker, with her first-ever State medal. (See full medals tally below.)

And ... STOP PRESS ... as I write, the PA announcer had just told the crowd that Eulah's 400 IM time set new records at both the National and State levels. The Noosa team has just erupted in the wildest applause heard so far at these championships.

As well ... Dyanna and Rob found an 'orphan' at the local YHA accommodation – a very young (23) Vicky Dewar-Fowler – a British student on exchange at UQ and apparently the sole rep of Uni Wahoos at this meet. She's teamed up with us at the pool, and we're claiming her as an honorary member (particularly since she blitzed the field at National level in the IM and Breaststroke and at State level in the Backstroke as well!).

*Noosa Results:*

*National: Gold (1), Silver (6), Bronze (2).*

*State: Gold (9), Silver (10), Bronze (4)*

*Day 2 - Thursday, 24<sup>th</sup> April*

It's been another terrific day for Noosa Masters at the Nationals/State in Rockhampton.

I'll start at the end of the day .... The MSQ AGM was held after the day's final event. Stephanie and I attended, and were very pleased to be presented with not one, but three State Aerobic trophies for top points in 2011, 2012 and 2013. I spoke briefly to the meeting, explaining the special significance of the trophies – 2011 when Pat masterminded the Aerobic program, and 2012 when the club members swam so enthusiastically in his honour as he battled cancer.



# 2014 NATIONAL AND STATE



The Trophies

In the pool, Noosa swimmers exceeded Day 1 results, winning 10 individual National medals, 26 individual State medals, and bringing home a Silver and a Bronze in the Mixed Medley relay.

Especially delighted on Day 2 were our two National Gold medallists, Wendy Twidale in the 50m Free and Dyanna Benny in the 200m Backstroke. And the 800m Freestyle produced two outstanding PBs by Grindle Rudder (12:25.44) and Julia Dunstall (12:08.70).

Day 3- Friday, 25<sup>th</sup> April - Anzac Day

All three relay teams won medals, maintaining a clean record with every relay team medalling over the three days. And every team Noosa member now has an individual medal.

Day 3 Results:

National - Gold (2), Silver (3), Bronze (8)  
State: Gold (10), Silver (10), Bronze (5)

Day 4 - Saturday, 26<sup>th</sup> April

We ended the fourth day on a high. Our three relay teams all medalled, including one National medal. Then, at the State presentations poolside, Noosa won the trophy for 'large clubs – highest average points per swimmer'. We shall treasure this trophy particularly, as it reflects the across-the-board strength and depth of our club. We averaged around 50 points per swimmer. In terms of total aggregate points, we placed fifth Nationally and second in the State.

Early in the day, the PA boomed out with the announcement that Bob Morse's terrific 100m Backstroke swim was a new State record. Bob, understandably, was chuffed and the rest of the team shared his delight.

Medal Tally - Days 1-4

National: 10 + 10 + 12 + 13 : **45**  
State: 24 + 26 + 25 + 23 : **98**

Relay medals (can be multiplied by 4 in terms of actual medals presented):

National: **2** State: **10**



The Team

At the post-race

Day 5 - Sunday, 27<sup>th</sup> April - THE OPEN WATER SWIM (OWS)

Yeppoon: 11.07am

From a special correspondent

It's being called 'the greatest feat of gamesmanship in OWS history'.

As a hundred or more ardent swimmers crowded in the balmy water below the Yeppoon surf club, an unmistakable voice pierced the Sunday air: 'Snake!!! ... there ... in the water!'

Half the competitors immediately abandoned the race, scrambling in a crazed frenzy over the slippery foreshore boulders to the safety of the verdant lawn. Others, transfixed with fear, stood rooted to the sandy floor. A number suffered severe heart palpitations; some simply sank slowly beneath the waves, lost forever.

Strangely, the one person who'd shrieked the warning – Stephanie Jones (QNA W55-59) – didn't move. Seemingly unfazed, she calmly waited for the starting gun to send the much-depleted field on its way. And away she blazed, powering her way through the 2.5km course to a packed finish line echoing to shouts of 'Noosa ... Noosa'.

But she placed second! All but one of her potential rivals had fled the scene at the cry of 'Snake'. But one stayed put, and went on to best Ms Jones.



The Pool

media conference, that lone rival explained her resolute approach ...

"Look ... Blind Freddie could tell the difference between a snake and a mangrove frond. And anyway, I remember the Portsea OWS in 1994, when Steph pulled the same 'snake' trick. I'm no mug!"

Steph accepted her Silver medal with no hint of guilt. Immediately after, she was spirited away in an unmarked car by four burly men from the fraud squad. Fate unknown.

Thankfully, this shameful episode did not mar the day for Noosa Masters. The nine other Noosa swimmers – in the spirit of true sportsmanship – all swam to medal finishes. And these were National medals! For Grin, Julia and Bardie, their first ever National Gold medals! The full team comprised Eulah, Geoff, Jan, Bardie, Dyanna, Wendy, Ian, Steph, Grindle and Julia.



# 2014 NATIONAL AND STATE TITLES



Anzac Service

Farewells are bade...



Ladies Relay Team



Ian & Adele Tucker



Eulah Varty

And, for the record, Julia was the first Noosa swimmer to cross the line in the 1.25km race, and Ian in the 2.5km. Great swims by all!

Rockhampton 2.05pm

From a special correspondent

The Noosa mob is at the 'Giddy Goat' café in East Street, celebrating the birthday of the club 'baby' Julia. Rousing choruses of 'Happy Birthday' are interspersed with random cries of "Noosa ... Noosa" (reprise).

Suddenly the unmarked car screeches to a halt kerbside. The burly men deposit a squirming hessian bag on the footpath, leap back into the car, and disappear in a cloud of smoke and mystery.

Geoff Lander, summoning up memories of Boy Scouts challenges, strides over to the bag and slits it open with the combined scalpel/torch/soldering iron that he carries for just such occasions. From the dusty interior he hauls the hapless Steph who, sobbing, is helped to a chair and calmed with a calibrated blend of sympathy and sauvignon blanc. Her story is too shocking to reveal here.

The team settles back into lunch. Steph orders Cointreau on the rocks as her main course. Wendy takes photos. The French champagne is finished and the bottle upturned in the Silver ice bucket. Geoff demolishes one of the biggest steaks in history. A fresh flute of bubbly appears in front of Julia, who leads the table in a chorus of "Happy Birthday to Me".



Ladies Relay Team



Mens Relay Team

The afternoon fades to a

sense of closure. The team searches back through the memories of the past five days. Each, in turn, shares their most treasured thought or experience. A strong and satisfying theme emerges ... this has been a fine outing by the Noosa Masters. A toast to the club is drunk.



Happy Hour in Botanical Gardens

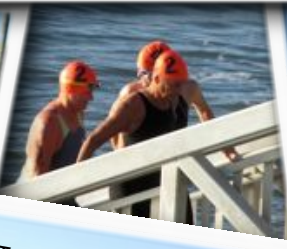
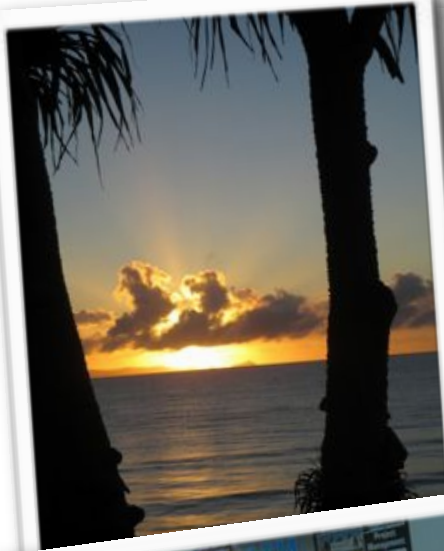
"See you at squad" ... "Safe travel" ... "We did good." ..Yes! A wonderful 5 days of swimming by our eighteen swimmers, all of whom came home with medals.

Congratulations to: Stephanie Jones, Julia Dunstall, Jan Croft, Grindle Rudder, Dyanna Benny, Bardie Gruber, Wendy Twidale, Jacky Shields, Eulah Varty, Helen Malar, Adele Tucker, Brian Hoepper, Ian Tucker, Adrian Wilson, Bob Morse, Geoff Lander, Rob Lucas and Rob Jolly.

Coach Jan ... reflecting on the meet said, "Receiving the Trophy for Large Clubs Highest Average Pointscore per swimmer speaks volumes for the commitment by every team member!"

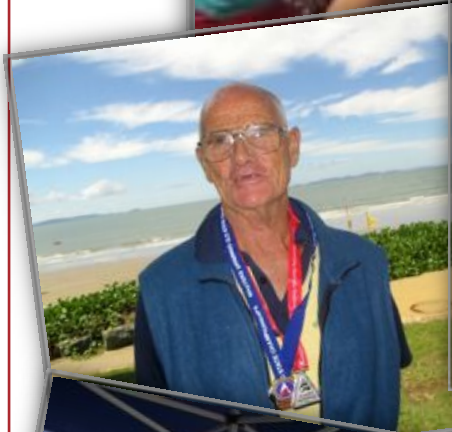


# 2014 STATE OPEN WATER SWIM





# 2014 STATE OPEN WATER SWIM





# CELEBRATIONS AT THE 'GIDDY GOAT'

After the Open Water Swim, competitors and their supporters gathered at the Giddy Goat on East Street to wine, dine and celebrate Julia Dunstall's 37<sup>th</sup> birthday !!

The emphasis here has to be on the 'wine'. The Champagne ordered from the Wine List for this special occasion was unavailable, so the establishment upgraded it to a more than acceptable French Champagne! This went down with consummate ease bringing with it a sparkle to eyes and a rose to the cheeks of Grin and Julia !! As you can see the food was also pretty good - so this birthday was celebrated in fine style, with much merriment and will no doubt remain a very happy memory for Julia for many years to come !!



*Happy Birthday  
Julia !!*





## Upcoming events

- [Asia Pacific Outgames \(10/05/2014 - 16/05/2014\)](#)
- [FINA World Championships \(27/07/2014 - 10/08/2014\)](#)
- [Pan Pacific Masters Games \(1/11/2014 - 9/11/2014\)](#)

### CLARENCE RIVER MASTERS

Saturday 07 & Sunday 08 June 2014  
Yamba Community Pool –  
Angourie Road Yamba  
25M POOL SURVEY HAS POOL  
SHORT, NO RECORDS CAN BE SET.  
(6 lane: heated outdoor pool  
Anti-wave ropes)  
Saturday: 11am Start  
(Warm-up from 10am)  
Sunday: 10am Start  
(Warm-up from 9 am)  
STATE OF ORIGIN SHOOTOUT  
RELAY LUNCHTIME SUNDAY.  
FORMAT 4M & 4F x 50M HANDICAP  
– TROPHIES FOR SELECTED  
SWIMMERS  
Closing date: ALL ENTRIES FRIDAY 23  
MAY, 2014 (NO LATE ENTRIES)  
Overall weekend fee \$65 includes pool  
entry, sausage sizzle and Dinner.  
· Meet only \$30 includes pool entry  
and sausage sizzle.  
· Accompanying person to dinner \$35  
Result Certificates for all swimmers  
Trophy for top average pointscore club

## 2014 Postal Swims Calendar

### Bunbury AUSSI Stingers Winter Postal

MSA Sanction Number: 01/14

**Date** 1 May to 30 June 2014

#### Details

Swimmers need to complete 3 x 400m's  
in 1 Freestyle, 1 Backstroke and 1  
Breaststroke (or Butterfly)

**Forms** [CLICK HERE](#) to view the  
event flyer

[CLICK HERE](#) to view the event entry  
form

### Tuggeranong Trifecta

MSA Sanction Number: 03/14

**Date** 1 July to 31 August 2014

**Details** Swimmers need to complete  
three swims.

Each swim **must** be in a different  
stroke, and individual medley is allowed  
for 400m or 800m.

**Forms** [CLICK HERE](#) to view the  
event flyer and entry form

**Diarise this date ...  
24 May 2014**

**Sandy & Bruce's Annual Bash**  
- this year's theme ...  
- **AUSTRALIANA**

## Old Time Dancing

Saturday night monthly Old Time  
dances are a lot of fun. The address  
is approx. 11 km along the  
Kenilworth Road from the Eumundi  
turnoff. There is a 5 piece band  
called 'The Sunshine Swing'. They  
have a great sense of humour.

Admission is \$14.00 and it starts  
around 7.45pm till midnight. The  
supper (included in the price) put  
on by the local country ladies is  
delicious.

.If anyone is interested please ask  
them to see John Hordyk ...

Here are Dance Dates for 2014.  
5 Apr (Belli), 10 May, 17 May  
Maleny Show, 21 Jun (Belli), 26 Jul  
(Maleny Deb Ball), 9 Aug (Belli), 6  
Sep (Belli), 11 Oct (Belli), 15 Nov  
(Belli), 31 Dec (Belli)

## Dr Ramscar knows what we oldies always knew!

Older people do not decline mentally with age, it just takes them longer to recall facts

Because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full up,

So to do humans take longer to access information, it has been suggested.

Researchers say this slowing down is not the same as cognitive decline.

"The human brain works slower in old age," said Dr. Michael Ramscar,

"but only because they have stored more information over time"

**"The brains of older people do not get weak.  
On the contrary, they simply know more."**

Mark Besford (Mob 0420 360 277) has returned from his sojourn in Tassie and from now until January is offering to housesit for anyone who needs their place cared for while they are away. He is also looking for any sort of handyman jobs - gardening, painting, cleaning gutters, washing windows - you name it, he'll do it for you.



# MISQ 2014 CALENDAR



## 2014 MASTERS SWIMMING EVENTS CALENDAR

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>MAY</b>						
10 - 16		Asia Pacific Outgames				Darwin
17	LC	Noosa Masters	QNA	Sunshine	14/14	Noosa Aquatic Centre
17	SC	Cairns Sea Eagles	QSE	North	15/14	TAS Aquatic Centre
<b>JUNE</b>						
15	LC	Caboolture/Redcliffe	QCD/QPN	Sunshine	16/14	Redcliffe War Memorial Pool
22	SC	Rum City	QBB	Central	17/14	Bundaberg Swim Academy
<b>JULY</b>						
12	SC	Brisbane Southside	QSM	South	18/14	Brisbane Aquatic Centre
26	SC	South Burnett	QSB	Sunshine	19/14	South Burnett Aquatic C
27 July - 10 Aug	LC	<b>World Masters Championships</b>				<b>Montreal, Canada</b>
<b>AUGUST</b>						
9	SC	Maryborough Masters	QMB	Central	08/14	Maryborough Centenary Pool
23	SC	Brisbane Northside	QBN	Sunshine	20/14	The Valley Pool
<b>SEPTEMBER</b>						
13	SC	Toowoomba Tadpoles	QTW	South	21/14	Glennie Pool, Toowoomba
<b>OCTOBER</b>						
4	SC	Redlands Bayside	QRB	South	22/14	Ormiston Pool
18	LC	Long Tan Legends	QLT	North	23/14	
11 - 18		Alice Springs MG				Alice Springs
<b>NOVEMBER</b>						
1	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6 - 8	LC	<b>Pan Pacific Masters G</b>			<b>25/14</b>	<b>Gold Coast Aquatic Centre</b>
9	OVS	<b>Pan Pacific Masters G</b>			<b>26/14</b>	<b>TBA</b>
15	SC	Cairns Mudcrabs	QCN	North	27/14	Gordonvale Aquatic Centre
29	LC	Aqualicious	QAL	Sunshine	28/14	Centenary Pool
29	SC	North Mackay Sinkers	QNS	Central	29/14	North Mackay High School
30	OVS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay

## PHARMACIES CAN PRICE MATCH TOO ...

I saved almost 50% on prescription medicines simply by speaking up!

Today I went to the chemist and had two scripts made up. I don't have any concession cards and was surprised when I went to pay for them that the price was \$30 - almost double what I had paid for the same thing last time at a different chemist.

I mentioned this to the assistant and she said she would ask the pharmacist if they could match the price. I was a bit surprised but said she was welcome to try!

Next thing I knew she returned with both amounts adjusted in the price label to my previous price of \$7.90 each - a saving of \$14.20, plus I was told that I was now on the system to pay that same lower price when I came in next time.

I was truly amazed that such a mark up had been put on my medication in the first place and secondly that the price I stated was matched! It definitely pays to ask!

... Simple Savings.



# IAN POPE'S COACHING CLINIC



Queensland  
Government

10-12 APRIL 2014

by Ian Tucker

L-R: Ian Tucker, Bob Morse, John Konrads, Ian Pope, Stephanie Jones, Jan Croft



addition more than 10 members participated each day in observation, listening and asking questions that provided members' with a plethora of advice,

Club is also looking at the purchase of a new iPad to use for the specific purposes of filming swimmers' and providing visual feedback on their stroke and technique. For the Masters swimmers attending the Qld State and National swimming championships in Rockhampton from 23-27 April 2014 the session on competition and racing was invaluable. Ian is looking for positive results from his clinic with personal PB's and improved performance and participation. We shall await the good results!!

Noosa Masters once again received the best of the best coaching advice during the recent 3 day camp held at the Noosa Aquatic Centre. Ian Pope, Head Coach of the Victoria Swim Centre in Melbourne ran the clinic to benefit the Noosa Masters Swimming Club Members and Coaches in the latest training and coaching methods and trends in the sport. Through the \$10,000 grant funding provided by the Qld State Govt. Department of National Parks, Recreation Sport and Racing the Club was able to provide group and individual stroke and technique coaching to over 30 club members' and coaches on each of the three days. In



drills, things to perfect and change in order to improve their



A great big thank you to Ian Pope, all the members who got involved and the QLD State Govt for funding this clinic.





# OUR COACH JAN - a stroll back in time thru some old press clippings ...

**"Courier Mail", Tuesday 19 January 1960**

## TEENAGERS IN SWIM DUEL RECORDS TO 2 IN 400 met.

Teenage girls, Townsville's Jan Paine and Wilston's Marion Long thrilled a near-capacity Valley pool crowd in a double record 400 metre State freestyle title duel last night.

Jan, 16, touched off Marion, 14, in 5m 10.9s and sliced 3.9sec off Jan Munro's State resident record. Marion's time of 5m 11s set a new Queensland junior record. The wispy seven stone Marion dogged Jan throughout the entire course to restage their classic 800 metres clash of last Saturday.

They touched together at the 50 metres and within half a second of one another at the remaining seven turns. Marion, flailing down the last lap on Jan's blind side, crept closer but not close enough "I couldn't have done better even if I had known Marion was so close," Jan said.

**"Courier Mail", Wednesday 18 January 1961**

## 14-YEAR-OLD SET 2 SWIM RECORDS

Townsville girl, Jan Paine, smashed another State "best" when she won her heat of the women's 200 metres freestyle championships. She won in 2m 26.7s to wipe 1.3sec off the "best" and also broke the race time she set last year by 2.7sec.

**"Courier Mail", Thursday 26 January 1961**

## JAN BREAKS OWN RECORD

Warwick - Ayr swimmer, Jan Paine, last night broke her own Queensland record for 110 yards freestyle by nearly six seconds in a carnival at the Olympic pool.

Competing against a New Zealand University team, Jan covered the distance in 63.3sec, 5.7sec better than her record established at this year's State championships in Brisbane. Jan also went within a tenth of a second of the Queensland record for 220 yards with 2m 27.4s.

**"Courier Mail", Thursday 14 December 1961**

## PERTH IS JAN'S TARGET FOR '62 BIG PLUNGE FOR SWIMMING GOAL

Every day a pretty sun-tanned Queensland girl plunges into the Centenary and swims towards her goal - to win a medal at the Empire Games in Perth next year. She is Jan Paine, 18, of Ayr, Queensland, big hope for women's swimming honours at the 1962 Empire Games.

Jan, Queensland 200 metres, 400 metres, and 800 metres freestyle champion, and Australian 880 yards champion, could put Queensland on the world freestyle swimming map along with names like Fraser and Konrads. She will concentrate on the 400 metres for the Empire Games, and she also hopes to gain a place in the 4 x 100 metres relay team.

Last February at the Australian championships at the Valley Baths Jan swam within 0.9sec of breaking the magic five minute barrier for 400 metres, and with seven months of intensive training for the Australian championships and the Empire Games trials in Melbourne in February next year, she hopes to be down to 4m 50s.

Dawn Fraser beat Jan in the Australian championships in Brisbane last February when Dawn swam the 400 in 4m 49.7s.

## IN TRAINING

To gain a place in the Australian relay team, Jan will have to improve by at least three seconds for the 100 metres.

Jan has spent the last six weeks in Brisbane training with her coach, Arthur Cusack, and will stay in training her until the trials next February.

(Good picture of Jan beside the pool)

**"Courier Mail", Thursday 18 January 1962**

Townsville's Commonwealth Games prospect, Jan Paine, claimed her third State scalp for the carnival with a State resident record in the women's 200 metres. She had previously won the 800 and 400 metres. Miss Paine last night posted 2:23.4 to clip 1.6sec off her old time.

Ed Note: And she's still at it today !

## COACH'S CORNER ... BY JAN CROFT



### Freestyle

- 1 Catch and pull with the entire surface of the hand to the elbow.
- 2 Hand moves straight line to hip.
- 3 Apply force at the beginning of the stroke.
- 4 Most power and leverage is just outside of shoulders.
- 5 Pull from the surface of the water.
- 6 Do not bend the wrist.

Keep swimming ...

Cheers Jan.

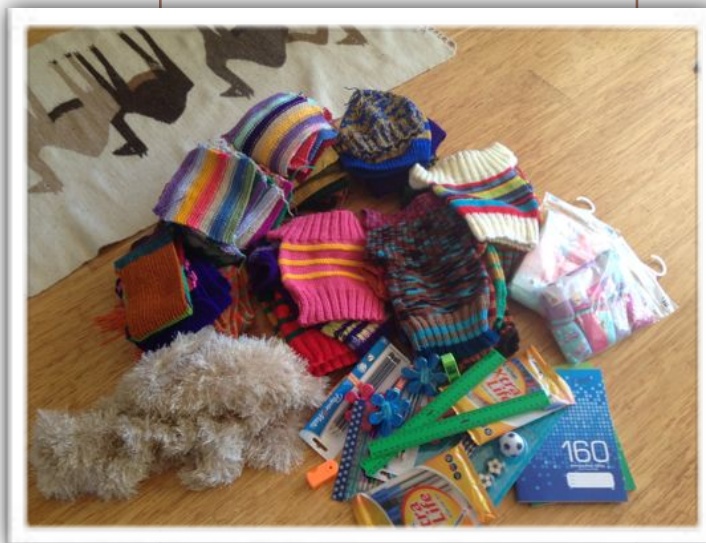


## CRAFT REPORT ...

The craft girls have been busy again. I posted another package to England which is bound for Africa through InterNational Aid.

The package contained 43 squares, 7 beanies, 6 scarves, 16 Fish and Chip jumpers, 2 x 10 pairs of girls knickers plus numerous pencils, pens, sharpeners and rubbers.

Our club once again paid for the postage to England.



I have just received a note that the package

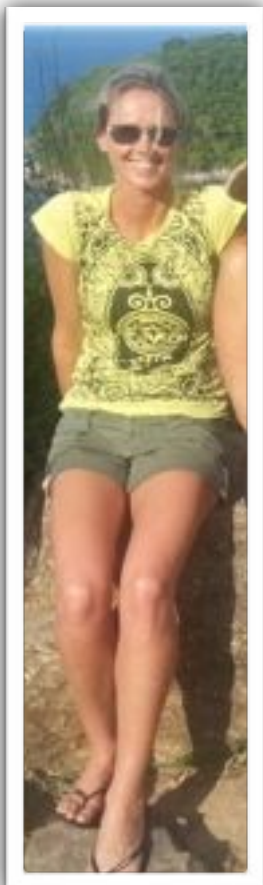
has arrived safely, with many thanks and appreciation, a letter is to follow with more details of where the goods end up.

More wool has been donated and distributed amongst our knitters, so as the winter finally rolls in I am sure there will be another package sent off.

Thank you so much to everyone involved, we know our efforts are so appreciated and hopefully bring a smile, if just for a short while, to the children our goods are distributed amongst.

... Robyn Selby

## MEET SHANNON HILL ...



My swimming background started on the North Island, New Zealand, under 5 years old where we had a creek running down our back yard. I found swimming at school after that when we moved to a bigger town and joined a swimming club. I'm youngest of 4 children, so my 2 sisters and brother were all swimming then.

We moved to Tasmania when I was 10 where Dad began coaching us. My sister and I swam to National level until I quit at the age of 15. I didn't do any other sport for 15 years really - just travelled and worked in hospitality. I started working in the Aquatic Industry at around the age of 30, where I started swimming again, and eventually trained for FINA World Masters Pan Pacific Games in Perth - where I swam with my sister (who was swimming for a SA Masters club at the time), and I was with (Bold Park) WA Masters club. I enjoyed that immensely and managed a couple of State records.

After that I started doing triathlon, which I've been doing for the past 6 years or so. I moved from Perth to Noosa around 2010 when I started working in the Maritime Industry - 4 weeks on and 4 weeks off. I previously worked in the same town I reside at while at work - fly in fly out as a pool manager for 2.5 years before doing what I do now - working as a deckhand on a tug boat out of Cape Lambert in WA. We sail and berth tankers loading Iron Ore, and are contracted to Rio Tinto.

Jan has been kind enough to allow me to join in on some Master's squad sessions over the years when I needed it, originally to see if it suited me to join. I have finally joined, for the flexibility it allows me and the spirit I sense from the people. The programs are enjoyable, and I aim to swim events when my roster allows.

I'm probably away more often than not, but these are the sessions I look forward to when I get back, as they help me get my feet on the ground.

... Shannon



# 2013 CLUB TROPHIES

**Tony Frost**  
 Founding member - Publicity Officer  
 2013 "Challenger of the Year"



*Some members were unable to attend the Members Meeting to receive their trophy and be publicly recognised for their efforts and/or contribution to our club. we're gradually catching up with them - Rob Lucas at the Nationals where he was officiating !*

- Club Trophies and Awards 2013**
- 2013 Most Improved – Studley Martin
  - 2013 Endurance 1000 Champion (M) – Mark Besford, Brian Hoepper, Rob Lucas, Geoff Lander
  - 2013 Endurance 1000 Champion (F) - Irene Symons
  - McCausland Medal – Marcia Kimm
  - 2013 Challenger of the Year (M) – Tony Frost
  - 2013 Challenger of the Year (F) – Mary Lester
  - 2013 President's Trophy (i.e. Special Award for Service to the Club) –Wendy Ivanusec



**Rob Lucas**  
 2013 E1000 Trophy



**Geoff Lander**  
 2013 E1000 Trophy



# ALBANY CREEK SWIM MEET



swimming well enough for Noosa to finish the carnival as winner of the large Club aggregate point score trophy, a true TEAM EFFORR !!

Jacky Shields, Clinton Stanley, Adele Tucker, Ian Tucker, Wendy Twidale, Eulah Varty & Adrian Wilson.

Age Group place getters:

FEMALE:

30-34 yrs. Jana, 3rd.  
 50-54 yrs. Anne, 2nd.  
 55-59 yrs. Stephanie, 1 st.  
 60-64 yrs. Wendy, 1st,  
 Dyanna, 2nd.  
 70-74 yrs. Jan, 1st.  
 80-84 yrs. Eulah, 1st.  
 90-94 yrs. Joyce , 1st.



Our magic day started at the Noosa Bicentennial Hall, Sunshine Beach, with the generosity of Hinterland Coast Transport proprietors, Barry and Caroline Giles, who donated their top of the range coach and driver, Ian, as their gift for our highly respected past President, Pat Mooney, who left



Our team: Dyanna Benny, Jana Clancy, Jan Croft, Joyce Faunce, Tony Frost, Joe Gilbert, Anne Gripper, Bardie Gruber, Brian Hoepfer, Jon Hordyk, Wendy Ivanusec,



MALE:

30-39 yrs. Clinton, 2nd.  
 50-54 yrs. Ian, 1st.  
 55-59 yrs. Mark, 3rd.  
 60-64 yrs. Adrian, 1st.  
 65-69 yrs. Bob M & Rob, equal 2nd.  
 80-84 yrs. Geoff 1st, Joe 2nd, BobMc 3rd.

us 12 months ago to the day. Arriving in good time for warm up ( thanks to Ian's trusty GPS ), our swimmers were up for all challenges.



In response to Barry and Caroline's continued support of Noosa Masters Swim Club, our committee will be giving the naming rights of the 50 metres DASH FOR CASH to " HINTERLAND COAST TRANSPORT ".

Rob Jolly, Stephanie Jones, Geoff Lander, Mary Lester, Helen Malar, Studley Martin, Bob McCausland, Bob Morse, Jane Powell, Mark Powell, Ian Robinson, Robyn Selby,

Exceeding expectations, 18 Noosa swimmers ended up as an age place getter, with the remaining 13 importantly





# ALBANY CREEK SWIM MEET

Outstanding swims by two of our relay teams and our inspirational Eulah from Vancouver Island.

*Mixed 4 X 50 metres Medley Relay*  
( 240 + years ) :

Stephanie Jones ( backstroke ), Helen Malar ( breaststroke ), Mark Powell ( fly ) & Adrian Wilson ( freestyle ).  
TIME: 2:33.57 ( old time 2:36.51 ).

**State record.**

*Women's 4 X 50 metres Freestyle Relay*  
( 240 + years ) :

Anne Gripper, Wendy Twidale, Jan Croft & Stephanie Jones.  
TIME: 2:24.56 ( old State : 2:30.41 ) ( old National 2:27.48 )

**State & Australian Record.**

80-84 Female Butterfly:  
Eulah Varty . TIME : 1:08.00  
( old 1:10.23 )

**State & Australian Record.**

... Tony Frost





Our Club has always appreciated the volunteer funding that comes our way through local USM events. This time around we were handicapped with swimmers away in Rockhampton for the Nationals.

Through Robyn Selby's cajoling, she managed to round up 22, including friends and kids. Thanks to Robyn and her team of:

Mary, Mark, Jane, Robyn, Peter, Owen, Janice, Kay, Tony, Ken, Gillian, Studley, Leo, Kathleen, John, Lesley, Chris, Jess, Holly, Saffron, Bruce and Sandy !!



A few also ventured into the ocean for a swim: John Havilah 3.6 km (70-79 yrs - 1<sup>st</sup>), Tony Frost 2.0 km (60-69 yrs - 2<sup>nd</sup>), Brian Cairns 1.0km (60-69 yrs - 2<sup>nd</sup>)

John's Herculean effort swimming so far and Brian - who literally jumped off his flight from South Africa following a 5 week Safari - are the stuff of legend.

A great weekend for all concerned !!

... Tony Frost

## Upcoming Masters Events

- [Asia Pacific Outgames](#) - **May 10 - 16**. Darwin, NT.
- Registrations close Friday April 11.
- [FINA World Masters Championships](#) - **July 27-August 10**. Montreal.
- Registrations close Sunday June 11.
- [CLICK HERE](#) to register.
- [CLICK HERE](#) for the answers to FAQ
- [Alice Springs Masters Games](#) - **October 11-18**. Alice Springs, NT.
- Entries close September 3.



# ENDURANCE 1000

**APRIL 2014**

**I now have the Endurance 2013 National and State Trophies**

*in my hot little hands ...*

**CONGRATULATIONS TO EACH AND EVERY ONE OF YOU TERRIFIC ENDURANCE SWIMMERS!!**

April has been an ESF ..... Endurance Swimming Frenzy !!!  
But, patience must be our virtue because we won't see the results of these terrific swims until later as they are Postals which are entered by the National Recorder after the actual swim meet.

Apparently someone was heard to say that my checking everyday to see if they had been recorded yet was a tad obsessive – surely not.

*A special thank you* this month goes to our Endurance colleagues who went to the National/State titles (all returning with multiple medals) who then, only two days later, turned up to do their club proud again with a couple of long distance Noosa postal/endurance swims – WOW!  
We all look forward to our own Swim Meet in May -

then it is ...

**Endurance! Endurance! Endurance!**

As far as points go, it's neck and neck between the fabulous femmes 2895 and mucho males 2910 !!!!! Being a total of 5805.

Thanks to all you Endurance Swimmers !!

*Mary Lester* on behalf of  
Marcia Kimm (0407 034 095)  
Endurance 1000 Program Coordinator



*Kerryn Spinks*

<http://www.whathappenedinmybirthyear.com>

## May Birthdays

<b>Marilyn Penfold</b>	<b>10/5</b>
<b>Adele Tucker</b>	<b>12/5</b>
<b>Rodney Alfredson</b>	<b>15/5</b>
<b>Hazel Lyons</b>	<b>20/5</b>
<b>Karen Martin</b>	<b>23/5</b>

**HAPPY BIRTHDAY TO ALL OF YOU  
FROM ALL OF US**



**LEST WE FORGET ...**

The very poignant WWII memorial at Kohima reads as follows:

"When you go home  
Tell them of us and say,  
For your tomorrow  
We gave our today"

*(approx. 78,000 casualties in that one battle alone)*

 **backyard buddies**  
get more enjoyment from our native plants and animals



Enjoy your **May B-mail**, the monthly e-newsletter for Backyard Buddies. Enjoy!

Susanna Bradshaw  
CEO of the Foundation for National Parks & Wildlife

## SOCIAL EVENTS

Monday, 5 May @ 5pm  
Gympie Tce, oppos. "Lazy River"  
Bubbly & Pizza - club's shout -  
to celebrate Noosa taking out  
National Endurance 1000 Trophy  
for the very first time ... join us !!

**Every Sat.. 7.30 am -  
Main Beach - Ocean Swim**  
VISIT OUR WEBSITE ...  
[www.noosaussichallengers.com](http://www.noosaussichallengers.com)

## Challengers Chatter

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