

CHALLENGERS' CHATTER

APRIL 2015

WE'VE DONE IT AGAIN !!



State & National Endurance 1000 winners, 2014, for a second year in a row!

Congratulations to all 64 swimmers who contributed to amass 23,410 points, a mere 5,286 ahead of Tasmania's Talays Club and more than double of Queensland's second place-getter, Miami Masters (11.220).

Five of our swimmers achieved maximum points (1,005): Dyanna Benny, Geoff Lander, Rob Lucas, Mark Powell and Irene Symons.

Irene could only manage her swims on Saturday afternoons, as she is busy running the Kenilworth News agency, but still makes the time most weeks, a one hour drive to the Noosa Aquatic Centre.

Without timekeepers, the swims could not happen. Many swimmers were happy to hold the stopwatch after doing their own swims

Our club is fortunate and most grateful to have several non-swimmers who very regularly hold stopwatches. Thanks to: Lorna Lander, Bob Martin, Robyn Mitchell and Olga McCausland.

Last, but by no means least, success in the Endurance 1000 programme would not have been possible without ...

our co-ordinator, Mary Lester

who dedicates endless hours each week ensuring that the paperwork is complete, encouraging and sometimes cajoling members to swim "the extra mile".

Special mention to Mary's ever-efficient lieutenants, **Marcia Kimm and Bruce Warren**, always there to keep the show running.

Let's help Mary achieve success again in 2015 "A TRIFECTA"!!

... Tony Frost



Noosa - National E1000 individual point score results

Report
Maximum Points per Club Member

Year
2014

Branch
ALL

Club Code
QNA Show

Maximum Points per Club Member - 2014

Member	Club	Name	Age	AgeGroup	Points
BENNY , DYANNA	QNA		63	60-64	1005
LANDER , GEOFF	QNA		81	80-84	1005
LUCAS , ROB	QNA		71	70-74	1005
POWELL , MARK	QNA		59	55-59	1005
SYMONS , IRENE	QNA		63	60-64	1005
MCCAUSLAND , BOB	QNA		85	85-89	962
MITCHELL , IAN	QNA		70	70-74	880
SHIELDS , JACKY	QNA		60	60-64	880
CAIRNS , BRIAN	QNA		67	65-69	855
LLOYD , JOHN	QNA		71	70-74	840
TUCKER , ADELE	QNA		56	55-59	762
CLEMITSON , LYNETTE	QNA		67	65-69	732
IVANUSEC , WENDY	QNA		71	70-74	729
TUCKER , IAN	QNA		59	55-59	705
HOEPFER , BRIAN	QNA		67	65-69	640
WARREN , BRUCE	QNA		74	70-74	630
BESFORD , MARK	QNA		59	55-59	600
MARTIN , STUDLEY	QNA		50	50-54	568
VARTY , EULAH	QNA		80	80-84	550
FROST , TONY	QNA		72	70-74	520
POWELL , JANE	QNA		56	55-59	480
CROFT , JAN	QNA		71	70-74	440
SILBURN , SUSAN	QNA		58	55-59	438
WARR , MAREE	QNA		75	75-79	410
ELLIS , ROB	QNA		61	60-64	353
SYMONS , RACHAEL	QNA		25	25-29	350
HILL , LOIS	QNA		71	70-74	345
WILSON , ADRIAN	QNA		62	60-64	297
ALFREDSON , RODNEY	QNA		65	65-69	295
TWIDALE , WENDY	QNA		61	60-64	285
GRUBER , BARBARA	QNA		66	65-69	280
JOLLY , ROBERT	QNA		67	65-69	265

Maximum Points per Club Member - 2014

Member	Club	Name	Age	AgeGroup	Points
LEE , QUENTIN	QNA		57	55-59	250
MALAR , HELEN	QNA		60	60-64	240
EDWARDS , CHRISTINE	QNA		69	65-69	231
ELLIS , SUE	QNA		58	55-59	220
DUNSTALL , JULIA	QNA		37	35-39	190
TYE , JESSICA	QNA		44	40-44	180
BENSTED , GILLIAN	QNA		69	65-69	176
MORSE , BOB	QNA		65	65-69	170
GILBERT , JOE	QNA		85	85-89	167
RUDDER , GRINDLE	QNA		42	40-44	165
CAMPBELL , ELAINE	QNA		73	70-74	162
KIMM , MARCIA	QNA		63	60-64	150
LESTER , MARY	QNA		62	60-64	144
BARTON , KAREN	QNA		54	50-54	120
JONES , STEPHANIE	QNA		59	55-59	110
HAVILAH , JOHN	QNA		77	75-79	100
CURTIS , OWEN	QNA		69	65-69	87
BARTON , RODNEY	QNA		69	65-69	70
BATE , BRUCE	QNA		61	60-64	56
MCMAHON , COURTNEY	QNA		23	18-24	55
BEDDING , BARRIE	QNA		77	75-79	43
HILL , SHANNON	QNA		38	35-39	40
MERRILL , VIVIEN	QNA		66	65-69	40
MARTIN , KAREN	QNA		43	40-44	24
SELBY , ROBYN	QNA		65	65-69	24
CLANCY , JANA	QNA		32	30-34	21
HOGG , LINDA	QNA		52	50-54	18
MCFARLANE , DIANNE	QNA		67	65-69	15
STANLEY , CLINTON	QNA		38	35-39	11
SCOTCHER , GRANT	QNA		73	70-74	10
GORDON , KATHLEEN	QNA		53	50-54	3
BLACKWELL , KERRY	QNA		70	70-74	2

Top 5 National E1000 club point-score results

Queensland Clubs participating = 39

National Clubs participating = 145

1 st	Noosa Masters (Qld)	23,410 points
2 nd	Hobart Talays (Tas)	18,124 points
3 rd	Vikings Tuggeranong (ACT)	13,785 points
4 th	Campbelltown Collegians (NSW)	13,312 points
5 th	Miami Masters (Qld)	11,220 points

Noosa wins 2014 State AND National Endurance Trophies



Above: At the State Championships in Townsville, MSQ President, John Barrett presented Noosa Club Captains, Helen Malar & Adrian Wilson with the Queensland Masters Vorgee Endurance 1000 Trophy for 2014

Top right: Marcia Kimm with the 2014 State & National Endurance Trophies.

Lower right: Lois Hill receives Noosa's National Endurance Trophy from Ivan Martinovich, National Board of Management member



Lois Hill in Hobart ...

Buoyed by her 2 Silver and 1 Bronze medals at the Queensland Masters Swimming Championships in Townsville last month, Lois headed for Hobart to have a crack at the Backstroke and Freestyle events for her 70-74 years age group. Competing for her Victorian club (Power Points), Lois finished the meet on a high with 3 Silver and 4 Bronze medallions, including 3 Victorian State Records!

Her results ..

50 back-	2nd,	47.32
50 free	4th	42.70
100 free	3rd,	1.32.70
100 back	2nd	1.43.65
200 free	3rd,	3.22.84
200 back	2nd,	3.46.76
400 free	3rd.	6.58.07
800 free	5th	14.45.94

... a great effort !!

On behalf of Noosa Masters, Lois graciously accepted the 2014 National Endurance 1000 Trophy at the official presentation in Hobart, then organised to relay it back to Noosa via Tracey Clarkson and Brian Hoepper.

Well done and thanks, Lois !

... Tony Frost



STUDLEY MAKES A MILLION !!



In October 2012 I joined Noosa Masters being 48 years old then. I have a sporting background including cricket, but not in swimming. I now started recording my swimming journey with the million metres spreadsheet. I reached one million metres last December 2014, in just over 2 years.

One million metres to me, means commitment to swimming. Training on cold winters mornings or nights. Not overworking, but pushing yourself as much as you can comfortably go. I know that from playing other sports to succeed you have to train well. I attend at least 3 squads a week, one fitness and the other two Masters. Attending squads I find better than training alone, where you can become bored. Noosa has some great coaches including head coach Jan Croft.

No Noosa training session is the same, so you don't get disinterested. You meet nice people, get fit and work on your technique. That to me is a quality session.

I intend to continue swimming journey and hopefully in 2 or so years I will reach 2 million metres. By that time hopefully my 2 weakest strokes backstroke and butterfly will have improved. I also intend to continue with the endurance program and keep attending swim meets. The highlight of swim meets so far was attending the recent Pan Pacs on the Gold Coast with our club. This included an open water swim.

So as a Noosa coach once said "keep swimming", I know that I will.

... Studley

Ed note: You can see Studley featured on Masters Australia Facebook page as well as Masters Queensland home page

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ROUND 4 - HANDICAP SERIES



Round 4 Roundup

Leading up to Round 4 of the Handicap Competition we had fewer entries than previously. But the high number of late entries (hint! hint!) ensured good numbers for each event. We should have had 28 swimmers on the day but I managed to lose 1 entry (sorry Carola) so we ended up with 27 swimmers entering 104 events.

There were 2 visiting swimmers - Sally Winter who was holidaying from England, and Fergus Bell from Cooroy. Both recorded "hot" times. We offered to help Sally fill in her migration papers so she could become a permanent member of the club, and we tried to bribe Fergus into joining - not sure whether a bacon and egg roll was enough incentive, though.

On the day, the top scoring team was the *Old Folks*, followed by the *Old Fools*, with only a few points separating the *Old Farts* and *Old Fogeys*. This has left the *Old Fogeys* still in the lead in the overall competition, although their leading margin has been reduced.

The cooler weather must have encouraged everyone to swim faster as there were 18 swimmers who improved on their personal best times in 36 events. This included 3 PB's for Wendy Ivanusec, John Hordyk, Tricia Hughes, Terry Mortimer (again!), Jacky Shields and Jess Tye; 2 PB's for Helen Malar, Robyn Selby, Alex Weatherill, Mary Lester, Grin Rudder, and Dee Mooney; and 1 each for Ian Mitchell, Brian Hoeppe, Bob Morse, Lynette Clemitson, Sue Silburn and Grant Scotcher. Well done to those swimmers!

Top of the leader board for Round 4 was Jacky Shields who scored 93 points out of a possible 100 - Jack's back! Terry Mortimer continued on his improving way, scoring 86 points, just ahead of Wendy I who scored 85.7 points. This left Terry Mortimer and Ian Mitchell in the top 2 positions on the leader board after Round 4 but the ladies are making a comeback. The next three positions are Tricia Hughes, Sue Silburn and Linda Hogg.

Organisation of the relay teams again proved to be chaotic - we really must devise a better way!!



Nevertheless, 4 teams of 8 swimmers did compete, with the *Old Folks* being victorious ahead of the *Old Fools*, the *Old Farts* and *Old Fogeys*. The event referee was distracted to ensure that nobody counted how many times each swimmer swam.

A protest was lodged against the top 2 teams, claiming they were unfairly assisted by the 2 "ring-ins". The protest was dismissed due to lack of evidence!

Viv Merrill bravely stepped into Bruce's shoes and volunteered to be our starter for the day, while Adele Tucker succumbed to pressure to act as chief timekeeper. Both did a great job. Thanks go particularly to them, and to all others who helped set up, do timekeeping and pack up.

It was a fun event with lots of laughter and good humour..

... Adrian Wilson

THERE'S HOPE FOR US ALL !!



Centenarian swimmer from Japan breaks 1500m record

Mieko Nagaoka, a 100-year old Japanese woman has become the world's first centenarian to complete a 1,500 meter freestyle swim. She took 1 hour, 15 min 54.39 secs to finish the race as the sole competitor in the 100-104 year old category.

She may be nearing 101 years old, but Mieko Nagaoka isn't slowing down -- at least not in the pool.

This weekend saw her add to an impressive career, becoming the first person over 100 to complete a 1,500-meter swim in a 25-meter pool.

Nagaoka, the only competitor for the race in the women's 100- to 104-year age bracket, completed the swim -- which she did backstroke -- 1 hour, 15 minutes and 54 seconds, setting a world record in the process.

The feat was achieved at a Japan Masters Swimming Association event in Matsuyama, Ehime prefecture. Her official time is expected to be sent to the Guinness Book of World Records for ratification.

The centenarian, who only took up swimming in her eighties while undergoing aqua therapy for a knee problem, has ratcheted a slew of records in her 20 years in the sport, with Saturday's achievement going alongside age class records for everything from the 100m, 200m and 800m freestyle, alongside the 50m, 100m and 200m backstroke.

The Yamaguchi native, who was born in 1914, told CNN through her son: "I feel relieved that I could complete swimming 1,500m. But I will still continue swimming ahead."

Nagaoka remains a dedicated swimmer, training four times a week, for two hours at a time, according to [her profile](#) on world swimming body FINA's website.

Hiroki Nagaoka, her son, said "She is some woman. The world first means no one has done it. It was awesome that my mother has challenged and accomplished her goal at her age. She still uses her brain and tries to figure out the best way to swim, she still even tries to change her swimming form to challenge for a record. I'm really proud of her."

CNN's Junko Ogura in Tokyo contributed to this report.

Jolly Robert

... a communique from France



Bonjour,

I looked with anticipation for the results online of the Noosa swimmers at the nationals in Hobart and came up with nothing? But now I know why !!

Gerard and I have been in France for almost 3 weeks and at last the sun is shining. The daytime temp reached 21dC today so spring has sprung and things are starting to look good. We spent a pleasant afternoon planting bedding plants in pots in his courtyard.

I have competed in two swimming competitions so far, the first you are aware of in Brittany and another in Lyon.

It was a busy Easter weekend in Lyon being a tourist and competing. I was hosted by a very hospitable swimming couple in a beautiful house on a hill overlooking Lyon. (Thanks for suggesting starting hosting at our carnival in Noosa.) I have outlined the concept to a swimming friend in Brazil and his club is also going to give it a go.

On Sunday I competed in the Lyon swim meet and won three gold medals! As the only swimmer in my age group that was not hard. My new Speedo Fast-skin goggles were great and stayed on securely as did the new togs.

My club Paris Aquatique won many medals and the trophy of a golden flipper (a gold painted rubber flipper screwed to a piece of wood). It was a very enjoyable weekend.

We were invited to dinner a few nights ago and Gerard had the guests in awe describing Ivan's Kookaburra and parrot feeding times.

Gerard joins me in sending warm greetings to all.

Cheers, Rob

**IMPORTANT
ANNOUNCEMENT**

There will be no Sunday breakfast during May.

We have our carnival during May and people will be helping out with food that weekend. I will also be away the following weekend and people will be taking food to Sandy and Bruce Warren's party so that should be enough for that month.

... Carola Henderson

2015 Forthcoming Swim Meets

(see Notice Board at Pool)

<http://mastersswimmingqld.org.au/Events/Calendar-of-Events>

Give your entry + money in an envelope with your name, which swim meet + how much money enclosed, in an envelope to Club Co-Captains - Adrian Wilson or Helen Malar - alternatively you can email entries to either - franandadrian@gmail.com or hmalar@bigpond.net.au

2 May (Sat) - Albany Creek - entries closed

3 May - Byron Bay OWS - entries close Friday, 1 May 2015

<https://secure.ntechmedia.com/sites/oceanswim/entryform.php>

16 May (Sat) - NOOSA- entries close Wed 29 April

13 June - Rum City (Bundaberg) - no flyer on MSQ website yet.

24 Sep - Duck Creek (Lismore)

24 Sep - Duck Creek OWS (Shaws Bay, Ballina).

FINAL REMINDER
Donations for Raffle Table to
Adele Tucker asap



Club Breakfast - Sunday 26 April



As usual, our April breakfast was very well supported by members - thanks everyone who came. We were again treated to a scrumptious and healthy feast - thanks Lanes 3 & 4, well done !!

President Ian Tucker presented Mark Powell with his E1000 Top Points certificate in recognition of his splendid effort during 2014.

Proud parents, Brian and Erica Clancy, came along to see their daughter, Jana, presented with her 10 year membership medal ..

It's hard to believe ,, 10 years has passed so quickly. Congratulations Jana - we all love you - stick with us for another 10 !!

... Ed





it's a
boy!



I am pleased to report today (21 Apr) I had the absolute pleasure of visiting Kerryn and Lars at Nambour Hospital with their new baby boy, not even 24 hours old!

Little Hudson Philip David Nesbitt was born last night (20th April) at 10:45pm by Caesarian section, weighing 7.6 pounds & 52cm long.

Lars kindly contacted me last night to advise the baby was on the way, so I was able to get those last signatures on an impressive card, and organise the flowers NAC Staff & Masters planned for his arrival.

Lars & Kerryn were both such proud & doting parents, it was touching to see them enjoying this momentous occasion with friends & family pouring into hospital to visit.

Kerryn said she is looking forward to seeing everyone & there may be a special visit to the NAC when the Masters are readying themselves on the blocks May 16th (no promises)!

... Jess Tye

DID YOU KNOW

Consumer price comparison site uSwitch says that the microwave is the most energy-efficient way to cook food, followed by a hob and lastly an oven.

"Slow cookers can also be an energy-efficient option – they use just a little more energy than a traditional light bulb," the website says. The Centre for Sustainable Energy (www.cse.org.uk) estimates the average electricity usage of an electric oven between 2-2.2kWh, while a microwave uses between 0.6-1.5kWh.

A slow cooker uses approximately 0.7kWh over the eight hours. Money-saving website goodtoknow.co.uk says the electric oven is the most expensive appliance to use in the home. Using it for an hour each day will cost \$4.55 a week, or \$236.59 over a year. Other websites would agree that the oven uses far more energy than other cooking appliances, like microwaves and slow cookers.

Between an oven and a slow cooker, which would be cheapest?

Electricity costs around 15p (28¢) per kWh, so using an oven for an hour to cook your stew will cost around 56¢ – depending on your

temperature. A slow cooker, which uses around 0.7kWh over the eight hours cooking time as an average of , will cost a third of the price, at (18¢).

Of course, it depends on the temperature at which you cook.. We've assumed that the slow cooker is on a low setting – a little under 100W – and that the oven is also turned down.

So in answer to the question, the slow cooker comes out as the cheaper appliance to use, as well as being a useful way to cook if you have a busy schedule. ...Ed



2015 Postal Swims

(see Notice Board at Pool or just ask Adrian or Helen)

<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>

WESTS AUBURN

Date: January 1 - April 30, 2015

CLOSED

BUNBURY AUSSI MASTERS

Date: May 1 - June 30, 2015

Swim 400m in 3 different styles - 1 x Freestyle, 1 x Backstroke and 1 x Breaststroke (or Butterfly).

[2015 Flyer](#)

[2015 Entry Form](#)

VIKINGS TUGGERANONG MASTERS

Date: July 1 - August 31, 2015

Three swims, each in a different stroke: 400m, 800m, 1500m

[2015 Flyer and Entry Form](#)

HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of:

2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)

Never forget those who spent
their lives protecting yours



Our Sponsors

Please support our sponsors - their support is paramount to the success of our carnival

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court Sunshine Beach QLD Tel: 5448 0288</p>
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<p>USM Events - Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158, Birkdale Q 4159 Tel: (07) 3823 1233</p>
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<p>Coles Supermarket Noosa Fair Shopping Centre Lanyana Way, Noosa Heads QLD 4567 Tel: (07) 5343 1200</p>	<p>Dan Murphy's 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p>Bunnings Eumundi-Noosa Road Noosaville QLD 4566 Tel: (07) 5430 5400</p>	<p>Officeworks 1 Gateway Drive Noosaville QLD 4566 Tel: (07) 5449 5400</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>IGA Supermarket Noosa Junction Plaza Noosa Heads QLD 4567 Tel: (07) 5447 2777</p>

ENDURANCE 1000 REPORT

APRIL 2015

The Noosa Masters Carnival has meant a lot of postal swims have been done that will also count as Endurance points – Oh still my beating heart!

I know that right now our concentration is rightly on our own carnival. So swim, swim, swim for the glory of our wonderful club and to ensure we retain the magnificent Pat Mooney Memorial Trophy.

I'll be away during May (I heard that), playing cowgirl on our friends cattle property whilst they, in turn, are away. However, my henchpersons will be out and about whilst I'm away ensuring that Endurance swimming continues.

Be warned! An Endurance push will be on after our carnival. We need to really up the ante if we are to achieve what would be a fantastic three in a row for the double State and National Champion Club.

In my February article I was happy to report that Club members had stepped up to the mark to form teams to assist with the administrative work of the Endurance Program.

I am now very happy to advise that Tricia Hughes has volunteered to undertake the job of entering your swims into the MSA Endurance Portal and onto the Master Summary Sheets – **THANK YOU TRICIA!**



We are now very close to the work of running the Endurance Program being shared by Endurance swimmers instead of one lone soul. This should ensure that no one job is difficult or too time consuming and that everyone has a backup. My thanks!

Mary Lester
Co-ordinator
Endurance 1000
Program.
MOB: 0401828371



Birthdays
of the
Month

MAY

Adele Tucker	12/5
Rod Alfredson	15/5
Barry Lloyd	21/5
Karen Martin	23/5
Grant Scotcher	31/5

copy & paste the following links
and be patient
HTTPS://WWW.YOUTUBE.COM/WATCH?V=2CZ25Q2Q_Z0

which song was #1 when you were born?
<http://playback.fm/birthday-song>

**BIRTHDAYS ARE GOOD FOR YOU ...
THE MORE YOU HAVE ...
THE LONGER YOU LIVE !!**

SOCIAL EVENTS

Hat Party - Saturday 23rd May
6pm @ the Warrens
Theme for the food is United
Kingdom; Dress is 60's style .
Sandy Warren 0401 670 113

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

Challengers

Chatter

PO Box 21, Noosaville 4566
Editor: Tony Frost
Tel: 0437 024 154