

CHALLENGERS' CHATTER

APRIL 2017



2017 WORLD MASTERS GAMES

Thirteen Noosa Masters Swimming Club competitors headed off to Auckland NZ to compete in the World Masters Games.

After 3 days of competition they achieved the following results-

Jan Croft - Gold in 400m free, Gold in 50m fly & Bronze in 800m free.

Steph Jones - Gold in 800m free (a provisional Australian National record smashing the old 2009 record by 5 secs) and Gold in 400m Free.

Clinton Stanley - Gold in 400m free multiclass and Gold in 50m fly multiclass.

Jo Matthews - Silver in 50m fly. Jo also beat her State Record by 1.35 secs.

Dyanna Benny - Bronze in 100m back.

Helen Malar - 4th in 100m breast.

Lois Hill - 6th in 100m back.

Ian Tucker - 7th in 800m free and 8th in 400m free.

Adele Tucker - 13th in 100m back.

Studley Martin - 20th in 100m breast and 19th in 400m free.

Eulah Varty (from Canada who often swims with Noosa Masters) - Gold in 200m IM and Silver in 800m free.



Results from Days 4 & 5.

Jan Croft - Gold in 200m free.

Steph Jones - Gold in 200m free.

Clinton Stanley - Gold in 200m free multiclass.

Dyanna Benny - Silver in 200m back.

Jo Matthews - Bronze in 200m fly.

Lois Hill - 6th in 50m back.

Dyanna Benny - 7th in 200m free.

Ian Tucker - 10th in 200m free.

Adele Tucker - 12th in 200m back.

Robyn Selby - 14th in 50m back.

Studley Martin - 22nd in 200m free.

Robyn Selby - 23rd in 200m free.

Adele Tucker - 23rd in 50m back.

Linda Hogg - 24th in 200m free.

Linda Hogg - 30th in 50m back.



2017 WORLD MASTERS GAMES



Clinton Stanley finished his competition with 5 Gold & 3 PB's ... he hasn't forgotten how to race!!



Jan & Lois teamed up with Miami's Lindy Salter & Helen Morley - they killed the opposition!!



Day 6 Results

Jan Croft - Gold in 100m free.

Steph Jones - Gold in 100m free.

Clinton Stanley - Gold in 100m free multiclass.

Clinton Stanley - Gold in 100m fly multiclass.

Lois Hill - Bronze in 100m free.

Jo Matthews - Bronze in 100m fly.

Helen Malar - 4th in 50m breast.

Helen Malar - 6th in 100m fly.

Ian Tucker - 15th in 100m free.

Robyn Selby - 22nd in 100m free.

Studley Martin - 22nd in 100m free.

Linda Hogg - 24th in 50 breast.

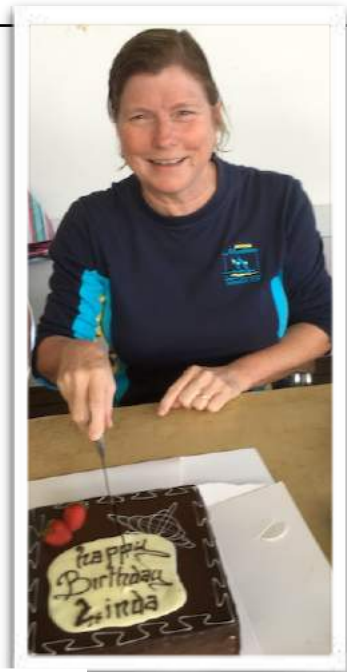
Linda Hogg - 28th in 100m free.

Relay Gold to Jan Croft and Lois Hill in Womens 4x50 Medley relay.

LINDA HOGG ... SO SPOILT !!

Birthday cakes, lighted candles, singing "Happy Birthday.", receiving gifts ... in almost every culture and nation on Earth, virtually nothing is as universally celebrated as birthdays..Linda's husband Peter certainly lashed out when he bought Linda this magnificent cake from Le Bon Delice French Patisserie in Peregrin for Linda to share with her swimming buddies ... it was to die for - we were all sooo spoilt !! Thanks Peter, and many happy returns Linda. We can't wait for next year!

Where *did* birthday celebrations come from? The astonishing answer is from the pagan practice of *astrology*! Thousands of years ago, when men looked up into the night sky and charted the stars, they invented calendars and calculated the birth dates, to the very hour, of kings, rulers and their successors. These ancient pagan astrologers meticulously examined horoscopes and birthday omens because they believed that the fate of the rich and powerful might affect an entire society. Even to this day, men have been putting their trust in horoscopes. Hope you enjoyed that little bit of trivia! ... Wendy Ivanusec



WENDY IVANUSEC ALSO CELEBRATED !!



This year, the fates conspired to prevent Wendy celebrating her birthday with her Masters swimming buddies ... although she did manage to celebrate with a few friends on Tuesday - the day. Ivan had an important doctor's appointment in Brisbane on the Thursday then they headed off to Melbourne for a week on Friday - all just very bad timing !!. Altho' aware that some Masters had left for NZ on Wednesday, Wendy nevertheless made Tricia custodian of a cake to share with the remainder of the faithful on Thursday - by all accounts, it went down a treat !!

... Ed.

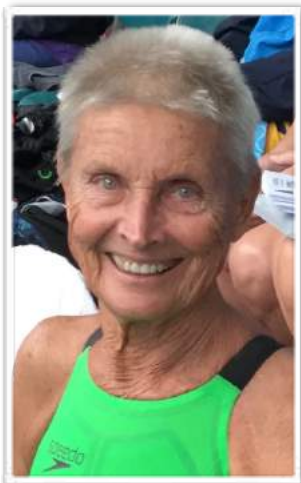


MAY 2017 CLUB BREAKFAST

There will be **NO Sunday Breakfast in May** as we are having the Cancer Council fundraising breakfast instead on Thursday 25 May on the pool deck after swimming.

... Carola Henderson

COACH'S TIPS



Training tips for Open Water Swimming

Swimming with a band is excellent training for OW swimming.

Band swimming cultivates a stroke that is most efficient in Open Water crowded swims. A beautiful gliding stroke may not work so well in a crowded race.

Using a band forces you to adopt a quick stroke rate and high arm turnover.

If you initiate a slight two beat kick from your core you will learn to keep your lower half on the surface.

If you struggle to swim with a band around your ankles you will quickly realise where your flaws are.

As soon as your hands hit the water start pulling.

Swimming with bands forces the high turnover.

Happy swimming ... Cheers, Jan

YERONGA YABBIE'S SWIM MEET

Saturday, 29 April 2017

Due to many QNA members being away at the World Masters Games in New Zealand a small of team of Noosa Masters made the trip to Yeronga for the Yabbies inaugural SC carnival last weekend. Swimmers Wendy I, Linda H, Bob M, Rob J, Geoff L, Charlie M and timekeepers extraordinaire Lorna L and Tricia made up the team.



Team Noosa: Back, L-R- Rob Jolly, Bob Morse, Charley Moore
Front L-R: Tricia Hughes, Linda Hogg, Lorna Lander, Wendy Ivanusec, Geoff Lander

... full report - next page



YERONGA YABBIES INAUGURAL SWIM MEET

by Rob Jolly

Saturday, 29 April 2017

In the Tinbeerwah Taxi of Bob Morse (thanks heaps, Bob) we had four different opinions of how to get there and an aversion to paying the tolls so we let the kind lady in the GPS direct us without the tolls, big mistake, lots of traffic in the suburbs and we arrived just in time for a warm up. On our return we entered a tunnel on Ipswich Road and seemed to pop up on Gympie Road in no time, well worth the toll.

Competition was at a great Council complex in Yeronga Park, lots of shaded areas with plenty of seats and tables.

Considering there are only a few members, and it was their first carnival, the Yabbies and families did a good job of organising everything. Overall it went well.

The BBQ was fired up early so no long queues for the delicious hamburgers and sweets or the longed for beer and wine.

Our swimmers did well, Geoff and Rob managed Gold, Wendy, Linda and Bob Bronze and Charlie just missed out because of a DQ on the blocks for moving.

We were able to field two relay teams who swam well. The Medley Relay was tense ... as we

assembled at the blocks for the medley relay our finishing freestyler, Linda, was missing - so Geoff rushed out to the carpark to find her. She arrived breathless half way through the race after running across the complex, jumped on to the block and swam a blistering 50m free. .A fantastic finish to a great, fun day!.

Ed.Note: Sadly, the new camera is taking a bit of getting used to so many of the flash photos are less than average ... sorry !!

Congratulations to Miami Masters with 23 swimmers on being overall team winners. Yeronga will present the trophy, hand crafted by Moorooka Arts Centre, at the Brisbane Southside Meet.



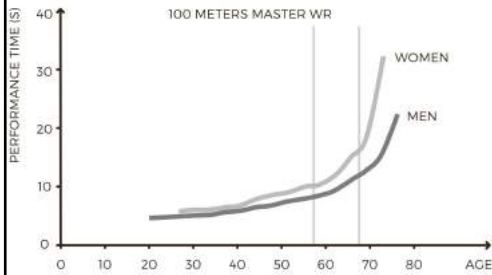
World 2.5km OWS
Well done Noosa!!

Grindle Rudder - Silver,
Dyanna Benny - Gold,
Jan Croft - Gold
Ian Tucker - Gold

in 2.5km Open Water Swim
... so proud of them all !!

Ed: Thanks to Adele Tucker for this news

HOW TO GROW OLD LIKE AN ATHLETE



Driving an F1 car is not a particularly healthy thing to do... I want to live a quality life when I'm old, and not suffer from horribly degenerated discs.

—*Four-Time Formula One World Champion, Sebastian Vettel*

The question of how to maximise 'health span' – the period of life during which we are generally healthy and free from serious disease – is increasingly prevalent both in and out of sport.

Global average lifespan **doubled during the 20th Century**, and this trend continues. Someone who is 50 today **could expect to live until they are 83**. A baby born in 2007 in the US, UK, Japan, Italy, Germany, France or Canada has a 50% chance of living until **they are over 100**.

It's likely that we will live and work for more years than any generation before us. For many, this will be a necessity as much as a choice, as the increasing social costs of an ageing population are pushing back retirement age in many countries. These changes will have significant economic, social and psychological impacts, but one of the key questions we need to ask concerns the kind of life we're hoping for, over this time course.

Lifespan or 'health-span'

Different parts of our body and brain mature at different rates, so it's very difficult to say what human 'peak age' might be. However, it's clear that the first phase of life is dominated by growth, while declines become more apparent in the second half.

Many of us assume that the ageing process is a fixed process, that we reach our peak then begin an irreversible decline. This hasn't stopped an entire industry from trying to make an impact, though. The global market for anti-ageing products, technologies and services is expected to grow **from \$282 billion in 2015, to \$331 billion in 2020**.

It seems that many of us would prefer to 'die young as late as possible', but while we're living longer, we're living 'sicker'.

Sport as a laboratory

Studying ageing is a challenge, because as we

get older, the number of confounding factors in observational research increases. The longer we live, the more choices we make, the wider variety of environments, stimuli and stresses we are exposed to. This can distort results, making it difficult to discern the difference between natural declines in health and performance from deteriorations that occur as a result of lifestyle factors and poor choices.

In contrast, the world of sport represents **a fascinating 'laboratory' for studying human potential in the absence of sedentary behaviour**. In athletic competition, cardiovascular, respiratory, neuromuscular as well as cognitive systems must all work well individually, and as a system, making it one of the best testing grounds for how our body and brain should work together at their best.

Physical inactivity is **a primary cause of many of the chronic ailments** which afflict an ageing population, but the high levels of **physical activity among masters athletes** mean that they should be free from many of the negative effects of sedentary behaviour. Any declines in athletic performance mirror the changes in the body and mind that occur as we age, rather than being a result of inactivity or other intervening lifestyle factors.

The performance of masters athletes can provide us **with a biological model to understand what healthy, optimum aging looks like**.

Compressed ageing

The performance changes in masters sporting events display a 'curvilinear,' rather than linear, pattern. Instead of reaching a peak in their 30s, before experiencing an inexorable and linear decline, masters athletes retain close-to-

peak performance for much longer, experiencing a gentler decline, followed by a rapid drop-off in the latter part of life.

Maximise growth, minimise decay

If you're younger than 35, there is still time to maximise 'peak' health and fitness. Ideally, you should aim to start from as high a point as possible, before the influence of 'decay' becomes more pronounced. However, if you're older than 35, significant improvements are still possible.

It's never too late to change your trajectory for the better. Studies have demonstrated that even 90 year-olds can improve their strength and power, with **the appropriate training regimen** and significant benefits are possible from relatively small 'doses' of physical activity.

Movement is medicine

Physical activity sets off a cascade of 'signals' which, if repeated, improve the function of our body and brain, diminishing the risk of cardiovascular disease and metabolic disorders, reducing anxiety and enhancing concentration and attention.

Movement is medicine. **The benefits of physical activity** far outweigh the possibility of adverse outcomes in almost every population, and increasing your levels of physical activity is one of the few interventions that has been demonstrated as beneficial across age-ranges, ethnic groups, and spectrums of physical ability.

Physical activity levels in our leisure time have remained **relatively constant** over the past few decades. However, sedentary activities at home, such as watching TV or consuming other media, coupled with technological advances in the workplace, mean that we spend **a lot more time sitting** over the course of an average week than we used to.

As our weekly minutes of physical activity decreases, **risk of premature death significantly increases**. There seems to be a dose-response association between total sitting time and the risk of dying from anything. In contrast, simply moving more, and moving more regularly, **has a powerful influence on reducing the risk of disease, death and improving quality of life**.



Does regular exercise let us get away with slumping at our desks?

The benefits of regular exercise are widely known, but even for physically active knowledge workers, morning exercise regimens are typically followed by extended periods of sedentary time, in the office, during commutes and at home.

Unfortunately, it appears that we can't 'out-exercise' our desk-jockey lifestyles. In 2009, researchers studied 17,013 people aged between 18-90 years old. They found a dose-response relationship between sitting time and dying from anything. More significantly, they also found that this risk was independent of overall physical activity levels. It doesn't matter how active you are. If you sit down for long periods, you are increasing your risk for chronic disease. These findings have been supported by a number of other studies. Those of us sitting for 11 hours or more, per day, are at the greatest risk, regardless of how much physical activity we do.

Sitting for six hours per day, versus three hours, significantly elevates our risk of death, especially from cardiovascular disease, in both men and women. Many physical activity programmes fail because their goals are too ambitious. The key is to start doing something. Don't let perfection be the enemy of 'good enough'.

The following four actions may provide you with some ideas about where to begin. (It's recommended to consult a medical professional before starting a new exercise programme.)

1) Move more. Take a moment and consider how long you spend sitting each day. Simply moving more, and moving more regularly throughout the day, even if you have to set an alarm to remind yourself to stand up and walk around now and again, can have a powerful influence on reducing the risk of disease, death and improving quality of life.

2) Move slow. Aiming to accumulate 10,000 steps each day has become a common means to increase daily physical activity. While some studies have not been supportive, many have demonstrated that increasing step count, and trying to integrate additional steps into your day to reach the 10,000 target, can be beneficial in terms of increasing physical activity and health.

3) Move fast. High Intensity Interval Training (HIIT) involves repeated bouts of high-intensity effort, followed by varied recovery times. A typical HIIT session could last between 20 and 60 minutes, but even shorter sessions have been demonstrated to be beneficial. A 2012 study among healthy, but sedentary men and women,

demonstrated that 10-minute high-intensity cycling sessions, repeated three times per week for six weeks, improved health and fitness markers, including a 28% increase in insulin sensitivity and 12-15% improvement in VO2 max.

4) Move heavy. After turning 50, muscle mass begins to decrease at a rate of 1-2% per year, and muscle strength declines at 1.5-5% per year. Having more functional muscle may be associated with a 'whole-body neuro-protective effect' and while more research is required, muscular strength appears to play an important and independent role in the prevention of cardiovascular heart disease. Being in the top 25% of muscle mass for your age-group appears to be a significant positive predictor of longevity. Peak muscle power is an important predictor of how well we'll function in old-age. Try to include resistance training as part of your life, at least two-times per week. This could involve completing 8-12 repetitions, of 8-10 different exercises, that target all major muscle groups.

by James Hewitt

Head of Science & Innovation, Hints & Performance, Thursday 2 February 2017

CELEBRATING 75 YEARS ...

Foundation members of Noosa Masters Swim Club, Kay and Tony Frost, travelled to Port Vila, Vanuatu, to celebrate their 75th birthdays.

Originally named New Hebrides by Captain James Cook, following his departure from Australia, before heading to his demise in Tahiti, New Hebrides was renamed Vanuatu when it gained independence in 1980.

Tony remembers New Hebrides, as a French / English condominium, when

he first visited in 1971 and regular trips for the next seven years with work.



Unfortunately... Vanuatu was devastated in March, 2015, by cyclone Pam, a rating 5 monster, where several resorts were closed for up to 18 months, whilst being restored.

Road infrastructure, in some places almost fully restored, but the friendliness of the locals was overwhelming, something Kay and I remembered from our last visit, 20 years ago.

We were impressed with the assistance that Australia has offered to the Vanuatu people, with many having been offered work in Australia, doing 6 month stints in the fruit picking regions in Queensland. There were 20 of them on our flight home to Brisbane, their first time air travel excitement, clearly evident.

Highlight of our seven days at Port Vila, was a day excursion to Pele Island, where we were greeted by their tribal chief, who gave us a village tour, a sumptuous feast, and took me on his long boat to a coral reef, where we donned our

masks and snorkels, to hand feed many varieties of coloured fish.

Vanuatu, a South Pacific archipelago of 82 islands and islets, with the capital, Port Vila, situated on the island of Efate. The equally picturesque islands of Espirito Santo and Tanna with an active volcano, is an ideal break on the same latitude as Cooktown, and only two and a half hours flight from Brisbane.

What a way to celebrate a special milestone with your best friend.

... Tony



Tribal Chief "George", welcoming Kay & Tony to his Island.

SUCCESS AT THE AUSSIES

by Tony Frost

Three Noosa Masters Swim Club members competed in the Australian Surf Life Saving Championship, Masters division, the 3 days of competition starting on Sunday, 26 March, at North Kirra on the Gold Coast.

It was a first for Greg Bott, representing Coolum SLSC, a humbling experience which has sparked so much enthusiasm that he and his team mates, are preparing to travel to Scarborough Beach in Western Australia, for the 2018 Australian Championships.

The Noosa Heads SLSC team included Peter Fidler and Tony Frost, both experienced campaigners in surf life saving competition, Peter's experience starting at Anglesea SLSC, Victoria, and Tony with Long Reef SLSC, Sydney.



Greg competed in his 60-64 age group in the 2km ocean swim, surf race, surf board race and taplin relay. As Greg quickly discovered, a very competitive group, but in his words : "HAD FUN TRYING".

At North Kirra, Peter won bronze medals in the 60-64 years single ski and double ski with team mate , Ross Fisher. Tony won bronze in the 70 years and over, 2km ocean swim which was won by Bondi's 71 year old, Cyril Baldock, who last year became the oldest person to swim the English Channel.

Noosa Heads finished a credible fourth place in the Masters Point Score. Top 5 were :

Bondi.	293
Northcliffe.	234
Alexandra Hld.	215
Noosa Heads.	202
Nth. Burleigh.	182

CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
MAY						
13	SC	River City Rapids	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	Great Barrier Reef Masters Games			12/17	Tobruk Pool, Cairns
JUNE						
10	SC	Rum City	QBB	Central	13/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	14/17	Yamba, NSW
JULY						
8	LC	Brisbane Southside	QSM	South	15/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	16/17	Genesis College
AUGUST						
19	SC	Brisbane Northside	QBN	Sunshine	17/17	The Valley Pool, Brisbane
SEPTEMBER						
23	SC	Maryborough Masters	QMB	Central	18/17	Maryborough Centenary P
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
DECEMBER						

5 MILLION METRES ...

muckin' refarkable !!

HEARTY CONGRATULATIONS BRIAN CAIRNS

Quite an achievement - you're an inspiration to us all !!



MAY

Kylie Mack	9/05
Adele Tucker	12/05
Rod Alfredson	15/05
Barry Lloyd	21/05
Karen Martin	23/05
Jim Barnes	27/05 (60)
Tim Bott	30/05
Grant Scotcher	31/05

Happy Birthday everyone !

*The more birthdays you have ...
The longer you live !!*

word play #7

Last month's solution:

To make room for the sponsor's logo on their town's football jerseys, the South Wales club reduced the name of their town to just two letters. What is the name of this town?

Answer: The town is **TENBY**, which can be rendered as **XX**, where the first **X** is the Roman numeral for **TEN** and the second **X** is the multiplication sign which can be spoken as **BY** (eg: '3 X 3 = 9' or '3 BY 3 is 9').

So **TENBY** is **XX** ... fits better on the jersey!

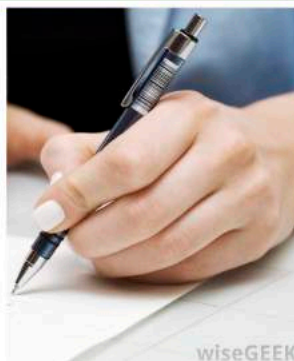
This month's challenge:

Explore the historical origins of words!

Today, we might call some people '**adroit**' or '**dexterous**' but call other people '**gauche**' or even '**sinister**'.

Historically, what particular physical characteristic were these words linked to?

Clue: see the images below.



MEMBERS MEETING & CLUB TROPHY PRESENTATIONS

The Noosa Masters Swimming Club held its first Members Meeting for the year in April attended by Life Member Bob McCausland with apologies from Life Members Olga McCausland and Joe Gilbert, twenty-four financial members, and the Management Committee (with Robyn Selby being an apology).. Apologies were recorded for several other members who were unable to attend.

The business of the meeting was attended to with a Motion "to adopt and purchase new women's and men's swimming costumes": being passed, A big thank you to Jacky Shields for her contribution.



Quentin Lee gave a great presentation of facts and figures relating to the E1000 program and Bob McCausland passionately recalled days gone by and how the original club members started and progressed the Aerobic Program (renamed as Endurance 1000) and the many difficulties experienced in recording swims. At 87 years young, Bob still completes most of the program and is an inspiration to all.

Various reports were presented covering the period since the AGM

in September 2016 and highlighting how busy the period has been with many local, State and National competitions plus club social and volunteering events.

QNA 2016 Award recipients :

Challenger of the Year:

(M) Grant Scotcher for his consistent and unconditional support for the club and its members.

(F) Robyn Selby for her consistent and unconditional support for the club and its members

Most Improved swimmer:

Kerry Blackwell for trying all disciplines and progressing well in competition, Endurance and squads.

Endurance 1000:

(M) Mark Powell, Brian Hoepper, Geoff Lander and Rob Lucas

(F) Jane Powell all achieving the max 1005 points for completion of the whole program.

Congratulations also to **Lynette Clemitson**

for completion of the program however not achieving max points in all swims, nonetheless a fantastic achievement.

This has now been corrected for 2016 results and a separate presentation will occur with a Certificate and Trophy to be awarded.

McCausland Awards:

(M) Jim Barnes for his dedication and consistent improvement within the program

(F) Adele Tucker for her dedication and consistent improvement within the program



Post Meeting Note: Irene Symons also completed the entire program and achieved top points but through an error in recording and results her achievements were not originally recorded in the MSA website.

Editor's note :

Well done to Irene who has completed the program for 5 years in a row. As owner and operator of the Kenilworth Newsagency, she travels most Saturday afternoons to the NAC to do her swims. An inspiration to all of us !



MEMBERS MEETING & CLUB TROPHY PRESENTATIONS

President's Award:

Adrian Wilson for his contribution to the club including the handicap events instigation, management and recording, swim meet director and results, committee member, club captain, volunteer and many other inputs he has and continues to provide for the club members.



10 Year Membership Badges:

Dyanna Benny
Mark Besford
Christine Edwards
Brian Cairns
Grindle Rudder

15 Year Membership Badges

Bob McCausland
Olga McCausland
Wendy Ivanusec



The balance of the year includes the World Masters Games in NZ later in the month of April with 13 members attending and the FINA world master's championships in Budapest with two or three members attending. Good luck to all those who are competing and the balance of members attending the SEQ swim meets in the coming months.

The President thanked all members, the Management Committee and

encouraged Members to consider executive roles still unfulfilled that are necessary for the Club to run efficiently and provide members with the full benefits of a well-run organisation.

... Ian Tucker



Rob Lucas, (74) our most distant member who lives in Mackay, completed the E1000 programme, again achieving top points. At a special presentation he was delighted to receive his MSA Certificate of Achievement and QNA Club Trophy from Club Secretary Linda Hogg.



Spotlight on Lilly King

Young 19-year-old Lilly King made a name for herself not only by her Gold medal in the 100 breaststroke, but by calling out her Russian competition, Yulia Efimova.

King beat her and pointed out Efimova's drug history. The Russian swimmer has tested positive twice for drug use. But, despite her doping history, she was beaten by a swimmer who has always tested clean.

This finger wave that King gave to Efimova proved that swimmers do not need performance enhancing drugs (PED's) to be successful.

UPcoming EVENTS

Many of our members are involved in various organisations and are keen to let you know about particular events.

It gives us a warm glow to support one another whatever the good cause.

... Ed.

BOOKFEST NOOSA

Bigger and Better

5 – 7 MAY 2017

9am – 5pm every day
At Noosa Leisure Centre
Wallace Drive, Noosaville,
(next to Noosa Library)

Fundraising to support
the **Sunshine Butterflies**
the **Hear and Say Centre**
and Other Rotary Projects

For more information :
Phone 1300 791 226

#bookfestnoosa
www.noosadaybreakrotary.org



Rotary
Noosa Daybreak

CANCER COUNCIL AUSTRALIA'S BIGGEST MORNING TEA

Come along and support this worthy cause:-

Date: Thursday, 25th May 2017

Venue: NAC

Time: 9.15am to 10.15am

Morning tea will be provided and we will be raffling off above quilt plus a few other items. All proceeds will go directly to the Cancer Council.

Tickets \$2 each or 3 for \$5.



ENDURANCE 1000 REPORT

April 2017



Overview

Superb conditions to build some momentum in your Endurance swimming program .

Take advantage of the cooler conditions which makes endurance swimming so exhilarating. The colder it is the better for endurance swimming. For the next four months the public will also vacate the pool which makes it so much easier to get a lane in normal swimming hours, so take advantage of this.

We have lost a number of our elite endurance swimmers this year due to injury and other reasons. It is critical that the rest of the team lift to ensure we cover for the loss of those swimmers. We would like to have completed most of our endurance program and points totalling 20000 by the end of spring.

Jane's "Twilight Swim"

The next twilight swim will be on the Fri 5th May starting at 4pm. These special Endurance events which Jane organises are always really enjoyable. If you haven't had the chance to be involved make the effort as it is a lot of fun. Also a chance to bring a plate and share a wine which for some reason always ends up being a highlight!

Goal for the year

Please note

A minimum of 200 points for every able swimmer.
20000 points by the end of spring.

Tuesday swimming

If you are going to complete a long swim on any Tuesday morning (anything above 800m), please come early. If you can get poolside by 7.15 it makes Marcia's role much easier to coordinate lanes and swimmers.

Quote for the month

"I am not going to allow myself not to perform well just because I don't feel well. I am bulletproof to the extent that a lot of things can be thrown at me, but it's about how much I am prepared to let them affect me".

... Ian Thorpe

Endurance Procedures

To ensure all participants enjoy their Endurance experience it is essential that we have a fairly rigid control of the process and procedures that govern them.

At the end of each month we will provide a hard copy update of individual and club points.

If anyone wants to check on their points and progress go to www.e1000.msarc.org.au and click on History .

As such please note Tricia's comments below.



From Tricia

Just a reminder to the swimmers who participate in our Endurance programme. It is your responsibility to ensure that your paperwork is filled out correctly ie; name, age, swim date, membership # and what sex you are, 25 or 50m pool and what stroke you are going to do. It is also your responsibility to ensure that the swim details (distance, stroke, and result) are entered correctly in to the Out of Hours book and on your summary sheet. Black pen for 50m pool, green pen for 25m pool and red pen for postals with the initials of which meet it is for which in turn, must be written in the month of the meet.

It would also help if before you decide on what swim you are going to do, you check your summary sheet to make sure you haven't already done the swim in either the same month or, as in 1500m, 30min, 45min and hour swims, only one swim allowed per year in free, back, butterfly and breast.

Before and after your swim, you are responsible for your folder which should always be placed back into the filing draw. Less mistakes will be made if we all follow procedures.

If, for some reason, you wish to amend a swim, please write it down so that the Club Recorder can make the necessary changes. This would usually be for swimmers, swimming "out of hours".

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576

quentinlee1957@gmail.com

This enthusiastic bunch - some say "mad" are going to do an 11 km team relay swim on the "wrong side of the shark nets".

Here is the full complement of the Noosa Masters Swim Team for the Island Charity Swim to be held on May 13. (Fall back date May 20 if weather is bad)

L-R Brian Cairns, Sue Silburn, Mark Powell, Greg Bott, Di McFarlane, Susie Ellis - Jane Powell will be our kayak safety paddler and Bill Gissane will skipper the good ship "Rendezvous" as our mother ship.

We have raised nearly \$4000 for the Nambour and Currumundi Special Schools

Find out more about the event at the following links

<https://www.islandcharityswim.com.au/>

<https://www.facebook.com/islandcharityswim/>

Donations can be sent by clicking on the link <http://www.justgiving.com/>

[NoosaMastersCharitySwim](http://www.justgiving.com/NoosaMastersCharitySwim)

... Cheers, Mark



Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 PH: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 PH:5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 PH: 5449 8800</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 (02) 8883 7351</p>

Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Tony Frost

Tel: 0437 024 154