

# CHALLENGERS' CHATTER

APRIL 2019

## 2019 MSQ STATE CHAMPIONSHIPS Chandler Complex, Brisbane - 11-13 April

Daily reports from Lois Hill



Lest We Forget

### QNA Team at the Presentations

#### Thu 11/4/2019 - Day 1

Event 1: 800 FS Brian Hoeppe first off the blocks with a magnificent Breaststroke which took just under 2 minutes off the State record !!

Then LQ & Jacky - LQ with a PB (15:28.19 time) by 27 seconds with water in the goggles all the way! Fifth place!

Jacky definitely a PB 14:52.82 to finish 4th in her age group.

Next up a Noosa race - Jan, Rob and Wendy N in next door lanes, and Linda a few lanes further over. Rob and Wendy eyeballed each other all the way, with Rob setting the pace - Jan on Rob's other side. Last lap Wendy had the lead, but in a thriller finish Rob pipped her on the last stroke! Not gentlemanly, Rob! But Wendy, as did Rob, won the age group which makes up for that!! Meanwhile, Linda quietly came in after Wendy at 14:13.83 to come 3<sup>rd</sup> in her age group, with the Ever-ready Bunny, Felicity, swimming a great time of 13:27.23 in a later heat to place 2<sup>nd</sup>. Jan came in with a 14:24.54 to win Gold - 'first race done and dusted ... now moving on!'

Ian Tucker swam 3<sup>rd</sup>, in 12:11 - a very evenly paced swim!  
Then Greg Bott raced down the pool in 13:09:33 to place 5<sup>th</sup> in his competitive age group.  
Go Nooooooooosa!



Medallists for today — thanks to Jo Matthews for this list.

**Gold** Medal Winners -  
Jan Croft 800 Free, Rob Jolly 800 Free, Wendy Nothdurft 800 Free, Ian Tucker 200 Back, Brian Hoeppe 200 Back.

**Silver** Medal Winners:  
Jo Matthews 200 Fly and 50 Fly, Felicity Hawkins 800 Free, Brian Hoeppe 800 Breast, Greg Armitage 50 Fly, Greg Bott 200 Back, Lois Hill 200 Back.

**Bronze** Medal winners:  
Linda Hogg 800 Free, Ian Tucker 800 Free and 100 Breast, Rob Jolly 100 Breast and 50 Fly, Greg Bott 50 Fly.  
Go Noosa!!!

#### Fri 12/4/2019 - Day 2

Another great day with many good swims all round.

Following is the list of today's medallists

Jo Matthews - Gold 100 fly, Bronze 200 IM  
Greg Bott - Bronze 100 fly, 200 IM, Silver 50 back  
Greg Armitage - Gold 50 breast, 200 IM (first 200 IM!!), Silver 50 Back, Bronze 400 free  
Felicity Hawkins - Bronze 200 free, 400 free  
Wendy Nothdurft - Silver 400 free, 200 free (moved up from Bronze as the event was won by a non-Queenslander)  
Jan Croft - Silver 200 free, 400 free  
Robert Jolly - Gold 400 free, Silver 200 IM, 50 breast (up to 2<sup>nd</sup> in QLD),  
Adele Smout - Silver 50 breast  
Lois Hill - Silver 50 back, Bronze 200 free,  
Brian Hoeppe - Bronze 50 breast, 200 IM

**Relays**  
Greg, Brian, Rob, Charley- Silver 4x50 Medley  
Lois, Jan, Jo, Wendy N - Silver 4x50 Medley

Final day on Saturday with many more relays ...

#### Final Day of State Championships at Chandler Sat 13/4/2019 - Day 3

Another corker day at Chandler, with lots of excitement with PBs, dicey (But OK) relay changeovers, exhaustion after all the relays – many of our swimmers had 3 relays after a full program of individual events. *Well done to the heroes!*

Goes to show what good training we have to be able to swim this type of program.

Quick report of today's medals - Club won a total of 5 gold, 5 silver and 8 bronze medals



# 2019 State Championships ... cont'd



Jan Croft - MSQ Coach of the Year

## Individual Gold

Brian Hoepfer in 400 IM  
Ian Tucker in 100 Back.

## Silver

Wendy Nothdurft in 50 FS, 100 FS;  
Lois Hill in 100 Back  
Rob Jolly in 200 Breast

## Bronze

Jo Matthews in 400 IM  
Jan Croft, Greg Armitage and  
Charley Moore in 50 FS  
Jacky Shields, Brian Hoepfer in 100  
Back  
Jan Croft, Greg Armitage in 100 FS

## Relays:

'Fun of the day' according to Jan!

## Gold

Mixed 4x50 Medley 280-319  
Brian Hoepfer, Rob Jolly, Jo  
Matthews, Jan Croft

Mixed 4x50 Free 280-319  
Wendy Nothdurft, Brian Hoepfer,  
Jan Croft, Rob Jolly

## Womens 4x50 Free 280-319

Jo Matthews, Lois Hill, Jan Croft,  
Wendy Nothdurft

(this team missed the State Record  
by 0.09 seconds! — we'd have done  
it if had been one of the first relays,  
instead of the last!)

## Silver

## Mens 4x50 Free 280-319

Rob Jolly, Charlie Moore, Brian  
Hoepfer, Ian Tucker

After the last event there was a  
presentation event (after lots of re-  
fuelling with sandwiches and cake).

Noosa was presented with the 2018  
QLD Endurance trophy, Rob Lucas  
(Legend) with his amazing Vorgee 10  
MILLION METRES Award and Jan  
with her 2018 Coach of the Year  
Award – congratulations Jan from all  
of us – a thoroughly well-deserved  
Award!

... Lois Hill



Rob Lucas receives his Vorgee  
10 MILLION Metre Award

QNA competitors relaxing in the 'Bleachers'.



Greg A, Rob J, Ian T, Greg B

State Girl Medallists : Jo M, Lois H,  
Jan C (+COTY trophy, & Wendy N



## 2019 State Medallists

2019 QLD Championships' Placings: excludes O/Seas & interstate swimmers

Name	Gold	Silver	Bronze	Comments
Armitage, Greg	50Brst, 200IM	50 Fly, 50 Back	100 Brst, 400, 50 & 100 FS	
Bott, Greg		50 & 200 Back	50 & 100 Fly, 200 IM	
Croft, Jan	800 FS	200 & 400 FS	50 & 100 FS	
Hawkins, Felicity		800 FS	200 & 400 FS	
Hill, Lois		50, 100 & 200 Back	200 FS	
Hoepper, Brian	200 Back, 400 IM	800 FS, 100 Fly, 50 Brst	100 Brst, 200 IM, 50 & 100 Back	800Brst, State Record
Hogg, Linda			800 FS	
Jolly, Robert	800 & 400 FS	50, 100 & 200 Brst, 50 Fly, 200 IM		
Matthews, Jo	100 Fly	50 & 200 Fly	200 & 400 IM	
Moore, Charley		50 FS	50 Back, 100 FS	
Nothdurft, Wendy	800 FS	50, 100, 200 & 400 FS		
Shields, Jacky			50, 100 Back	
Smout, Adele		50 Brst		
Tucker, Ian	100 & 200 Back		800 FS, 50 Back	
<b>Total Ind. medals</b>	<b>11</b>	<b>26</b>	<b>26</b>	
<b>all relays</b>	<b>3</b>	<b>3</b>		
<b>TOTAL</b>	<b>69</b>	<b>29</b>	<b>26</b>	

### RELAYS (all 280-319)

Women 4x50 Medley	Lois Hill, Jan Croft, Jo Matthews, Wendy Nothdurft
Men 4x50 Medley	Brian Hoepper, Rob Jolly, Greg Bott, Ian Tucker
Mixed 4x50 Medley	Brian Hoepper, Rob Jolly, Jo Matthews, Jan Croft
Mixed 4x50 Free	Wendy Nothdurft, Brian Hoepper, Jan Croft, Rob Jolly
Women 4x50 Free	Jo Matthews, Lois Hill, Jan Croft, Wendy Nothdurft
Men 4x50 Free	Rob Jolly, Charlie Moore, Brian Hoepper, Ian Tucker

Brian Hoepper was our star of the meet. He swam in 9 events, medalled in all, and contributed 78 points to the club score - Our top scorer!  
 Unluckiest swimmer was LiQun Hussey, who also swam in 9 events, along with Ian Tucker. LQ did many PBs, but was against some tough competition, so missed out on medals. BUT, she gained 50 points for the club. Watch out ladies for LQ in 2020!

### History apparently ...

Lincoln was shot at the theatre named 'Ford.'

Kennedy was shot in a car called 'Lincoln' made by 'Ford'.

Lincoln was shot in a theatre and his assassin ran and hid in a warehouse.

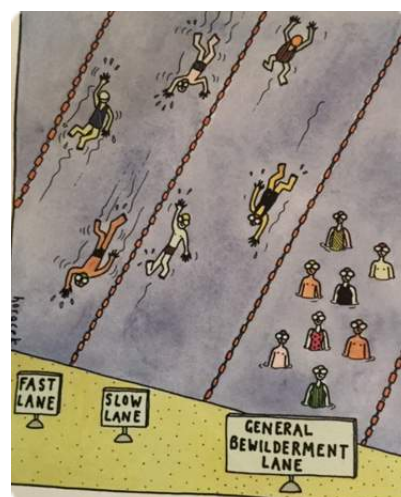
Kennedy was shot from a warehouse and his assassin ran and hid in a theatre.

Booth and Oswald were assassinated before their trials

And here's the kicker ...

A week before Lincoln was shot, he was in Monroe, Maryland

A week before Kennedy was shot, he was with Marilyn Monroe.



## Italian Lunch at Noosa Valley Manor

Friday, 26 April saw seventeen Masters, partners and friends attend the 3-course lunch at the Noosa Valley Manor. The food was fabulous, especially the Tiramisu dessert! Lovely setting with views of the lush gardens.

... Helen Malar



Helen, Jane, Rob, Linda, Carola, Wendy N



Bob Henderson & Viv Merrill



Lois Hill, Jane Powell & Rob Jolly

## Coolum Beach Surf Lifesavers March Back Into History.

In 2019, Coolum Beach Surf Lifesaving Club is celebrating its Centenary year of patrolling the Coolum Coastline. The original 1919 Coolum Surf Lifesavers hailed mostly from the Yandina/Eumundi district and wore the light blue and red club colours which the current Club Management decided to reintroduce for this 2019 Centenary year.

The Coolum Surf Lifesaving Club has always participated in local, regional, State and National Surf-Lifesaving competitions but has not had an active March Past team for many years.

To mark this milestone year in the Club's history, Greg Bott, our QNA co-club captain, as well as the Board and Ski Captain for the Surf Club, made it his project to revive the Coolum Surf Lifesaving March Past team and to have that team compete at the 2019 National Surf Lifesaving Championships held in early April at Broadbeach on the Gold Coast.



A team of 12 is required for an official competition. So, after locating and restoring the Club Wheel, a small but enthusiastic group of Coolum surf lifesavers began weekly beach practices early this year much to the enjoyment, encouragement and sometimes heckling of the late afternoon patrons on the deck at the Surf Club Bar and Bistro.

A few of the team had competed in March Pasts many years ago but most were like Greg and complete novices to this type of competition. Alex Heads Surf Lifesaving Club, who are regular and often successful competitors at this event, offered some training sessions with the Coolum team which provided a great boost to their skill and enthusiasm.

With 33 teams competing at the Nationals this year, it's very pleasing to report that Coolum Beach, wearing their Centenary Club Colours, and with a full 12-member team, placed 19<sup>th</sup> in this event.

As a final close to their 2019 efforts, the team marched at the ANZAC Day Service at Yandina as a mark of respect to all those original Coolum Beach Lifesavers who fought during World War I and who are permanently remembered at the Yandina Cenotaph.

... Julie & Greg Bott

## COACH'S TIPS



### **Hello again ...Tip Time !! JUST SOME BASIC FREESTYLE TIPS THIS MONTH**

**Catch up drill** ... Catch up drill shows swimmers where their best leverage is, which is at the front one-third of their stroke, shoulder above elbow, elbow above wrist, wrist above fingers.

Catch up and pull with entire surface of hand to elbow ... same pattern as surfboard pull.

Apply force at beginning of stroke, don't cross centre line, there is no power if hands cross centre line of your body.

Most power and leverage is just outside of shoulders.

Rotation is from hips and core, not from the shoulders

Do not bend the wrist.

Happy swimming - Cheers, Jan

# 2020 MSA National Championships

April 15, 2020 @ 8:00 am - April 19, 2020 @ 5:00 pm

Entries must be submitted individually and payment made through the online meet entry system. Swimmers may enter up to 10 Individual Events (max. of 3 events/day), plus Relays and 2 Open Water Swims.

- You will be required to select an entry type at the beginning of the entry process, that matches the total number of swims in which you intend to compete, so please ensure you have mapped out your preferred events before you begin.
- Although there are no qualifying times, you will be required to enter nominated times for each pool swim.
- Following the selection of your swimming events, you will have an opportunity to purchase merchandise and tickets to the Presentation Dinner.

The Nationals will be held at Sydney Olympic Park, Homebush, and being run as Short Course.

The dates are just after Easter, and the normal arrival the day before the meet clashes with the last day of the Sydney Show and it falls within the NSW school holidays! MSA has recommended booking soon if you want to stay on-site.

2020 Show Dates: 3 - 14 April  
Easter Monday, 13 April 2020  
NSW: Autumn Holidays: 10 Apr 2020 (Fri) - 27 Apr 2020 (Mon)

For those interested in staying on site close to the pool, there are 4 Accor hotels, (Ibis, Ibis Budget, Novotel and Pullman). Other options are possible (Quest, Meriton, Apt). Bookings have just opened for some of the Accor hotels, but only for 14 & 15 April.

One can book a 'flexible booking' where no charge is involved if you cancel up to 1 day before arrival.

I have booked 2 rooms for 2 nights (14 & 15), and will be monitoring the booking process to see when the 16<sup>th</sup> onwards opens.

If you are interested in booking at one of the Accor hotels, please let me know, by phone (0419 867 122), or email [captain.noosaqna@gmail.com](mailto:captain.noosaqna@gmail.com). I can then give you details of how to book, and also follow up when the remaining days open for booking. 10% discount if you are an Accor loyalty club member (free to join).

... Lois Hill  
(mobile 0419 867 122)

around Noosa and surrounds but from where we can easily cycle and also not too far from the NAC. Have housesat in Noosa, Peregrin, Marcus Beach and Coolum areas previously. Please contact us on 0407 048 921 or email [ceri.weeks@hotmail.com](mailto:ceri.weeks@hotmail.com) We'll be overseas from 17 May – 16 June so email is the preferred contact during that time.

... Regards, Ceri and Robbie, Tasmania



View from Beach House



Robbie & Ceri Weeks



Robbie Ceri & Bonsai

## Hi Noosa Masters members and friends

Robbie and I (along with Bonsai, our whippet) will be once again travelling to the Sunshine Coast for winter 2019 – our tenth year! We will be house sitting until 17<sup>th</sup> July in Noosa Waters, but would love to stay in the area until around the end of August. If you or anyone you know would be interested in having us house sit, we would love to hear from you.

A quick Profile:

Ceri and Robbie – both retired from a lifetime spent in the Aquatics Industry in Tasmania, running our own Swim School among other pursuits. We love the outdoors, specifically swimming, cycling and walking. We're happy to take care of pets, pools (plenty of experience here) and poppies (not the 2 legged type but any gardening duties required!).

We have a beautiful beachfront holiday house on the Freycinet Peninsula (near Coles Bay and the famous Wineglass Bay and Hazards Mountains), that we're happy to offer to our hosts if they come to Tassie for a visit. We also have a lovely home overlooking the Tamar River in Launceston that we can make available too. Happy to send photos to anyone interested.

We're non smokers and will take great care of your home. We bring our own vehicle and use our own linen. Our little dog Bonsai is a whippet – she's an inside dog though and we bring all her own bedding etc. so need a place where she would be allowed to come inside.

Very happy to chat and supply any further detail necessary. We're open to all areas



# Thanks Benny !

*"How time flies when you're having fun" can ring true for thousands of swimmers, of all ages and abilities, who have enjoyed the NOOSA AQUATIC CENTRE for the past 20 years.*

YES, it was 1 May, 1999 when the then Queensland Premier, Peter Beattie, declared the iconic aquatic facility, officially OPEN.

Master of Ceremonies for the occasion was local media identity, BENNY PIKE. Benny himself had achieved so much in the sporting arena of boxing, representing Australia at Olympic Games (Moscow 1980), Commonwealth Games (Edmonton 1978 & Brisbane 1982) and World Cup 1979.

In 13 international tournaments, Benny won 11 medals!

This feat could only be matched by the amazing work that he has done "out of the ring" promoting all sports, particularly on the Sunshine Coast. It all started in 1980 when Carlton United Breweries engaged him in fundraising activities to enable athletes to compete in Olympic & Commonwealth Games.

"Taking his boxing gloves off, and holding a microphone" seemed a natural progression for Benny. Sponsors and people loved him, even if it appeared a little strange to see him outfitted with a suit.

BENNY was in demand!!

When the Noosa Triathlon was started in 1983 by two Noosa locals, Olympian Dave Power and



his good friend, Joe Gilbert, it was Benny they engaged to comper the event. Benny Pike was the perfect fit to promote the cause, being employed by WIN television from 1993 to 2004, as the Sports Presenter on the Monday to Friday local news at 6 pm.

In addition, Benny wrote a weekly article in the Sunshine Coast Daily - BENNY'S BEAT .

When the Noosa Olympic Pool Association Inc. (NOPA) was formed from a public meeting on 6 December, 1995, Benny was soon on board, promoting their goal : "A 50 METRE OLYMPIC POOL FOR NOOSA" on television and in the print media.

Negative comments from Noosa Council didn't help the cause :

"Why do you need a 50 metre pool when you have an ocean to swim in?" .

How far out of their depth were they ?!!

Bring on the trump card ....  
BENNY PIKE.

Regularly on TV & in the 3 local newspapers (Sunshine Coast Daily, Noosa News & Noosa Citizen), a 50 metre Olympic pool for Noosa would be headlines.

**Benny Pike at Noosa Swim Carnival 2001** talking with Cameron de Burgh (Noosa Swim Club) - Silver Medalist Paralympics, Sydney 2000.

*on right:* Jeff Hardy (Pelican Waters Swim Club) - Gold Medalist Paralympics, Sydney 2000.

*on left:* Lisa Curry whose daughter competed at Noosa Swim Carnival.

Benny was one of the keynote speakers at a Public Presentation, held on 20 March, 1996, with several Noosa councillors in attendance, proving to be the turning point to convince Council that there was a need for a 50 metre Olympic pool in the Noosa Shire.

Noosa Council had been embarrassed by the overwhelming need for the pool, shortly after inviting NOPA representatives to council, where the CEO announced that they were to call for expressions of interest to construct a 50 metre Olympic pool on council land in Girraween Court, Sunshine Beach.

"Benny's knockout blow had put Noosa Council on the canvas."

THANKS BENNY !

Tony Frost  
NOPA President  
1995- 2000

EDITOR'S NOTE:

*With the pending closure of the NOOSA AQUATIC CENTRE for repairs, maintenance and rejuvenation , there will be no 20 year celebrations, however Council plans a HUGE 21<sup>st</sup> BIRTHDAY next year, when all will be enjoying the sparkling new NAC.*

# Thanks Benny!

SUNSHINE COAST SUNDAY, Sunday, March 3, 1996. Page 63

## A 25m Noosa pool just won't cut it

TODAY'S column is an open letter to Mayor Noel Playford, his band of councillors and the people of Noosa Shire.

Dear Sir, as president of the Sunshine Coast Sportsman's Association I stress the urgent need for your team to look favourably at building a new Olympic 50 metre pool.

I know council has plans to extend the Wallace Park Complex with a 25 metre pool. But listen to the people — they have been banging a drum for the last 12 months — the area needs a 50 metre pool complex.

Anything less would be like me jumping in the ring without a mouth guard.

The Noosa Olympic Pool Association has plans for a 50 metre pool to be built near the new Sunshine Beach Tennis Centre.

Great spot, it also has three schools close by and its budget is nearly half the anticipated \$3.5 million cost for the 25 metre pool.

I think I speak on behalf of thousands of Noosa-ites who drive to the "Parramatta end" of the Coast to use the Cotton Tree complex.

*'I reckon there would be more people use a pool complex ... than all the culture projects combined.'*



BENNY'S BEAT

with  
BENNY PIKE

In fact, only a week ago it cost parents \$2500 for transport for Sunshine Beach High School swimmers to be ferried over to Nambour for the annual school championships.

Let's get fair dinkum Noel, there are far more swimmers, athletes, sports people in your shire than painters, trumpet players or culture freaks.

I think maybe its about time you listened to the real people and not your selected band of supporters.

Mr Playford, if you got rid of your enterprise division there would be plenty of money to build two pools.

I reckon there would be more people use a pool complex over 12 months than all the culture projects combined.

Don't believe me, give it a try you can't lose.



### News from Marlene & Tom Robson

Tom has had a final check up for his cancer treatment and the surgeon is very satisfied that he is well. Obviously he will get regular echographs for a couple of years, but should be fine.

He has been back in the pool for a few weeks and getting fitter — not competition level but mentally so much cheerier!

I have kept up my swimming training and have done well in local competitions.

Hoping to head for the French Nationals in June.

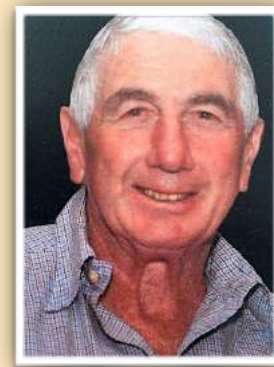
We are planning a short trip to Scotland in early June, then the Sydney family will be here early July - which we are really looking forward to.

Soon we should be able to plan a longer trip, e.g., to Australia to catch up with lots of people. Noosa will obviously be on the agenda.

And if anyone is coming over to Europe, please contact us and come to lovely Vichy.

... Best wishes from Marlene and Tom.

## Farewell Bob Virgona



A friend to so many, 77 year old Bob Virgona passed away peacefully on 11 April.

For the past 15 years, Bob was a regular early morning swimmer at Noosa main beach, swimming stroke for stroke each day to the rock wall and return with John Havilah.

In his eulogy, John reminded the full house at the funeral, that there was one exception, when the board riders at First Point sighted a 2 metre shark and there was another larger one lurking around. John's judgement kept him on the beach that morning, but fearless Bob

swam alone to the rock wall and back to the surf club, quipping: "What shark!"

For the past 25 years, along with John, Bob regularly had swum in the annual Byron Bay 2.2 km ocean swim.

Whilst a very good swimmer, Bob did not join Noosa Masters Swim Club,

He would attend our annual swim meet at the Noosa Aquatic Centre, helping as a timekeeper. I clearly remember sharing timekeeping duties on lane 7 last September with Bob and Jane Powell.

Condolences to his partner, Hilary, and his children, all of whom have lost a great man.

... Tony Frost

**Legend:**

MSQ Swim Meets
MSQ Postal Events

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>MAY</b>							
11	SC	Yeronga Yabbies	QYP	South	Q7/19	No	Yeronga Park Pool
23-25	LC	Great Barrier Reef Masters Games	MSQ	North	Q8/19	Yes	Tobruk Memorial Pool, Cairns
26	OWS	Muddies Annual Crater Lake Classic	QCN	North	Q9/19	n/a	Lake Barrine
<b>JUNE</b>							
15	SC	Rum City Short & Sweet Meet	QBB	Central	Q10/19	Yes	Bundaberg Swim Academy
TBA	SC	BSA Preparation Meet		SAL	QC6/19		
29	LC	2019 Rat Races	QRT	North	Q11/19	No	Tobruk Pool, Townsville
<b>JULY</b>							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q13/19	n/a	Any 25m or 50m pool
6	SC	Brisbane Southside Masters	QSM	South	Q28/19	Yes	Brisbane Aquatic Centre, Chandler
13-14	SC	Speedo Qld SC Preparation Meet		SAL	QC8/19	Yes	Brisbane Aquatic Centre
20	SC	Genesis Masters	QGA	Sunshine	Q14/19	Yes	Genesis Aquatic Centre
<b>AUGUST</b>							
3	SC	Townsville Aquaholics	QTA	North	Q15/19	No	Kirwan Aquatics
3-4	SC	Brisbane SC Championships		SAL	QC7/19	Yes	Brisbane Aquatic Centre
5-18	LC	Fina World Masters		Gwangju, Korea		Yes	Nambu University Municipal Aquatics Centre
16-18	SC	McDonald's Qld SC Championships		SAL	QC9/19	Yes	Brisbane Aquatic Centre
24	SC	Brisbane Northside Masters	QBN	Sunshine	Q16/19	Yes	The Valley Pool
24	LC	Long Tan Legends	QLT	North	Q17/19	Yes	Long Tan Memorial Pool
<b>SEPTEMBER</b>							
1-30	Postal	Rocky Crocs Postal	QRH	Central	Q29/19	n/a	Any 25m or 50m pool
14	LC	Noosa Masters	QNA	Sunshine	Q18/19	Yes	Noosa Aquatic Centre
28	SC	Maryborough Masters	QMB	Central	Q23/19	Yes	Maryborough Aquatic Centre
28-29	SC	Lismore Masters Games	QTR	South	Q19/19	Yes	Trinity Aquatic Centre
<b>OCTOBER</b>							
5-12	LC	Australian Masters Games		Adelaide		Yes	SA Aquatics & Leisure Centre
12	SC	University of Qld Masters	QUQ	Sunshine	Q20/19	Yes	UQ Aquatic Centre
26	LC	Sunshine Coast Masters	QSC	Sunshine	Q22/19	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
3	OWS	Sinkers OWS Balnagowan	QNS	North	Q24/19	n/a	Pioneer River, Balnagowan
TBA	LC	BSA Preparation Meet		SAL	QC10/19		
9	LC	Aqualicious	QAL	Sunshine	Q25/19	Yes	Centenary Pool
9-11	LC	Medal Shots LC Preparation Meet		SAL	QC11/19	Yes	Brisbane Aquatic Centre
24	OWS	Trinity Lismore Masters	QTR	South	Q26/19	n/a	Shaws Bay Ballina
<b>DECEMBER</b>							
1	OWS	Big Barrine Bash	MSQ	North	Q27/19	n/a	Lake Barrine
14-20	LC	McDonald's Queensland Champs		SAL	QC12/19	Yes	Brisbane Aquatic Centre



**11 May** : Yeronga Swim Meet and Round the Island Swim - donations to Mark Powell.

**18/19 May** : Swim Camp.

**23 May** : Biggest Morning Tea Fundraiser - bring some food to share.

**26 May** : Noosa Runaway Festival - Volunteers (30) needed from 5.30am - 10.30am - just come for a couple of hours if that's all you can do. No training that day. See Mark Powell

**26 May** (evening) Fran Wilson will be performing in Giuseppe Verde's Requiem at the Leisure Centre.

**Congratulations** to Ross Kee for Gold medal at Albany Creek Swim Meet and Platinum MSQ Excellence Certificate and cap.

**Congratulations** to Jacky Shields and Lois Hill who each received their National LC Relay Record Certificate.

**Congratulations** to Chris Cooper, Lois Hill, Linda Hogg, LiQun Hussey, Rob Jolly, Mick Jones, Studley Martin, Jo Matthews, Wendy Nothdurft, Robyn Selby, Jacky Shields, Ian Tucker and Adrian Wilson who each received their Albany Creek Certificate



# Birthday News



Tony Frost celebrated his Birthday during April and your Editor missed him off the Birthday list in last months Newsletter!! Abject apologies Tony, but it seems you celebrated in fine style with your Masters buddies as well as family and friends. Best wishes for many more healthy happy birthdays to come !!



**Olga McCausland 87 years young on ANZAC Day!**

To all our friends at Noosa Masters Thank you for your kind wishes. We attended what they call 'Cousins Day' last Saturday on the Gold Coast.

Olga's brothers, sisters and various relations, 55 all up — so that was great for her, and - for me - the red wine is tasting better every day!

... Bob McCausland



Happy Birthday

## May

Jenny Nock	10/5 (Big 50)	Anne Scholes	22/5
Adele Tucker	12/5	Karen Martin	23/5
Rod Alfredson	15/5	Jim Barnes	27/5
Barry Lloyd	21/5	Grant Scotcher	31/5

Happy Birthday.

Another year to prove that

Older doesn't necessarily mean wiser !!

[https://www.youtube.com/watch?v=2cz25q2Q\\_Z0](https://www.youtube.com/watch?v=2cz25q2Q_Z0)

### The value of a Good Vocabulary

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "Aqua-thermal treatment of ceramics, aluminium and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

**\*Electile Dysfunction\***  
**The inability to be aroused by any of the candidates standing for election.**

# ENDURANCE 1000 REPORT

*Find out about the Million Metres Program*

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

*To download the Million-Metres-Record-Card-and-Application-Form*

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

## Points to date-

As at 26 April 2019, our points tally is slightly behind the points tally we achieved at this time last year. A list will be circulated shortly to all members providing details of points earned to date. Some statistics on performances :

Forty-three members have contributed to the Endurance points tally (thanks members).

Ian Mitchell (what a gun) heads the leader board with a staggering 605 points. He is followed by Bob McCausland on 401 points and Denise DeCarlo on 380 points.

Four other members have achieved points in the 250-300 points range.

We need to lift the rating ('row harder' sort of speak) to maintain our level of points.

Members also need to keep in mind the future temporary closure of the NAC which will limit our access to the pool.

## Endurance Sunday 31 March 2019 –

A well organised and productive event. Thanks to Adele Tucker for organising the day and to the time keepers and Tricia for recording the swims.

... Regards, Rod

Rod Alfredson  
Coordinator

Endurance 1000 program  
Mob 0418 260716  
[rod.alfredson@bigpond.com](mailto:rod.alfredson@bigpond.com)



On behalf of Noosa Masters, Club Captain Lois Hill received the 2018 State E1000 Trophy from Shane Knight at the Presentations following the State Championships

## IRENE'S GREAT 5 KM SWIM !!



On Saturday 27<sup>th</sup> April 2019, Irene Symons swam an incredible 5km swim in a time of 1 hour 37mins.

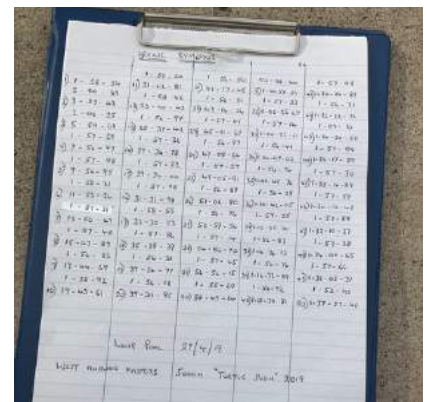
Timekeeper Robert Martin sat patiently recording her swim as she was watched and cheered on by a few supporters.

It was amazing that she swam every 100m consistently (approx. 1 min 57sec) from beginning to end, not tiring - a pace that was smooth and controlled with a perfect tumble turn at each end. She even managed to count her own laps! Irene knew where she was every km and even swam this distance a few minutes faster than previously 3 years ago! Saving an extra bit of energy for her last 100m, she came home in 1 min 52sec.

The swim was for West Auburn Masters, "Turtle Swim".

*Congratulations Irene, we are all very proud of you!*

... Karen Martin



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*Editor*  
Wendy Ivanusec  
Tel: 0414 727 302

**Challengers Chatter**  
PO Box 21, Noosaville 4566

*Assistant Editor*  
Brian Hoepper  
Tel: 0421 884 809