

CHALLENGERS' CHATTER

AUGUST 2018

NOOSA MASTERS AT BRISBANE NORTHSIDE

by Greg Bott



Team Noosa at Brisbane Northside

L to R rear Pieter Santifort, Jacky Shields, Bob Morse, Greg Bott, LiQun Hussey, Rod Alfredson, Liz Alfredson

L to R front - Christine Cooper, Annie Collins, Jan Croft, Linda Hogg Adele Tucker, Jenny Nock, Lois Hill

The bus trip down was uneventful - no coffee stop, but a quick loo stop still meant we arrived just 5 minutes later than planned.

It was LiQun Hussey's first time to swim 5 events covering all strokes.. She was so very excited she almost missed one of her events but had a great time, so we must congratulate her on this achievement.!

For Felicity (Flick) Hawkins this was her second meet and she swam 100m free and 200m free placing second in each event. Well done Flick !!

What more can we say about Jan Croft? She continues to lead by example. Jan swam the 1500m Freestyle in a time a 26:37.22 beating the old National record by 0.22 seconds. What a star!! Huge congratulations, Jan.

Adele Tucker swam a great 800m Backstroke in 17:06.79 which was a very big PB for her. Great stuff Adele!

Jennifer Nock had a great result, finishing the meet in equal first place. Can't do better than that, Jenny!

Bob Morse swam a great 100m I/M in 1:35.85, some 9 seconds better than his nominated time. Amazing swim, Bob!

There may be some other great swims but those are the ones I know.

Generally a great meet well run. And many thanks to our ever cheerful and reliable driver, Pieter Santifort.

Summary of the results follows:

Liquun Hussey	45-49 W	5 th place
Linda Hogg	55-59 W	3 rd place
Felicity Hawkins	55-59 W	7 th place
Adele Tucker	60-64 W	3 rd place
Jacki Shields	60-64 W	5 th place
Greg Bott	60-64 M	2 nd place
Ian Tucker	60-64 M	8 th place
Jennifer Nock	65-69 W	equal 1 st place
Christine Cooper	65-69 W	7 th place
Bob Morse	65-69 M	2 nd place
Pieter Santifort	65-69 M	5 th place
Rodney Alfredson	65-69 M	8 th place
Jan Croft	75-79 W	equal 1 st place
Lois Hill	75-79 W	3 rd place

PHOTOS FROM NORTHSIDE

Heavy metal: Jan, Bob, Linda, Greg, Adele, Lois



Greg Bott's medal



Linda Hogg's medal



Adele Tucker's medal



Adele with Christine Cooper ... best hat of the day !!



Keeping warm !!



Jenny Nock's medal !



Penny drops for Sam in the English Channel

LOOKING up at the White Cliffs of Dover, a wave of adrenalin washed over Sam Penny.

After a false start the day before due to boat mechanical problems, the Sunshine Coast swimmer got his opportunity and grabbed it with both hands to finish in just over 11 hours.

With surprisingly warm water of 19 degrees, and air temperature of 28, Penny had to increase his fluid and magnesium intake to deal with cramps. Yet he pushed through the early stages with ease in near perfect conditions.

"I spoke less than 20 words on my whole swim. I felt so great in the water," he said.

"I had zero pain, zero fatigue and my pace was strong. As each hour went by, my condition didn't change. I just felt great. I stormed through six, seven, eight hours."



Having never swum for more than eight hours, he entered uncharted territory.

"We knew the weather was going to change around the eight-hour point and just like clockwork, it did," Penny said.

"The wind picked up to produce a rather annoying chop, but worse still, the chop was bouncing off the boat back at me."

"With chop coming at me from both sides, my rhythm had been broken, I had to change my stroke to suit the conditions and then my shoulders started to go."

"On several occasions, my left shoulder seized to the point that I couldn't even do a stroke. An intense pain would strike me in my shoulder."



Changing his stroke style to relieve the strain, he managed to stop the shoulder seizing with support in the boat from Helen Shadforth and London swim coach Tim Denyer.

Looking up he could see France, but land still seemed so far away.

"We were getting close to 10 hours and France was not getting closer," Penny said.

"You can see Dover for nearly the entire swim. It's so depressing."

At the 10 hour feed and everything changes. Tim said, 'give me everything and we'll get in under an hour'. "Less than an hour of swimming! I tried to go hard but the pain in my shoulders was still so intense."

"I tried to lift but I couldn't. We hit 10hr30mins and Tim throws another bottle for me to gulp down. 'Mate, this is your last feed. Take a quick gulp, just go boy!'"

"And go I did. All the pain left my body as the rush consumed me."

"Tim held up a sign '400m to go' In my mind, 400m was going to be six, maybe seven minutes."

"I absolutely nailed that last 400m. I went as hard and as fast as I could. I could feel the end of months of hard work becoming a reality."

His preparation took 12 months, swimming regularly with Toby Coote's Sunshine Coast Tri Academy, "when four-hour, six-hour, eight-hour swims became normal".

"The 10km swims were short swims, of which I would often do three times a week," he said.

Story reprinted from Multisport Mecca

**Huge congratulations Sam !!
from all your mates in Noosa Masters**



World Masters

For the first time in its history, the European Masters Championships will welcome the continent's top Masters athletes in all five disciplines. More than 5,000 participants will compete in four cities in the next two weeks.

The story began 31 years ago when Blackpool (GBR) hosted the first edition of the European Masters Championships in aquatics. Until 2013 every odd year welcomed the Masters community members in different cities, including Kranj in 2007.

After a little more than a decade – and a switch in the calendar which pushed the event to even years – Slovenia welcomes back the Masters, this time facing a huge task as the organisers offered to stage the competitions in all five disciplines.

Usually the water polo meet was a stand-alone event, but now all aquatics-loving Masters athletes are heading to Slovenia to compete for the medals in the different age categories.

According to the entries, more than 5,000 participants are to show their very best – 2,787 in swimming, 225 in artistic swimming, 79 in diving, 882 in water polo and 1104 in open water swimming.

The various events are to take place in four different venues. Kranj, also host of the 2003 European Water Polo Championships and the Masters WP Europeans in the same year, will stage the swimming and water polo events, the divers compete in Jesenice, the

open water swimmers will race amidst picturesque settings in Lake Bled while the artistic swimmers perform their routines in Kamnik.

Two swimmers born in 1924 are the oldest entrants, **Franz Zigon** – racing in not less than five events! – and **Vladimir Rabinovich**, while 88-year old **Elisabeth Lobsiger** is the oldest female competitor. She entered three events.

The championships are staged in two weeks; the first half is devoted to diving and water polo while the other three sports shall be held on 2-8 September.

For more information, visit the event's official website: <https://www.emc2018.com/en/>



Social Activities

It was a delightful evening out at the Noosa Yacht & Rowing Club on Wednesday 15th August.

Twenty-six members and friends attended our social dinner on a very cool Noosa evening. Arriving early for drinks and a chat, one group mingled outside on the deck to watch the bright orange ball of the sun setting down the river to the west. A beautiful sight.

The food was great, favourites of the night being the Fish 'n' Chips and the surprisingly spicy Duck Curry.

A very happy and relaxing evening.

... Cheers, Helen



CARNIVAL CORNER MSQ SEPTEMBER 2018

Diary dates of approaching carnivals for Noosa Club

Further information about these and other meets can be found on the MSQ Website

15 September - NOOOOOSA

All entries should be in, but you have until 2nd September to get the final entries in and paid on MSQ Entry Manager. *Please offer your services to help at the meet.*

29 September - QAL Aqualicious Long Course, Centenary Pool, Spring Hill

Entries will close for relay selection on 12th September, final entries on 15th September. Bus being proposed, so email your intention to 'bus' to captains

6 October - QMB Maryborough Short Course

EOI's for this at the moment please to captains. Entries close 27th September

13 October - QUQ University of Qld

Entries close 28 September 2018. Private transport for this one

27 October - QSC Sunshine Coast Long Course at Kawana Waters Aquatic

Entries close 13 October 2018 with QSC. More info later.

7-10 November Pan Pacific Masters Games Long Course and Open Water (11 Nov)

Book your accommodation now – Meriton Southport suggested: Entries open

Reserve these 2019 dates

MSA Nationals-March 18-23 2019, Adelaide:

Please give your Expressions of Interest to Club Captains asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Please reply to captain.noosaQNA@gmail.com with a Yes /No/Maybe

11-13 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane (accommodation suggestions Chandler Lodge Cabins, Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

... Lois Hill, QNA Captain

STOP PRESS

Aqualicious on-line entries ... NOW OPEN !!



What a star !!

Jan set a new National Record for the 1500m Free at the recent Brisbane Northside Meet. Congratulations from us all, Jan !!



Hello again ...Tip Time !! Just a few tips this month on backstroke

Key to moving fast in backstroke is not to move the head.

Move arms and body as fast as you can, head remains still even when body rotates.

If you move your head from side to side, your body will follow your head and you will move from side to side down the pool.

Keep a neutral position, tucking chin in just slightly.

Leaning into the water keeps the hips high, lean in with back of head, less drag to overcome.

Happy swimming - Cheers, Jan



Meet Flick ...



Date of birth: 30th October 1962. Yes I'm Scorpio.

Place of birth: Wangaratta, North East Victoria. Gateway to the snowfields, but have only dabbled in a little cross-country.

Husband(s): 1 (enough), Mick, 30 years of marriage will be observed this year on New Year's Eve.

Children: 2 daughters, Charlotte 23 and Georgie 20.

Pet(s): 1 Golden Retriever, Doug 8, probably the love of my life.

Siblings: 5 sisters, family gatherings require nerves of steel.

Education: Bachelor of Applied Science (Computer Science), Masters of Technology (Internet and Web).

Employment: Graduating in 1983 I worked as a software designer/developer in Melbourne up until December last year.

Hobbies: Love to buy fabric and wool for the many projects I envisage. Sadly I have accumulated a stash that I can't possibly use in my lifetime.

Interests: Cryptic crosswords. Love to read.

Favorite authors: Lionel Shriver, John Le Carre, Anthony Doerr, Geraldine Brooks, Jane Harper, Tim Winton, Sofie Laguana

Guilty Pleasure: Netflix binges.

Favorite Tipple: G&T.

Why Sunshine Coast? After holidaying on the Sunshine coast for 20 years it was an easy choice of destination after deciding to "abandon" the girls and escape Melbourne.

Why Noosa Masters? I have always enjoyed swimming. I was a member of the Wangaratta Swimming Club briefly as a teenager, however as a seasonal club it was hard to keep any motivation. I have always enjoyed distance running with swimming as a recovery tool. Sadly my knees no longer wish to pound the pavement so swimming has become my main form of exercise. After many years of involvement as a parent with the Surrey Park Swimming Club I decided that I should join a Masters Club when we relocated. So ... hello, Noosa Masters and thanks for making me feel so welcome!



September

Studley Martin	3/9	Bob McCausland	25/9 (Big 90)
Irene Symons	14/9	Gillian Bensted	26/9
Ross Kee	15/9	Cath Cogill	26/9
Annie Collins	16/9 (Big 80)	Guiseppe Gambarini	27/9
Ian Mitchell	23/9	Karen Barton	30/9

*Another candle on your cake?
Well, that's no cause to pout.
Be glad that you have strength enough
To blow the damn thing out !*

https://www.youtube.com/watch?v=2cz25q2Q_Z0

Awards ...



Left: Jenny Nock

Right: Dyanna Benny & Adrian Wilson

Below Left: Linda Hogg, Jo Matthews, Jan Croft

Below right: Linda Hogg, Bob Morse, Jan Croft



ODDS
SODS

- Let Greg Bott know if you are interested in entering Maryborough or Aqualicious.
- If you are not swimming at Pan Pacs and would like to volunteer, check your emails for the link.
- Emails to the Captains - Greg Bott and Lois Hill:
Please send any emails relating to captains - competitions, race queries etc to the special Club Captains' email address

captain.noosaqna@gmail.com.

This means both captains can access the emails, and stops important mail getting lost in private emails (ie only non-swimming private emails to Lois' private email address)

Lois is going away for a couple of weeks and will not have internet access -so if you send anything to the private email, it won't be read!!!

But to captain.noosaqna@gmail.com you will be read!

You could CC Linda noosamastersswimming@outlook.com

ENDURANCE 1000 REPORT

AUGUST 2018



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/>

Apart from our usual swims on Tuesday mornings and our "out of hours" on weekends, we have had a healthy injection of points from swimmers undertaking postal swims for our Noosa Carnival on 15 September 2018. A number of members have swum the 800m and 400m events in preparation for the carnival.

Adele also organised a twilight session on the Friday 17 August which was restricted to postal swims for the Noosa Carnival. We had an excellent turn out with 19 postal swims being completed. Well done swimmers!

It is also great to see members stretching the boundaries and

undertaking swims they have never before attempted. Not surprisingly, expectations have been exceeded. Keep it up guys!

Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716

Nationals - March 18-23 2019:

Can the Captains please have your Expressions of Interest for this asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Please reply to captain.noosaQNA@gmail.com with a Yes /No/Maybe



BOUQUETS

Cap & Pen Winners. Congratulations to Rob Lucas who won the cap and the pen, he has just 4 X 400 m swims left to do to complete the E 1000 Endurance program for 2018. Sam Penny, who swam the English Channel in 11 hours & 2 min - WOW way to go, Sam !! Jan Croft for being such an amazing coach! And Denise DeCarlo for going up into the top lane, wow! Kim Kelly won the cap and the pen for being our newest member and Lois Hill for her organisation of the swim meets.

Congratulations Jenny Nock who received her Silver Excellence programme award and got a gold cap because MSQ had run out of silver, she also received her Vorgee Lane Warriors certificate. Also to our Brisbane Northside team which placed 2nd overall and particularly well done to Jan Croft who got a new National record in the 1500m Freestyle, fantastic! And Rob Lucas for achieving an amazing 10 Million Metres !!

Well Done Lots of swimmers who attended Brisbane Southside received their certificates, including two of our esteemed coaches Jan and Bob

Help please for Ian Tucker - as the Convener of our swim meet on the 15 September, he needs volunteers to help in the preparation and on the day. Less than half of club members have volunteered to help. PLEASE, PLEASE stand up and offer your support.

Robyn is still receiving donations for the raffle.

Get Well soon - Kerry & Wendy both recovering from surgery.

Thanks to Bob, Ian & Greg for coaching - great to do some Medley work. To Jan for her ever-valuable coaching and encouragement. And to Helen for organising the social at the Yacht Club. Also Adele for Friday's Endurance Twilight swim, what a team! 19 swims were completed, wow!

Welcome & then Farewell to John visiting Masters Swimmer from Melbourne Powerpoints.

Welcome back Greg Bott & Di McFarlane after their separate travels overseas and also Dyanna Benny. Rob Jolly due home from his extended European sojourn any time soon.

Bon Voyage to Lois Hill & comrades off to Tonga to swim with the whales!

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