

CHALLENGERS' CHATTER

AUGUST 2021

Noosa Masters ... are you up for a new challenge ?

Members of the Noosa Masters swimming club travel far and wide in their committed efforts to compete on behalf of the club.

Regular trips to Brisbane, the Gold Coast, Hervey Bay and Bundaberg are commonplace for many members, while some even managed to travel as far as tropical Cairns this year.

We all have memories of the heady days when interstate travel was still permitted, and some members look back wistfully on their trips to Perth and another such far flung aquatic centres.

However, if the opportunity arises when Covid settles, and the borders re-open, I encourage all members to tick off from their bucket list Australia's most beautiful remote swim: the Lake Argyle swim.

I have been fortunate enough to have been working in the East Kimberley at Kununurra Hospital for the past 7 years, and have been able to complete the swim annually since 2017 (except for the cancelled event in 2020).

The yearly event is held on the first weekend in May at Lake Argyle, 70km south of Kununurra, with online registration always selling out within minutes on the opening day on November 1st.



The entrants comprise roughly 1/3rd Kimberley locals, 1/3rd from within WA, and 1/3rd from interstate.

There have even been overseas entrants, and Olympians have occasionally competed too! Many swimmers use it as an excuse to tag on a holiday and explore the wonderful Kimberley region.

Lake Argyle is an enormous artificial lake – it holds 21 times the volume of Sydney Harbour, and spans an area of approximately 1,000 square kilometres at normal capacity, rising to double that during high wet season levels. It was formed after completion of the Argyle Dam, which was built to provide a consistent supply of water for the Ord Valley Irrigation Scheme.

In comparison to the lake, the dam wall looks tiny - 68 metres above ground, 30m below ground, 300m long and 330m wide at the base. It was completed in 1971 and although the dam wall is small for such a huge body of water, it was cleverly positioned in a narrow gorge.

Modifications, which raised the spillway wall by 6metres in 1996, then effectively doubled the dam's capacity.

Lake Argyle's usual storage volume is 5,797 gigitalitres, making it the largest reservoir in Australia. (The combined Lake Gordon/Lake Pedder system in Tasmania is larger but is two dams connected by

a canal). At maximum flood level, Lake Argyle would hold 35,000 gigitalitres of water and cover a surface area of 2,072 square kilometres

The dam covers Argyle Station, one of the former Durack properties. The original Argyle Downs homestead was located on the Behn River, now deep under Lake Argyle. The homestead was dismantled stone by stone and rebuilt just a short drive from the lake's caravan camping park – definitely worth a visit to learn more of the Durack history (as retold in Mary Durack's book, "Kings in Grass Castles").

Over 70 small mountains rise out of the lake like islands. The lake itself hosts multiple species of fish, including long tom, barramundi and fork-tail catfish. There are thousands of freshwater crocodiles. Over 150,000 water birds occupy the grasslands and mudflats about Argyle Lake, with magpie geese, pacific black ducks, Australian bustards and long-toed stints in large numbers.



Lake Argyle swim ... cont'd



The first official swim occurred in 2006, when 6 swimmers from Balmoral swam in a cage to ensure their safety from any lurking crocs!

Since then, swimmer numbers have grown, and the cage has gone! By 2021, there were 350 swimmers, 570 participants including boat skippers and paddlers, and the post swim gala dinner hosted 700, making it the largest sit-down dinner in the Kimberley.

It really is a fantastic event. The town of Kununurra gives it their wholehearted support, and readily volunteer to help swimmers travelling from afar with offers to paddle, skipper boats, or simply to help with transfers from the airport. Almost all participants stay the weekend at the Lake, at the Argyle caravan park – either camping or in cabins which range from basic to luxury: meaning it's possible to sink a few beers at the dinner to quench the post-swim thirst! On the Sunday morning there is a kids' swim which has now become a big event too!

Swimmers can nominate to complete a 10km or 20km swim – and these can be done solo; or as teams of two or four. If in a team, each member must swim the same amount of time - allowing for recovery time in the boat and to enjoy the scenery! Each team (and each solo competitor) must also have a paddler in a kayak alongside to help guide direction! Tactics play a huge part as teams decide on the duration for their swim legs – this can range from each swimmer rotating through 15minute swims, down to the Burleigh Boys team who arrive each year as a well-oiled machine, swimming sprints of 1 minute each for the whole 10 or 20km. Watching them diving to tag a swimmer, and then helping to haul that swimmer back into the boat every one minute is impressive!

In my first year, I swam with friends as a 10km quad team. Since then, despite advancing age and increasing girth, we've competed in the 20km quads.

Our biggest adventure was a couple of years ago: at about the 10km mark, a team member went to grab some water from the boat's esky, only to find a huge snake curled up behind it!

It had slept throughout as we regularly grabbed water and snacks from the esky during those first 10km!

Even now we are still not sure what type of snake it was – but suffice to say, it's the only year where every single team member was volunteering to spend extra time in the water and extend their "swim leg" rather than have to climb back into the boat!!

It's very much a fun event – Skippers dress up their boats, and teams wear matching costumes (there has even been a naked team too!). It is extremely inclusive, catering for all levels of swimmers from "backyard swimmers" to Olympic competitors. Any Noosa Masters members that are keen can try to beat last year's winning time for the 20km solo: 5hrs 36mins!

The whole weekend is very social, lots of fun and, after experiencing it once, you will want to return each year! Register on Nov 1st – and also be sure to book accommodation at the Lake for the weekend!

[Registrations - First National Kimberley Lake Argyle Swim](#)

Lake Argyle & Ord River

<https://www.facebook.com/watch/?v=570565903532211>



Note: The 2020 "medal" is actually for the 2021 swim...they had already produced all the prizes and medals for the 2020 swim, and then it was postponed! Everyone understood: there was no need to throw them out so they were used for 2021 instead!

... story by Patrick Buxton

Ed: Food for thought, thanks Patrick !

R: Another kind of swim at L.Argyle



L: Caravan park at L.Argyle



L: Before the lake 1969

R: Lake Argyle seen from space



Endurance Sunday

Many of our club swimmers have very busy lives with work and looking after their families. It is hard for them to come to the pool on Tuesday mornings to do their Endurance swims.

So ... our Club makes the 5th Sunday in big months an extra Endurance swimming session to meet some of these swimmers' needs.

Jo Matthews had a very tough 'Deckie Day' and did a fantastic job co-ordinating the big group of swimmers so smoothly on the 5th Sunday in August. All that experience of having been a school principal pays off sometimes!

The most outstanding swimmer was Sue Silburn who swam 3 x 800m swims. Well done Sue, who is just recovering from a recent illness. Eight people did two swims, six people did one swim and we had NINE timekeepers! Denise, who only recently joined our swimming Club, came to the pool to assist with timing as we always NEED timekeepers to run our Endurance sessions. More timekeepers means more swims. More people are able to do their SWIMS.

What a wonderful team! Thank you everyone who timed, swam, time recorded, deckie/coordinated ...

Happy Swimming! Thanks for the great photos, Rob Jolly !!

... LiQun



Carnival Corner

Diary dates of meets can be found on the MSQ & MSA Websites

Due to the recent Covid lockdown and restrictions two carnivals were cancelled during August.

The Belgravia 800/1500m LC meet (13 QNA entries) was cancelled as was the Brisbane Northside meet (10 QNA entries). The members who nominated for these competitions had their entry fees refunded as will any other entries of cancelled events in the future.

The on and off again club squads during August have affected our training and timing the postal events for the Noosa carnival. Members have overcome these minor hurdles by following previous coaching session notes and timing each other for postal entries during our 'No Squad' times.

Two Postal events have been completed during these trying times, the Tuggeranong Trifecta postal (1 QNA entry, Thanks Anne) as well as the Toowoomba Tadpoles postal in July (5 QNA entries, Anne, Adele, Viv, Ian and Greg).

Hopefully our Noosa carnival and other upcoming swim meets will not be impacted by any more restrictions.

... Rob Jolly

Upcoming Meets

SEP 4

Belgravia Masters Long Course Meet

September 4 @ 8:00 am - 5:00 pm Burpengary Regional Aquatic & Leisure Centre (BRALC), 1 Aquatic Centre Drive, Burpengary, Qld 4505 Australia

Save the date.

[Find out more »](#)

SEP 18

Noosa Masters Meet

September 18 @ 9:00 am - 5:00 pm Noosa Aquatic Centre, 6 Girraween Court, Sunshine Coast, Queensland 4567 Australia

You are invited to come along to the Noosa Masters Swim Meet, to be held at the NAC on 18 September 2021, from 9am warm up. Individual closing date: Wednesday 8 September 2021 Relay Entries Close: Sunday 12 September 2021 Meet Flyer:

<https://mastersswimmingqld.org.au/event/noosa-masters-meet/>

OCT 9

Rackley Masters Meet

October 9 @ 8:00 am - 5:00 pm Centenary Pool, 400 Gregory Terrace, Spring Hill, Qld 4000 Australia

Save the date.

[Find out more »](#)

OCT 23

Maryborough Masters LC Meet

October 23 @ 8:00 am - 5:00 pm Maryborough Aquatic Centre, Corner of John and Kent Streets, Maryborough, Queensland 4650 Australia



Noosa Masters Swimming Club 20th Anniversary LC Swim Meet

Noosa Aquatic Centre
18 September 2021 – 9am

MSQ Sanction Meet Number: Q14/21

Event	Distance	Race Description
1	800m - Postal	Freestyle
2	800m - Postal	Backstroke
3	800m - Postal	Breaststroke
4	800m - Postal	Butterfly
5	800m - Postal	Individual Medley
6	400m - Postal	Freestyle
7	400m - Postal	Backstroke
8	400m - Postal	Breaststroke
9	400m - Postal	Butterfly
10	400m - Postal	Individual Medley
11	200m	Individual Medley
12	200m	Butterfly
13	200m	Backstroke
14	200m	Breaststroke
15	200m	Freestyle
16	100m	Backstroke
17	100m	Breaststroke
18	4 x 50m	Women's Freestyle Relay
19	4 x 50m	Men's Freestyle Relay
20	4 x 50m	Mixed Freestyle Relay
21	50m	Freestyle
22	50m	Breaststroke
23	100m	Butterfly
24	100m	Freestyle
25	50m	Backstroke
26	50m	Butterfly
27	4 x 50m	Mixed Medley Relay
Presentation of Awards and BBQ		

Date: 18 September 2021	Meet Director: Ian Tucker	Five (5) individual events + relays
Venue: Noosa Aquatic Centre	qnameetdirector@gmail.com	Entry Fee: \$35 incl. BBQ
Warm up: 9.00am	0411 880 006	Enter: Quick Entry
Start time: 10.00am	MSQ Sanction Number: Q14/21	Closing date: 8 September 2021

We are providing a massage service this year. Emma Hood is a qualified Beauty Therapist who has previously performed massage services at the Masters State Championship earlier this year with great feedback. A 10 minute Massage is \$11.



BODY & BEAUTY

by EMMA



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Sorry EVENT
CANCELLED
DUE TO COVID-19 PRECAUTIONS

Regrettably, the Noosa Masters 21st Anniversary celebration advertised in last month's Newsletter and scheduled for 9 September 2021 has been cancelled as the ability to plan the event around restrictions makes it difficult to host an enjoyable function this year.

Instead, there will be a 25th Anniversary celebration in 2024.



Regarding this photo :
Where am I? (Jane Powell)

Clues:

I'm on the outer (again)
There are not many houses of worship here.
The locals enjoy a wee dram



The answer is apparent in the photo below ...

Mark with Yellow Belly for breakfast at the Barcoo River (Welford NP)



September ... all the 'Happy New Year' babies !!

Studley Martin	3/09	Ian Mitchell	23/09
Irene Symons	14/09 (Big 70!)	Bob McCausland	25/09 (92yo!)
Ross Kee	15/09	Gillian Bensted	26/09
Annie Collins	16/09	Karen Barton	30/09

Live Life and forget your age !!!



Homemade disinfectant spray combats winter ills

Keep colds and flu at bay with this inexpensive disinfectant room spray. In our efforts to stay well, we tend to reach for expensive store-bought sprays, filled with goodness knows what, but there's no need. You can make your own natural version using essential oils. Cheaper to make and no chemical nasties!

Ingredients:

- 15 drops lavender oil
- 8 drops orange or lemon oil
- 2 drops eucalyptus oil
- 1/4 cup water

Combine all in a spray bottle; shake well before each use. Mixture can be sprayed into the air.

ENDURANCE 1000 REPORT AUGUST 2021



In August we have experienced another lockdown time again. We couldn't run our normal organised Endurance sessions, yet our club members have come to the pool to do their own Endurance swimming with help from each other. It is wonderful team with many hands ready to help.

It is great to see Rodney and Liz Alfredson come back home safe and sound after a long time stranded in Sydney due to the lockdown in New South Wales.

Hope all our club members and their loved ones stay safe and I hope we can manage to do some swimming whenever we are able to make it. Stay fit, have fun, enjoy friendships!

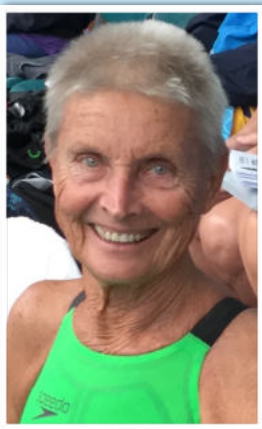
LiQun
Relief Endurance Coordinator



The 2022 Alice Springs Masters Games are locked in for 1-8 October next year, so start planning (and training!) now. If you deferred your flights and accommodation from last year, make sure you rebook for 2022. We'll be in touch again to let you know about our confirmed Sports Program and when entries open. In the meantime, visit to find out more.

COACH'S TIPS

Tips from Peter Reaburn - author of "The Masters Athlete"



Once you have developed cardiovascular, musculoskeletal and nervous system progressively, the absolute key to better performance and PBs is intensity of training. Research has shown that masters athletes tend to train lower intensity as they age. You need to train fast to race fast. Sprint sets develop speed, HR sets develop endurance. No short cuts, just hard work - but if you do these too often, too hard, or too quickly for too long, you will overtrain or injure yourself. Progressively overload. Recovery is equally important. As we age we appear to need longer to recover and longer to adapt to training. Recovery strategies that work and are rated very highly are stretching (stretch after every swim session), massage and sleep, high glycemic foods, carbohydrate and protein drinks after training. Research has shown that as we age we get less flexible. Poor flexibility combined with poor technique can lead to injury. Try to swim at least twice a week, get to the gym, get stronger in the tummy and lower back, get more flexible, stay active for life and remember that *exercise is medicine!*

Happy swimming - Cheers, Jan

After the sudden lockdown on 31 July forced the postponement of our Pizza & Pétanque at Bob & Carola's ... look what we missed !!

Perfect weather, perfect fire, yummy pizzas ...

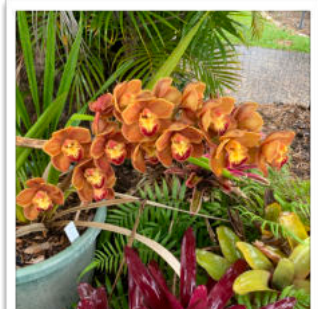
Oh well, let's hope there's a next time !!



A Memory ...

The club's memorial orchid for Olga is in full flower which I feel is apt as it is now just twelve months since Olga left us.

Rest in peace, my dear
... Bob





Please support our sponsors

Noosa Heads Life Saving Club

Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

Noosa Aquatic Centre

Girraween Court, Sunshine Beach
Tel: 5448 0288

Bunnings Warehouse

Noosa Road & Gateway Drive
Noosaville QLD 4566
Tel: (07) 5430 5400

Ironman

24 Lionel Donovan Dve
Noosaville Q 4566
Tel: 5430 6700

Live Life Pharmacy

22 Sunshine Beach Road
Noosa Junction
Tel: 5447 3478

Terry White Pharmacy

Shop 20, Noosa Junction Plaza
Sunshine Beach Rd, Noosa Junction
Tel: 5447 2244

Bank of Queensland

Tewantin Noosaville Branch
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Noosaville Q 4566
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