

CHALLENGERS' CHATTER

DECEMBER 2019



L to R :Viv Merrill, Rob Jolly, Linda Hogg, LiQun, Adele Tucker, Jo Matthews, Corals D'Ott, Ian Tucker, Anne Besser



Aqualicious Meet

10 November 2019

Last, but not least, for this year

Eleven keen QNA members attended the Aqualicious long course meet in BrisVegas last month.

Everyone came back a winner, total tally of ten medals overall and a raffle prize won by Linda .

Age group medallists, Gold to Karen Barton and Ian Robinson, Silver to Jo Matthews, LiQuin Hussey, Ian Tucker, Viv Merrill, Rob Jolly and Corals D'Ott (her first medal) Bronze to Adele Tucker and Ann Besser (our birthday girl).

Noosa came third in the large club overall trophy.

Jo was also presented with her 2 million meters polo shirt by Christina from MSQ.

Three keen swimmers ... Studley, Annie and Greg A were disappointed they could not attend due to bushfires, illness and a missed flight (one each).

Rob J stood in for Greg A in the 4 x 100 Free relay and we managed 3rd ... Only 13 seconds slower than nominated. Not very good handicapping by Rob at his first attempt as the new co-Captain :("(extra from Lois - not so Rob - how many years difference in age???)"

The mystery relay was cancelled at the last moment due to lack of entries. Ann Besser was disappointed as she loves to participate in relays, so we could say we would have won that too :).

We had a good day at this friendly, enjoyable meet the last for 2019. See you all again next year.

... Rob and Lois



QNA Xmas by the river - let the photos tell the story...

(10 December : suffice to say, a great time was had by all !!)



This highly anticipated event on the Club's social calendar took place on Sunday Dec 8th on the banks of our beautiful, though somewhat crowded, river. Mick Jones kindly offered to help "Grab a Gazebo" so we laid claim to a fine spot without having to jostle too hard. Thanks also to Wendy I for the pop up gazebo which helped mark out our territory and hopefully add a bit of shelter with the promise of rain.

We had a fine roll up of members, family and friends decked out in festive finery which lent a bit of glitz and Christmas ambience to the affair.

A fantastic array of food appeared before us and was happily shared and consumed with gusto and joy. It was great to see Jacky join us in good spirits and recovering well after her frightening, biking altercation on the roundabout. The bike, I believe, is now at the tip.

People got into the spirit and brought along interesting Secret Santa gifts to exchange all found from local Op Shops (or were on the way to to the op shop). Adele, Helen and Jane took their judging task seriously to select worthy winners of a bubbly prize handed out by Jo.

Grant was awarded the the prize for the **Most Joyful and Festive Outfit ...** a deserving recipient indeed **The Most Creative Find** went to Julie Bott who found a rather intriguing, retro woodcarving of a Kombi, which Barb Lee was lucky enough to receive. I wonder where its new home is now. **The Best Value Find** went to Adele for a great Book and an almost new game which Corals was lucky enough to score .The **Most Unusual Find** went to Di McFarlane who found a somewhat novel Gingerbread man storage tin, which Greg Bott received. I'm sure he's found a novel use for that as well.

Prize giving got underway pretty swiftly as there were ominous black clouds threatening to rain on our parade. However, they seemed to dissipate into a rather lovely sunset on the river ... how fortunate.

It was a very pleasant, festive finale for a fabulous year of swimming achievements and camaraderie. Great turnout!

... Christine Cooper

QNA Xmas a few more photos

(Thanks to Mick Jones - aka Lord Snowden)



Happy Birthday

Alex Wetherill celebrated his BIG 4-0 (12 December) at the Noosa Aquatic Centre with his Masters buddies



As you can see, at its last meeting for the year our Committee enjoyed some fellowship and a fair share of festive cheer after their meeting at President Jo Matthews home in Peregrin Springs.

On behalf of all Noosa Masters members - this is a good opportunity to say "thank you" for all the hard work you've done throughout the year to provide members with the best coaching, training camps, transport to swim meets, endurance swims encouragement, ocean swims, social gatherings ... all those things that make our Club so successful on so many levels!

... Ed

LAZY AFTERNOON AT THE REEF HOTEL



Sunday, 22 December from 3pm-6pm

It was a lovely relaxed, lazy afternoon, listening to 'our' kind of music by the 'Sandflies'.

Lots of chit chat. Catching up with old friends, meeting new ones ... some danced, everyone ate, drank and made merry ... practising for what's ahead in the next week of Christmas/New Year festivities.

Thanks Chris Cooper for arranging this casual get together.



29 November : Last Twilight Swim for 2019

Endurance stalwarts

Left: Rod Barton (UK), LiQun, Bob Martin, Karen Barton (UK), Wendy Nothdurft, Lois Hill, Robyn Selby.

At rear: Bob Morse, Brian Hoeppe, Studley Martin, Tricia Chalmers, Jim Barnes, Mick Jones, Jacky Shields.



Adele Tucker organised the event and Linda Hogg ran the deck.

Also Jacky Shields and Robyn assisted with the food and drinks (fine dining). Bob Morse and Jim Barnes undertook some long swims complaining of exhaustion due to the pool being too hot.

Many thanks to the organisers.

Couldn't do it without our dedicated timers ...

Right: Mick Jones, Olga McCausland, Jacky Shields, Bob McCausland, Bob Martin

COACH'S TIPS



Here we go again ...Tip Time !!

1. Keep your head in line with your trunk. Do not look forward otherwise you will have the tendency to lift your head which will cause your hips and legs to drop and you will have to kick harder to keep them up.
2. Try to swim more on your side rather than flat on your stomach and chest. Roll from side to side with each stroke .This allows you to engage the larger back muscles in addition to the shoulder muscles.
3. Learn how to swim with a high elbow. This freestyle swimming technique consists of flexing your arm and keeping your elbow high in the water during the underwater arm pull so that your forearm is facing backwards rather than downwards for as long as possible

Happy swimming - Cheers, Jan

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
-							
FEBRUARY							
15	LC	Miami Masters Swim Meet	QMM	South	Q2/20	Yes	BLK Performance Centre
22	SC	Sinkers Fun in Feb	QNS	Central	Q3/20	No	North Mackay High Pool
MARCH							
7	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/20	Yes	Hervey Bay Aquatic Centre
29	LC	Townsville Hammer Heads Meet	QHH	North	Q5/20	Yes	Northern Beaches Leisure Centre
APRIL							
4	SC	Albany Creek Short Course Meet	QAC	Sunshine	Q6/20	Yes	Albany Creek Leisure Centre
15-19	SC	MSA National Championships		MSA		Yes	Sydney Olympic Park
MAY							
8-10	SC	MSQ State Championships		MSQ	Q1/20	Yes	Tobruk Memorial Pool, Cairns
31	OWS	Crater Lake Classic	QCN	North	Q7/20	N/A	Lake Barrine
JUNE							
13	LC	Brisbane Southside Masters Meet	QSM	South	Q8/20	Yes	Brisbane Aquatic Centre
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q9/20	N/A	Any 25m or 50m pool
5	LC	Nudgee Bluefins Winter Meet	QNB	Sunshine	Q10/20	Yes	Nudgee College Pool
11	SC	Rum City Short & Sweet Meet	QBB	Central	Q11/20	Yes	Bundaberg Swim Academy
AUGUST							
22	SC	Brisbane Northside Short Course	QBN	Sunshine	Q12/20	Yes	Valley Pool
SEPTEMBER							
1-30	Postal	Swim with Crocs Postal Meet	QRH	Central	Q13/20	N/A	Any 25m or 50m pool
12	LC	Noosa Masters Swim Meet	QNA	Sunshine	Q14/20	Yes	Noosa Aquatic Centre
OCTOBER							
3	SC	Maryborough Masters Meet	QMB	Central	Q15/20	Yes	Maryborough Aquatic Centre
24	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/20	Yes	Kawana Aquatic Centre
NOVEMBER							
11-14	LC	Pan Pacific Masters Games		MSQ	Q17/20	Yes	Gold Coast Aquatic Centre
29	OWS	Sinkers OWS Balnagowan	QNS	Central	Q18/20	N/A	Pioneer River, Balnagowan
DECEMBER							
6	OWS	Big Barrine Bash (3B's OWS)	MSQ	North	Q19/20	N/A	Lake Barrine – Atherton Tablelands

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ OWS – Open Water Swims
MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.

Registrations

are now open for 2020 ASMG!

The Alice Springs Masters Games is on again from 10 – 17 October 2020 where athletes can choose to compete in one or a number of the 36 individual or team sports on offer. Known as 'The Friendly Games' there is more to offer than just the competition with entertainment and sightseeing opportunities across the week.

The sporting program will offer competition for individuals and those that want to play with your mates in a team. Come and visit us in the Northern Territory for this sporting festival and tick Central Australia off your bucket list!

REGISTER NOW to secure your spot
www.alicespringmastersgames.com.au

Take all the stress out of planning your Masters Games visit and let the friendly team at **Discover Central Australia** help you find the right accommodation for you.

For more information visit our website
www.alicespringmastersgames.com.au
or email

2020 National Championships

Entry Dates

	Opening Date	Closing Date
Individual entries (swimmers)	September 15	midday, April 3
Relay entries (clubs)	April 3	midday, April 10
Merchandise	September 15	midday, March 27

MultiClass competition will be incorporated in this meet, and all swimmers will be seeded together regardless of age, gender or disability.



NATIONAL CHAMPIONSHIPS 2020 SYDNEY

Short Course Meet
15th -18th April 2020
Sydney Olympic Park

Open Water Swim
19th April 2020
Lake Parramatta

MSA Nationals-April 15-19 2020, Sydney

Pool events: [Sydney Olympic Park Aquatic Centre](#)
Open Water events: [Lake Parramatta](#)

8-10 May 2020 MSQ State Short Course Championships will be held in Cairns at the Tobruk Memorial Pool.



Michael - what rotten luck !!

My Sydney Masterclass Adventure

by Anne Besser

I arrived in Sydney on Sat. 14th ... a week ago (understandably concerned about the smoke and air quality), I had pre-booked into a 'Starts and Turns' Masterclass being held that day in the whiz bang Ian Thorpe Pool which is indoors.

An interesting 90 minutes ensued with only 3 of us in the class...just like a private lesson! I probably did about 20+ nonstop dives off the blocks i.e. in and then climbed straight out, which helped imprint some muscle memory (hopefully) with some fine tuning...a long way from great though! We included in that Breaststroke pullouts from the dive...then Backstroke starts. I still feel like a snow-plough as I try and get going ... this will take YEARS!

We then moved to turns and I really learnt how to do an 'open' turn in Breaststroke...NEVER having raced more than one race ... and one lap ... who knew???

With Nationals in a Short Course pool my skates definitely had to come on ... this was the reason I booked this class.

Then ... dada da ... the next morning, I bit the bullet and went to North Sydney Masters Squad.

I've always been filled with trepidation about this squad as I've heard that it is very gnarly ...

Well ...

85% of the Squad are big, burly middle-aged men - I'm used to the mostly female squads around Qld. Coach was/is the 800m Free record holder in the F40-45 and was friendly and kind ... but NOT Jan (who is?). The 90 min Squad was absolutely NON stop. Long, long sets interspersed with pyramids ... but ... NO FINS OR PULL-BUOYS used at any time - even for kicksets and the IM.

Everyone had a snorkel and it was put to good use throughout.

The pool itself was mind bending ... Such a long, long time since I've swum in a pool without a wet edge so the wash was unreal! Also, lane ropes are thin nylon climbing ropes with small red plastic discs - very easy to swim over particularly in lane 0 which has no black line on the bottom and made for hyper awareness of where others in my lane were! There are no 25m markings anywhere...“Don't worry Anne ... there's a black smudge on the bottom near the wall ... that's where 25m is” ... Christina said with great glee!

I racked up 3.5kms which I've not done for a while ... but ... the salt water was glorious in the sun and swimming in that iconic pool was magic!

When I feel brave enough and the air clears again I will give it another go!

Sadly two days later back at Ian Thorpe for another swim, poor Michael slipped on wet stairs and has broken his ankle. Day 3 today so it's still very sore. Will heal OK but unable to weight-bear for about 5 weeks.



Please INK in and keep the date for our 2020 Carnival.

It's on Saturday 12 September 2020

Swimmers and helpers will be required!



2020 : Year of the Rat

See the following table for the full details of each year.

The Rat is the first of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Rat tricked the Ox into giving him a ride. Then, just as they arrived at the finish line, Rat jumped down and landed ahead of Ox, becoming first.

The Rat is also associated with the Earthly Branch (地支—dì zhī) Zi (子) and the midnight hours.

In the terms of yin and yang (阴阳—yīn yáng), the Rat is yang and represents the beginning of a new day.

In Chinese culture, rats were seen as a sign of wealth and surplus. Because of their reproduction rate, married couples also prayed to them for children.

Rats are clever, quick thinkers; successful, but content with living a quiet and peaceful life.

Recent years of the Rat are:

1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020.

Paired with the Celestial Stems (天干—Tiān gān), there is a 60-year calendrical cycle. Although zi is associated with water, the years also cycle through the five elements of nature (五行—wǔ xíng).

YEAR	ZODIAC	EARTHLY BRANCH	CELESTIAL STEM	ELEMENT	YIN YANG
1924	Rat	zi	jiǎ	Wood	Yang
1936	Rat	zi	bǐng	Fire	Yang
1948	Rat	zi	wú	Earth	Yang
1960	Rat	zi	gēng	Metal	Yang
1972	Rat	zi	rén	Water	Yang
1984	Rat	zi	jiǎ	Wood	Yang
1996	Rat	zi	bǐng	Fire	Yang
2008	Rat	zi	wú	Earth	Yang
2020	Rat	zi	gēng	Metal	Yang

Metal	1960, 2020	These Rats tend to be reliable and live a stable life. They may hold some power and are able to turn unlucky events into fortune.
Water	1972, 2032	These Rats encounter hardships in the early days. They become successful during their middle ages and create a happy family. However, relatives and close friends may weigh them down.
Wood	1924, 1984	These Rats are multi-talented. They are strong-willed and always finish what they begin.
Fire	1936, 1996	These Rats have high IQs and EQs. They are average during youth, develop well in the middle ages and have great fortune later in life.
Metal	1948, 2008	These Rats are good speakers. They're the mood makers of a group, but can be slightly possessive. They face difficulties in their youth, but are generally able to withstand them.

Personality and characteristics

Optimistic and energetic, people born in the Rat year are likeable by all. They are sensitive to other's emotions but are stubborn with your opinion. Their personality is kind, but due to weak communication skills, their words may seem impolite and rude.

On the financial side, they like saving and can be stingy. However, their love for hoarding will sometimes cause them to waste money on unnecessary things.

Men born in the Rat year are clever and adapt quickly to new environments. They are creative, great at taking advantage of opportunities. However, they sometimes lack the courage to do so. Although they have great ideas, they might not be suitable for leadership positions.

Women born in the Rat year are the traditional women.

They love keeping things organised and place great value on the family. Everything is taken care of by them and there is no need for their husband to worry. Outside of home, they're also someone with a sense of responsibility and ability.



Thank you to everybody who supported our Movember efforts.

We raised \$1542 between Ben and myself for a great cause to help fund research into Mens Health.

... Bruce Hammond

ENDURANCE 1000 REPORT DECEMBER 2019



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/>

Members, the end is nigh. But it's not too late to knock out a few swims on Sunday 29 December, a training session solely dedicated to Endurance and the final Tuesday Endurance session on 31 December. A sausage sizzle will also be provided at the Sunday session.

The last two sessions will assist in working off the excess wine and Christmas pudding leaving members to indulge themselves all over again during the New Year.

There have been some exceptional swims during the month. Ian Tucker managed a swim in excess of 3600 meters for a one hour freestyle swim. Must have been the pre requisite training in the Maldives. Ian should be available to join Sam Penny in his next attempt to cross the English Channel.

Also our sole representative Denise De Carlo, tentatively residing in Tasmania managed a late one hour swim for the Club. More points !

We will look forward to catching up with Denise in late February when she returns temporarily for some respite from working in the Apple Isle. Tender loving care will be provided.

**ARE YOU READY FOR 2020 –
BRING IT ON.**

Regards, Rod

Rod Alfredson
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Endurance 1000 program
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*Happy
Birthday*

JANUARY

Di McFarlane	7/1	Carola Henderson	23/1
Jacky Shields	22/1	Viv Merrill	27/1

*Your birthday is a joyous occasion - for family and friends, a special day
A time to tell you how good you look, as we check you for signs of decay!*

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



INVITATION

ANNUAL NEW YEAR GET TOGETHER

Sunday, 19 January 2020 from 12 noon

Ivan & Wendy's home - 19 Lilly Pilly Place

**park (& sit) on Council reserve
Eumundi Road at rear of property**

**BYO meat to BBQ, drinks, hat
& chuck in a chair to be safe.**

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 Q 4566
Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

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