

# CHALLENGERS' CHATTER

FEBRUARY 2014

## What is the MSX Programme?

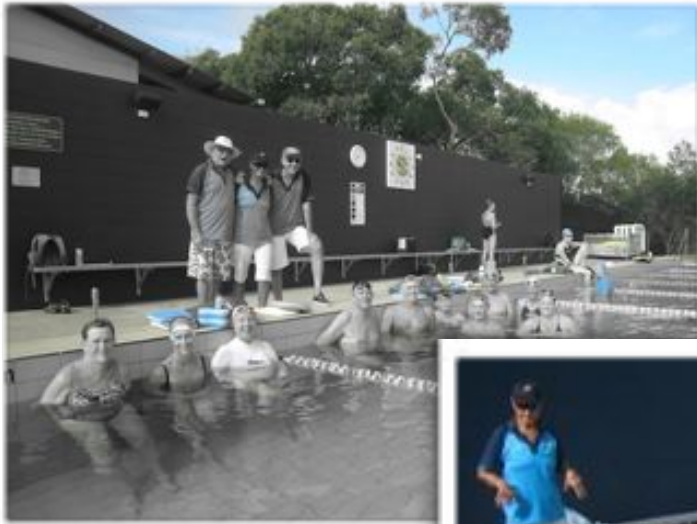
MSX is an 'Excellence Program' and it invites Masters swimmers to pit themselves against ambitious benchmarks in competition. The benchmark standards are based on qualifying times set by FINA, the governing body of international swimming. Four levels of award are made – platinum, gold, silver and bronze. 'Platinum' is not for the faint-hearted; it challenges the very best of Masters swimmers to achieve very impressive times. For example, a 44-year-old male needs to swim 100m freestyle in 1:01.32, while a 59-year-old woman would have to swim 1:13.53! But the times for lesser award levels are more easily attainable by many Masters swimmers. They provide great encouragement to achieve personal 'excellence'.

... Brian Hoeppe, Club Co-Captain

## 2013 MSX RESULTS - CONGRATULATIONS TO ...

PLATINUM	GOLD	SILVER	BRONZE
Jan Croft	Brian Cairns	Dyanna Benny	Mark Besford
Robert Jolly	Barbara Gruber	Brian Hoeppe	Julia Dunstall
Stephanie Jones	Bob Morse	Geoff Lander	Christine Edwards
Ian Robinson	Wendy Twidale	Helen Malar	John Havilah
Kerryn Spinks	Adrian Wilson	Lars Nesbitt	Lim Kelly
		Grindle Rudder	Trevor King
		Irene Symons	Quentin Lee
		Rachel Symons	Rob Lucas
		Jessica Tye	Studley Martin
			Vivien Merrill
			Ian Mitchell
			Deirdre Mooney
			Jane Powell
			Jacky Shields
			Clinton Stanley
			Adele Tucker
			Ian Tucker
			Eulah Varty
			Bruce Warren

# 2014 - COME 'N TRY DAYS



The recent Noosa Masters Swimming Club Come & Try day was a great success attracting five new participants eager to “get involved and get going”.

Jan Croft and Bruce Warren took the new adventurers to the 25m pool and mixed together the lane zero and lane one swimmers to ensure the newcomers felt part of the fun, fitness and friendship always on show in the club. Some didn't feel quite so fit and questioned the



fun part but all felt relieved to have come through the first of the squads that the rest of us have all come to enjoy over a long period of time??

The newbies joined the rest of the squad following their workout with Bob Morse and Ian Robinson to enjoy a morning tea coordinated by Carola with Jasper's delights to share. All members showed a welcome smile and encouragement to the new ones to come along again and get involved in a great bunch of people and Club.

The first follow up day last Sunday saw two participants return and Marilyn cajoled a neighbour along as well. We have since had further interest from the community from the news article and word of mouth and two new members signed up already.

The Club is grateful to the QLD Government department of National Parks, Recreation, Sport & Racing (NPRSR) for providing funding as part of the “Get in The Game – Get Going” Program supporting communities to participate in active and healthy lifestyles. We also acknowledge the support we receive from the Management and Staff at the NAC in being able to hold these important membership drive activities.

.... Ian Tucker  
Treasurer

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**backyard buddies™**  
get more enjoyment from our native plants and animals



**Happy new year!** Welcome to a [new Backyard Buddies website](#), and your [January B-mail](#), the monthly e-newsletter for Backyard Buddies.

# Don't Forget

## DIARISE THIS DATE 24 MAY 2014



**Sandy & Bruce's Annual Bash**  
- this year's theme ...  
- **AUSTRALIANA**



- **HERVEY BAY - 15 MARCH**  
- **Entries must be submitted to Brian or Bardie no later than Monday 3rd March**  
**FEE** of \$25.00 (Meet); \$30.00 (Function) and/or \$5.00 (OWS) payable by **3<sup>rd</sup> March**

- **NATIONALS - APRIL**  
- **Entries must be submitted to Brian or Bardie no later than Monday 3rd March**  
**REG'N FEE** of \$65.00 (Pool & OWS);  
**EVENT FEE** \$7.50 (max. 3/day)  
**PRESENTATION DINNER** \$50.00

## OLD TIME DANCING

Saturday night monthly Old Time dances are a lot of fun. The address is approx. 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour.

Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious. If anyone is interested please ask them to see John Hordyk ...

Here are Dance Dates for 2014.  
8 Mar (Belli), 22 Mar (Kandanga), 5 Apr (Belli), 10 May , 17 May Maleny Show, 21 Jun (Belli), 26 Jul (Maleny Deb Ball), 9 Aug (Belli), 6 Sep (Belli), 11 Oct (Belli), 15 Nov (Belli), 31 Dec (Belli)

## Today's Quote

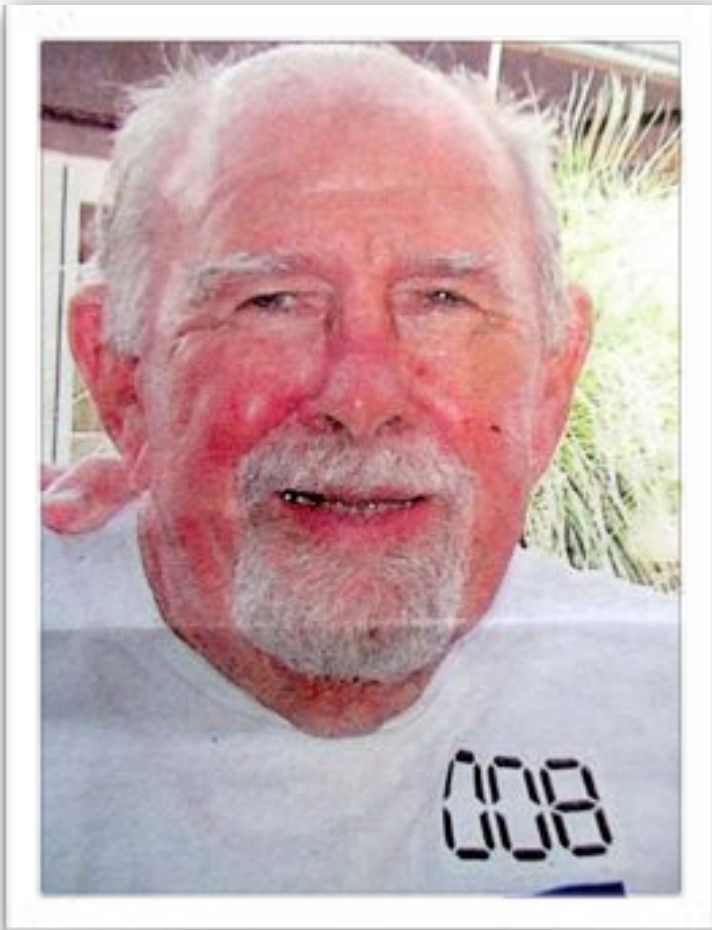
**"If a life of wine, women and song becomes too much, just give up the singing..... "**

**"Life is like riding a bicycle. To keep your balance, you must keep moving."**

**"Success is getting what you want, happiness is wanting what you get"**

**"Be yourself; everyone else is already taken."**

# FAREWELL ... DAVE POWER



Several members of Noosa Masters Swim Club have lost a friend with the passing of Dave on Sunday, 2 February, 2014.

Dave, Founder of Noosa Triathlon together with our Life Member, Joe Gilbert, passed away peacefully at the age of 85 following a long illness.

Dave attended several of our annual swimming Carnivals, assisting as a timekeeper.

Well known in Athletic circles, representing Australia at Olympics (1956 and 1960), British Empire Games (1958) and Commonwealth Games (1962) with two Gold Medals at Cardiff and a Bronze in Rome.

Married to Heather for 60 years, they share five daughters, nine grandchildren and two great-grandchildren.

We have lost one of Nature's gentlemen.

... Tony Frost

## COACH'S CORNER ... BY JAN CROFT



### Tip time again ..

Key to successful distance swimming is to do as much short rest work at race pace as possible.

Successful sprint training is built on a foundation of endurance conditioning.

Pre-season should be primarily aerobic. Intervals get faster as the season progresses.

Swim well.

Cheers Jan.

## THE INSPIRATIONAL LIFE STORY

### OF A DOCTOR DIAGNOSED WITH BREAST CANCER.

#### DR ILANA GALGUT

Up until the 25th of May 2011, I was a hardworking, capable, independent single mum whose whole purpose in life was to look after my patients and my children.

I was working part time as a women's health GP as well as a Cosmetic Doctor - making people happy by putting needles in their faces! I was an evidence-based, very thorough conventional GP, not into all the "airy-fairy stuff" of meditation and supplements.

However, my life was about to change forever - and on the 26th of May, I found my cancer. Initially I reacted like a doctor and went about my working day, squeezing in an appointment for a mammogram.

But I did not come out of the x-ray department the same person I went in as. The non-perk of being a doctor kicked in immediately as I was advised of my diagnosis whilst still in the x-ray department. A biopsy followed as did a visit to my favourite breast surgeon to whom I used to send my patients.

The medical travelator began of CT scans, bone scans, mastectomy, chemo and radiotherapy. I felt no loss at removing my breasts as I deemed them to no longer be my friends but rather as wielding an atom bomb, which was about to take my life. In the same light I have not had a reconstruction as my scars are the testimony to how I saved my life!

I also did not grieve the loss of my hair as, yet again, the chemo was to annihilate any remaining uninvited guests in my body, the cancer cells.

Imagine my surprise when one day, my 10 year old daughter said to me, "Mum, I think God gave us cancer to be good to us. Because without it you would have never stopped working so hard".

Well how right she was. I needed a wake up call and it had to be something as huge as this to get me really moving.

In the same way that I looked after my patients, leaving no stone unturned, I set about investigating the best way to make sure that I am here for as long as I possibly can be.

I could not find the proof and the guarantees that my treatment would cure

me. And what I discovered in my search for creating a healthy body went very much against my medical training and scientific background.

There was a large void in the system between the oncologists, the treatment and me the whole person. I was told that stress does not cause cancer but I was stressed out to the max and had been living like a crazy girl. I was told there is no special diet that could help me and if there were, the oncologists would be advising me of it.

But it really did not sit well with me that all I could do was to hope that the treatment would work. So I set about to build myself a new body, ensuring that the body that developed the cancer, no longer existed. I decided that whatever I had been doing was clearly not the right thing.

I found myself a GP who is a very special lady. She helped me through the fear and anxiety of chemo and surgery and suggested that I attend a healing group at a Buddhist temple to help me cope better.

That was, I think, the real beginning of my new life. I learnt to meditate, think about the purpose of life and what really matters to me in my life. I learnt that cancer is not necessarily a death sentence, regardless of the medical prognosis. I was introduced to people who, in medical doctor language, should not be here today, never mind be cancer free.

And slowly, slowly I entered a world about which I was previously very cynical. I changed my diet, changed my view of my work and career, realising that there was no need to prove anything to anyone, and embarked on a journey to learn more about myself.

I met a wonderful lady hypnotherapist, who helped me deal with heavy suitcases of emotional baggage that I had been lugging around from childhood. I read books about living and also books about dying. I started singing lessons, art classes and



Latin dancing. I really was creating a new life, having more fun than I had had in many years.

One day it suddenly dawned on me that I had needed to learn about dying to really be able to learn how to live.

I was learning how to nurture myself and how to create a healthy body, mind and soul, retaining people and things that would foster my transition to a healthy life. It then struck me that yes, I had lost my breasts, but had grown some balls instead. I was unburdening myself of negative influences in my life.

One of my mentors, Ian Gawler, has written a book called [You Can Conquer Cancer](#) and I believe that I have conquered it. That does not mean that I will live forever, but I have allowed the cancer to open up my mind and broaden the opportunities that I afford myself. I have lost a lot but gained so much more and I am living a life that is not governed by the what-ifs, the should'ves and the could'ves.

At yet, I have not returned to my GP work as I am not currently well enough to do that but I have assisted many other ladies along their journey through breast cancer because I have learnt to embrace and utilise the best of all available therapeutic modalities - both conventional western medicine as well as complementary medicine. I have learnt to marry the two, as the combination was what worked for me, to get me through this life changing experience.

I will never be grateful for the experience of cancer as there is nothing nice about life with cancer looming in the shadows, but I believe that I took from it the opportunity to learn and grow and can truly say that I am now living my best life ever.

# DIRT TALES -

by Mark Besford



## Excerpt from Dirt Tales #16

### 3577.3 Kilometres

I set the alarm for 6 a.m. with the hope of arriving at New Norfolk no later than mid-day. Breakfast over along with hugs and good-byes from Ben, Ann, Jon and Aaltj.

The drive back, even though the same road, is just as breathtaking as to Strathgordon, just a different perspective.

I reach Mt. Field following the Derwent River to New Norfolk reminiscing of my last three days and the people I have had the pleasure to meet. I now gaze out onto the swift flowing Derwent River imagining myself kayaking all the way to New Norfolk as I would suspect a lot of people do just that. There are places on the flow of the Derwent to Hobart where rapids occur but on the whole the paddle would be both beautiful and serene.

#### New Norfolk

Settled in 1806 and having the oldest continuous hotel licence in Australia. This town situated on either side of the Derwent only fifty three kilometres north west of Hobart. The caravan park is on the banks having grand weeping willow trees along the entire frontage, just beautiful.

I am escorted to my site by Kerry passing through the gate and onto a manicured lawn with me saying.

“You could play lawn bowls on here.”  
Kerry responding with

“Not bad is it.”

“Is the whole park like this?” I ask.

“Pretty much, go for a walk and see.” says Kerry.

*With the railway station and high mountains in the background, the abt train leaves Queenstown and is passing the maintenance sheds at the beginning of another journey into the wilderness*

The whole park is lush, green and soft. I was introduced to Joan his wife, who informed me of being the first call girl in New Norfolk. I just nodded but thinking why is she telling me this. I looked at Kerry who was producing a smirk along with Joan smiling. I did not get the joke till Kerry mimed someone on an old switch board of about sixty years ago.

I just smiled and said.

“You got me.”

I quickly organised my camp with setting up the bed in the car tonight as my tent is broken beyond repair.

Up early and down to the camp kitchen to edit photos and Dirt Tales with the constant flow of grey nomads enquiring as to what I was about with me finally asking Kerry.

“How many bosses are there in this Park?”

He answered, “Lots.”

I later found out that there are five couples that come over from the north island (Mainland Australia) every year for at least half the year with another three couples that came to this park three years ago and are still here.

So we have eight couples who think or believe this park is theirs,

fascinating. Is this how the German Gestapo started, ownership by default?

For the next three days I had my head down from early morning (6 a.m.) to late afternoon (6 p.m.) with constant interruptions, people wanting to know what was going around in my head.

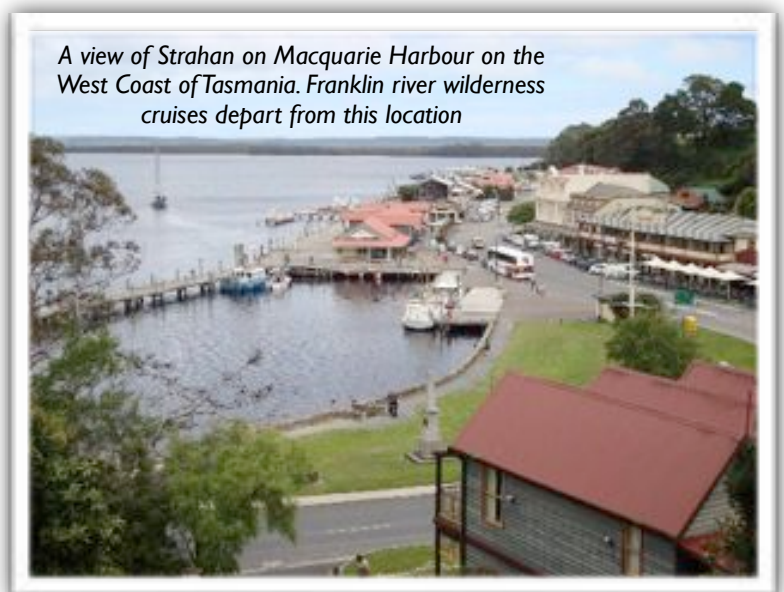
I must mention the fascination everyone has for Benny. They all just love him. I just do not get it. He is a lay about, self-centred individual.

Apparently I am wrong with the consensus being he is very cute and cuddly. I am informed constantly to this observation but how about some substance in character please, of which I believe he is very lacking. Come on, please, give me a break?

Morning, I get an extra early start as I am at the table by 5.30 am, with the morning being cool but not cold. Not a soul about so interruption free for at least an hour I hope. Seven am, the grey nomads are emerging from their slumber with the usual smiles

It is my eleventh week on this journey, adventure or whatever term comes to mind with me being constantly bewildered by human behaviour and understandings or (miss) understandings?

We leave New Norfolk heading to



*A view of Strahan on Macquarie Harbour on the West Coast of Tasmania. Franklin river wilderness cruises depart from this location*

# DIRT TALES -

by Mark Besford

We leave New Norfolk heading to Queenstown once again. The wilderness rail journey was not operating when there last but operating now. This is the main reason for our return.

*With the railway station and high mountains in the background, the abt train leaves Queenstown and is passing the maintenance sheds at the beginning of another journey into the wilderness*

I take the road less travelled again with not being disappointed. Passing through King William State Forest when Benny said, "What the.....are they not the biggest tree ferns you have ever seen and Bejesus, look at the wild flowers. This must be Eden."

Benny is correct on both counts but the wildflowers have just about put my mind again into another dimension. I cannot believe I would witness such brightness, clarity in colour in so many varieties of tones radiating from one plant. I want to be immersed in it, become part of it, it is that beautiful, that soothing. -"Benny, look at the colours. Every time I think we have reached ultimate beauty this place produces better than previous. There seems to be no end".

Back in the car and onto the power stations of Tarraleah and Tungatinah.

Next stop the Wall. Wood carving that will stir emotions. The detail is so life like in some of the carvings I just stood there like a dork with my mouth open in awe. Greg Duncan I salute you. Another must visit if this way.

## 4017.21 Kilometres

Next stop Queenstown. After leaving the wall the landscape again changes. Majestic mountain ranges abound with cars pulled over to the side of road everywhere to capture this beauty on camera.

On reaching Queenstown I head straight to the wilderness train station to book our seats for the train trip tomorrow.

We arrive thirty minutes before departure to examine the station more thoroughly. The station is in original condition with the museum giving one the opportunity to step back in time through the extensive photos on display, outstanding.

I love train rides, especially old steam trains, so a double whammy for me. Benny somehow coned himself a stint in the actually locomotive (I am beginning to dislike Benny).

*The Wall in the Wilderness, Derwent Bridge Tasmania. One of the highlights of a visit to the Cradle Mountain-Lake St Clair region*

On just reaching the outskirts of town I think I'm hearing bag pipes being played. The sound is getting clearer. We approach a road crossing with a gentleman actually playing the bag pipes as we pass. I look at the expressions on everyone's faces, all smiling.

Without wanting to spoil the surprise of doing this journey let me just say it is a must do and hopefully not raining. The weather for us was light drizzle but did not interfere with us being able to catch on camera the beauty and grandeur of the trip. Had it been outright raining then it would have been in my mind pointless.

What I found most interesting was the construction, all by manual labour, also the engineering with this railway line having the steepest gradient in Australia.

Back in its peak, Queenstown had 8,000 people, Strahan had 5,000 and Zeehan had 10,000. To look at these towns now one can sense and feel the despair.

It was recommended by a few fellow travellers to visit the Queenstown Museum. We had only been there twenty minutes, seen three rooms when Benny asked, "What's that rolling down your cheek?"

I told him to read the story of the mine disaster in 1942. We continued room after room with emotions being aroused in understanding what real community bonds meant in this town.

The ninety minutes spent was overwhelming - so overwhelming in fact that we sat on a bench just outside the museum for about ten minutes in a state of grief not saying a word.



It did not stop there. We started walking into town noticing a police car blocking the main street. I enquired with being told a local miner of 35 years was killed three days ago with the funeral today. Seeing as eighty percent of the town's people are at the funeral this road closure had to be implemented as to avoid confusion for the tourists and safety for the funeral procession.

We walked up town to within 50 metres of the church to witness at least 500 people overflowing out of the church onto the street. I had goose pumps!

I see Queenstown very differently now. My last visit here some four weeks ago with my thoughts being of a dirty, freezing, hick town with no heart or soul. I was the one without a heart or soul back then as I did not even give the town the courtesy of looking around.

As with Paul (History Tailgates fame) first impressions are sometimes very wrong. I say thank you Queenstown for the slap.

... to be continued  
Mark expects to return in March sometime.



## FOR THE RECORD ...

Did you know that you can get a concise printout of your swim times recorded last year in carnivals and for the Endurance 1000 competition? All you need is access to the internet and a printer.

Log in to the Masters Swimming Australia website (enter the following link into the address field of your web browser, or simply hold the Control (or CTRL) key down and click on this link - <http://www.mastersswimming.org.au> ). Alternatively, you could use Google and search for "masters swimming Australia".

The Masters Swimming Australia website has many interesting things relating to masters swimming which you can explore at any time.

On the right hand side of the initial Masters Swimming Australia screen you



will see a number of blue rectangles or "buttons". You click on these buttons to choose which topic you want to look at.

If you click on the button that says "Competition Results" a screen will be displayed that shows a number of recent records swum by swimmers around Australia. In a horizontal line above these results is a series of yellow buttons. Click on the button that says "History" and you will be presented with a screen that enables you to view all your results for 2013 and earlier years. Simply enter your name (first name, followed by a space, followed by your second name) into the space provided and click on the grey button that says "Show".

You should be presented with all of your results recorded for 2013. If that does not happen, delete your name and enter your MSA ID number in the space provided for it.

To get a printout of your results, click on the printer icon at the top of the screen if one is present, or click on "File" in the menu at the top, and then "Print" from the options presented. Your results should then be sent to your printer.

There are a couple of alternative options on this screen that you can select to provide different details (such as your results for earlier years). Just click on the down arrow next to the options and then click on the option you want, enter your name or ID and then click on "Show".

Adrian Wilson has volunteered to print out results for anyone who has can't get their own. Just ask him at one of our squad or Endurance sessions.

## But wait! There's even more...

### WHAT'S THE POINT?

Points are awarded for a number of different reasons in Masters Swimming. This can be confusing for new, and not so new, members.

Points at Masters Swimming Carnivals  
At Masters swimming carnivals, points are awarded to each swimmer in each event based on the ranking of the times they swim within their age group and gender category. Each swimmer is usually limited to 5 events in each carnival. The points allocated in each event are usually 10 for first, 9 for second, 8 for third, etc. These points are aggregated for all events and used to determine the overall positions swimmers achieve in their age groups

for that carnival. For example, a 52 year old female swimmer who achieves three firsts, one second and one third in her 5 events would score ( $3 \times 10 + 9 + 8 =$ ) 47 points in that carnival. If another 53 year old female swimmer achieved, say, 46 points in her 5 events, the former swimmer would be awarded first place in the Female 50-54 age group for that carnival.

Usually, points are also aggregated for swimmers representing each club. This determines which club wins the champion club trophy. Our club loves to win this trophy and chant "NooSa! NooSa! NooSa!" at the presentation ceremonies.

### Endurance 1000 points

In the Endurance 1000 program, points are awarded for each eligible swim completed by individual swimmers. The swims in this program are over longer distances and are designed to maintain ongoing aerobic fitness for participants. Details of the program can be found on the Masters Swimming Australia website (hold the control key (CTRL) down and click on this link: <http://www.mastersswimming.org.au>) under the "Programs" button.

There are 3 levels of points available for each swim within each gender/distance/stroke category, depending on the time or distance swum.



The times and distances that must be achieved to gain each level of points are determined by Masters Swimming Australia. More points are offered for longer swims. For example, up to 80 points (maximum points) are possible for a 60-minute swim, but only 5 points (maximum) are offered for a 400 metre swim. Details of the times/distances necessary to earn points can be found on the Masters Swimming Australia website (see above).

Every eligible swim that is completed earns some points. Points are aggregated for the swims completed during each calendar year. Individual swimmers can earn up to 1,005 points in a year by earning maximum points in all eligible swims. The points for all swimmers in a club are aggregated, with trophies being awarded to the club that achieves the most total points, and to the club that achieves the highest average points across all of its members. Our club won the total points trophy in 2013.

### Points for FINA event swims

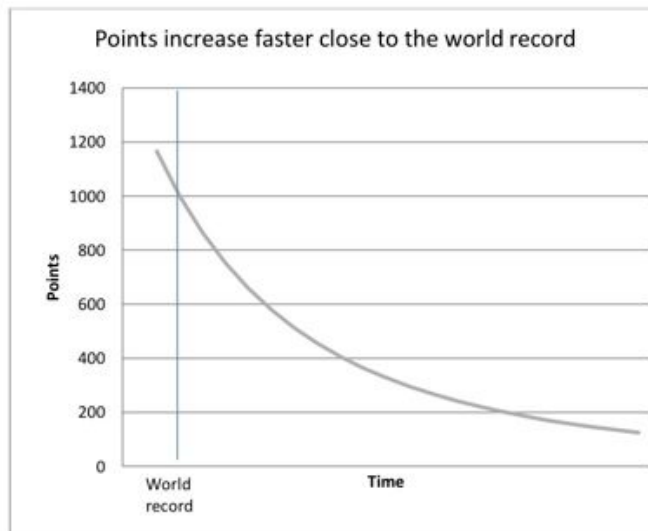
FINA, the Fédération Internationale de Natation, is the world governing body for the five aquatic disciplines of swimming, diving, water polo, synchronised swimming and open water swimming. FINA has developed a way of comparing times achieved by swimmers of different genders across different styles and distances (and separately for short course and long course), by allocating points out of 1000 for FINA -approved swims. Masters Swimming has applied the FINA formula to the various Masters age groups so that comparisons can also be made across age groups. You may have come across these points if you have seen the Masters Swimming Australia website home screen or looked up the competition results.

FINA points for Masters are calculated with reference to the current world record time for each specific gender/age group/distance/stroke event using the formula:

$$\text{Points} = \left( \frac{\text{world record}}{\text{time swum}} \right)^3 * 1000$$

The ( world record / time swum ) part of the formula will result in a number between 0 and 1 (unless you break the current world record!!). The cubed ( <sup>3</sup> ) part of the formula makes the line on a graph into a curve, so that the number of points increases more quickly the closer you get to the world record. Or to put it another way, the closer you are to the world record time, the more points you get for reducing your time by one second. The 1000 part of the formula turns the result into a number between 0 and 1,000. If you swim faster than the current world record you can score more than 1,000 points.

The way this formula works can best be seen on a graph.



There is no scale on the Time axis because the formula works for all events from 50 metres to 1500 metres. However, if you take twice as long as the world record, you will score around 125 points. If you take 50% longer you will score about 300 points. A swim that takes 25% longer than the world record will score just over 500 points, while a swim that takes only 10% longer than the world record will score about 750 points. So you can see that any swim over 500 points is a very good swim for a club swimmer, while anything over 700 points is outstanding!

So how are these points used? Well, the Masters Swimming Australia website includes a list of the top 5 women and men swimmers according to the points earned. You may also produce other lists from data on that website that include points allocated for the various FINA events.

... Adrian Wilson



# VALENTINE'S DINNER AT MAISIE'S...

No information has been forthcoming about this special occasion and both your Editors were away - however a few stray photos have surfaced (thanks Adele) to provide at least some record of this happy annual event for our members.



# APRIL 2014 - NATIONALS IN ROCKY ...

For those attending the Nationals in Rocky this coming April in particular, but for general interest, a great opportunity exists to visit Great Keppel Island whilst it is still an unspoiled paradise ... before the recently approved \$60 million 5 star resort and Greg Norman 18 hole golf course becomes a reality.

A 30-minute 'Fast Cat' trip from Rosslyn Bay, 10 minutes from Yeppoon, departing daily (Mon & Tue 10.30am and Wed to Sun 9.15am)

## Options:

**Mon** (combo cruise) - A day trip: Dep. Rosslyn Bay 10.30am, Dep GKI 3.45pm - Adult \$104, Conc. \$97

Includes: return ferry transfer to Great Keppel Island, morning tea, glass bottom boat tour, BBQ buffet lunch, snorkelling and boom-netting (optional) and free time on Great Keppel Island..

**Tues** (Coral/Lunch cruise) : Dep Rosslyn Bay 10.30am, Dep GKI 2.30pm - Adult \$87, Conc. \$80

Includes: return ferry transfer to Great Keppel Island, glass bottom boat tour and free time on Great Keppel Island.

**Wed, Thu, Sat, Sun** (full day cruise): Dep. Rosslyn Bay 9.15am, Dep GKI 3.45pm - Adult \$137, Conc. \$128

Includes: return ferry transfer to Great Keppel Island, morning tea, glass bottom boat tour, BBQ buffet lunch, snorkelling and boom-netting (optional) and free time on Great Keppel Island.

For Brochure:

Phone (07) 4933 68888 or email: [info@freedomfastcats.com](mailto:info@freedomfastcats.com)

or perhaps ...

Island Stay for a few days

Geoff Mercer is a Noosa local who discovered Great Keppel Island 35 years ago as a youngster and runs Great Keppel Island Village: Tel. 07 4939 8655 or Reservations 1800 537 735

Ideal Place for ...

- \* Great sandy beaches
- \* Safe ocean swimming at Ross Bay
- \* Snorkelling: Coral : Marine life in shallow waters off beach
- \* Walks
- \* Relaxing
- \* Brochures available on our Masters Notice Board at the NAC.

# 11-18 OCTOBER - ALICE SPRINGS GAMES ...

[Register now](#) and start planning your Games journey to the red centre of Australia

## Alice Springs Golf Course : Top 10 desert courses

There are many beautiful elements to Alice Springs, and for Golf enthusiast, it's the Alice Springs Golf Course that attracts visitors as they travel through the Red Centre.

**Situated on the easterly banks of the famous Todd River with views of the majestic MacDonnell Ranges, you quickly realise why this course has been rated as high as 53rd in Australia by Australian Golf Digest. The course has also been rated number 7 in the world's top ten desert courses as well as being listed as one of Australia's top 25 golf resorts.**

This 18-hole golf course is located on the back of Alice Spring's most coveted hotels and restaurants. The club facilities include restaurant, bars, pro-shop, floodlit driving range and putting green. The Games feature four days of competition and is open to men and women 35 years plus.

[Read More](#)

# ENDURANCE 1000



## Report for February

2014

**WOW** in 2013 our Noosa Club Endurance 1000 swimmers made sure that our club finished with the most points meaning that, for the first time in the history of our club, the **National Trophy** should be ours.

The further good news is that the **2014 Endurance 1000 program** has started well for our club.

Word around the pool deck is that the new timing sheets and individual folders seem to have been accepted as an improvement on last year's recording system.

In relation to this, it is important to remember that, for MSA to accept all the hard work our Endurance swimmers do, the timing sheets are to be correctly and fully completed and that all swimmers keep their folders up to date and safe – they are the club's only proof of the swims you do.

Remember that if you spread your Endurance swimming over the year, rather than jamming it in at the end of the year, then doing the program should be easier on you and you could also achieve even more than you did last year!

**Endurance is one way to practice your racing skills for the State/National, Worlds and Pan Pacs.**

Looking forward to seeing you at Endurance 1000 in 2014. Keep on swimming and keep on having fun!

... **Mary Lester**  
Assistant Endurance Program 1000 Coordinator  
for  
**Marcia Kimm (0407 034 095)**  
Endurance 1000 Program Co-ordinator.

<http://www.whathappenedinmybirthyear.com>

## March Birthdays

<b>Geoff Lander</b>	<b>1/3</b>
<b>Lois Hill</b>	<b>9/3</b>
<b>Christine Edwards</b>	<b>10/3</b>
<b>Bob Morse</b>	<b>15/3</b>
<b>Brian Cairns</b>	<b>16/3</b>
<b>Adrian Wilson</b>	<b>19/3</b>
<b>Anne Gripper</b>	<b>23/3</b>
<b>Jan Croft</b>	<b>24/3</b>
<b>Jacqueline Bedding</b>	<b>31/3</b>

*Could this be our most  
'popular' month !!*

**HAPPY BIRTHDAY TO ALL OF YOU  
FROM ALL OF US**

## SOCIAL EVENTS

TBA

## CRAFTERS MEETING

TBA

Every Sat.. 7.30 am -  
Main Beach -Ocean  
Swimming

VISIT OUR WEBSITE ...  
[www.noosaaussichallengers.com](http://www.noosaaussichallengers.com)

## Challengers Chatter

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