

CHALLENGERS' CHATTER

FEBRUARY 2015



Great weekend at Hervey Bay !!

Fun and success in and out of the pool
... full report and results in next
month's Chatter

Big "Thanks" ...

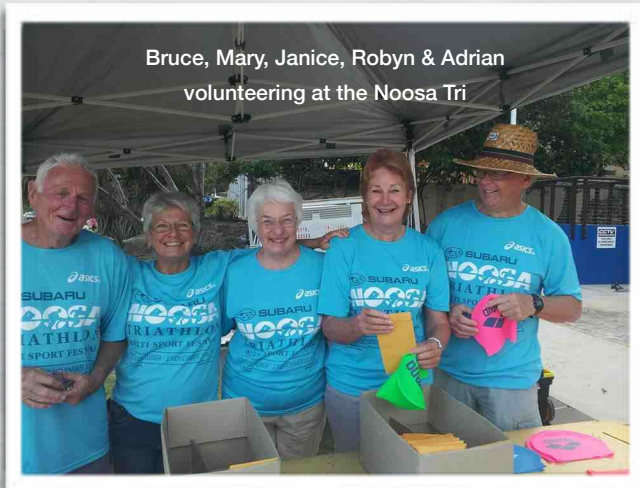
Big Thanks to all our Noosa Masters Volunteer Timekeepers at District School Swim Championships - Tuesday 24 Feb 2015 .

From our volunteers' perspective, it was uplifting (and at the same time, demoralising) to see many of these young kids swim times that were better than most of us could achieve. I am sure, though, that we all enjoyed the experience. For some of our newer members it was their first experience of timekeeping.

Although it was a bit harrowing for them at first, they soon got into the swing of it and gave their "trigger fingers" a good workout

Copy of the email sent in appreciation from event organiser Dan Bandera sums it up nicely.

... Adrian Wilson



I would just like to formally thank you and your fellow members from the Noosa Masters Swimming Club for your great support of our District swimming carnival today.

Timekeeping is a vital role required for the carnival to proceed and it is really satisfying to receive such wonderful assistance from your club. 14 schools were represented by some 235 students, many of whom experienced their first major carnival today.

Thanks again for contributing to a great day.

Kind Regards
Dan Bandera

ROUND 2 OF HANDICAP SERIES

Round 3, Sunday 8 March in 25 m pool after short squad warm up in 50m pool we will be running 25 m events for each stroke, plus 50 m and 100 m freestyle events.

In addition, we will run a handicap freestyle relay race if time permits.

There were nominations from 23 swimmers forming a total of 69 entries in the 5 individual events of this round. The round was held in good humour with a number of swimmers so keen to go that they didn't wait for their handicap to be counted before starting.



they call themselves), with *Old Fogeys* second and *Old Fools* (with a little help from their friends) third. After adding relay points, the *Old Folks* finished the day with the most points. However, the *Old Fogeys* are ahead on points for the Series. Best performances for the round were swum by Rod Alfredson who



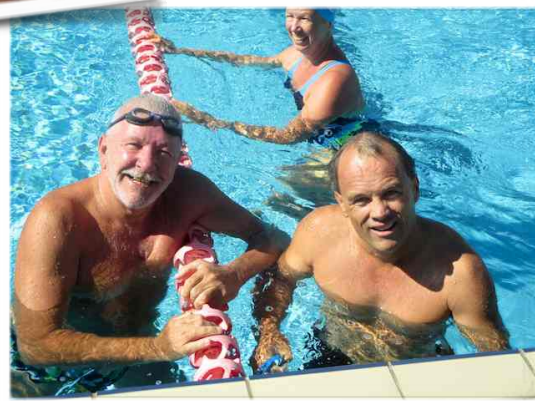
balanced on their kick board while going up and down the pool. The winners were *Old Folks* (or *AC/DC* as



It was great to see Carola swim in her first ever race and to have former member, Peter Santifort, return to the club. The event gave Jan a chance to see some of our swimmers in action and to give us some handy coaching hints.

At 377 points, the *Old Fogeys* team won the most points for individual swims, closely followed by the *Old Folks* team on 370 points. Top of the leader board for this round was Rod Alfredson (65.0 points), with Ian Mitchell (58.0 points) and Geoff Lander (56.5 points) following closely.

The Novelty Relay proved to be a great success with teams struggling to keep their wine glass



improved on his PB for the 25 metre freestyle by almost 2 seconds and earned the maximum of 5 Bonus points. Other swimmers with new PB's were Mary Lester and Geoff Lander.

Top of the leader board after this round are Rod Alfredson (117.0 points), Ian Mitchell (116.0 points) and Adele Tucker (111.0 points). Special thanks go to Bruce, who managed to organise swimmers and start the races so that we finished the events on time, and to Helen for organising the relay. Thank you too, to all those who helped set up, pack up and time-keep (particularly Sandy Warren). Such help is very much appreciated.



Adrian Wilson, Co-captain

2015 Postal Swims

(see Notice Board at Pool)

<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>



WESTS AUBURN

Date: January 1 - April 30, 2015

Swim 5000m in Freestyle, Breaststroke, Backstroke or 4 x 1250m I/M

OR

Swim in a freestyle or form stroke relay with other club members (2 x 2500m, 5 x 1000m, 10 x 500m or even the dazzling 4 x 1250m Medley Relay).

[2015 Flyer](#)

[2015 Entry Form](#)

BUNBURY

AUSSI MASTERS

Date: May 1 - June 30, 2015

Swim 400m in 3 different styles - 1 x Freestyle, 1 x Backstroke and 1 x Breaststroke (or Butterfly).

[2015 Flyer](#)

[2015 Entry Form](#)

VIKINGS TUGGERANONG MASTERS

Date: July 1 - August 31, 2015

Three swims, each in a different stroke: 400m, 800m, 1500m

[2015 Flyer and Entry Form](#)

HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of: 2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)



COACH'S TIPS



Shoulder Injuries ...

Swimming with a flat body with limited rotation causes the arm to swing wide during the recovery phase. The swinging action results in large amounts of internal rotation at the shoulder joint which is the major source of impingement and rotator cuff issues. A hand pitched outwards with a thumb first entry into the water can eventually lead to an overuse injury.

Change your technique to enter with a flat hand finger tip first.

Poor posture can also lead to impingement often through a severe cross over at the front of the stroke. To start to introduce better posture while you swim, think ... shoulders back, chest forward.

Happy swimming. ...

Cheers, Jan

2015 Forthcoming Swim Meets + closing dates

(see Notice Board at Pool)

<http://mastersswimmingqld.org.au/Events/Calendar-of-Events>

Give your entry + money in an envelope with your name, which swim meet + how much money enclosed, in an envelope to Club Co-Captains - Adrian Wilson or Helen Malar - alternatively you can email entries to either - franandadrian@gmail.com or hmalar@bigpond.net.au

13-15 Mar - State LC Championships, Townsville - \$65 registration - entries closed

8-11 Apr - National SC Championships, Hobart - \$65 registration + \$7.50/event entries closed

18-25 Apr : Mildura Masters Games -

<http://www.vic.gov.au/event/2011/08/mildura-masters-games.html>

2 May (Sat) - Albany Creek

3 May - Byron Bay OWS - entries close Friday, 1 May 2015

<https://secure.ntechnmedia.com/sites/oceanswim/entryform.php>

16 May (Sat) - Noosa

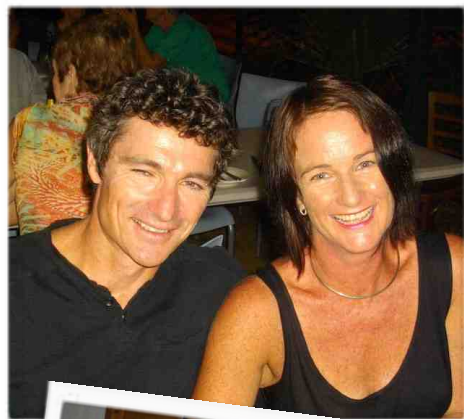
13 June - Rum City

24 Sep - Duck Creek (Lismore)

24 Sep - Duck Creek OWS (Shaws Bay, Ballina).



TWO SHADES OF GREY AT SHADES



What a WOW .Sandy Warren organised a magic evening attended by many locals including some Noosa Masters swimmers .

A balmy evening enabling us to wine and dine outside , whilst being entertained by two very talented musicians. Guitarist Barry, with his original 1962 FENDI guitar and light fingers, Peter pumping his keyboard with gusto.

All present obviously related enthusiastically to tunes from Cliff Richards & the Shadows, Del Shannon, Everley Brothers, Beach Boys & the Beatles, to name a few.

The musical vibes were even appreciated by passers-by,, even young kids dancing in the street to the music.

Good news for the musos : ... Shades have invited them for a repeat performance!

... Tony Frost

KAREN CELEBRATES 10 YEARS AS AUSSIE !!

Karen Martin

on arrival in Sydney 2005



Ten years ago, I arrived in Australia full of hope, excitement, about to start my new life with two suitcases in tow.

Ten years later I have a room full of useless stuff and a Shop.

Like many of the other club members who have emigrated, I'm sure they would all agree that dreams can come true in this great country.

I love Australia and feel privileged to have been allowed to reside here. Noosa Masters has contributed to my personal life, not only have I overcome my fear of going under water, lol, but I take pride in being part of a club with fabulous people, positive attitudes, friendships and it has a real family feel about it.

I love this swimming club, it's the best in the whole wide world!

Becoming a citizen, I'm now a true Sheila, 2008



Typical Pom, had to visit Ramsay St, home of TV show Neighbours



I love Australia 2007



Karen had company at her last Endurance swim !

My brain is like the Bermuda Triangle.
Information goes in
and then it's never
found again.



2014 CLUB TROPHY & AWARD WINNERS



2014 CLUB TROPHY & AWARD WINNERS



Ten Year Medals:

Jan Croft, Jana Clancy, Bardie Gruber, Geoff Lander, Helen Malar, Bruce Warren, Maree Warr and Ian Robinson

Endurance 1000 Certificate (for completion of the program):

Lynette Clemitson and Bob McCausland

Endurance 1000 Awards for completion with top points:

Mark Powell, Irene Symons, Rob Lucas, Dyanna Benny and Geoff Lander

McCausland Medal:

Mary Lester

Most Improved:

Rod Alfredson

Challenger of the Year Male:

Ian Tucker

Challenger of the Year Female:

Adele Tucker

President's Award:

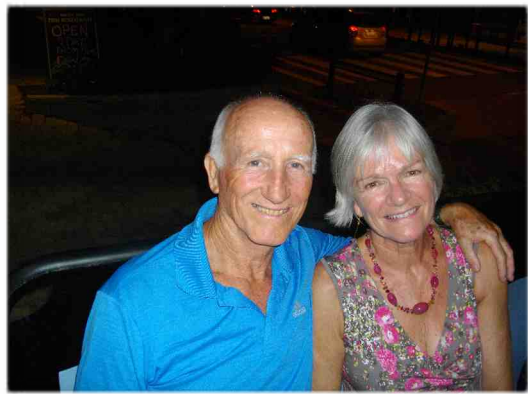
Jan Croft

MSA Certificate for Top 10 performance in the 2014 series:

Jan Croft, Robert Jolly, Wendy Twidale, Bob Morse, Dyanna Benny, Helen Malar, Steph Jones, Brian Hoeffler, Julia Dunstall



Adieu from Tom and Marlene Robson



Just a word of thanks to Noosa Masters before we head back to Europe. As always, we have been welcomed by club members at training in the pool and in many homes too.

Also to say that anyone planning a trip to Europe would be very welcome to come to Vichy in central France to see us. If anyone wanted to use our home as a travel base, we are happy to accommodate them and let them house sit. Already in 2015 we will be away from late June till 17th July so the house will be available. However any other dates could be considered.

We have much enjoyed housesitting in Noosa this trip and if anyone here is planning a holiday away during the next Australian summer, we would be happy to look after a house and any pets.

You can keep in touch via email at marlene.robson@orange.fr

,,, Best wishes from Marlene and Tom



ANTI CLOCKWISE CIRCUMNAVIGATION OF TASSIE

After flyng into Hobart on Sunday, 8 February, the two Noosa adventurers, Mark Powell and Mark Besford, boarded the FARGO for a life changing experience. Mark P., a yachtie with some years of sailing under his belt, and Mark B., chafing at the bit to look at the 'Apple Isle' from another angle, and prepared to provide the X Factor for his fellow crew-members.

Sailing out of the Derwent River in near perfect conditions, they headed north to Maria Island, once inhabited by convicts, and now one of nature's delights. Passing Wine Glass Bay, Bicheno and St.Helens before entering the Tamar River. Continuing their voyage with a possible stopover at Wynyard, but tidal conditions forced them to continue to Stanley. Mark's blog on 25 February showed them devouring the fresh local seafood, before climbing the famous landmark, " the Nut ". We would assume that they have now docked the FARGO at the west coast port of Strahan, into which the world famous Franklin River flows.

You can follow their adventures on Mark Powell's blog ...

<http://vdlc2015fargo.blogspot.com.au/2015/02/vdlc-2015-day-1213.html>



VALENTINE'S DAY DINNER AT ROSIE'S

The Thursday evening before the official Valentines Day saw a healthy and happy group of 26 of us at Rosie's Restaurant on Gympie Terrace. Arrival was greeted with a glass of French Champagne to all ladies and those gents who have a penchant towards bubbly rather than beer as a starter.

A solid menu including Lamb rack, Snapper, Spatchcock and Veal a la Larry with sweets including B&B Pudding, Pavlova, Ice Cream Sunday and Cream Caramel admirably satisfied all appetites with the odd BYO wines loosening the laughter and companionship around the tables.

Apart from the always friendly surrounds at the restaurant, Rosie as usual entertained us with cheeky quips and one of her usual tricky quizzes on lovers, swimmers and movie stars, which was won by a rather rowdy group on the corner table including Jan, Bardie, Helen and I think a token male- rewarded with 2 bottles of French Champagne. Larry as usual explained his offerings for the evening with pizzaz and flair. How does he do it from that tiny kitchen????

The evening started at 6pm and travelled into the 9th hour with many "thanks" directed towards the Social Committee. Sadly only 26 of us experienced this lovely evening.

... Bob Morse





MSQ LANE WARRIORS – 2014

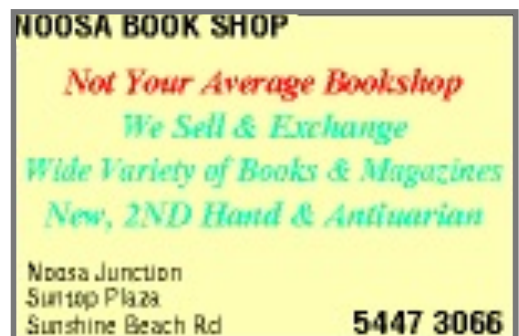
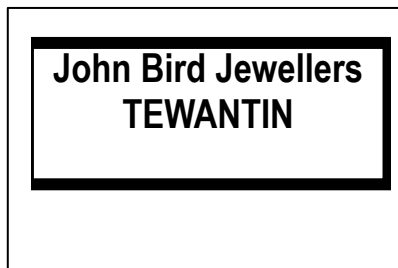
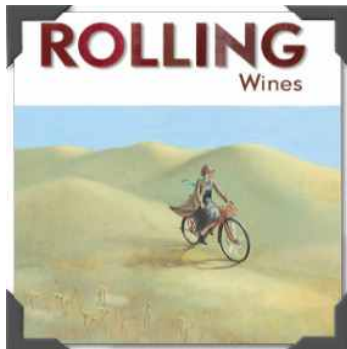
Top 5 Winners and Club Results

Top 5 Individual Winners			
18 - 34			
Rank	Name	Club	Distance
1	Nicholas Hill	QTW	168,775
2	Vanessa O'Sullivan	QTW	161,750
3	Sarah Wilson	QTW	125,650
4	Joanne Lee	QTW	60,200
5			
35 - 60			
Rank	Name	Club	Distance
1	Peter Smith	QAT	634,945
2	Alison Green	QGS	518,400
3	Studley Martin	QNA	496,850
4	Janet Cochrane	QHB	483,000
5	Louise MacDonald	QHB	439,960
61 +			
Rank	Name	Club	Distance
1	Geoffrey James	QCN	784,200
2	Conrad Gleeson	QTT	745,600
3	Jenny Nock	QTT	682,300
4	Gary Backus	QTT	656,200
5	Brian Cairns	QNA	524,250

Top 3 clubs			Average Distance
1	Noosa Masters	QNA	510,550
2	Duck Creek	QDU	386,113
3	Cairns Mudcrabs	QCN	312,638

Our sponsors

Please support our sponsors - their support is paramount to the success of our carnival





ENDURANCE 1000 REPORT

FEBRUARY 2015

The 2015 Endurance Program is off to a really good start having gained 1700 points within the first two months. Well done swimmers!

Participation in the Endurance Program continues to increase which is wonderful for the clubs chance of gaining the Championship and also terrific for the participants swimming health.

However, this also means that the administrative work of the Endurance Program has greatly increased in volume. The work is not hard just becoming too much for one person.

So this year has seen the administration of the Program being shared via three main teams. Those teams are:

- **Entering completed swims in Record Book and Checking the Timing Sheets on a roster basis each Tuesday:** Linda Hogg, Tricia Hughes, Geoff Lander and Adele Tucker.
- **Checking individual swimmers Summary Sheets against the Master Sheets each quarter:** Rob Alfredson, Tricia Hughes, Barry Lloyd and Grant Scotcher.
- **Co-ordination Team that oversees the Program including basic data entry**

Still need one or two members to be part of this team. They will be in a team that has one or two previous Co-ordinators.

If this work is shared by three to four people it will be minimal and on a roster basis.

A big thank you to those who have already joined in the teamwork.

Thanks also to those who again this year continue to turn up to do the important job of timing.

The next **Twilight Swim** is to be on Thursday 26 March – so mark it in your diaries!!

Looks like another great year for Endurance.

Mary Lester

Co-ordinator

Endurance 1000 Program.

MOB: 0401828371

marylester52@bigpond.com

KEEP SWIMMING FOR FUN FITNESS AND FRIENDSHIP!



<http://www.whathappenedinmybirthyear.com>

March Birthdays

Geoff Lander	1/3
Lois Hill	9/3
Christine Edwards	10/3 (big 70)
Bob Morse	15/3
Brian Cairns	16/3
Adrian Wilson	19/3
Anne Gripper	23/3
Jan Croft	24/3

**BIRTHDAYS ARE GOOD FOR YOU ...
THE MORE YOU HAVE ...
THE LONGER YOU LIVE !!**

REMINDER - In case you haven't already done so ... here is the link to add your phone numbers to the 'Do Not Call Register'

<https://www.donotcall.gov.au/> <<https://www.donotcall.gov.au/>>

SOCIAL EVENTS

Club Breakfast - Sun 29 Mar

Hat Party - Saturday 23rd May
@ the Warrens

Theme for the food is United Kingdom; Dress is 60's style .

Sandy Warren 0401 670 113

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

Challengers

Chatter

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