

# CHALLENGERS' CHATTER

FEBRUARY 2022

## Miami Meet



by Linda Hogg

Eight Noosa swimmers 4 male and 4 female attended the Miami swim meet on Saturday 12 Feb.

The meet was well run and apart from a bit of rain all had a good time. This was the first competition that people have been able to do in a while and everyone was a little rusty when it came to racing.

Noosa was also represented by Liz Alfredson helping as an Official at the meet and Trevor time keeping all day. It is early in the season and most people were interested in getting some times for future major carnivals.

Results are as below:

Rod Alfredson    1<sup>st</sup> – 1500m breast    1<sup>st</sup> – 800m breast  
                          2<sup>nd</sup> – 100m breast    1<sup>st</sup> – 200m breast  
                          3<sup>rd</sup> – 50m breast

Ian Tucker        2<sup>nd</sup> – 400m breast    1<sup>st</sup> – 400m back  
                          5<sup>th</sup> – 50m free        1<sup>st</sup> – 200m back  
                          3<sup>rd</sup> – 200m free

Greg Bott          1<sup>st</sup> – 1500m back    1<sup>st</sup> – 800m back  
                          2<sup>nd</sup> – 100m free     1<sup>st</sup> – 50m back  
                          1<sup>st</sup> – 100m back

John Simonidis    4<sup>th</sup> – 50m free        3<sup>rd</sup> – 100m free  
                          4<sup>th</sup> – 50m fly        4<sup>th</sup> – 50m back  
                          3<sup>rd</sup> – 50m breast

Helen Malar        1<sup>st</sup> – 800m breast    1<sup>st</sup> – 400m breast  
                          2<sup>nd</sup> – 200m breast    2<sup>nd</sup> – 100m breast  
                          1<sup>st</sup> – 50m breast

Linda Hogg         3<sup>rd</sup> – 400m breast    2<sup>nd</sup> – 400m free  
                          3<sup>rd</sup> – 50m free        4<sup>th</sup> – 100m free  
                          3<sup>rd</sup> – 200m free

Jacky Shields     2<sup>nd</sup> – 800m free        2<sup>nd</sup> – 400m back  
                          3<sup>rd</sup> – 50m back        2<sup>nd</sup> – 200m free  
                          2<sup>nd</sup> – 100m back

Adele Tucker     1<sup>st</sup> – 1500m back    1<sup>st</sup> – 800m back  
                          2<sup>nd</sup> – 200m back     5<sup>th</sup> – 50m back  
                          2<sup>nd</sup> – 100m back

In the 240-279 age group, our four women placed second to Miami in the 4 x 50m freestyle relay, while Greg Bott placed a creditable 2<sup>nd</sup> in his 65-69 age group.



## Farewell Li Qun ...



President Greg Bott presented Li Qun with a beautiful piece of art by Jane Powell which will help keep Noosa close to her heart whilst far away.



It is with much sadness that Noosa Masters Swimming farewell one of their well loved and dedicated swimmers. LQ and John have made the decision to relocate to Garners Beach, a short drive from Mission Beach in North Queensland. This is a beautiful part of Queensland but they will need to look out for: mosquitoes, jellyfish, cassowaries and of course the crocodiles. I am sure they will manage.



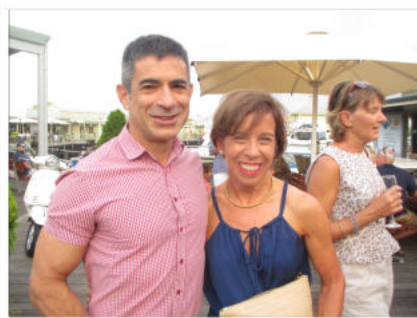
LiQun joined Noosa Masters in 2018 after months of learn to swim classes at the NAC. She started in the best of lanes – Lane 0. However, her stay there was rather brief and after a couple of sessions she was on her journey, progressing through each lane until settling into Lane 3. As she moved through each lane LQ has made friends with each and every one of us and has made a huge impact with her drive and humility to always be her best.



Yeronga Park was LiQun's first swim meet, together with Annie and Chris Cooper. More experienced members were chaperoning the girls and what a task it turned out to be. LQ did not understand that once in marshalling you had to stay there until you went out to race. Jacky likened it to herding cats (with an air horn)! In her first ever relay, at the same meet, she was heard asking the previous (exhausted) swimmer – “Should I Go Now?” at least twice before diving in. How much has she improved to compete in 4 x 400m events on the same day at the Great Barrier Reef Masters Games in Cairns 2021.



The 2021 State of Origin relay will be remembered for LiQun's inability to wait for her handicap start. To quote Mick Jones “She stuffed up the start” (He did actually use a different word). This caused Jo to protest, which was upheld and resulted in her team being DQ'd. She may never be forgiven!



## Farewell Li Qun Hussey ...

LiQun will also be remembered for her contribution to the Endurance 1000 program. She embraced the program with enthusiasm right from the start. Her swimming improved and her times reflected this. LQ filled in as Endurance Co-ordinator when Denise had to return home to look after family and did an excellent job. In 2021 LQ completed all of the Endurance program but fell short with 900 points (out of a possible 1005) in a very competitive age group. This was still an amazing result.

In the short time LiQun has been a member of Noosa Masters she has been a positive influence both in the pool and on the pool deck. As one of the members commented "she has a wonderful spirit, always looking for the good in every situation". She will certainly be missed.

LiQun is continuing to be a member of Noosa Masters and some of us will see her in Cairns for the State Championships in May this year.

... Goodluck LQ

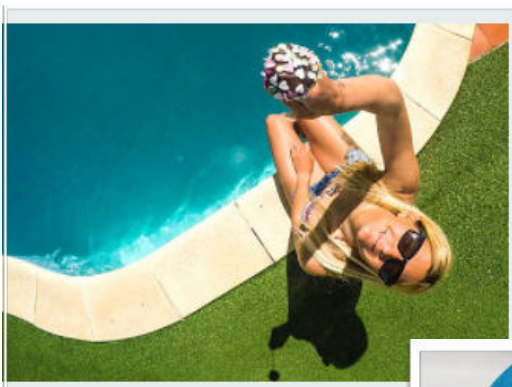


DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>MARCH</b>							
4-6	LC	2022 McDonald's Wide Bay LC Champs		SA	QC2/22	Yes	Gympie Aquatic Recreation Centre
12	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/22	Yes	Hervey Bay Aquatic Centre
26	SC	UQ Masters SC Preparation Meet	QUQ	Sunshine	Q5/22	Yes	UQ Aquatic Centre, St Lucia
<b>APRIL</b>							
1-30	Postal	Duckathon Postal (Albany Creek Masters)	QAC	Sunshine	Q6/22	Yes	Any 25m or 50m pool
20-23	SC	MSA National Championships	MSA	NSW		Yes	Sydney Olympic Park
23-30	LC	Australian Masters Games		Perth		Yes	Perth
<b>MAY</b>							
7	SC	River City Short Course Meet	QRC	South	Q7/22	Yes	Murray Evans Aquatic Centre, Somerville House
15	OWS	Muddies Annual Crater Lake Classic	QCN	North	Q8/22	n/a	Lake Barrine, Atherton Tablelands
20-22	SC	MSQ State Championships	MSQ	North	Q1/21	Yes	Tobruk Memorial Pool, Cairns
<b>JUNE</b>							
11	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/22	Yes	Bundaberg Swim Academy
18	LC	Brisbane Southside Masters Meet	QSM	South	Q10/22	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
1-31	Postal	Toowoomba Tadpoles 800m	QTW	South	Q11/22	n/a	Any 25m pool
<b>AUGUST</b>							
13-14	LC	Belgravia Special Long Course Meet	QCD	Sunshine	Q12/22	Yes	Burpengary Regional Aquatic Centre
27	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q13/22	Yes	Valley Pool, Fortitude Valley
27	SC	Long Tan Legends Super SC Sprint	QLT	North	Q14/22	Yes	Long Tan Memorial Pool, Townsville
<b>SEPTEMBER</b>							
10	LC	Aqualicious Masters Meet	QAL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre (3, 24 <sup>th</sup> also)
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
<b>OCTOBER</b>							
1-8		Alice Springs Masters Games					Alice Springs Aquatic & Leisure Centre
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre (22-10, 22-11)
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
6	OWS	Sinkers OWS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan (13, 20)
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
28	OWS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
<b>DECEMBER</b>							

**Legend:**

MSQ Swim Meets
MSQ Postal Events
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.



## Members' Officer / Birthday Fairy ...

March will see a new face in this role, as Melissa Travers takes the baton to fête each anniversary, honouring the big birthdays and also acknowledging sad or difficult episodes as they arise.



Please ... if you become aware that another club member needs extra support at any time, do tell Melissa so we, as a team, can ensure club members are ... feeling the love!

Surgery? Bereavement?

Through Melissa we can be there for each other.

# Sunset gathering at Noosa Heads Surf Club

CHRISTINE COOPER REPORTS ...



What an enjoyable evening!! We were even treated to a stunning moon rise over the bay.

Such a perfect venue for socialising at sunset, overlooking Main Beach, people watching, sipping champagne or your favourite tippie, and nibbling delicious morsels. Steven, the restaurant manager, looked after us extremely well.

He had organised the open deck area at the western end of the club as a dedicated space for us. We had ample high bars and stools which enabled people to mix around.

The platters came out over the evening and we certainly had our fill of chicken satay, fish bites, calamari, bruschetta, kofta, assorted quiche, spinach feta and sausage rolls. I don't think anyone went hungry.

The surprising highlight of the evening was the winner of 'Valentine of the Evening'.

Wearing a sparkle of red was the criteria for being nominated to go into the "Draw".

Those present wrote a name on a slip of paper - then, guess whose name was drawn out ??? None other than a previous Fashions of the Field Winner ... Mick Jones .... a red tie draped around his neck in rather rakish fashion. This led to much laughter and good-natured jibes!

One thoughtful member sent an appreciative email commenting "what an awesome time ... company and food. I hope we can do more at the NHSC in the future"

We certainly will. Planning is afoot for a bi-monthly activity such as a walk - or stretching - on the beach, followed by a meal at the Surf Club on a week night. The first one will be in **April**. Further details will be emailed out.

Thank you to everyone who came along to enjoy the evening and also to acknowledge the Noosa Heads Surf Club as a significant sponsor for our club.



## Happy Birthday Jolly Rob !



Rob's Gympie training partner, Wendy Nothdurft, was keen to wish Rob "Many Happy Returns"

Rob Jolly celebrated his 75<sup>th</sup> birthday with his good swimming buddies at Noosa Aquatic Centre following a good workout in the pool under the whip from coach Jan Croft !

Rob enjoys being fussed over and we all love him and his effervescent nature, so it's not hard to spoil him. Our other two club members with birthdays in February were away visiting family, so Rob was free to enjoy the limelight.

...Ed



## Ridewest!

I have been invited onto Ridewest, a small group charity bike ride in April 2022.

This is a bi-annual ride which raises funds for the RFDS Well-being Out West Programme, providing resources to support mental health in remote Qld communities, where suicide rates are 30% higher than those in urban areas.

The ride will be a huge challenge for me: 1,311 km from Brisbane to Longreach over 8 days, with distances of up to 220km/day.

We all go through difficult times in our lives and sometimes a little bit of professional help is what we need to get through those darker days

Please see the link below with information on the ride and how to donate. Really appreciate any donation whatsoever, thanks.

... Patrick Buxton

<https://ride-west.raisely.com/patrick-buxton>

### What Patrick's page says ...

#### Why I'm Doing It ...

I am taking part in Ridewest 2022, a biennial bike ride from Brisbane to Longreach covering 1311 km over 8 days.

All money raised will be donated to the RFDS Well-being Out West program.

This provides vital mental health services to rural and remote communities throughout western Qld. I work as a rural generalist doctor. As such, I have experienced first hand the health challenges faced by regional communities in Australia.

Geography pays no respect to critical illness and mental health.

I have worked many roles over the last 30 years: as remote community doctor; as retrieval doctor with RFDS out of western Qld, as RFDS doctor flying in to provide community clinics and GP support; as rural hospital doctor; and as receiving doctor in urban areas.

In every role I have witnessed the emotional distress and resultant devastation caused by significant mental health issues - to individuals, their families and the wider community.

By participating in Ridewest, my hope is that I can help to highlight the massive disparity in health resources and outcomes between regional Australia and metropolitan areas, and help to raise much needed funding.

I am looking forward to challenging myself and riding distances I have never attempted before. Before registering, the furthest I've ever ridden was 100km.

I look forward being part of a team pulling together to help each other cope with the physical and mental challenges of riding distances of up to 220km per day.

Can you help by giving what you can to my fundraising page. Please share this with others - the more who are aware of the impact of mental health in regional Australia, the better chance of providing help.

... Thank you



## COACH'S TIPS

### Basic Fly Tips ...



Don't put hands in hard at top of stroke.  
Don't pause at the front of your stroke.  
Don't dive deep ...keep everything small and kick.

#### **Pull buoy use.**

##### Upside:

When swimming with a pull buoy, it is easier to focus on the high elbow catch and is also helpful with breath control - great for hypoxic sets with a 3/5/7 breathing pattern.

##### Downside:

Pull buoy can limit hip rotation. Power in your stroke doesn't just come from your arms and shoulders. A lot of it is derived from your hips. Using a pull buoy makes your hips flatter, which will reduce your stroke length. Be realistic about why you are using a pull buoy.

Do not lift your arms too high out of the water. This takes too much energy.

Kicking provides a large amount of propulsion. Both legs perform a large powerful kick simultaneously. Your legs must remain together and keep your feet pointed. For every cycle of arms, you kick twice. The first kick provides enough power to lift your arms out of the water during recovery phase of the stroke. The second kick occurs before you begin your pull and provides additional drive to keep your forward momentum up.

The No. 1 mistake is to lift your head too high when you breathe. Your hips will drop and you will sink into the water and slow down.

Breathe every stroke initially and learn to breathe every 2/3 strokes which can reduce drag.

*Happy swimming - Cheers, Jan*

## QNA Social Calendar for March & April

### Date Claimers

#### **Any Wednesday in March – from 5.30pm**

Book a table for a meal or have a drink to support our Club's ticket sellers Raffle Night at the Tewantin Noosa Bowls Club. Raffle profits will be distributed to our Club.

#### **Sunday, 20 March – from 4.30pm onward**

Zana Dare has offered to host a get together at her place. BYO BBQ or nibbles to share.

Zana has a terrific pool and this was originally billed as a "Synchronised Swimming" event.

We haven't been mobbed by willing swimmers to strut their stuff as yet ... BUT it not too late!

Scouts will be out at the pool on the lookout for willing participants.

#### **Sunday, 30 April – The Barnes Garage Variety Night**

This was great fun at the inaugural event last year, so Jim and Christine Barnes have again offered to host another evening of interesting entertainment. The Sunny Coast Bootscooters are keen to join in and challenge us with another bootscootin' routine.

How about putting on an item ... music, singing, dancing, poetry, a reading ... whatever!

*More details to come.*

## Record Flooding



Wendy Nothdurft sent this photo 27/2/2022, saying "This was Gympie two days ago. The water levels have kept rising since then and are now at the second highest level since some time in the 1800's. It has surpassed the 1999 floods. I think it is over 22 metres now."

### *and closer to home ...*



#### **NOOSA MARINA**

We farewelled LiQun & John Hussey here only a couple of weeks ago!



The Noosa Summer Swim is a bucket list event for any keen ocean swimmer with a festival atmosphere that only Noosa Main Beach can deliver. Noosa Masters Swimming Club was again well represented.

The Super Sunday (February 20<sup>th</sup>) of swims, ranging from the 300m to 5,000m as always, included a huge range of abilities on the start line, from first-timers to seasoned swimmers and current Australian representatives.

Noosa Masters Swimming Club Members and friends fitted into the various categories from first timers to seasoned warriors.

Noosa was splendid in turning on the charm of perfect water and glorious conditions, sunny skies and a supportive crowd to cheer on all the entrants young and old.

The following club members completed the distances as follows with top 10 placings to many.

### 3.0km

Diane Scott Davies	55-59F	52.31.6	3 <sup>rd</sup> Place
Dana Galbraith	60-64M	49.23.7	2 <sup>nd</sup> Place
Bruce Hammond	60-64M	1.03.48.5	13 <sup>th</sup> Place
Ian Tucker	65-69M	52.15.9	1 <sup>st</sup> Place

### 2.0km

Studley Martin	55-59M	36.21.5	4 <sup>th</sup> Place
Adele Tucker	60-64F	51.25.3	15 <sup>th</sup> Place
Greg Bott	65-69M	37.45.4	4 <sup>th</sup> Place

### 1.0km

Ian Robinson	55-59M	19.26.7	3 <sup>rd</sup> Place
Terry Carter	70+ F	24.11.1	1 <sup>st</sup> Place

A most enjoyable swim and great results for all who entered.

Another opportunity at the end of May at Noosa and or Mudjimba - Swim the Island Swim on 9<sup>th</sup> April (3.0km) or Mooloolaba Mile March 27<sup>th</sup>.

Happy Swimming everyone.  
Ian Tucker

## LANE WARRIORS

**An MSQ Annual Distance Swimming Program**

NEW

3 AGE GROUPS

18—34  
35—60  
61 +

How does it differ from the Million Metre Program?

- It doesn't matter what stroke you swim
- Include kicks and drill
- Flippers and pull buoys permitted
- No minimum distance required
- It's only about swimming to increase your fitness
- It's in 3 age group categories
- Calculate your distance on the spread sheet, each time you swim laps—regardless of your stroke or how far you swim
- Top 5 awards in each age group
- A certificate for the top 5 winners
- Top 3 clubs of the year
- The spread sheet must be entered individually
- The club recorder checks the spread sheet and submits a club summary sheet on the 14th January of the following year

A FITNESS CHALLENGE PROGRAM—MSQ

The program calculates every distance you swim, long or short—every time you get into the pool.

**WHEN:** 1st January

**UNTIL:** 31st December

**HOW:** Add up your personal distances swum every time you swim laps

**WHAT:** Calculate the distances you've swum on the spreadsheet

**THEN:** Your club must return the sheet by the end of January of each year and then wait for the results

Congratulations to the six clubs and 73 swimmers who took part throughout the year.

The latest results can be found here: <https://mastersswimmingqld.org.au/programs/lane-warriors/>

The total distance covered was 12,265,850m averaging 168km per swimmer.

**The top three club averages for the year were:**

1. Ipswich City Masters
2. Toowoomba Tadpoles
3. Twin Towns Masters

**The top 3 clubs for the year were:**

1. Gympie Gold Fins QGF 902,700m
2. Noosa Masters QNA 338,200m
3. Barbarians QBR 284,038m

Brian Cairns was the only swimmer from QNA to submit for Lane Warriors.

One participant per club results:

		Total	Distance	Age
Justin Giles	QGF	902,700m		33
Brian Cairns	QNA	338,200m		74

**Congratulations, Brian - what a stalwart!**

The MSX program has been cancelled for last 2 years due to COVID. We understand a new format for the program is due to be released shortly.



# ENDURANCE 1000 REPORT

## February 2022



With swim carnivals on the horizon, many swimmers have been entering postal swims ahead of time, and most of these contribute to the Endurance program tally too. It is such fun to see swimmers, with great trepidation, attempt a new distance, or a new stroke, and then realise what they have accomplished:

- Jacky Shields and Julie Tierney, swimming stroke for stroke to complete 400m freestyle in well under 8 minutes.
- Jim Travers hit out for 800m, and sported a cheshire grin on completion.
- Behind the scenes, dedicated recorder Tricia was tearing her hair out because her figures didn't tally with the online Endurance results and it took her hours of mathematical calculations to correct. Ah, her relief when she found those missing points!

Our little band of Deckies capably corral Endurance swimmers each Tuesday, ensuring (almost) nobody misses out, and its great to see swimmers happily take their turn to time other swims.

Stop watch lessons are taking place poolside where necessary. We are hoping for more formal instruction on these in the near future.

Coffee after Endurance swimming is about the best part: camaraderie shines through! Mark Besford is there to deliver his 'love eggs' ... yummy free range chicken eggs from his 'girls'.



Other members bring home grown bounty to share... Lynette Clemitson brought Bunya Nuts, so delicious - the labour-intensive prep was worthwhile!

*Enduringly yours,  
Jane Powell  
Endurance Coordinator*



### MARCH

Lois Hill	9/3	Bob Morse	15/3
Bruce Hammond	12/3	Jan Croft	24/3
Adrian Wilson	19/3 (big 70)	Brian Cairns	16/3 (7-5)
Christine Cooper	13/3	Denise DeCarlo	25/3

*Age is strictly a case of mind over matter.*

### **A few lost words from our Childhood ...**

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included:

**Don't touch that dial ... carbon copy ... you sound like a broken record ... and ... hung out to dry.**

**Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy Moley!**

**See ya later, alligator! Okidoki Great Scott!**

# Please support our Sponsors

*Thank you for your support*

<p><b>Noosa Heads Life Saving Club</b> Hastings St Noosa Heads Q 4567 Tel: 5474 5688</p>	<p><b>Noosa Aquatic Centre</b> Girraween Court Sunshine Beach Q 4567 Tel: 5448 0288</p>
<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>	<p><b>Ironman</b> 24 Lionel Donovan Dve Noosaville Q 4566 Tel: 5430 6700</p>
<p><b>The Great Little Bag</b> Shop 105 Eumundi Square Napier Street Eumundi (on Market Days) Wed-Sat 7.30-2.30 Fri 8.30-2.30 <a href="http://www.thegreatlittlebag.com">www.thegreatlittlebag.com</a></p>	<p><b>Officeworks</b> 1 Gateway Drive, Noosaville Q 4566 Tel: (07) 5449 5400</p>
<p><b>John Bird Jewellers</b> The Atrium 91 Poinciana Avenue Tewantin Q 4565 Tel 5474 4639</p>	<p><b>Hinter-Coast Transport</b> Charters-Schools-Weddings-Tours Tel 1300 658 971 0410 602 632</p>
<p><b>Terry White Pharmacy</b> Shop 20, Noosa Junction Plaza Sunshine Beach Rd Noosa Junction Q 4567 Tel: 5447 2244</p>	<p><b>Live Life Pharmacy</b> 22 Sunshine Beach Road Noosa Junction Q 4567 Tel: 5447 3478</p>
<p><b>Bunnings Warehouse</b> Noosa Road &amp; Gateway Drive Noosaville QLD 4566 Tel: (07) 5430 5400</p>	

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