

CHALLENGERS' CHATTER

JANUARY 2015



TWENTY-FOUR swimmers & 3 supporters made up the Noosa team who travelled to Brisbane early Sunday morning 18 January. The day was very hot but our team swam magnificently winning the overall points Trophy with 1001 points and winning 39 Gold medals, 38 Silver medals & 20 Bronze medals. Gold medals were awarded to Jan Croft, Julia Dunstall, Bardie Gruber, Linda Hogg, Rob Jolly, Geoff Lander, Mary Lester, Helen Malar, Bob McCausland, Ian Mitchell, Adele Tucker, Bruce Warren, Adrian Wilson, Dyanna Benny, Anne Gripper, Jana Clancy & Ian Robinson. Silver medals for Joe Gilbert, Tricia Hughes, Terry Mortimer & Ian Tucker. Bronze medals to Wendy Ivanusec & great swims & PB's for Robyn Selby & Rod Alfredson who both narrowly missed out on medals but earned the team a good number of points. Swims of the meet go to Jan Croft with a State record in the 25m Fly, Ian Robinson with a State record in the 100m Breaststroke as well as Bob McCausland & Helen Malar who both won 5 gold medals each. Well done to all swimmers.

Noosa stars at River City !!

.We were a great team!!

Congratulations also to Tricia Hughes in her inaugural Noosa Masters Meet, she achieved a Silver medal in the 25m Breaststroke.

Also, the only relay was a 6 x 25m freestyle sprint relay with 3 men & 3 women competing. We had 3 teams entered & our number 1 team of Ian Robinson, Ian Tucker, Adrian Wilson, Julia Dunstall, Anne Gripper & Dyanna Benny were just beaten into 2nd

place overall by a very fast & young River City Team. It was great to watch our swimmers sprinting over 25m, swimming flat out with hardly a breath taken between them as they all raced down the pool.

The meet was very well organised, we all thoroughly enjoyed it and we thank Ogl

McCausland & Lorna Lander for timekeeping all day. Great job girls! We all really appreciate you both.

Graeme, our bus driver from Hinter Coast Transport was also great and passed on photos that he took with his iPad of all the team with the trophy.

We are now looking forward to Hervey Bay Meet on Saturday 28th Feb, so hope to see as many people there as possible.

*Helen Malar & Adrian Wilson
Co Club Captains*



WINNERS ARE GRINNERS !!



ROUND 2 OF HANDICAP SERIES

Photos from Round 1

Despite a rocky start due to a chaotic nominations process, the first Round in the Club's Handicap Series was quite successful and those who participated enjoyed the event. At the end of the round, team points were tallied and the leading team is the "Old Fogies" (385 points), followed by "Old Farts" (297 points), "Old Fools" (278 points) and "Old Folks" (165 points). Ian Mitchell and Dianne McFarlane are equal first on the leader board, with Alex Weatherill coming third.

Round 2 of the Handicap Series will be conducted on 8 February 2015. It will

If preferred, you can email your entries to franandadrian@gmail.com

Late entries will be accepted on the day, but we cannot handle too many.

Come along and "give it a go"!

... Adrian Wilson



Guess what the next relay theme will be?



be held in the 25 metre pool and will start at 8:00 a.m. Before that, a short Sunday squad session will be held from 7:30 a.m. in the 50 metre pool. It will enable participants to warm up.

This round includes 50 metre events for each stroke, plus a 25 metre freestyle event. The round will feature a *Novelty Relay* which, in keeping with Club standards, will be a wine glass relay. Swimmers will need to balance a wine glass (plastic, of course) on a kick board while swimming the event, and then pass the glass and kick board on to the next swimmer.

To avoid the chaos experienced in the first round, members are asked to hand their entries to Adrian Wilson before the day of the event, if possible. He will be at each squad session leading up to the day.



Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. ENJOY LIFE NOW ... IT HAS AN EXPIRY DATE!

You've gotta read this...



2015 Masters Swim Series

<http://www.mastersswimming.org.au/Events/2015-National-Swim-Series>

The Masters Swimming Australia National Swim Series was successfully launched in 2014. With a mix of Long and Short Course meets held all over Australia, many members were eager to use the series to set personal goals, to see Australia and to form new friendships.

Eight meets make up the Masters Swimming Australia 2015 National Swim Series – the 2015 National Championships, to be held in Hobart, and one nominated meet from each of the Masters Swimming Branches.

The National Swim Series is about participation and performance, with members encouraged to get involved in the pool meets to be in the running for awards – members need only swim two meets to be eligible for prizes.

[CLICK HERE](#) to download the 2015 Swim Series Flyer

[CLICK HERE](#) to view the awards calculations



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

14 Feb - Gladstone - CANCELLED

14 Feb: Miami Masters Valentines Day Swim Meet - \$25 swim \$15 meal - entries close 31/1/2015

28 Feb - Hervey Bay + OWS - \$25, OWS \$5, function \$30 - entries close 14/2/2015

13-15 Mar - State LC Championships, Townsville - \$65 registration - entries close 20/2/2015

8-11 Apr - National SC Championships, Hobart - \$65 registration + \$7.50/event entries close 2/3/2015

18-25 Apr : Mildura Masters Games -

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

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

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

24 Sep - Duck Creek (Lismore)

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



The Future is Graphene ...

For those of you who have read / heard about GRAPHENE here's something that may help you understand what it actually is. If you haven't heard of it be prepared to be amazed

Get ready to throw away your laptops, iPods and cellular phones. They're going to be as obsolete as 8 track tape, 78 records and cassettes in a very short while. This is truly amazing and you thought there was nothing left to invent!

<https://www.youtube.com/embed/WFacA6OwCjA>

And all from the University of Manchester!!

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](#)



The nicest thing about the future is that it always starts tomorrow.

A VERY SPECIAL OCCASION !!

Karen Martin



Robyn McNamee, Robert Martin, Tony Abbott, Janet Martin

Robert and Janet Martin were invited to the nation's capital, Canberra.

They went as guests of Ian McNamee, a long term friend who is involved with the cricket association in Canberra.

The occasion was the Prime Ministers XI Cricket match held on Wednesday 14th January.

This is a very special event with only 200 invitees from Australia and other cricketing countries, whereby, current touring teams play a 'friendly' game against an Australia team chosen by the PM.

Bob had the PM sign his embossed invitation and also has a photo of him and Janet with the PM

There was a meet and greet the night before and then a dinner on the cricket day.

At the meet and greet, they were introduced to Tony Abbott and had a photo taken with him



Editor's note: Rob Martin, Karen's father, is not a member but is a constant Endurance timing volunteer on Sat



COACH'S TIPS

These two drills helps you develop a strong catch...



Underwater recovery drill

Underwater recovery drill is just as it sounds Swim your normal freestyle stroke but instead of recovering out of the water, recover under the water. I.e. Instead of lifting you arm out of the water shoot it forward about 5-10cm under the water.

Single arm freestyle.

One arm free is a good way to develop a strong catch as it allows You to focus on one arm stroke at a time. A good drill combination is to stroke 3 times with your left arm and then switch and stroke three times with your Right arm. With each stroke concentrate on keeping your fingers and hand soft as you enter the water on feeling the pressure on your palm.

Happy swimming.

Cheers, Jan

POSTCARDS ...

From Tom & Marlene

in Vichy

Friends of many Noosa Masters, Marlene & Tom Roberts, with their fellow Vichy Masters Swim Club team members gained a trophy for second place in an inter-club competition. We look forward to welcoming them back in Noosa, 6 February for their annual Oz adventure

... Tony Frost



Je suis Viv & Geoff

in Paris

Hi all,

Geoff and I have been in Le Kremlin Bicetre for two weeks today. Our journey was uneventful and we arrived at Gerard's apartment on the RER and the Metro with no problems. We settled in and got our bearings on the first few days and as I work 3 days we have arranged our sightseeing around this.

We have been in Paris at a terrible time and decided to represent Gerard at the Unity Rally for Charlie Hebdo. It was incredible, about 1.5 million people all rallying together.

Things have settled down a little, but on every school corner, public building or Jewish area there are armed guards.

Paris, even in winter when the temperature is 0 degrees, is packed with people, rugged up for the weather and the cafes and restaurants are busy.

Sales are on for all the ladies, although clothes would be too warm for Noosa, the shoes and bags are a steal. Hoping to buy some summer clothes before I leave, so I may be fashionable!

... Viv Merrill



2015 STRAYA DAY

Our Publicity/PR man, Tony Frost, was on the ball, inviting Noosa Today to send along a photographer to Noosa Woods to see what Noosa Masters swimmers get up to on Australia Day! They were kind enough to share them with us and some great photos were subsequently published on pages 12 & 13 of the paper, which is great publicity for the club and it's motto of Fitness, Fun and Friendship !! Thanks Noosa Today !!



... Ed



FOUR WAYS TO EASILY TELL WHAT YOUR POOP SAYS ABOUT YOUR HEALTH

Friday, January 23, 2015 by: Derek Henry



It's not something discussed in most social circles, but one of the most important topics when it comes down to you being able to evaluate your health, is your poop. The frequency, form, fumes, and colour are all you need to evaluate your stool and to be able to make a reasonable assessment of how different areas of your body are functioning.

So, if you are ready to get down and dirty with your bowel movements, be sure to use this handy guide to measure your results

Frequency

There is no doubt that consistently moving your bowels is important, and anyone who has been constipated would certainly agree that infrequent bowel movements are, well, a pain in the ass. However, those who tend to go multiple times a day may say that sometimes "more" is not better. In the end, the answer lies somewhere in between, with some pertinent details.

The gold standard would be to have 2-3 complete and fully formed bowel movements a day. This means, you feel like your bowels have completely emptied each time, and your faeces are a type 3 or 4 (see more on form below). This is very difficult for most people to achieve, as their diet and inner ecology need to be nearly impeccable for this to occur.

The generally approved standard would be 1 complete and fully formed bowel movement a day. This would indicate that your diet and digestive system are in good working order. Anything less than this would indicate some level of constipation, which will eventually cause many chronic [health](#) conditions.

It is also important to note that going 4 or more times a day is NOT typically healthy, as it often indicates an overactive digestive system that is constantly attempting to rid itself of toxins. The only time this may be considered "normal" is when a detoxification or cleansing protocol is in effect.

Form

To get the proper form, our digestive systems need to be efficiently breaking down and assimilating nutrients, and waste needs to be passing through our system in a reasonable time frame (too short of a time frame and you have diarrhea; too long and you become constipated).

There are 7 types of bowel movements, and they can be described as follows:

Type 1: Separate hard lumps, like nuts (hard to pass).

Type 2: Sausage shaped, but lumpy.

Type 3: Like a sausage, but cracks on the surface.

Type 4: Like a sausage or snake, smooth and soft.

Type 5: Soft blobs with clear-cut edges (easy to pass).

Type 6: Fluffy pieces with ragged edges (mushy).

Type 7: Watery, no solid pieces.

You should consistently be achieving type 3 (good) or 4 (ideal). Anything else that is routinely passed (2-3 times a week or more), is indicative of digestive disturbances.

Fumes

If your stool has an extraordinarily bad odour, you should not ignore it. This could be an indication of a number of digestive problems such as Candida, celiac, and Crohn's, as well as other digestive support system problems such as pancreatitis and liver disease.

The bottom line is that stool will have a smell, but if it nauseates you or others, it's a problem.

Color

The colour of your poop, believe it or not, matters. An optimal stool is a nice medium to dark brown colour, like what you might see in milk chocolate. If it is black, it could be a sign of blood in your upper GI tract. If it is yellow or green, it could be a result of fat malabsorption or liver or gall bladder stress.

Certain foods can also change the colour of your stool, such as dark greens and beets, and this is typically not a concern.

Other considerations

There are debates as to whether floaters or sinkers are best, but the overall consensus seems to be that sinkers are better. You will also want to note any undigested food particles in your [poop](#), which is a sign of incomplete digestion.

One other thing you may want to note is excessive mucus in your stools. This is another sign of digestive problems, possibly related to an IBS, Candida, and/or a parasite infection.

In the end, your poop says a lot about your health and more specifically, your digestion. For a handy chart on proper and poor-looking poop, along with some of the top ways to fix any problems, visit [4 Reasons Your Digestion Is Ruined and What You Can Do About It](#), and [Balance Your Ecosystem](#).

About the author:

Derek Henry, B.Kin, is a highly revered holistic health coach and world renowned natural health blogger and educator who created [Healing the Body](#) to help people understand the fundamental principles to exceptional health so they can overcome their own health challenges.

[Check out THRIVE](#), and get all the answers you need for a healthy 2015!

THE ADVENTURE CONTINUES

Brian Hoeffler - 25 Jan 2015

I've been in Nice since Thursday, and leave on Tuesday for Barcelona where I'll catch my flight home on Wednesday. Have enjoyed the trip immensely, but also looking forward to being home after eight weeks.

Today or tomorrow, I'm going to take the public bus trip (1.5 euros!!) from Nice to Monaco. Apparently the road winds along the exquisite coastline, so I'm keen to see that. I'll be safe from temptation in Monaco - much too scruffy to be allowed into the casino!

Here are a few photos from my days in Nice:



Yesterday I climbed the high and historic hill behind Vieux Nice and took the photo of the town and beach; the beautiful Promenade de Paillon is just around the corner from my apartment;



The buskers played one of my favourite pieces - the Albinoni adagio that was used in Peter Weir's 'Gallipoli' with such dramatic effect.



The family portrait is from Museu Massena - in the former Massena family home, a luxurious house on the Nice beachfront - note how the lesser characters in the painting (minor aristocrats?) are half hidden behind pillars etc.;

Last night I saw an innovative dance performance at La Semeuse theatre; and finished with a late-night dinner at La Maison (the name sounds corny, doesn't it?) scallops of veal with cream and mushroom sauce (against doctor's orders, I'm sure!) washed down with an impertinent little red.

See you in a week ...

Cheers, Brian



TWO SHADES OF GREY AT SHADES

Tony Frost



A rare opportunity for Noosa Masters swimmers to enjoy a meal locally and listen to musicians with a passion for Rock 'n' Roll.

Barry Bull, a talented guitarist, having played with the Shadows (Cliff Richards backing group) & Neil Diamond and Peter Fraser, featuring on keyboard, noted for his regular gigs with James Morrison (jazz trumpeter) & the late "big voice" Ricky May".

Peter - a "muso" by night whilst a school teacher and beach lifeguard was, more recently, an education lecturer at Sunshine Coast University before retiring 2014.

WHERE: Shades Restaurant, Sunshine Beach Road, Noosa Junction (opp. Westpac)

WHEN: Saturday, 28 February, 6.00 - 9.00 pm.

BOOKINGS ESSENTIAL: Sandy Warren on 0401 670 113

CLINTON STANLEY, Australia Day Ambassador

Sue Stanley



26 January 2015

[VIEW YOUR STATE OR TERRITORY WEBSITE](#)

NATIONAL	NSW	VIC	QLD	WA	SA	NT	TAS	ACT
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Ambassadors

[BACK](#)

Clinton Stanley (Queensland)

Cooroy's "Super Fish"



Attending events:

Location: Mill Street,
Rosewood, Queensland,
Australia

Family Fun Day at
Rosewood Aquatic
Centre

[View event](#)

Location: Brisbane Road,
Bundamba, Queensland,
Australia

Free Family Fun at
Bundamba Swim Centre

[View event](#)

An inspirational swimmer known as Cooroy's "Super Fish", Clinton has been a world champion across a range of events including the 1500 metres freestyle. Clinton has represented Australia seven times. New Zealand (2001), South Africa (2004), Ireland (2006), Taiwan (2007), Portugal (2008), Taiwan (2010) and Italy (2012). He has broken 79 Down syndrome world records. He returned home from Italy as the World Champion for the 800m and 1500m Freestyle. Clinton was also an Australian of the Year 2013 Queensland Award Finalist and has received an Outstanding Lifesaving Award. Clinton is a recipient of the Baden Powell Award the highest award in scouting.

Clinton has been a qualified volunteer lifesaving patrol member with Sunshine Beach Surf Lifesaving Club since 2007. He has worked part-time for Wimmer's Beverages in Cooroy for the past 19 years and is a voluntary pool attendant for Noosa Aquatic Centre. He has been a member of Noosa's Masters for the past 10 years. Clinton is a role model for others with Down syndrome and for all swimmers.

Mercure Townsville 2015 MSQ State Championships



DATES: Fri 13—Sun 15 March
VENUE: Long Tan Memorial Pool
Lindeman Ave, Heatley

Events— 9 Individual

DAY 1

Event 1: 400m Freestyle
Event 2: 400m Butterfly
Event 3: 400m Backstroke
Event 4: 400m Breaststroke
Event 5: 400m IM

Warm up: 12p.m.
Start: 1p.m.

DAY 2

Event 6: 200m IM
Event 7: 50m Backstroke
Event 8: 200m Breaststroke
Event 9: 100m Freestyle
Event 10: 200m Butterfly
Event 11: 50m Breaststroke
Event 12: 100m Backstroke
Event 13: 4 x 50m Women's Freestyle Relay
Event 14: 4 x 50m Men's Freestyle Relay
Event 15: 4 x 50m Mixed Medley Relay

Warm up: 7.30 a.m.
Start: 8.30a.m.

DAY 3

Event 16: 50m Freestyle
Event 17: 100m Breaststroke
Event 18: 100m Butterfly
Event 19: 200m Backstroke
Event 20: 200m Freestyle
Event 21: 50m Butterfly
Event 22: 4 x 50m Women's Medley Relay
Event 23: 4 x 50m Men's Medley Relay
Event 24: 4 x 50m Mixed Freestyle Relay

Warm up: 7.30 a.m.
Start: 8.30 a.m.

Limit of 2 x 400m events per swimmer
Limit of 2 x 200m events per swimmer
Limit of 3 x 100m events per swimmer



MSA
Swim Series
2015
Event 1



**MASTERS
SWIM SERIES
2015**

MASTERS SWIMMING AUSTRALIA

Stay at the Mercure Hotel

Discounted Prices—Quote
'Masters'

Standard double rooms—\$119pn
Standard twin rooms—\$119 pn
Superior double rooms—\$134 pn
Superior twin rooms—\$134 pn

NOMINATION FEES:

Individual Nomination: \$65
Relay Team Entry Fee: \$12

Entries open:

12 January 2015

Closing date:

20 February 2015

www.mastersswimmingqld.org.au

2015 MSA National Swim Series



The Masters Swimming Australia National Swim Series was successfully launched in 2014. With a mix of Long and Short Course meets held all over Australia, members such as Bryannon, Anita and Ryan (pictured) were eager to use the series to set personal goals, to see Australia and to form new friendships.

Eight meets make up the Masters Swimming Australia 2015 National Swim Series – the 2015 National Championships, to be held in Hobart, and one nominated meet from each of the Masters Swimming Branches.

The National Swim Series is about participation and performance, with members encouraged to get involved in the pool meets to be in the running for awards – members need only swim two meets to be eligible for prizes.

Event	Host	Dates	Location / Contact
Mercure Townsville 2015 MSQ State Championships (LC)	MSQ	March 13 – 15	Long Tan Memorial Pool, Townsville www.mastersswimmingqld.org.au
LiveLighter 2015 All Club Challenge (SC)	MSWA	March 28 – 29	HBF Stadium, Perth www.mswa.asn.au
2015 MSA National Championships (SC)	MSA & MSTas	April 8 – 11	Hobart Aquatic Centre, Hobart www.mastersswimmingtasmania.org.au
2015 MSV Long Course Championships (LC)	MSV	May 17	Melbourne Sports & Aquatic Centre, Melb www.mastersswimmingvic.org.au
Tasmanian Winter Championships (SC)	MSTas	August 22 – 23	Launceston Aquatic Centre, Launceston www.mastersswimmingtasmania.org.au
MSSA Short Course State Cup (SC)	MSSA	August 30	SA Aquatic & Leisure Centre, Adelaide www.mastersswimming.sa.org.au
NT Long Course Championships (LC)	MSNT	October 3 – 4	Parap Pool, Darwin www.mastersswimmingnt.org.au
2015 NSW Short Course Championships (SC)	MSNSW	October 17 – 18	Canberra www.mastersswimmingnsw.org.au



**MASTERS
SWIM SERIES
2015**

MASTERS SWIMMING AUSTRALIA

www.mastersswimming.org.au
#MSAswimseries2015

2015 NEW YEAR BBQ ...

January 11 was a stinker ... but loyal Masters braved the conditions to support the Ivanusec's annual New Year BBQ. Ivan slaved away over a hot BBQ to produce his usual 'just right' results, the salads were demolished with gusto, but the highlight this year was definitely the spectacular desserts - thanks so much ladies, esp. Adele for the fruit, Gillian for the GF cakes and Sue for that amazing trifle !!



ENDURANCE 1000 REPORT

JANUARY 2015

The Endurance 1000 Program is off to a great start in 2015. Already, twenty members have completed Endurance swims and amassed 782 points during January.

Rob Lucas was first off the blocks in 2015, closely followed by Bob McCausland. Bob reckons that in 2016 he's going to do his first swim just after midnight on the 1st January so he can be the first swimmer that year ... not that he's competitive !!!

The popular Endurance Twilight Swims are on again this year. The dates for these swims are:

Thursday - Feb 5/Mar 5/Nov 5 and Dec 3.

The first Twilight swim on Thursday, 5 February will commence at 5.45pm at NAC. Club swimmers and timers are welcome. BYO food to share post swim. It's a great night. So, please contact Mary Lester by Monday 2 February to book your place.

Any member undertaking Endurance swims in 2015 needs to attend a short briefing. There are a couple of changes, plus a couple of recording processes that if followed could save swimmers unnecessarily doubling up on swims when only one can be counted. The next briefing (approx. 10mins) will be on Thursday, 5 February at 5.15pm sharp at NAC prior to the Twilight Swim.

I'm looking forward to a terrific Endurance year for Noosa Masters.

Mary Lester
Co-ordinator
Endurance 1000 Program.
MOB: 0401828371
marylester52@bigpond.com

KEEP SWIMMING FOR FUN FITNESS AND FRIENDSHIP!



<http://www.whathappenedinmybirthyear.com>

February Birthdays

Robert Jolly	8/2
Peter Santifort	9/2
Bardie Gruber	25/2

**A VERY ELITE LITTLE GROUP
THIS MONTH !!**

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



SOCIAL EVENTS

The 12 Feb - Valentines Dinner
6.30pm at Rosie's. BYO

6-9 pm 28 Feb Shades Restaurant
bookings : 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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