

# CHALLENGERS' CHATTER

JANUARY 2016

## ROMPING HOME AT RIVER CITY!

### RIVER CITY RAPIDS SHORT COURSE SWIM MEET SATURDAY 16<sup>TH</sup> JANUARY 2016

First meet of the year saw 25 swimmers compete in Brisbane. The team travelled down by bus with last year's winning trophy proudly sitting beside Brian Hoeppe (seat belt protected).

We arrived at 9.15am in time for warm up before competition commenced at 10.00am.

We welcomed newcomers to our club, Greg Bott (60-64 age group), and Sam Penny (40-44) age group and welcomed back Peter Fidler (60-64 age group).

Swimmers of the meet were Rob Jolly and Bob Morse who (as well as 2 other swimmers) won Gold medals in their 65-69 years age group.

Other medal winners were

#### Silver

Linda Hogg (50-54)

Helen Malar & Wendy Twidale who tied in the 60-64 age group.

#### Bronze

Sam Penny –Bronze (40-44).

Ian Robinson – (50-54).

Gregg Bott – (60-64)

Also winning Bronze was the Noosa A - 6 x 25m relay team of Sam Penny, Peter Fidler, Ian Robinson, Wendy Twidale, Helen Malar and Linda Hogg in a time of 1.30.41.

All our other swimmers – Jana Clancy, Lois Hill, Tricia Hughes, Sally Johnson, Mary Lester, Viv Merrill, Robyn Selby, Jacky Shields, Adele Tucker, Rod Alfredson, Peter Fidler, Brian Hoeppe, John Hordyk, Geoff Lander, Clinton Stanley, Ian Tucker and Bruce Warren swam some amazing times. They contributed to over 30% of our points enabling the Club to heist the trophy again (for the third successive year) with a total of 998 points. We were 270

points ahead of host club River City – 728 points, with Twin Towns 3rd on 627 points. A great team effort by all our swimmers!!

Many thanks to our time keepers – Lorna Lander, Elizabeth Alfredson and Erica Clancy. Such a valuable contribution - it takes a tremendous amount of pressure off our swimmers having timekeepers fill the club's allocated spots! Thanks also to supporter and chief photographer Lesley Hordyk.

We headed off back to Noosa around 4.15pm and Mary Lester entertained us on the bus home handing out chips and chocolates while fluttering her

rainbow false eyelashes (when questioned where they came from she replied that she found them in Rob Jolly's pocket!!!!). Mary also blew rainbow bubbles all over the bus so there was much fun & laughter on the way home (as usual). What will we do without Mary when she goes off travelling?

PS Rob Jolly won a bottle of Moet Champagne in the raffle.....lucky man!

... Helen Malar  
Club Co-captain





# KICK STARTING THE 2016 HANDICAP COMPETITION.

The Club's Handicap Competition will commence again on 14 February 2016.

For the information of new members, the competition is (nominally) held on the second Sunday of the month, subject to the timing of other events that might involve members. With that in mind, the first three rounds of the competition are scheduled for 14 February, 20 March and 17 April. There will be 3 more rounds in October, November and December on dates to be decided later in the year.

The competition is held on Sunday mornings in the usual time slot of the Sunday morning squad session. A half-hour warm-up squad is held from 7:30 a.m. in the 50 metre pool with the competition commencing at 8:00 a.m. in 4 lanes of the 25 metre pool. Each round comprises 6 or 7 events, typically including events for each style over 25m, 50m or 100m distances, as well as a relay event. The relay is sometimes a novelty event. A notice is circulated before each round showing which events are to be included in the round.

Entries for the events are given (or sent electronically) to the organisers prior to the day, although a small number of late entries can be accepted on the morning of the round if they are lodged before 7:30 a.m. Each round is run like a mini swim meet, with handicapped heats ensuring that all competitors are included with other swimmers of similar ability. Handicaps are calculated using each swimmer's most recent time for the event. (In the absence of a most recent time, competitors are asked to guess a time, with adjustment being made to finishing positions after the event, using the actual time swum.)

Points are allocated to swimmers according to our *Triple P* scoring system. This ensures fairness across age, gender and ability. Points are awarded for *Place* (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in each heat), *Participation* (5 points for starting an event), and *Performance* (that is, the time swum compared to each person's own personal best time for the event).

*Bonus* points are awarded if a swimmer improves on their previous personal best time.

Points are accumulated each round with the winner getting a prize at the end of the year.

In 2015, members were randomly allocated to a Team. However this left teams with unequal participation. So, in 2016, we are initially allocating members to teams according to the points they scored in 2015. This will result in teams that are much more even in their point-scoring ability. Swimmers who haven't participated in the competition before will be allocated to a team so that all teams have equal numbers. Team names will be simpler too – *Blue, Green, Red* and *Yellow*.

This is a fun activity. Members can be as competitive or as relaxed as they like. It provides a non-intimidating opportunity for new swimmers to experience competitive swimming, while catering for the serious swimmers who want to polish up their competition skills. Members enjoyed swimming in the competition rounds during 2015 and we anticipate lots of laughter again this year. All members are encouraged to come along and have a go.

... Adrian Wilson  
Club Co-captain

## Coach's Tips



### *A few backstroke tips.*

#### *Basic body position.*

Head back. Hips up. Shallow fast kick, deep catch, little finger entry.

#### *Kick.*

Fast ... shallow ... almost straight leg ... pointed toes, emphasis on up beat.

#### *Good drills*

- 1 . Double arm backstroke
- 2 . 6 kick change
- 3 ..Scull .

#### *Some tips from Ian Pope*

Tall in water ...chin in ...hips at surface ... kick legs long and straight.

#### *Best drill*

- 6 kicks, 3 quick strokes
- 6 kick change
- 1 arm fist.

*Happy swimming. ... Cheers, Jan*

# NEW YEAR BBQ



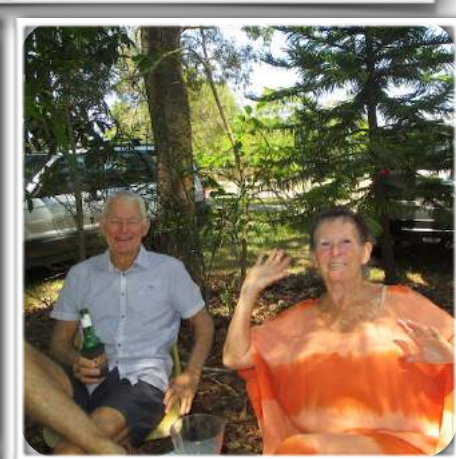
Thanks everyone for coming along (& all the lovely tasty contributions!) - great support for our little annual soir e!

Moving the tables 'n' chairs up onto our extended back yard under the trees on Eumundi Reserve was greeted with approval all 'round.

Nice breeze and room to spread out and chase the shade.

We'll work on improving it further next year - but Ivan and I could not have done it without the willing assistance of Rob Jolly and Mark Besford who carted everything up the steps and out the back - and set it all up for us ...and trotted around with plates of savouries too ... your blood's worth bottling fellas!! Here's a few happy snaps.

... Wendy Ivanusec



# BUNNINGS SAUSAGE SIZZLE

Just when our members thought that they were sizzled out on Sunday 3 January, a late cancellation created another opportunity for our Club. Co-ordinator Bruce Warren, always quick to respond to an opportunity, rallied our troops for another bash with the bangers. This resulted in volunteers shedding kilos in the +30deg heat, but all in a good cause, raising many hundreds more dollars to swell the club's coffers.

## Tale of the Irish Sausage

Shamus and Murphy fancied a pint or two but didn't have a lot of money. Between them, they could only raise the staggering sum of one Euro.

Murphy said 'Hang on, I have an idea.'

He went next door to the butcher's shop and came out with one large sausage.

Shamus said 'Are you crazy? Now we don't have any money left at all, at all!'

Murphy replied, 'Don't worry - just follow me.'

He went into the pub where he immediately ordered two pints of Guinness and two glasses of Jamieson Whisky.

Shamus said 'Now you've lost it. Do you know how much trouble we will be in? We haven't got any money!!'

Murphy replied, with a smile. 'Don't! Worry, I have a plan, Cheers!'

They downed their drinks. Murphy said, 'OK, I'll stick the sausage through my zipper and you go on your knees and put it in your mouth.'

The barman noticed them, went berserk, and threw them out.

They continued this, pub after pub, getting more and more drunk, all for free!

At the tenth pub Shamus said to Murphy - 'I don't think I can do any more of this. I'm drunk and me knees are killin' me!'

Murphy said, 'How do you think I feel? I lost the sausage in the third pub!'



## MEMBERS MEETING

**SUNDAY, 20 MARCH 2016 at 9.30am**  
in the Creche after squad

The purpose of this meeting is to update members on club affairs followed by the exciting bit ...

- Presentation of Club Trophies for 2015
- Presentation of E1000 Certificates/trophies



## Calendar



**2016 New Zealand Masters Games**  
30 Jan - 7 Feb  
[more details](#)



**2016 Malvern Marlins Interclub**  
13 Feb  
[more details](#)



**2016 MSA National Championships**  
21 Apr - 24 Apr  
[more details](#)



**ascta CONVENTION 2016**  
4 May - 11 May  
[more details](#)



**2016 Alice Springs Masters Games**  
8 Oct - 15 Oct  
[more details](#)



**2016 Pan Pacific Masters Games**  
5 Nov - 13 Nov  
[more details](#)



**2017 FINA World Masters Championships**  
1 Jan  
[more details](#)



**2017 World Out Games**  
26 May - 4 Jun  
[more details](#)

# 2016 MSQ CALENDAR OF EVENTS

tear out this page for handy reference

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>FEBRUARY</b>						
13	LC	Atherton	QAT	North	02/16	Atherton Pool
20	LC	Hervey Bay	QHB	Central	03/16	Hervey Bay Aquatic Centre
27	LC	Mareeba Masters	QMA	North	04/16	Mareeba Memorial Pool
<b>March</b>						
11 - 13	LC	<b>MSQ State Championships</b>			<b>05/16</b>	<b>Miami Olympic Pool, Gold Coast</b>
<b>April</b>						
2	SC	North Mackay Sinkers	QNS	Central	06/16	North Mackay State HS
9	SC	Albany Creek	QAC	Sunshine	07/16	Albany Creek Leisure Centre
16	SC	Whitsunday Warriors	QWY	North	08/16	Cannonvale Pool
21 - 24	LC	<b>National Championships</b>				<b>Melbourne, Victoria</b>
<b>MAY</b>						
14	LC	Noosa Masters	QNA	Sunshine	09/16	Noosa Aquatic Centre
21	LC	Rats of Tobruk	QRT	North	10/16	Tobruk Pool, Townsville
<b>JUNE</b>						
11	SC	Rum City	QBB	Central	11/16	Bundaberg Swim Academy
15 June - 14 Aug	Postal L & SC	Redlands Bayside	QRB	South	12/16	
<b>JULY</b>						
9	LC	Brisbane Southside	QSM	South	13/16	Brisbane Aquatic Centre
30	SC	Genesis Aquatic	QGA	Sunshine	14/16	Genesis College
<b>AUGUST</b>						
20	SC	Brisbane Northside	QBN	Sunshine	15/16	The Valley Pool, Brisbane
<b>SEPTEMBER</b>						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
17	SC	Redlands Bayside	QRB	South	17/16	Ormiston Pool
<b>OCTOBER</b>						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Waters Pool
<b>NOVEMBER</b>						
4 - 6	LC	<b>Pan Pacific MG</b>			<b>20/16</b>	<b>Gold Coast Aquatic Centre</b>
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
<b>DECEMBER</b>						



## AUSTRALIA DAY - TUESDAY, 26 JAN, 2016

BYO BBQ breakfast to Noosa Woods at the end of Hastings Street kicking off at 6am and enjoy a swim at Laguna Bay or in the ocean. There is planned "two up" and perhaps some old Australian songs and bush poetry.

CRAFT DAY - 10 FEB 2016 - at Adele Tucker's home

## VALENTINES DAY - SUNDAY, 14 FEB, 2016

Will be at a venue to be announced and, given that it is on a Sunday, will probably be for lunch. Again, we are interested in feed back and potential numbers so members are asked to respond to Bob Morse by email [wmandbm@bigpond.net.au](mailto:wmandbm@bigpond.net.au)



The first breakfast for 2016 will be Sunday 28 February.

Lane #1 will be providing the food.



## Masters Swimming Australia Endurance 1000 2015 Results. ¶

¶

Noosa Masters Swimming Club (QNA) of Queensland has successfully completed all of the requirements of the national Endurance 1000 swimming program and is announced as the Queensland State and National Champion Club for 2015. Congratulations to Noosa Masters and all of their swimmers and making this the third year in a row that the Qld State and National Titles have been won by the same club. ¶

¶

Club Code	Club Name	Points	Average Points	F-Points	M-Points	Participants	Female	Male	Members
QNA		19793	241.38	9510	10283	61	34	27	82
TTL		17565	548.91	11089	6476	29	16	13	32
NCT		13713	527.42	7392	6321	26	15	11	26
QMM		13118	144.15	9864	3254	57	34	23	91
NTN		12165	126.72	9428	2737	55	37	18	96
WSM		10365	169.92	3871	6494	38	18	20	61
CDW		9207	97.95	5460	3747	40	25	15	94
WML		8382	135.19	5769	2613	42	22	20	62
VMV		8315	53.30	4622	3693	70	39	31	156
WSU		7627	125.03	6520	1107	27	18	9	61

**FULL REPORT IN FEBRUARY ISSUE**



Texan actress and model Jerry Hall, 59, and media mogul Rupert Murdoch, 84 have officially announced their engagement.

With ten children between them, the couple have enjoyed a whirlwind courtship. Hall's unofficial Bali wedding to Mick Jagger, her former partner of 23-years, was declared invalid. So, her upcoming marriage to Murdoch, who she met through friends when performing in the infamous play *The Graduate* in Melbourne, will be her first. It really is never too late.

... Congratulations!



# ENDURANCE 1000 REPORT

JANUARY 2016

Well ... How about that?

The call went out to the members of Noosa Masters Swim Club (QNA) and you responded! More swimmers became involved, longer distances were marked off, points accumulated, and we won the State and National Trophies ....again .... for the third time in a row!

Although an Honour Roll will be included next issue, I am sure you will agree that our success has required an enormous investment of vision and energy. We are aware that TEAM is important, where **Together Each Achieves More** ... but I would like to acknowledge the very important role of Mary Lester in our success in the Endurance programme. And what an outcome this has been!

Through Mary's energy and vision, a team has been created and the process of accessing our personal record of swims, and the necessary stopwatches and recording sheets has been simplified. The sharing of responsibilities has increased the number of times during which Endurance swims can be conducted, while at the same time, reducing the individual load on team leaders. Well done Mary!

The results provide us opportunities to work out how we can be even more successful, how we can attract a higher percentage of our members to be involved in the E1000 program, and how we might support individual swimmers to increase their points tally.

A more comprehensive report about our E1000 performance and success will be included in the February Chatterbox.

Owen Curtis

Endurance 1000 Program Co-ordinator

Mob. 0447 654 663

[owen@selfmanagementsolutions.com.au](mailto:owen@selfmanagementsolutions.com.au)

Tues: 7.30 – 9am

Sat: 2pm start

*Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend them all the care, kindness and understanding you can muster. Your life will never be the same again. ... Og Mancino*

## FOOTNOTE

With the **PRODUCTION DEPARTMENT CHIEF** out of town (gone West) this is an early edition of the Challenger Chatter. Brace yourselves for a February Whopper !!



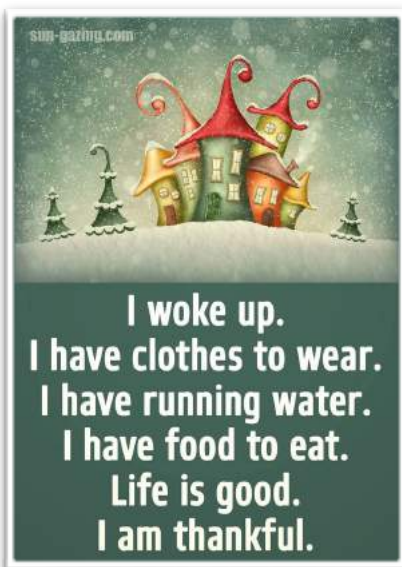
  
*Birthdays  
of the  
Month*

## FEBRUARY

Rob Jolly	8/2
Pieter Santifort	9/2
Greg Bott	24/2 Big 60 !!
Bardie Gruber	25/2

*An illustrious few !!*

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



## Please support our sponsors

<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 Tel: 5448 0288</p>
<p><b>Noosa Bookshop</b> Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p><b>Priceline Pharmacy</b> 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p><b>Real Insurance</b> c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p><b>Zoggs Swimwear</b> E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p><b>Orchids Florist</b> 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>
<p><b>USM Events - Ironman</b> 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p><b>VICI</b> Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p><b>Officeworks</b> 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p><b>Eyeline</b> Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p><b>Funky Trunks</b> Noosa Juniorz Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads <a href="http://www.funkytrunks.com">http://www.funkytrunks.com</a></p>	<p><b>Rolling Wines and Asset Insure</b> Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p><b>RACV Noosa Resort</b> 94 Noosa Drive, Noosa Heads (07) 5341 6300 <a href="http://www.racv.com.au/Noosa.Holiday">www.racv.com.au/Noosa.Holiday</a></p>	<p><b>Scooter Style</b> 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p><b>Tewantin Plaza Fruit Centre</b> Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p><b>Dan Murphy's</b> 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p><b>Bunnings</b> Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p><b>Terry White Pharmacy</b> Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p><b>Jenny Covell's Tewantin Guardian Pharmacy</b> 112 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>	