

# CHALLENGERS' CHATTER

JANUARY 2018

## NOOSA MASTERS @ ALBANY CREEK MEET

### Saturday 27.01.18

The Albany Creek meet is always a great way to start the year. Lovely pool complex. Very welcoming host club. Brisk and efficient program. And – most important after all that ‘Christmas cheer’ – a short course meet where you could swim five events on the day and yet cover only 150 metres in total!

This year, only fourteen of us travelled to Albany Creek (carrying with us the valuable 18 points that Mark and Jane Powell had contributed in postal swims). The on-the-day team comprised Rod Alfredson, Jana Clancy, Brian Hoeppe, Tricia Hughes, Rob Jolly, Mick Jones, Studley Martin, Jo Matthews, Charlie Moore, Bob Morse, Jennifer Nock, Sam Penny, Adrian Wilson and

Warren (Wazza) Yates. Erica Clancy was an enthusiastic supporter, and Elizabeth Alfredson did valuable work timekeeping. And Peter from Hinter-Noosa Transport treated us to a brisk trip home at day's end. Many thanks to all three.

Caesar's legendary boast 'Veni, Vidi, Vici' almost sums up our achievements. We didn't quite 'conquer' (as the smallest 'large club' we placed only fifth) but the statistics are revealing: First ... our ten 'postal' swimmers achieved six firsts, three seconds and one fourth! Second ... on the day our fourteen swimmers competed in 58 events for 26 first placings, 11 seconds, 5 thirds, 6 fourths, 4 fifths, 3 sixths and 3 sevenths. With 211 swimmers from 26 clubs competing, the heats were hotly contested and every Noosa placing was a credit to the swimmer.

Noosa also placed second in two relays and fourth in another, winning \$50 in the special race sponsored by Shand Taylor Lawyers.

Eight of the team won medals. Gold: Brian, Bob, Sam, Adrian. Silver: Jana, Jo, Jennifer. Bronze: Rob.

A lovely highlight of the day was the celebrating of the remarkable achievements of George Coronos, the legendary world record holder having his first competitive swim in the 100-104 age group. If you'd like some encouragement in your own swimming, keep in mind George's 25m freestyle time at Albany Creek: 23 seconds! There'll be lots about George's celebration on the MSQ website and facebook.

A fine start to Noosa Masters' year of competition in 2018.

... Brian Hoeppe



# Albany Creek Revisited

by Fay Canuse, special correspondent.

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27 January 2018

The day started badly.

The trail of trouble started at the Bi-Centennial hall. Pete's bus was seven metres long, and the Noosa club marquee measured eight. No way could the team leave it behind on a day when the sun threatened to simmer the water at Albany Creek pool and melt the new Chinese-made Noosa swimsuits.

Ingenuity was called for. Mick offered to chew through the tent poles one by one to reduce their length ... and actually made a good start on one. Bob reached deep into his Sydney memories and recalled adding an improvised second deck to an official Olympics 2000 bus, using only a razor blade, a ball of string and empty wine cask bladders. But then Rob stepped in and magnanimously offered to sit on top of the bus, astride the folded marquee.

That worked a treat! For a while. Pete, seizing the opportunity to practise for the Bathurst races, threaded the bus+trailer at breakneck speed through the startled lanes of Brisbane-bound traffic. Somewhere around Caboolture, Rob disappeared from the roof of the bus. Everyone missed him greatly ... until they realised that the marquee was still firmly in place. All's well that ... etc.

But sadly, that wasn't the end of the dramas with the club marquee. Tricia took command of the assembly team – Rod, Charlie, Wazza and Adrian – and issued instructions in her famous 'sweetness and light' tones. But she was standing in just the wrong spot! The marquee, unfolding like a baffling IKEA kit, swallowed her up, and there she remained all day, enveloped high up in the puzzling folds of blue fabric. The team could hear her muffled cries every now and then ... but were soon able to blot them out.

But horrors! Tricia's disappearance left Noosa one swimmer short in the women's relay. Despondency set in until someone remembered that 'pink tutu' from 'Swim for the Reef'. So, after a quick shave and donning the tutu and a fetching pink swim cap, 'Brianna' was ready to anchor the team.

Meanwhile, the elusive Rob turned up in fine style. He'd been rescued by two gorgeous young blonde German backpackers in an old Kombi van ... and didn't he look pleased! Hmmmm. They hung around at the pool for a while. The girls in the team were very assiduous. Jenny treated the pair to a swig of Powerade lemon & lime, while Jana offered them a couple of red 'snakes' and Jo suggested an impromptu massage. But the wide brown land beckoned the German pair. And there were a few tears as the two drove off in their rainbow-coloured Kombi, with Hans at the wheel and Ludwig reading the map.

Just on the dot of nine, Sam turned up, brimming with the exuberance of youth and exuding the glow of a finely-tuned athlete. Poking his head into the tent, he surveyed the motley crew that constituted the Noosa team. You could actually see his eyes glaze over, and there was no mistaking the gasp of disappointment that escaped his lips. He took off in the direction of the official tent, apparently to check whether he could transfer to another club ... any other club ... !

But back in the Noosa tent, a plan was being hatched. You see ... no-one felt like swimming. Or even warming up. Too hot. Too early. And too much Christmas cheer in the past month! But here the team was, metaphorically poised on the starting blocks of an illustrious swim competition, with the weight of Noosa hopes and expectations resting on their shaky shoulders. Suddenly ... a proverbial lightbulb moment. Studley, bringing his actuarial skills to bear, estimated that – if Sam could be persuaded to swim all our events for us – there was only a 1.07324% chance that the MSQ officials would notice. And, of course, everyone knew Sam couldn't switch clubs; Bob quoted Section 43(b) (iii) of the Constitution – a copy of which he keeps stitched into the seam of his togs, just for occasions like this.

And so Sam, after much cajoling – plus a handful of red snakes from Jana – agreed. Over the next four hours, Sam swam 58 races. He gained 26 first placings, 11 seconds and 5 thirds. At one stage he dead-heated with himself! And at the end of the day he collected a swag of medals. Through it all, as Studley correctly predicted, no-one had noticed.

And – would you believe it - Sam was officially declared a 'large club', and placed fifth in the 'large clubs competition'. Now that does sounds a bit odd, don't you think?

Well, didn't the Noosa team cheer!!! Thirteen well-rested Noosa voices raised in lusty celebration. Plus a rather muffled but familiar 'hooray!' that seeped out of the musty blue folds of the marquee.

Ah well ... such is life.

# VIV'S BIG DAY 70 and still sexy!



The invitation read .... no presents (obviously no-one could read!) - just bring your bodies, a drink and a chair - jazz from 4-8pm - be prepared to enjoy yourself. And we did!

Guests were greeted by Viv's famous wide, welcoming smile. Geoff fired up the BBQ - lovely salads appeared as if by magic. Lots of interesting accompaniments - salsa, etc A wonderfully different birthday cake. No lengthy speeches. What more could one ask?!

The band created a really happy atmosphere and the company was - as always - congenial !

The photos tell the story of a birthday to remember!!





Dear Jane and Noosa Masters for GBR,

It's great to have some swim squads participating in Swim for the Reef! We're hoping to setup some friendly swim squad rivals for next year, stay tuned...

The Noosa Masters contributed an amazing 20 kms and raised over \$3,929, well done! Your certificate of achievement is attached.

It looks like you had a lot of fun with your creative attire (particularly loved the pink tutu!) your fantastic Swim for the Reef banner. Also, good to see some of the White Pointers like Brian joining your team this year.

Overall Swim for the Reef went swimmingly, with 267 participants across 34 locations, raising \$58,000 (still trickling in) and swimming more than 405kms of the Great Barrier Reef.

Check out the [great photos from the day](#) and once we've finalised the lap tally in the coming days you can find the updated map on the [lap tally page](#).

Warmest thanks from the Reef loving team at EDO.  
Warm regards,



# Certificate of Achievement

**awarded to**  
**Noosa Masters for the**  
**Great Barrier Reef**  
**for**

contributing 20 km's to Swim for the Reef 2018!



20/01/2018  
date

*JoAnn Brygg*  
Signature



## Coconut/Almond energy bars

### Ingredients

(The ingredients given are all approximate and do not have to be exact. Adjust ingredients until the right consistency is achieved)

1/2 cup raw mixed nuts of any kind (I used raw almonds)  
1/2 cup pumpkin seeds  
1/3 cup raisins, goji berries, or other dried fruit  
5-6 dates  
1/2 cup natural (no sugar added) peanut butter/almond butter/sunflower butter  
2-3 scoops of cold processed vanilla protein powder  
1/2 raw apple  
1/2 cup natural flaked or shredded coconut, no sugar added  
2 Tbsp real Maple Syrup or Honey  
2 tsp cinnamon  
Sea salt to taste  
1/4 cup or so water as needed

### Directions

In a food processor, add pumpkin seeds, nuts, raisins, and dates and mix. Add nut butter, and other ingredients and mix until well blended. Add a small amount of water if mixture is too crumbly. Mixture should end up like thick cookie dough and stick together.

Preheat oven to 160-175 degrees. Grease a cookie sheet lightly with butter, and drop cookie-sized spoonfuls on sheet. Smash down till flat, about a half inch or less thick. Cook in oven all day or overnight—about 6-8 hours. You can also use a large baking dish and spread thinly in dish. Bars should be solid and slightly browned when done. Cool. Cut up in squares if in baking dish.

Makes 12 or so, depending on size.

You should also know that this recipe is an almost perfect low-glycemic snack for Diabetics, due to its blend of fibre, healthy fats, antioxidants, and a reasonably low amount of sugars and carbs that impact blood sugar.

## BUNNINGS BBQ

Tues 16th Jan 2018

After one of the hottest weekends on record, our Tuesday BBQ had lots of burning ambition and we were ready for a great day!

Seasoned opener, Kerry, always gets the fires burning first and newcomer Jenny was keen to jump in, no matter what the task!

Our first sale was a warm Coke (?) but hey - he was happy - and we got a tip (as I hadn't put the money out yet) it was only 7:15am. By 8am the Morning Crew were ready for action ... snags done, onions caramelising, drinks cold, bread fluffy.

Jackie, Jo and Linda arrived and slotted into position, Jo with Sales, Jackie on the burner and Linda taking the cash. Things settled after Jo realised we *don't do* butter on our bread at BBQ's (once we explained with the heat, things slide off).

Morning Tea sales were consistent and newcomer Mark Q arrived (early) and most definitely earned his stripes as the midday sun rose along with the heat of the BBQ. Mark pumped out the snags, Carola - a true wiz in the kitchen - kept the bread, the onions and the customers happy, while Studley looked Studley in his new Club Singlet - (which was on the not suitable to wear list, Bunnings Health and Safety rules).

Finally, the "A" TEAM arrived to do the graveyard shift. I say this because I have to wrestle anybody to help do the sweaty pack-down! Adrian has also earned his stripes on the BBQ and is free from future duties. Mark P is *the MAN* for cleaning a BBQ and should also be free of such duties - but not until I find a suitable replacement! Anyone?

Steph and I ran around doing the proverbial ... how many people does it take to pack a tent ... doesn't matter since we packed it better than we received it!

Once again, thanks Team for a great effort, look forward to cooler conditions next time and some new faces!

... Julia Dunstall  
BBQ Queen



## 2018 Island Charity Swim

The team for 2018 is - Mark Powell, Brian Cairns, Ian Tucker, Jane Powell, Di McFarlane and Sue Silburn - all members of Noosa Masters Swim Club.

Adele Tucker will paddle a kayak for us and "Rendezvous" an elegant 36 ft yacht ably skippered by Bill Gissane will be our safety boat .

I commend this event to you as a fun thing to do and raise much needed funds for a worthy cause. (Nambour and Currumundi Special Schools). Several of our club members have attended these schools in the past and we are focussed on ensuring a good level of support to the current students and their parents.

The first swimmer will start from the beach (myself for preference) and other swimmers and any strappers/photographers/cheer squad will board the "Rendezvous" at Mooloolaba at about 6.00 am and join us at the first changeover. This is usually just to seaward and a little south of Mudjimba Island (Old Woman Island) usually around 8.00am



We will take turns swimming a km or so (15-20 minutes) on down to Mooloolaba then we will all swim the last 500 m to 1km together to the beach as a group.

Please familiarise yourselves with the information set out on the web page and FB pages for the event and put your thinking caps on about fundraising .

Please take note of the additional event this year - coincident with the 11km Island swim there will be a 5 km open water Mooloolaba Bay swim for solo, duo or a team of 4 . Please feel free to organise a team to fundraise and enter this event. Details available on the website.

Direct donations can be sent by going to the link below and by clicking on the purple DONATE button it will allow you to donate on

line - if you prefer to donate in person via cheque or cash see one of the team members and they will pass your donation on.

<https://www.justgiving.com/fundraising/NoosaMastersSwimClub>

If you have any questions please email me direct or call me on my mobile listed below

<https://www.islandcharityswim.com.au/>  
<https://www.facebook.com/islandcharityswim/>

*yours in fun , fundraising and ocean swimming  
... Mark*

*Mark Powell Mob 040004975  
powellmw@bigpond.com*

## January Birthday Girls

*Di McFarlane was pleased to celebrate with her Masters buddies .... but that was just the beginning !!*



*Viv Merrill's daughter was on hand, from Sydney, to complete a squad session then help Viv celebrate her Super Seventy at the NAC !*



Birthdays  
of the  
Month

**February**

<b>Roger Pearce</b>	<b>03/02</b>
<b>Rob Jolly</b>	<b>08/02</b>
<b>Pieter Santifort</b>	<b>98/02</b>
<b>Greg Bott</b>	<b>24/02</b>

**Happy Birthday to the few of you  
from all of us**

*You're a year older than you've ever been before  
And younger than you'll ever be again !!*



**COACH'S TIPS**



**Backstroke tips this month ...**

- 1) Backstroke cannot be done without an efficient leg kick,
- 2) Emphasise stretched and streamline position when leaving wall , head squeezed between biceps .
- 3) Swimmers head should stay perfectly still, head position determines body position.
- 4) Straight arm recovery and don't over reach. Avoid entering with back of hand as this creates drag.
- 5) Work on bent arm underwater pull with shoulder roll.
- 6) Keep hips and rib cage high in the water and roll both shoulders.
- 7) Keep arm straight on recovery.
- 8) Do lots of back kick in training, kick plays a massive role in propulsion of stroke.

*Happy swimming ... Cheers, Jan*

**AUSTRALIA DAY ...**

**Australia Day is one to celebrate for Karen Martin**



This year I am celebrating ten years of being an Australian Citizen.

In 2008, having been a resident of Noosa for only less than a year, I took out citizenship and my neighbours at the time made it really special! I was given a "Now I'm a true Shelia" t-shirt to wear.

The ceremony was on Gympie Terrace and it was a weather-perfect

day. Throughout the day I was given special gifts, a meat pie, a bottle of VB, a Vegemite sandwich which was yuk, everything I wore had the flag on it and lots more!

Having now lived in Australia for 13 years, I've not managed to lose my Manchester accent but I have learned how to swim properly!

Noosa Masters is a big part of my life and I love this club 1000%.

## 2018 MASTERS SWIMMING AUSTRALIA EVENTS CALENDAR

### Calendar

- 14** 2018 MSQ State Championships LC & SC (swim #1 MSA 2018 Swim Series)  
14 Mar - 17 Mar  
[more details](#)
- 17** MSTAS 34th LC Championships  
17 Mar - 18 Mar  
[more details](#)
- 17** MSNSW State Championships (LC)  
more details to come  
17 Mar - 18 Mar  
[more details](#)
- 1** MSNT SC Championships  
1 Apr - 1 Apr  
[more details](#)
- 8** MSV LC Championships (swim #2 MSA 2018 Swim Series)  
8 Apr - 8 Apr  
[more details](#)
- 8** MSSA LC State Cup 2018  
8 Apr - 8 Apr  
[more details](#)
- 18** 2018 MSA National Championships - HBF Stadium  
18 Apr - 21 Apr  
Swim #3 MSA 2018 Swim Series  
[more details](#)
- 20** Stadium Masters LiveLighter Carnival LC (swim #4 MSA 2018 Swim...  
20 May - 20 May  
[more details](#)

### Calendar

- 10** Thailand Swim Camp 2018  
10 Jun - 17 Jun  
[more details](#)
- 15** MSNSW Branch Relay Meet (more details to come)  
15 Jul - 15 Jul  
[more details](#)
- 18** MS Tasmania Winter SC Championships (swim #5 MSA 2018 Swim Series)  
18 Aug - 19 Aug  
[more details](#)
- 25** MSV Relay Championships  
25 Aug - 25 Aug  
[more details](#)
- 23** MSSA SC State Championships (swim #6 MSA 2018 Swim Series)  
23 Sep - 23 Sep  
[more details](#)
- 13** MSNSW SC Championships (swim 7 MSA 2018 Swim Series)  
13 Oct - 14 Oct  
[more details](#)
- 13** 17th biennial Alice Springs Masters Games (swim #8 MSA 2018 Swim...  
13 Oct - 20 Oct  
[more details](#)
- 13** MSNSW Branch SC Championships (more details to come)  
13 Oct - 14 Oct  
[more details](#)

### Calendar

- 28** MSSA LC Long Distance Championships  
28 Oct - 28 Oct  
[more details](#)
- 2** 2018 Pan Pacific Games  
2 Nov - 11 Nov  
[more details](#)
- 25** MSNSW Long Distance Championships (more details to come)  
25 Nov - 25 Nov  
[more details](#)

for more details go to -

<http://www.mastersswimming.org.au>



## 2018 MASTERS SWIMMING QLD EVENTS CALENDAR

**CLUB BREAKFAST**  
**Sunday, 25 February 2018**  
to be held on the pool deck after swimming.  
It is the turn of Lane #1 to provide the food.  
Have a chat to the other members in your lane and decide what each of you will bring.  
Any questions? contact Carola :  
[crhend@bigpond.com](mailto:crhend@bigpond.com)

**KEEP CALM AND JUST KEEP SWIMMING**

There are two Open Water Swims coming up:  
4/2 Noosa, 18/2 Mooloolaba.

DATE	LC/SC	CLUB	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>FEBRUARY</b>							
10	Long	Hervey Bay	QHB	Central	02/18	Yes	Hervey Bay Aquatic Centre
17	Long	Mareeba	QMA	North	03/18	Yes	Mareeba Memorial Pool
<b>MARCH</b>							
14 - 17	Short	MSQ State Champs			04/18	Yes	WW 11 Memorial Pool, Rockhampton
<b>APRIL</b>							
7	Long	Atherton	QAT	North	05/18	Yes	Atherton Pool
18 - 21	Long	National Champs				Yes	Perth, Western Australia
<b>MAY</b>							
5	Short	Yeronga	QYP	South	06/18	Not compliant	
12	Long	Rats of Tobruk	QRT	North	07/18	No	Tobruk Pool, Townsville
26	Short	Whitsunday	QWY	North	08/18	Yes	Cannonvale Pool, Proserpine
<b>JUNE</b>							
3	Short	Rum City	QBB	Central	09/18	Yes	Bundaberg Swimming Acad.
9-10	Short	Clarence River	NCM	NSW	10/18	No	Yamba NSW
23	Short	Brisbane Southside	QSM	South	11/18	Yes	Brisbane Aquatic Centre
<b>JULY</b>							
<b>AUGUST</b>							
12	Short	Townsville Aquaholics	QTA	North	12/18	Not compliant	Kirwan Aquatic Centre
25	Short	Brisbane Northside	QBN	Sunshine	13/18	Yes	The Valley Pool
<b>SEPTEMBER</b>							
15	Long	Noosa	QNA	Sunshine	14/18	Yes	Noosa Aquatic Centre
29	Long	Aqualicious	QAL	Sunshine	15/18	Yes	Centenary Aquatic Centre
<b>OCTOBER</b>							
6	Short	Maryborough	QMB	Central	16/18	Yes	Maryborough Aquatic C
13	Short	University of Qld	QUQ	Sunshine	17/18	Yes	UQ Aquatic Centre
27	Long	Sunshine Coast	QSC	Sunshine	18/18	Yes	Kawana Waters Aquatic C
27	Long	Long Tan Legends	QLT	North	19/18	Yes	Long Tan Pool, Townsville
<b>NOVEMBER</b>							
3	Short	Cairns Mudcrabs	QCN	North	20/18	Yes	Gordonvale Pool, Cairns
7 - 10	Long	Pan Pacific Masters Games			21/18		Gold Coast Aquatic Centre, Southport
25	OWS	North Mackay Sinks	QNS	North	22/18	N/ A	Pioneer River, Balnagowan, Mackay





## "DO NOT REGRET GROWING OLDER ... IT IS A PRIVILEGE DENIED TO MANY"



My neighbour was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn.

He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair.

He said with excitement, "you appear quite elderly to be driving."

"Well, yes, I am," she replied proudly. "I'll be 97 next month, and I am now old enough that I don't even need a driver's license anymore."

"The last time I went to my doctor, he examined me and asked if I had a driver's license. I told him 'yes' and handed it to him. He took scissors out of the drawer, cut the licence into pieces, and threw them in the waste basket, saying, 'You won't need this anymore.'

... So I thanked him and left!"



### BOUQUETS

**Thanks** to Lane 0 for another superb breakfast! Congratulations to Tricia who won the fruit tray in the breakfast raffle

**Thank you** to Julia Dunstall and the Bunnings BBQ Volunteers, great job, \$746.87 was raised for the club, another sterling effort!

**Thank you** to Wendy & Ivan for their hospitality at their annual New Year BBQ - weatherwise one to remember!

**Thanks also** to Jane & Mark for kindly putting on a BBQ at their place afterwards for the swimmers and supporters of "Swim for the Reef".

**Special thanks** to Jan, Bob, Viv & Ian T for their time and great coaching!

**Welcome back** Ian Robinson, Anne Besser, Kathy & Cathy.

**Farewell**, We said goodbye today to Wendy Twidale who is moving to Brisbane. We wish her and John luck with the move and hope to see her at future swim meets, unfortunately (for us) swimming for the QUQ team.

### SPECIAL THANKS

I would like to thank Quentin Lee for his time as Vice President. Quentin has resigned for personal reasons. I would also like to thank Brian Hoepfer who has taken over Publicity Officer and Adele Tucker who will be running Twilight Endurance swims on her return from South America. Thank you Jane for your huge contribution in this and other areas. We wish you and Mark well on your travels. Dee Mooney has stepped up to take over Grant Scotcher's role, while he is indisposed. Our prayers will be with you Grant.

...Jo Matthews



### Diary Dates

Wed 14 Feb - District Schools Carnival - timers

Wed 14 Feb - Valentines cruise

December 2018 - Karlyn Pipes Swim Clinic, which has been endorsed by Jan, has moved to the first week in December (date TBA). This will allow swimmers who would have still been in Perth to attend.

Club **DVD's** providing tuition on each stroke are available for members to borrow - see Quentin Lee after squads.

If you have done a postal swim for **Hervey Bay** please put the paperwork in the white folder, top drawer of the filing

### GO SWIM OFFER : February is free evaluation month at Go Swim

<https://twitter.com/goswim/status/956613101738217473?>

[t=1&cn=ZmxleGlibGVfcmVjc18y&refsrc=email&iid=08bf6c6407184dff59a2f58dce4f774&uid=409223535&nid=244+272699392](https://twitter.com/goswim/status/956613101738217473?)

Copy this link into your browser to learn more.

# ENDURANCE 1000 REPORT JANUARY 2018

by Rod Alfredson, Endurance Coordinator



## Overview

Wow!! What an achievement – **For 5 consecutive years Noosa has won the Endurance 1000 Trophy.**  
We beat our closest opponent ( Tasmanian Talays Masters ) by 4,404 points.

## NOOSA'S TOP 10 NATIONAL E1000 SWIMMING HEROES WERE:

### FEMALE

35-39	Wear Armstrong	Equal 2 <sup>nd</sup>
45-49	Karen Martin	10 <sup>th</sup>
50-54	Julie Hollowell	4 <sup>th</sup>
	Denise DeCarlo	7 <sup>th</sup>
55-59	Jane Powell	Equal 1 <sup>st</sup>
	Adele Tucker	10 <sup>th</sup>
60-64	Jo Matthews	Equal 1 <sup>st</sup>
	Jacky Shields	8 <sup>th</sup>
65-69	Irene Symons	Equal 1 <sup>st</sup>
75-79	Maree Warr	9 <sup>th</sup>

### MALE

50-54	Studley Martin	2 <sup>nd</sup>
60-64	Mark Powell	Equal 1 <sup>st</sup>
	Ian Tucker	Equal 1 <sup>st</sup>
	Quentin Lee	3 <sup>rd</sup>
	Jimmy Barnes	9 <sup>th</sup>
70-74	Brian Hoeppe	Equal 1 <sup>st</sup>
	Rob Lucas	Equal 1 <sup>st</sup>
75-79	Tony Frost	8 <sup>th</sup>
80-84	John Havilah	6 <sup>th</sup>
85-89	Bob McCausland	2 <sup>nd</sup>

Also, 7 members (Brian Hoeppe, Rob Lucas, Jo Matthews, Jane Powell, Mark Powell, Irene Symons and Ian Tucker) achieved the maximum points possible – 1005 points for all the swims in the program. What a great effort !!

Other notable performances were achieved by -Wendy Ivanusec 637 points, Maree Warr 545 points, Corals D'Ott 354 points and Sally Johnson 350 points.



**Our 3000m swim stars** (achieved 3000m or over in a programmed Endurance swim) for 2017 were:

Ian Tucker	3575
Studley Martin	3450
Julie Hollowell	3450
Mark Powell	3375
Karen Barton	3250
Adrian Wilson	3250
Dyanna Benny	3175
Sue Ellis	3150
Irene Symons	3150
Karen Barton	(Back) 3125
Wear Armstrong	3100
Dianne McFarlane	3100
Jo Matthews	3075
Brian Hoeppe	3025
Quentin Lee	3025
Jane Powell	3000

For the statistically minded, based on average points per club member, Camletown Collegians' Club with 25 participants averaged 570 points per club member whilst in comparison Noosa with 61 participants averaged 261 points, thus placing us in 8<sup>th</sup> place in the average category.

A great effort from our club members and the Endurance Team - Quentin, Tricia, Marcia, Jane, Barry, Grant and Karen Martin's Dad, Bob.

Also, special thanks to Jane for running the additional sessions to enable members who found it difficult to make the Tuesday sessions.

## Looking forward in 2018 ...

The 2018 year started off exceptionally well with an early commencement to the program made possible via the EDO Swim-a thon.

At our first session, we had the Tucker and Powell family tag teams operating - racking up quite a number of 400m swims. Not to be outdone, President Jo managed a 1500m fly swim – easy peasy.

As someone mentioned to me, this is a great springboard from which to launch our 2018 program.



### A few of our 3,000m swim stars:

L-R Ian Tucker, Jo Matthews, Brian Hoeppe, Jane Powell, Adrian Wilson, Mark Powell



### Some of our Top 10 swim stars:

Back: Ian Tucker, Tony Frost, Brian Hoeppe, Jim Barnes, Quentin Lee, Mark Powell

Front: Denise De Carlo, Adele Tucker, Jo Matthews, Jane Powell, Karen Martin, Jacky Shields.

**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> Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH: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>Tewantin Priceline Pharmacy</b> 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p><b>Ironman</b> 24 Lionel Donovan Dve Noosaville Q 4566 PH: 5430 6700</p>	<p><b>Tewantin Plaza Fruit Centre</b> Shop 7, 7 Poinciana Avenue Tewantin Q 4565 PH:5449 9550</p>
<p><b>Karen Martin Barber Shop</b> 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p><b>Paul Rily</b> Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 PH: 5449 8800</p>
<p><b>Coast genuine eel skin</b> <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p><b>Scooter Style</b> Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p><b>VICI</b> Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p><b>Terry White Pharmacy</b> Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p><b>Orchids Florist</b> 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p><b>Dan Murphy's Noosaville</b> 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
<p><b>Officeworks</b> 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p><b>Rolling Wines and Asset Insure</b> Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p><b>Hinter-Coast Transport</b> <i>Charters-Schools-Weddings-Tours</i> 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p><b>Real Insurance</b> c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 (02) 8883 7351</p>

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