

# CHALLENGERS' CHATTER

JANUARY 2022

## NOOSA TODAY

Friday 28 January 2021



## Masters dominate

Brian Hoepper

There's a flood of cliches swirling around the Noosa Aquatic Centre at the moment. 'Incredible feat of endurance' and 'punching way above our weight' are delivered with an emphatic fist pump. And deservedly so! For the eighth year in a row, Noosa Masters swimmers have won the coveted Vorgee National Endurance 1000 trophy.

The statistics are impressive. Noosa's 58 swimmers constituted under four percent of all competitors, but amassed almost nine percent of the total points nationally. With 18,681 points, Noosa topped the list of 128 clubs.

At the elite level, only 55 swimmers around the nation achieved the top possible score of 1005 points, and seven of them (over 12 percent) were from Noosa.

The competition is titled 'Endurance' for good reason. Over a year, swimmers complete 62 swims, racing against the stopwatch to meet ambitious targets. Events range from 400 metres to swims of 60 minutes, including the fearsome 800 metres Butterfly – swum five times!

Behind the scene, Endurance co-ordinator Jane Powell is supported by a team of watchful 'deckies'. Numerous club members wield the stopwatches each week, while Endurance recorder Tricia Chalmers handles thousands of computer entries.

Jane, Tricia and the team are already 'on deck' for 2022, aiming to make it nine in a row.





**2021 E1000  
AGE & GENDER TOP RESULTS**



<b>50-54</b>	<b>LiQun Hussey</b>	<b>3<sup>rd</sup></b>
<b>55-59</b>	<b>Denise DeCarlo</b>	<b>1 of 6</b>
<b>60-64</b>	<b>Jane Powell</b>	<b>1 of 8</b>
	<b>Adele Tucker</b>	<b>5</b>
<b>65-69</b>	<b>Jo Matthews</b>	<b>1 of 8</b>
<b>70-74</b>	<b>Lynette Clemitson</b>	<b>7</b>
<b>75-79</b>	<b>Wendy Ivanusec</b>	<b>3</b>
<b>55-59</b>	<b>Studley Martin</b>	<b>4</b>
<b>60-64</b>	<b>Jim Barnes</b>	<b>5</b>
	<b>Quentin Lee</b>	<b>8</b>
<b>65-69</b>	<b>Mark Powell</b>	<b>1 of 3</b>
	<b>Ian Tucker</b>	<b>1 of 3</b>
	<b>Greg Bott</b>	<b>8</b>
<b>70-74</b>	<b>Brian Hoepper</b>	<b>1 of 6</b>
	<b>Rod Alfredson</b>	<b>9</b>
<b>75-79</b>	<b>Rob Lucas</b>	<b>6</b>
	<b>Ian Mitchell</b>	<b>7</b>
	<b>Tony Frost</b>	<b>9</b>
<b>90-94</b>	<b>Bob McCausland</b>	<b>1<sup>st</sup></b>



- Tewanin Noosa RSL is closed for meals on Mondays and Tuesdays till further notice.
- The section of Noosa National Park Coastal walk from Winch Cove (Granite Bay) to Hells Gate is closed for maintenance until further notice, potentially April. There is a short cut to Alexandria Bay still from Granite Bay.
- The much needed Noosa Parade Road, bridge and pathway upgrades start in February. These will have significant impacts on traffic and pedestrian flow so please keep that in mind when travelling along Noosa Parade.

**How did  
you  
celebrate  
Australia  
Day?**



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>JANUARY</b>							
<b>FEBRUARY</b>							
8-10	SC	New Zealand Masters Games		New Zealand			Moana Pool, Dunedin
12	LC	Miami Masters Meet	QMM	South	Q2/22	Yes	Miami Aquatic Centre
26	SC	Sinkers Fun Short Course Meet	QNS	Central	Q3/22	Yes	North Mackay High School Pool (19-2, 12-2)
<b>MARCH</b>							
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 (or 19 <sup>th</sup> )
<b>APRIL</b>							
1-30	Postal	Albany Creek Postal	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
25-29		World Masters Games		Japan			Kansai, Japan
31 May – 9 June		FINA World Masters Championships		Japan			Kyushu, Japan
<b>JUNE</b>							
11	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/22	Yes	Bundaberg Swim Academy (18-6, 30-7)
18	LC	Brisbane Southside Masters Meet	QSM	South	Q10/22	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
1-31	Postal	Toowoomba Tadpoles 1500m	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	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 (28,20-8)
<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.



The 2022 Alice Springs Masters Games are deferred to 2023.



## February

Julie Tierney	1/2
Rob Jolly	8/2
Greg Bott	24/2

*Age is strictly a case of mind over matter.  
If you don't mind, it doesn't matter!*



The famous five got together again to wish LiQun bon voyage, with a special morning tea at Jo's house. No one got lost, but a few inches were added to the waistlines, all in a good cause.

... Jo Matthews



# Annual New Year BBQ at Wendy & Ivan's

## CHRISTINE COOPER'S THOUGHTS ON THE DAY ...

*To prick or not to prick (sausages) - that is the question ...*

It's all about the weather. The rain stopped, the sun shone, chairs were planted, drinks in hand the gazebos went up and the Great Carbon Challenge was on !!

The ever innovative Brian H, with help from Kathleen, had prepared the props and set the stage for Pres Greg to conduct the "challenge". Unfortunately, Brian was confined to "home iso" due to contact at the NAC and wasn't able to oversee the elimination rounds determining "who's in and who's out". Mick Jones gleefully stepped into this role with great gusto.

Candidates presented their carbon reducing credentials (CRC) to the assembled throng who cheered and groaned accordingly. Mick, with a swift flourish of the arm - in the style of a cricket umpire - declared "in" or "out". It was noted by some members, Adrian particularly, that the umpire's decisions seemed somewhat arbitrary at times and may have been clouded by enthusiasm for the task. However, there was a lot of hilarity, enthusiastic cheering and creative solutions.

Subsequent elimination resulted in winners ...

Photo: L-R Mick with (survivors?) Robyn, Carola, Alex and Kevin ... Congratulations !!

Hats off to Brian, Greg, Kevin and helpers, for initiating and organising a successful event to raise awareness of individual carbon reduction actions.

We then moved on to a relaxed afternoon of chatting, socialising, eating and drinking. It was a terrific way to welcome and better get to know some of our newer members who were able to come along.

Wendy and Ivan had put in such a lot of effort to create an atmosphere which enabled everyone to enjoy the beginning of 2022. Ivan, as always, did a great job as master BBQ chef, cooking everyone's food. People shared their delicious salads and sweet treats. As always, there was abundant yummy food.

I'm sure I speak for all who came in saying heartfelt thanks to Wendy and Ivan for hosting their annual New Years Barbecue enabling Noosa Masters Swimming Club to come together, have fun and build friendships.

*Ed: Thanks Christine for those kind words, we love doing it, esp. when the weather is kind !! We really appreciate the help of those who came over to help get it all set up.*



## Australia Day Raffle proves popular



**T**hanks to everyone who purchased tickets for the Australia Day Raffle and to Mick Jones for sourcing the \$50.00 Seafood Voucher and donating a bottle of wine. Also thanks to Greg and Julie Bott for donating a lovely bottle of Rose. We managed to raise \$202.00 for the Club from this raffle - not hard to do with a great outcome. Kerry was very happy with winning the raffle ... a very well deserved recipient. Many thanks again ...

... Adele Tucker  
Raffle Co-ordinator



## Sunset drinks at Noosa Heads Surf Club

**Thursday February 17 from 5.00 til ?????**



Platters of food will be provided at a cost of \$30 per person. (to be collected beforehand). This will include such things as chicken satay, Thai fish cakes, bruschetta (gf), crumbed calamari and lamb mignon among other offerings. Gluten free options will be included. These will be brought around and I'm assured by the restaurant manager that we certainly won't go hungry! Drinks can be purchased at the bar.

The Noosa Heads Surf Club has been a long time sponsor of our club over the years, providing grants which have assisted our activities particularly our annual swim meet. Let's show our appreciation by coming along and enjoying their marvellous facilities overlooking Laguna Bay as the sun sets.

Given that this falls during the week of Valentines Day how about dressing in "Romantic Red". Who knows ... you may win a prize for the "Valentine" of the evening ...

## Greetings from Abroad

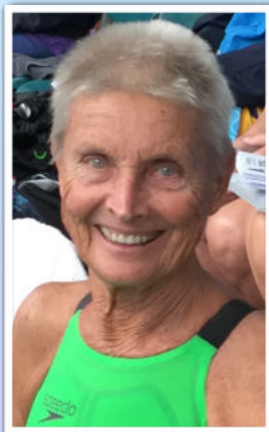


*Our beloved Canadian friends, Eulah & Bill Varty with their family at Christmas*



*Our mad mate Ceri Weeks with her equally mad mates defying death in icy Tassie waters to celebrate New Year*

## COACH'S TIPS



### *Fly drills from blog.arena this time ...*

Of all strokes, butterfly is the most challenging.

When swimming fly you will be undulating as you move through the water. Undulating allows you to move through the water more efficiently.

Keep the head position neutral. Don't look up too often as this can slow you down.

Do your best to stay near the surface of the water so you can reduce the amount of drag.

As you breathe, focus on proper arm movement and how your hand enters water. Extend your arm with your elbow slightly bent and keep your hands further apart than the width of your shoulders where they enter the water. Once your hands enter the water, pull as if performing a freestyle stroke but using both hands simultaneously. Focus pulling equally with both arms using forearms and catch as much water as possible. Pull straight down at first then allow your hands to come slightly closer together as you continue to pull towards your hips.

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*

## PUNS TO PONDER ...



1. Dad, are we pyromaniacs?  
Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
4. Never buy flowers from a monk. Only you can prevent florist friars.
5. How much did the pirate pay to get his ears pierced?  
A buccaneer.
6. I once worked at a cheap pizza shop to get by.  
I kneaded the dough.
7. When I told my contractor I didn't want carpeted steps, he gave me a blank stare.
8. Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
9. Prison is just one word to you, but for some people, it's a whole sentence.
10. I'm trying to organise a hide and seek tournament, but good players are really hard to find.
11. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
12. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
13. I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."
14. What did the surgeon say to the patient who insisted on closing up her own incision? Suture self.
15. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

# ENDURANCE 1000 REPORT

## January 2022



Noosa Masters' pursuit of the 2022 Endurance trophy is off to an amazing start, with good attendance each Tuesday morning, and a 5th Sunday, today, in January to increase our point tally by 508 today alone.

Thank you to the merry band of Deckies who rotate the role between themselves, to the time keepers who cheerfully share the load and to the swimmers with whom all other efforts would be redundant!

I counted 21 swimmers this morning, many of whom got out of the water and grabbed stopwatches to time other swimmers. I apologise to anyone who got overlooked ... please come on Tuesday and you will be looked after.

Enduringly yours,  
Jane Powell  
Endurance Coordinator

## Endurance Accolade

Although she has moved away now, let's not forget the valuable contribution to our 2021 success made by Irene Symons. Back in September 2021 Ian Tucker wrote ...

*"Presented Irene with a bottle of Bob McCausland's best red at the NAC just before she set out for a one hour freestyle swim. She's almost through the program once again in 2021.*



Trish Chalmers, E1000 Recorder  
with Irene and Bob



Ian Tucker (VP), Irene Symons with her special bottle of red  
and Hon Life Member, Bob McCausland

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

**Murgatroyd!** Do you remember that word? Would you believe the spell-checker did not recognise the word Murgatroyd? Heavens to **Murgatroyd!**

We were in like **Flynn** and **living the life of Riley**; and even a regular guy couldn't accuse us of being a **knucklehead**, a **nincompoo** or a **pill**. **Not for all the tea in China**

Well, I hope you are **Hunky Dory** after you read this and chuckle.

# 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>	

Editor  
Wendy Ivanusec  
Tel: 0414 727 302

**Challengers Chatter**  
PO Box 21, Noosaville 4566

Assistant Editor  
Brian Hoepper  
Tel: 0421 884 809