

# CHALLENGERS' CHATTER

JULY 2013

## BRISBANE SOUTHSIDE SWIM MEET



### 13 July 2013 - Brisbane

**Southside** received 145 entries with large numbers from Noosa (22), QSM (20), Redlands (19), Miami (15), Sunshine Coast (12) and River City (10). Wendy Kingma came all the way from Gundagai and Sharon Thompson from Toowoomba.

The Meet had an international flavour. Richard Lockhardt from New Zealand broke the New Zealand Masters 50 metre Breastroke (50 to 54) record setting a new mark of 31.86.

Caroline Saxby, from River City, set a new British Masters record of 2.04.83 in the 200 Freestyle (30 to 34).

There were a number of National and State records including by George Coronos (95-99) claiming 4.

The River City Relay Team won the Rosita Gillespie Memorial Relay. Each of the Team members received a towel and the River City Club will hold the Shield for the next 12 months. Max Gillespie, Rosita's husband, and long time supporter of Masters swimming was present at the awards ceremony.

Being 4-5 swimmers short of our registered number, mainly due to illness, Noosa was just unlucky to miss out on taking out the trophy. The top 10 Clubs were:

- 1 Brisbane Southside Masters 864
- 2 Noosa Challengers Masters 796
- 3 Miami Masters 742
- 4 Redlands Bayside Masters 693
- 5 Sunshine Coast Masters 534
- 6 River City Masters 403
- 7 Redcliffe Peninsula Masters 224
- 8 Nudgee Brothers' Masters 194
- 9 Aqualicious Masters 170
- 10 Albany Creek Masters 152

... extract from Swimmers News



## WHAT HAPPENS ON THE BUS - STAYS ON THE BUS!



## GREETINGS FROM ATHENS ...



Arrived in Athens this morning and join our cruise tomorrow.

Thought I would let you see the beautiful weather that we are having.

This is the view from our hotel balcony!

Hope the rain stops for you all soon.

Cheers  
Brian Cairns





## 2013 MSQ Calendar of Events

Month	Club	Course	Region	Sanction#	Venue
<b>August</b>					
4 - 10	World Outgames				Antwerp, Belgium
9 - 11	Great Barrier Reef MG	LC	North	16/13	Woree Pool, Cairns
17	Rum City	SC	Central	17/13	Bundaberg Swim Academy
24	Brisbane Northside	SC	Sunshine	18/13	The Valley Pool
<b>September</b>					
1 Sept - 31 Oct	Aqua Jets	Postal	South	19/13	
7	Toowoomba	SC	South	20/13	The Glennie Aquatic Centre
21 Sept - 3 Nov	Albany Creek	Postal	Sunshine	21/13	
21	Atherton	LC	North	22/13	Atherton Centenary Pool
21	Lismore Games	LC	South	23/13	Lismore Memorial Pool
<b>October</b>					
5 - 12	Masters Games				Geelong, Victoria
5	Maryborough	TBA	Central	24/13	TBA
19	Long Tan Legends	LC	North	25/13	Long Tan Memorial Pool
19	Redlands Bayside	LC	South	26/13	Cleveland Aquatic Centre
<b>November</b>					
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2	Caribee Rocky Crocs	LC	Central	27/13	Rockhampton Grammar S.
TBA	Caribee Rocky Crocs	OWS		28/13	
9	Cairns Mudcrabs	SC	North	29/13	Gordonvale A C, Cairns
17	Ipswich Masters	LC	South	30/13	Ipswich Grammar School
30	Aqualicious	LC	Sunshine	31/13	Centenary Pool
30	North Mackay Sinkers	SC	Central	32/13	North Mackay High School

**NEXT SWIM MEET - Bundaberg ... entries to Bardie by 1 August  
BRISBANE NORTHSIDE at the Valley Pool - entries to Brian H or Bardie by Tue 6/8 - latest.**



Brisbane, Fortitude Valley - 1949  
Secondary students attend a School Swimming Carnival at the "Valley Pool"

# NOOSA MASTERS BREAKS DOWN THE BARRIERS ...



*Clinton in Wales 2003 with his Masters Medals*

I joined Noosa AUSSI Challengers in April 2003. My first carnival was organised by my friend "Jules" Julie Robinson which happened to be on the other side of the world, England. In June 2003 I competed in 2 swim meets one at Gateshead and the other at Hereford England. I was very nervous, being in another country and not knowing what to expect.



*World Champion Down Syndrome Relay Team with Olympian John Konrads at Noosa 2008*



*Clinton with the 2008 AUSSI Masters Zoggs Award for the Best Individual Performance under 50 years*

Everyone made me very welcome and I gave it my best and I made some new friends. Many of the swimmers asked, how old are you? because I am only 4 foot 10 inches they thought I was only a kid not a man of 27 years.

My last swim meet in England was for Barnett Cophall Masters where I had my photo taken with the British ladies Olympic team. When I arrived back home to Uncle Barry's house in Wales a journalist came to the house and took my photo. My Mum, Dad, Uncle Barry and Aunty Barbara were very happy and excited. I was listening to my music and didn't really want to know what all the fuss was about. I came home with 3 bronze, 1 silver and 5 gold medals.

Since then I have been given the opportunity to compete in many Masters events, including World Masters, Australian Masters, State Masters and Pan Pacific Games. I just love competing and being in the relays forming part of the Noosa Team. My friends in Masters don't look at my disability instead they look at my ability and what I have achieved. I am proud to be part of Noosa Masters and I have the best coach in the world, Ian Robinson who also swims for Noosa Masters. Ian is my coach first and friend second, he doesn't make allowances because of my disability, that is probably why at 37 I am still achieving PB's.

Swimming in Masters Events has given me good preparation for representing Australia at the many World Down Syndrome Swimming Championships. I tell all my friends with Down syndrome about Masters and get them to join in their local area; it also gives me the chance of meeting up with them at the many competitions.



# NOOSA MASTERS BREAKS DOWN THE BARRIERS ...



*Clinton with Daniel Kowalski 2009*



*Queensland State of Origin Relay Team at Yamba NSW 2008*

Swimming for Masters has certainly broken down the barriers; it has given everyone a greater understanding of people with a disability. I hope I will always be able to swim for Noosa Masters and compete in many more events even though they still want to know who that little kid is!

*See you on pool deck ... Clinton Stanley*



**On 23 July 2013 Karen Martin wrote ...**

We are having a royal cup of tea to celebrate the new baby Prince !

# NEW TOLL AND FEE PRICES

## New toll and fee prices on the Gateway, Gateway Extension and Logan motorways

Queensland Motorways has announced the new tolls and fees for all motorists traveling on the Gateway, Gateway Extension and Logan motorways from 1 July 2013.

Queensland Motorways CEO Brendan Bourke said each year on 1 July toll and fee prices are adjusted in line with the Brisbane Consumer Price Index (CPI) increase.

“This year the Brisbane CPI increase is 2.1%. That means, for example, at the Murarrie toll point on the Sir Leo Hielscher Bridges, tolls will increase by four cents for motorcycles to \$2.07, nine cents for privately registered cars to \$4.13, 12 cents for light commercial vehicles to \$6.19 and 23 cents for heavy vehicles to \$10.93,” Mr Bourke said.

“The Brisbane CPI increase has also been applied to our fees. For example, our Video Matching Fee will increase from 43 cents to 44 cents,” he said.

“We have a variety of **go via** tolling products available. These are designed to meet the different travel requirements of our customers.”

Annual toll increases are set at Brisbane CPI for the life of Queensland Motorways’ 40-year franchise agreement with the State Government.

" **WORRYING** does not take away tomorrow's **TROUBLES** ... it takes away today's **PEACE**"

## COACH'S CORNER ... BY JAN CROFT



### **Backstroke.**

1. Learn to balance comfortably on your side while maintaining a steady kick
2. Shoulder pops out of the water before the hand. Hand first creates shoulder drag.
3. Kick. Six beat kick with fairly narrow flutter kick and pointed toes. Remember you are faster on your side than you back, snap quickly from side to side.

*Swim well !*

# A BUSY FEW DAYS IN SYDNEY ...

Kay & Tony's trip covered the Christening of their grandson, Jones Ian Benjamin Baker, and, for Tony, a 50 year football reunion & catch up with some surf life saving mates.

The Barbarian Room at the NSW Rugby Club for lunch to celebrate 50 years since the Long Reef SLSC team won the Whiddon Cup in the sub - district competition in 1963.

Long Reef SLSC, founded in 1950 and amongst its small membership some talented Rugby players, with players included in consecutive tours to South Africa by an Australian team, the Wallabies, were 1954 (Ned Morey & Keith Cross), 1958 (Jim Cross) & 1963 (John Freedman).

John also represented Australia in the America's Cup Challenge on 3 occasions, I

sailed off New York. John recalls an amusing meeting with JFK.

On Sunday, 1 July, Jones wore the family christening dress for his Christening, first worn by Tony in 1942. The dress was made by Tony's grandmother, and 70 years later is still in mint condition.

Monday was a trip down nostalgia lane to catch up with swimming & surfing mates.

Great visit ... even greater to be home in heaven - Noosa  
... Tony Frost



Dinner at Beppis restaurant with our grandson ,  
Dustin Frost (24 yo)



Rugby Luncheon



Mum and Bub



Catching up with surfing mates at Manly Beach



# WHAT MEMBERS DO WHEN NOT SWIMMING ...

## **Rob & sue Ellis**

are proud & happy Grandparents ...

At last here are the twins both looking very well. They are not far off 3 months old now!!!

Jethro ( on the left ) arrived home last Saturday after a very tough time in hospital but he is fine now

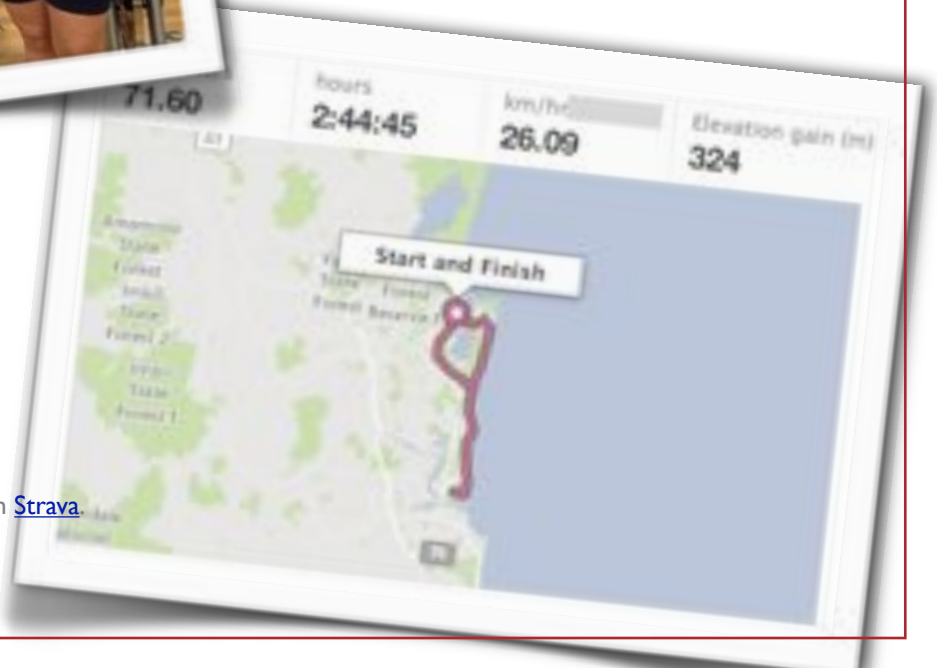


**Stacey Phillis** Conquer cancer charity ride! — with Joell Marie Milne and Hope Elson at Goodlife Gym



## **LEO VERSTEEGEN'S RIDE ...**

**Leo Versteegen** biked [71.6 kilometers](#) with [Strava](#). Sunday morning ride, perfect conditions.





# THE TWIDALE'S ARE O/S

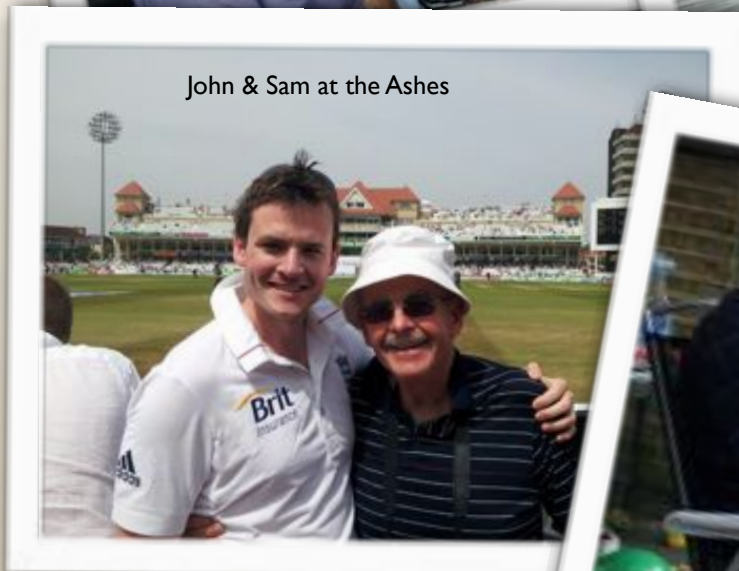
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John & Wendy in Anchorage



John & Wendy in Alaska



John & Sam at the Ashes



John T on lazy, sunny afternoon after England won test match

## Eat smart, avoid Alzheimer's

There is a growing body of research that suggests meditation and other mind training exercises can reduce the risk of developing Alzheimer's disease, but now a new study demonstrates that a high-fat, high-glycemic-index diet increases the risk significantly. Happily, a low-fat, low GI diet protected against the disease according to a new study published by the American Medical Association.

Researchers assigned 47 older adults, some of whom already had mild cognitive impairment, to either a high-fat, high-GI diet or a low-fat, low-GI diet.

Within four weeks, the high-fat diet increased the production of *lipid-depleted A $\beta$* , a protein linked to Alzheimer's risk. The low-fat diet had the opposite effect. An accompanying commentary in the journal supports the finding that dietary choices can affect brain chemistry quickly and effectively.

# ENDURANCE 1000

## Endurance 1000 Report for July

Well another month has flown by and at the moment our points to date sit at 11,887.

This is a great effort and our goal for 2013 is 24,000.....so we are pretty much half way!!

It would be great if we could all set ourselves a personal challenge to achieve by the end of the year to help the CLUB achieve it's goal.

Within the Endurance 1000 program there are many ways of achieving points.....and many of them are achievable by ALL our swimmers.

Distance events start at 400m and timed swims start at 30minutes.

Have a look on the Masters Swimming website and decide what you would like to have a go at....CHALLENGE YOURSELF and ENCOURAGE OTHERS TO PARTICIPATE. EVERY SWIM COUNTS!!!!

If initially you are unsure, please come along either on Tuesday morning between 7.30 and 9.00am, or Saturday afternoon, to have a look, maybe time-keep and when you're ready, HAVE A GO!!

There's no win or lose , JUST DO IT!!!

We have five months left in which to achieve our CLUB GOAL  
COME ON EVERYONE, WE NEED YOU ALL TO DO THIS

EVERY SWIM COUNTS

CHALLENGE YOURSELF....ENCOURAGE A FRIEND.....DO IT TOGETHER....FOR OUR CLUB.

... Stephanie Jones



<http://www.whathappenedinmybirthyear.com>

## August Birthdays

<b>Sheryl Bingham</b>	<b>03/8</b>
<b>Brian Hoepfer</b>	<b>08/8</b>
<b>Mark Besford</b>	<b>11/8</b>
<b>Russell Brennan</b>	<b>12/8</b>
<b>Dyanna Benny</b>	<b>23/8</b>
<b>Elaine Campbell</b>	<b>24/8</b>
<b>Rob Lucas</b>	<b>29/8</b>
<b>Rachel Symons</b>	<b>31/8</b>

**HAPPY BIRTHDAYS TO ALL  
FROM ALL OF US**

## SOCIAL EVENTS

### CRAFTERS MEETING

Tue 13 Aug @ 1pm-3pm

Venue Adele Tucker

RSVP: Adele

5412 2980 or 0417 069 229

Every Sat.. 7.30 am -  
Main Beach -Ocean Swimming

VISIT OUR WEBSITE ...

[www.noosaaussichallengers.com](http://www.noosaaussichallengers.com)

## Challengers Chatter

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