

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JULY 2023

The Belgravia Meet 2023

by Brian Hoeppe



Belgravia Club's home – the Burpengary Aquatic Centre

Again this year, the Belgravia Club hosted their unique two-day swim meet. Belgravia offers swimmers the chance to compete at every distance from 50m to 400m on the Saturday and at 800m and 1500m on the Sunday.

The club's home – the Burpengary Aquatic Centre – is impressive indeed. A 50m pool and a 25m pool – both heated – along with a massive grandstand and large electronic scoreboard, are all housed in an enormous, towering, fully air-conditioned building. The constant and comfortable air temperature is a great inducement to 'turn up and swim', while the 50m pool itself is kept at the FINA competition regulation temperature.

This year, these congenial conditions attracted only two Noosa Masters swimmers to the meet – Ian Robinson and myself.

Ian, Noosa's star sprinter, swam four Breaststroke events on the Saturday. In his first year in the 60-64 age group, Ian faced the challenge of the four state records set by the enormously talented Alan Carlisle in the previous decade.

All Ian's swims were very impressive. While Alan's records in the 50m and 100m proved elusive, Ian went close to the 200m mark and finally triumphed in the 400m Breaststroke, swimming 6:43.99 to shave 0.1 sec off Alan's 2014 record! Worth celebrating and savouring!

On Sunday, I faced a markedly different challenge. In the 800m Individual Medley (M75-79), a record had sat gathering dust in the records cabinet since 2003. That old mark was 23:55.55.

Those familiar with the term 'low hanging fruit' will appreciate such an easy target. I swam 17:22.75, taking 6:32.80 off the old mark!

Belgravia are keen to host this distinctive event again in 2024.

I imagine Ian will turn up even more determined to challenge Alan Carlisle's three remaining records.

Meanwhile, I shall check out the fruit trees!

Ian Robinson at Belgravia's 2023 Swim Meet

On Saturday it was just me and I had entered the 400m, 200m, 100m, and 50m Breaststroke races and a 50m free at the end. Unfortunately, there were very few competitors so each event was only 1 or 3 heats - not leaving much time for swim-downs and recovery.

My first event was the 400m Breaststroke which I had raced for the first time in Cairns at the Great Barrier Reef Games and missed the record by one second !!

I told myself not to be scared of the pain as I very rarely race such distances.

Going into the race I felt good and the pool is great to swim in. I maintained a good stroke count for each lap and, although by the 300m mark my legs were screaming, I focused on maintaining good distance per stroke. Thrilled to touch the wall, I looked up at the scoreboard which said 6.43.99 ... just under the previous record of 6.44.09 set back in 2014 but had to wait until the end of the meet to have the time officially ratified.

Next event, very soon after, was the 100m Breaststroke so I just went through the race with the mindset of relaxing through the race which was reflected in my time as I was a few seconds off my nominated time.

Just a short rest again and straight into the 50m Breaststroke. Quite pleased considering how tired I was.

Last was the 200m Breaststroke and again I focused on distance per stroke and was pleasantly surprised with a 3.07 which is just one second off the QLD record. Maybe next time?

Pulled out off the 50m Free as it was straight after the 200m Breaststroke.

Hopefully I will not have to race another 400m for sometime !! 😊😂

It was a well run meet and an awesome pool to race in - just a shame there were not many competitors!

SIGNS

On an Electrician's truck

"Let us remove your shorts."

On a Plumber's truck

"Don't sleep with a drip. Call your plumber."

At a Car Dealership

"The best way to get back on your feet – miss a car payment."

Outside a Muffler Shop

"No appointment necessary. We hear you coming."

In a Veterinarian's waiting room

"Be back in 5 minutes. Sit. Stay."

At the Electric Company

"We would be delighted if you send in your payment on time. However, if you don't, YOU will be de-lighted"

In a local Radiator Shop

"Best place in town to take a leak."

Sign on the back of a Septic Tank Truck

"Caution - this truck is full of Political Promises"



August 2023

Kerry Blackwell	2/8	Mark Besford	11/8
Mick Jones	4/8	Sandra Lyons	16/8
Jo Matthews	7/8	Dyanna Benny	23/8
Brian Hoepper	8/8	Terry Carter	26/8
Jason Rowan	10/8	Genevieve Barker	27/8 (Big 70)
		Rob Lucas	29/8

*Maybe it's true that life begins at fifty ...
but everything else starts to wear out, fall out, or spread out !!*

- Phyllis Diller

Noosa Enduro 2023 Volunteer Marshalling

Sunday 30 June 2023



Noosa Enduro QNA Volunteers attended a pre-race briefing at the Pirates Clubhouse Tewantin Sports-ground
L-R : Jerisy Lepa, Wendy Nothfurf, Mick Jones, Wendy Ivanusec, Mark Powell, Melissa Travers, Bob Morse, Terry Parker.
Volunteers missing from photo: Yvonne Mutton, Jim Travers, Studley Martin

A dozen members volunteered their Sunday to help raise funds for the club in a new event for us - the Noosa Enduro.

This is a cycling festival that was made up of 5 events all on Sunday through the Noosa Trails Network.

- 100 km mountain bike ride
- 60 km MTB ride
- 30 km MTB ride
- Kids MTB ride
- Gravel bike 140 KM ride

The Hub for this event was at the Tewantin Sports Complex centred around the Noosa Pirates Rugby League ground.

Between us we contributed approximately 44 hours of on site time not counting travel, administration and prior briefing meetings.

Shane did an outstanding job of liaising with Noosa Enduro and organising the roster of eager volunteers.

I was called in after my Sunday morning beach swim to fill in extra time for a volunteer mix up at Marshall Point 10 which was fine as that was an expected eventuality. Fortunately I had time to grab coffee and breakfast on the way.

The event was mostly well run. The participants were cheerful and appreciative of our efforts and, although exhausted towards the end, they seemed to be having a good time.

There were a lot of local familiar faces as well as visitors in the different events.

Some riders flagrantly violated the road rules in the hope of gaining a few seconds but, sadly, a few sustained significant injuries as well. A couple of those requiring ambulance attention. Studley witnessed a few close calls.

Our members were not directly involved in assisting the injured save relaying messages via our Marshall Point radios to ECC (Event Control Centre) who were then able to direct emergency services as needed.

... Cheers, Mark Powell

NEW WORD : Mononym

Definition: 'A one-word name (typically a given name or nickname) by which someone, especially a celebrity, is known'

Fun Fact: the *New York Times* seems to have coined the term in 1962, in reference to Capucine, a French model and actress with notable roles in the *Pink Panther* (1963) and *What's New Pussycat?* (1965).

Other famous mononym celebrities include Plato, Elvis and Pelé, as well as modern stars like Beyoncé and Zendaya.

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
AUGUST							
5-11	LC	Fina Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/22	Yes	Valley Pool, Fortitude Valley
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

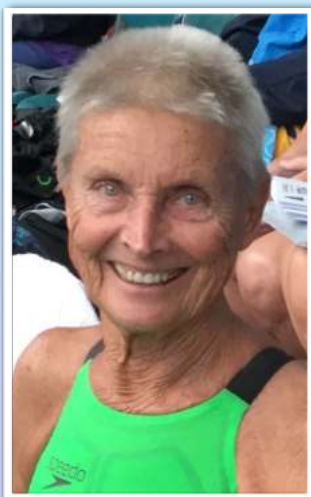
Legend:

MSQ Swim Meets
MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) 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 and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

COACH'S TIPS

This months tips are from Peter Reaburn, author of "The Masters Athlete"



Once you have developed the cardiovascular, musculoskeletal and nervous systems progressively, the absolute key to better performance and PB's, is intensity of training.

Research has shown that Masters athletes tend to train lower intensity as they age.

You need to train fast to race fast, sprint sets develop speed, HR sets develop endurance, no short-cuts, just hard work ... but if you do these too often, too hard or too quickly for too long, you will overtrain or injure yourself. Progressively overload.

Recovery is equally important.

As we age we appear to need longer to recover, and longer to adapt to training.

Recovery strategies that work, and are rated very highly, are ice baths, stretching and nutrition such as high glycemic foods, carbohydrate protein drinks after training.

Other recovery strategies science has shown works are easy swims, massage and sleep.

We get less flexible as we age, swimming is a sport that demands a good range of movement around shoulders, hips and ankles.

Poor flexibility combined with poor technique can lead to injury. Stretch after every swim session, try to swim at least two times per week.

Stay active for life ... remember exercise is medicine!

*Happy swimming
... Cheers, Jan*



PROFILE

VIV MERRILL



As one of the recently appointed Honorary Life Members of Noosa Masters Swimming Club, I thought I'd introduce myself, especially to our newer members.

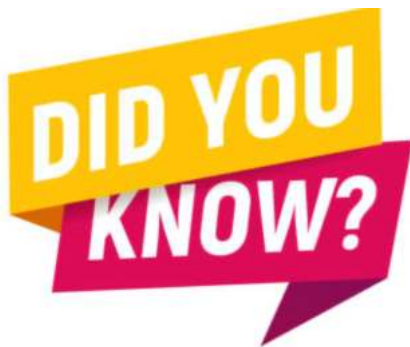
Originally from Wales as a 10 pound pom to Australia, I was taught to swim at a Learn to Swim Campaign. Swam as a teenager with the legendary Forbes Carlisle as coach but never had the determination it takes to be a champion.

In 1988 I Joined the Masters at Club Malvern Marlins and am now with the Noosa Masters Club where I enjoy the friendship and fun of swimming. As there is a need in the Masters clubs to have more coaches and officials, I have become both.

This is where I can impart my love and knowledge of swimming in a constructive way.

I am fortunate to have volunteered in Commonwealth Games, Olympic Games, Deaf Olympics and FINA World Cups, all of which I enjoyed and hold a Masters of Sport Business which I gained as a 60 year old. I was sometimes older than the Lecturers!

I have held various positions with swim clubs - President, Treasurer, Registrar and am honoured to have been selected to be awarded this Honorary Life Membership.



Native Bees : Black and Yellow Carpenter Bees – *Eulocopa* species: They grow from 15 to 24 mm long and are the largest native bees in Australia.

The females buzz loudly as they visit flowers, and are commonly seen on trees such as Cassia, Tipuana and Albizia. The female makes her nest by digging tunnels in decayed wood and pithy stems. They live in Queensland, New South Wales, Western Australia and the Northern Territory.

How to be a Bee Buddy:

Plant bee food plants – bees love angophoras, eucalyptus, brachyschomes, callistemon, melaleucas, scaevolae, grevilleas, tea trees, hibbertias and westringias.

Provide a nice bee home. Make nest sites for some solitary bees from dead or hollow stems or by drilling holes in blocks of hardwood timber.

Avoid using insecticides in the garden.

Did you know?

European honeybees collect 90% of available nectar and pollen but pollinate only about 5% of our plants.

Not all bees sting. For most Australian bees stinging is not their style.

Most Australian bees are solitary.

Of the 2,000 species of native bees only 10% are social and form hives.

Carpenter Bees, Blue-banded Bees and Teddy Bear Bees have a special way of pollinating flowers. They vibrate a flower so vigorously that pollen locked away in little capsules explodes out. A static charge draws the pollen back to cover their bodies. The bees move from flower to flower doing this, which results in pollination.



ENDURANCE 1000 REPORT

July 2023 – by Jane Powell

Hi everyone.

Many thanks to Terry for a very comprehensive newsletter last month. I, for one, have been DQ'd in a race, years ago, and as Terry said, I have never forgotten or repeated that mistake. Swimming my heart out in a 200m IM race, I flipped without touching the wall with my hand from back stroke to breast stroke. Big no-no!



I can attest to channeling my inner Wim Hof and swimming for the winter solstice at Gnarabup Beach (near Margaret River) without a wetsuit. Ice-cream headache cold! We are so fortunate here with climate and facilities.

Even so, cold and rain are seeing our Endurance swimmer numbers dwindle, but they've made up for that with long swims which earn many points. It is easier to swim the long Endurance swims in winter when temps are lower & the sun isn't so strong.

Our point score is about 11,000 now at the end of July. At this rate it should place us close to 20,000 by year's end if we keep our momentum up.

THIS WILL BE AN ALCOHOL-FREE EVENT AT THE NAC

18/8/23
FROM 4PM



NOOSA MASTERS

BYO
A PLATE TO SHARE

COME ALONG TO SWIM, TIME & ENJOY

TWILIGHT ENDURANCE

*Of our 80 members, 54 have participated in Endurance swimming.

*We women are ahead in both numbers of swimmers & points earned, so c'mon fellas! Don't let the girls beat you!

I will audit your black folders during August to make sure you are on track so please leave them in the green filing cabinet.

August will provide lots of opportunities to swim Endurance as we have five Tuesdays, and we have a Twilight Swim on Friday 18th.

Our valued sponsors



a noosa council service

Sunshine Beach



Department of Sport
and Recreation



Noosa Heads



Vorgee Queensland



Noosa Branch



Noosaville



Noosa Junction



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Noosaville



Noosaville



Noosa Junction



Noosa Junction



Noosaville



Noosa Junction



Seasons, Noosa Junction

In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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Challengers Chatter

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