

CHALLENGERS' CHATTER

JUNE 2016

BUNDABERG SWIM MEET



Proud club representatives at Bundaberg pool

L-R : Rob Lucas (Mackay), Rob Jolly, Lorna Lander, Lois Hill, Jim Barnes, Pieter Santifort, Tricia Hughes, Geoff Lander, Viv Merrill, Jacky Shields, Wendy Ivanusec, Christine Barnes

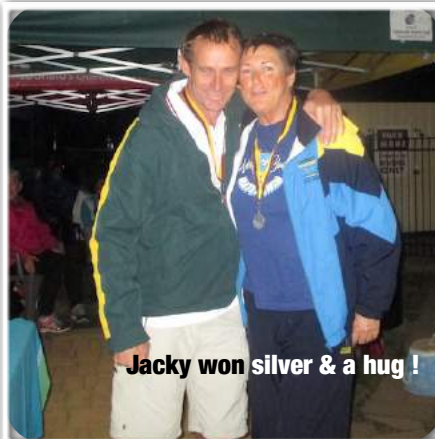
Perfect weather last Saturday saw ten Noosa masters head to Bundaberg to support and compete in the friendly Rum City Meet.

Our distant club member Rob Lucas travelled all the way down from Mackay by train to compete and joined Viv Merrill in officiating the meet.

Lois Hill in her efficient way arranged us suitable accommodation in a local motel and with husband Richard's help carted up a shade tent to keep us comfortable outside under the sun.



Lois tied for gold with Cobie



Jacky won silver & a hug !



Rob J, delighted with his gold!

BUNDABERG CONT'D



Mens Relay team - Rob, Pieter, Geoff, Jim

She also formulated six excellent relay teams with only eight swimmers which kept us all busy and produced some great results.

One of highlights of the men's relay was a perfect tag team display of Pieter's hands on Jim's feet on the side of the pool in the changeover, no DQ for early takeover there!

The meet was supported well by our northern neighbours from Maryborough, Hervey Bay, Bundaberg and Gladstone who fielded strong teams.

Lois and Rob J placed first for gold medals and Jim, Jacky and Geoff placed second for silver. Wendy, Tricia, Rob L and Pieter swam strongly helping Noosa place fifth in the large team section so we were all pleased with our results.

Our wonderful timekeeper Lorna Lander spent the afternoon timing and getting constantly splashed in the close

quarters of the BSA pool. Thanks also Christine Barnes and Richard Hill for their support.

The meal supplied after the swimming was something special with a great selection of delicious home cooked food which we all enjoyed.

The final group weekend wrap-up was at the Red Capsicum Cafe in Bundaberg. Viv turned up after a swim with the Rum City squad and joined Lorna, Geoff, Jackie, Tricia (not enuf garlic in the Italian brekkie), Lois & Richard and enjoyed breakfast in the sun, Jim and Christine waved regally to us as they drove past. Then off to the Distillery for rum buying before heading home or for more sightseeing.

A fitting end to a good weekend !

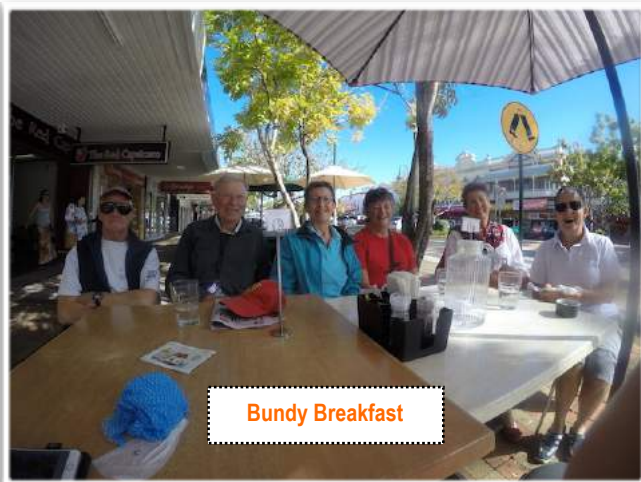
... Rob Jolly



Lorna & Geoff approved of the meal !



Celebrations followed - the stayers ...tired, but triumphant !



Bundy Breakfast



Jim was happy with his Silver



Viv trying to keep warm !!



Geoff looks pleased with his Silver

MEET OUR NEW MEMBERS



GREG BALDOCK

My life as a Masters Swimmer - My involvement with the Gladstone Gropers Masters Swimming club began in 2002. My wife, Bev was already a member. Because I had never had a swimming lesson in my life, I decided to take some swimming lessons 6 months prior to joining the club. I was a keen squash player years ago. However, a back injury curtailed that, but through regular pool work and pilate classes I saw a marked improvement in it and I don't suffer the aches and pains I once endured. During my time in Masters I took on the role of Swim Meet Director on numerous occasions and I was also involved in the Social Committee. Although not a regular competitor at swim meets, I would compete in the Club's own swim meet. At times at the end of our swim meets I was responsible for providing the music and entertainment during the meal and presentation of trophies. As well as the fitness side of Masters, I enjoy the friendship and social side, and it is something that Bev and I are doing together and hopefully can do together for the rest of our lives.

BEV BALDOCK

My life as a Masters Swimmer - I first joined as a member of the Masters Swimming Club in Gladstone late in 2000.

I had a work friend who wanted to join the Gladstone Gropers; but did not want to go to a training session by

herself, so she asked me if I would like to go with her. We both worked as postal contractors with Australia Post at the time.

I can still remember quite clearly that first training session we went to. I looked at that 25 metre pool and wondered how I was ever going to make it to the end !

We met our coach, Rod Porteous. I told him we can't swim and his very short, sharp reply was "no such thing as can't, grab a pair of fins". After numerous training sessions of gasping and going home with a belly full of pool water, I did learn thanks to the efforts of our wonderful coaching team.

While with the Gropers, I held a number of positions in the Club such as secretary, treasurer, endurance officer, club recorder, merchandise officer, registrar and newsletter editor. My particular interest as far as the swimming side of Masters was the Endurance Program – the goal being to complete the program with top points.

The memories of the fun, friendship & fitness I gained from being a member of the Gropers for almost 14 years will always be cherished.

Our life outside of swimming –

Greg was born in Oakey in 1951. He has 11 brothers & sisters. He spent most of his young life in Jondaryan. His primary education was at Jondaryan and his secondary education was at Oakey.

After leaving school he did an apprenticeship for a motor mechanic working for a number of different businesses before we were married and moved to Gladstone.

I was born in Toowoomba in 1952, my maiden name being Hudson. I have 3 sisters with me being the oldest.

I spent the first 12 years of my life on a farm at Southbrook which is SW of Toowoomba. In 1964 we moved to Toowoomba.

My secondary education was at Harristown High. After leaving high school I worked at The Barley Board in Toowoomba where I remained until Greg and I married. My sporting interests were Vigoro and Netball.

Greg and I met through attending Old Time Dances which were very popular throughout the district. We were married on 23rd March, 1974. After our marriage we moved to Gladstone. We both had work at Queensland Alumina Ltd.

Our first child, a son, was born in 1977 and our second child, a daughter was born in 1979. Greg later became employed as a Shift Security Officer for Boyne Smelter where he remained until retiring at an early age in 2010. I worked as a Contract Postie for 18 years before retiring in 2009.

Greg's interests throughout our time in Gladstone were playing squash, being a member of Jaycees, running a disco business on the side, and in the last seven years singing and competing in Country Music Festivals. My interests have always been in participating in sport – netball, softball and indoor cricket.

We sold our home in Gladstone in 2014 and moved down to Halcyon Landing, an over 50s resort at Bli Bli. We swim with the Adult Fitness Group at Cotton Tree twice a week and we look forward to our involvement with Noosa Masters.



2016 JOHN KONRADS TROPHY WINNER !!



At the Members Meeting held on 19 June, Julia Dunstall was presented with the prestigious John Konrads Trophy.

This trophy is presented to the competitor who has the closest time under the times nominated by John for each stroke and IM across all age groups and over a distance of 200m.

When competing, 200m was John's favourite distance even though he held records in all distances from 50 to 1500 metres. John Konrads is arguably one of Australia's best swimmers and for a short time John was a Patron of our club and during that time we established this trophy to encourage swimmers to excel.

Julia bettered the time set by John for an IM in the 35-39 age group by 4/100 of a second.

Congratulations Julia !!

DO YOU NEED A HOUSE-SITTER?

Rod & Karen Barton (UK) are well known to Noosa Masters and they are planning to visit us again mid-October for a month or so and would be delighted to look after your home if you are planning to be away at all during that time. They can be contacted on: karenandrod@hotmail.com



JULY CLUB BREAKFAST

Sunday 24 July

It will be the turn of Lane #1 to provide the food

... Carola Henderson



COACH'S TIPS

Hands crossing under the body ...

Crossover causes you to snake or fishtail down the pool, creates a scissor kick and ruins your catch on the water.

A crossover can place stress on your shoulders increasing risk of shoulder injuries, particularly with a combination of thumb first entry. Will also make swimming in a straight line very challenging in open water.

A crossover adds a huge amount of drag, ruins your propulsion and could stop you swimming through injury.

Paddles ...

Paddles are a good way to feel how you are entering the water. If you crossover or drop your elbow on entry then you will have trouble keeping them on. Small paddles for older masters swimmers are better.

Happy swimming... Cheers, Jan

The Importance of Core Stability in Athletes

by Megan Fischer-Colbrie Feb 20, 2014



The ever popular idea of maintaining good “core strength” can be extremely beneficial to athletes—that is, if we understand everything pertaining to “the core” and how that strength can help you in your athletic endeavours. Before we delve into the advantages of core strength and stability, let’s answer the primary question: what is the core?more

The musculoskeletal core of the body includes the spine, hips and pelvis, proximal (closer to the body centre) lower limb and abdominal structures. The muscles involved are those of the trunk and pelvis that are responsible for stabilising the spine and pelvis as well as generating and transferring energy from the centre of the body to its extremities. The core participates in both stability and mobility. The stabiliser muscles include the upper and lower trapezius, hip rotators, and glutei. The major mobilisers are the latissimus dorsi, pectoralis major, hamstrings, quadriceps, and iliopsoas. Indeed, the core is comprised of much more than your six-pack.

Advantages of Core Stability

A general definition of core stability is the ability to control the position and motion of the trunk over the pelvis and leg to allow optimum production and transfer of force and motion along the kinetic chain. A more rigid trunk decreases the load on the spine, helping prevent injury. In terms of athletic activities, **the core is responsible for generating rotational torque around the spine**, contributing up to 50% of the kinetic energy and force of all throwing motions. Maximum foot velocity in any kick is more strongly related to hip flexor muscle activation than knee extension; **the most powerful kicking in field sports or in swimming starts with the core**, such

that a longer lever can use the whiplash effect down the entire length of the leg to generate more power. **Strength in your core enables you to maximise your power output, while stability allows you to perform complex athletic movements that require coordination, balance, and technical skill.** Stability is often needed in rotational movements, which almost every sport includes. Swinging a racket,



club, or bat requires the ability to shift one’s body weight smoothly from one side to the other. A strong core allows athletes to hold body positions for an extended period of time, in the pool to maintain a hydrodynamic line or during a routine in ice skating or gymnastics.

Role in Injury Prevention and Rehab

Improving your core strength can help you with rehabilitating lower limb injuries.

Because the core is involved in almost every action of the extremities, such as kicking, throwing, running, or swimming, focusing on core strength can help you stabilise other weak areas. It is therefore imperative to look at an athlete’s core strength whenever there is an injury of an extremity. While little research has been conducted on the protective mechanism of core strength for injury prevention, **programs that emphasise core strength produce athletes with great stability, controlled body movement, and proper muscle recruitment while in action.** In

another sense, many athletes with knee injuries show weak hip muscles or tight hip flexors, improperly shifting the load from the trunk (a stable base) to the knee and anterior cruciate ligament (ACL) that is prone to tearing.

When the core is weak relative to the body, the athlete becomes accustomed to overusing other muscle groups to produce the desired force in any movement. Generally, this puts more strain on the muscles further down the extremities to generate energy and on the joints to transfer it, such as the shoulders and knees. It may seem abstract to consider the middle of your body as the base with your legs and arms merely the offshoots, but this mindset will help you focus more attention on ways to improve your core.

You are only as powerful or as quick as your core is both strong and stable.



It is the essential piece of the puzzle that enables you to start a motion in your legs and carry it through to your arms, or vice versa, with the most efficient transfer of energy possible. There are countless exercises available for you to begin building a great core, but the key to improving is consistency. A core program integrated into your strength and conditioning program is an essential part of any elite training regimen. Pay attention to each exercise and build a core that will help you excel in your sport!

BOLLYWOOD COMES TO NOOSA !!



Brian, John & Quentin

In the words of Creedence Clearwater with a little poetic licence "Have you ever stopped the rain?" Well our sacrifices to Krishna (of the vegan variety) obviously worked and the Monsoon passed!

A balmy (apt description of the occupants!!) night ensued and "The Aquatic Exotic Marigold Hotel" was open for business with 44 reservations !!

Saris swished; jewels glistened; "bindis" beckoned; turbaned heads wobbled! Maharajas and Maharanis mingled with Tea Planters, Traders, Assassins, Injured Cricketers (who copped an earful) and even the poor from Rajasthan !!!

Aromatic spices permeated the air with the Kitchen Amahs busily fanning the fires and presenting dish after dish of fragrant curries, "Rice" and delicious accompaniments.

Then there was Dessert! And what combinations! Cardamon, Chilli, Chocolate. Pistachios, Rosewater Custard, Milky Sweets. Then there was the "Love Cake" which prompted some guests to surreptitiously and enthusiastically ogle the just smuggled in aquatic version of "The Calmer Suitra" !!

It was truly a night of swimming glitterati !! Best dressed tokens were presented to a couple of colourful characters: *Grindle Rudder and Bob Henderson!* Everyone looked amazing!

A night such as this cannot happen without the support of so many! To everyone who helped with the setup, cooked the wonderful feast, slaved away in the kitchen and helped with "cleanup" a HUGETHANK YOU !!! We count ourselves fortunate to know you - such is Fun and Friendship!

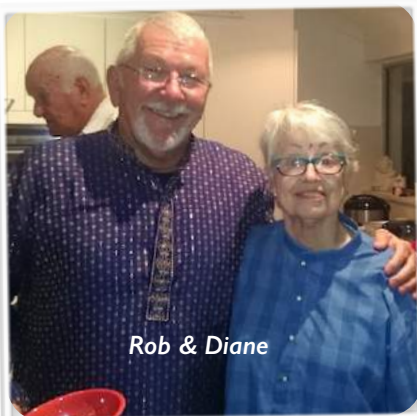
... Sandy and Bruce



Bob, Jacky & Jeff



Helen Kerrie Carola



Rob & Diane



Mark & Mary



DI & Tricia



Wendy



Bruce & Sandy



Lois & Gillian

BOLLYWOOD CONT'D



Sandy & Chris



Party Animals !!

Mary, Tony, Sandy and Grin



Ivan & Wendy



Diane Jim Christine



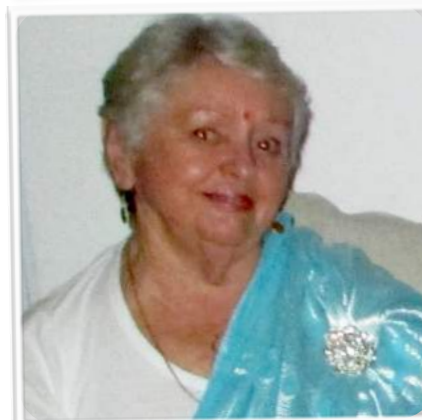
Dee & Jess



Kathleen & Brian



Chris with his new friends



Kay Frost

The Calmer 'Aqua' Suitra





CLINTON STANLEY'S 40TH BIRTHDAY

World wide, millions have recently witnessed Queen Elizabeth II celebrate her 90th birthday, with many events organised for her to enjoy. Not to be outdone, a young gentleman in Australia has celebrated his 40th birthday with so many birthday parties.

Starting at Sunshine Beach SLSC on a Sunday, sharing a sumptuous lunch with family and 60 invited guests. Most of the family travelled from Sydney - Sue's brothers, Danny & Jimmy, and their wives, Jan & Cheryl; Clinton's brother, Ben and his son, 5 year old Brock; Sue's nephew, Craig, providing guests with beautiful vocals and guitar; plus Sue's sister, Jan, from Alstonville and 92 years young, Mum from Murwillumbah.

Then well wishers from Wimmers, where Clinton has worked for many years, made Wednesday a special day for him, then Thursday at the Noosa Aquatic Centre to blow out more candles with his Noosa Masters swimming friends, and back again Friday to the NAC, to celebrate with fellow staff members. In between, he managed to share more moments with his extended family at home, many of whom stayed for 10 days.

Clinton has managed to achieve so much in his life so far.

Although retired from international swimming, he still trains regularly at the NAC, under coach, Jan. Fellow squad members are still trying to tell Clinton to slow down, but this young man with an inbuilt motor, won't have a bar of it. Seventy-nine world records in the Down Syndrome category is simply amazing. As a student at the Nambour Special School, headmaster, Ron Jones, identified his potential and advised Sue & Chris, to seek some coaching ... the rest is history.

Before concentrating on swim training, Clinton met with success in tennis, competing in the Special Olympics for 8 years from 1996 to 2003. He joined Sunshine Beach SLSC in 2006, gaining his bronze medallion, and has been an active patrol member ever since.

His sporting achievements were not all that has kept Clinton's busy life fulfilled. He joined the Scouting Movement in 1991, achieving the "Baden Powell Scout Award."

So proud was Clinton's younger brother, Ben, that he penned some words to celebrate the occasion.

For those of you who do not know me, my name is Ben Stanley. Clinton's little brother of 21 years. I can't even remember when Clinton started scouts. I always thought scouts was dawky, but day after day Clint would come home and tie me up with a new knot he had learnt that day. Year after year, badge after badge, grin after grin he would continue to love scouts. I swear he must have so many badges he must have a kilometre of thread to keep them on.

To witness what Clinton has gone through and achieved makes me proud and honoured to say he is my brother, for he certainly has a special gift. The Baden Powell Award is the tip of the iceberg and the name

Clinton Stanley is one to remember because this is not the last time you will hear it!! "Love You Buddy"

Congratulations on your Baden Powell Award 29/3/2001

This was read out to guests at the Sunshine Beach birthday celebration. Not a dry eye in the house, including Clinton

Thank you, Clinton, for allowing your Noosa Masters Swim friends to share your big 4-0 with you.

... Tony Frost



Message from Helga -

As you know, our Nationals 2017 Meet Convenor, Rachael Keogh has organised a monthly newsletter which includes coaching and technical tips and anything clubs need to know or which is of interest to our members.

We would very much like to post some inspiring articles on any of the following:

Ø *Someone who is planning on swimming at the Nationals despite the odds. It may be someone returning from an injury, illness or may be a first-time competitor at the national level.*

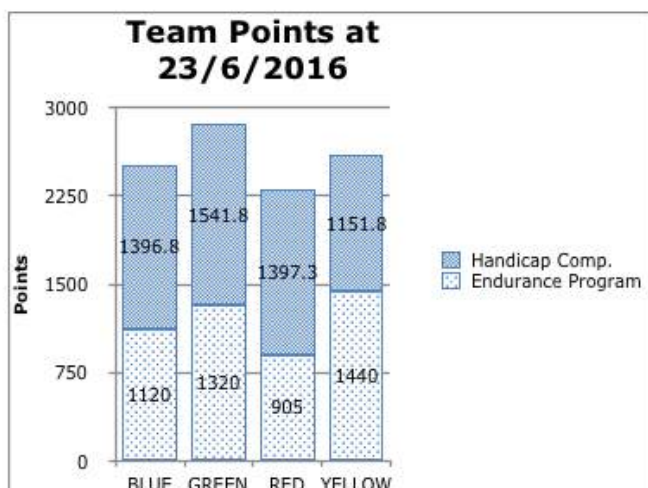
Ø *Any story of interest e.g an interesting swimming experience or place/event someone swam at, which may have been challenging or unusual.*

Ø *You may also wish to simply send in reasons why you like competing at the Nationals.*

We are also seeking more help i.e. volunteers to help us at the Nationals in March next year and the PPMG in November.

Please make sure your members read this email and encourage them to send in their story. You may send it to Rachael Keogh at convenor2017@mastersswimmingqld.org.au and please cc me so that I have a record of the article.

HANDICAP HANDICAP SERIES UPDATE



The latest ranking in Team Points for 2016 has seen a surge by the *Yellow Team* (2,592 points) into second place behind the *Green Team* (2,862 points). The *Blue Team* (2,517 points) is coming a close third while the *Red Team* is bringing up the rear (2,302 points). The surge for the *Yellow Team* was largely due to one member who completed all of the swims in the *Endurance Program*. Other *Yellow Team* members will have to get involved if they are to keep ahead of the *Blue Team*, while *Red Team* members will have to pick up the pace if they want to keep up.

... Adrian Wilson

2016 MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
JULY						
9	LC	Brisbane Southside	QSM	South	13/16	Brisbane Aquatic Centre
30	SC	Genesis Aquatic	QGA	Sunshine	14/16	Genesis College
AUGUST						
20	SC	Brisbane Northside	QBN	Sunshine	15/16	The Valley Pool, Brisbane
SEPTEMBER						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
17	SC	Redlands Bayside	QRB	South	17/16	Ormiston Pool
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Waters Pool
NOVEMBER						
4 - 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre
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
DECEMBER						

TIME MARCHES ON !!

Happy 90th Birthday Queen Elizabeth

... and Philip's still there by your side
- that's pretty special too, isn't it?



JUNE BREAKFAST ...

Well, Lane #0 once again turned on a real feast !! Special thanks to our newest member, Charlie, for his "pièce de résistance" contribution - a really tasty, gluten free chicken salad (no lettuce and tomato there !!). Thanks to those "Naught-ies" who made a special effort to contribute & attend even tho' they did not swim, e.g. Tricia and Grant. Then there were Maree's magical muffins ... and the disaster that was someone's gluten free savoury rocks/muffins - totally inedible - "never again", she said! Grant and Mick provided beautiful fruit salad & platters respectively - others, ham & eggs, raisin toast, blueberry pancakes ... and lots more - great job everyone !!



The raffle was rather special too as Dee Mooney made and donated 5 jars of mandarin marmalade! Congratulations to our raffle winners: Robyn Selby - Poolside Cafe Voucher donated by Damien + marmalade, Charlie & Jim B each won chocolates + marmalade, Wendy I & Jacky each won a bottle of marmalade. Commiserations to those who missed out - everybody wanted to win the marmalade !!

Thanks to Bruce Warren for his coaching, at least he had a pretty full squad who braved the cold morning to train.

Jacky spoke on behalf of those who attended Bob's special training session on Saturday afternoon and recommended future sessions to everyone, saying they had all benefitted from the personalised guidance given.

... Wendy Ivanusec



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<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Jenny Covell's Tewantin Guardian Pharmacy 12 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>



ENDURANCE 1000 REPORT

JUNE 2016



JULY

Joe Gilbert	2/7
Marcia Kimm	12/7
Jana Clancy	13/7
John Havilah	14/7

A very select few this month -
the special ones !!

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

Thank you to all those swimmers who have been doing some swims this year.

It is a very enjoyable time of the year to do these longer swims and helps to improve your fitness. These colder mornings can be a bit off putting but when you do longer swims you get warm and you feel much better afterwards.

This is my way of saying ... please make an effort to help get some points.

I have noticed that there are quite a few of you who usually do swims but have not done any so far this year. Look at it another way - whilst you are doing a swim, you can put into practice what our coaches say about stroke correction etc. I know when I occasionally do a swim, I am constantly trying to think of how I am going. Am I using my arms correctly and am I being "efficient".

Our club members are very encouraging and helpful and are certainly a friendly mob. So feel free to come down any Tuesday morning at 0730 hrs or Saturday afternoon at 1330 hrs. If neither of these days are suitable, you can always give me a call and request a time for me to organise someone to be there to time you. After our swim on Tuesdays, we all enjoy a coffee and chat at Jaspers Bakery. A nice social event with good company.

All of our stop watches have been checked and are all good to go. There are a couple of new ones in amongst them. Remember, they are sensitive mechanisms so be gentle with them.

For the newer members of our club, welcome. Have a go at an endurance swim. It's not a race so you can go at your own pace without fear. I am sure you will enjoy the effort.

Hope to see you all in the water. Swim, swim, swim!

Tricia Hughes

0422 160 519

Triciahughes1943@hotmail.com

Calendar

	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

The link below is to the web page for the Genesis Swim Meet on the 30 July. Genesis is a relatively new club – about 2 years old and this is the first meet they are hosting.

It's a short course meet and will be held at the Genesis school pool at Bray Park on the north side of Brisbane.

Please support this meet, which will be short and quick. For club members who have not competed yet, this is a great way to start.

<http://www.mastersswimmingqld.org.au/Competition/genesis-aquatic-swim-meet>

Challengers Chatter

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