

# CHALLENGERS' CHATTER

JUNE 2018

## NOOSA MASTERS AT BRISBANE SOUTHSIDE

by Lois Hill

Another great meet with 19 swimmers taking to the water at the Chandler pool.

Several new swimmers were 'Christened' – well done, and especially well done to Annie Collins and LiQun Hussey who swam in one of George Coronas' world record swim heats. As the 2 other swimmers in the heat they set a good pace for George to follow ... Touch them – they're now famous!

At 100, George set 2 World Records – 50m and 100m Freestyle. Not only swimming well and elegantly, later he spoke eloquently at his presentation. If only we could all be the same, even at 80!

After 11 years of dedicated service to MSQ, Helga Ward was also farewelled at the presentations. Thank you Helga for all your efforts.

For new members Annie Collins and Felicity Hawkins, this was their first swim meet, while Ceri Weeks from Tassie - who recently joined the club (2<sup>nd</sup> claim) - had her first swim for Noosa, and first competition swim in a long time! Julie Bott also swam her first meet representing Noosa.

The Winter Lurgy, for Brian Hoepfer and cats and dogs for Jo Matthews accounted for them having to miss the meet – bad luck you two, especially Brian "mouse" Hoepfer who didn't have his twin, Rob "Cat" Jolly as a competitor as Rob is competing in UK and Europe during his annual overseas trip.



QNA Medal winners: L to R Bob Morse, Wear Armstrong, Greg Bott, Jan Croft, Charley Moore

Brian was looking forward to claiming some of Rob's events!

Special mention to Wendy I. and Helen M who were also suffering after effects of the Winter Lurgy, but this didn't deter them from swimming in all their events!

We fielded 2 medley relays (200+ and 240+) on the day, with the oldies of 280+ sitting out - Brian was missed, and we had no more men to take his place. Much cheering for our 2 teams as they swam in adjoining lanes. Both teams placed third in their age group.

*Highlights and Bits & Pieces from QSM Meet from some of our swimmers ...*

**Anne Besser** " had a great day - all about competing and pushing my boundary": one of my happiest times today was when the 'wheels didn't fall off' in the 25m Breaststroke. My second race in Breaststroke EVER and I surfaced after the start and remembered to stroke - NOT glide most of the lap! My first race was hysterical...this one wasn't quite so funny but still laughable!

Another highlight was seeing Annie C

and Felicity starting their Masters career ... such a joy to share their excitement and sense of achievement ... heartwarming! Watching our Nooooooosa caps fly up and down the pool is always a thrill and I'm so happy and proud to be a Member of our great Squad ... particularly when our coaches compete at the same meet.

Well done one and all, Warmest hugs, Anne

PS...3 Thirds is also a HUGE hit of pride and satisfaction! (25 Free and Breaststroke and 50 Free) "

**Linda Hogg**: " My highlights for today: I wasn't expecting PB's but managed good solid races with times around what I usually swim.

Also, watching Flick swim her first "pool" race, competing in the 200 Free. She finished in 3min 20 sec. Only 1 second slower than my 200 Free time. Definitely snapping at my heels.

And ... seeing Jan diving off the blocks again after being unable to do so in Perth.

Cheers, Linda"

**Julie Bott**: "The Southside meet at Chandler today was my first swim for Noosa and I really enjoyed the whole day. My swims were nothing to write home about but the presentations to both George Coronas and Helga Ward were the real highlight for me. Cheers, Julie"

**LiQun**: "I will always remember George's times, and swimming with him."



## PHOTOS FROM SOUTHSIDE

Wear, Helen, Ceri, Wendy, Studley, Ian, Greg, Linda, Charley, Anne, Jacky



Two Champions ... Ian Croft & Jen



Swimmer of the Meet - Jen Thomasson, QSM

Links to George Coronos' World Record swims

<https://www.dailytelegraph.com.au/news/national/1000000020165758153332963986698157223313408n/video/5710ba93b542c1e7b96ef7909e79920b>

<https://www.youtube.com/watch?v=lyt9tl6T3gk>

The incredible and inspiring George Coronos broke the short course world records in the 100-104 years for 50m & 100m freestyle. He obliterated the old 50m record of 1:16.92, with a blistering 55.75. Congratulations George!

Relay Team: Charley, Wear, Bob, Linda, Greg, Jacky



Annie Collins and LiQun



Off the bus and rarin' to go  
LiQun, Annie, Jacky, Greg, Julie, Linda, Wear, Wendy, Bob, Pieter, Ceri



## INTREPID OCEAN SWIMMER FINDS ANOTHER LOCATION FOR AN OCEAN SWIM



At 74 years young , this Ipswich born and bred resident certainly has not lost his zest to find fascinating locations for testing his ocean swimming.

A regular participant for many years at Noosa, Byron Bay and the Lorne Pier to Pub swims, **Peter McMahon**, has travelled overseas to swim around the islands of Alcatraz ( USA ) , Iririki ( Vanuatu ) , Beachcomber ( Fiji ) , along Cinque Terre ( Italy ) and the Dardanelles passage( Turkey, a shipping lane that had to be closed whilst the swimmers swam through.

He always pays tribute to fellow Queensland swim team member in the early sixties, our coach, Jan, who has shared dozens of ocean swims with him : " Oh, what a feeling!"

For myself, in doing so many surf swims in life saving competition, including Australian Masters Championships for the past 25 years and world Championships in Italy, France & Germany, it is always a pleasure to enjoy the competition with a true champion : Peter McMahon, OAM.

Currently, Peter is in U.K, having done two ocean swims , 4km & 6 km, in Devon (SW England) in 14 deg. water temp. He is planning to do another in Northern Ireland. Talk about " Mad dogs and Englishmen " ... it's not only the noon-day sun!!

Spare a thought as we enjoy a Winter temp. of 21 deg. in Laguna Bay.

... Tony Frost.

*Ed note: Peter is a fellow surf life saving competitor of Tony's for 25 years and has known our Coach, Jan, since they each represented Queensland as teenagers.*



### July

Jana Clancy	13/7
John Havilah	14/7
LiQun Hussey	17/7

A select few this month!

**Yes, another birthday and you've still got IT !**



**NEXT E1000 SUNDAY**

Just a reminder that the Club uses the fifth Sunday in any month as an opportunity for members to do an Endurance swim.

The next one of these will occur on Sunday, 29 July. Be ready!!

... Cheers, Tricia

**Travelling Australia with Gumtree (interesting link)**

<https://blog.gumtree.com.au/travellers-australia/>

# SPORT'S FOUNDATIONS

by Mark Morgan

Sport plays a very significant role in world society and culture, especially in Australian society and culture. Whether it should play such a significant role is debatable.

Arguably sport provides a useful and more socially acceptable outlet for aggression and competitiveness for participants, and is supposed to offer participants the opportunity for development of physical and psychological qualities that will be beneficial for the more important things in life. It is certainly open to question as to whether it is reasonable that many elite participants in sport are paid obscene amounts of money for moving fast in various ways; kicking, hitting or throwing balls with great skill; or performing other sporting skills with excellence, while countless millions starve and, for example, teachers and health workers struggle to make ends meet in many countries.

Sport arguably also provides spectators with a more socially acceptable outlet for competitiveness and tribalism; and in general terms functions as the 'opiate of the masses', replacing religion in this role as originally suggested by Karl Marx.

I do not propose to directly discuss these issues here, but accept for my purposes that rightly or wrongly, participation in, and watching of, sport plays a major role in modern world and Australian culture.

Sport's role and value, and how it should be conducted, are constantly brought into sharp focus by never-ending scandals involving cheating in its many forms (e.g. ball tampering in cricket, and performance-enhancing drug usage in many sports); the adjudication and administration of sport; and the off-field conduct and post-career struggles of sportspeople. In fact these matters comprise much of the media coverage of sport.

So what are, or should be, the basic foundations of sport? What are the principles and values that should underpin sport in the best interests

of the participants and the spectators who watch them?

The first and overriding principle should be total and unswerving observance of the rules of any sport by its participants. And this should apply whether or not one can get away with breaches or incorrect decisions (yes, batsmen should 'walk' when out even though they will occasionally be given out when they weren't); how an opponent conducts themselves; or any other factor. There are no such things as the euphemistically-described 'gamesmanship' or 'professional fouls' – there is compliance with the rules (or at least attempted compliance with them) and there is cheating. I accept that participants will occasionally inadvertently break the rules, but deliberate infractions are always completely unacceptable. Officials, coaches, captains and fellow team members should be ruthless in penalising, forbidding, and/or discouraging them, as applicable, in all their forms and whether they produce an advantageous outcome or not. For example in the football codes, it shouldn't matter whether foul play by a defender prevented a try or goal being scored, the cheating should be penalised regardless. Likewise, in any sport the extent of the injury caused by violent or potentially injurious foul play shouldn't matter; the intent or recklessness should be punished accordingly.

Strict observance of the rules is not only in the best interests of the character development, integrity and dignity of the participant, but also provides spectators with the best opportunity to view a fair contest and have respect for the participants. What is sport without observance of the rules?

Participants should not only demonstrate total observance of the rules, but also at all times conduct themselves in a manner which shows complete respect for officials, opponents, coaches and teammates. I refuse to believe (and I have been involved in elite sport as a competitor and a coach) that it is

necessary or even advantageous to be violent, abusive, retaliatory or in any way nasty to be successful at the highest levels of sport. Playing "good, hard, aggressive cricket" should mean executing all cricketing skills to the very best of one's ability, and not include intimidation and verbal abuse. Many of sport's greatest exponents (e.g. Roger Federer) play/ed their sport within 'the spirit of the game' and conducted themselves with grace, dignity and humility. And it is these sportspeople that are remembered with most fondness and respect, and leave their sport with the greatest legacy. They will also be best adjusted to life after sport, and can feel greater satisfaction in their retirement. What possible satisfaction can a *true* sportsperson gain from success achieved by cheating and/or conduct showing no respect for others involved in the sport?

The second basic foundation of sport is the pact that all participants have, or should have, with their sport to always engage in it to the very best of their ability for the full duration of the contest. This applies irrespective of whether they or their team are 'winning', the significance of the event, what a rival has said about them, or any other factor. As a swimmer I used to imagine that the place I 'went to' mentally and physically from just before a race until the end of the race was a sacred place called 'Raceworld', that demanded nothing less than absolute commitment to giving everything I had every time I visited it. I used to regard it as being 'disrespectful' to Raceworld to do anything less, and found it almost impossible to do anything less even when there was nothing to be gained from giving 100% (e.g. in a heat where I would easily qualify for the final or being a long way ahead in the last leg of a relay). Call it 'Raceworld', call it 'Gameworld', this concept can be applied to any sport. In sports that require physical exertion, giving 100% (not 110%!) primarily means using all the physical energy you have – most sensibly spread evenly



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across the duration of the event. In all sports there is a mental component as well, so giving 100% will also include complete focus on executing all the skills of the sport to the best of your ability, and, where strategy is relevant (particularly in team sports) constantly thinking where you should be and what you should be doing.

Whether a sportsperson's goal is winning, being famous, making money, being selected for a representative team, achieving a particular time or score, beating particular rivals, or anything else, the best way to achieve all of these things is, and their primary motivation should be, to always perform as well as possible, no matter what. What more can a sportsperson do?

Winning is nice, but you don't need to be ruthlessly competitive with others, you just need to be ruthlessly competitive with the best you are capable of at any particular time. And always doing the best you possibly can allows you to always be satisfied with your performance.

Of course this approach to sport is the most appropriate one for desirable character development and the learning of beneficial life skills. A sportsperson who always does their best in their sport will be more likely to do their job and any life task to the best of their ability.

All participants giving 100% physically and mentally is obviously also in the best interests of spectators. They deserve nothing less, especially if they are paying spectators. Supporters of sportspeople or teams are generally reasonably forgiving if 'their'

competitor or team loses while giving 100% effort in all areas; what justifiably irks sports fans most is seeing 'their' competitor or team doing less than that.

Yes, sport is supposed to be fun, and there is much to be gained from, and much fun to be had by, engaging in unstructured, 'playful' sporting activities, where one delights in the sheer joy of executing sporting movement and skills. But fun is not incompatible with the foundations I have discussed.

For the millions who are involved in organised sport, their enjoyment, performance and development as human beings will be enhanced by respecting these foundations, and the experience of the millions more who watch them will be likewise enriched.

## Nationals - March 18-23 2019:

Can the Captains please have your Expressions of Interest for this asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).



## ADRIAN & FRAN WILSON ARE ON AN EXTENDED EUROPEAN HOLIDAY

We continue to enjoy ourselves in Vichy, France, home to **nine thermal spa water springs**, some very elegant buildings and delightful green spaces.

You might also be interested to know the address for our travel blog which is [wilsontravels.travellerspoint.com](http://wilsontravels.travellerspoint.com)

*Ed. note: I've visited the Wilson's Blog and it has some wonderful photos and makes a lovely interesting read - I'd encourage you all to take a look.*

*As you can see they caught up with our regular visitors Tom & Marlene Roberts who live in Vichy. Rob Jolly also visits and swims there whilst in France.*



Joe (19) - Golden Glove Trophy for boxing

### Guess Who?

We thought it appropriate and timely to enlighten the large influx of new members that we have gained in our club throughout the last couple of years, by giving them a glimpse into the life of one of our esteemed Life Members, Joe Gilbert who passed away recently..

Yes, the photo above belongs to Joseph Henry Gilbert who started life shortly before the Great Depression of 1930 in the Queensland bordertown of Mungindi, some 99 miles west of Goondiwindi.

Soon afterwards, his family moved to Goondiwindi, the town that has produced two mighty greys ... Gunsynd and Joe Gilbert !



Joe's secondary education took him to Brisbane State High School.

An above-average student who also excelled on the sporting field - particularly in Rugby - representing the school's First Fifteen team : Runners up 1946 and GPS Champions 1947.

# The Joe Gilbert Story

*For the benefit of our newer members who missed the opportunity of meeting Joe and being inspired by his positive approach to life,*

Joe's Rugby passion continued, playing with GPS Old Boys. His Rugby career culminated in 1957 when he represented Queensland against the New South Wales Waratahs.

Not surprisingly, Joe's playing position was Hooker in the front row - not a place for the faint-hearted. He was well equipped, being the Queensland Golden Gloves Boxing Champion (1949) before being the Australian Universities' Boxing Champion the following year in both Middle and Light Heavyweight Divisions.

Like many young Brisbane lads who gravitated to either the Sunshine or Gold Coasts on summer weekends and joined Surf Life Saving Clubs, Joe joined Burleigh Heads Mowbray Park S.L.S.C., gaining his Bronze Medallion in 1949 and Instructor's Certificate in 1951.

Recently, I caught up with one of his fellow Surf Club mates, Ken Bostock, who remembers a young Joe vividly, recalling - "A great guy who, when necessary, could let his fists do the talking."

Obviously Joe soon mellowed, thanks to meeting the "love of his life", Joy, with whom he celebrated 50 years of wedded bliss in 2015. With four children (Christopher, Ross, Sean and Penny), 7 Grandchildren and 4 Great-grandchildren, life couldn't be sweeter!

Joe's working career began in the oil industry with Atlantic Union Corporation who produced "Esso" fuel. Many of us remember filling our early model vehicles with a

"tiger in the tank". Brisbane and Warwick would become Joe's work locations.

After being head hunted by General Motors Holden, Joe returned to Brisbane where GMH were the Australian distributors of Toyota.

Various career moves in the motor and allied industries saw Joe working as Assistant General Manager, Theiss Australia, based in Sydney. Further moves took them to WA and Melbourne

Over the past few decades people have re-located to Noosa to "semi-retire", some seeking to pursue a passion, hobby or interest through life skills acquired from their past experiences and careers.

A standout in this category surely must be our fellow Master swimmer and friend, Joe Gilbert.

Landing in Noosa late 1978, Joe soon discovered that there was no Holden motor vehicle dealer in the Noosa Shire and was successful in being appointed by GMH in 1979.

Timely, the Noosa Heads Lions Club was being formed, sponsored by the already established Tewantin Noosa Lions Club. As a member, Joe revelled in this new club with his enthusiasm, ever-willing to assist the Noosa community with worthwhile projects.

Confidently, as Noosa's "Holden man", Joe called on a gentleman, a retired bank manager, from the New South Wales Illawarra region, who had become a Motel owner on Gympie Terrace, Noosaville. Little did they realise, this meeting of two fine young men was going to change a quiet coastal resort (population 8,000) to a thriving mecca for some of the world's finest athletes which attracted 12,000 competitors in the 2013 Triathlon, 3 decades later.

Dave Power, an icon in the world of distance running, won Gold Medals (10,000 metres and Marathon) at 1958 Empire Games in Cardiff, Wales, and Bronze medal in 10,000 metres at Rome 1960 Olympic Games. He continued his love of running, winning the World Cross Country Championships, held in Germany, when in his early forties. As a mentor for younger athletes, Dave was invited to 'live in' Australia's competitor village at Sydney's 2000 Olympics,



# The Joe Gilbert Story

encouraging these young athletes to enjoy the honour of representing their country.

The first meeting of Joe and Dave was memorable. Joe recalls: "I called on him to see if he was in the market for a new Holden motor vehicle, but he turned the tables on me. I came away from the meeting making a firm commitment that I would do my best to have the Noosa Lions Club support him in his endeavour to raise money for the next Olympic appeal."

*"How typically, Joe !"*



Dave Power & Joe - fundraising

The vehicle for this fundraising would be running of an annual Noosa Marathon, Half Marathon and 5km races each year. Proceeds from the event, 3 year intervals between Olympic appeals, would be distributed by Noosa Lions Club, as it saw fit.

Dave had harboured a desire for many years to raise funds to assist young athletes to achieve their goals, and here was a great opportunity!

To run such an event, a course had to be found. Joe and Dave spent numerous weekends measuring, traffic counts and flows - but alas, Boreen Point Road was unsuitable, as only 5 kilometres was sealed.

But, as fate had it, Dave was invited to participate in the "Pines Triathlon" on the Gold Coast, as the runner in a team event. He returned to Noosa, all fired up, contacting Joe:

"Forget the Marathon, let's run a Triathlon, as we only need 10km instead of 42km for the run leg," said an excited Dave.

"Triathlon" had suddenly become a 'fashionable event' for budding fitness fanatics.

Joe convinced his fellow Lions Club members of this project, hence the "Noosa Triathlon" was born in 1982 - thanks to Joe and Dave.

Noosa Heads Lions Club registered the name "Noosa Triathlon" and for many years owned the rights.

A giant exercise, to say the least. Lions members organised: Marshalls, volunteers, organising and running the event.

1982 (first Triathlon) 150 individuals

50 teams (of 3) Total competitors 300

2013 - total competitors 12,000

Who caused this explosion? Joe Gilbert & Dave Power.

From the 1982 Triathlon, Noosa Lions Club were able to donate \$4,000 to the "1983 Olympic Appeal Year". Noosa Lions Club ran the event for 20 years, before handing over to Garth Prowd and his United Sport Marketing Team.

Clearly, Joe the "Action Man" devoted so much of his time to Noosa Triathlon that it went from strength to strength every year.

TRUE ... but not entirely. Joe was a member of the Sunshine Coast Masters Swim Club, Swimming at Tewanin Pool, he played golf regularly, sailed weekly, still sold Holden motor vehicles as GMH Agent and still made time to wine and dine regularly with his wife Joy and great friends, Dave and Heather Power.

*What a life! What a man !*



**A true saying: "If you want a job done, ask a busy person".**

This fitted very well with our Joe Gilbert who, in 1995, again put up his hand for another challenge. Little did he know this one would take 5 years of tenacious effort to become a reality.

Noosa was blessed with natural attributes: National Park, Laguna Bay, surfing beaches, Noosa River and great climate.

But, alas, no 50 metre Olympic pool.

For 20 years prior to 1995, several local community groups had unsuccessfully tried to convince Noosa Council of the need for a 50 metre Olympic pool. Feeble comments such as: "You have an ocean to swim in."

Savvy people around town believed that something had to be done. The biggest hurdle was the tunnel vision decision makers (Councillors) who were 'out of their depth' on this one.

A group of 'go to' active locals representing a good cross-section of potential users was needed.

On 6 December 1995 a public meeting was held at the God Shepherd School Assembly Hall, filling it to capacity. Included in the audience were several curious senior Council staff.

A lively meeting, chastising Council staff for "lack of vision".

Mr Joe Gilbert stood up and embarrassed these "sticky beaks":

"If you were running a business you would not survive."



# The Joe Gilbert Story

Following vigorous public comments, a group was elected, to be known as the "Noosa Olympic Pool Association" with the goal of "providing a 50 metre Olympic pool for Noosa."

From this meeting the following were elected:

Masters Swimming: Joe Gilbert, Sandra Hudson & Janet Gemmell.

Tewantin-Noosa Swim Club: Patrick Lynch & Lex Bell

Noosa District High School: Peter Marconi

Sunshine Beach High School: Kirran Follers

Sunshine Beach Primary School: Dave Chapman

Surf Lifesaving: Tony Frost

Hydrotherapy Pool Advocate: June Colley

Joe Gilbert (Treasurer), Sandra Hudson (Secretary), Tony Frost (President).

## THE BATTLE HAD JUST BEGUN!

On our side was Joe Gilbert, who was accustomed to going 15 rounds with the opposition.

Gaining tremendous media support (TV and print) throughout 1996, regular weekly (and mostly more) meetings to review our strategy and plans to embarrass Council with facts and reality.

With Council elections scheduled for 15 March 1997, NOPA held a public presentation at the Villa Hotel, showcasing a 15 minute video they produced and key speakers for why Noosa needed 40 metre Olympic pool (Benny Pike, Lyn Bollen and two 12 year old members of Noosa-Tewantin Swim Club).

Some days after the presentation, Council showed their first signs of conceding, offering a choice from two parcels of land on either side of the tennis courts in Girraween Court. NOPA's preferred site was where the pool now exists. It was 2.722 ha in size, compared to 1.12ha.

Other hurdles, included in pool designs:

- \* one Councillor pushing for a most impractical design, based on Royal Life Saving principles and no respect for FINA, the internationally recognised body for design and regulation, from which all aquatic competition is conducted.

- \* Depth not adequate for water polo competition.

Finally, on 1 May 1999, Noosa Aquatic Centre was opened by Premier, Peter Beattie.

Joe didn't stop there ... his next goal was to push for the formation of a Masters Swim Club, to be based at the Noosa Aquatic Centre. Joe had been talking about this regularly for many years leading up to its formation in August 1999.

Joe was elected Vice President of the "Noosa AUSSI Challengers", a position he held for many years!



2008 Pres. Bob Jarvis, Joe Gilbert, Bob McCausland

Joe's dedication was rewarded in 2003 with Life Membership of Noosa Masters (along with Joyce Faunce).

Throughout all these happenings since the mid-nineties, Joe made time to support his wife, Joy, who was very active in the welfare of animals through the local RSPCA.

Joe regularly was chauffeur for Joy who needed to attend RSPCA meetings in Brisbane. Not one to twiddle his thumbs, Joe became useful at the Brisbane meetings as Queensland Treasurer of RSPCA.

Joy's input to the cause of domestic animals was rewarded with an "Order of Australia Medal" (OAM),

Two simple equations:

No Joe = no Noosa Triathlon

No Joe = No 50 metre Olympic pool at Noosa.

*Thank you Joe for making Noosa a better place to live in!*

At the recent Memorial Service, Bob Morse, representing Noosa Masters, concluded his Eulogy by saying ...

*"For me and for Noosa Masters Swimming club, Joe was a tremendous asset, he was one of those immense characters that you could lean against when you were tired, who would nurture you when you were frustrated, would guide you when planning, would support you in battle, Joe would take on any job especially the ones that no-one else wanted*

*Joe was generous with all things, his time, his advice, his support - well - except those big ice creamy thick shakes covered in melted chocolate that he would devour after each training day - he was at least generous in telling everyone just how good they tasted. Joe was a chocoholic*

*For me he was a dear friend, my confidant, my mentor, our clubs longest continuous member for 26 years*

*Our club would not be the success it is today without Joe."*







**ROB JOLLY ENJOYED  
HIMSELF  
AND HIS SUCCESS  
AT THE  
BRITISH MASTERS !!**

2 GOLD, 1 SILVER 3 BRONZE



**CARNIVAL CORNER** JULY 2018

*Diary dates of approaching carnivals for Noosa Club: More information when it is available.*

**21 July - QGA Genesis Aquatic Short Course**  
QNA club entries close 11<sup>th</sup> July - would love a few more entries!

**1-31 July - QTW Toowoomba Tadpoles** Postal 1500m Swim in 25m or 50m pool.

See [Toowoomba Tadpoles](#)

**25 August - QBN Brisbane Northside** - Short Course at Valley Pool

**15 September - NOOOOOSA** Long Course ...**be ready!!**

**29 September - QAL Aqualicious** Long Course, Centenary Pool, Spring Hill

**6 October: QMB Maryborough** Short Course

**27 October - QSC Sunshine Coast** Long Course at Kawana Waters Aquatic

**7-10 November Pan Pacific Masters Games Long Course and Open Water (11 Nov)**

Book your accommodation now – Meriton Southport suggested: Entries open

**Reserve these 2019 dates**

**MSA Nationals-March 18-23 2019, Adelaide:** Please give your Expressions of Interest to Club Captains asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Please reply to [captain.noosaQNA@gmail.com](mailto:captain.noosaQNA@gmail.com) with a Yes /No/Maybe

**11-13 April 2019 MSQ State Long Course Titles - Chandler** Pool, Brisbane (accommodation suggestions Chandler Lodge Cabins, Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

... Lois Hill, QNA Captain

**Hello again ... Tip Time ...  
Just a few tips this month on drills and kick**



**Head up drill**

A great drill to help advanced and intermediate swimmers improve rhythm of stroke. Especially effective for removing dead spots from stroke timing. It is almost impossible to swim head up with a long pause in the stroke.

*Key to drill.*

Swim at sprint pace to focus on fast stroke rate. Perform it with chin on water and maybe with fins .

**Kick**

We need to kick to hold body in position to help initiate rotation, it is not about propulsion .Avoid the kick being too big ... that is kicking outside the body-line and creating drag. A good kick is small, not too wide and not too deep - a relatively straight movement from the hips, with flexible ankles

... Happy swimming - Cheers, Jan



## SOCIAL ACTIVITIES

*Helen Malar and Robyn Selby arranged for club members to get together and enjoy a luncheon at the Boathouse floating restaurant on Monday 4th June. It was hailed a great success !!*



*Ilan & Adele Tucker*



*Annie Collins, Anne & Michael Besser*



*Jacky & Jeff Shields*



*John & Christine Cooper*



*Bob Morse & Kerry Blackwell*



*Linda Hogg & Tricia Chalmers*



*Robbie & Ceri Weeks*



*Robyn Selby, Helen Malar, Felicity Hawkins*

*See award winning one-act plays by acclaimed playwrights at Noosa Arts Theatre.*

**When:** 13–21 July

**Where:** Noosa Arts Theatre, Noosaville

**Bookings:** [Click here](#)

# DESERT ADVENTURES

by Jane & Mark Powell

We left the Sunshine Coast in early June and drove west via Crows Nest to Charleville, where we called in on Alison Simmons who teaches at the School of Distance Education there. Watching her in action, conducting a lesson via video conferencing over the internet, was astonishing.

We also visited a Bilby Exhibition and learnt about their vulnerability and efforts to help their population back from the brink.

Eromanga, Australia's "most distant town from the sea", surprised us with a wonderful Natural History Museum, which showcases the local dinosaur dig successes.

We had to travel via Birdsville, because we never have before. A nice camp ground, a few drinks at the pub ... one can only imagine what its like there when the Big Red Bash or the Races are on.

Still in Queensland, still on bitumen, mostly, much to our surprise. The Diamantina Shire appears to have invested a lot to attract visitors.

The road north was edged by low sand dunes and stunted sparse trees, with brolgas and wedgetail eagles along the way. At Bedourie we visited a delightful aquatic centre, complete with an artesian hot tub with seating for 22! (we had it to ourselves).



We stayed there two nights, guests of Carolyn and Joe Sykes who manage the Arts Centre. A desert thunder storm awed us with lightning and sudden heavy rain - the one night we weren't in our swags!

We followed the Sandover Hwy to Alice Springs, where the Desert Park inspired us to travel further and keep seeing the Real Thing.

The Tanami Track heads north west from Alice Springs and teams with wildlife and history. We spent three days travelling across it, visiting Yuendumu Indigenous Community & Arts Centre along the way. Mount Doreen, a deserted cattle station provided a great camp site one night in the bed of a dry creek.

We woke to myriad birdlife although we couldn't see any water, and we wandered around tumble-down farm buildings that have been abandoned for 60 years.

When we crossed the border into Western Australia, the topography changed again: Hills rose about us, the country greened, paddocks with cattle and horses lined the road. After refuelling at Halls Creek we followed a tortuous track into Purnululu National Park to admire very weird rocks - the beehive domes of the Bungle Bungles.

This chapter finishes at Kununurra, a prosperous, bustling town in the midst of farmland of the Ord River Valley, not far from Lake Argyle. We knew we were back in the Kimberley when we began to see Boab trees once more!

Boulia was celebrating Queensland Day when we were there, with a market and bush band in the grounds of the Stone House Museum.

We crossed the border into the Northern Territory on the Plenty Hwy and had a variety of gravel, bull dust and corrugations to drive across, for the next 3,000kms...! But the awful roads led us to wonderful places: Boxhole Meteor Crater (much prettier than Wolf Creek), Tower Rocks, Ampilatwatja Indigenous Community and Arts Centre via the Binns Track.

December 2018 - Noosa Masters is holding a **Karlyn Pipes Swim Clinic** the first week in December (date TBA).

This clinic has been endorsed by our coach, Jan Croft.

Expressions of interest are invited ... advise Jan or Lois Hill meanwhile, take a peek at Karlyn's backstroke here: <https://twitter.com/goswim/status/838771251225190400?t=1&cn=ZmxleGlibGVfcmVjc18y&refsrc=email&iid=2dcd3e4e88044d76a779237ee8579214&uid=409223535&nid=244+272699392> can boast.

To date Pipes has set 229 FINA Masters World Records and 352 U.S. Masters National records, making her one of the most decorated swimmers ever. She has been ranked number one more than any other Masters-level swimmer in history and in 2015 her swimming career was honoured by the prestigious International Swimming Hall of Fame.

Karlyn Pipes' life has had its ups and downs, but her story is ultimately one of courage, determination and victory. Her triumphs and her inspiring journey mean that she is in global demand as a motivational speaker and has a published autobiography. She is also a top-class swimming coach, offering swim technique workshops and technical talks worldwide, and providing private swimming instruction and camps in Kona, Hawaii.

Originally from California, Pipes began to swim competitively for the Lompoc Marlins at just six years old. By age 15, she was competing for the Coronado Navy Swim Association, was coached by two-times Olympic Gold medallist Mike Troy and had won the National Junior Olympics.

After High School Pipes' talent was recognised by a scholarship to the University of Arkansas. Despite early successes and Olympic potential, her life took a downwards turn and Pipes dropped out of her studies and lost her focus on swimming.

Her 20s were marred by bad choices, unhealthy lifestyle and alcohol addiction, which culminated in hospital rehabilitation. To help her recover, Pipes began swimming again. At 31 she returned to racing and was competing in the Masters category. Within months Pipes secured a new 200m backstroke world record and her incredible comeback had started. In the following year her ranking in the USA rose to number one in seven events. More FINA Masters world records followed, totalling 16 for the 30-34 age group.

Aged 35 Pipes was ranked first in every distance and stroke in 54 official events for the 35-39 age group. She was now competing against many former Olympians and in the 200m backstroke was only tenths of a second away from qualifying for the 1996 US Olympic Trials. Pipes also went back to university and won masses of medals for her College until graduation in 1999.

2002 was another golden year with 25 FINA World records, 54 National records and six lifetime personal bests. Over three decades Pipes has competed at four Masters World Championships and secured world records in all four strokes, including the medley, at every distance with her records spanning six age-groups.

Karlyn Pipes continues to swim competitively and is also a triathlete. In 2017 she set 10 FINA Masters World records and 20 USMS National records for the 55-59 age-group. She is now able to share her expertise in the water with all types of swimmers and her comeback story is inspirational.

Check out more about Karlyn and her workshops at [karlynpipes.com](http://karlynpipes.com)

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Read the step by step guide on how to use the Snap Send Solve app

# ENDURANCE 1000 REPORT

## JUNE 2018



Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

Yes it is the end of the financial year ... not that it means much for the retirement brigade.

So half way through the year and the Club is maintaining pace with our points tally in 2017. Well done folks –keep up the good work. We will still have to put in a sterling effort in the latter part of the year to maintain the momentum!

An individual points table will

be issued within the next week or so. A half yearly calibrator for members.

Lately Tuesday morning numbers have been down but the pool remains at a balmy 27 degrees ... just right for an Endurance swim! And it's only a short dash to the hot showers !!

Rod Alfredson  
Coordinator

Endurance 1000 program



IfWear can do it



### BOUQUETS

**Well done** to all the volunteers who raised \$880 for the Club.

**Cap & Pen Winners.** Congratulations to ... Karen Martin who won the cap and the pen, for taking another 46 seconds off

her 800 m Breaststroke time, well done Karen, wow!. Sally Johnson for regularly wearing a cap to the squad sessions, that looks like she is modelling the special effects for the latest film. Di McFarlane won the pen and the cap, to take with her on her travels to Italy, have fun Di with your family. Maree Warr who won the Cap and the pen for giving up her lane in the 25m pool so that one of our Endurance Swimmers could do an 800m Butterfly. I wonder who that was! Quentin Lee won the cap and pen for completing some amazing endurance swims in the last few weeks of June. It is great to see him back at squad sessions.

**Congratulations** to the swimmers who went to Brisbane Southside, especially Wear who won her age group, Charlie & Jan who were second and Greg & Bob who were third. George Coronos once again shone and achieved two world records - in the 100m Freestyle he was paced by two of our swimmers LiQun and Annie, well done girls!

**Congratulations** to Mick Jones, who did his first ever 800m swim at Endurance on Tuesday. Awesome effort Mick, who is now eyeing up the 30 minute dash!

**Congratulations** to Rob Jolly for his success at the British Masters Championships, 2 Gold, 1 Silver and 3 Bronze.

**Congratulations** to the members who received their MSX certificate and cap for excellence. We had swimmers in all four categories, Bronze, Silver, Gold and Platinum.

**At Last** - A cabinet maker is due to start on a display cabinet, so that we can display our trophies. The glazier hopes to finish the job shortly, fingers crossed. All four clubs that work out of the NAC have been consulted and will have a section each.

**Help please** for Ian Tucker - as the Convener of our swim meet - which is on the 15 September He needs volunteers to help in the preparation and on the day. Please see Jo/Ian if you have not put your hand up yet.

We need as many club members as possible involved. New members especially .... talk to other members, to find out how you can assist. Southside was a great example!

**Thank you Thanks** always to Jan Croft for her splendid coaching and recently to Ian Tucker for assisting - due to not being able to go in the water - thank you for giving up your time, Ian. Thanks to Viv Merrill, Bob Morse and Greg Bott for their regular coaching too. Thanks Adele Tucker for organising the Twilight Endurance swim on 8 June - 223 points achieved, well done to all the swimmers and timekeepers. Thanks Studley Martin for the comquats, they make great marmalade! Thanks Brian Hoepper for the great article in Noosa Today. Thanks Helen Malar and Robyn Selby for organising the Boathouse luncheon, it was very successful. Thanks Mick Jones for working with Jo to submit a Grant to 'Get in the Game - get going clubs' We hope to provide participants with an opportunity to learn & improve their swimming & general health by fostering an inclusive learning environment through a development camp. Professionals in their field would run sessions on stretching, breathing & light weights; health + nutrition; sports physiotherapy; technique swimming; sports psychology; yoga & meditation, plus some fun activities. By August we will know if we have been successful. Thanks Lanes 3 & 4 for another scrumptious breakfast! Wear's hot Taiwanese noodles were a special treat! Sue Curtis won the raffle.

**Welcome** to Peter from Melbourne and welcome back Sally Johnson. Welcome to Bill Wrigley, who is looking to join us. Welcome to Shane Knight - President of Queensland Masters Swimming. Thanks for taking the time to meet us & attend our poorly attended Members Meeting. Welcome to Georgie, Felicity's daughter, who may join us, so that she can swim with us when she visits from Melbourne! Welcome Julie Slattery from Melbourne & Julie from Hawkes Bay in NZ. A warm welcome back Mark Q after a prolonged battle with illness.

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