

CHALLENGERS' CHATTER

JUNE 2021

Four extraordinary women steal the limelight !

Four Noosa Masters swimmers returned recently from Brisbane, displaying their age-group medals won at the intensely competitive Brisbane Southside swim meet. But their triumph was overshadowed by an outstanding feat of swimming prowess by four extraordinary women. With a combined age of 320 years, the foursome smashed the world record for the 4x100 metres freestyle relay by a staggering 25.10 seconds! The Miami Masters members averaged 1 minute 40 seconds for their 100 metre stages, with the eldest – Denise Roberston (86) swimming 1:36.87 — a time that would be the envy of many swimmers half her age.



The Southside meet, swum at the impressive State Aquatic Centre at Chandler, attracted a record 265 swimmers from 32 clubs. In that field of 32, the Noosa team of 19 swimmers placed a very creditable fourth in the total points score.

It's clear that the COVID disruption of 2020 hasn't dampened the enthusiasm or the performance of swimmers around the state. At Chandler, alongside the world record, there were 17 national records and 39 state records broken in a whirlwind succession of superb swims.

Noosa Masters, buoyed also by their excellent performances at the recent Great Barrier Reef Games in Cairns (see Carnival Corner, p.3), now have their eyes set keenly on upcoming meets in Bundaberg, Brisbane Northside and their own Noosa meet on 18th September.

... Brian Hoeppe

noosa masters ... southside snaps ... see report p.3



Carnival Corner

Diary dates of meets can be found on the MSQ & MSA Websites

Upcoming Meets

JUL01

Toowoomba Tadpoles 1500m Postal

July 1 @ 8:00 am - July 31 @ 5:00 pm

A good opportunity for members to increase the Noosa Endurance program points tally in a 25m pool. Each swimmer may do 1 or more 1500m Freestyle, Breaststroke or Backstroke events.

You must swim the event between 1st — 31st July 2021

JUL17

Rum City Short & Sweet Meet

July 17 @ 12:00 pm - 5:00 pm Bundaberg Queensland

A previously well supported meet with many members overnighing in Bundy. Fast moving Short Course meet, plenty of relays. Two Course meal afterwards.

This Meet is open for entries on the MSQ website.

AUG01

Belgravia Masters Long Distance Meet

Sunday, August 1st @ 8:00 am - 1:00 pm. Burpengary

800m IM/Fly/Back/Breast/Free. 1500m Back/Breast/Free.

This Meet is open for entries on the MSQ website

AUG21

Brisbane Northside Masters Meet

August 21 @ 8:30 am - 4:00 pm Valley Pool, Fortitude Valley, Brisbane.

Short Course Swim Meet 25m-1500m

Distance swims (800 and 1500) will start at 8:30am and will be deck seeded. Warm-up for this meet will also commence at 8:30am. Competition for events 9 onwards will commence at 10:30am.

This Meet is open for entries on the MSQ website

COACH'S TIPS



Benefits of using a pull buoy ...

Able to swim longer with less effort.

Pull Buoy helps us to achieve a more efficient body position keeping our feet high, we learn how efficient swimming should feel.

Downside of using a pull buoy ...

Use of pull buoy can limit hip rotation. Power in your stroke doesn't just come from your arms and shoulders, a lot of it is derived from your hips.

The pull buoy provides artificial support and in essence relieves the core of its duties.

Be realistic about why you are using a pull B

Happy swimming - Cheers, Jan

Carnival Corner

GBRMG Scores

The Team scores from the Great Barrier Reef Masters Games in Cairns have recently been published by MSQ. Noosa Masters Swimming Club members achieved outstanding success accumulating 75 medals overall and placing **2nd in the Club Team and Relays scores**. Our 15 women were **1st in the Women's scores** and our 6 men placed **4th in Men's scores**.

Top 10 Team Scores

1	University of Queensland Masters	1,394
2	Noosa Masters	895.5
3	Miami Masters	639
4	Darwin Stingers Masters.	547
5	Sutherland Sandbern	445
6	Long Tan Legends Masters	427
7	Belgravia Masters Team	420
8	Redlands Bayside Masters	411
9	Port Douglas Cyclones Masters	403
10	Malvern Marlins	384

Top 10 Relay Scores

1	University of Queensland Masters	300
2	Noosa Masters	140
3	Sutherland Sandbern	94
4	Miami Masters	76
5	Darwin Stingers Masters	72
6	Port Douglas Cyclones Masters	70
7	Long Tan Legends Masters	66
8	Belgravia Masters Team	66
9	Redlands Bayside Masters	46
10	Malvern Marlins	40

Men – Top 5 Team Scores

1	University of Queensland Masters	693
2	Miami Masters	416
3	Sutherland Sandbern	367
4	Noosa Masters	279.5
5	Sunshine Coast Masters	272

Women – Top 5 Team Scores

1	Noosa Masters	578
2	University of Queensland Masters	549
3	Darwin Stingers Masters	409
4	Malvern Marlins	384
5	Port Douglas Cyclones Masters	310

Some of our swimmers scattered in their caravans and RVs after the meet to go walkabout, so it was not expected that Noosa would field a large team for the following BSM swim meet in June.

Brisbane Southside (SC) Meet : 19th June

Surprisingly 19 Noosa swimmers registered to compete at the Brisbane Southside Masters Carnival at the Brisbane Aquatic Centre at Chandler in mid-June. The registration opened two weeks before the swim meet and there was an unexpected number of registrations resulting in a record 265 entries from the 32 clubs participating. There were almost as many swimmers as at the State Championships and the GBRMG meet. Hopefully our Noosa carnival on 18th September will attract larger than normal participation.

Our team of 11 women and 8 men competed on the day. Swimmers competing were Tricia Chalmers (1st competition in 3 years) David and Jackie Coulter (1st time representing Noosa) Peter Fidler, Felicity Hawkins, Brian Hoeppe, Linda Hogg, LiQun Hussey, Wendy Ivanusec, Rob Jolly, Gerry Little, Jo Matthews, Bob Morse, Wendy Nothdurft, Ian Robinson, Diane Scott-Davies, Clinton Stanley, Adele Tucker, Adrian Wilson.

Four of our members returned with age group medals from the intensely competitive swim meet. Jo Matthews and Wendy Nothdurft won silver medals and Ian Robinson and Rob Jolly won Bronze. Noosa Masters achieved 4th highest combined team scores from the 32 clubs competing. Many QNA seed and PB's times were exceeded by our great Noosa swimmers.

Highlights: Seeing a world record broken by the Miami Women's 320+ relay team and Adrian's costume malfunction showing everyone he doesn't sunbathe naked at Alex Bay.

It was a fast and furious swim meet and thankfully our cheerful bus driver, Ian, was there to drive our weary bodies back home.

Thanks to our club President Ian Tucker who was timekeeping most of the meet and Wendy I, Adele, Brian and Rob who assisted.

... Rob Jolly



July ... only two very special birthdays

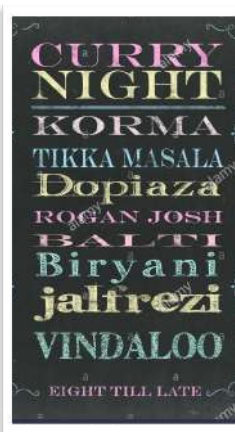
Fiona Avery

15/07

LiQun Hussey

17/07

*You think you are special JUST on your birthday
No way ... you're special every day!*



Thanks Robyn Selby for hosting a great Curry Night !!

The curry night with swimming friends was a great way to experience another culture and stay warm and toasty at home.

The scene was set with tea lights in pretty glasses, colourful tablecloth, plenty of steamed rice cooked up and some cooling raita plus Naan and pappadums.

Most had a favourite curry recipe and were thrilled to cook it up, pop it on the table and allow everyone to serve themselves.

There was plenty of wine, merrymaking and conversation during a great night in.

Lots of lovely scarves were on display, but standout costumes were worn by Jeff and Jacky Shields

... ed



noosa aquatic centre

WORKSHOP SERIES 2021

★ JULY ★

Sweat analysis for athletes

WHEN: Saturday 24 July
WHAT TIME: 12-2pm
WHO: Riley O'Brien
HOW MUCH: members \$25 non-members \$35

- Partake in a controlled sweat rate test
- Accurately measure sweat rate during exercise
- Understand how de-hydration can effect performance
- Develop individual strategies for re-hydration both during and after exercise
- Perfect for anyone involved in vigorous sports

Riley O'Brien is an accredited Sports and Conditioning coach who has been working with athletes for 8 years. He runs the NAC's Teen Gym program and is passionate about assisting athletes achieve their full potential. Riley is also a world expert in the biomechanics of a knight in armour.

Practical ★ Hands-on ★ Individual advice



A Memory to Keep

by Karen Martin

A Gold medal memory keepsake for the 50 laps on my 50th Birthday.

A present from Bob McCausland who kindly sat for 1 hour and 10 minutes counting my laps ...



**Well, hello.
Bonjour, salut.**

We have not been in touch for a while as life was just plodding along, everything except food and computer shops open, no cafes, restaurants etc, and limited access to our friends.

We both got vaccinated earlier this year but the restrictions were not reduced for a while so any news was just the same news. Tom has recovered well from the hip replacement.

Since April outdoor facilities began to open including our lovely heated olympic pool, with a one way system in the changing rooms , and lots of lovely sunshine. Mid May outdoor bars and cafes opened and all shops. There was still a curfew stretched to 19.00. Big day was 9th June when everything else opened (except discotheques!)

What a difference that has made ...meals out, cinema, seeing friends. Suddenly an age group carnival was organised for the youngsters at the pool and 200 arrived from all over France. The Triathlon Club organised a competition and 600 folk turned up in bright sunshine, swimming in the river and cycling and running round the town. And the Napoleon festival, cancelled last year, was held with people wandering around town in beautiful gowns since Napoleon was responsible for Vichy's fame as a spa town as he and his court came here every summer from Paris back in the day.

It is so good to see everything buzzing again. Big problem is that in the meantime we cannot travel to see our family in UK, without quarantine, despite being vaccinated and PCR tests being free and walk in here.

Thank goodness for Zoom and WhatsApp, but it's hard to see the changes in the grandchildren over 18 months ... two years for the Sydney family!

I know from Gill in Sydney that there have been restrictions in Australia and no overseas travel, so everyone has had issues.

We do enjoy getting Noosa news through the Chatters which Wendy still sends me, plus the news folk post on Facebook. Take care all, and let's hope travel will be allowed eventually.

... Marlene and Tom



NEOLOGISMS

Once again, The Washington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternate meanings for common words...and the winners are:

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), gross olive-flavored mouthwash.
9. Flatulance (n.) emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Rectitude (n.), the formal, dignified bearing adopted by proctologists.
12. Pokemon (n), a Rastafarian proctologist.
13. Circumvent (n.), an opening in the front of boxer shorts worn by Jewish men..
14. Frisbeetarianism (n.), (back by popular demand): The belief that when you die, your Soul flies up onto the roof and gets stuck there.

WELCOME TO KABI KABI

Welcome to Kabi Kabi Country, a Visual Experience Launch, Thursday 10 June, was well attended.

Volunteers from Noosa Parks Association, Noosa National Park, Hastings St Info Centre and Parkyn's Hut, were present.

Guest speakers Jasmin Boyd and Juanita Terry from Tourism Noosa, Sandy Bolton, Noosa MP and Brian Warner, representing Reconciliation Australia.

It will screen every evening from Friday 11 June @ 7pm, on the glass exterior of the Noosa Visitor Information Centre.

Visitors walking past and nearby will be able to experience this beautiful presentation that honours the spirit and country of the Gubbi Gubbi.



ENDURANCE 1000 REPORT MAY 2021



First of all, hope Denise has had a safe smooth journey back to the USA to help with family matters. Also, hope that our many members who are holidaying in different States travel safely and have a fun time.

Jo Matthews still leads our Endurance programme. After 3 months travelling Queensland Outback, a big welcome back to Corals D'Ott. She hasn't wasted any time getting back to Squad training and into the Endurance programme.

Thumbs up to our 92 yo Bob McCausland who, after a long absence from the pool, had a first swim in January and has consistently reduced his times and increased the number of swims ever since!

In July, many club members will participate the Toowoomba 1500m Postal Swimming; you can swim any stroke from Free, Back or Breast. As a bonus, the result will be counted into your Endurance points.

The Short Course 1500m Postal Swim has to be done in the 25m pool. Therefore, we will try to book from the NAC some lanes in the 25m pool for Tuesdays in July.

Look forward to seeing you in the pool ... happy swimming!

LiQun
Relief Endurance Coordinator

Out of sight, but not out of mind !!

Hello everyone,
I just had a look at the Endurance points for the month of June. It was an outstanding month, in part because Adele, Jo, Wendy I, Jim and Karen each accumulated more than 90 points in June - wow!! So, even though I'm not at the pool, I still get really excited (and motivated) when I see so many swimmers doing many Endurance swims. Time for me to get back in the pool ...

... Denise (USA)

Kung Fu Kagsey in action ... again!

At the end of June, I did another grading to a Purple Belt. We were tested physically and mentally for 1 hour 20 mins. Lots of fitness, running, press ups, sit ups, kicks and pad work. It was intense! The next belt is Brown and then Black. We have to be a Brown belt for about a year before trying for Black ... so still a way to go!
Combat Self Defence at the Leisure Centre.



Congratulations MSA Life Member Pauline Samson - Recorder for many years for the National Endurance programme — who has been recognised as a 'driver of modernisation and change'.



Corals D'Ott looked pretty happy with her "reward for effort" towel from the recent Hervey Bay Humpbacks Postal Swim Meet !



Please support our sponsors

Noosa Heads Life Saving Club

Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

Noosa Aquatic Centre

Girraween Court, Sunshine Beach
Tel: 5448 0288

Bunnings Warehouse

Noosa Road & Gateway Drive
Noosaville QLD 4566
Tel: (07) 5430 5400

Ironman

24 Lionel Donovan Dve
Noosaville Q 4566
Tel: 5430 6700

Live Life Pharmacy

22 Sunshine Beach Road
Noosa Junction
Tel: 5447 3478

Terry White Pharmacy

Shop 20, Noosa Junction Plaza
Sunshine Beach Rd, Noosa Junction
Tel: 5447 2244

Bank of Queensland

Tewantin Noosaville Branch
Cnr Gibson Rd and Mary St
Noosaville Q 4566
Tel: 5470 3100

The Great Little Bag

Shop 105 Eumundi Square
Napier St Eumundi
on Market Days
Wed+Sat 7.30-2.30 Fri 8.30-2.30
www.thegreatlittlebag.com

Officeworks

1 Gateway Drive,
Noosaville Q 4566,
Tel: (07) 5449 5400

John Bird Jewellers

The Atrium, 91 Poinciana Ave,
Tewantin
Tel. 5474 4639

Hinter-Coast Transport

Charters-Schools-Weddings-Tours
1300 658 971 and 0410 602 632

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809