

# CHALLENGERS' CHATTER

MARCH 2018

## MSQ STATE CHAMPIONSHIPS REPORT

by Lois Hill



**Team Noosa with their medal haul**

Back L-R: Rob Jolly, Brian Hoepper, Jacky Shields, Greg Bott (Club Captain)  
Front L-R: Linda Hogg, Viv Merrill, Jo Matthews, Clinton Stanley, Lois Hill (Club Captain)

### Rockhampton 14-18 March 2018

Great time had at Rocky – a team of 9, with 4 supporters (Sue and Chris Stanley, Kathleen Gordon and Geoff Merrill) drove/trained or flew into Rockhampton.

First up were the 4 brave 1500m swimmers – swam in the 50m pool on a lovely day with a slight breeze to keep us cool. Jacky, Linda, Greg and Rob all swam way faster than their best times, with Rob claiming Gold. Linda's swim was one of her highlights of the meet ... "My first 1500m race in competition and the time was 1min30sec faster than my previous best in Endurance swims" (with a time of 27min49sec)!

Jacky, in the same heat was not far behind. Well done to all!

The next 3 days were swum in a 25m pool – and what a time – medals/PBs galore - over 70 medals won by the team, with Clinton and the 'old men' Rob & Brian doing very well, then the rest of us followed!

The good depth of the club swimmers can be seen in their overall points scores-

Greg Bott	92
Lois Hill	99
Brian hoepper	116
Linda Hogg	29
Rob Jolly	118
Jo Matthews	76
Viv Merrill	56
Jacky Shields	61
Clinton Stanley	120

All these points helped Noosa come third in the Aggregate Points award.

Some of the team were in age groups with **many** hi-calibre swimmers. But even if not placed, PBs were in abundance and no-one came home without a medal!

It was great competition, and there were many interesting 'duels in the pool'.

The team highlight was the 280+ (we just scraped into the age group!) setting a State Record in the Mixed Medley relay – Jo, Lois, Rob & Brian swam like rockets to take 2.76 seconds off the old record.

While waiting for the results on the last day, Clinton won the 'line dancing award' – well done, and lots of it is on video.

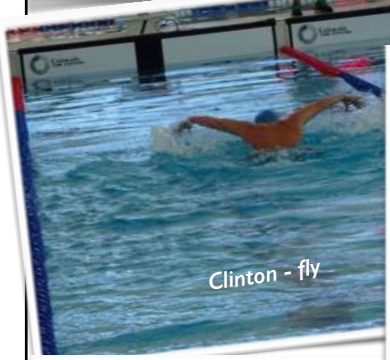
Apart from the swimming, we ate well – dinners at a Malaysian restaurant near the main apartments, the Criterion Hotel, and lastly a very enjoyable BBQ at the Cityville apartments. Thanks to Viv & Geoff for shopping and Greg and Geoff for BBQ'ing!

cont'd p.3



# STATES - MEMORIES!

**280+ State Record team**  
Brian Hoeppe, Lois Hill, Jo Matthews, Rob Jolly



# MSQ STATE CHAMPIONSHIPS cont'd

The meet organisers also put on a meal (& bowling lessons) at the Bowling Club, and several members were seen practising for the club's next Barefoot Bowls night. One good bowl from Rob was pushed away from the kitty by Viv. In fact, some of the team looked like professional bowlers!

The 'after competition' holidays were enjoyed – Stanleys to Great Keppel Island for a few days of sun and beach; Linda, Jacky and Lois for a 2 day tour of the area, including great practice doing U-turns while Linda tried to find some old family haunts :Viv & Geoff giving up following 2 U-turns, then heading to 1770 & Agnes Water.

## Some reported highlights-

**Sue Stanley:** "We are having a great time on Great Keppel, very relaxing. Some of the swim meet highlights: The inclusion of Multi Class swimmers, it now gives the opportunity for swimmers with disabilities to continue their competitive swimming as they grow older. The friendships around the pool and watching the swimmers perform at their best. Spending time after the meet relaxing over a meal and a few drinks. It was especially wonderful to have Noosa members help out with Clinton while I helped Helga with the medals as he sometimes forgets his events. We loved the final night's dinner and it was lovely

of Rob Jolly to share his beer with Chris and Clinton. We now look forward to the Queen's Baton relay on Monday. Thank you club members for a fabulous meet. Medals. 12 Gold 1 Silver and 2 Bronze"

**Jo Matthews:** "An extremely well run meet, I really appreciated their having gluten free options at the dinner. My highlights were beating the two ladies in my age group twice, that were putting in ridiculously slow times for their swims and getting clear water to swim in, 50 seconds in the 400s, 20 seconds in the 200s !!! I also swam just outside the time Lois had suggested I could do in the 50 m Free. Felt very pleased with myself. Final results: 4 Golds, 2 Silvers, 5 Bronzes, 4 PB's and a state record"

**Greg Bott:** Some of the highlights for me were.

# Clinton medal tally and watching some of his swims in particular the butterfly swims.

# Rob Jolly and Brian as quiet achievers for medals.

# Linda in the 1500 m swim breaking her PB.

# Jacky winning the gold in the 400m back.

# Jo making sure she won the 100m fly.

# Viv and Lois medals and good company.

**Linda Hogg:** First 1500m race (27:49) and 1:30 off previous best

400m free: Achieved her goal to go under 7 Mins! a PB by 20 secs with time of 6:51.12.

**Jacky Shields.** Everything! Pleased Jacky with many PBs. Special mention of 200 free, her 25 free time as not a sprinter & a gold medal for 400 Backstroke in the last event of the meet.

**And finally Rob with his summary we all agree with**

**Rob Jolly.** "Great Club, Great Pool, Great State's and Great Company.

FYI - My medal tally... 12 Gold 4 Silver and 1 Bronze."

Noosa would like to thank Caribee Rocky Crocs Masters Swimming Club and North Mackay Sinkers for running such a successful, fun meet. ...we'll all be at your next one!

... Lois Hill  
Co-Captain QNA



## Yeronga Park Yabbies Swim Meet (SC) Saturday 5 May.

This is a non-sanctioned pool, so no records will be acknowledged. This is a great opportunity for some of our newer members to have some fun and experience some competition. We hope you'll give this meet good support.



**ALICE SPRINGS**  
**Masters Games**  
13 - 20 October 2018  
*The Friendly Games*

## DON'T MISS OUT. Register now

Visit [www.alicespringmastersgames.com.au](http://www.alicespringmastersgames.com.au) or  
The Friendly Games team on 1800 658 951, for more details.

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=I&cn=ZmxleGlibGVfcmVjcl8y&refsrc=email&iid=2dcd3e4e88044d76a779237ee8579214&uid=409223535&nid=244+272699392> can boast.

# MARCH MEMBERS MEETING

The first Members' Meeting for the year was held on Sunday 4<sup>th</sup> March 2018. As usual, the Club Awards for the previous year, 2017, were presented and the recipients were:

- E1000 Top Points – Jane and Mark Powell, Irene Symons, Ian Tucker, Brian Hoepper, Rob Lucas, Jo Matthews
- Most Improved – Mick Jones
- McCausland Award – Jane Powell and Quentin Lee
- Challenger of the Year – Stephanie Jones and Rob Jolly
- President's Trophy – Tricia Hughes

Ten Year Badge – Dee Mooney

Fifteen Year Badge – John Havilah, Clinton Stanley and Bob Morse

Life Member Badges – Bob and Olga McCausland and Wendy Ivanusec.

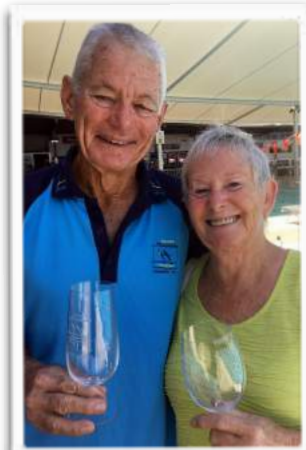
As many of the Award recipients were away travelling and/or couldn't attend this meeting, a second round of presentations will take place at our Cancer Council "Biggest Morning Tea" on Thursday 24<sup>th</sup> May 2018. Jacky Shields informed those present that our present club shirts were no longer available and showed members the proposed new club shirts which would be the same as the current club singlets but with a collar & sleeves. This was put to the vote and members unanimously agreed to the proposed new club shirts.

Bob McCausland spoke briefly, but eloquently, about the McCausland Award, named in his honour, reflecting upon his keen interest in, and long involvement with, the Endurance programme,

... Linda Hogg



Brian Hoepper, Jo Matthews & Rob Jolly



Mick Jones & Tricia Chalmers



Rob Jolly



Bob McCausland



Dee Mooney



Jacky Shields

## NEW EATS IN NOOSA

From brews to burgers and funky new bistros, try these new eats and drinks in Noosa.

The Noosa Brewery Trail is new from [Sunshine Coast Craft Beer Tours](#) who take you on a delicious tour of 3 Noosa breweries – the new Land & Sea in Noosaville, Eumundi Brewery at the Imperial Hotel and Copperhead Brewery in Cooroy. Go behind the scenes, meet the brewers and sample fresh, local beer (includes transport).

[Grill'd](#) have opened in Hastings Street, serving healthy burgers with ethically produced and locally sourced products.

Circa Cooroy is a cool, new bistro and patisserie in the Noosa hinterland, open Wednesday to Saturday for lunch and dinner and on Sunday for lunch with wood-fired pizzas and house-baked treats.

Larder & Baked, new in Noosa Junction has breakfast, fresh salads, lunch and quick bites to take away, as well as coffee and drinks in a gorgeous new setting.

[Amamoor Lodge](#) on the [Noosa Country Drive](#) has a new Lazy Lunch series, intimate events for up to 24 people at their beautiful country B&B near the Noosa hinterland, serving local produce - book for an evening under the stars, Taste of Christmas in July and more.

Further on from the Noosa Country Drive and into the Mary Valley, [Kandanga Kitchen](#) at 93 Main St, Kandanga, serves local, chemical-free, seasonal foods for breakfast and lunch.

Get a taste of [The Mary Valley Rattler](#), a historic steam train experience re-opening this year, with free tours of the historic station, and the new station café now open in Gympie, about 40 mins from Noosa.

# TAKE YOUR MARK NO.1 : SWIM FOR LIFE

by Mark Morgan

Mark has done seven more 'Take Your Marks', and is just finishing the last one to appear in relevant places before Nationals. Please visit the link to the Masters Swimming Australia website where they all can be found: <http://www.mastersswimming.org.au/Events/2018-National-Championships/Take-Your-Mark-resources>. - there is some good stuff in there that members will enjoy & benefit from.

This is the first in a series of articles designed to help you swim at your best at meets or just appreciate your swimming experience more.

First up I thought it appropriate to remind you all how we got to this point and the range of reasons – and most important reasons - why we swim.

Back in 1974 when I got seriously involved in competitive swimming, just about the only people who swam up and down swimming pools 'following the black line' were serious competitive swimmers. Public pools were for cooling off on hot summer days and playing games in, and it was very rare to even see a pool set up with lane ropes for lap swimming. When competitive swimmers stopped competing they tended to stop swimming altogether.

How times changed! The 1970s and 80s saw an 'exercise revolution' which was prompted by an ever-increasing awareness of the benefits of exercise, in particular its role in general health and wellbeing. Swimming was slower in becoming a part of this revolution as many took to the streets to jog or to the gym to exercise, because running and exercises were activities everyone was capable of doing, whereas swimming was a skill that many had not fully mastered.

Gradually the word spread regarding the special benefits of swimming. Studies show that

swimming, along with cross-country skiing, is the best way to develop cardiovascular fitness and aerobic capacity. Swimming uses more muscle groups than many other forms of exercise and is excellent for keeping the body supple, and muscles and joints loose and mobile. A huge advantage is that one's body weight is supported while swimming, meaning there is not the load-bearing strain on joints and muscles that occurs while jogging or performing other land-based activities. Hence injury risk is significantly lower for swimming than many other forms of exercise.

A unique feature of swimming is that because most of your senses are less active with your head in the water, this relative 'sensory deprivation' means swimming can become a form of moving meditation that gives a feeling of relaxation and peace unlike that offered by other forms of exercise. And all you need is a swimsuit, goggles and a pool – or the ocean, a lake or a river!

As the exercise revolution took hold, ex-sportsmen and women realised they didn't have to stop competing either, and Masters competition began appearing in many sports, including swimming.

These days it is very heartening to see so many people of all ages keeping fit and testing themselves

against the clock and against people of similar ages in many sports. I have been involved in Masters swimming since the mid-1980s and it has been remarkable to see the progress and the times swimmers of all ages are now capable of. If you want to be amazed, look up the Masters world records for your age.

However, for both younger competitive swimmers and even more so for Masters competitors, the true worth of competition lies in the motivation it provides you to swim regularly – it doesn't really matter how fast you swim – because swimming regularly will provide many lasting physical, psychological and character benefits that may well contribute greatly to the length and quality of your life.

So ... whether you want to swim fast in pool, surf or open water, improve your swimming skills, keep fit and be healthy in mind and body, lose weight, practice moving meditation or just experience the delights of being able to move nicely through another medium – get in and swim! Swim for (your) life!

## Mark Morgan Swim Clinic update : Sat 12 & Sun 13 May 2018

To date we have 8 people signed up for Freestyle, 6 for backstroke, 5 for Breaststroke and 4 for Butterfly. We're still taking names, so please email Jo Matthews ([jomatthews\\_swim@hotmail.com](mailto:jomatthews_swim@hotmail.com)) with your name and the strokes you would like to do. It would be great to have 10 for each session! The Freestyle clinic will run on Sunday at 9.15 am followed by Butterfly. The Backstroke and Breaststroke sessions will take place on Saturday afternoon, starting at 1.45pm. If we have 20 swimmers at each session the cost is \$10 per person per stroke, if only 10 swimmers at each session, the cost is \$15pp/stroke. All sessions will take place in the 25m pool and last for 1hr, plus a 15 minute introduction before the Freestyle and the Backstroke.



### Masters and adult swimming services provided by Mark Morgan

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- World Masters champion and Masters world record holder
- Former Australian and NSW coach
- Former Carlisle Club head coach
- Current Masters/Adults coach at Knox Grammar School

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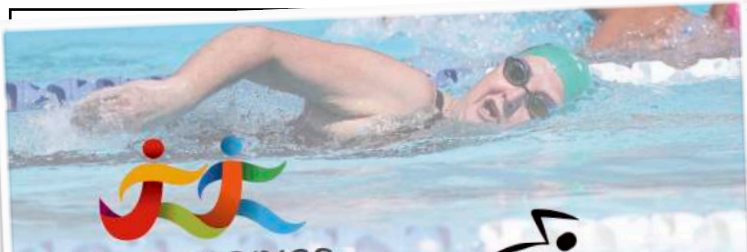
- Technique clinics - all strokes and starts/turns - for clubs/groups
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- Motivational talks or informational talks on all aspects of swimming

Learn all you need to know to swim more enjoyably, more efficiently and faster with SWIM MARK.

Adult learn-to-swim is not offered. Participants should have basic swimming ability.



E: [mark.l.morgan@bigpond.com](mailto:mark.l.morgan@bigpond.com) M: 0422 469 137  
SWIM MARK ABN 95 748 345 309



**ALICE SPRINGS Masters Games**  
13 - 20 October 2018  
*The Friendly Games*

**Swimming**

**DATES** 13 - 17 October 2018  
**MINIMUM AGE** 30  
**COST** MSA Member - \$50 per person  
Non MSA Member - \$60 per person  
Plus \$70 Games Levy

**COMPETITIONS**  
Freestyle 50m, 100m, 200m, 400m, 800m  
Breaststroke 50m, 100m, 200m, 400m  
Butterfly 50m, 100m, 200m, 400m  
Backstroke 50m, 100m, 200m, 400m  
Individual Medley 200m, 400m  
4 x 50m Mixed Medley Relay  
4 x 50m Men's Medley Relay  
4 x 50m Women's Medley Relay  
4 x 50m Mixed Freestyle Relay  
4 x 50m Men's Freestyle Relay  
4 x 50m Women's Freestyle Relay

**AGE CATEGORIES**  
25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85 - 89, 90+

Relay age categories  
120 - 159, 160 - 199, 200 - 239, 240 - 279, 280 - 319

**CONTACT**  
Sarah Cullenane  
0418 897 612  
swimming@alicespringmastersgames.com.au

**Register Now!**

[www.alicespringmastersgames.com.au](http://www.alicespringmastersgames.com.au)  
facebook.com/alicespringmastersgames @friendly\_games



**HAPPY 60<sup>TH</sup> BIRTHDAY**

Wow! Somebody loves me - look at this spectacular cake !!



Happy 60th Birthday Bruce

Link to "Backyard Buddies" (FNPW)  
<http://www.backyardbuddies.org.au/b-mail/latest-b>

**Happy Birthday**



Wear Armstrong & Jan Croft celebrated their birthdays on the same day, but in very different ways !!

**WE ARE SUPPORTING THE BUTTERFLY FUNDRAISING APPEAL**

**RAISING \$100,000.00 TO GO TOWARDS 'OUR BACKYARD'**

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As a special gesture  
**THE IVM COMPANY WILL KINDLY DONATE \$ 150.- EXTRA FOR EVERY E-SPRING WATER TREATMENT SYSTEM SOLD TO JUNE 30TH 2018**

Alex (Lane O)'s Mum & Dad

Henry & Gisa Weatherill  
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# 2018 QUEEN'S BATON RELAY

Noosa Baton Bearers & Joe Juresevic



Noosa Main Beach - end of the run



Chris, Clinton & Sue Stanley



Baton on the beach



Go Jana!



Frank Wilkie, Clinton & Benny Pike



Jordan Mercer + nippers



Cheer Squad - Fisherman Harry with Wendy Ivanusec, Io Matthews, Tricia Chalmers and Mick Jones

Butterflies Brigade



Centre: Tony Frost handed the baton over to Rachael Witton from Peregian who has done so much for domestic violence. With him, his 5 y.o. grandson, Jones

Sue, Tony & Clinton



Travelling through Queensland on its journey from London to the Gold Coast 2018 Commonwealth Games, the Queen's Baton Relay has brought together iconic Australians, community leaders and everyday heroes from all walks of life.

Among the baton bearers were some Noosa Masters Swimming Club members who encapsulate the community pride the Commonwealth Games inspires. Hundreds turned out to watch history in the making as the 2018 Commonwealth Games Queen's Baton Relay made its journey through Cooroy, Tewantin, Noosaville and Noosa Heads streets.

Australia is a very inclusive country and the Baton carries a strong message of inclusivity, diversity and community. Among the local baton bearers chosen to take part in the once-in-a-lifetime event, were Noosa Masters Jana Clancy, Tony Frost and Clinton (+ mother Sue) Stanley.

All the baton bearers had a very special story to tell and are role models for our community. Most volunteer because they want to give something back to the community. "If you live in the community and are part of it, you should want to give something back".

... Ed

# LANE ETIQUETTE

Respect for your lane mates.

We can mix free and form, as we do not have the luxury of separate lanes for our form swimmers. Our squad is too large.

Please talk amongst yourselves if you are doing other strokes and be realistic with time bases, ask your coach for suggestions if required.

When we are doing intervals, swim right to the wall, touch and immediately move to the centre of the lane, being very aware of the swimmer coming in behind you.

If you are being held up by a slower swimmer, you have options: either ask them if you could go in front or, if in doubt, leave a 10 second gap rather than the normal 5 seconds; turn early making sure that you do not collide with oncoming swimmers.

Please remember that the person leading is working a lot harder, than the person sitting behind in bubbles.

From time to time someone will accidentally get smacked by a hand or paddle or kicked by a foot. Please apologise immediately and concentrate on the above, to try to avoid a reoccurrence.

If you have respect and commonsense, our squads will continue to function in a very manageable way.

Enjoy your swimming, whether it is for fitness, fun or competition.

... Good Luck!



## BOUQUETS

**Thanks** to Viv Merrill's suggestion, we presented the visiting British Triathlon team with 10 Noosa swim caps.

**Congratulations** to the Commonwealth Exhibition Relay Team of Rob Jolly, Steph Jones, Jo Matthews & Sam Penny who missed the State Record by just 1.3 seconds - a great effort after a long wait to race!!

**Best Wishes** to Joe Gilbert who is still in Noosa Hospital following breaking his arm.

**Welcome** back to coffee Grant who has had his operation and has luckily recovered from the septicaemia that occurred immediately post-op.

**Congratulations** to towel and cap winners, Linda Hogg for her sterling work in organising the members meeting and Jim Barnes for keeping his lane very amused, when he was incapable of kicking with just his left leg. A towel, cap & some anti fog drops (donated by Jane) went to Jan for being such an amazing coach and for reaching the grand old age of 75. Carola also won a towel and cap, for her excellent work in organising the breakfasts and raffles. A towel and cap went to Grant, for still remembering the birthdays, even when he was so sick! Thank you so much Grant, for all your support.

**Congratulations** to Karen Martin, who quietly chips away at her Endurance swims on a Saturday afternoon, recently she swam a 400m Breaststroke and improved her time from last year by 49 seconds!! Well done Karen

**Special congratulations** to Julie Bott who has been elected as Treasurer for Queensland Masters Swimming. "Well done Julie!"

## BOUQUETS

**Welcome also** to new member LiQuin and to Amy from the UK (around Devon) who swam with Lane 2 and who is currently on vacation in Australia and to Gerry from Toowoomba. A big welcome back to Jane & Mark Powell on their return from holidays.

**Reminder** Jackie Shields has sent away the order for the new polo shirts, they will take approximately 6 weeks. If they arrive while she is in Perth at the Nationals, she will distribute them on her return

**Happy Birthdays** to Denise DeCarlo 54, Wear Armstrong 36, Lois Hill & Jan Croft 75 and Bruce Hammond celebrating 60! His cake looked lovely and lots of people had seconds! We sang Happy Birthday to Jan & Wear who share the same day! Henry Weatherill, Alex's Dad, was serenaded by our pool choir to celebrate his 70th!

**Thank you** to Lane 2 for the yummy breakfast Congratulations to Fran who won the breakfast raffle.

**Congratulations** to our Queens Baton bearers Jana Clancy, Sue Stanley, Clinton Stanley and Tony Frost.

**Reminder** from Lois: Yeronga Park Swim meet - entries are now open on line. For newcomers a summary of how to enter will come out in an email shortly and after Easter, Captains will help you enter after squad. Everyone please pay by the 'Pay Pal' option. You can do this without being 'Pay Pal' registered, just click on credit card. You need to pay for the bus on the day and if you are taking the bus, tick meal on the entry page, as the bus will leave after the meal. Please have your entries done by the 24 April, so that relay teams can be organised.

**Special thanks** to Jan, Bob and Viv for their time and great coaching!



# C'WEALTH GAMES TRIALS



## April

<b>Tony Frost</b>	<b>12/4</b>
<b>Mark Quigley</b>	<b>18/4</b>
<b>Wendy Ivanusec</b>	<b>18/4</b>
<b>Olga McCausland</b>	<b>25/4 (85)</b>
<b>Julia Dunstall</b>	<b>27/4</b>

**Happy Birthday from all of us**

*Not much cake this month  
- only five birthdays !!*



Congratulations to the Noosa Masters Commonwealth Games Exhibition relay team of Rob Jolly, Stephanie Jones, Jo Matthews and



Sam Penny who just missed the State Record by 1.3 seconds ... a great effort, especially after a long wait to race!!



**Another star** ... Twin Towns' amazing George Coronos set new records in the 100+ age group - what an inspiration to us all !!



# COACH'S TIPS



### **Following on from Peter Reaburn tips last month ...**

- Research has shown that as we age we get less flexible.
- Swimming is a sport that demands good range of movement around the shoulders hips knees and ankles, poor flexibility combined with poor technique can lead to injury.
- Stretch after every swim session. Try to swim *at least* twice a week.
- Get to the gym. Get stronger in the tummy and lower back. Get more flexible.
- Keep moving by cycling, walking or jogging.
- Stay active for life and remember ... exercise is medicine!

*Happy swimming ... Cheers, Jan*

## 2018 MASTERS SWIMMING AUSTRALIA EVENTS CALENDAR

### Calendar

- MSSA LC State Cup 2018**  
8 Apr - 8 Apr  
[more details](#)
- MSV LC Championships (swim #2 MSA 2018 Swim Series)**  
8 Apr - 8 Apr  
[more details](#)
- 2018 MSA National Championships - HBF Stadium**  
18 Apr - 21 Apr  
Swim #3 MSA 2018 Swim Series  
[more details](#)
- Stadium Masters LiveLighter Carnival LC (swim # 4 MSA 2018 Swim...)**  
20 May - 20 May  
[more details](#)
- Thailand Swim Camp 2018**  
10 Jun - 17 Jun  
[more details](#)
- MSNSW Branch Relay Meet (more details to come)**  
15 Jul - 15 Jul  
[more details](#)
- Championships - HBF Stadium**  
18 Apr - 21 Apr  
Swim #3 MSA 2018 Swim Series  
[more details](#)
- Stadium Masters LiveLighter Carnival LC (swim # 4 MSA 2018 Swim...)**  
20 May - 20 May  
[more details](#)

### Calendar

- MS Tasmania Winter SC Championships (swim #5 MSA 2018 Swim Series)**  
18 Aug - 19 Aug  
[more details](#)
- MSV Relay Championships**  
25 Aug - 25 Aug  
[more details](#)
- PENANG ASIA PACIFIC MASTERS GAMES 2018**  
7 Sep - 15 Sep  
[more details](#)
- MSSA SC State Championships (swim # 6 MSA 2018 Swim Series)**  
23 Sep - 23 Sep  
[more details](#)
- MSNSW SC Championships (swim 7 MSA 2018 Swim Series)**  
13 Oct - 14 Oct  
[more details](#)
- 17th biennial Alice Springs Masters Games (swim #8 MSA 2018 Swim...)**  
13 Oct - 20 Oct  
[more details](#)
- MSNSW Branch SC Championships (more details to come)**  
13 Oct - 14 Oct  
[more details](#)

### Calendar

- MSSA LC Long Distance Championships**  
28 Oct - 28 Oct  
[more details](#)
- 2018 Pan Pacific Games**  
2 Nov - 11 Nov  
[more details](#)
- MSNSW Long Distance Championships (more details to come)**  
25 Nov - 25 Nov  
[more details](#)

for more details go to -

<http://www.mastersswimming.org.au>



# CANCELLED

## APRIL CLUB BREAKFAST

The club breakfast for **APRIL** has been **cancelled** as many of the swimmers in Lanes #3 & 4 will be at the National Championships in Perth.

The club breakfast for **MAY** will be **changed** from a **Sunday** to a **Thursday** for that month to work in with the **Cancer Society Big Morning Tea/Breakfast**.

More details will be available for the May event nearer the date.

Any questions? contact Carola :  
[crhend@bigpond.com](mailto:crhend@bigpond.com)

## 2018 MASTERS SWIMMING QLD EVENTS CALENDAR

DATE	LC/SC	CLUB	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>APRIL</b>							
7	Long	Atherton	QAT	North	05/18	Yes	Atherton Pool
18 - 21	Long	National Champs				Yes	Perth, Western Australia
<b>MAY</b>							
5	Short	Yeronga	QYP	South	06/18	Not compliant	
12	Long	Rats of Tobruk	QRT	North	07/18	No	Tobruk Pool, Townsville
26	Short	Whitsunday	QWY	North	08/18	Yes	Cannonvale Pool, Proserpine
<b>JUNE</b>							
3	Short	Rum City	QBB	Central	09/18	Yes	Bundaberg Swimming Acad.
9-10	Short	Clarence River	NCM	NSW	10/18	No	Yamba NSW
23	Short	Brisbane Southside	QSM	South	11/18	Yes	Brisbane Aquatic Centre
<b>JULY</b>							
<b>AUGUST</b>							
12	Short	Townsville Aquaholics	QTA	North	12/18	Not compliant	Kirwan Aquatic Centre
25	Short	Brisbane Northside	QBN	Sunshine	13/18	Yes	The Valley Pool
<b>SEPTEMBER</b>							
15	Long	Noosa	QNA	Sunshine	14/18	Yes	Noosa Aquatic Centre
29	Long	Aqualicious	QAL	Sunshine	15/18	Yes	Centenary Aquatic Centre
<b>OCTOBER</b>							
6	Short	Maryborough	QMB	Central	16/18	Yes	Maryborough Aquatic C
13	Short	University of Qld	QUQ	Sunshine	17/18	Yes	UQ Aquatic Centre
27	Long	Sunshine Coast	QSC	Sunshine	18/18	Yes	Kawana Waters Aquatic C
27	Long	Long Tan Legends	QLT	North	19/18	Yes	Long Tan Pool, Townsville
<b>NOVEMBER</b>							
3	Short	Cairns Mudcrabs	QCN	North	20/18	Yes	Gordonvale Pool, Cairns
7 - 10	Long	Pan Pacific Masters Games			21/18		Gold Coast Aquatic Centre, Southport
25	OWS	North Mackay Sinkers	QNS	North	22/18	N/ A	Pioneer River, Balnagowan, Mackay

# ENDURANCE 1000 REPORT MARCH 2018

To date the Club has been maintaining a points tally similar to this time last year. Well done!

Mark and Jane Powell were able to lodge some swims while they were away on holidays. This has improved the tally.

The Saturday afternoon contingent has been active with swims from Bob McCausland, Studley Martin, Ian Mitchell, Karen Martin and Irene Symons. Also, Coach Jan has been actively participating in the program and John Havilah registered his first swim for the year.

Wear Armstrong continues to set the pace completing four swims in one session on Tuesday (20/3).

Our team which competed at the State Championships in Rockhampton returned, not only triumphant, but bearing the 2017 John Hughes (State) Endurance 1000 Trophy which our club has managed to hold for the past 5 years thanks to the efforts of all those members who so consistently "put in" on Tuesdays, Saturdays and various other special Endurance events. Congratulations to you all and many thanks for your efforts!



Rod Alfredson  
Coordinator  
Endurance 1000 program  
Mob 0418 260716  
[rod.alfredson@bigpond.com](mailto:rod.alfredson@bigpond.com)

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## WELCOME ... WEAR ARMSTRONG

*Hello everyone ...*

Yen-Yi is my first name, and Wei is my surname. I am just thirty-six years old. Since June 2016, I have been living in Noosa with my husband and young son.

I was born in the capital of Taiwan which is called "Taipei". I graduated from Taipei First Girls' School in 2000, and then graduated from Doa Hwa National University in 2005.

After working several years as a high school P.E. teacher, I got my Master's degree in Leisure and Sport's Management in June 2015.

When I was ten years old, I learnt how to swim and competed at the Nationals for seven years. I won many medals but had to stop competing and training because I badly injured my right shoulder. However, in 2013 after I visited a famous swimming coach in Hong

Kong, he gave me a new way of thinking about swimming and life. This helped me to start swimming competitively again and now I hold five Taiwan Masters' records and look forward to many more in the future.

Noosa Masters have made me very welcome. I am really enjoying all aspects of my membership - the endurance sessions, training squads and the socialising afterwards.

When I was twenty years old, I started to surf. During the first five years, I won several Taiwan National Championships. I was fortunate to get a few sponsors at this time. Surfing is my favourite sport and I have made so many good friends through surfing. It was a really happy time in my life and I enjoyed spending time at the beach with my friends.



Besides surfing and swimming, I have won several Taiwanese Triathlon championships. This helped me to get an amazing Triathlon bike sponsorship which was the most valuable of all the sponsorships I have ever had.

Now that I am living in Australia with my family, I am ready to enjoy my life here and explore and learn all I can about my new and beautiful country.

Please support our sponsors

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<p><b>Bunnings Warehouse</b> Noosa Road &amp; Gateway Drive Noosaville QLD 4566 (07) 5430 5400</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
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Editor  
Wendy Ivanusec  
Tel: 0414 727 302

**Challengers Chatter**  
PO Box 21, Noosaville 4566

Assistant Editor  
Brian Hoepper  
Tel: 0421 884 809