

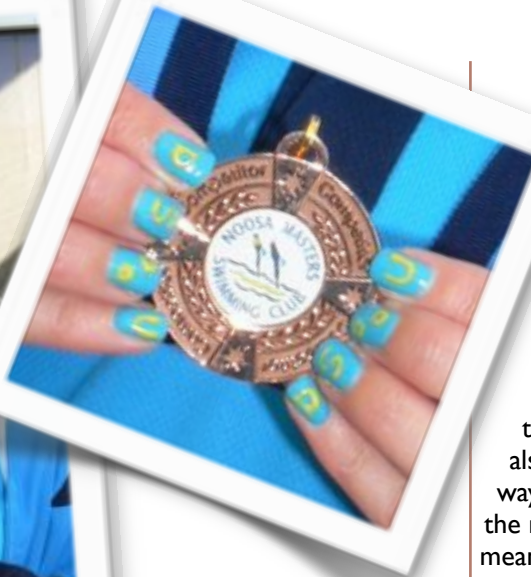
CHALLENGERS' CHATTER

MAY 2013

NOOSA SWIM MEET - 2013



Karen Martin, was stoked when she won Bronze at her first carnival!



Thanks to all of you who helped make our 2013 Meet such a great success

The sun was brilliant in a perfect blue sky. The pool sparkled. The raffle table groaned under a surfeit of riches. And our club shone in every way!

It was terrific to see so many of you combining so energetically and seamlessly, taking on all the roles that make a swim meet 'work'. Every task, no matter how small or routine, is vital, but especially the contributions of our non-swimming members, partners, relatives and children! And behind the day there were the countless hours spent in preparation – soliciting the sponsors; wrapping the raffle; fetching the marquees; printing the programmes; stuffing the

bags; buying the drinks; setting up the venue; baking, baking, baking! The list goes on and on.

Then, of course, there was the competition. It takes a massive club effort to amass 1862 points! Every point is precious, and all fifty swimmers helped build that impressive total.

So many highlights – some awesome, some intriguing, some hilarious. We're going to start charging admission for people to witness these extraordinary, fingertip-finish duels between Ian Robbo and Kerryn. One win apiece this time. What about our 'virgin' Karen swimming her way to a bronze medal. How's that for a competition debut! Jane introduced

us to a stylish and novel way of starting on the blocks. Speaking of 'novel', Jacky single-handedly pioneered a new 150m event! Mark Besford – still battered and bruised from his tumble down his back steps – courageously insisted on swimming the 50m Free so he could still take his place in his two relay teams. And Brian Cairns also put injury aside to power his way through two freestyle laps in the relays. Bob McCausland, meanwhile, is still puzzling over why he swims faster when he trains less!

The last race of the day was unexpectedly delightful. As the relay teams battled, the Village People's 'YMCA' blasted out over the pool. Lining the poolside, Noosa members danced and gestured their way through the 'YMCA' routine ... and other clubs began to join in. What an enthusiastic, joyous and quintessentially 'Noosa way' of finishing the meet. I think we should make that a regular finale each May.

And so ... congratulations to all who swam. Extra plaudits to those who medalled. And thanks to everyone who did sterling work on the day to make the Noosa Swim Meet 2013 an event to celebrate.

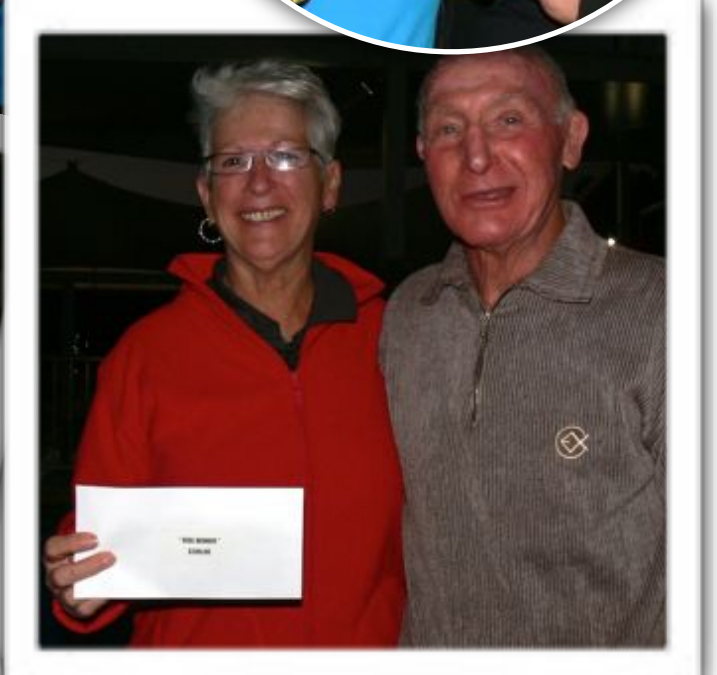
*... Brian Hoepper
Meet Director*

PS: Oh yes. There was the disappointing debacle at the end involving computer glitches, ridiculous results being posted and the real prospect of our being unable to announce any medals or trophies. I'll write more about that when I stop weeping!

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2013 BYRON BAY OCEAN SWIM CLASSIC

OPEN WATER SWIM RESULTS

Jan 70-74 37:24. 1st.
Bardie 65-69. 40:04 3rd.

THE 1700-plus competitors in the 2013 Byron Bay Ocean Swim Classic enjoyed almost perfect conditions yesterday in a classic late autumn morning.

After last year's last-minute cancellation due to treacherous conditions, the mild southerly wind and swell accompanying the 2km swim from Wategos to Main Beach was a blessing for organisers.

"Conditions clicked today," Byron Bay Winter Whales president Peter Kendall said.

"It was one of those days where everything came together - the water was a decent temperature and the tide was low too."

While numbers were down this year from the record 2200 set a few years ago, there was still no elbow room on deck of the Byron Bay Surf Club post-swim, with plenty of swimmers opting to take their time after the event, enjoying the view and mild weather.

... Hamish Broome

Punography

I tried to catch some Fog. I mist.

When chemists die, they barium.

Jokes about German sausage are the wurst.

A soldier who survived mustard gas and pepper spray is now a seasoned veteran.

I know a guy who's addicted to brake fluid. He says he can stop anytime.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun went. Then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I'm reading a book about anti-gravity. I can't put it down.

I did a theatrical performance about puns. It was a play on words.

They told me I had type A blood, but it was a Type O.

A dyslexic man walks into a bra.

PMS jokes aren't funny. Period.

Why were the Indians here first? They had reservations.

Class trip to the Coca-Cola factory. I hope there's no pop quiz.

Energizer Bunny arrested: Charged with battery.

I didn't like my beard at first. Then it grew on me.

How do you make holy water? Boil the hell out of it!

What do you call a dinosaur with a extensive vocabulary? A thesaurus.

When you get a bladder infection, urine trouble.

What does a clock do when it's hungry? It goes back four seconds.

I wondered why the baseball was getting bigger. Then it hit me!

Broken pencils are pointless.

KAREN'S BIRTHDAY ...



Karen made some lovely muffins to share with everyone after squad - she received a few cards and presents - but her brother stole the show by making the card (R) for her birthday !!

Wow ... how good is that ???



COACH'S CORNER ... BY JAN CROFT



Training tips ...

The older the swimmer the greater the recovery needed between repeats

Intervals.

Warm up slowly most swimmers warm up too fast. Make sure there is a difference between fast and slow work. Loosen down after workouts to reduce the incidence of muscle soreness and fatigue after the session.

Swim well.

S.A. BIKE RIDE



We are finally back in the land of the living thank heavens. We arrived back in Adelaide Saturday night after a 7 hour bus trip from Blinman. We did 945 Km on the Mtn Bike trip through trails , farms and mostly dirt roads, very little on other roads.

This year we experienced the worst conditions in the History of the Outback Odyssey .We had rain for about 9 of the 14 days. So we were often packing up a wet tent at 5 . 30 am in the dark , often at 2 degrees.

The last day of the trip was magnificent of course .We were in the saddle for over 7hours climbing up through the flinders national park to Blinman which is the highest town in South Australia We made it to the pub by 5. 30 , had a drink and rode back in the moonlight to the station where we were all camped.

The adventure was over ...

The final day was the hardest day, we did about 60kms of single track climbing and 101kms for the day.

It was just a very hard trip. At least Dyanna , Bardie and I had some background in doing some bike touring although not on Mtn Bikes but *Helen Malar chose to do this as her first trip.* I really don't know how she did it? She never stopped smiling and she backed up day after day it was quite an amazing effort. She really did dig deep.

Bardie and I are now on the ferry on our way to Kangaroo Island for 5 days recovery.

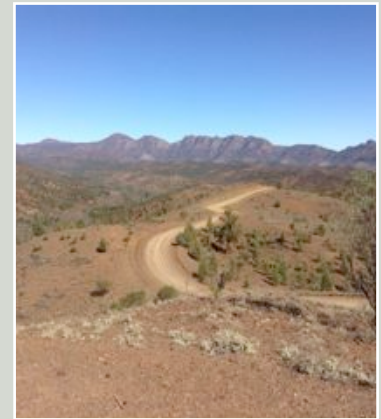
We will head back to Noosa next Sunday 2nd June.

Well done everybody for the great results at the carnival I am looking forward to reading all the times when I return.

I forgot to mention the stunning scenery on the last day when we got up to Wilpena Pound and Razorback Lookout - magnificent!

Looking forward to seeing everyone.

.... Love, Jan and Bardie.

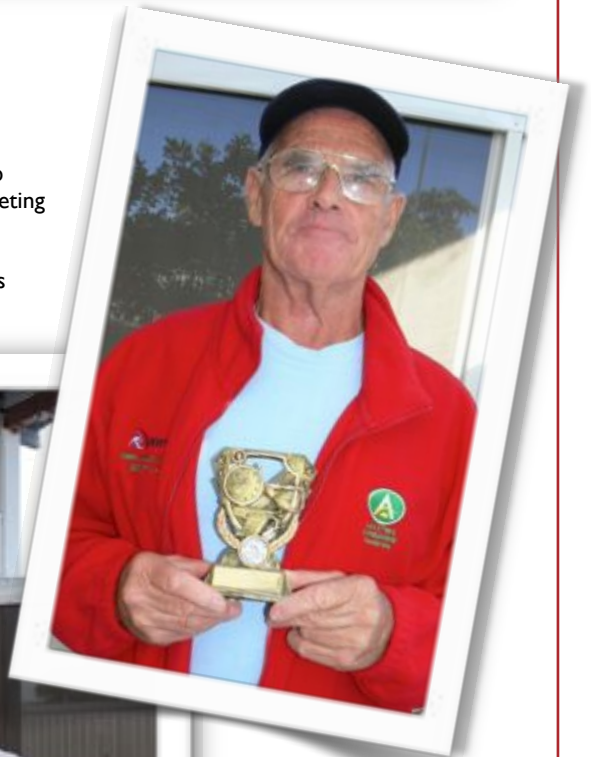


This is obviously what kept them going !!

MORE ACHIEVERS ...



Left:
Lois Hill
collected her
Gold MSX
Award on her
recent visit to
Noosa.



Right
Geoff Lander
collected his Club
Trophy for completing
the 2012 E1000
programme and
scoring top points

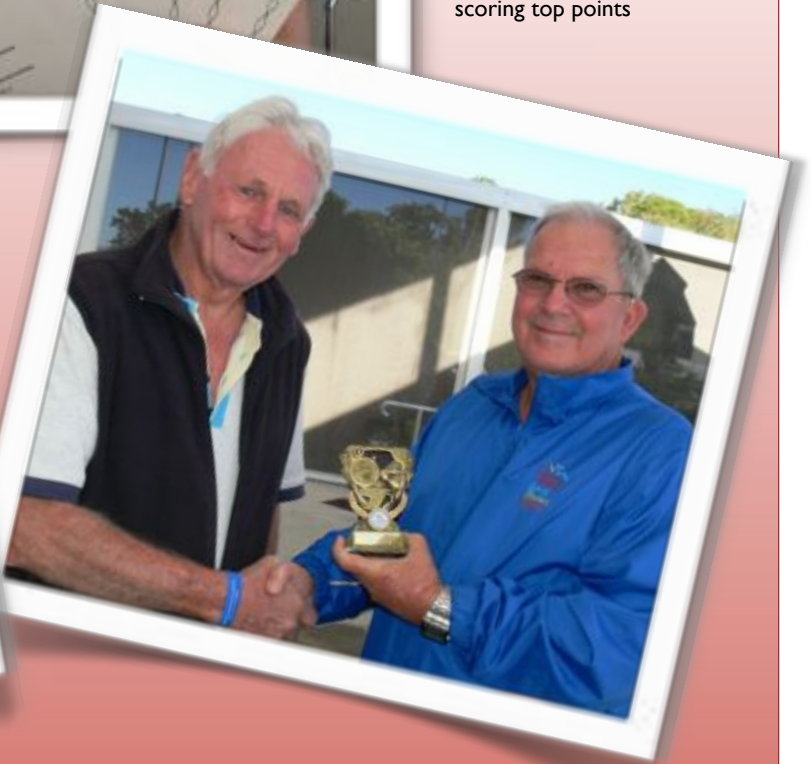


Kerryn Spinks received
FOUR
NATIONAL RECORD
CERTIFICATES
for her efforts at the 2013 State
Short Course



Below
Sue & Rob Ellis were
delighted to finally collect
their Silver & Gold 2012
MSX Awards

Below
Rob Lucas collected his Club
Trophy for completing the
2012 E1000 programme and
scoring top points



BRUCE & SANDY'S ASIAN THEME PARTY



BRUCE & SANDY'S ASIAN PARTY

Another fantastic night, a mild evening - and no rain this year! Everyone did outstandingly well in finding something Asian to wear.

Adele Tucker and Tony Frost took out the prize for the best costume, male and female. Tony knocked the top of his prize bottle of champagne and quickly shared it around.

Sandy had many willing helpers to hand around the great variety of hot nibbles and the table groaned under the weight of the many contributions of food for the evening. no-one left hungry !!

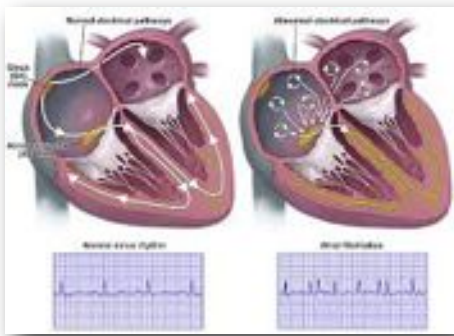
Conversation and fluids flowed freely - everyone had a great time!! Not surprisingly numbers were down a bit at Sunday squad next morning!!

Thanks for being such wonderful, warm hosts Sandy & Bruce.

... Ed



HEART DAMAGE FROM TOO MUCH TRAINING



There's been some recent media speculation that older endurance athletes are more prone to heart problems than healthy age-matched people. Just after one of our readers advised me of this negative press, a mate in his mid-60's and pioneer of Ironman triathlon in Australia and now a lecturer in sport coaching at an Ozzy university told me he has had a pacemaker inserted. This goes against the common belief that aerobic exercise is good for you in that it keeps many of the heart disease risk factors in check. So what does the research really say when it comes to this supposed increased risk of heart problems in older endurance athletes?

The Facts

Exercise is increasingly been seen as medicine. In fact, internationally, there has been a movement started called Exercise is Medicine. The movement is being driven by the enormous amount of scientific evidence supporting the value of doctors prescribing exercise as medicine rather than pills!! Consistently and unequivocally recent research has found that regular exercise prevents and treats many of our common and deadly chronic diseases including:

- coronary artery disease
- diabetes
- obesity
- high blood pressure
- heart failure
- depression

Moreover, people who do regular physical activity have lowered rates of disability and an average life expectancy about 7 years longer than non-exercisers.

However, as with any drug there appears to be a safe upper range dose of activity above which there may be adverse effects that may outweigh the benefits above.

For example, a long-term study published in 2011 in the highly prestigious medical journal the Lancet tracked 416,000

Taiwanese people over about 8 years and found that there was a protective health effect up to about 60 minutes of daily vigorous (huff and puff!) exercise. Another recent longitudinal study Of 52,000 adults found that running distances of up to 19.9 miles/week, speeds of 6-7 miles/hour, or frequencies of 2-5 days/week were associated with a lower risk of all-cause mortality, whereas higher mileage, faster paces, and more frequent running were not associated with better survival.

Very recently, there has been some suggestion that long-term endurance vigorous training such as that greater than the doses above may increase the risk of atrial fibrillation (irregular heart beat). This review article presented many studies conducted over the last 15 years that have suggested training too hard for too long can increase the risk of atrial fibrillation in healthy middle-age men. They suggested that although such training may prevent coronary artery disease, it might also cause of atrial fibrillation.

An increasing amount of research evidence also suggests that training and competing long term in 'extreme' endurance events such as marathons, ultra-marathons, ironman triathlons and very long cycling or swimming events can cause transient problems and damage to the heart walls and chambers as evidenced through blood markers. However, these problems return to normal within 7-10 days after stopping training.

In veteran extreme endurance athletes such as my mate, this consistent heart muscle damage and repair process may lead to heart fibrosis (thickening and stiffening of the heart valves and muscle). Over years, this may lead to heart arrhythmia (irregular heart beats).

However, recently another group of cardiology researchers critically analysed these studies that suggested increased risk of heart issues in older endurance athletes (like me and my mates) who train long and hard and often. These researchers concluded that the

1. the incidence of atrial fibrillation in middle-aged endurance athletes is rare

2. if a risk exists, it is limited to vigorous endurance exercise only and in those middle-aged men with other risk factors such as smoking or high blood pressure
3. there is no increased risk in healthy middle-aged men with a normal heart who have no blood pressure issues and no other risk factors
4. Critically, the researchers concluded that the beneficial effects of exercise will offset this low risk which, even if increased, remains very low.

The So What?

As with any issue in science, research typically is inconclusive. There are always studies and papers that contradict each other. While a number of studies over the years have shown a potential increased risk of heart issues in older athletes who train long and hard and often, other studies suggest the risk is very low in these athletes if they are healthy and have no other risk factors. Moreover, the current consensus appears to be that while the the risk is very low, the benefits of such training outweigh the low risk of heart issues. For me, I intend to keep training regularly unless my body tells me otherwise!

Chapter 4 (Principles of Training the Masters Athlete), Chapter 6 (Endurance Development in the Masters Athlete), Chapter 10 (Periodisation and Peaking for the Masters Athlete), Chapter 13 (Preventing Overtraining in the Masters Athlete) and Chapter 14 (Staying Healthy and Illness-Free) are excellent guides and how-to chapters when it comes to optimising your training and preventing health issues as an older athlete. Each chapter is now available online as a pdf. Check it out by clicking [here](#).

Sources:

1. Delise, P. and others (2012) Does long-lasting sports practice increase the risk of atrial fibrillation in healthy middle-aged men? Weak suggestions, no objective evidence. Journal of Cardiovascular Medicine, 13: 381-385.
2. Patil, H and others (2012) Cardiovascular damage resulting from chronic excessive endurance exercise. Missouri Medicine, 109(4): 312-321.

ALBANY CREEK SWIM MEET ...



Viv MERRILL'S O/S ODYSSEY

Just some photos to show the area surrounding Perpignan.

We are surrounded by the Pyrenees in the north to the beach on the Mediterranean Sea in the south.

Have been in Perpignan for over a week now and thought some photos might be in order.

We have had our daughter Sarah visiting this week, so lots of sightseeing and shopping.

The photos are our apartment and the village square that our apartment faces, the Castillet and surrounding Canal.

Have visited the beach, taken a day trip to Girona (Spain) and trying as best I can to walk off the croissants, cakes and other yummy things on offer!



VIV MERRILL'S O/S ODYSSEY

Last week, Geoff, Sarah and I took a bus to Girona, Spain.

This is a walled city 2km walk and they were setting up for a flower festival. We ate paella and walked our feet off! Seems to be a prosperous city with heaps to see.

There are no public swimming pools in Perpignan, so I'm missing my swimming. However, when the weather is a bit warmer I will visit the Mediterranean for a dip.



ENDURANCE 1000



Endurance 1000 Report for May

Thanks to Bruce the endurance program continued in my absence. Our carnival was a

great success and I think many members needed a break after putting in such a great

effort. Last week there were over 20 swims completed - a great way to end the month.

Currently our points = 6671. This does not however include many points still to come from

postal swims. Are we on track for 20,000 pts? We're nearly half way through the year and

less than half way towards our target! The next couple of months could make or break our

efforts! Remember that the pool is heated through the cooler months and that if you come

on a Saturday at 2pm you can do your swim in the 25m pool. Please let either Bob

McCausland or myself know that you are coming. We are also offering another time -

Wednesday at 2pm. Again, let us know if you intend coming.

20,000 in 2013

Marcia Kimm

... Marcia
20,000 in 2013

<http://www.whathappenedinmybirthyear.com>

June Birthdays

Dee Mooney	14/6
Clinton Stanley	15/6
Sally Johnson	22/6
Stephanie Jones	25/6
John O' Ryan	25/6
Sue Ellis	30/6

**HAPPY BIRTHDAYS TO ALL
FROM ALL OF US**

STOP PRESS ...

**THERE'S TALK OF
A PIZZA NIGHT ...
on Friday 14 June -
before the Morton Bay
Swim Meet on June 16.
Keep the date free ..
details WILL follow !!**

SOCIAL EVENTS

CRAFTERS MEETING

Tue 4 June @ 1pm

11 Seacove Court

RSVP: Marcia

0407 034 095

Every Sat.. 7.30 am -
Main Beach -Ocean Swimming

VISIT OUR WEBSITE ...

www.noosaaussichallengers.com

Challengers Chatter

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