

CHALLENGERS' CHATTER

MAY 2017

NOOSA ULTIMATE SPORTS FESTIVAL - 27-28 MAY 2017

RUN NOOSA, SWIM NOOSA AND CYCLE NOOSA

Hi Noosa Masters Members,

A big "THANK YOU " goes out once again to all the enthusiastic folk who gave up their warm beds and weekend sleep-in for a bit of cheerful volunteering. It is a big part of our club fund raising for the year . We had a few teething problems with the on-line registration but that is a work in progress and eventually we did get all the "Vollies" we needed for the sites allocated to us. A lot of fun was had at the gear tent and on the beach on Saturday morning.

Newcomers Charley Moore and Jo Matthews seemed to enjoy themselves .

Apparently I promised Charley some "eye candy" if he came along and he was not disappointed .

Jo took down a few numbers and reminded all of the gear tent attendants why she did not like "White" bathing suits especially on male swimmers.

Studley took a break from the gear tent to do the 2 km swim in spectacular conditions. On Sunday morning we met where "ELVIS" once stood, then spread out along Gympie Terrace as far as the Yacht Club, trying to keep pedestrians safe from marauding runners and cyclists.



A few changes to the course saw us with very little to do other than drink coffee for half hour in the middle of the morning between the end of the runners contingent and the start of the returning cyclists.

Mary Lester needed to call an Ambulance to one collapsed runner and I needed to allow one tearful runner to use my phone to call for the sag wagon as her knee had suddenly become painful.

One cheerful drunken member of the public had taken it upon himself to be a cheer-squad for the runners at Noosaville Lions Park. With beer in hand at 6.30 am and a vocabulary of "F-bombs" he assailed our ears until a police motorcyclist appeared, then he mysteriously vaporised.

Feedback will be passed on to the organisers about "congestion" at the start of the 1 and 2 km swims and lack of a water station along Gympie Terrace but other than that the event seemed to run smoothly.

Thanks once again to the "Vollie" team and a hearty pat on the back from Robyn Selby and myself as Volunteer Co-ordinators.

... Mark Powell

Ed: Here's just one competitor's thanks from USM's Facebook page.

"Bill Jackson Brilliant job. Thanks heaps. Loved the encouraging words throughout the run."



MUDJIMBA CHARITY SWIM SUCCESS

Organisers of the annual swim from Mudjimba Beach to Mooloolaba Beach, via Old Woman Island, made a "safety" call, transferring the course to Mooloolaba Spit, swimmers taking a course of four 2.5 kilometre loops.

Mark Powell was joined by fellow Noosa Masters Club swimmers, competing as a team: Sue Ellis, Di McFarlane, Sue Silburn, Greg Bott & Brian Cairns. They didn't disappoint, completing the 10 kilometres in 2 hours 45 minutes.

Joan Cairns and Robyn Selby contributed to the vessel's ballast, but their swimmer encouragement was really appreciated.

Noosa Masters Swimmers, utilising the benefits of on-line contributions, amassed a total of \$4,600.00.

A great result to assist the Currimundi and Nambour Special Schools, worthy recipients of the funds raised by the Charity Swim.

"Thank you" to Grant Edwards of the Sunshine Coast Daily and Sunshine Coast Multisport Mecca who reviewed the Island Charity Swim, labelling it as a bucket list event.

The atmosphere and community support is what makes this such an incredible and "must-do" event.

... Tony Frost



Sue and Di (left & right)



Greg, Di, Mark, Sue, Brian



"Rendezvous" support yacht



A paddler's perspective - swimmer, Brian Cairns



Greg Bott & Brian Cairns

Excellent organisation skills by Mark, ensured that no stone was left unturned, providing ocean transport to the venue, thanks to Bill Gissane and his trusty "Rendezvous," Jane's swimmer emergency assist kayak (just in case), and Lois, who ensured that any chance of hypothermia was avoided, with ample supplies of dry towels, warm drinks and did someone mention a flask of rum?



Mark Powell finishes



Sue Ellis, Di McFarlane, Mark Powell



Sue Ellis, Sue Silburn, Di McFarlane



Event for the bucket list

Grant Edwards
Grant.Edwards@newsregionalmedia.com.au

STEPPING onto the Mooloolaba sand at the culmination of this year's Island Charity Swim provided an unmatched atmosphere.

The sense of community which surrounds this iconic swim is something to behold.

Starting on Mudjimba beach, going around Old Woman Island and then setting course for Mooloolaba attracts experienced swimmers and rookies alike.

For the first time since the inaugural journey by Bill Hoffman and Ashley Robinson in 2001, a contingency course was used where swimmers undertook four laps inside the protected Mooloolaba bay due to strong winds and predicted swell.

Yet that did little to dampen the enthusiasm – not even some light rain. Despite the change, 35 individuals and 19 teams added up to 111 swimmers hitting the water.

Money is still coming in, but expect between \$60,000 and 70,000 raised for Nambour and Currimundi Special Schools.

Seeing the kids delivering medals to participants and performing at the evening presentation ceremony is a reminder of the worthy cause.

Without doubt, there are a lot of great fundraising initiatives nowadays. Yet you feel humbled through being involved with this event.

Bill and Ashley are not interested in any hero-worshipping for starting this event. In fact they both gladly hide from any adulation while helping in the background. They do take pride in the fact this is become embraced



Teachers from Nambour Special School's Wahoo 2 finish the swim.

PHOTO: TESSA MAPSTONE



Medal presentations at the Island Charity Swim.



Daniel and Alice Latham.

by the community.

Parents of the children who attend the schools are never seeking handouts or sympathy, but they are truly grateful for the support they receive each year.

For those who haven't been involved, it's one for the bucket list. Over recent months I

have trained with some amazing people, including Ultraman finisher Tony Bryan and triathlete Jarrod Covey who both undertook their first Island Swims. There were also sessions with David Ogg, long-distance veteran Sara Whitelaw, Robbie Andrews, Scotty Farrell, Wade Scougall and 10-time Island

Swim legend David Hendrey.

Experienced swimmers, newcomers and groups, everyone is welcome.

It's not about times or places.

The reward comes from making the journey and getting a medal from the smiling faces of those who truly appreciate the effort.



Grant Edwards after the Island Charity Swim with Digby and Lola Dell.

PHOTO: CONTRIBUTED



Ruth D'Hennin and Casey Munro.



David Schloss and Tony Bryan.

PHOTO: JACKIE BRYAN



JUNE

Dee Mooney	14/06
Clinton Stanley	15/06
Sally Johnson	22/06
Stephanie Jones	25/06
Sue Ellis	30/06

Happy Birthday everyone !

*The more birthdays you have ...
The longer you live !!*

MAHALI

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**Ceramics, Jewellery, Leather bags
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**ADDRESS:
25 Masthead Quay. Noosa Waters**

DATE: 3rd and 4th June

TIME: 9:30a.m. - 4:00p.m.

With Many thanks

Susie Ellis
Creative Director

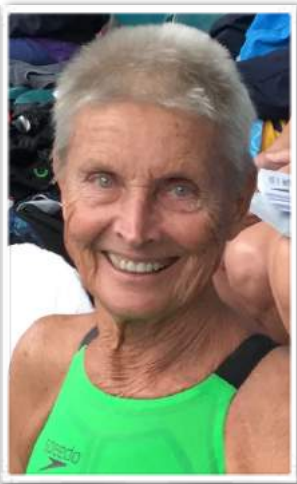


JUNE 2017 CLUB BREAKFAST

The next club Sunday breakfast will be held on *June 25* on the pool deck after swimming.

It is the turn of lane #2 to provide the food.

... Carola Henderson



COACH'S TIPS

Tips for June

Don't just focus on technique and not enough on the actual development of swim fitness.

Ultimately to endure at high speed you must develop muscular strength and endurance.

Each swim session should address swim fitness and technique .

Swim with paddles, it is like bringing the gym into the water with you .

Swim with bands, it will make you a better swimmer.

Start with small distances. You will get better at rotation, catch up, core strength and rhythm ... build.

Happy swimming ... Cheers, Jan

MAY OCEAN SWIMS

by Tony Frost



Ideal conditions for the Winter Whales OWS at Byron Bay



Stephanie Jones (1st 2km),
Tony Frost (1st 1km)



Julie Fidler (1st 1km), Peter Fidler-(2nd
1km), Stephanie Jones (1st 2km),
Greg Swan (Vic) (1st 3.8km)



Stephanie Jones (1st 2km),
Brian Cairns (1st 2km)

Two OCEAN SWIMS in ideal conditions during May, the first on **Sunday, 8 May**, at Byron Bay, for the 30th annual Winter Whales 2.2 kilometre swim from Wategoes Beach, north to the finish line in front of the Byron Beach SLSC.

Two of our members, John Havilah and Tony Frost, joined the hundreds of fellow swimmers, with John clocking 46min 01sec and Tony 43min 39sec.

John, having swum in this iconic event since 1992, firstly with fellow swimmers from the Balmoral Beach Club, Sydney, and now Noosa Masters Swim Club, must be considered one of the legends of the event.

Congratulations to the organisers, Byron Bay SLSC, who have now donated \$770,000 to local charities since 1988.

Last Saturday, 27 May, eight of our members swam in the OCEAN SWIMS in our beautiful Laguna Bay, part of the weekend of the NOOSA ULTIMATE SPORTS FESTIVAL, a choice of distances: 1, 2 or 3.8 kilometres.

Swim results, in their age groups :

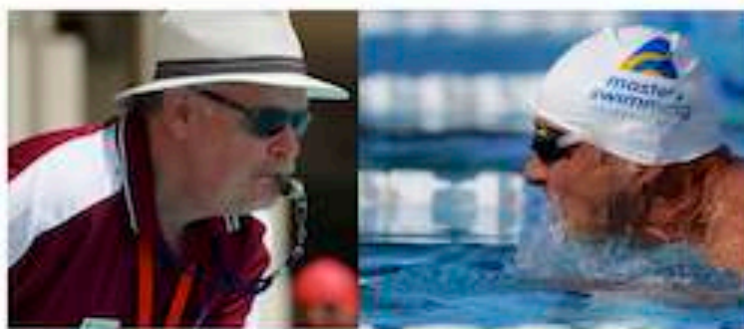
3.8 km	
John Havilah	3 rd
2.0 km	
Brian Cairns	1 st
Stephanie Jones	1 st
Studley Martin -	8 th
Sue Silburn -	13 th
1.0 km	
Jana Clancy	12 th
Peter Fidler	2 nd
Tony Frost	1 st



2018 MSQ Short Course State Championships ROCKHAMPTON



DATES: Wed 14 — Sat 17 March
VENUE: 2nd World War Memorial Aquatic Centre
4 Sir Raymond Huish Dr
Rockhampton



Events

1500m Freestyle PLUS up to 12 other events

NOTE: The 1500m Freestyle will be swum as a LONG COURSE EVENT & the rest as SHORT COURSE EVENTS

The 1500m Freestyle is a stand-alone long course event.

Select up to **12** events from any of the short course events, without any restrictions.

This applies whether you swim the 1500m Freestyle or not.



**Hosted by
QRH & QNS**

Caribee & North Mackay Masters Swimming Clubs




1500m Freestyle—Long Course
All other events—Short Course

Freestyle: 25, 50, 100, 200, 400,
Backstroke: 25, 50, 100, 200, 400
Butterfly: 25, 50, 100, 200, 400
Breaststroke: 25, 50, 100, 200, 400

Individual Medley: 100, 200, 400
Relay: Men's Medley & Freestyle
Women's Medley & Freestyle
Relay: Mixed Medley & Freestyle

FEES:
Individual Nomination: \$70
Relay Team Entry Fee: \$16

Entries open:
8 January 2018

Closing date:
23 February 2018

FOR THE LOVE OF SPORT

“Cooroy’s Super-fish” Clinton Stanley competed in the pool at the World Masters Games in Auckland bringing home five gold medals.

The swimming was held at AUT Millennium Pool based on Auckland’s North Shore with 1,500 participants. Clinton competed in five individual Para events 400m 200m 100m freestyle and 100m 50m Butterfly. He certainly hadn’t forgotten how to race winning a total of 5 Gold Medals with three personnel best times.

Held every four years, the Inaugural World Masters Games took place in Toronto Canada in 1985 and few would have predicted then how the event would grow into the largest participating multi-sport event in the world.

This year the event attracted almost 25,000 athletes aged from 25 to 101 years of age, from over 100 countries across 28 sports, covering 10 days of excitement and action.

Clinton has been a member of Noosa Masters for 14 years and trains at Noosa under the watchful eye of Coach Jan Croft, also a great competitor and National Record holder. This is not the first time Clinton has competed at World Masters Games.

He competed in 2009 at Sydney Olympic Park. Having the inclusion of Para events and sports at World Masters gives athletes with a disability an opportunity to compete within main stream

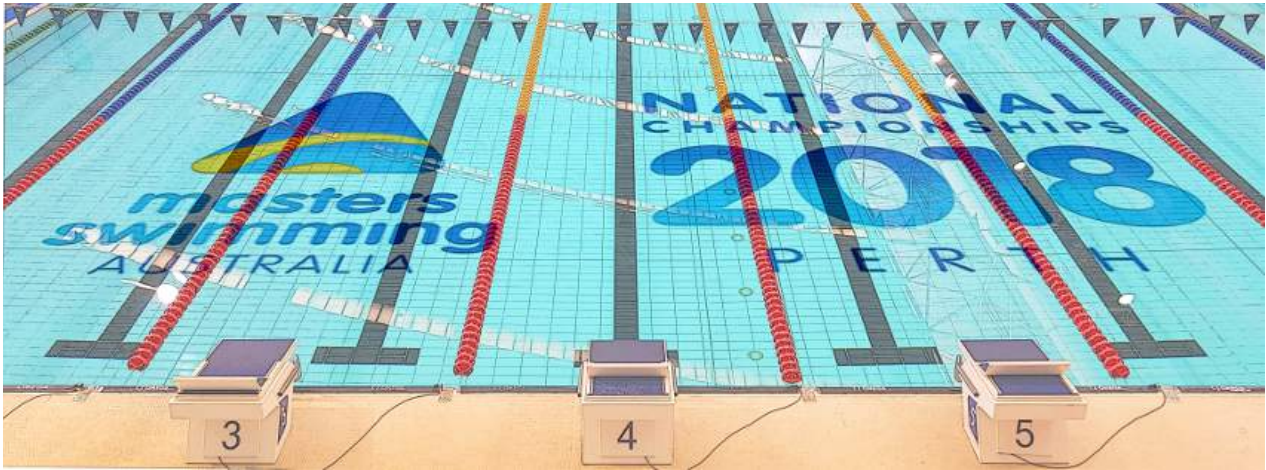
Clinton who is now a young 40 still loves to train and compete alongside his friends in Masters.



He has a wonderful attitude towards life and, given the opportunity, always likes to have a go. Being the best he can be!

... Sue Stanley





2018 Masters Swimming Australia National Championships

#MSANats2018

Masters Swimming Australia and Masters Swimming WA would like to announce that the venue for the 2018 Masters Swimming Australia National Championships has been changed and will now be held at **HBF Stadium, Mt Claremont, Western Australia.**

This National competition will see more than 550 participants converge on the stadium for a four-day competition from

Wednesday, April 18th – Saturday 21st April 2018.

Masters Swimming WA President, Damien Eyre said "In 12 months' time we are looking forward to hosting the 2018 Masters Swimming Australia National Championships at HBF Stadium. Here we have many great facilities including indoor and outdoor 50m pools available for the 4 days in Perth. We will showcase the Best in the West to all our swimming friends from all over the country when we welcome them to Perth."

(watch Damien announcing the new venue for #MSANats2018 in Perth [HERE](#))

Michael Daly, President, Powerpoints Masters Club said "As the winner of the Founders Trophy at the 2017 Nationals, Powerpoints Masters Swimming club looks forward to defending the title next year in Perth. It will be wonderful to swim in one of the best swimming facilities in Australia. Having one swimmer per lane in the 400m and 800m events and a dedicated warm-up pool will be added bonuses. We hope to be able to field a strong team once again and we look forward to catching up with all our interstate friends and rivals next year."

The event will feature an Opening Ceremony on Day 1 and will provide participants with warm up/cool down space in the indoor diving pool as well as in the outdoor 8 lane pool for all 4 days of competition. Day 1 of the swim will commence at 11am using 2 pools for the 400m freestyle and Day 3 of the swim will also start at 11am using 2 pools for the 800m freestyle. Day 3 of the program will be extended into a twilight finish (approx. 7pm) to allow a Sundowner session to be held for all competitors to enjoy on the Friday night. Attached with this release is the promotional flyer for the event that includes the full event program. We hope that all our MSWA Clubs will get behind this event and support the efforts being made by the Organising Committee to put on a fantastic event for all.

Click [HERE](#) to see the #MSANats2018 Flyer

AUSTRALIA'S
Biggest Morning Tea

WINNER



What a great turnout we had on Thursday, 25th May for the Cancer Council Biggest Morning Tea. A big thank you to the crafting ladies who put together the beautiful quilt which was raffled off as first prize on the day and won by Pam French, the better half of Peter French, Director of Surf Sports at Noosa Heads SLSC - a major sponsor of our Club. A lot of effort goes into putting these quilts together and a lot of fun as well.

Also a big “thank you” to all who helped on the day with setting up and supplying a plate for the morning tea. Without this help it would not be possible to host such an event.

We managed to raise \$1,160.00 on the day an increase on last year’s – lets hope for a better year next year. Must put the thinking cap on for another creation for 2018 sure there is something we can create from all those scraps in our cupboards. So, come along and join us not only are you supporting a worthy cause you may even learn some new craft ideas along the way.

... Adele Tucker

MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
JUNE						
10	SC	Rum City	QBB	Central	13/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	14/17	Yamba, NSW
JULY						
8	LC	Brisbane Southside	QSM	South	15/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	16/17	Genesis College
AUGUST						
19	SC	Brisbane Northside	QBN	Sunshine	17/17	The Valley Pool, Brisbane
SEPTEMBER						
23	SC	Maryborough Masters	QMB	Central	18/17	Maryborough Centenary P
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
DECEMBER						

ENDURANCE 1000 REPORT

May 2017



Overview

The colder it is, the rainier, the windier ... these are perfect conditions for endurance swimming. Take advantage of these conditions during the winter months to complete your endurance program. The public, the little darlings, stay away from the pool in these conditions so it gives members a perfect opportunity to get stuck into the program.

Jane's "Twilight Swim"

The twilight swim on the Friday 5th May was well supported, garnering some substantial points. The usual shared supper and a glass or two of wine afterwards was so enjoyable too! This event also provided a chance for those present to say "farewell" to club stalwarts, Geoff and Lorna Lander, who have headed off to cooler climes.

Goals for the year

Please note

A minimum of 200 points for every able swimmer.

20,000 points by the end of Spring.

Tuesday swimming

If you are going to complete a long swim on any Tuesday morning (anything above 800m), please come early. If you can get poolside by 7.15 it is much easier to coordinate lanes and swimmers.

Quote for the month

"Susie had no talent whatsoever. She's a little person who couldn't even make a final at a State meet - coming and showing the world that on sheer guts and determination you can do anything you want!"

... Susie Maroney's coach, Dick Caine, after her 200 km marathon swim from Mexico to Cuba

Endurance Interview ... with Rod Alfredson

Rod has been a quiet achiever and great supporter of the Endurance program. He is always working to improve his swimming.

We moved to the Sunshine Coast -

Peregian Springs in 2008 (which was really an extension to our annual holidays which we always spent there). As the body grew older my desire to survive the cold Canberra winters diminished.

Whilst playing golf at the Peregian Springs Golf Club I mentioned that I had recently started to do some swimming at the Noosa Aquatic Pool. Two fellow golf players - Rob Ellis and Brian Cairns suggested that I should join the Noosa Masters' Swimming Club. At first, I was reluctant as I was never a swimmer and had difficulty in swimming 200 meters. This was only achieved with a combination of freestyle (with a lot of gasping for air), side stroke with a little breaststroke thrown in. After much coercion from Rob and Brian I joined the Masters in 2011. You might say that this was a "masterful stroke".

The first twelve years of my life were spent on a 14 acre rural property in Geebung, a northern Brisbane suburb. My dad farmed a small market garden on weekends in addition to his week day job. We grew whatever was in season - tomatoes, beans, strawberries, watermelons, cabbages, etc. Four am starts to drop off the produce to the Roma Street Markets were a real adventure.

I still have vivid memories of riding on the scarifier (a type of plough which raked the grass from the soil after ploughing) with one of my sisters. Peg the plough horse dutifully pulled us along with dad keeping a close eye on us as he held the reins carefully during our wild ride. Picking strawberries was mind boggling, back aching and a thankless task - row after row after row. Get the picture? Although harvesting techniques have improved over the years, I say it is a job best left to the backpackers. Guess what? - strawberry jam is not my favourite.

Reflecting back on those years, suffice to say that it was a different existence to the one we have today. As children we roamed freely around the neighbourhood (but be back by dark), played with all the

neighbours kids, swam in the local creek (without supervision) and even walked or rode our bikes to and from school. Ahhh ... Those were the days!

I enrolled at Aspley State High School and on the first day I noticed a little red head sitting down the front row of the class. We had little to do with one another at high school and it was not until our involvement with the Past Students Association, Elizabeth (Liz) and I "hooked up" and were married in 1971.

After completing my tertiary studies in Brisbane, we decided to move to Canberra as I had obtained a cadetship with the Australian National Audit Office. This was on the clear understanding that within 12 months we would return to Brisbane and family. In order to facilitate our return we initially took a short term lease. So some 36 years later, we returned, somewhat later than originally planned. They do say that Queenslanders and Sandgropers (West Australians) almost always return home.

In my late twenties, I finally retired from the hockey field. This was in part as a result of a busted shin and broken nose. I had to concede that I was slowing down somewhat and having difficulty avoiding the misguided hockey stick swings and wayward balls. This was also around the time that I retired from competitive squash. The club was called the "Amortisers," a name only a group of auditors could coin.

Canberra was a great place to raise Matthew and Elspeth who greatly benefited from top sporting facilities and educational institutions. For me personally, it provided an excellent opportunity to pursue a lengthy and successful career in the public service. I enjoyed working in the Australian National Audit Office, the Department of Finance and in the Indigenous portfolio. I retired from the public service in 2007 but soon became bored so commenced consulting work on a part time basis. This still necessitates periodic visits to Canberra.



Maybe, it is time for me to completely retire so that I can focus on other important pursuits such as improving my swimming and my deteriorating golf swing!

Overseas travel, assisting the children with house renovations and of course our grandchildren, play an important and time consuming role in my life.

I joined the Endurance Programme several years after I joined Masters. It seemed a natural progression as my swimming capabilities improved.

For me, firstly the Endurance Programme provides another swim session (Yes Jan You must swim more

if you wish to improve) and secondly it gives me the opportunity to practice my stroke technique. The points are important but to me the opportunity to improve is the real reward. Having said that, Quentin, I will achieve my 200 points for this year.

Perhaps my greatest achievement under the Endurance Programme was the first time I completed an hour long swim. This marked a milestone in my fitness levels and swimming ability. I have also recorded times in the top ten MSA times for several of my breaststroke swims.

I have gained a wider appreciation of the programme through my involvement with the Quality Assurance process with Barry and Grant under the careful eye and governance of Trish.

I have enjoyed participating in the programme and in particular love the camaraderie and friendship afforded by my fellow participants. Not to mention, the occasional after breakfast debrief at Jaspers.

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576

quentinlee1957@gmail.com

TWILIGHT ENDURANCE SWIM

Three lanes in the 50 metre pool at Noosa Aquatic Centre were booked for our use from 4pm on Friday afternoon 5/5/17.

An enthusiastic group of swimmers, timers and supporters gathered to complete endurance swims of various lengths, improving personal fitness, timing skills and our club's overall point tally together.

As always when we stage these 'extra' Endurance Swim meets, a shared supper followed, complemented with suitable beverages.

A smorgasbord replaces the business paraphernalia on the table, a circle of chairs appears, and animated conversation and laughter punctuates the twilight.

This evening was auspicious because it was to be the last time that Lorna and Geoff Lander would be with us, before their imminent departure to Victoria. Words could never be enough to honour the contribution this couple have made to Noosa Masters over

three decades. Geoff being a founding member and Lorna, who doesn't even swim, has volunteered consistently and tirelessly. They were presented with a small gift (a bracelet we hope Lorna wears with pride) and thanks from the bottom of our hearts. They will be missed, and we wish them well in this next phase of their lives.

... Jane Powell



Please support our sponsors

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<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
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Challengers Chatter

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