

# CHALLENGERS' CHATTER

MAY 2020

## MORE ON FINA TOP TEN RANKINGS FOR 2019

... by Lois Hill

In and earlier Chatter we told you about our Top Ten finishers in the Individual Events. Just to remind you, they were : *Eulah Varty, Jan Croft, Steph Jones, Lois Hill and Ross Kee.*

Now it's time to unveil some more Rankings, this time for our Relay Teams.

At the Miami meet last year your Captain was running round like a headless chook at the start of the Women's 4 x 100 Freestyle relay. We had a great team, on paper, ready to break the National 280+ record. We were in lane 8 and there was only 1 time-keeper. Also it was the end of the meet, and people were ready to go home!

The starter was trying to get all on the blocks, with Jan raring to go, but good old Noosa hung back! After much palaver, running around and shouting, with the QMM ladies (current record holders) waiting behind to cheer us on, we had enough time-keepers to start!



QNA States team with 280+ 4x50 relay FINA stars

The team of *Jan Croft, Jacky Shields, Lois Hill and Stephanie Jones* swam like rockets and broke the State and National records with a time of 6:18.18. (Reminder to Captains – don't hide the fact you may be attempting a record – let the Meet Director know in advance!!!).

This year, when the FINA World Top 10 results were published, the team was *Third* on the world rankings. Well done ladies ... especially as this is a first in the 'female oldies age group of 280-319' for Noosa! Not to be outdone, our 4x50 Freestyle relay team in the same age group, swam a sizzler at the May State Championships at Chandler, winning the event in a time of 2:41.66! This resulted in the team taking *9th position in the FINA Rankings!*

Well done to our team of *Jo Matthews, Lois Hill, Jan Croft and Wendy Nothdurft.* Miami crept ahead of us in the FINA rankings by swimming an even better time in June at a local carnival ... *Congratulations Miami!*



### Inspiration?

extract from a letter to Bob McCausland from Thelma Bryan OAM (90), Xmas 2019

While the Cairns Tobruk was closed indefinitely for

rebuilding, my very kind friend, Kay, not a swimmer, drove me mid week to Gordonvale as well as often to medical appointments, to the shops and elsewhere. I was put in the VIP reserved viewing section for the reopening of Tobruk and invited to refreshments afterwards, meeting friends from a distant past.

I can drive there on Tricy, mainly along tracks by creeks and try to have a mid week swim in the new 25m or 50m pools. I have slowed with breathing and hip problems, but still managed to break two more Queensland Records in the only 50m pool meet I could get to this year, in Atherton, 400m freestyle and 200m backstroke. I have also participated in several fundraising pool swims. Most memorably, 4km for Motor Neurone Disease.

I particularly enjoyed a club social swim - 12 of us were the first group ever allowed - with restrictions - to enter the district local storage dam, dating from 1976 and reached via a hillside not far from McManus Street.

When the 2015 World Top Ten were published, as usual about March in the following year, the library computer told me that in the long course Townsville State championships in which I broke or set 7 National and 9 Qld records in the 85-89 age group, my 400m individual medley was a world first, my 100m and 200m butterfly both world seconds and all my other events listed, except for my 400 meter backstroke as the lists for form strokes back, breast and fly don't go beyond 200m in World Top Tens!



Thelma Bryan 1989 (59) after 3km swim at Kinchant Dam, Mackay

# life in ISOLATION

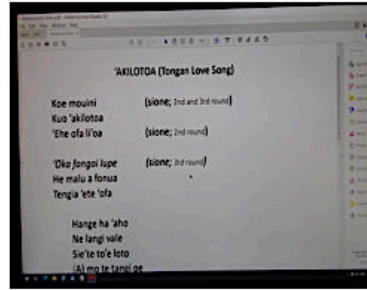
## Contributions by members ...

CAROLA HENDERSON

### A snapshot of my life in isolation



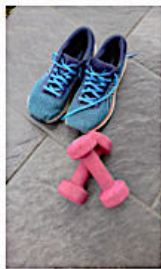
gardening



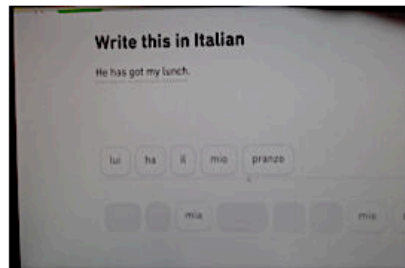
on-line choir workshops



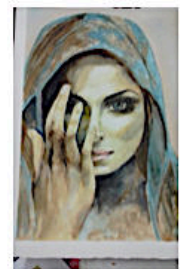
reading



walking and weights



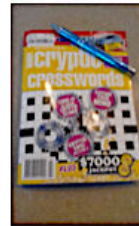
on-line Italian lessons



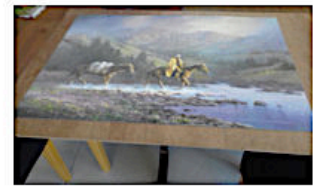
painting



trying new recipes



cryptic crosswords



jigsaws

## Isolation and Imagery

In the April 'Chatter' you saw some images composed by Steve, Brian and Kathleen on the theme of 'isolation'.

A number of other images have now emerged, including a beautiful seascape by Mark Powell featuring an island he's particularly familiar with!

You can see it below. But to do justice to Mark's image and other contributions, they need to be seen in high resolution and full size.

We'll plan to send them to Master's members in subsequent emails.

You'll surely be impressed by their stark beauty.

Mark's special image ...

... Brian Hoeppe

MARK POWELL



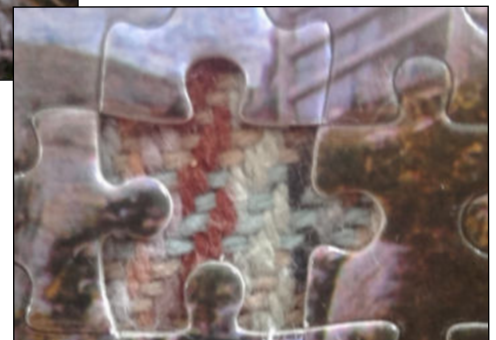
JIM BARNES



Hope everyone is well and that we get back in the pool shortly. Just thought I'd share my supposedly 1000 piece jigsaw that I have worked on. I haven't counted the pieces but I believe there are only 999. Have a great day!

## LIFE'S BIG QUESTIONS ...

- At a cinema, which armrest is yours?
- If people evolved from monkeys, why are monkeys still around?
- Why is there a D in fridge, but not in refrigerator?
- Who knew what time it was when the first clock was made?
- When does it stop being partly cloudy and start being partly sunny?



## “ZERO HEROES” MAKE A

... by Chris Cooper



Had it not been for the pool closure, lane zero swimmers might never have joined that hardy subculture of “ocean swimmers”

After a few weeks of enjoying guilt free late starts in the morning, when “stay at home” restrictions were introduced, Mick, Chris and Tricia thought they could give the beach a go.

“We can just check it out and if it looks a bit rough we can always go home.” Mick, the fitness fiend, planned to ride his bike down and had been diligently continuing this all along.

We had heard reports that Kerry and Zara had already been spotted.

With trepidation, we set off across the bay heading for the first groyne. Surprise, surprise we made it!! And then there was the return journey.

Being newbies we were very intent on keeping an eye on each other and not ending up in a head-on with other swimmers. On one occasion when swimming back, Mick and Chris lost sight of Tricia. Surely she's OK? She was there a minute ago ...

A somewhat anxious swim to the shore and a search walking up to where we last saw her ... no Tricia in sight up or down the beach! Perhaps she's gone back to the bags? Then, lo and behold ... Tricia walking towards us. She had sprinted back to the start, leaving Mick and Chris in her wake.

Annie joined us after a few weeks and would sprint off at a cracking pace leaving Mick and Chris in her wake, evidence enough that she was not a fair dinkum “Zero”.

Just lately, Julie has been joining us, also sprinting off at a non-Zero pace.

We hope Wendy I will be joining us soon after securing a new set of fluoro fins from an Australian company, with the hilarious manufacturing information discreetly printed on the bottom “Made by our good mates in China.” Check out your fins for a giggle!

Now, after 9 or 10 weeks, we are becoming quite keen on this “ocean swimming” caper. We've even got wet suits and given up the fins. Note Mick's finless feet.

How fortunate are we to have this amazing natural resource!



### STRUMMING SISTERS ...



Happy Swimming Strummers having a laugh, singing their hearts out and grappling with the mental challenge of getting fingers around the very tiny Fretboard of the Uke. It's such a joyful little instrument. No wonder George Harrison was enamoured with it. We, at this stage, are not quite in that league ... yet.

However, we are ever hopeful and working on a solid repertoire to exploit our skill on the C chord. What a pleasant way to spend a few hours in a quiet secluded spot, practising ... our social distancing. Thanks to Mick who has been designated head of the support choir and official photographer.

## HOW THE CLOCK HAS TURNED FOR NOOSA SWIMMERS

... Reflections by Tony Frost

For decades, Noosa residents who wanted to exercise through swimming had TWO choices : Laguna Bay or Noosa River.

For 12 years I chose both, a morning swim along Noosa main beach with fellow Surf Club mates each morning, sometimes followed in the afternoon by another 1km around Witta Circle.

In 1991 a 25 metre pool was constructed in the Tewantin State School grounds, only available to the public before and after school hours, not very satisfactory, as it was very congested and in summer the pool's water temperature would reach 34 degrees, hence many ear infections.

With the Noosa Aquatic Centre closed since 23 March, my swimming has reverted to the ocean, normally 3 times each week, starting and finishing in front of the Surf Club after a casual 1.5 kilometre swim, usually near high tide.

A curse for most pool swimmers with the NAC closure, but how lucky for us to have an alternative ... one of Australia's best ocean beaches to swim along for 12 months of the year.

We must be the envy of all those south of the border.



## The Health Report #6

Information brought to you by ... Jane Powell

### Reasons to reduce your carbohydrate consumption ...

Research seems to indicate that carbohydrates are responsible for inflammation, and that the best possible diet for your health will be low in carbohydrates and high in healthy natural fats.

- \* satiety of such a diet allows one to achieve desired weight loss
- \* absorption of fat-soluble vitamins is optimised

- \* the immune system is enhanced
- \* you will recover more quickly after sustained exercise
- \* mental acuity and productivity will be increased
- \* the risk of heart disease and many chronic diseases is lowered
- \* slows ageing and improves vitality, energy, youthfulness and libido!

\*outward signs of health such as healthy skin, hair, nails will be noticed

Low carbohydrate eating will keep your insulin levels low, which allows you to reduce your risk of heart attack and increase longevity.

Ref: *The Fat Emperor and the Irish Heart Disease Awareness Charity @IHDA.ie*

## COACH'S TIPS



### Butterfly

This month I have some fly tips from Karlyn Pipes and I should acknowledge they are her tips ...

V entry, hands come around straight, pull water towards feet, once hands reach hips, release power and recover arms low to conserve energy.

Small undulations with hips, head neutral, chest forward not down, head just above surface when breathing.

Release hands early at hips.

Don't put hands in hard at top of stroke, don't pause in front, don't dive deep,

Happy swimming - Cheers, Jan

# Happy Birthday



### June

Zana Dare	10/6	Clinton Stanley	15/6
Samuel Tucker	11/6	George Hawkins	15/6
Gerry Little	13/6	Sally Johnson	22/6
Dee Mooney	14/6	Stef Jones	25/6

*Age may wrinkle the face,  
But lack of enthusiasm wrinkles the soul !  
...Danish proverb*

## Hey, look what 'our' Sam (& Helen) have done!

... reprinted courtesy of ABC Landline: Pip Courtney

Coronavirus and bushfire-affected regional cheesemakers turn to 'rescue boxes' as tourism dries up. Bushfires meant the usually booming summer season was a wipe-out for many regional cheese businesses with cellar-door operations.

When tourists were ordered to stay away from fire-affected regions, Milawa Cheese in north-east Victoria was left with hundreds of kilograms of ripe cheese.

"It wasn't going to last, it would have to be given or thrown away," cheesemaker Ceridwen Brown said.

Cheese Therapy, an online specialty-cheese retailer in Queensland, came to the rescue.

It put out an SOS on Facebook asking its cheese loving followers to buy a "rescue box" to help Milawa out.



"Rescue boxes" have saved a number of regional cheese businesses.

"We thought we were going to sell about 50 packs; we sold 2,000 packs of cheese for Milawa and it really just cleared out all of their stock [and] got them back on their feet," Cheese Therapy co-founder Sam Penny said.

"The response that we got from right around Australia was unbelievable."

Mr Penny's wife Helen Shadforth was not surprised by the generous response.

"Australians are great at helping Australians," she said.

"We've been finding it's snowballing, and a lot of people are asking, can they do more than just buy a cheese pack? It's brilliant, but also not completely surprising because of how fanatical cheese people can be!"



Sam Penny and Helen Shadforth are thrilled with the response to their delivery service.

When COVID-19 struck, regional cheese companies suffered a double blow.

Travel restrictions cut off their Easter tourist trade, and food service orders evaporated when restaurants, convention centres and wedding venues closed.

Milawa Cheese was again caught holding product made in expectation of a busy Easter period.

"Milawa was a ghost town, it was eerie and surreal," Ms Brown said.

Once again, Mr Penny and Ms Shadforth put together boxes for Milawa Cheese and others.

"Cheese Therapy was able to take a really large chunk of that really nice ripe stuff for us, which was fantastic, really a lifesaving measure for us," Ms Brown said.

"It's a bit of an emotional rollercoaster at the moment. You sit there in the morning, looking at the bank balance dwindling, and then you get an order and you think, 'We can keep paying our staff and keep everyone employed for just that little bit longer.'"

Cheese Therapy's social media posts about the cheesemakers and the farmers who supply them with cow, sheep, buffalo and goat milk were shared widely.

Orders climbed from a few hundred a week to several thousand.

Three-thousand orders arrived the week before Easter, and the entire stock of cheese from Grandveve in Tasmania sold in just two days.

"The start of April was when we flicked the switch and turned everything on, and this month alone will be more than twice our revenue from last year," Mr Penny said.

"I reckon there's probably about 50 to 80 people who've been able to keep their jobs because of how much cheese we're selling."

At the start of the year, the business provided enough work for Mr Penny and Ms Shadforth, but soaring sales meant they had to find bigger premises and hire 20 staff.

Most of their new employees came from the restaurant, beauty and fitness industries, and had been stood down due to the pandemic.

Brianna Thompson was just one who found work with the company.

"I was a lifeguard at the Settlement Cove Lagoon in Redcliffe and once they closed pools, it was like, 'Oh ok, now what?'" she said.



The company's cheese cutters come from a range of industries affected by the pandemic.

Sara Dillon, a caterer who had lost six months of bookings, became a cheese cutter after Mr Penny and Ms Shadforth were unable to handle all the work themselves.

Ms Dillon has taken on 12 staff to help her.

"It's fairly incredible, you know. Sam and Helen have done a great thing for the cheesemakers, for the farmers, for me, for all my staff," she said.

Artisan or specialty cheese isn't cheap, but Ms Brown said there was a simple reason were splurging on fine cheeses in a time of uncertainty.

"For those that can, there's the discretionary sort of expenditure where they can lash out on delicious cheese rather than going on a holiday," the Milawa cheesemaker said.

"It's a small consolation, but it's a delicious one."

# Carnival Chatter May 2020

... from Lois Hill

Firstly, news of Rob in Paris. He has booked a flight back to Australia, and all going well should arrive back in Brisbane on 11<sup>th</sup> August! Keep well Rob.

## Upcoming Meets

Things to look forward to! Here is a list of upcoming events and some accommodation info.

Swimmers, please email your intentions/bookings for all these events to the captains [captain.noosaqna@gmail.com](mailto:captain.noosaqna@gmail.com) so we know what level of interest there is in the events.

**1 MSA National Championships Sydney Olympic Park, (SC) - \*Cancelled\* 15-19 April  
Re-scheduled for September/October 2020**

Details at <https://mastersswimmingnsw.org.au/2020-national-championships/> There is a link to accommodation on the web site.

Pool events will be conducted at Sydney Olympic Park from Wednesday, September 30 to Saturday, October 3.

The status of the Open Water events is yet to be confirmed

**Accommodation:** Safest bet is the Novotel (Accor), right near the pool, [email captains for latest if you plan on going.](#)

There is also a cheaper Accor, the Ibis, right next to the Novotel. Also a Quest further away from the pool, and of course, some Air BNB options.

**2 Maryborough Masters Meet - Saturday October 3**

**3 Alice Springs Masters Games 10-17 October**

This is still happening – emails coming regularly from the organisers.

The club is not officially organising anything for this. [Email captains for latest if you plan on going.](#) Interested members will be put in touch with each other.

Website: <https://www.alicespringsmastersgames.com.au/sports-schedule/sports-schedule/>

*Bonjour, Greetings from Jolly in Paris ...*

At last France has eased lock down after two months of confinement. Restaurants, bars and cafes are to reopen in all departments starting 2nd June but with temporary restrictions in Paris and Ile-de-France. In these areas, cafe bar and restaurants terraces are allowed to reopen. This measure is set for at least three weeks. Alas swimming pools will be remaining closed, probably until July.

I am now enjoying the freedom of Paris without tourists and mainly using a bicycle to explore the city. The only time I have used public transport was yesterday. As I entered a bus, I was pushed from behind and I felt a hand

**4 Sunshine Coast Masters Meet Saturday October 24**

**5 Pan Pacific Masters Games 2020. Entries are now open.**

Swimming - November 11-14. Details on web - <https://mastersgames.com.au/ppmg/sports/swimming>

**5.1 Pan Pacific Masters Games Ocean Swim 2020**

November 15 from 6:30am, Mermaid Beach Surf Life Saving Club,

<https://mastersgames.com.au/ppmg/sports/swimming-ocean-swim/>

## PanPacs accommodation:

Again, the club is recommending the Meriton at Southport - lots of rooms, handy to pool and eating out options and no upfront costs. [Email captains for latest if you plan on going.](#)

**6 MSA National Championships 2021 April 30 - May 4**

The 2021 MSA National Championships will be held in Darwin.

The pool competition will be held at the Parap Pool, which has been upgraded to a full FINA compliant complex, with a 50m and a 25m pool. The Open Water swim will be at the Waterfront Lagoon.

**Accommodation:** Quest Apartments is really close by (walking distance to the pool) and *they already have bookings.* There are a variety of restaurants in Parap, and the best sunset views (and great food for eating) nearby at 2 sailing clubs

*Interested swimmers should nail the accommodation aspects of any of these comps a.s.a.p. Lois has the goss on all the latest rates.-Send email to Club Capt to get all these details.*

[Email ANY queries to Captains, Rob & Lois on captain.NoosaQNA@gmail.com](#)

in my shorts pocket, I quickly grabbed the pickpockets hand as he was removing my phone, cursed him and punched him in the chest to push him away, Oh la la! It's not all the 'City of Love'

Now I have a lanyard attached to my phone when going out.

EU inner borders and French borders will remain shut until June 15th. Airlines will start and airports will gradually open by July.

When Singapore lifted the Changi airport Transit Ban a few days ago, I booked my return flight Paris to Brisbane with Singapore Airlines. If everything goes smoothly, I should arrive in Brisbane on 11th August to go into quarantine for 14 days in an hotel.

Looking forward to a swim at the NAC.

# CELEBRATING 21 YEARS !!

... by Karen Martin

I moved to Noosa in 2007 and the first time I went to the Pool I was like, "Wow, this is ace!" I had never seen a 50m pool and the fact that it was outdoors was even more amazing because it felt like I was on holiday. Coming from England, I only ever went in an outdoor pool on holiday in a foreign country.

I visited "the NAC" on and off until 2011 when I joined Noosa Masters. I used to watch you all from the

sideline doing squad and think, "Wow, that looks so cool, I wish I could swim like that".

So I joined in, and everyone was fabulous, and I made friends, and between the coaches and swimmers you all taught me how to swim the Aussie way!

Who remembers having to drive the long way round before the bridge road extension was opened (Nov 2008) on Eenie Creek Road?

Coming from the Civic side of Noosa, we had to drive round the back of the Police Station, up to the Junction, and then wind your way through the houses to the traffic lights at St. Thomas Moore school.

A big 'Thank You' to all the people behind the scenes who invented this project; without those people we wouldn't all have met and become friends.

*Photos: Top Left: my nails in competition 2013. Top right: 2013 sporting the old tracksuit. Bottom Left: me and Joe Gilbert (died 22nd May 2018, he was brill and a big part of the pool beginnings)*



Mark Besford's bi-lateral knee replacement is progressing well and he's walking 6Ks a day.

Be in the pool soon Mark breaking P.B's

Club Mascot Naccers is missing in action ... Do YOU know where he is??

C'mon, let him have some adventures with us again!!





## All about Denise De Carlo

I started competitive swimming at age 6. My two older sisters and I had completed all the swimming lesson levels and they decided to join the swim team. So I did what my sisters did! It changed my life forever. Swimming was so important to me. It brought me confidence, pushed me physically and quite frankly, was a place to escape mentally. There was a lot of tension in my home life and the pool was my outlet and safe zone.

I'll never forget the first pool I swam in with my swim team. It was indoors in the lower level (aka no windows and a bit smelly!) of a YMCA. It was four narrow lanes and 20 yards long. Short as! But to a 6-year old it was huge. Needless to say, our beautiful outdoor pool at the NAC is a huge upgrade!!

The first (and only) outdoor 50-yard pool I swam in was in Cedar Rapids Iowa when I was around 12 years old. The water felt SO cold in the morning. I despised those workouts. I swam in that pool for 12-weeks for three summers. That was enough!!

I was the tri-captain of my high school (year 12) swim team. We won the state title that year. It was quite the team – go Kennedy Cougars!

After high school I took a break from swimming and didn't swim for about five years. At this point I had graduated from university with a degree in Computer Information Systems and moved to Denver, Colorado. I joined masters swimming (with several extra kilos!) and I've been swimming again ever since!

In 2007, my life and work partner, Bob, immigrated to Australia (Canberra). We were extremely fortunate to obtain a skilled migration visa from the ACT government. I was honoured to obtain my Australian citizenship in 2009.

I treasure my Australian citizenship. Australia is where I feel "at home" and aligned with those around me. Of course, I dearly miss my family back in the US.

Whilst we really enjoyed living and working in the Canberra area (and doing lots of camping!), we knew we wanted to retire somewhere warm. In 2013 we purchased our unit in Sunshine Beach. Prior to the purchase Bob and I visited the NAC. I saw the facility and nearly cried. It was such a beautiful facility. I told Bob I hoped he liked the area as this was where I wanted to live (and swim!). We moved up to Sunshine Coast in 2016.

During the 13 years we have lived in Australia, we have been fortunate to live in Canberra, Adelaide, Hobart and Sunshine Coast. We have also camped throughout the country. I am simply a wanderer and love to explore. But Sunshine Coast is HOME! We absolutely love it here.

In my spare time I volunteer for Business Mentoring Noosa, Zephyr Education (Zephyr helps children impacted by domestic violence get back to school) and Meals on Wheels. It is great to give back to our amazing community. We are so fortunate to live in such a beautiful place. How lucky are we??

Due to the pandemic, I am now learning to swim in the open water. A new experience for me given I always lived in land locked locations. It is great to be swimming and learning how to not drink all the salt! A special thanks to Jane Powell for encouraging me to try open water swimming and staying with me as I learned to navigate the waves! Can't wait to swim together at the NAC and have a coffee afterwards. That will feel so normal! I miss you all so much.

*Ed. And we miss your happy face too, Denise !!*

### LYNETTE CLEMITSON

Don't know if you are interested in this, but I had a visitor yesterday who I taught to go round and round the pool the way we do in our squad lanes.

Eventually I caught his beautiful brown body in my pool net and carried him down through the orchard to the bush at the bottom of my property near the kookaburras' home. They live 100 feet up in a tree there but weren't home at the time, so he escaped into the bush and I told him it would be best if he didn't come back.

The chooks caught and killed one a few days ago. They were so funny running around and fighting over it until I rescued it off them. Fortunately, they had already killed it as a bite from a brown only gives you 5-30 mins before you die ...painfully!

Prefer to spend time in the water with Masters swimmers lol.

... Cheers from Lynette



# ENDURANCE 1000 REPORT

## MAY 2020



*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/>

In the April 2020 Chatter, an extract from the 2007 Challenger Chatter from the Club's archives (courtesy of Barrie Bedding) was included together with some history of the early days of the Endurance (originally known as the Aerobic) Program.

The April Endurance Report sparked some interest from Tony Frost particularly in relation to Phil Hubble's remarkable endurance swims. To quote from the 2007 report ...

*"Phil travelled from Buderim to complete his 10 swims 4x400m and 1x800m on one day and 4x800m and 1x400m the next week. All these swims with only approximately 10 seconds between swims. Truly a remarkable man."*

Tony also recalled -

*"I remember speaking to Phil after he had showered and changed one afternoon after one of these sessions, still as fresh as before he started, making a typical 'tongue in cheek' comment: 'Maybe I could do the whole program in one day?'"* To do the entire program (all strokes and medley) continuously would take 15 hours, but practically, maybe over four days, doing the same stroke each session, taking 4 hours each. Had he been thrown this challenge, I'm sure that Phil would have accepted this.

It was either in 2007 or 2008 during the Brisbane Northside Carnival held at the Valley Pool that Phil established an Australian 800 metres freestyle record in the 45-49 years age group with an approximate time of 9.30.0 (approx).

My knowledge of Phil's swimming feats came from his brother-in-law Ian Robinson who remains a current member of Noosa Masters Swim Club.

Phil represented Great Britain:

*1980 Moscow Olympics, 200m butterfly, Silver Medal*

*1982 Commonwealth Games, competed in the Fly and Freestyle events where he won medals.*

Was chosen to be the flag bearer for the English Team – the only swimmer given the honour to perform this task.

We were privileged to have Phil as a member of Noosa Masters Swim Club."



*Back: Phil Hubble, John Havilah, Ollie Mikulskis, Tony Frost, Joe Gilbert*

*Front: Bob McCausland, Olga McCausland, Joyce Faunce, Julie Robinson, Clinton Stanley*

Well members, once the Endurance program recommences (shortly we hope) the Phil Hubble gauntlet has been thrown down. Who dares to pick it up?

*Regards, Rod Alfredson  
Endurance Coordinator  
Endurance 1000 program  
Mob 0418 260716*

*Ed : Speaking of records ... We can thank Rob Lucas for the following as, in an email to Bob McCausland, he wrote ...*

*Like all master swimmers I am missing my pool sessions, but try to go for walks along the beach most days. As a way of filling in time, I have been going through all the QMS old paper warfare I still have for our national recorder, Pauline Sampson, for her project of getting all the history of Masters Swimming up on the website. I have scanned all the old Swimmers News up until 1993. In going through the box full of early records I found the attached sheet of paper.*

*So, my friends, here's one for the books ...*

*Set on 1 May, 1994 and still current today.*

*4 x 100m Mixed Medley Relay 240+ age group*

*Bob McCausland (Free), Olga McCausland (Back), Mavis Morrison (Breast), David Forsyth (Fly)*

*Time: 9-06-33*

*AND, just as a matter of interest, on 2 May, 1988*

*J. Simmons (F) 55-59 swam 5km Backstroke in a time of 2-27:43.07*



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 Q 4566  
Tel: 5430 5400

**Ironman**

24 Lionel Donovan Drive  
Noosaville Q 4566  
Tel: 5430 6700

**Bank of  
Queensland**

Tewantin Noosaville Branch  
cnr Gibson Road and Mary Street  
Noosaville Q 4566 Tel: 5470 3100

**John Bird Jewellers**

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Tewantin  
Tel. 5474 4639

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[www.thegreatlittlebag.com](http://www.thegreatlittlebag.com)"

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Tel. 5447 4044

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1300 658 971  
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