

NOOSA MASTERS SWIMMING CLUB

# NEWSLETTER

"Challengers Chatter"

MAY 2023



L-R : LiQun Hussey, Linda Hogg, Ian Robinson, Jacky Shields, Jo Matthews

## GREAT BARRIER REEF GAMES - GREAT RESULTS !!

Five members of the Noosa Masters Swimming Club travelled to Cairns for the 2023 Great Barrier Reef Masters Games.

For Jacky, Linda, Jo and LiQun this was their third major meet in two months, having also swum at the States in Mackay and Nationals in Hobart.

Ian Robinson arrived fresh and ready to race! Ian had used the Queensland record as the entry time for each of his events. An interesting approach and OK for some of us! He managed second place in all his events except the last.

Having saved the best for last he blitzed the 200 IM and broke the State record by 4.425 seconds!

Jo swam her usual assortment of Fly and IM events.

The 400m and 200m events had the IM directly after the Fly and Jo had to back up with only a heat or two between races. With her well honed Endurance skills she made it look like a walk in the park.

Jacky was our backstroke queen competing and medalling in all distances. Following on from some coaching by Kathleen in Mackay, she is now moving her arms faster and it paid off!

LiQun had the biggest program of all, nominating for 9 swims and coming home with 5 Gold medals. Amazing!

Linda was extremely chuffed to win her first individual Gold medal in the 400 freestyle. The time was a bit slower than Hobart but good enough for the win.

The highlight of the meet was the Women's Medley and Freestyle relays.

Our competition for the Medley relay was Brisbane Southside with a very competitive team. They only just pipped us at the finish and into second place.

The same teams lined up for the Freestyle relay, with Noosa thumping them to take out the Gold. An exciting and fun way to end the meet!

A big 'thank you' to John Hussey, our timekeeper for the entire three days. He did a wonderful job which allowed the rest of us to concentrate on our swimming (and socialising!)

Cheers,  
Linda Hogg





## GREAT BARRIER REEF GAMES - GREAT RESULTS !!



LiQun Hussey was thrilled to take delivery of her 2022 E1000 Club Award for completing the entire programme



"All work & no play makes Jack a dull boy"  
Linda, Jo, Jacky & LiQun relax



Jo Matthews grand-daughters might be inspired by Grandma Jo's medals !!



Freestyle Relay Gold medalists  
Rear: Jacky Shields, LiQun Hussey  
Front: Linda Hogg, Jo Matthews



## Master & Musician !

Those of us who swam at Hervey Bay earlier this year will remember Ken McDonald, who injected some light-hearted music into the poolside presentation ceremony. Afterwards Ken - who was a few years behind me at school (Maryborough Boys High) - gave me a copy of his 'All the Best' CD compilation.

It was a revelation! Half-expecting cover-to-cover country tracks, I instead was impressed and often moved by twenty-one songs that revealed the romantic, the poetic, the political and the wry dimensions of Ken's take on the world. Ken's own vocals and guitar work feature throughout, but he'd also gathered quite a number of very talented musicians whose instrumentation and vocals brought extra vibrancy, strength and sometimes sweetness to Ken's lyrics.

There's a poignant aspect to all of this. Ken dedicated this compilation of his best songs to his wife Heather, who died in 2016 after a long battle with melanoma. Many Masters swimmers will have known Heather, a Southside member who won many national titles and starred at so many swim meets, and is remembered for her friendliness, her optimism and her courage through the high and low points of her illness.

Ken has written over 200 songs over five decades, recorded on several CDs. His music is celebrated on his website [www.kenmcdonaldmusic.com](http://www.kenmcdonaldmusic.com) where you can sample a lot of Ken's music, finding a strong country presence alongside elements of rock, blues and folk.

... Brian Hoepfer



# 2023 Byron Bay Ocean Swim Classic

On Sunday 7 May, in a field of around 1,200, Noosa Masters swimmer Tony Frost was joined by his daughter, Petrina and grandson, Dustin to swim in the annual Byron Bay Winter Whales ocean swim from Wategos Beach to Main Beach, covering 2.2 kilometres. Usually, quite a few other Noosa Masters participate in this event, but this year many were either travelling back from Tasmania or still recovering from the State titles in Mackay and the Nationals in Hobart just a couple of weeks later. For Kay and Tony tho', it was a memorable weekend at Byron with their two daughters and two grandchildren.



Keen swimmers converged on the bay last weekend for the Byron Bay Ocean Swim Classic. Around 1,200 swimmers took part in two main comps: one from Wategos Beach to Main Beach and another from Clarkes Beach to Main Beach. The day was also a great day for fundraising, with Byron Bay Surf Club, BayFM, Byron Bay Ambulance, Byron Bay Community Centre and Byron Bay Herb Nursery just some of the beneficiaries slated to share in the funding pool. Photo Jeff 'Togs On, Cap Ready' Dawson



## June 2023 ...

Zana Dare	10/6	Clinton Stanley	15/6
Gerald Little	13/6	Peter Borain	20/6
Denise Mccart	13/6 (Big 70)	Sally Johnson	22/6
Dee Mooney	14/6	Stephanie Jones	25/6
		Vicki Wallis	25/6

*Count your age by friends, not by years  
count your life by smiles, not tears !!!*



The MSA National Technical Committee completed their review of the recent changes and recommended changes to the MSA Swimming Rules that were approved by MSA and its affiliate members at the MSA General Meeting in April. The updated MSA Swimming Rules took effect on **7/05/2023** and can now be viewed on the MSA website: <https://mastersswimming.org.au/wp-content/uploads/2018/10/Masters-Swimming-Australia-Swimming-Rules-inc-MC-April-2023.pdf>

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>JUNE</b>							
17	SC	Brisbane Southside Masters Meet	QSM	South	Q7/23	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
8	LC	River City Masters FINA Worlds Prep Meet	QRC	South	Q8/22	Yes	Valley Pool, Fortitude Valley
22-23	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q10/22	Yes	Burpengary Regional Aquatic Centre
<b>AUGUST</b>							
5-11	LC	Fina Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/22	Yes	Valley Pool, Fortitude Valley
<b>SEPTEMBER</b>							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
<b>NOVEMBER</b>							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
<b>DECEMBER</b>							

**Legend:**

- MSQ Swim Meets
- MSQ Co-sanctioned Swimming Australia Meets \*

\* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

## Grammar Schooled ...

Thanks to Noosa U3A for this startling insight into what it took to get an 8<sup>th</sup> grade education in the US in 1895. These questions on grammar formed part of the students' final exam in Selina, Kansas. Could any of us have passed? The 13 to 14-year-old students were given an hour to answer all the questions.

1. Give nine rules for the use of capital letters.
2. Name the parts of speech and define those that have no modifications.
3. Define verse, stanza and paragraph.
4. What are the principal parts of a verb? Give principal parts of "lie", "play" and "run."
5. Define case; illustrate each case.
6. What is punctuation? Give rules for principal marks of punctuation.
7. Write a composition of about 150 words and show therein that you understand the practical use of the rules of grammar.

## COACH'S TIPS - BACKSTROKE TIPS THIS MONTH



### Why head position matters in backstroke ...

To establish a good head position in backstroke is to kick in streamline position allowing face to go slightly under the water after each breath followed by backstroke swimming using similar head motion so do 25's drill /25's backstroke.

When a backstroker rotates his/her body more, he puts the shoulder into a more favourable position for a stronger pull.

With more rotation, shoulder joint moves into a position of greater strength.

Backstrokers should rotate the body quickly from one side to the other side. A straight arm weakens the pull.

While a fast stroke rate may be the singular most important technique to improve backstroke, a quick rotation of the body is also critical to attain more propulsion.

... Happy swimming,  
Cheers, Jan



# Sunshine Coast Solstice Swim : 25 June 2023

With a month to go, we're getting excited about the swim, and this week we were delighted to receive support from the folks at Sunshine Coast Regional Council. Their help will go some way to help us prevent drowning on the coast. Thank you Council.

We've also noticed a certain hard working local federal member and a high profile state politician are joining us for the swim, so you'll see a few famous faces on Sunday 25th June.

For the trophy presentation, (first male and female in each swim leg) we're delighted to let you know that Raelene Boyle will make the presentation, and we'll see if we can twist her arm to do the raffle.

Raelene competed in 3 Olympics and in 1998 was named in the 100 National Living Treasures by the National Trust of Australia.

For the raffle, the top prize in the multi draw is a limited edition artwork from local artist - the amazing Naomi Pettenuzzo from Ocean Art. Naomi's artwork is inspired by the Sunshine Coast beaches and sea life and is just so stunning and unique.

The art prize is valued at \$1,500.

Here's a sample of Naomi's work. Can you imagine it at your place? Check out Naomi's work at Ocean Art, Maroochydore. <https://oceanartnaomi.com.au/>

Click here to register: <https://www.cognitofirms.com/.../AlexRotarySolsticeSwimSu...>

## Sunshine Coast Solstice Swim

### FAQ's

#### Whats the swim about?

*It's a community charity swim run by Alex Rotary and Alex SLSC for the local Sunshine Coast. This year it's funding programs to save lives, by teaching kids how to swim and water awareness SLSC folks know it as "Community Education".*

#### What swim legs are on offer?

1km, 3km, 5km

#### How many are you expecting?

*We're limiting the swim to 300 swimmers. Every year the event gets bigger and bigger. The vision is to match the Byron Bay swim which attracts thousand every year.*

#### Is there a minimum age?

*You must be at least 14 years old to participate*

#### How do I register?

*Directly via the Swim Registration Link above*

#### When is entry cut -off?

*You can register up to one hour before the swim starts, but obviously the later you register the less chance of having the correct size shirt, and the club reserves the right to close off the most popular swim leg registration at any time for safety reasons. Or whenever we reach 300 swimmers whichever is earlier.*

#### Do I have to time myself?

*If you wish, but every swimmer will be given a number and an ankle bracelet so that their times are automatically recorded. Swim times will be available around 11.45 when we have the presentations.*

#### What happens if I cancel?

*You'll be offered a full refund.*

#### What happens if the event is cancelled / postponed?

*You'll have choice of refund or participating in revised date. Your call.*

#### Will there be a safety briefing?

*There will be a safety briefing before each swim leg in Buhk park next to Alex SLSC.*

#### How much is the entry fee?

*\$65 for swimmers, and for the sugar babies who need a wetsuit, we're asking for a further \$10 donation.*

#### Can I have flippers?

*We want to discourage flippers, for safety of other swimmers reasons, we'd prefer you to swim a more comfortable swim distance if possible.*

#### Where are the swim courses?

*All swim courses start and finish in front of Alex SLSC - Look for the Rotary Arches.*

#### Do I need a wet suit?

*Your call, but if you decide to ...we'd really appreciate another \$10 donation towards a charity of your choice when you register.*

#### What sort of training / fitness is expected of me?

*We're very much relying on you knowing your capabilities. There will be IRB's and Alex SLSC volunteers on water for all the swim legs. But please do NOT enter a swim leg that you are not comfortable with.*

#### How will I see the swim course when I'm in the water?

*There will be an avenue of GIANT buoys leading you into the water. There will be GIANT swim / yacht buoys marking the course and Alex SLSC volunteers on IRB's and boards monitoring the swim legs.*

#### My child is a good swimmer, so can he/ she tag along the swim with mum or dad?

*Sorry, we'd prefer no under 14's on any of the swim courses.*

#### What to Expect...

*Come along to Alex SLSC in the middle of Winter to show your support for the local community causes.*

*This year Alex Rotary and Alex SLSC have got together to run the Winter Solstice Swim legs in aid of the Sunshine Coast Community helpers.*

#### Program for the Day

*07.00 Registration opens for all swim legs in front of Alex SLSC*

*Get your T shirts & delegated swim caps... **See more***

*<https://clubrunner.blob.core.windows.net/.../Screen-Shot...>*

# 2023 QNA MEMBERS' MEETING

held in the Creche at Noosa Aquatic Centre - 14 May 2023

## SUMMARY OF 2022 CLUB AWARDS

### AWARD

**McCausland Trophy** : presented by Venetta Herron (nee McCausland)

**President's Award** :

**Male Challenger of the Year** :

**Female Challenger of the Year** :

**Most Improved** :

**Endurance Awards** :

*Swimmers who completed the entire E1000 programme*

*Swimmers who completed at least 3000m in 60 minutes*

### RECIPIENTS

Clinton Stanley

Grant Scotcher

- Shane Walsh

- Jo Matthews

Robert Ashwell

- Brian Hoepper

- Ian Tucker

- Jo Mathews

- Jane Powell

- Mark Powell

- LiQun Hussey

- Denise DeCarlo

- Ian Tucker

- Robert Ashwell

- Jo Mathews

- Jacky Shields

- LiQun Hussey

- Denise DeCarlo

### 2022 Club Membership Badges

10 years	Rod Alfredson
15 years	Diedre Mooney
20 years	Bob Morse
	Clinton Stanley

## '2022 MSX AWARD WINNERS

Platinum	Gold	Silver	Bronze
Brian Hoepper	Diane Scott-Davies	Ian Tucker	Adele Tucker
Dyanna Benny	Greg Bott		Julie Tierney
Felicity Hawkins	Jacky Shields		Robert Ashwell
Helen Malar	Linda Hogg		Studley Martin
Ian Robinson	Lois Hill		
Jan Croft	Trevor Mathews		
Jennifer Watson			
Jo Matthews			
Robert Jolly			
Robert Morse			
Terry Carter			
Wendy Nothdurft			





# 2023 QNA MEMBERS' MEETING - AWARDS



Bob Morse presented Clinton Stanley with his 20 yr m'ship badge



2022 Challengers of the Year  
Jo Matthews and Shane Walsh



Venetta Herron presented Clinton Stanley with the McCausland Award



Noosa Masters Honorary Life Members-L-R: Helen Malar, Viv Merrill, Ian Tucker, Wendy Ivanusec, Brian Hoeppe, Bob Morse



3,000m Certificates  
Ian Tucker, Jo Matthews, Jacky Shields



Completed entire E1000 programme  
Ian Tucker, Jo Matthews, Brian Hoeppe



Greg Bott presented the President's Award  
to Grant Scotcher





*Jane Powell recited this at the recent Barnes' Big Bash  
and hopes all our readers will enjoy it !*

**Song of the Noosa River  
Elwyn Morris 1995**

She's a lovely little river  
from her lovely upper reach  
through her curves and twists and channels  
to her lovely sandy beach.  
Its the shadows of her everglades  
from the overhanging brush  
and her lazy brackish waters  
going seaward in their rush.

Its the song she sends to greet you  
from the young kites in their nest  
through her entrance, bars and breakers  
to her booming white wave crest.  
Its the stillness of the tidal lake  
from the hurry of the stream  
and the swiftness of the outbound tide  
that keeps the river clean.

Its the casuarinas singing  
from the midst of nature's choir  
through the dance of sedges swaying  
to the depth of wild fowl mire.  
Its the roots of mangroves fleeing  
from the lips of hungry tide  
and the scribbles on the gum trees  
by the pen of Master Scribe.

It's the pleasure of her company  
from a feeling deep inside  
through a vigil night of fishing  
makes a perfect time to bide.  
Its the blaze of colour forming  
from the shadow of her dawn  
and the river, misty, rising  
in the chill of frosty morn.

Its the echo of the putt-putt boats  
from a time that's fading fast.  
Through the dark, the curlews crying  
as a haunting from the past.  
Its the plop of mullet jumping  
from the cold and winter nights  
and the laugh of children splashing  
are just some of her delights.

And she's very understanding  
of those who are demanding  
by giving up her favours  
to all who come to seek.  
For they all come down to use her,  
to more oft than not, abuse her...  
sometimes they ask too much of her  
and she has no time to sleep.

She can be an angry river  
from her swollen upper reach,  
through the trees and streets and houses  
'tho a lesson here to teach!  
For its time for deep reflection  
on the awesome power of such  
an ugly torrent  
going seaward with a rush.

But ...

She's a lovely little river  
from her lovely upper reach  
through her curves and twists and channels  
to her lovely sandy beach.  
its the shadows of her everglades  
from the overhanging brush  
and we must finally protect her,  
to find time ... in our rush.





## Barnes-storming on a Saturday night !

by Brian Hoeppe, with a postscript by Jim Barnes

You don't need a pool to experience the 'Fun, Fitness and Friendship' of Masters swimming. All you need is the cavernous space of the Barnes family's garage .... and a mixed bunch of people intent on having a great Saturday night.

Once again, Jim and Christine hosted a memorable evening of music, song, verse and dance.



Julie and Kevin led with a sparkling duet, Kevin mastered an ambitious solo and then accompanied the beautiful duet 'Hallelujah' sung by Carola and Carol.

Carola starred later when she convinced the motley audience that they could, indeed, sing a four-part harmony and a five-line round ... in an African language. Her expert, energetic leadership produced an effect that was both fun and moving.

Fittingly, the hosts opened the program with a set that drew on country, folk and blues roots. Jim's increasingly deft guitar work provided great backing for Chris's vocals and their well-chosen duets.

For the next few hours, the garage rang with performances by members of the 'Soggy Strummers', sundry other members of Noosa Masters, and the 'Sunny Coasters' troupe of boot-scooting line dancers.

Despite missing their leader Chris Cooper, the 'Strummers' proved anything but 'soggy' – playing their way through a mixed repertoire with admirable energy, showmanship and – yes! – musicality. Our host Chris conducted with flair. Broadening the pitch of the massed ukuleles were two innovative touches – Adrian on his bass uke, and Robyn on her genetically modified 'banjolele' (or 'ukelanjo?'). The two added colourful depth and resonance to the 'conventional' Strummers – Viv, Terry, Anne and Julie.

Chris wasn't the only insatiable strummer to turn up elsewhere on the program. Following tradition, Adrian teamed with Fran to once again demonstrate that you don't need La Scala to showcase a fine classical voice, even in a non-classical number. Adrian's sensitive instrumentation suggested some serious practice has been going on in the Wilson home!

Terry, meanwhile, stepped out of the Strummers' back row in a solo act that revealed a musical sensibility and an exuberant guitar style. He captured the audience with very effective renditions of both famous and more obscure numbers from the rock and blues songbooks.

There was a real change of pace and mood when Jane introduced and then read a poem by Elwyn Morris. It was a beautiful, evocative ode to the Noosa River, delivered in heartfelt lines. Doubtless, it would have stirred special memories for all those present who know the river well.

Early in the evening there'd been a very entertaining episode which brought together strummer Julie, irrepressible Kevin and choir-wrangler Carola – together with her 'roped-in' friend Carol.

Owen, Kathleen and Brian (Owen & the KGB) embraced the ambitious aim of channelling Rod Stewart and Credence Clearwater Revival. In a clever strategic move, they chose songs so well known that the audience joined in lustily to sing both verse and chorus, thus rendering the performers inaudible. Still, Kathleen achieved the initial success in summoning the crowd with her passionate lament 'I don't want to talk about it'. Owen laid down his intricate keyboard arrangements, but – in a totally out-of-character channelling of Beau Bridges – he invited Kathleen to 'do a Michelle Pfeiffer' astride his keyboard, causing Brian to completely fluff his guitar solo.

Late in the evening, some really rocking numbers (see 'Greg' below) saw Jane showing she is an exuberant dancer, eventually enticing/shaming others to join her on a crowded dance floor.

### Jim's postscript

The Sunny Coasters made a huge contribution to the night - their line dancing efforts being the most obvious. The girls were very committed as all had been at a previous engagement where they welcomed a Bonza flight into Maroochy Airport in the early afternoon and most stayed relatively sober for the Garage night. Thank you to the non-line dancers who participated in the tutorial that Sue conducted (the ladies had hoped for many more).

Greg Ellis (the hostess' brother, yet another member of a very talented musical family) headlined the show and delivered several powerful and all very well received numbers including a number of Irish songs in The Dubliner's ilk. Greg's ability to engage the audience was very obvious and several encores rounded out the night.

A big 'Thank You' to all who participated and attended. The bring-a-plate menu was very generously provided and enjoyed by the multitude. Who made that dessert??

Christine and I hope everyone enjoyed the night and would welcome any feedback with regard to improving future nights.





## 2023 Noosa Swim/Runaway - Volunteer Report

As per last year Studley and I started our effort with a Saturday bike ride at 6.30 am to lead out the Half Marathon field. Studley led the men's group and I slipped in to lead the female athletes.

We were equipped with radios and apart from clearing a path for our following speedy runners our task was to radio back progress reports to EOC(Event Operations Control).

A couple of course changes from last year led to moments of confusion as we bike riders and runners wove a chaotic dance around some of the crowded water stations and the turnarounds.

There were no collisions- just a few near-misses, lots of bell ringing and an occasional muttered expletive !

Trying to weave through slower runners whilst looking for KM markers and taking one hand off the handlebars to press the radio mic to report to EOC created episodes of delayed and/or hasty reports.

Studley on the other hand has an exciting tale to tell.

He was getting to the end of the ride and his runner put on an almighty sprint to the finish leaving our beleaguered rider with little room to manoeuvre in the narrow finish chute . Studley sped ahead of the runner only to find himself careering around a right angle bend to immediately breast the finish tape under the timing arch. His retelling of the tale is delightful.

This year in spite of much enthusiastic cajoling we only managed to corral a small contingent of vollies to get on board for the Sunday Swim event.

I understand many folk had a range of prior commitments and last minute problems.

Fortunately Fiona from Ironman was able to get another group to step into the breach and on Sunday we had more vollies than jobs initially.

I took the easy way out and went to the beach to find something else to do.

I could see that it would all work out eventually with our experienced crew slotting in and helping the "newbies".

By and large the event ran smoothly. There were 2 or 3 ankle injuries when athletes tumbled in the run out of the water. One athlete required a stretcher lift from the beach and a green whistle (pain control) for a suspected ankle fracture. One competitor was brought back to the beach by "Water safety" in an IRB. Unfortunately "Race Control" was not notified and no chip returned".

Some very anxious family waited in vain at the finish chute for the swimmer until we were able to clarify that he was safely on dry land having wandered off up the beach from the IRB and into the crowd.

A lack of communication creating worry that could have easily been avoided.

Fortunately it had a happy outcome.

Thanks for your help everyone !

Next event Noosa Carnival and then Noosa Tri Festival at end of October !

... Mark Powell  
Volunteer Co-ordinator





## Photo Finish -Bike volunteering at Runaway Noosa Marathon

by Studley Martin

It was cool, dark, early start - 5.30am Saturday 27 May 2023 - for Mark Powell and me at the Noosa Lions Park. There was a crowd of eager runners. Chaos at the toilets, with nervous runners queuing at least 50 deep. Mark and I were doing the lead bikes for the half marathon male and female. Last year I did the bike for the female runner who was Lisa Weightman, (ex Olympian marathon runner). She did 1 hour and 10 minutes for the 21 kms. Now that's a quick pace for a mountain bike, but they were running! Last year the male runner was slightly quicker. This year Mark suggested we change and that I do the bike for the male runner, he the female.

This turned out to be a shootout between Keiren Perkins (5,000 metre runner - not the swimmer) and Alex Harvey. They both sprinted out along Noosa Sound each one trying to drop the other and/or the pack. They almost lost me on my Giant mountain bike! We soon caught the slower marathon runners. The marathon started 15 minutes earlier at 6.15am, the half marathon started at sunrise 6.30am. Now that's a lot of runners on the road at once ... over 3,000 I later learnt (the event was more popular than the year before). The temperature was around 10 degrees, ideal weather to run fast.

My two runners were battling it out and we quickly caught up to the slower marathon runners at about 3kms in. It then became near gridlock with the other runners, often with nowhere else to go but into the right lane. Parts of the course like roundabouts, turns and bridges would bottleneck. So, to get them out of the way, I had to use my bell and then tell the runner in the right lane to move to the left. I felt like an Indian taxi driver, using a bell instead of a horn. This worked OK with most, however about 20+ times we were blocked, and would almost stop, because of individual runners who couldn't hear or didn't want to hear. Most of these runners had headphones on and were running to their favourite music.

It continued like this, dodging other runners all through the race. It was crowded, some parts worse than others.

Keiren dropped Alex sometime after the 10km mark. He then seemed to slow down a bit after that. He ended up with a time of 1 hr 6 minutes, beating Alex by about 30 seconds.

So to the finish, I radioed in my position, "coming to the finish and the bridge", they replied "what bridge" I replied "Garth Prowd" quickly as I weaved in and out of runners, like a tuk tuk driver. Keiren Perkins had one last sprint in him and surprised me and passed me. I caught up with him as we rounded the finish corner. I heard a few voices say don't go over the finish. That's new I thought. I would have to slow down quite suddenly to do that. I crossed the line and he (Keiren) high fived me. Which is what I was

looking when crossing the finish line, some acknowledgement or thanks for carrying him through all those runners. It was demanding and rewarding work at the same time. I later found out the reason was that I would be in the finish line photo. Wasn't told not to do that before the race. So the radio then told others on the bike not to cross the finish line, (like I did). No more photo finishes.



Both the lead male and the lead female half marathon runners times were slower this year compared to last year. I think the bigger crowd of runners made it harder to maintain a constant pace. I'm still amazed at how fast both the male and female runners went.

Mark and I retired to a cafe and found we had had similar experiences, like a working dog herding cattle or sheep. Mark didn't cross the finish line though. Now I know not to cross the finish line!

There were 2,438 runners in the half marathon and I had come 2<sup>nd</sup> ...lol ...I had the photo to prove it, but I was disqualified being a bike!

There were 723 competitors in the marathon.

I also volunteered for the early morning start on the Sunday, the swim. That was an easier day for me, but valuable for the club!





# UPCOMING EVENTS

Our Friday Twilight Swims continue throughout the year with the next one booked for **Friday 7th July** starting at 4.00 pm and followed by a BYO Shared Supper and drinks after the Endurance Swims. Jane Powell and Julie Bott have organised the following Friday Twilight Swims and Deckie Co-ordinators for the remainder of 2023:

18th Aug - John Simonidis

6th Oct - Helen Malar

17th Nov - Rod Alfredson

29th Dec - Terry Carter

## Sunday June 18

Our eloquent team member, Brian Hoepfer is involved in planning the 2023 EV-EXPO (electric vehicle expo) run by ZEN (Zero Emissions Noosa) in collaboration with Noosa Council. It's on Sunday 18 June from 10am-2pm in Noosa Junction.

Brian is organising a 'speakers stage' to run alongside the many exhibition marquees of EV businesses/ government agencies/EV owners etc. The Council closes off the section of Sunshine Beach Road that runs through the Junction, turning the street into an EXPO mall.

Come along to squad on 18th June followed by the usual coffee and chat on the deck and then head down to the EXPO. I am planning to book a table at Noosa Reef Hotel about 12.30 pm but I will need lunch RSVPs so we know how many will be at the pub. I'll gather some more info from Brian on the 2023 EV-EXPO and send it out closer to the time with requests for RSVPs for the lunch booking.

**August 23rd and 24th** are the two dates club members will be able to enjoy the sweet sounds of the Soweto Gospel Choir at the "J" in Noosa Junction.

Finally, if you have any ideas, suggestions or plans for future events please share them with me so we can all continue to socialise together.

Cheers  
Julie Bott  
QNA Social Co-ordinator  
0411 072 599

## Living Well Noosa

The Living Well Noosa program is about supporting and encouraging all individuals to improve their Physical, Social, Mental and Spiritual Wellbeing right through the Noosa Shire. There are many upcoming workshops that are focusing on the Hinterland areas. For the full Living Well program [here...](#)

**FINALLY ...  
it's time for another ...**

## SUNDAY CLUB BREAKFAST Sunday 4 June

*This will be held on the deck straight after swimming  
Lanes #2 and #3 will be catering*



### LANES #2 and #3...

*Have a chat to your fellow lane members to decide what each will bring. Fruit, yoghurt, muffins, frittatas, slice .... savoury/sweet, pancakes etc are always popular*

All club members are welcome  
Don't forget your \$2 for a raffle ticket

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

## JOIN US Sunday 18 June

**7:30am** Squad at the NAC

**10:00am** Noosa EV Expo  
and Street fair  
Sunshine Beach Rd,  
Noosa Junction  
[More info here](#)

**12:00pm** Lunch at the  
Reef Hotel  
19 Noosa Drive  
RSVP to Julie by  
Wed 14 June.  
[Menu](#)

RSVP for lunch

☎ 0411 072 599

✉ [julieandgregbott@bigpond.com](mailto:julieandgregbott@bigpond.com)

JOIN  
THE  
FUN



# ENDURANCE 1000 REPORT

## May 2023



As the weather cools, attendance on the pool deck diminishes, yet it remains a sun-drenched place and the water is kept at a very comfortable temperature. Come along, swimmers! Don't let your fitness slip with the temperature! The cooler months are perfect for those long Endurance swims too, and they earn you the big points.



OR - you are very welcome to just socialise and time swimmers ...

**WE NEED YOU!!**

At the Members' Meeting on May 14th we were able to award achievements in the Endurance program from last year.

Seven swimmers completed the whole program of 62 swims, with top points for every swim. Brian Hoeppe, LiQun Hussey, Jo Matthews, Ian Tucker, Denise deCarlo, Mark Powell & Jane Powell received attractive engraved glassware.

And seven swimmers graduated to the dizzy heights of the 3000 Metre Club (!) swimming over 3000 metres in their 60 minute swim.

They didn't earn any more points for this, but received lovely certificates personally signed by our esteemed President, Greg Bott. These swimmers were: Robert Ashwell, Denise de Carlo, Jo Matthews, Jacky Shields, Ian Tucker, Mark Powell and Jane Powell.

**CONGRATULATIONS ALL!**

Grant Scotcher received the McCausland Award, for his unwavering support of the Endurance program, and regular presence on the deck as a diligent time keeper, even when health issues have kept him out of the water. **WELL DONE GRANT!** and thank you.

Friday 19<sup>th</sup> was a Twilight Endurance Swim gathering, followed by a shared supper and adult beverages. This was a perfect combination of fitness, fellowship and fun for all who participated.

Yours Enduringly,  
Jane Powell



How good is this ?



Standing: Grant Scotcher, Terry Parker, Kathleen Gordon, Mark Powell, Julie Bott, Greg Bott, Jane Powell.  
Seated: Ian Tucker, Jacky Shields, Brian Hoeppe, Linda Hogg, Adele Tucker, John Simonidis

### Why ??

Why do people order double cheeseburgers, large fries, and a diet Coke?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do 'practice'?

Why is lemon juice made with artificial flavouring, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavoured cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilise the needle for lethal injections?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Why is there only one Monopolies Commission?

# Our valued sponsors



Sunshine Beach



Department of Sport  
and Recreation



Noosa Heads



Noosa Branch



Noosaville



Noosaville



Vorgee Queensland



Noosaville



Noosa Junction



Noosa Junction



Noosaville



Noosa Junction



Noosa Junction



Seasons, Noosa Junction

*In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.*

Editor  
Wendy Ivanusec  
Tel: 0414 727 302

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

Assistant Editor  
Brian Hoepper  
Tel: 0421 884 809