

CHALLENGERS' CHATTER

NOVEMBER 2015

DIABETES 10KM SWIM-A-THON

Saturday 14th November was World Diabetes Day and Noosa Masters Swimming decided to lend their support to the 2015 World Diabetes Day Swim-a-thon being staged by Diabetes QLD. The target for the fundraiser was to swim 10Km and to encourage as many people as possible to get active and maintain a healthy lifestyle.



keeping duties and as official photographer.

The spirit of the morning was wonderful with most members participating and enjoying the camaraderie while supporting a worthy cause.

The final count was 22,250m swum, \$395 raised

Noosa Masters staged two events on Sunday 15th November. Irene and Rachael Symons swam 5k each, after a false start on Saturday when the pool was cleared due to lightning. They raised \$760 from the Kenilworth community which was an impressive effort.

The Club Swim-a-thon commenced at 7am when the NAC opened. Hour long swims were performed by Jess, Wendy T and Lois, while Bardie completed 30 minutes and Bob M and Grindle a 1500m. Following that Mary had the pool deck hopping, lining up

swimmers to do 800m and 400m swims. The event finale, an 800m relay, was swum by three teams of eight. This just happened to be handicapped to perfection – with a dead heat between two lanes and the third not far behind.

The morning wrapped up with a healthy breakfast of Bircher Muesli – thanks Jackie - and fruit salad.

A special mention must go to our “extended” family members Bob Martin and Janice I. who assisted with time



in donations and 426 points towards the Endurance 1000 program.

Let's do it again next year!!

...Cheers, Linda





November Twilight Swim

As 2015 draws to a close and we tally the final points from the Endurance Program, I ponder this question.

Why do people bother, when they could just take a recreational swim, made more enjoyable by the heightened fitness they have gained from squad swimming?

Why go to the trouble of organising timers and keeping tally over a year, of timing other swimmers or attending to the data entry and communication behind the scenes? It's a big job.

What's the point?

I enjoy the endurance program for a number of reasons. It ensures I have that extra intensive swim each week. It is more flexible than carnival attendance, and less costly. I enjoy the camaraderie on the pool deck, which

make top points are generous and achievable - I can do this! I'm not alone in my enjoyment.

Folk cleverer than me have analysed the data:- We have 82 members and 61 Endurance participants, some of whom still did a few swims despite injury/illness. This leaves 21 non-participants. Of those 21 - 15 are and will probably remain "non swimming members" for various reasons such as age, full time work and so on. Of the remaining 6, one is a brand new member which leaves only 5 who are yet to join the Endurance Family. This shows that each year Endurance is the swimming event most supported by our members.

Many of us remember Pat Mooney and his passion for the Endurance Program, which has led to Noosa Masters taking the national Endurance Trophy several

The Endurance Programme - what's the point?

contributed by Jane Powell

isn't possible with regular squads.

Times required to

years in a row now. It feels good to contribute to the building momentum and keeping that trophy in our grasp.

And to answer the original question, the point tally for 2015 is 17988! Woohoo!

So, thank you, and please, in 2016, continue to swim Endurance, for fun, fitness, fellowship, and for that elusive trophy!



Hudson .. 7 months old already !!

Hudson is now 7mths old and VERY active!



He has just started pulling himself up on the coffee table and loves being upright.

And he loves the water - in the pool and bath - it's hard to keep hold of him when he's around any sort of water. A mini Master in the making!

Now we are very excited at the prospect of our first Christmas and Summer together!!

Hopefully we will see everyone poolside with our floaties!

Love to all,

Kerryn, Lars & Hudson

Using “Get Wines Direct”

A few years ago your Club arranged for members to receive a 10% discount on all purchases from Get Wines Direct. Many did not take advantage of this offer. Now, however, some of our newer members are unaware of its existence.

This is the procedure you need to follow in order to take advantage of the 10% discount. If for any reason you have any problems, simply phone the 1300 number and they'll quickly assist.

You need to shop for your items first then when you click to the checkout the following screen will come up:

QTY	PRODUCT	AUD
12	Spinyback Nelson Sauvignon Blanc 2010	119.88

WINE OF THE WEEK
"WTF" By Trevor Jones Barossa Valley Shiraz 2010
SAVE \$480 A DOZ ON THIS OUTSTANDING SHIRAZ.
DONT PAY \$55.00
PRICE FROM \$14.99

CURRENT MEMBER?
Are you an existing customer?

Are you a member of a pre-approved club or organisation?
Club/Organisation
NOOSA MASTERS SWIMMING CLUB
Promotion Code
NMSC1211

Would you like to join our benefits program?
[Click here to find out how.](#)

Before you log in or create an account

Make sure you select the below option of: “Are you a member of a pre approved club or organisation?”

Scroll down and select your club and enter in your code. It is case sensitive so just make sure you enter NMSC1211 exactly as it is. Hit submit and then it will ask if you are already a current member or not.

Once you reach your checkout, you should be able to see where your 10% discount has been applied to your order.



Coach's Tips

Freestyle - Top five tips.

1. High Elbow recovery encourages body roll. Keeping elbows and hands close to the body helps to prevent hips and feet swinging wide and creating resistance.
2. Keep the elbow up. Most common mistake is dropping the elbow over the water and under the water .
3. Letting hands go across centre line under the body causes hips and legs to swing wide and therefore create drag.
4. Roll before you stroke.
5. Keep the feet close together. High elbow close to the body helps to keep the feet close together.

Happy swimming. ... Cheers, Jan

Volunteering at the Noosa Tri

contributed by Mark Powell



Noosa Tri is done for another year - I love this festival for a whole bunch of reasons and it makes me happy and proud that we, as a Club, are able to contribute in our small way to make the event run smoothly.

This year we had Gretchen (the new Ted) as our Volunteer Coordinator and she made a few changes that only a fresh set of eyes can bring to a task. I think she did a great job whilst allowing Ted to take 6 months off to go traveling. All 4 events ran very smoothly as far as I could tell.



There are always minor wrinkles but no major catastrophes. My thanks go to you all as members and friends and family who turned out at necessarily early hours of the day to man the checkpoints and desks as required. You did a great job..

We have no final figure for the funds raised by your efforts but no doubt our Treasurer and President will report that when it comes to hand

Cheers, Mark

Noosa results for the Ocean Swim

contributed by Jan Croft

Conditions at 4.30 were the best we have had for years, very little chop. Seven masters lined up plus Jess Tye's two young daughters.



Grin Rudder	17 .08
Julia Dunstall	17 .19
Studley Martin	17 .14
Holly Tye	17 .45
Saffron Tye	18 .00
Jan Croft	18 .51
Wendy Twidale	19 .35
Sue Silburn	22 .33
Lynette Clemitson	24 .36

Ian Tucker was our lone representative in the triathlon this year his great swim time was the second fastest in his age group

Lots of our swimmers did team swims with great results including Julia, Jess and Bardie.

The swim was held for the first time in the ocean instead of the canal with spectacular results - especially for the spectators!



Jan's still fit and firing at age 72

ENTERING the 70s age bracket, most people are slowing down. Not Sunshine Beach's Jan Croft.

Fresh from winning the 70-plus division of the 3.8km marathon swim at Mooloolaba's World Swims Series "Swim Queensland" event last weekend in a time of 1:03:23, the 72-year-old swimmer actually has plans to ramp up her training in the years ahead. "Last year I competed in the 70-plus age group at the World Masters Championships in Montreal in the 3km open water swim. I won't go to the worlds this year... I'm hoping to hang in there until the 75-plus age group for another hit-out," she said. "I still enjoy the swimming, I have no plans for retiring, as long as the body holds out. "You just manage the injuries. Anyone who has been swimming that long, it would be impossible not to have any issues."

Jan's son Nick is head coach of Multi sport Consultants, and each week she joins his squad for three sessions of between 3.5-4km. Among the faster lanes at squad, she joins athletes less than half her age. "All I do is hang on to the young ones as long as I can," Jan said. "I enjoy swimming with the young ones. I enjoy their company... it doesn't matter how old you are."

When training for major events she lifts the training to four or five weekly pool sessions. Jan regularly does gym work to maintain her strength and supplement her training in between swim coaching at Noosa Aquatic Centre.

Growing up in Ayr, Jan has an outstanding swimming pedigree. She started swimming competitively from the age of six and during the 1950s she held state records for every freestyle distance between 50 to 800 metres.

In 1961 Jan secured the Australian 800m title in Brisbane, and did it again one year later in Melbourne. Training under the guidance of coach Arthur Cusack for most of her career, and in the latter stages Don Talbot, Jan trained with the '62

Commonwealth Games squad in North Queensland but just missed selection for the Perth event before she retired at the age of 19.

Married in her early 20s and then having three sons, Jan got back into swimming and at the FINA Masters championships in 1988 she won gold in the 800m. With son Nick excelling in triathlon, Jan was drawn into the tri-sport. She completed four Ironmans, two at Forster which earned her qualification for the Hawaii Ironman World Championship on both occasions – the latter was in 1998 which she finished on the podium. But in 2008 a knee replacement saw an end to her triathlon career. "I wasn't very talented at running, it was always a matter of survival," Jan said.

She has just completed the Arena Noosa 1000 event as part of the Tri festival (where she again won her age group with a time of 18:51), and her next major events will include the next World Swims Series events at Noosa in February along with Mooloolaba in March, the National Masters swim titles in Melbourne in April and the Byron Bay Ocean Swim Classic scheduled for May.



Jan's other Senior Swimmers Squads (M-W-F) at the NAC arranged a party at the Boathouse to honour their coach's 10 years of dedication and Pam Lawrence penned the following tribute...

OUR STOREY: Senior Squad with Jan Croft 2005 to 2015

In October 2015 we celebrated Ten Years of Senior Squad at the NAC with our Coach Jan Croft.

We are celebrating today on the wake of the 2015 Noosa Triathlon, and Ocean swim, where a number of our swimmers were able to participate with swim confidence. In 2004 I moved to Noosa from Sydney where I swam in Senior

Stroke Correction Squads at Sutherland Pool, I hoped to find similar training in Noosa and found there were 9.30 and 10.30 squads, most swimmers a lot younger than myself, and used to the heat of da. Many older swimmers swam at the NAC regularly, but thought they would not be "good enough" for squad - it was important to show them that they were!

Requests to replicate squads for older swimmers, were made to the NAC and petitions signed expressing interest. Management was reluctant at first, thinking it wouldn't be well supported, but eventually with many signatures collected, and help from the then head coach Barry Prime, NAC agreed to trial us weekly on Mondays.

At the time Jan was holding some private swimming lessons at the pool, including for our original members Trish and Dorothy, and soon after Gillian. We requested Jan who is an National and International accomplished and talented swimmer herself, with a swim school background be employed to coach us. They agreed. Mon. quickly became successful then Wed. and Fri. followed. Jan was assisted by Jude then Heather, but soon became our coach for all three sessions.

We are very grateful to have the best Coach we could ask for! It takes immense courage, talent, dedication, discipline, humour and understanding to manage a motley crew with such diverse abilities, ages, & backgrounds. Each swimmer in every lane, whether talented athletes (many), or simply there for health, enjoyment, fitness, friendship, or self improvement, is a very valuable squad member. All have squad to thank for new friendships with like minded people. It takes a very special person to direct and coordinate the programs, and Jan always understands that for everyone some days are diamonds, and some days are stones, one size never fits all older swimmers!

Jan well deserves her many accolades! Squad members unable to come today, send their thanks and respect. We hope there is another ten years ahead and next we will lobby for pools at local nursing homes, where no doubt Jan will never miss a session trying to turn us into swimmers.

On behalf of all lanes,

"Thank you Jan, you are amazing!"

Melbourne Cup 2015



Melbourne Cup 2015



'On Doonan'

When the big race day arrived we put on our racing best and headed up to Vivian and Geoff Merrill's beautiful home on the hill for their annual Melbourne Cup Party.

Club members, partners and friends gathered together to enjoy the celebration with great company, food and drinks.

Rod and Karen Barton our annual visiting members from the UK enjoyed their first Noosa Melbourne Cup day as did friends from Malvern Masters and the Noosa ocean swimmers.

Thanks to Bob Morse and Di McFarlane who organised the sweepstakes and John Hordyk for his fun horse racing board game. With our sweep tickets at the ready we took our places for the start of the big event. The race seemed over in a flash but will be a race we will all remember. Michelle Payne became the first female jockey to win the Melbourne Cup. The winning horse Prince of Penzance a 100/1 outsider. What a moment ... what a delightful, beautiful woman Michelle is.

... Rob J.

Bruce Warren (Brucie) Happy 75th !!



Look how far you've made it! Life is difficult, but you're one of those people who makes it look easy.

You stick with your friends through thick and thin and that does not go unnoticed.

You always have a word of wisdom and a good joke in the times that are rough!

Happy 75th Birthday from all your friends at Noosa Masters. You make our lives brighter and we wish you many more!!

... Ed



Member **4** Member



Clubs are encouraged to
SWIM INTO SPRING & SUMMER
Between October 2015 and December 2015
with the Member **4** Member Program

How it works

- ❖ Every member of the club invites a friend who is not a member of MSQ
- ❖ Find a date/s during Spring/Summer to host a club social activity to welcome your visitors
- ❖ Encourage them to swim with you
- ❖ Invite them to join your club and create incentives
- ❖ Winner drawn 31 December 2015.

Submit the name of your guests for your chance to
WIN a year's membership, donated by MSQ



2016 MSQ Long Course State Championships GOLD COAST



DATES: Fri 11—Sun 13 March
VENUE: Miami Aquatic Centre
Pizzey Park
80 Pacific Parade
Miami



Events
Maximum of nine (9) events per swimmer

Option 1:
1 x 1500m Freestyle + 1 x 400m Event—Plus
any combination of the remaining distances up to
9 individual events

Option 2:
2 x 400m Events—Plus
any combination of the remaining distances up to
9 individual events



Hosted by
QMM

Miami Masters
Swimming Club



Freestyle: 50, 100, 200, 400, 1500
Backstroke: 50, 100, 200, 400
Butterfly: 50, 100, 200, 400
Breaststroke: 50, 100, 200, 400
Individual Medley: 400, 200
Relay: Medley & Freestyle — Men
Medley & Freestyle — Women
Relay: Mixed Medley & Freestyle
FEES:
Individual Nomination: \$70
Relay Team Entry Fee: \$16

Entries open:
11 January 2016

Closing date:
22 February 2016

www.mastersswimmingqld.org.au



PAN PACIFIC MASTERS GAMES

4—6 NOVEMBER 2016

Day 1: Friday 4 November

- 400m Butterfly
- 400m Backstroke
- 400m Breaststroke
- 400m Individual Medley
- 50m Freestyle
- 50m Butterfly
- 4 x 50m Women's Medley Relay
- 4 x 50m Men's Medley Relay

Day 2: Saturday 5 November

- 200m Butterfly
- 200m Freestyle
- 200m Breaststroke
- 200m Individual Medley
- 100m Backstroke
- 100m Freestyle
- 4 x 50m Women's Freestyle Relay
- 4 x 50m Men's Freestyle Relay

Day 3: Sunday 6 November

- 400m Freestyle
- 100m Breaststroke
- 100m Butterfly
- 50m Backstroke
- 50m Breaststroke
- 200m Backstroke
- 4 x 50m Mixed Freestyle Relay
- 4 x 50m Mixed Medley Relay

18 years—90+

[You have to be 18 at the time of your registration]

For all Masters and Non Masters swimmers



Gold Coast Aquatic Centre, Southport

Warm-up every day: 7.30am
Start Time every day: 8.30am

ENTRIES OPEN: 5 November 2015
ENTRIES CLOSE: 14 October 2016

Entries online only

<http://mastersgames.com.au/ppmg/sports/swimming/>



Diarise this date

SUNDAY, 3 JAN. 2016

The club's next Bunnings
Sausage Sizzle.

Please help out for a couple
of hours if you can - all funds
generated go towards
funding club activities -
coaching, hire of
buses to swim
comps, etc.

Bruce Warren will be drawing
up a roster closer to the
date.

Handicap Series - Round 6 Roundup

Round 6 was held on a rainy Sunday morning. Fortunately the lightning stayed away allowing 21 swimmers to contest the scheduled events. Once again, this was an international competition with our regular visitors from the UK, Karen and Rod Barton, participating.

Short-term memory again proved a problem for some of our swimmers who couldn't remember what their handicap was, and one of our most experienced swimmers proved that it can be hard not to launch off the block once the starter says "Go"! There was strong competition between swimmers in many heats with plenty of cheering and encouragement coming from the spectators. One of the most exciting events was the sisterly duel between Grin and Jess in the 100m Individual Medley, with both ladies swimming great times.

And one race had to be re-run due to a mix-up between starter and

timekeepers. Nevertheless, it was a good *Round* and everyone enjoyed the experience.

The most successful swimmers on the day were Sue Silburn (82.2 points out of 100), Adele Tucker (80.5 points) and Lynette Clemitson (78.1 points). Jan Croft and Helen Malar rounded out the top 5 for the round. There were 15 personal best swims recorded as part of this competition with Bob Morse, Lynette Clemitson, Sue Silburn, Helen Malar, Jess Tye and Tricia Hughes all scoring the maximum of 5 bonus points for one of their swims. Other PB's were recorded by Grindle Rudder (in 2 events), Adele Tucker (2 events), Mark Powell (2 events), with Lynette Clemitson, Sue Silburn and Jess Tye each swimming another PB (but not getting maximum points). Well done!

At the end of the *Round 6* Linda Hogg is at the top of the *Leader Board* (364.8 points) followed by Grin Rudder (338.5 points) and Helen Malar (318.5 points).

Adele Tucker and Tricia Hughes make up the top 5. Eight of the top 10 swimmers are women with Bob Morse and Terry Mortimer being the only males making the cut.

The relay for this *Round* was a freestyle relay with each team fielding 6 swimmers, despite the fact that the *Old Folks* only had 3 members swimming on the day! Only a couple of seconds separated the *Old Fogeys* and *Old Folks* in an exciting finish. The leading team after *Round 6* is the *Old Fogeys* (2,579 points), followed by the *Old Farts* (2,466 points) and *Old Folks* (2,084 points). The *Old Fools* trail by only 89 points.

Lots of people assisted in running the event and thanks go to all helpers, especially Bruce (starter), Grant (chief timekeeper) and Mary (stand-in starter).

... Adrian Wilson

October & November Breakfasts

The **October** club breakfast was well attended and the delicacies provided by Lanes 3 & 4 were healthy, tasty and enjoyed by all. It would be the last breakfast attended by our visitors from the UK Rod & Karen Barton who fit seamlessly into club life in and away from the pool where they are regarded almost like family. During their good friend, Karen Martin, was delighted to win one of the raffle prizes - a \$25 Aqua Shop Voucher!



By contrast the **November** breakfast was a more sober affair - we welcomed warmly Joe Gilbert who has been gradually 'training up' for his return to club squads. Great to have you back Joe !!

Lane 0 treated members to a hot breakfast of sausages, onions (thanks Bruce & Sandy for the left overs from the last Bunnings Sausage Sizzle) and eggs (thanks Grant). But wait, there's more ... delicious GF blueberry & ricotta pancakes with yoghurt & maple syrup (thanks Owen & Sue), Kerry's famous croissants with ham & cheese, Tricia and John H provided the lovely fresh fruit and more yoghurt, Wendy cooked up some GF Blueberry & lemon mini muffins and tempted members with the first of the Christmas treats ... rum balls! They were enjoyed, but all agreed the next batch should definitely have more rum !!



Poppy Day ...



A lovely military man selling poppies stopped me on Remembrance Day and asked if he could reposition mine.

While doing so he told me that women should wear their poppy on their right side;

The red represents the blood of all those who gave their lives,

The black represents the mourning of those who didn't have their loved ones return home,

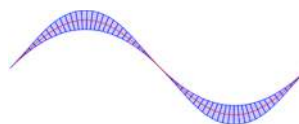
And the green leaf represents the grass and crops growing and future prosperity after the war destroyed so much.

The leaf should be positioned at 11 o'clock to represent the eleventh hour of the eleventh day of the eleventh month, the time that World War I formally ended.

He was worried that younger generations wouldn't understand this and his generation wouldn't be around for much longer to teach them.

I'm really pleased to have learnt some things that day that I hadn't known before ... although I must admit I spent a rather obsessive afternoon wanting to rearrange quite a few strangers' poppies ...

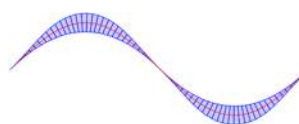
... Wendy Ivanusec



Owen Curtis ... Happy 70th !!

Look how far you've made it! Life is difficult, but you're one of those people who makes it look easy. You stick with your friends through thick and thin and that does not go unnoticed. You always have a word of wisdom and a good joke in the times that are rough!

Happy 70th Birthday from all your friends at Noosa Masters. You make our lives brighter and we wish you many more!!



Hi and Goodbye - Rod & Karen Barton !!



Four years ago, one Sunday Squad morning, I got out of the pool and heard a voice that sounded just like my accent. It was Rod Barton! From that moment, Karen and Rod and myself became friends outside of the swimming club, keeping in touch throughout the year. I love them being here for their annual monthly holiday, its great to hear the familiar accent and they bring a touch of home.

I know I speak for all club members when I say that we hope Karen and Rod enjoyed their stay.. We all loved spending time with you, in the pool or eating and drinking and all those other 'adventures'.

We also want to say "Thank You" for giving up a few days of their holiday to volunteer for the club's benefit at the Noosa Triathlon.

See you in 2016 !!

... Karen Martin

Please support our sponsors

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<p>Jenny Covell's Tewantin Guardian Pharmacy 112 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>	

ENDURANCE 1000 REPORT

NOVEMBER 2015




*Birthdays
of the
Month*

NOVEMBER

Ian Robinson	7/12
Maree Warr	10/12
Alex Weatherill	12/12
Kay Frost	21/12
Mark Powell	23/12
Suzie Townsend	26/12
Barrie Bedding	31/12

**BIRTHDAYS ARE GOOD FOR YOU ...
THE MORE YOU HAVE ...
THE LONGER YOU LIVE !!**

breathe every third stroke just aim to breathe as often on your right side as on your left, however you choose to distribute it.

For older swimmers, this is essential because with a reduction in strength, power, and endurance with increasing age, the risk of musculoskeletal injury increases dramatically unless bilateral or a sensible alternative breathing pattern is learned, and used.

And a wide range of other useful strategies are highlighted here.

<http://www.swimwell.com.au/index.php/distance-swimming-made-easy/>

Wow ... it is amazing what happens to our points total when Twilight Sessions are included. I am not certain why that is the case, but Jane Powell has been instrumental in increasing our points total **from 291 points per Endurance swim session to 450!** Although it might be due to the time of day, it is more likely that Jane's gentle nurturing support (the kind she uses very effectively with her professional nursing skills) encourages increased effort from our swimmers. Thanks Jane!

And Jane reckons Mary Lester had set it all on auto-pilot which has made her job very easy. So, thanks Mary!

Supporting people living with Diabetes through the Diabetes Relay swim gave us an extra 426 pts to our total. Perhaps our membership is keen to swim for a purpose - other than just winning the Endurance 1000 (again).

Honour Roll

We have 3 new names to add on to the 3000 club too, people who swim more than 3000 metres in an hour. Jess Tye, Rachael Symons and Wendy Twidale join that elite company. When they did the last Twilight swim...we got 450 pts.

So too does participating in an activity such as Diabetes Relay swim boost our score.

I found some of the points of view expressed below to be very helpful in focusing the way in which I swim, and in particular, for my performance in the Endurance 1000 swims. The full details for accessing this article are appended.

Save Strokes

The more efficient your stroke, the less energy you expend to swim any distance. The fastest way to improve your efficiency is with TI drills that teach you better balance and more "slippery" positions, reducing drag and increasing stroke length and by making fluent stroking a habit.

Our coaches encourage this by encouraging us to reduce the number of strokes per lap. Counting helps here. I witnessed the benefit of changing our self talk - in this case ...SMOOTH on downhill skiers. The use of 'slipping' through the water could well work for us!

Get rhythm

If you watch the best distance swimmers, you'll notice that they maintain a metronomic rhythm unceasingly lap after lap. You, too, can learn to replace effort with rhythm for easy speed. But don't try to do it with your arms. Instead, focus on the rhythm of your torso, swimming with your body, instead of with your arms and legs. When you want to swim faster, do it by moving faster in the core. When you use your core as your "rhythm centre," you'll also feel less tired, since core muscles tire much less quickly than do your arm and shoulder muscles.

Check out some of our members who swim in the higher numbered lanes - I am in zero - adjacent to the deck, so focus for a while on those in 3 or 4. (They don't need to be able to get out and rest on the deck!

SOCIAL EVENTS

Noosa Masters Xmas Celebration
Sunday, 6 Dec from 5.30pm
bring a plate to share @ BBQs
opposite Como, Gympie Tce
Noosaville

Diary Date

New Year BBQ- Sun. 10 Jan. from
12.30pm @ Ivan & Wendy's home
19 Lilly Pilly Place, Noosaville
park out the back under the trees
on Council Reserve, Eumundi Rd

Challengers

Chatter

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