

CHALLENGERS' CHATTER

NOVEMBER 2016

FAREWELL BRUCE

Dear All

It is with great sadness that we come to realise that with Bruce's sudden and unexpected passing, he is no longer with us and reflect on the impact (large or small) that he had on our lives.

Bruce is a lifetime Masters Swimmer who started out with the North Sydney Masters Swimming club in 1981 and subsequently moved to Noosa in 1998 before joining the Noosa Masters Swimming Club in 2005.

During his time Bruce served the Club in so many ways including;

- Acting President during Pat Mooney's illness and until Steph Jones's Presidency where upon he continued the support as VP.
 - Vice President for Steph Jones and Ian Tucker stepping up when needed
 - Club Coach who always had something different for the squad to endure
 - Endurance Coordinator and timekeeper continuing the drive started by Bob & Olga McCausland and reinforced by Pat Mooney, ultimately leading to Noosa's success as multiple state and national Endurance 1000 champion club
 - Uniform Committee chair culminating with the new tracksuit design we wear today.
 - Handicap Competition starter who will be hard to replace
- Consistent volunteer and supporter of Club fundraising
- Bunnings BBQ instigator and champion for the ongoing benefits this created for the Club
- Mentor and confidant to many aspiring swimmers
 - Great competitor and age group swimmer



Bruce remained a larger than life character best known around town in his beloved yellow moke, you always knew where he was. Sadly, the moke came to an unfortunate end a couple of years ago after a tee bone accident in his home street. His personality shone brightly through, always with something to say and mostly humorous!!

Who can forget the bus trips home from swim meets, or the proud wearing of his beloved Sydney Swans colours.

Bruce's other passion in life was his surf club and he gave a tremendous amount to the Noosa Heads SLSC and will be very much missed as he was on the beach most days.

We bid you farewell to a new domain and know that there will always be support for your lovely wife Sandy, your sons and our memories of you will be long-lasting.

... Regards, Ian Tucker
PRESIDENT

Editor's note: Loved and revered by thousands ... RIP BRUC 'EE.



REMEMBERING THE BRUCE WE ALL KNEW



PAN PACS REPORT



Noosa Masters Swim Club were represented by 15 swimmers at the iconic biennial Pan Pacific Masters Games, held on the Gold Coast. Pool swimming was conducted over 3 days at the Southport Aquatic Centre and the Open water events in the ocean at Mermaid Beach.

Swimmers: Ladies: Ann Besser, Jan Croft, Julia Dunstall, Lois Hill, Linda Hogg, Tricia Hughes, Helen Malar, Grindle Rudder, Robyn Selby & Jacky Shields.

Gentlemen : Greg Bott, Studley Martin, Bob Morse, Sam Penny & Clinton Stanley.

Unfortunately, Wendy Twidale was a late withdrawal.

Results :

DAY 1 :

GOLD : Jan Croft (400 IM & 50 FLY), Greg Bott (400 IM), Bob Morse (400 BACK),

Women's 4 X 50 MEDLEY Relay : Lois Hill, Linda Hogg, Robyn Selby & Jacky Shields .

SILVER: Julia Dunstall (400 IM), Lois Hill (50 FREE), Helen Malar (400 B/ S), Clinton

Stanley (400 FLY)

BRONZE: Greg Bott (400 BACK), Julia Dunstall (400 BACK), Grindle Rudder (400 BACK and 400 B/S).

GREAT swims and PB's by Ann Besser, Studley Martin & Sam Penny.

DAY 2 :

GOLD: Jan Croft (200 FREE , 200 IM, 100 FREE), Lois Hill (100 BACK), Bob Morse (100 BACK)

SILVER: Helen Malar (200 B/ S), Women's 4 X 50 FREESTYLE RELAY : Ann Besser, Jan Croft, Lois Hill & Robyn Selby.

BRONZE: Sam Penny (200 FREE), Lois Hill (100 FREE) .

FILTHY FOURTHS : Ann Besser, Julia Dunstall (3), Greg Bott (2), Sam Penny, Grindle Rudder & Jacky Shields.

PB's : Linda Hogg & Studley Martin, both in 100 & 200 FREE.

DAY 3 :

GOLD : Jan Croft (400 FREE & 100 FLY), Lois Hill (50 BACK & 200 BACK),

Bob Morse (50 BACK & 200 BACK), Sam Penny (50 BACK).

SILVER: Julia Dunstall (400 FREE & 200 BACK), Helen Malar (100 B/ S & 50 B/ S.) Tricia Hughes (50 B/ S), Jacky Shields (200 BACK) .

BRONZE: Sam Penny (100 B/ S & 50 B/ S), Helen Malar (100 FLY).

OPEN WATER SWIM :

2.5 K : Grindle Rudder 51: 29, Studley Martin 54: 32, Jan Croft 55: 57

1.0 K : Jacky Shields 24: 44, Ann Besser 35: 11

Placings in their age groups:

Grin (SILVER), Studley (4th), Jan (GOLD), Jacky (SILVER) & Ann (SILVER).

A notable result for the 5km event was that of Michael Besser (Anns husband) who won GOLD in a time of 2: 26.23, that is nearly two and a half hours rolling around in the ocean surrounded by dolphins, jelly fish and other sea creatures. Not for the faint hearted, completely different to following a black line.

Thanks to the members of Mermaid Beach SLSC, who provided the water safety for the swimmers in the ocean.

Whilst our swimmers were in the pool and ocean, Dee Mooney was competing with her Noosa Outrigger friends, snaring 3 GOLD medals.

Thanks to Viv Merrill and Rob Lucas, who supported the swimmers as OFFICIALS at the Southport Aquatic Centre.

Congratulations to ALL our swimmers who participated, so many PB,s , and great to see so many competing in more than one stroke, giving it "a go", regardless of the result.

As they say : IT'S NOT ALL ABOUT WINNING, HAVING A GO !

In all, 13,239 athletes participated in the 2016 Pan Pacific Masters Games, another opportunity for the still young at heart to test their skills in so many chosen sports.

Thanks to Helen Malar, for her comprehensive poolside reports and to Grindle Rudder, for her take on the ocean swimming.

... Tony Frost.

PAN PACS PICS



GRIN'S TAKE ON THE OWS AT PAN PACS



Hello interested people ... as a keen Open Water Swimmer, I'd like to say, the Open water event at Pan Pacs is a separate sport, and is entered as such.

Along with many other Open Water events our incredible Noosa Masters compete in, we are swimming for ourselves, with the support of our Masters Club.

We're always happy to have the support, of course, cheering and congratulations are always appreciated, but this is a different discipline to that of pool swimming.

I swam my hardest in this event, which is one I specifically train for, and, in my age group, I came in just behind the **GOLD MEDALIST** Alison Green 51:23 - a fabulous Gladstone competitor (a triathlete, as well as a pool swimming Master, who's recently worked on her swim leg with Trent Grimsley). This gave me me **SILVER** (not bronze) 51:59, and Rachel Keogh (who is not only in my age group, and the convener of the upcoming NATIONAL/State championships in March, but also just swam the English Channel) **BRONZE** 57:22.

I was the first Noosa Master to come in for the 2.5km Open Water event, then came Studley Martin 54:32, backing up after an incredible number of PB's in the pool, and coming 4th in his age group. Studley was followed promptly by Jan Croft 55:57, who won a well earned **GOLD** in her age group, yet again ahead of many competitors a lot younger than herself, showing her experience in this event, especially in rough conditions.

Jacky Shields was the first of our Masters to emerge from the 1km

event to win **SILVER** 24:44 in her age group, followed by Anne Besser, also winning **SILVER** 35:11, in hers, and her incredible husband, Michael Besser who competed in the 5km event, 2:26.23 and won **GOLD** in his age group.

The swim itself, even though it was choppy with a big swell, I would have to rank as the best Open Water event ever run by Pan Pacs and even Masters swimming (remember Rocky?), in which I've competed. This time it was organised by the Mermaid Beach Surf Club (many thanks to Lee Murphy the Open Water Sport convener). We enjoyed beautiful crystal clear water, schools of glistening jellies and darting fish clearly visible under the water. There were even dolphin sightings from the shore! The course was well marked with different coloured buoys in the water and correlating flags on shore, and was clearly explained in the race briefing. There was great support and directions in the water from the Mermaid Beach Surf Life Saving Club. Timing would have to be the only dubious point, and hopefully sometime in the future, competitors will have timing chips for all Open Water events swum at this level, instead of the sight and write we've experienced at Pan Pacific and State/National Masters Open Water events to date.

... Happy Swimming - Grin :)

DEE'S FUN

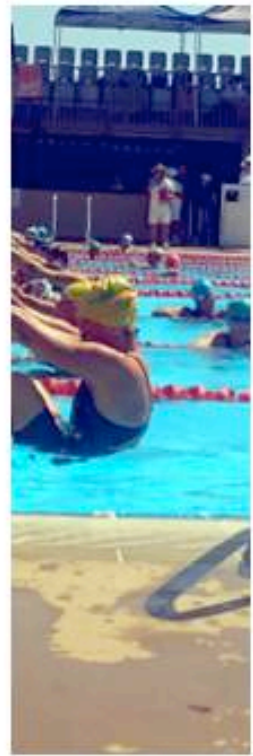
We (the Outriggers) also did well at Pan Pacs with our crew winning **THREE GOLDS** while our other women's team took home 4 golds.

Had a lot of fun too ...Went to the party night last night at Jupiter's and danced the night away until midnight whereupon we disappeared taking our damaged ears with us!

... See you all soon, Dee x



PAN PACS PICS



CLUB APPOINTMENTS

October Chatter published our new Management Committee following the AGM. Now, listed below, are the appointments ratified by the Committee.

Head Coach	Jan Croft
Assistant Coaches (Bruce Warren will be greatly missed)	Bob Morse, Viv Merrill & Mark Besford supported by Ian Robinson when required.
Registrar	Robyn Selby
Social coordinators	Robyn Selby & Adele Tucker
Club Captain's	Adrian Wilson & Helen Malar
Endurance 1000 Administrator	Tricia Hughes
Monthly Breakfast Coordinator	Carola Henderson
Newsletter Design & Prod'n.	Wendy Ivanusec and Tony Frost (Editor)
Publicity Officer & Media	Bob Morse
MSA & MSQ Reporting	Linda Hogg
Merchandise Committee	Jacky Shields
First Aid & Safety Officer	Jane Powell
Website & Social media	Linda Hogg and Adele Tucker
Funding & Sponsorship	Bob Morse & Ian Tucker
Swim Meet Director	Adrian Wilson
Swim Meet Coordinator	Ian Tucker
Volunteer Coordinator(s)	Mark Powell, Bob Morse, Robyn Selby
Bunnings BBQ Coordinator	Julia Dunstall
Members' Community Welfare Co-ordinators	Grant Scotcher & Adele Tucker

**Sydney
House Swap ?**

Lovely couple have a terrace home in Paddington, Sydney, quiet leafy street, bus nearby to Bondi Beach, Bondi Junction Westfield shopping centre and CBD (10 minutes),

4 to 9 January, wishing to visit family in Noosa.
Enquiries to : Tony Frost , 0437 02 4154 or
tony.frost | @ [bigpond.com](https://www.bigpond.com)



COACH'S TIPS

Here are a couple of simple drills for our tips this month -

Polo drill : Head up, Great drill to help swimmers improve the rhythm of the stroke . Especially effective for removing dead spot from the stroke . Key to the drill ... Swim at sprint pace to focus on fast stroke rate. Perform it with chin on water and maybe with fins.

Bands and pull buoy : Another simple way to focus on the rhythm of your stroke. Combination of lack of kick and extra drag created by the band forces you to keep tempo high otherwise legs will sink down low in the water.

Happy swimming ... Cheers, Jan

NOOSA TRI MULTI SPORT FESTIVAL 2016

Noosa Masters Swimming Club provided volunteers for 4 events and from all accounts there were no major problems or incidents encountered in any of the 4 events.

Friday Arena Swim -

20 volunteers provided for check in and numbering
Historically this event is difficult to predict and manage from a volunteers point of view as there are a number variables that affect the flow work.

1. Participants turn up at variable times
2. Number of late nomination/ check-ins can be a challenge and changes from year to year
3. Much of this variability is determined by the water/wind conditions on the afternoon of the event - many leave their decision to compete to the last minute
4. I believe the iPad check in for late entries helped relieve congestion at the help desk but many of the late entries did not know what wave they had nominated for

5. Staff seemed not to have a clear idea how the check in would run when we arrived -

Alphabet check in with runners finding numerical bags at the back of the tent from running sheets taped to check in tables worked but it seemed ad hoc - I asked when we arrived where were the alphabet breakdowns for overhead or tables and was told we were not doing it that way this year (Last minute printing and taping of signs was required)

We needed more Volunteers in the tent than requested and as a result fewer volunteers were available to do numbering and many competitors arrived at start pen without numbers on arms

Start pen and turn around worked well this year

Sunday Tri Swim Start

16 volunteers were provided (12 requested) the morning went well with the only feed back relating to the following

1. need for some relief shifts for those volunteers needing a rest at the swim start/exit (long shift 4.5 hrs standing in one place)
2. need to provide marshals at the entry to the swim start with running sheets for wave times

Ted Irvine (Iron Man Volunteer Coordinator for past 15 years) has retired as of Friday Nov 25 but before he left he ensured that our Volunteering efforts will be remunerated to the tune of \$1853.

Thanks to all our hardy Volunteers. I really appreciate your efforts and whilst at times your tasks onerous your time and energy helps the Club , the Community and the Participants - so well done all round.

... Mark Powell



Wednesday Run Swim Run -

20 volunteers provided - to supervise sign on and late entries as well as sweep beach for obstacles and set up for breakfast / recovery tent on the beach and marshall the run out and return lanes

Friday Brekky Fun Run for Breast Cancer Research and Awareness-

20 volunteers provided along the course from Start to Woods along footpath and road and on the beach from Netanya to River mouth /Start and back through the Woods pathways to the Finish at the Festival Village.



CERTIFICATE OF APPRECIATION 2016

Awarded to

**Noosa Masters Swimming
Club Inc.**



Thank you for your valuable volunteer service to the 2016 Noosa Triathlon Multi Sport Festival.

The continuing success of Ironman Events depends on the support of its local volunteer teams.

Presented by Ted Irvine

on behalf of IRONMAN Asia-Pacific

**MULTI
SPORT TRI**



word play

#2

Last month's solution:

You were asked to pick the 'odd one out' in this list of adverbs: **awfully**, **devilishly**, **frightfully**, **hellishly**, **horribly**, **terribly**, **wonderfully**.

Of course, the obvious odd one is 'wonderfully' – such a positive word.

But my answer is 'horribly'! It is the only one that can't be used in a positive sense. Hence: an awfully good movie; a devilishly clever plot; a frightfully good novel; a hellishly good time; a terribly effective plan; a wonderfully fine musician.

Isn't English a devilishly intriguing language!!!

This month's challenge:

What do all these words have in common?

**banana
dresser
grammar
potato
revive
uneven
assess**

Answer in the next edition of Chatter



CABOOLTURE SWIM MEET

On Sunday 20th November a team of three keen competitive Noosa Masters skipped Squads and headed south to the small Caboolture Crays Short Course meet at the St. Peters School pool complex.

Geoff Lander, Linda Hogg and Rob Jolly competed and the lovely Lorna Lander spent the day timekeeping.

The weather was perfect, the competition well run and the other competitors keen and friendly.

Our team swam well with all three obtaining first place. No medals were presented but we received new towels which was nice for a change. Rob won wine ...Yeah! and Linda won candles ... less-Yeah as raffle prizes.

... Rob Jolly



ENDURANCE 1000 REPORT

November 2016

Overview

We are flying. The points tally just continues to build which is sensational. A lot of swimmers are coming out of the woodwork to put in great swim times which is adding to their own points and club.

For ocean swimmers

In case you aren't aware, Sea lice are actually the microscopic larvae of jellyfish and other ocean stingers which contain the same nematocysts (stinging cells) as mummy and daddy. After being in swarms at main beach for a week or so, they are now gradually easing off.

Jane's Twilight Swim

For all those who would like to complete a twilight endurance swim, Jane Powell is organising Friday the 9th of December starting at 4pm. These are always really enjoyable events with a BBQ after. Please contact Jane to organise a swim time if you want to join in. Jane's email is powell.markjan@bigpond.com

Quote for the month

Richness lies in helping others achieve their potential.

... Arthur Ashe

Great performances

Some great performances in the last month.

Bob Morse did a fabulous time for a 30 minute backstroke. He is following that up with a 45 and 60 min shortly.

Studley Martin did an excellent one hour freestyle.

Barry Bedding, (talk about a blast from the past), completed an 800 breaststroke.

Two quiet achievers, Ian Tucker and Mark Powell continue to put in superb performances and each look like completing the entire program.

Endurance interview

The following is an interview done with Sue Ellis. Sue is such a good swimmer and a wonderful contributor. This is her condensed story.

'As a young girl growing up in England, Kenya and South Africa, swimming was a sport I always enjoyed, and even though I came from a swimming family, I didn't take it seriously in my younger years, but I have always loved being in the water.

After school I studied and worked in the medical field for a while, before having my two precious children, Justine and Dale. I was a stay-at-home Mum until they were nearing the end of their high school careers when I became a "mature student" and went back to college to study Interior Design. We then moved to Cape Town where we spent the next four years, and during that time Rob was offered a position with a firm in Sydney. Taking on a new challenge, we moved lock stock and barrel to Sydney in the June of 2000, just before the Olympics! What an enthralling and exciting time to be living in Australia! I went back to studying once again, this time in Colour Consultancy at the ISCD in Sydney.

I can honestly say that swimming only became a part of my life since Rob and I moved to Noosa from Sydney eight years ago. Joining the Noosa Masters has been a wonderful journey; the special friendships that have been forged, as well as the fabulous camaraderie between the members.

I see the Endurance Programme as part of our Noosa Masters team building spirit.

It brings us all together, whether it be in the timing or the actual swimming, as we all work towards earning points for our club. As I don't participate in any swimming carnivals on Saturdays due to my love of the game of golf which I play twice a week, for me, the Endurance Programme is a way to give back to the Noosa Masters swim club, as I acknowledge that every swim/ timing one does, is a contribution .

I believe endurance swimming is a personal test of one's mental and physical capabilities. We challenge ourselves in time and distance covered, and in the process, we are getting fitter!.

My passion in life is to spend quality time with my family, especially now that our daughter and her husband have moved here from Sydney with Sebastian and Jethro, our wonderful twin Grandsons. Keeping fit and healthy, enjoying the great outdoors, hiking, kayaking, travel, golf and of course swimming, especially ocean swimming, which I find exhilarating. I have a great love of reading, mostly non-fiction and biographies and one of my favourite topics is Australian history

Rob and I feel so blessed to be living in this beautiful place. I so often have to pinch myself as a reminder as to exactly where we are, amongst so much unspoilt natural beauty, pristine beaches and National Parks, with wildlife everywhere, its good to be able to call Noosa home!

Farewell Bruce Warren

Bruce was such a big part of the Endurance program and a friend to us all for such a long period of time. I spent enjoyable periods sitting beside Bruce at the pool timing swimmers and enjoying his witty conversation. I am very grateful that I had these opportunities to get to know him.

He was also a great swimmer and contributor to the team.

I will really miss him

Enjoying swimming leads to achieving goals!

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576
quentinlee1957@gmail.com

BARDIE'S RACE



To take part in the Cross Triathlon World Championships I had to qualify in one of the 5 qualifying races around Australia . I chose to do the Australian championship race at Lake Crackenback , near Jindabyne, in the Snowy Mountains. This was a good decision as I would be on the same course for the Worlds and I would know what to expect..... I still entered the worlds!!

The course.

At an altitude of 1132m, the Swim was one 750m lap around the lake, then a short run around a flag and back into the water for the second 750m.

Just a 25m run to transition for the start of the mountain bike leg.

The Ride.

This consisted of two 16.4 km loops on Lake Crackenback Resort mountain bike trails. A combination of rocky paths, bridges, creek crossings, fast flat river sections climbs and tight technical segments.

The Run

10km divided into 3laps of what was described as the most technically challenging trail run of the whole series! Not great for someone who hadn't run for the last 7years!!

Each lap included a suspension bridge, obstacles and rock scrambles, a host of pinchy climbs and descents, running through a tunnel and a 200m run up the Little Thredbo River which had risen since the Feb.race with the water coming up to my hips in places. There was a sign at one deep part telling us to "Stay in the Water", very tempting to scramble out there!

One other new addition to the run course since the qualifying race in Feb. was a bridge over the road so we wouldn't clash with the mountain bikes coming into transition. We ran/walked about 10 steps on one side walked along the middle part and then 10 steps down again and on to the start of the next lap.

More of an obstacle course than a trail run.....but never boring.

Because of all the laps, Jan was able to watch me on parts of the swim, bike and run, so it wasn't too boring for her either!

My times were: swim 30:47, bike 2:16,02 and the run 1:45.41

Total time: 4:32.30 hrs.

I trained for 16 weeks before the race and sessions included, swim squad 3 times a week, mountain bike: 2 technical rides of 3 hours and 1 cross country ride of 4 hours, and the run: 2 trail runs "off the bike "(straight after I finished riding) and a longer trail run in the National Park on Wednesday after swim squad.

It was a big challenge for me just to finish this race as the oldest women competitor, must be reason for that!?

Because my times weren't flash, in my opinion, I desperately looked at all the other results to see if I was the slowest.

Phew, I wasn't , there were 17 other women and 1 man, after me!

The Snowy Mountains is a beautiful area which Jan and I had never seen before, which made our trip even more exciting.

Now I look forward to returning to Masters swim squads and the fun we have there.

... Bardie

Ed note: I'm exhausted just reading about that fantastic effort !



10 KM DIABETES SWIM

Diabetes is a serious condition of the Pancreas, which affects the entire body. When someone has Diabetes, their body can't maintain healthy levels of glucose in the blood. They cannot convert food into energy and unhealthy levels of glucose in the blood can lead to long term and short term health complications. Diabetes can be managed well but potential complications include heart attack, stroke, kidney disease, limb amputation and blindness.

When MSQ approached Noosa Masters Swim Club last year, with an invitation to fund raise for research into the Diabetes epidemic, our committee's response was whole hearted. A fundraiser, doing what we best (swimming) linked to our Endurance program, followed by a healthy breakfast enjoyed among friends, would tick all the boxes.

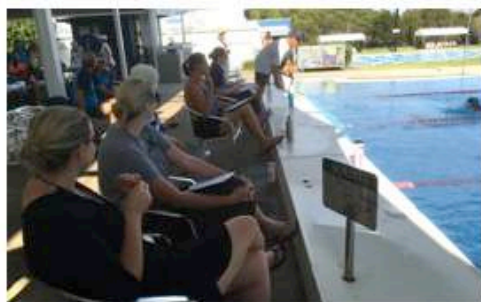
This year's fundraiser was once again well supported by the members who swam 51625 metres, raised \$1508.55

and approximately 750 Endurance points. As in all great events there was a team of helpers that ensured the morning ran smoothly. Mary did an excellent job on the pool deck, Carola ensured we were well catered for at breakfast,

Rob Martin, Janice Iwaniak and Lorna Lander who gave up their morning to assist with timekeeping, all the timekeepers and of course we couldn't have done it without the swimmers.

Well done, Noosa Masters! Your actions are pro-active, demonstrating how to live well and prevent chronic disease, as well as contributing to further understanding of an insidious cause of ill health.

... Cheers,
Jane and Linda





9 Million metres ... Well done Rob Lucas !

Rob Lucas is one of our club members we don't see very often. He is based in Mackay and completes the full Endurance program every year, assisting greatly towards our club success. Rob is also a swim meet official and assists with the Noosa Masters Swim Meet every year.

Rob reached 9,000,000 metres on 26 October 2016. This has been achieved in 28 years and 10 days. He is getting better with age - the last million meters only took 2 years and 2 months! Well done Rob.



DECEMBER

Ian Robinson	7/12
Maree Warr	10/12
Alex Weatherill	12/12
Tom Robson	18/12 (80)
Jane Powell	19/12
Kay Frost	21/12 (75)
Mark Powell	23/12
Barrie Bedding	31/12

Happy Birthday everyone !

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



JAN 2017 CLUB BREAKFAST

The January breakfast is scheduled for Sunday 22 January 2017.

At this stage it will be Lane #3 and any members who sometimes swim in Lane#4

... Carola Henderson

CRAFT REPORT

Our craft group put our heads together last month and decided to make another quilt for our next Cancer Council Biggest Morning Tea next year. After deciding on a design Dee and Adele ventured down to East Coast Fabrics and picked out some lovely fabrics to get started.

We all got together today to start putting this project together. What a lovely afternoon we had and a very productive one as well. Probably managing to get about half the top of the quilt together.

We are aiming to have it finished by May next year so we can raffle it off to a very worthy cause – a cause that has affected many of our members personally or through family members and friends.

Come along if you like and join us you will learn a new skill but also have a very fun afternoon.

... Adele Tucker



MELBOURNE CUP 2016



Another successful Melbourne Cup day was hosted by Viv and Geoffrey Merrill up in the highlands of Doonan. As always the food and wine were flowing.

Every one was well attired with many fascinators making their annual appearance. There were 5 sweeps the winners celebrating though, as usual, most of us were left commiserating?

A great day, at a great venue.....thanking Viv and Geoffrey so much.....let's hope we can do the same next year.

... Robyn



NOOSA MASTERS CHRISTMAS GATHERING

What a great gathering we had last Sunday night for our Club Christmas Function. The Club kindly donated pizza and champagne for the night and everyone contributed a plate. Gillian kindly made some yummy Christmas Cakes and I made a few plates of shortbread. The weather was perfect for the evening. Ian Tucker spoke of the sad passing of Bruce Warren and Tony Frost spoke a few words as he had known Bruce for many years through surf lifesaving and as a member. Glasses were raised to toast Bruce's life he will be sadly missed. Roll on 2017 for yet another great year of fun, friendship and fitness.
... Robyn & Adele - Social Committee



MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
JANUARY						
28	SC	Albany Creek	QAC	Sunshine	01/17	Albany Creek Leisure Centre
FEBRUARY						
11	LC	Hervey Bay	QHB	Central	02/17	Hervey Bay Aquatic Centre
25	LC	Mareeba Masters	QMA	North	03/17	Mareeba Memorial Pool
March						
8 - 11	LC	MSA National /MSQ Championships			04/17	Gold Coast Aquatic Centre Gold Coast
25	LC	Noosa	QNA	Sunshine	05/17	Noosa Aquatic Centre
25	SC	North Mackay Sinkers	QNS	Central	06/17	North Mackay SHS Pool
April						
1	LC	Atherton	QAT	North	07/17	Atherton Pool
22	SC	Whitsunday Warriors	QWY	North	08/17	Cannonvale Pool
29	SC	Yeronga	QYP	South	09/17	Yeronga Pool
MAY						
13	SC	River City Rapids	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	Great Barrier Reef Masters Games			12/17	Tobruk Pool, Cairns
JUNE						
10	SC	Rum City	QBB	Central	13/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	14/17	Yamba, NSW
JULY						
8	LC	Brisbane Southside	QSM	South	15/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	16/17	Genesis College
AUGUST						
19	SC	Brisbane Northside	QBN	Sunshine	17/17	The Valley Pool, Brisbane
SEPTEMBER						
23	SC	Maryborough Masters	QMB	Central	18/17	Maryborough Centenary P
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
DECEMBER						

STOP PRESS

Noosa Masters Swimming Club benefits from State Government grants funding.

A timely boost of sporting funds, \$7,500 has been allocated to Noosa Masters Swimming Club to conduct two 'Come and Try' days with follow up, Coaches' development and training, shade structures and computer equipment in 2017. This was announced this week by Glen Elmes in response to an application the club submitted in September of this year. We look forward to the benefits the members will receive from this funding.

... Ian Tucker

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Real Insurance c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p>Officeworks 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style <i>Noosa Motorcycles</i> 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p align="center">Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	

Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Tony Frost

Tel: 0437 024 154