

CHALLENGERS' CHATTER

NOVEMBER 2018

2018 PAN PACS WRAP

by Lois Hill



Noosa - Lanes 2 3 4 9 - Heat7 of 200 Free
L-R : Dyanna Benny, Jan Croft, Lois Hill, Jacky Shields



Some of Noosa's Pan Pac medalists

L-R : Anne Besser, Lois Hill, Linda Hogg, Jan Croft, Ian Tucker, Jacky Shields

Day 1 : Wed 7 November

A very hot, windy day saw our 5 (Linda, Jacky, Anne, Jan, Ian) 1500m Freestyle swimmers racing up & down the pool like rockets.

Not many glitches, but Ian wasn't given a whistle for his last lap. He was building up to his finish, but of course holding off his blistering finish until his next turn. A great turn, then crikey, his legs were grabbed - STOP! Not sure if a PB, but a very good swim though for 4th (2nd Aussi).

★ Star of the day was Jan who swam a blistering 27:43.63 to chop 11 seconds off a very long-standing National record! Champ!

Dyanna Benny swam 3rd in her age group in 27:18.71 – well done!

Anne Besser swam a PB, coming 4th (3rd Aussi), Linda Hogg also swam a BIG PB, and Jacky Shields, after many weeks away from the pool, placed 6TH (5TH Aussi) in a very evenly swum race.

Day 2 : Thu 8 November

Another awesome day of PBs – drizzly rain for part of the day, with an arctic wind blowing over the pool and through the marshalling area. The wind played havoc with the backstroke flags, so there were a few surprises when the pool end crept in closer, or drifted out away. In another glitch for Ian, he did a ripper 400 Backstroke, in a ripper wind (7:08.83), only to be DQ'd for a turn. He would have come 3rd, as he was 1 sec faster than the next swimmer. Bad luck Ian. Greg also swam that event and did a great time to come 4th especially as he was suffering after effects of the 'dreaded lurgy' for the whole meet.

Known PBs – 200 FS Anne by 3secs (gutsy swim), Linda by 2 secs-3:13 yippee, 50 Fly - Helen – "very unexpected!" : Jacky - did a very comfortable 400m Back of 9:46, 33 seconds under her nominated time.

★ Clinton: 3 PBs – coach's comment "Clinton hasn't stopped smiling all day."

Great start to PanPacs – 3 Golds from 3 start - can't go better than that!"



Clinton also flew in the 200+ Mixed medley, along with Jacky, Linda and Studley.

Dyanna, Helen, Greg & Ian represented us in the 240+ age group and swam very well against a stellar collection of teams, including our

Southport UK team of Karen & Rod Barton, Ruth Cartwright & Neil Jackson. Ruthie collected a silver in the 100 Breaststroke, and Greg bronze in 50 Back today.

Ruthie collected a silver in the 100 Breaststroke, and Greg bronze in 50 Back today.



Noosa Masters at 2018 PAN PACS

Day 2 cont'd

Tonight we celebrated Jan's new records, with Italian food and opera singers. Short snippets – the cast wrote a few notes during our 'Jan National Record Celebration and Club night' Dinner.

Ian "50 fly - 40 m would have been better! Shorter pool please! 200 Free: No guts, no glory: OK result but effects of 1500m yesterday telling. Relay – fun. 400 Back - loved it & felt good – 1st time PB!!!!, but DQ'd for turn - just knew I had erred! Oh well." Now we know what we have to practice – turns in high winds!

Ruthie Cartwright & Neil Davidson (fellow Southport club friends of the Bartons) "This is the first Pan Pacific Masters we've competed at. We've loved it! Looking forward to our holiday over the next 2 weeks, getting to know our Noosa swimming friends"

Dyanna – "Lois, I haven't got my glasses!"

Jan C. "Studley looked 'ripped' on the blocks - Keep the F45 gym going!!"

Linda: "If I hold my times for 20 years I should get a medal!"

"Also PB in 200 Free by 2 seconds in time of 3:13"

Helen: "Panic stations for Lois, climbing onto the blocks while putting on her cap & goggles".

(**Lois** : "all due to Alice Games saga of having goggle on well before race, then forgetting to pull them down at the start! This time, ready early, but found were upside down, & cutting into the nose - didn't hear the whistle, especially as the timekeepers were talking to me, so was redoing them when saw the swimmers climbing onto blocks! Time to buy a new pair of racing goggles which don't have up & down differences")

Karen & Rod: "What a great aquatic facility in a great location - Just like Southport in England [we wish]! WE had a great time with our Noosa friends and look forward to our holiday next year".

(Rumour-mill- Rod has been looking at property and prices in the area – and hasn't stopped complaining about UK weather since he arrived home!)

Day 3 : Fri 9 November

It was warmer today, but the wind hasn't stopped! Noosa shade tents useful - thanks to all in the team, plus some others nearby who have helped each day in taking down the tents, and re-erecting each morning. This has been a chore which clubs should not have had to address at an event such as the PanPacs!

Poor Dyanna still can't find her glasses!

Main results

Gold Jan Croft in 50 Free
Dyanna Benny in 100 Back

Silver Greg Bott in 100 Back

Bronze Karen Barton, Ian Tucker,
Lois Hill in 100 Back
Lois Hill in 50 Free

For 200 Breaststroke

Ian PB by 26 seconds!

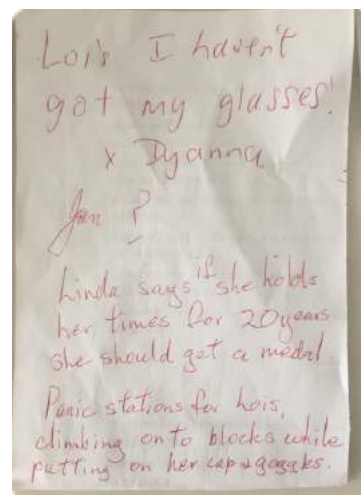
Helen - 4th Aussie in great swim

Studley 5th, 4 seconds under entry time (PB!),

Ruthie 12 seconds under her entry time!



Day 1 - 1500 crew : Dyanna, Jan, Lois, Anne, Ian



Snippet notes



Comparing starts. Anne, Lois, Jacky, Linda



Open Water crew
Jan, Anne, Studley, Lois, Dyanna, Jacky



Linda, Jan, Jacky

STILL MORE ON THE 2018 PAN PACS ..



Jan's 1500m Record Celebration Dinner !



Neil, Ruthie, Karen, Rod

Short report from PB Anne-

"A funny thing happened 'on the way to the forum' I climbed onto the blocks for the start of my 50m Free, bent over into the start position (as I always do - it gives me time to settle)...and...lo and behold...there's my watch on my wrist! 🐥

I quickly yanked it off, turned and threw it at the Marshalls behind me yelling..."Help...catch please!!" I had visions of being DQ'd at the other end.

It must have been in the second before the Starter said "Take your mark"

I made the start safely and the watch was on the Marshalling table after I finished... "thank God it's a tough Garmin!"

Note: The adrenalin must have been pumping - Birthday Girl Anne 'PB' Besser did another PB (by 3 secs) in 50 Free!

Day 4 : Sat 10 November ... a Long Day at the Office!

Must be running out of space in the Chatter, so this will be short.

Dyanna's glasses - still missing!
Find that dog!



More PBs & great swims in the first event 400 Free
Dyanna Big PB and Bronze win in 6:54.49, 16 secs under!
Linda sub 7 - PB by 6secs 6:54.6

Jan -Gold - in time of 7:04.67, one second faster than Nationals in Perth (no wind to cause havoc in Perth either!), with Lois trailing behind for a pumping Birthday Bronze.

Clinton no PB but a good average swim (from his 'hard mum')!

100 FS: Jan continued on her Gold spree (Gold in each of her 5 races) by winning the 100 Free convincingly by at least 6 seconds! Dyanna 'Bronzed' again - under her nominated time, Anne PB'd well under her time.

200 Back: Dyanna - Gold in 3:47.29, 18.7 under nom time (PB?): UK visitor Neil, Bronze (obviously wind affected as he was a bit over his nominated time!), Lois - Bronze in way over PB!



Studley, Jacky, Clinton, Greg, Ian, Linda, Helen, Dyanna



That was hard work!
Well done, Jacky !



Thanks Michael Besser
... getting tent ready!

50 Breaststroke: Ruthie and Rod both won bronze, with Rod 3 seconds under his nominated time, making up for his 'problem' in the 100 on Thursday when he was 'mis-marshalled'. Helen had another unexpectedly fast swim "very good for where I'm at"

400 Breaststroke: In his PB & Breaststroke spree, Ian cut over 20 seconds for this event, not medalling, but was the 3rd Aussie! Ruthie maybe PB as she was 1 minute under her nominated time in placing 4th.

Wrap up – a great fun meet for us all – well done to the eleven Noosa swimmers and the four from Southport, UK!

Congratulations to Shane and his team for the organisation and smooth running of the carnival.

2018 Melbourne Cup Party



Robyn and Helen ran the sweeps like a couple of 'pros' !!



The girls glammed up !!



Our UK visitors joined in the fun !!



The lads relaxed !!



And we were all glued to the telly for the race that stops the nation !!

Tuesday November 6th dawned sunny, clear and hot in Noosa.

At Weyba Downs, Jane & Mark prepared for a crowd to descend in their glad rags, complete with fascinators, to watch the 'race that stops a nation' on the television, live from Melbourne. After all, what better excuse for a party?

It was Open House, no RSVP required, but each guest was to bring a culinary contribution. Lunch was a gourmet delight; such a yummy smorgasbord could not have been better if planned, and of course the bubbles flowed freely!

Helen Malar and Robyn Selby ran the Sweep like a pair of professionals, and when it was won by no other than my elderly Auntie Cara, visiting from Sydney, no-one could have been more excited! (No, it wasn't rigged, really!!)

Vivienne is famous for her Melbourne Cup parties and was a hard act to follow, but we hope everyone who attended had fun ... we certainly did, so thank you all for coming!

... Jane & Mark



LEFT
Julie Bott celebrated her Big 60 (5/11) with her Noosa Masters mates.



RIGHT
Corals D'Ott also celebrated at the NAC (15/11)



Benefits of Yoga for Swimming

Contributed by Karen Martin

October 2010, every night I went home from work with back pain from my hairdressing job. I went for a massage and my therapist said to me "Karen I can only help you so much, you need to also help yourself and I suggest you go to Yoga." So after the massage I proceeded to the Noosa Iyengar Yoga Centre in Noosa Junction.

June 2011, I joined Noosa Masters Swimming. The next few years I got fit and improved my swimming.

October 2013, I opened up my Barber Shop and threw my energy into the business, unfortunately after a few years of long hours, I was beginning to burn out.

In July 2017 I made plans to look after myself. I cut down my working hours and turned to my Yoga practice with a bit more love and focus.

I felt drawn to it more and pursued a deeper understanding of its role in my life. I gradually began to feel better.

January 2018, I began this year's Endurance Programme and I've smashed most of my previous PB's and equalled or bettered my results from 2013.

I'm putting these results down to feeling better, Yoga and better swimming technique.

Yoga has immensely improved my ability to stretch, rotate and keep an evenness on both sides. I'm mentally more relaxed and have been ready to receive the wisdom of my swimming coaches and Yoga teachers.

I highly recommend Yoga as a complimentary exercise to swimming.

It improves the ability to focus, reduces anxiety before competition, creates mental focus, works on the mobility of ankles so our kick is improved, brings awareness of moving evenly on both sides and creates a patience and acceptance of how we are feeling each day.

One last important point is - less injuries and having a better understanding of our bodies, so if any injury occurs, we have some mental knowledge of how to help ourselves recover.

Thank you to Di and Jeff Campbell from Noosa Iyengar Yoga Centre and to our fabulous swimming coaches Jan, Bob, Ian, Greg and Viv who guide us all to be a better version of ourselves.



Left and Right shows my favourite pose I have been working on for a year.

It's called Upavistakonasana, seated wide leg forward bend. I'm aiming to get my chest on the floor.

Still a way to go but work in progress.



Yoga has helped my backstroke to become more streamlined, photo left corner you can see how my arm is bent and legs are wide, this is how I used to be and centre photo I'm reaching out, straight arm ready to catch and pull and I'm more compact.



Noosa at Alice Springs Masters



Day 2-Sunday 14 October

From Roving Reporter #2

Big Event today – Happy Birthday Robyn (birthday was featured in the Games Daily Newsletter, and the swim crowd also sang Happy Birthday to her).

Today we were met with 37C and hot desert winds – the sky was quite cloudy from all the dust, but 'grey' cloudy, not red.

We are all pleased we are swimming and not running in the heat.

First up today Adele who blitzed Heat 2 of the 200 Breaststroke – star of the meet? (Gold).

As quoted "This is my first 200 Breaststroke race - Felt good - very different to Backstroke!"
Don't be modest Adele!

Then the other Tucker in the next heat did the same thing, winning his heat by ½ pool length. PB at 3:46.33 and another GOLD. Tuckers' Shout tonight at Robyn's birthday dinner?

Next up our one-armed bandit Jo in 100 m Fly won by 1.4 length - what an effort! (GOLD) Because of her one-armed swims, Jo is also our 'media tart'.

Robyn looked fantastic in her 100 Free with her race suit working well. Lois the last of the 100 Free swimmers looked great – in fact, all 3 in the age group broke the Games Records, with Lois edging out her mate Joy from Atlantis for the silver (no need to add that Joy had played golf already that day!).

Now to the 100 Backstroke and our reporter fading in the wind – Adele, beautiful swim, 1:52 - Silver

Ian "blitzed it" GOLD

Lois "it's too hard" (*Ed note: again the swimmers all broke Games record*).

Last event was Jo in 200 IM, blitzing her opposition for Gold.

Then on to the most important part of the day (after late presentations) – celebration dinner at the Hanuman at Doubletree Hilton - Indian, Thai and pan-Asian meals. Many glasses drunk to toast Robyn, and the day's swims. Great food - all ready to go back there. We all behaved (?) as we had the Games elite at the table next to us – Dawn (no surname needed!), Darryl Somers.....

Allan and Gillian joined us after they had eaten their meal elsewhere in Doubletree.

Day 3-Monday 15 October Darryl Somers presents Medals today

Another hot day! And good news that Adele's credit card has been found at home by her house-sitter. Don't we all keep them in the printer/scanner Ian?

First up Robyn in 50 m Free – looking good in the water after the celebrations (6th), then Lois splashing to another GR, but not gold.

In the 200 Fly, Jo led all the way from the 50m mark in a stylish race (winning Gold in a Games record). Perhaps we should all tape an arm off??

Report Getting shorter----- Adele and Ian featuring again in Breaststroke – 100m this time, side by side. Ian triumphed, both swam well. Adele to take up breaststroke?

Maybe not as she flew in the 50 backstroke a short time later coming 3rd, Robyn S 8th, and Lois 2nd.

Final events of the day are relays, where the Noosa Belles – Adele, Jo, Robyn and Lois swam like rockets and just missed bronze in the 240+ age group.

Ian swam in a team with some other fellas (co-opted Alan from Sapphires, plus 2 Vics) and won Gold in the 280+, thanks to 'old' Alan getting them into that age group. Ian then joined an elite group of Superheroes to win the 240+ Mixed FS relay.

The day finished with a very long presentation of medals from Darryl Somers.

Day 4-Tuesday 16 October

Another sunny day of 28degC with a light wind! A quiet morning to prepare for the afternoon of swimming – shows our age!

First up Lois in 200 FS – prepared so early, forgot to pull down the goggles at the start and had a lovely swim with them on her forehead letting in the water! This was the classic Steve Bradbury race as her only competitor had played golf in the morning, each were not swimming at their best and each decided they were too tired to push and to let the other one win! Both were in different heats & Lois swam a wee bit faster. Again both broke Games records.

Ian followed up soon with a very good swim – no bits & pieces missing - Gold again! Our visiting relay acquisition Alan says Ian needs a tighter cap - so in with a new cap for the next meets Ian!

Jo flew in the 50 Fly – the 1-armed bandit has featured in the daily paper, and is becoming quite notorious round the traps.

200 Backstrokers Ian (G), Adele & Lois (Bronze) all swam well. Jo followed up with a win in the 400 IM, then turned around a few minutes later to score Bronze in the 240+ Women's Medley with Lois, Adele & Robyn. Yay—all have medals now!

A short rest then Silver to the Mixed medley 280+ relay team of Lois, Ian, Jo and honorary Noosa swimmer Alan! Thanks Alan for pulling us into the 280+!

Another swim day ends followed by a memorable meal out – can't remember where! Maybe the Rock Bar?



Alice Springs Masters ... cont'd

Day 5-Wednesday 17 October - final session of 800 Freestyle in the morning

Very short report – Lois and Ian swam the 800s, with Ian cementing his position as Gun swimmer for his age group 60-64, and the Noosa Champ of the Meet! Off to buy a new suitcase for all the Gold medals after the Presentation lunch? Dawn Fraser presented the medals before we had an excellent buffet lunch, then off to do some sight-seeing at the Araluen Art Centre to see the Namatjira paintings in preparation for our camping trip.

Many thanks to Corals who came as our cheer squad and scribe each day. “Beyond the call of duty” Award will be duly presented!

We enjoyed nattering & swimming with Alan and Gillian, and look forward to seeing them at the club when they head north next year for the annual warm holiday.

It was a fun meet – and very well run. Congratulations to all the people/clubs & volunteers involved in the organisation.
... Lois Hill



Noosa Masters Volunteer at Noosa Tri



Our wonderful vollies, especially those who fronted up for the 5.30am start, earned well over \$1,000 for our club. Thanks a million everyone !

Special thanks to Mark Powell and Robyn Selby for co-ordinating it all over three days. Wouldn't happen without you!!

Studley Martin



Noosa to test drive new ways of getting around this Christmas

Noosa Council will road test a wide range of traffic and transport initiatives to make it easier for locals and visitors to get around Noosa this Christmas.

Parking information displayed on video screens, a ride-share app for Hastings Street workers, more free bus services and traffic control staff are just some of the tools Council will test drive, in partnership with the community, across December and January.

Recent traffic and parking studies have informed the trials, which are all geared toward the aims of Council's Transport Strategy.

One of the trials features technology developed by Noosa's 2018 GovHack Challenge team.

"Video screens along Walter Hay Drive, Cooroy-Noosa Road, Eumundi-Noosa Road, and David Low Way will use real-time parking and traffic information to direct drivers to where parking is currently available," says Mayor Tony Wellington.

"To alleviate the traffic banking up as a result of people parallel parking at the start of Hastings Street, it is proposed to turn the first 8-16 bays into a temporary bicycle and scooter parking area. We are hoping to encourage more people to try two-wheeled transport to get to Hastings Street this Christmas."

The trial has the support of Zero Emissions Noosa, the Hastings Street Association, Noosa Junction Traders Association, Tourism Noosa, Noosa Residents and Ratepayers Association and other stakeholders.

Council will also partner with Hastings Street businesses to trial a ride-share app.

"Workers in the Hastings Street precinct can use the new app to find people with which they can carpool. The app will match staff based on the times they start and finish work," says the Mayor. "As an added incentive, we'll provide a number of parking spaces specifically for ride-share drivers."

The Mayor said Council's Free Holiday Buses are also back this year, but they'll run for the entire Queensland school holidays. *"This includes a hinterland service, being route 632 to Cooran via Cooroy and Pomona. What's more, Translink will also be conducting a special marketing campaign to promote the high frequency routes,"* the Mayor said.

Paid parking at Noosa Heads Lions Park will also be extended this year, with 40% of the income going to the Tewantin-Noosa Lions Club and the rest being used to fund other transport initiatives.

Traffic control teams will be on hand to manage vehicle and pedestrian traffic at the intersection of Noosa Drive and Hastings Street. *"The Christmas tree roundabout at Hastings Street is a major cause of congestion as pedestrians and vehicles compete with each other for priority.*

Having traffic controllers on site will help resolve this conflict," the Mayor said. *"Traffic controllers will also help move buses through the traffic to keep them running on time as a faster and easier travel option than taking the private car."*

All of the initiatives support Council's Transport Strategy priorities. These include the use of new technology, park-and-ride services, plus better parking management and support of sustainable transport modes, such as bikes and scooters.

"This will be the first multi-modal approach to peak traffic congestion to be trialled in Noosa, and the results will help inform Council about future options. This isn't the be-all and end-all of our traffic solutions, but rather an initial foray into what is a very complex problem. Council will continue to work with stakeholders to develop our big picture approach to transport for the shire," said Mayor Wellington.

19 October 2018

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was?

It turns out, doors themselves are to blame for these strange memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a door way triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

Thank goodness for studies like this.

It's not our age, it's that Stupid Bloody Door!

SWIM SCHOOL with “COACH KARLYN PIPES”

written by Studley Martin



Swim school was with Coach Karlyn Pipes on Sunday 25th November. She's from the big Island of Hawaii, Kona, originally from California. Meeting Karlyn she looked like the super fit athlete that she is. The other thing that struck me was her perfect posture, great for streamlining. She was outgoing, and loved to talk. Which was good, because most of us were there for 6 hours.

Her story is told by Wikipedia, see the link https://en.wikipedia.org/wiki/Karlyn_Pipes

Briefly she was a promising junior swimmer, then at 19 left swimming because of personal problems. She got her life back together and returned to the pool at age 31. I now quote Wikipedia “After over two decades of swimming in the Masters category, Pipes has become one of the most decorated swimmers in the history of the sport with a lifetime world record tally currently standing at 229”. I think our “Coach Jan” welcoming her said she could have been a multiple Olympian, not just one of the best Masters swimmers ever, which she is. I immediately thought of the movie “Sliding Doors”, you know what could have been.

To me, it seemed that Karlyn was teaching alternative ways of swimming, not just the conventional ways. If her teaching makes her go faster, surely it would be good for ordinary Masters swimmers like myself. After 15 minutes into the freestyle talk I wasn't so sure, there was a lot to do. The freestyle talk was, I think, telling me to enter wider than shoulders, with a glide, “catch-up”, with the “umph at the front”, “it's a pull without a push” and a more straight arm recovery.

Also with a high elbow catch, “it's like you're swimming over coral”, and without over-bending the wrist. Now that was the only thing I was currently doing!

Anyway, to the pool to test these ambitious ideas and turn theory into practice. After two hours in the pool doing freestyle, I report everyone seemed happy and was learning something and at least trying to improve their swimming.

We had Lois Hill, Bruce Hammond, LQ, Dee Mooney, Helen Malar, Gerry Tucker and his partner Jan from Malvern Marlins, Jo Matthews and myself, with coach Jan Croft and Brian Hoepper looking on from the sidelines. We lost a few students for the afternoon form class. I think everyone got something different out of it, from the advanced swimmers Gerry, the two Jan's & Jo, to intermediate swimmers like myself. Maybe LiQun, was the most improved. Bruce and Helen also seemed to do well. The common faults included too long a pull and push or too narrow a hand entry and/or a poor catch, usually causing loss of balance and a scissor kick.

For me, I found the glide the hardest thing to do. I was also over rotating my shoulders, causing too much sway. Kick could also improve.

Karlyn is a great believer in less is more. That is, good swimmers don't waste energy, in all strokes, with unnecessary movements.

This principle of less is more was applied to the afternoon form session.

We started in the pool with backstroke. Karlyn likes a backstroke with less rotation, wide arm placement and without the pinkie first entry. The result for me was that I swam a similar time with seemingly less effort than my old rotating backstroke. Will I change to less rotation ... maybe? Try it out in the pool later. I am not sure if seasoned backstrokers like Lois or Jo will do so.

Breaststroke was also less is more, with a small pull and a small kick. That worked for me and the group, including Jan from Melbourne, who is also a world record breastroker.

However, I had heard this before from others including Bob Morse and Mark Morgan. So that wasn't as new to me and it works.

Saved the best for last, being Butterfly. Once again less is more, which means that the pull is short and that the exit is before the hips. Also there is less emphasis on the second kick.

Now that worked really well for me, however LiQun was judged best.

Before this, my butterfly could best be described as “strugglefly”, being out of breath after 25 metres. I really like the butterfly and I will use her methods.

I report Gerry Tucker also liked this new way of swimming butterfly.



CARNIVAL CORNER 2012 UPCOMING MEETS

2018 all done and dusted

2019 dates Please send replies/queries to Captains at captain.noosaqna@gmail.com

9 February 2019: Miami Carnival – please reply to captains with EOI's as we need to plan for Bus, or no Bus! Anyone interested in overnight on Gold Coast? At the moment, we don't have a start time for the carnival.

23 February 2019: Hervey Bay – watch for email with prices for accommodation. For new members, this is a great meet, and most people arrive Friday night, Italian dinner Friday, Presentation dinner on Sat night, enjoy late breakfast on Sunday before heading off.

MSA Nationals-March 18-23 2019, Aquatic Centre in Marion, Adelaide: Please contact captains if you are now thinking of swimming at this. Most have booked accommodation already.

11-13 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane

(accommodation suggestions Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

23-26 May – Great Barrier Reef Games



**SWIMMING: Thursday 23, Friday 24 and Saturday 25 May 2019
LONG COURSE EVENT**

If you're interested in the BRM Games, please drop a line to captains - there is some interest already, so we will put you all in touch with each other to discuss bookings etc - combine with a little holiday? And finish Games with an Open Water Swim at Lake Barrine —

26 May 2019 Cairns Mudcrabs' Annual 'Crater Lake Classic' 2019

Summary from Masters Queensland website for 2019

FEBRUARY							
5-7	LC	NZ Masters Games		NZ			
9	LC	Miami Masters	QMM	South	1/19	TBA	Miami Aquatic Centre
23	LC	Hervey Bay	QHB	Central	2/19	Yes	Hervey Bay Aquatic Centre
MARCH							
2	LC	Atherton Mountaineers	QAT	North	3/19	Yes	Atherton Pool
9	SC	Albany Creek	QAC	Sunshine	4/19	Yes	Albany Creek Leisure Centre
APRIL							
11-13	LC	MSQ State Champs	QSM	South	5/19	Yes	Brisbane Aquatic Centre
27	SC	Whitsunday SC Meet	QWY	North	6/19	Yes	Cannonvale

MAY								
11	SC	Yeronga Yabbies	QYP	South	7/19	No	Yeronga Park Pool	
23-25	LC	Great Barrier Reef Masters Games		Cairns	North	8/19	Yes	Tobruk Memorial Pool, Cairns
26	OW	Muddies Annual Crater Lake Classic	QCN	North	9/19	n/a	Lake Barrine	
JUNE								
15	SC	Rum City Short & Sweet Meet	QBB	Central	10/19	Yes	Bundaberg Swim Academy	
29	LC	2019 Rat Races	QRT	North	11/19	No	Tobruk Pool, Townsville	

¹ Further information about these and other meets can be found on the MSQ Website <http://www.mastersswimmingqld.org.au/>

Happy Birthday

December

Ian Robinson	7/12	Jane Powell	19/12 (Big 60)
Maree Warr	10/12	Mark Powell	23/12
Anne Besser	12/12	Barrie Bedding	31/12

Happy Birthday.
Let it all hang out!
(Make of that what you will!)

https://www.youtube.com/watch?v=2cz25q2Q_Z0

ENDURANCE 1000 REPORT

NOVEMBER 2018



Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

As mentioned in the October 2018 Chatter, our Club was behind the points tally we achieved at this time last year. Accordingly, we needed to lift our game.

Well, members have responded and put in some big swims. Looking over the October records a significant number of members have completed 1500m swims – this was particularly so leading up to the Pan Pacs Games held at the Gold Coast in early November.

Others have managed to put in the "big yards" completing one hour swims – Irene Symons (Breast), Jenny Nock(Free), Jan Croft(Free), Liqun Hussey(Breast), Jacky Shields(Back), Maree Warr(Breast), Rod Alfredson(Free). Well done guys.

At the time of preparing this report we still have a few days to go until the end of November including the Twilight swim on 30 November 2018. This is an excellent opportunity to amass a few more points.

On 8 November 2018 a points tally table was issued to all members providing details of the total points each member has earned to date.

HAPPY ENDURANCE SWIMMING!

Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716

rod.alfredson@bigpond.com

THANK YOU

Dear Olga and Bob,

On behalf of Chris, Clinton and myself I would like to thank you for attending the Noosa River and Canal Cruise Fundraiser kindly donated by owners Kym and Gary Logan.

We were so pleased to see you both and be able to spend some quality time with you over a drink. We are very fortunate to live on the Sunshine Coast where we have so many kind and generous families. Our move into Palm Lake Resort, Cooroy-Noosa is a distant memory with the stress times behind us. I feel our time there will be much easier, especially for my Chris. We will never have to move again, as in time they will be building an Age Care facility.

Thank you again for your friendship, kindness and support.

Kind regards

Chris, Clinton and Sue



Hello again ...Tip Time !! TURNS

- Keep turns tight, smooth and continuous movement.
- Tight quick tuck.
- Using legs and abs to snap into a tight ball will help you spin faster and get off the wall quicker.
- Keep feet tight whether you come off the wall on your side or on your front, increase stroke rate as you come in and out of wall.
- Practise every time you are in the pool.

Happy swimming - Cheers, Jan

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