

CHALLENGERS' CHATTER

NOVEMBER 2022

2022 PAN PACIFIC MASTERS GAMES

... by Helen Malar



TEAM NOOSA



L-R : Jacky Shields, Jan Croft, Wendy Nothdurft, Greg Bott, Helen Malar, Jo Matthews, Studley Martin, Linda Hogg, John Simonidis
missing : Julie Bott, LiQun Hussey, Stephanie Jones, Ross Kee, Bob Morse
front: Felicity Hawkins

The 2022 Pan Pacs were held on the Gold Coast 9-12 November.

15 Noosa Masters Swimmers competed over 4 days in the pool. Greg Bott, Julie Bott, Jan Croft, Felicity Hawkins, Linda Hogg, Studley Martin, Jo Mathews, Bob Morse, Wendy Nothdurft, Liqun Hussey, Stephanie Jones, Ross Kee, Helen Malar, Jacky Shields & John Simonidis.

Our swimmers brought home a total of 51 medals!

37 Individual

12 Gold, 12 Silver & 13 Bronze.

14 Relay

4 Gold, 4 Silver & 6 Bronze.

A National record to Steph in 200m Freestyle by 3s - 2.38.48.

A Queensland record to Steph in 800m Freestyle - 11.40.04.

A Queensland record to Jo in 800m Individual Medley - 17.27.00. (A 27 year old record) ... a race not many would contemplate. Well done Jo!

2 Pan Pac's records to Jo in 200m & 400m Butterfly.

A Pan Pac's record to the relay team of Helen, Jan, Wendy N & Steph.

Bob - the Golden backstroker, winning 4 Gold after not competing for a few years. Definitely back in the swim!

Greg - a pile of medals from 12 swims in free, back & IM. Good to see our President swimming so many swims & leading the team.

Liqun - 11 swims, at least 8 PB's & a Gold Medal in 800m IM. Must be doing lots of swimming up in North Qld.

Jacky - great swim in 400m back for a Bronze Medal, also 11 swims plus an extra 2 making up relays with other clubs.

Ross - Gold in 50m Free swimming a very fast time of 30.71s.

Jan - swimming all the Free races 800, 400, 200, 100, 50 with a Gold for 800 Free & 280+ Free relay



2022 Pan Pacs ... cont'd



Gold Medal Womens 280+ Freestyle Relay - Jan, Steph, Helen & Wendy N

Linda - finally cracked the 40s barrier in 50m free with a time of 39.77 AND a Bronze Medal. Goal achieved! Very competitive age group too.

John - Thrilled with his swim in 100m fly after much advice from Steph, Ross, Helen & Jan to go SLOWER in first 50m ... and it worked! **Big PB.**

Flick - Silver medal in 200m free after competing in a 10.5k trail run in the morning & having a leg cramp during her swim - great one leg kick Flick and an awesome athlete!

Studley - another awesome athlete swimming 9 races in the pool as well as competing in the Golf comp in 4BBB Stableford achieving a Bronze Medal AND Studley competed in the open water swim at Mermaid Beach on the Sunday morning after the rest of us either slept in, or packed up and went home.

The conditions for the open water swim were not ideal with wind, and bluebottles. In addition, I am sure Studley was very tired by then, as he had also competed in the golf competition, finishing third. However, he did it ... and scored a bronze medal. (Oh, to be that young and strong!) A real IRONMAN !!



Medley Relay - Pan Pacs record Helen, Jo, Steph & Liqun



Greg Bott & John Simonidis head off for their relay

Julie - very happy doing official duties in between swims and handing out medals - especially happy to hand out medals to our Noosa swimmers.

Wendy N - swimming all Free races in very fast times with a Silver Medal in 100m free and Gold in 280+ relay. Seven swims for 7 medals. 4 bronze, 2 silver and one gold. Not bad!!

Helen - very happy with 50m & 100m breaststroke swims - fastest 50m since NZ 2017 & fastest 100m since Pan Pacs 2018 ... "no idea how I did that (must have been the 3 glasses of wine the night before)!"

Thank you to Trev, Co Captain, for keeping track of everyone's swim splits & organising relays (no-one missed their swims!!!)

Steph & Jo celebrated their records and swims with copious glasses (bottles) of Prosecco when 12 of us went out to dinner on Saturday night at Mr PPs Laneway Restaurant in Southport. A few sore heads the following morning but a great, fun night.

We also went out to dinner on Thursday night (15 of us) to Greek Taverna Cafe where John taught us how to pronounce the Greek dishes properly as well as a demonstration of Zorba dancing with Linda & Jacky.

One of the best meets e-v-e-r!!

Sooooo much Fitness, Fun & Friendship!

John teaching Linda & Jacky the Zorba at the Greek Taverna Cafe. Thursday night dinner & drinks!!!



Jo with Brian Stehr "I'm not a replacement for Nick D'Arcy but I'm working on it!"



Greg, John & Bob

Saturday night dinner at Mr PP's Laneway Restaurant Southport. Celebrating 4 days of competition as well as Steph's 200m Free !!!



AGAINST THE WIND ... the last race !

by Studley Martin

PAN PACS ... early Sunday morning ... sunny skies, but a strong wind and a moderate swell greeted swimmers at Mermaid Beach for the 1km ocean swim. Most were familiar faces from the pool.

Tired after 4 days of pool swimming, the other, wiser, 14 Noosa swimmers headed home, leaving the fast-paced Gold Coast - but not me!

There were lots of withdrawals before the race and a few DNF on the day. I battled a jellyfish sting to the eye, (maybe I should wear goggles?) and strong currents and it felt like forever. First, we had to swim fast and get out past repeatedly breaking waves. There was a strong north easterly wind creating chop and a strong cross current which we had to try to swim against for a long 350m as we swam towards the skyscrapers of Surfers.

A bit worn out swimming north, we turned around and swam back with the wind and current and then in to the beach. Swimming into the beach, I swam towards the shallower water between the SLS flags and caught a wave or two. Most other swimmers took the shorter route and swam to the left of the flags into deeper water.

Very satisfying to learn later that I had achieved 3rd, beating strong competition that is the Pan Pacs!

I was unable to medal in individual pool events, but achieved 2 bronze in the relays.

I also played 4-ball-best-ball golf just before the swimming. We came third ... but lost on a count-back!



Terry Carter
great finish line photo



Sam Penny & Ian Tucker
the blind leading the blind !!

MUDJIMBA ISLAND SWIM 2022

by Ian Tucker

After two previous false starts (Swell and weather conditions) the NEW "Mudjimba Island" swim was hosted in Mooloolaba Bay as the alternative lap course to the original out, around, and back course.

Noosa Masters had several entries with some unable to ultimately swim the course due to other activities (Mark Powell in Tassie and Greg Bott on Surf Patrol).

Ian Tucker 3.0km and Terry Carter, 1.0km flew the flag and had a great day and swim. The conditions started a little, choppy and good swell for the 3.0km but flattened for the 1.0km later start.

Sam Penny (past member) jumped back in the water after a 2.5-year absence and crossed the line together with Ian Tucker in a time of 42min 06 sec. A fabulous swim time for 3.0km. Sam noted on crossing the line the course wasn't quite the 3.0km proposed and buoy placement and wind had the effect of a shortened distance to somewhere around 2.5km.

Terry Carter showed how it should be done over the 1.0km course and had a great swim to record a very good time and effort of 23min 08 sec

Nambour and Currumundi Special schools received much needed funds from the entries with \$25 from each entry donated to the schools.





Paul Pettiford + Bob Morse

PAUL PETTIFORD

by Bob Morse

Heavily laden with Gold, I left the Pan Pacs festivities early with the intention of visiting my old school friend and past Noosa Swimming Club Captain and Vice President, Paul Pettiford, on my home bound journey.

Paul and I grew up as teenagers at Peakhurst in the Sydney western suburbs, where we attended Narwee Boys High School and swam together at the Peakhurst Public School 25yard Pool. Paul was already coaching and competing at that stage and it was he who dragged me away from the protection of my parents and introduced me to swimming. I was a sickly, skinny kid at that stage.

After High School, Paul and I went in different directions and did not meet again until one day in Noosa he spotted me walking down the street and subsequently renewed our friendship. Paul was not swimming at that stage and was drifting a bit following the break down of his marriage and separation from his kids. I encouraged him to come and join us at Noosa Masters swimming which he did and very quickly was again swimming impressive times.

When younger, Paul was a very accomplished swim coach and led the coaching team for Australian Open Water swimming for several years, with people like Ronnie Massaar, John (deceased) and Glen Walker etc under his tutelage. Paul eventually reactivated coaching again and greatly added to the quality of coaching at our club which was being delivered by Jan Croft who had joined the club and had become (and remains) its head coach.

Paul, as Club Captain during my Presidency, started an enthusiastic encouragement of members to train smarter and compete at swim meets. This enthusiastic approach was carried forward by several later Club Captains.

Paul stayed on Committee as Vice President to Bob Jarvis, after I stood down from the VP role to take up the President's duties after Bob's wife developed cancer, forcing him to vacate the Presidency.

As has been reported in previous messages, Paul had a very debilitating accident earlier this year and was hospitalised with major injuries. While leaning against his parked bike, with helmet off and in a parking lot, he was hit at speed by a woman in a 4 wheel drive. He sustained 4 broken ribs, several fractured vertebrae, fractured pelvis, smashed shoulder and left hand and totally smashed left leg. The left hand was saved with surgical steel but the leg appeared to require an amputation. However, the surgeon managed to put enough surgical steel into the leg to reattach it and it seems the leg has been saved but with what flexibility is yet to be determined. There is enough surgical steel in that leg to completely rebuild his written-off BMW R1200R. Paul is still wearing a chest brace that supports him, and will have to for a little while longer. The saddest result is that Paul suffered a very severe head knock, which has resulted in early onset Alzheimer's. I recall that when we were growing up, his father passed away with a similar affliction.

During my visit we chatted about teenage stupidity, past memories and with Tracy's assistance, more recent events. The clouds in Paul's eyes at the mention of some of these more recent events suggested that these memories were already lost to him. I bragged about my 4 Gold Pan Pacs medals and suggested that they were better than the 2 Gold medals he won at FINA World Championships that hang proudly framed on the wall in the hallway. Well, "I will be back training in the pool soon and better your results ... as long as I can remember where the pool is." was his response.

After coffee with Tracy, and milk for Paul, we walked to the front garden and Paul followed on his walking frame. We hugged and I drove away thinking how easily and quickly quality of life can be changed, memories can be lost, healthy strong bodies can be broken, but how important it is to maintain friendships and always look towards better times to come.

STOP PRESS



The next Alice Springs Masters Games will take place from 12-19 October 2024.

We've had to defer the fun until then as, like many places in the world right now, the beautiful Red Centre is struggling with people shortages!

Thank you to all our Games Family for your understanding. Your ongoing support means the world to us and we look forward to welcoming you back to the heart of the country for a stellar sporting event in 2024!

Hamilton Island Ocean Swim & Triathlon

Sat 19th & Sun 20th November

by Helen Malar

Eight Noosa Swimmers travelled as a group to compete in the Ocean Swim & Triathlon on the beautiful Catseye Beach, Hamilton Island.

Masters Swimmers Steph Jones, Ross Kee (not swimming this year, but did a great job organising the team and bag man), Helen Malar, Trev Mathews, Robyn Selby, Gilly Bensted along with Colleen Davey and Karen Hayes.

Colleen, Gilly and Robyn all swam the 750m Ocean Swim coming in 2nd, 3rd & 4th respectively in the 70+ age group ... AND it must be noted that Robyn swam without her fins this year!!!

Sponsors were very generous with 1st place winners receiving a pair of Maui Sunglasses plus 2 bottles of wine.

NAC swim coach Nick Croft competed in the 2k Ocean Swim (28.22mins) as well as competing in the half Triathlon.

NAC swimmer Karen also competed in the Triathlon with a first place win.

Congratulations to all - Noosa swimmers and Triathletes!

A fabulous 6 days of warm, balmy weather, 27degC in the water, drinking cocktails at the Lagoon Pool bar, eating out for lunches & dinners, as well as just soaking up the atmosphere of the weekend.



Steph, Trev & Helen swam in the 2k Ocean Swim with Steph (30.4mins) & Trev (40.53mins) both winning their age groups.

Trev sporting a 'cool?' look with his pink competitor's cap + new ocean goggles



Karen Hayes on her way to victory in the Triathlon



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
FEBRUARY							
18	LC	Miami Masters Meet	QMM	South	Q1/23	Yes	Miami Aquatic Centre
MARCH							
5	SC	UQ Masters SC Preparation Meet	QUQ	Sunshine	Q2/23	Yes	Stuartholme School Pool, Toowong
11	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q3/23	Yes	Hervey Bay Aquatic Centre
30 Mar-1 April	LC	MSQ State Championships - Pool	MSQ	Central	Q4/23	Yes	Mackay Aquatic & Recreation Complex
APRIL							
2	OWS	MSQ State Championships - OWS	MSQ	Central	Q5/23	n/a	Pioneer River, Balnagowan
18-22	LC	MSA National Championships	MSA	TAS		Yes	Hobart Aquatic Centre
MAY							
25-27	LC	Great Barrier Reef Masters Games	MSQ	North	Q6/23	Yes	Tobruk Memorial Pool, Cairns
JUNE							
17	SC	Brisbane Southside Masters Meet	QSM	South	Q7/23	Yes	Brisbane Aquatic Centre, Chandler
JULY							
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
AUGUST							
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
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
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)
DECEMBER							

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.



HOLIDAYS

10 Dec 2022 to 22 Jan 2023
Go car-free this festive season



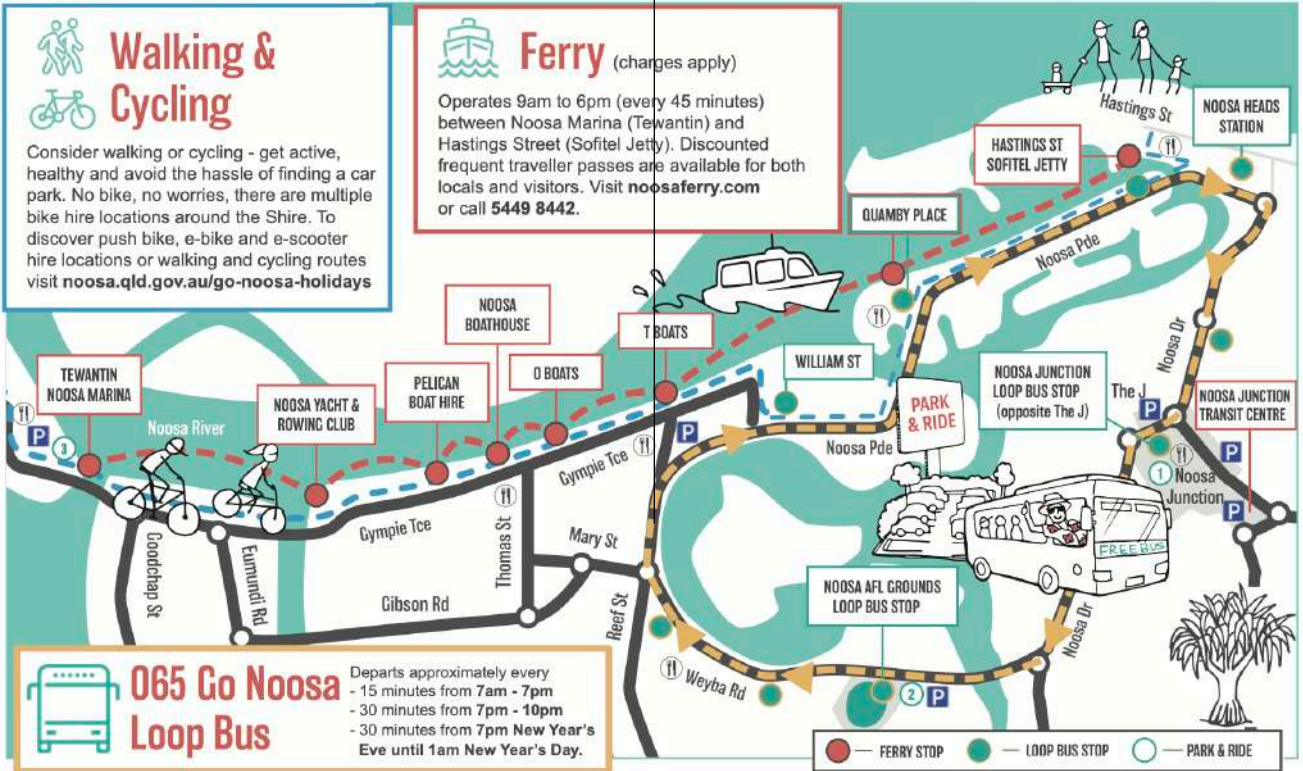
Walking & Cycling

Consider walking or cycling - get active, healthy and avoid the hassle of finding a car park. No bike, no worries, there are multiple bike hire locations around the Shire. To discover push bike, e-bike and e-scooter hire locations or walking and cycling routes visit noosa.qld.gov.au/go-noosa-holidays



Ferry (charges apply)

Operates 9am to 6pm (every 45 minutes) between Noosa Marina (Tewantin) and Hastings Street (Sofitel Jetty). Discounted frequent traveller passes are available for both locals and visitors. Visit noosaferry.com or call 5449 8442.



Free Buses

Noosa Council in partnership with Translink, are providing FREE public transport on the following bus routes:

- 626** Tewantin to Sunrise Beach via Noosa Heads
- 627** Tewantin to Sunshine Beach via Noosa Heads
- 628** Noosa Parklands to Noosa Junction via Noosa Civic
- 629** Tewantin to Noosa Junction via Noosa Civic
- 632** Noosa to Cooran via Cooroy and Pomona
- 064** Temporary route 064 Peregian Beach to Noosa Heads
- 065** Temporary Go Noosa loop

*Routes 620, 622, 630 and 631 travel outside of the Noosa Shire Council area and are not included in the free service.



If you are travelling on routes 626, 627, 628, 629 or 632, scan the QR code to use the Translink journey planner, download the MyTranslink app or call 13 12 30 to plan your journey.



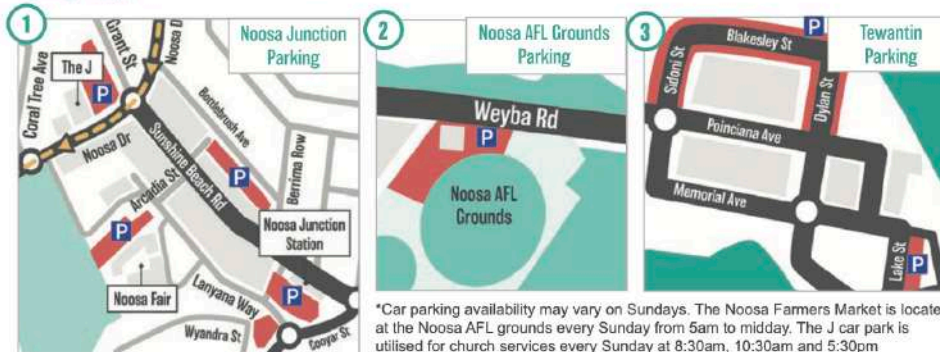
For route information on temporary services 064 & 065 visit noosa.qld.gov.au/go-noosa-holidays or call 5329 6500.

Translink services will operate to a Sunday timetable on most public holidays. Temporary route 064 will run to its hourly timetable and the 065 will operate as per the timetable overleaf.



Park & Ride/Walk

Park anywhere along the free bus routes and hop on a free bus (normal car parking restrictions apply) or jump on the ferry.



BE COVID SAFE



Scan the QR code for more information



Club Breakfast, Sunday 27 November 2022

by Carola Henderson

Thank you
Carola!



What a turnout of club members and what a feast lanes #3 and #4 provided us with for our final club breakfast for 2022.

With fruit, raisin toast, quiches, croissants, sausages, muffins, cakes...it was all there and everyone seemed to enjoy the 'buzz' of the morning.

Our raffles of wine were kindly donated by Wendy Ivanusec and Ceri Weeks (fellow Masters swimmer from Tasmania who joins us during Winter)

Tony Frost, Jim Barnes and Jacky Shields all scooped the pool (a swimming pun????) taking home a bottle each ...just in time for Christmas celebrations!!

Our next breakfast will probably be in January and I must admit ... the bar has been set high!!



For Lexophiles

Although not in the dictionary, it is reported that "Lexophile" describes a person who loves sentences such as, "You can tune a piano, but you can't tuna fish," and, "To write with a broken pencil is pointless."

An annual competition is held by the 'New York Times' to see who can create the best original lexophile.

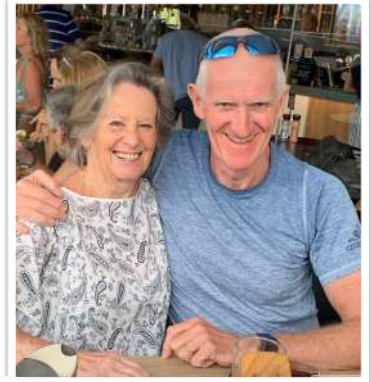
- I changed my iPod's name to Titanic. It's syncing now.
- England has no kidney bank, but it does have a Liverpool.
- Haunted French pancakes give me the crepes.
- This girl today said she recognised me from the Vegetarians Club, but I'd swear I've never met herbivore.
- I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
- A thief who stole a calendar got twelve months.
- When the smog lifts in Los Angeles, U.C.L.A.
- A will is a dead giveaway.

- I got some batteries that were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- With her marriage, she got a new name and a dress.
- Police were summoned to a daycare center where a three-year-old was resisting a rest.
- A bicycle can't stand alone; it's just two tired.
- The guy who fell onto an upholstery machine last week is now fully recovered.
- He had a photographic memory but it was never fully developed.
- When she saw her first strands of gray hair she thought she'd dye.

REUNION WITH LIQUN & JOHN HUSSEY

The brain-child of Linda Hogg ... Monday, 7 November 2022 saw a good crowd gather over lunch to catch up with LiQun and John Hussey before they joined the Noosa team and departed for the Pan Pacs on the Gold Coast. A good crowd showed up which was a pretty good indication of club members' fondness for LiQun and John and a very happy time was had by all. It's obvious they are still missed!

... Ed



And then LiQun generously brought baskets and hats, hand made in Mission Beach, to the pool as gifts for our members. Very becoming I'm sure you'd agree !! If not becoming, then surely FUN !!



Don't make it so complicated!
Learn to be simple: cheerful, warm hearted (like LQ)
Learn to be kind: because goodness wins every heart.



'Tis the season to be jolly, so please mark your calendars because you, your friends and families are all invited to the Noosa Masters Christmas gathering **Sun 11th Dec commencing from 4.30 pm** in the park opposite Como Apartments, 169 Gympie Terrace, Noosaville.

Please BYO a plate to share and your drinks.
 Chairs recommended as well !!
 Prizes awarded for festive attire.
 Also, something new this year ... instead of a Secret Santa swap gift, we are asking members to bring along non-perishable item/s to go into our **Charity Hamper to support RSPCA**. Royal Canin is a major sponsor of the organisation, so if you are thinking to donate pet food, please ensure it is **TINNED NOT DRY dog or cat food**, as they don't want us to upset their major sponsor. Greg mentioned he got this around the wrong way at the pool on Sunday. Also, the RSPCA can use dog or cat treats, toys for all types of pets, leads, bowls, etc.



OUR CHRISTMAS Wish List

- Kongs & wobblers for enrichment
- Dog toys for play time
- SMACKO'S
- Catmate or breeders choice litter
- Gentle leader harness's
- Kmart long rope tugs
- Yummy biscuits for our volunteers
- Pigs ears and training treats
- Long life milk, coffee and tea
- Paper, pens & laminator pouches
- Bunnings Vouchers for repairs
- Tinned dog food

Thank you for being there... always

Merry Christmas



NOVEMBER BIRTHDAY CELEBRATIONS



Beautiful cakes - Thanks Melissa !!

FOUR birthdays - ONE big celebration !!
 Lynette Clemitson, Diane Scott-Davis, Kevin Alford & Corals D'Ott



They're HIS cakes !!

No ... they're HIS cakes !!



December ... a select few

Ian Robinson	07/12
Jane Powell	19/12
Mark Powell	23/12

At your age you need glasses ... and plenty of them !!

Wonderful Definitions ...

- * Father*
A banker provided by nature
- * School*
A place where Parents pay, and children play

- * Nurse*
A person who wakes you up to give you sleeping pills
- * Life Insurance*
A contract that keeps you poor all your life, so that you can die Rich.

Greetings from Canada



The Nanaimo Ebbtides held their annual meet this past Saturday with 130 swimmers registered.

We had a few special entries ...

Betty Brussel 98 swam a 400m free, starting off the blocks.

Eulah Varty swam 100 back, 100 IM, 100 Free, 100 Breast and 2 relays.

I'll leave it to her to brag about her results.

I hope to be back in Noosa in 2024 as 2023 is all booked up with travel elsewhere and another local grandchild due in the spring.

Have a joyous Christmas and a Happy/healthy New Year!

... Cheers, Ian Burvill

Six of the best with

Zana Dare



Q1. From where do you originate?

Sydney

Q2. What do you like to do to relax or chill out?

Garden, swim, art, play Rummikub, walk the dog, read, listen to music by the river.

Q3. Where are your favourite local places to eat?

Barefoot Grill

Q4. Share any great local experiences that you have enjoyed?

There are so many it's hard to choose!

- Learning to scuba dive off Little Cove when I was young.

Riding horses on Noosa North Shore.

Giving talks at U3A on art, history and culture.

Launching our little self-published book "The Creative Pulse" at Noosa Library in 2016.

Getting on the trail with Noosa Open Studios.

Q5. Name 3 of your favourite places to visit, or things to do locally?

Joining in activities at Noosa Arts and Crafts and U3A Tewantin, listening to great speakers at Noosa Parks Friday Forum.

Q6. What do you love about living here?

We live in a beautiful environment and I love that there are so many people here who are passionate about keeping it that way. I especially love all the options we have for swimming!

You're invited to the Annual QNA New Year

BBQ

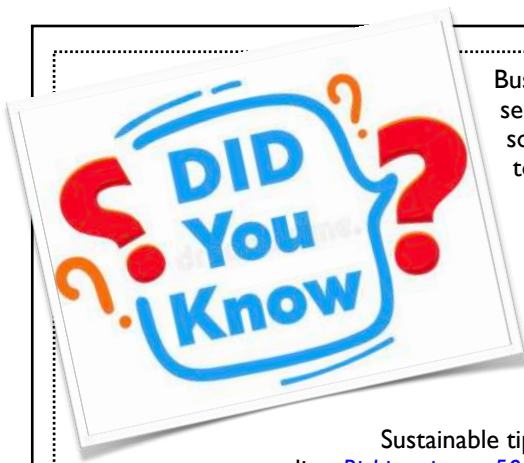
WHERE ?
Ivan & Wendy Ivanusec's extended back yard
(Council land off Eumundi Road) at the rear of 19 Lilly Pilly Place, Noosaville

WHEN ?
Sunday, 8th January 2023
from 12 noon

WHAT TO BRING?
Your meat/fish for BBQ
Your drink
Your chair
And last but not least ... your smile !!

RSVP
by Thursday 5th January 2023
to Julie Bott

social.noosaqna@gmail.com



Buses: Did you know the 620-bus route (to Maroochydore) has extended services to Tewantin central at night? These buses run on the hour from 6.50 pm so are perfect for people dining on Gympie Terrace and wanting transport back to Tewantin and beyond. The last one leaves Tewantin at 11.50 pm.

Eco Gift Giving: Peita from Plastic Free Noosa (PFN) has a titbit of info we can share - nationally over Christmas waste increases by 30% - that is a large spike.

Check out the Plastic Free Noosa website by [clicking HERE](#) for orders and gather details where to find their products.

Sustainable tip - We could help when buying coffee to use your own mug and reduce recycling. *Richies gives a 50 cent discount* when you supply your own cup. Now that's a great incentive!

T Boat hire have now rebranded to Terrace Marina. Two new brochures (coming shortly), one for their Jetski hire and one for their Boat hire. The lovely new owners (John and Victoria) are very enthusiastic to have a good holiday season.

Noosa Transfers and Tours have a new offering – Daily Theme Park Shuttle: This will run on demand, starts from \$120 per person (not including entries) and requires a minimum number of passengers so is on request.

Spoke N Trail Mountain Bikes: This company based in Leo Alley Rd, Noosaville. They do higher-end Mountain Bike Hire (E-Bikes also), guided tours and training and offer a shuttle bus for bikes and riders to the Noosa Trail Network. The shuttle costs \$35. per rider and goes between 8 am – 11 am, NOT daily at this stage.

Thursday 8 December: 5 - 8 pm: For the first-time venues and shops in the Gateway and Venture Drive precinct will be having a late-night Christmas shopping evening. Please tell all your family and friends and support them in this new endeavour.

THE MELBOURNE CUP GALLOPS TO NOOSA

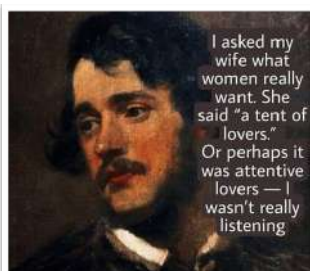
About twenty-five or so Noosa Masters members and associated partners joined in the Melbourne Cup festivities at the lovely, sprawling home of our vivacious host, club member - Robyn Selby.

We ran sweeps, shared delicious food, enjoyed a cold beverage or two, applauded our Fashions of the Field entrants, and of course cheered on our favourite horses during the race which stops a nation as well as Noosa Masters Swimmers.

By the end of the day, we all left grinning like winners, but special mention must be made of Gillian Bensted, who not only won the top prize in the \$5 sweep but also a Fashion of the Field award. Congratulations Gillian.

Finally, special thanks to Robyn for offering her home for this club celebration which could not have occurred without her generosity.

.... Julie Bott



ENDURANCE 1000 REPORT

November 2022 – by Jane Powell



It's December !! Our last month to swim Endurance for this year; our last chance to earn points for our club while reaching PB goals, achievable now after all our hard training ... YOU CAN DO IT !!

SO ...



increase your aerobic capacity



improve your body composition

increase your anaerobic threshold

defy your genetics !



defy your age !

increase your fatigue resistance



develop economy of motion

burn fat !

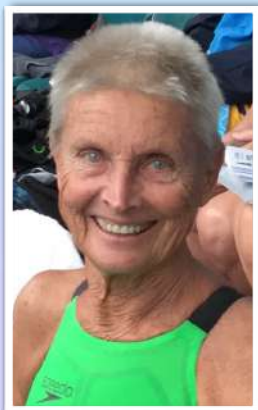
BECOME LEANER



**STOP
WASTING
OXYGEN !!**

SWIM ENDURANCE

COACH'S TIPS



1: Pull buoy can be good for stability, with legs held tightly together, kick as little as possible and focus on your entire body ... shoulders, torso, hips all rotating together.

2: Don't focus just on technique and not enough on the actual development of swim fitness.

Ultimately, to endure at high speed, you must develop muscular strength and endurance.

Each swim session should address fitness and technique ...

Swim with paddles sometimes, it's like bringing the gym into the water.

Swim occasionally with bands, it will make you a better swimmer - you will get better rotation.

3: Timing of head for freestyle ... very simple - hand must go into the water before the head.

4: Kicking - keep the kick nice and loose, loose ankles Increase propulsion.

... Happy swimming,
Cheers, Jan

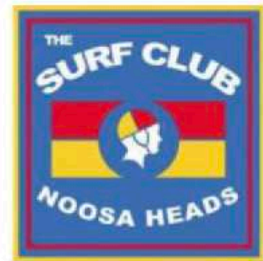
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Seasons, Noosa Junction

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.

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