

# CHALLENGERS' CHATTER

OCTOBER 2015

## MARYBOROUGH MASTERS GAMES



### Maryborough Swim Meet

Saturday, 10<sup>th</sup> October 2015

Five Noosa swimmers and 4 time keepers/supporters travelled to Maryborough to compete in the Maryborough Masters Games Short course Swim. We started off early at 6.30 am with fellow swimmer Pieter Santifort driving the bus. Pieter has recently rejoined the club and this was his first carnival since 2001. A short stop for coffee just before Gympie and we arrived at the pool ready for warm-up by 9am.

There was a cool wind blowing and warm-ups were a bit short without coach Jan there to make sure we warmed up properly. Robyn swam 100m warm-up in the cooler 50m pool but decided it was too cold, so joined

Mary and others in the sun to finish off their warm-up sitting on the hot concrete ...

The 400m events were on first with only two of our swimmers lining up. Geoff Lander 1<sup>st</sup> in the 400m Backstroke and Brian Hoepper 1<sup>st</sup> in the 400m Breastroke.

The 25m races were hotly contested with 11 swimmers in the 25m Free, 9 in the 25m Breast, 6 in the 25m Back and

*Ed Note: The Maryborough Swim Meet is part of the full Masters Games held annually and the medals awarded are a bit special as they reflect that fact, depicting many of the events held.*



an amazing 8 swimmers in the 25m Fly. Well done to all - especially the 25m Fly swimmers for giving it a go!

With 80 competitors and 79 heats to run, there was not much time for recovery in between races, especially for Adele who swam in the last heat of the 50m Back to be followed immediately by the first heat of the 25m Fly ... so well done to Adele!

Overall Noosa came second to Hervey Bay with our men coming 1<sup>st</sup> and our women 2<sup>nd</sup>.



## MARYBOROUGH MASTERS - cont'd



*L - Bob McCausland wowed Linda Hogg with his haute couture headgear!*

*R - Viv Merrill had a great band of supporters!*



Barnes, Ian Tucker, Pieter Santifort & Rob Jolly.

Age group medal winners were –  
**Gold** to Linda Hogg (5 firsts - swimming really well, no doubt due to all the hard training she has been putting in lately) and

**Gold** to Geoff Lander (5 firsts AND swimming all the long races, 400s, 200s & 100s. A huge effort by Geoff !!).

**Silver** to Jim Barnes, Helen Malar, Brian Hoepfer, (Tricia Hughes & Wendy Ivanusec equal 2<sup>nd</sup>) & Bob McCausland.

**Bronze** to Adele Tucker & great swims with 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placings for Mary Lester, Robyn Selby, Viv Merrill, Jim

A huge team effort. Every point counts so congratulations to all swimmers on the Noosa Team.

A big thank you also, to our 4 supporters/time keepers – Lorna, Janice, Olga & Adrian.

Only one Noosa Team member was not able to travel to Maryborough & that was Bruce Warren who had a disagreement with his garage door & ended up with stitches in his head...we missed you Brucey! ... but we are happy you have recovered and 'back on deck' !!

Maryborough Masters put on a great BBQ after the event with yummy desserts and plenty of cask wine which was very drinkable with a few ice cubes in the white. We set off home on the bus at 5pm. Our loveable Mary played hostess supplying us with mini packets of chips, chocolate bars, more FINA approved lollies. With a couple of drinks under our belt, it was a very merry trip home with lots of laughter. Another great day out for Noosa Masters swimmers.!

... Helen Malar



## Dot Dickey - World Record



*Congratulations to Dot Dickey who received her FINA World Record Certificate for the W85-89 SC Freestyle (16:23.22).*

A short course WVR in the 800m in April and now a matching long course World Record!

Day 1 of the FINA World Masters Championships saw Doncaster Dolphins (Vic) member, Dorothy Dickey (pictured) swim a World Record time in the women's 85-89 age group for the 800m Freestyle - 16:45.6.!

So there you are everyone ... just keep swimming !!

# The Elite Athlete's Guide to Nutrition on a Budget

Megan Fischer-Colbrie, Mar 5, 2015

I recently walked into a grocery store looking to buy some water. Having forgot my water bottle that day, I asked the clerk where I could find a bottle of water to purchase. She directed me to an aisle where I could find “all the varieties and brands of water to my liking”. I almost laughed at how ridiculous that sounded—our societal push toward healthier food had led to a generation where grocery stores carry over 20 varieties and brands of water (maple, coconut, mineral, natural, spring, prepared...you get the picture). As a Division I athlete, and now post-collegiate exercise enthusiast, it struck me how complicated and overpriced nutrition products are becoming, and how difficult it can seem to manage your nutrition on a budget. I opted for the cheapest water there (would the \$3.50 maple water really make me feel more hydrated than the \$1.29 natural spring?).

Like most trends in health, and in society, we have swung to the far end of the pendulum when it comes to nutrition. The large push toward cleaner eating is a positive change for Americans, to be sure, and I recognise some regions of the country may feel this change (i.e. California) to a greater extent. However, athletes everywhere need to learn where to draw the line on spending for premium products to fuel their performance. I'm here to offer you a rough guide to your nutrition on a reasonable budget.

## When is it Worth the Extra \$\$?

**Rule #1:** Do not skip meals or under-fuel to save money. Refuelling takes precedence for elite athletes, and if the only option is to overspend a little, it is worth it.

**Rule #2:** Plan ahead with your nutrition and you will never be caught in a situation where you need to purchase overpriced items. Packing snacks and fluids to bring with you, or making your own meals instead of buying take-out will alleviate this issue.

**Rule #3:** Fresh produce is a large component of healthy nutrition. Given the choice between fresh fruits and veggies, and processed/package food, opt for the fresh items. People assume fresh produce is expensive, but often times the processed foods can be just as pricey, if not more so.

## Navigating the Store: What are the Cheaper Healthy Staples?

On average, the following table of popular healthy food items fall into these price categories. This will help you decide which items to buy as staples and which to purchase as a luxury.

### Final Thoughts

In the confusing world of modern nutrition, stick to the age-old phrase of “everything in moderation”. This guide can help you trim costs while putting clean fuel in your body, but feel free to tailor it to your personal needs as an athlete. And lastly, choose the cheaper water.

*Megan Fischer-Colbrie works as a Sports Science Editor, she was a 4year varsity swimmer at Stanford*

Food Group	Staple: Buy regularly	Variable: Check the price	Luxury: Every now and then
Fruit	Melon, apples, bananas, oranges, pears, squash (all varieties), cucumber	Lemon, lime, grapes	Berries (all varieties), avocado, tomatoes
Vegetable	Broccoli, green beans, cauliflower, carrots, spinach, onion, kale, garlic		Asparagus, artichokes, fresh herbs
Starches/Legumes/Grains	Sweet potato, whole wheat bread, brown rice, beans, dry pasta, corn tortillas		Fresh pasta, locally sourced bread
Meat/Poultry/Fish	Chicken, turkey breast	Beef, pork, white fish and salmon	Lamb, duck, veal, shellfish
Dairy	Greek yogurt, cottage cheese	Milk, cheese	
Other	Tofu, eggs	Ginger, nut butters (can be pricey but one jar lasts awhile)	



## Coach's Tips

### Avoid over rotation in freestyle.

A swimmer who over-rotates will drop their shoulder deep which doesn't allow them to engage the bigger stronger muscles around their back and shoulders .

### Ways to correct over-rotation.

- 1 . Posture Swim tall chest out , shoulders back posture
- 2 Front kick with side breathing drill .
3. Check entry width, hand should enter in line with shoulder or ear and extend straight forward .

Most common error for beginners is to enter across the head which can lead to over-rotation.

*Happy swimming. ... Cheers, Jan*

# 2015 Queen Liliuokalani Outrigger Canoe Races

*Kailua-Kona, Hawai'i ... contributed by Dee Mooney*



*The World's Largest Long Distance Canoe Race held on 5<sup>th</sup> September, 2015.*

Over 40 years ago, the Queen Lili'uokalani races were named to honour the last reigning monarch of Hawai'i whose September 2<sup>nd</sup> birthday closely aligns with the current scheduling of the race. She was overthrown in 1893 by the United States Government. The Kai'Opua Canoe Club organise this annual event with more than 3,000 participants this year from countries such as Australia, Canada, Japan, New Zealand, Peru, Tahiti, United Kingdom, United States mainland as well as all the Hawai'ian islands.



After a whole Winter of training tacked onto our normal Summer season, two outrigger teams from Noosa Outrigger Canoe Club – a women's 55-59yrs and a men's 60-64yrs – headed off to Kailua-Kona on the Big Island of Hawai'i to contest the Queen Lili'uokalani Long Distance Outrigger Canoe Race (shortened, affectionately, to the Queen Lili), a distance of 18 miles (29 kms). We arrived on Tuesday, 1<sup>st</sup> September to hot and humid weather and a cluster of cyclones off shore. Fortunately, those cyclones didn't eventuate but we had several heavy rainstorms the first few days we were in Kona.

After a day or so of settling into our apartments, we went to the host Canoe Club where we were given canoes to take out for a training session. The water was a clear, deep blue and nice and warm as well...a lovely change after the cold Noosa water. As we hadn't done a 'huli' (capsize) at all through our winter training, this was the first thing we did as preparation for the event of a huli in the race. Fortunately, we needn't have worried!



Saturday dawned cloudy but hot for our 7.30am race start. The race for the women started in Kailua Bay, heading 18 miles along the coast to Honaunau with a huge starting line of 112 canoes. Appropriately, the theme song from Hawai'i Five 0 played as we paddled out to the start line. We even had spinner dolphins perform for us as we took up our positions. We had to look for the flag drop to mark the start of the race as the hooter couldn't be heard by everyone. All the women race in one race but are divided into age divisions. After the men watched our race begin, they drove to Honaunau where our race finished as this was their starting line and we needed a way to get back home again.



# 2015 Queen Liliuokalani Outrigger Canoe Races - cont'd

Kailua-Kona, Hawai'i

Our race took us 2hrs 33mins, paddling ironman, meaning we had no changes of crew or stops! For this, we achieved a bronze medal in our age group being beaten by another Australian team by 5 minutes for gold and a Hawai'ian team by 4 minutes for silver.

We came 49<sup>th</sup> overall so were very pleased with our result. All our hard training had paid off. We were met at the finish by our men's team with congratulatory leis which was a lovely surprise. They had stacked the esky with champagne for us too! Luckily we had a couple of hours to drive back before the men's teams arrived.

The race finished for us in Honaunau Bay where there is no sand, just rocks onshore so it was an interesting exercise getting from the canoe to the land. Two crew members had to stay with the canoe until the men were ready to head out to their starting line. The men started their race in Honaunau and finished back in Kailua Bay. They had to wait until all the women had finished as they used the same canoes so some men's teams had a long wait on the water before their race started. The men's starting line stretched out wide for nearly a mile as they had 119 canoes in their race. The Noosa men's crew finished their race in 2 hrs 37 minutes winning a silver medal in their division. We won't let them live down the fact that we did a better time than they did for quite some time yet!!

Once we were all back in Kailua-Kona, the award presentations took place from about 3.30pm with a very Hawai'ian flavour. The Hawai'ian drumming and hula dancing was really spectacular. The little girls captured our hearts with their hula. Unfortunately, a Torchlight Parade which was to have followed this ceremony was cancelled by a torrential rain storm but I understand it normally winds through the historic Kailua village.

Sunday, the following day, we had another race to take part in. This time it was in a V12 which is a double hull canoe (two canoes without their outriggers, strapped together). Our two Noosa crews took part in the mixed race for a total of 5 miles (8 kms) and although we had to race in a 40+ age group, we did well to come 4<sup>th</sup> in that category. After this race, a Lu'au was held for all the participants with traditional Hawai'ian food, music and dance along with more medal presentations. A great finish to our Queen Lili racing calendar.

Apart from our two race days, there were races for 1 and 2 man outrigger canoes as well as Stand Up Paddle-boarders. These events took place over 4 days.

Overall we spent 7 days in Kailua-Kona and managed to do some snorkeling plus sightseeing to the cowboy country inland, Captain Cook's monument, the volcano

and lava fields before we headed off to Maui for a week of relaxing. In Maui we stayed in Kehe where we paddled with a Hawai'ian canoe club twice but the rest of the time was spent sightseeing and swimming. We drove to Lahaina, the historic whaling town and Pai'a, an old sugar town that still looks like it is back in the 50s. So much of the outer islands are relatively unsophisticated. I can't say much shopping was done because our poor old dollar was very sick and almost everything was cheaper back home!

Next it was on to Honolulu for our last few days. I left my paddling friends here as I have an old family friend who has lived in Honolulu since the early 70s after he married an Hawai'ian girl. I stayed with Talia, Ian's daughter but every day Ian picked me up and we went on trips all over Oahu. It is around 8 years since I have been to Honolulu so of course everyone is grown up and Ian now has a 4 year old granddaughter. Ian lives in Ewa Beach, out past Pearl Harbour and where it was once all sugar cane fields, now it is housing estates. I couldn't believe how much Honolulu has changed. The Waikiki area still looks good with a lot of greenery around the streets and it is quite a sophisticated city now. Still a great place to holiday!

Are we going to go back again next year? I think we'll seriously think about it in a couple of months time....it is a very long race!!

... Dee Mooney





## 2015 Postal Swims

(see Notice Board at Pool or just ask Adrian or Helen)  
<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>

### HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of:

2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)



## 2015 MSQ Swim Meets

NOVEMBER						
14	SC	Cairns Mudcrabs	QCN	North	19/15	Gordonvale Aquatic Centre
28	LC	Aqualicious	QAL	Sunshine	20/15	Centenary Pool
28	SC	North Mackay Sinkers	QNS	Central	21/15	North Mackay High School
29	OWS	North Mackay Sinkers	QNS	Central	22/15	Pioneer River, Mackay



Sunday-22 November on the pool deck after squad. Lane #0 catering.  
 ... Carola Henderson (5485 0190)



The club is most grateful to The Aqua Shop for sponsoring our monthly breakfasts by donating \$25 Vouchers, 2 of which will be won at each Breakfast for the remainder of this year.

*Thanks Aqua Shop !!*



## Melbourne Cup Invitation



MERRILL'S MELBOURNE CUP CELEBRATIONS  
 Put on your fascinator; bring a small plate and wine/beer to share  
 TUESDAY 3 NOVEMBER From 12.00  
 12 COAST VIEW PARADE  
 DOONAN  
 PH: 07 5471 0075 Mob: 0407 160 210  
 RSVP 1 November 2015

## Handicap Series - Round 5 Roundup

On a glorious Sunday morning the Noosa Masters Handicap Competition resumed after our winter break with 22 swimmers nominating for 87 events. There were a number of late entries and even some who were too late. *Swimmer of the Meet* was Linda Hogg (88.3 points out of 100) closely followed by Grindle Rudder (84.0 points), with Brian Hoeppe coming from the clouds (79.0 points). Fergus Bell and John Hordyk rounded out the top 5 point scorers for the round.

In total, there were 25 personal best swims recorded on the day. These were recorded by 15 different swimmers. *Bonus Points* are awarded when a swimmer beats his/her previous personal best time (PB) recorded in this handicap competition. The maximum of 5 *Bonus Points* were gained by Brian Hoeppe (for two swims), Lynette Clemitson, Wendy Ivanusec, Linda Hogg, Grindle Rudder (for two swims) and Fergus Bell. Others with PB's were Dee Mooney, Ian Tucker, Dianne McFarlane, Studley Martin, Jim Barnes, Rod Alfredson, Helen Malar, Mary Lester and John Hordyk - a fantastic effort.

So, following Round 5, Linda Hogg (303.8 points) heads the *Leader Board*, overtaking Terry Mortimer (282.2 points), with Grindle Rudder (265.3 points) in third place. Rod Alfredson and Wendy Ivanusec round out the top 5 on the *Leader Board*.

Top team on the day was the *Old Farts* despite the Herculean efforts of Grindle to marshal swimmers for the *Old Fools* team. The *Old Farts* did have more swimmers than the other teams, though. The *Novelty Relay* for the Round was a "balloon race" and, after the usual chaos in getting the event underway, we saw some unusual methods of "conveying" the balloons to the other end of the pool. More than one swimmer found it was hard to breathe while hanging on to a balloon with your teeth. The *Old Folks* reigned supreme, however, despite a strong finish from the *Old Fogeys*. So, after this round, the *Old Fogeys* lead with 2,143 points, followed by the *Old Farts* on 2,067 points, the *Old Folks* on 1,866 points and the *Old Fools* on 1,628 points.

Due to a slight glitch with the computer operator for this round the full results were not available directly after this event. I have attached the *Race Results* printout which shows the placings for each heat, together with the actual times swum and the points gained for each swim.

A full set of results, including team points and *Leader Board* for the round and overall *Leader Board*, will be available at squad on Thursday.

Again, thank you to all who contributed to the event, including the Starter (Bruce) and Chief Timekeeper (Grant), all timekeepers (Robyn - I'm really sorry I lost your entry!), relay organisers, set-up and pack-up helpers and, of course, all swimmers.

... Adrian Wilson



## Pop Up Shop ...

Mahali Living is having a Pop-up-Shop for those who would like to do some Xmas shopping .

We will be having some great discounts on some of our stock, plus a super Mahali voucher for those entering their email details on the day.

Address:  
Kao Kilango  
25 Masthead Quay  
Noosaville

Opening Hours :  
Friday 27th November 11:00a.m – 4:00p.m.  
Saturday 28th November 9:00a.m.- 5:00p.m.

**Susie Ellis**  
Creative Director

# MAHALI

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## Volunteers Needed Urgently

Just to update you all for our Volunteering effort next week - sign up is going well but we still need to top up our volunteer lists for the 4 events

Wednesday Run Swim Run —	15 needed - we have 15 ... Yay !!
Friday — Fun Run —	20 needed - we have only 19 .... need 1 more
Friday — Arena 1000 —	15 needed — we have 15 ... all good here !!
Sunday — Tri Swim Start and Exit -	12 needed- we have 10 ... just a couple more

If you have not written on the sheets ( Thursday or Sunday ) or emailed your availability, please email me [powellmw@bigpond.com](mailto:powellmw@bigpond.com) or phone M 0400004975 with your availability

## Ian Tucker - Sixty and still Sexy !!



After squad, on Thursday 22/10 members were treated to share an irresistible birthday carrot cake slab from Jaspers and an equally delicious apple slice which Adele supplied to encourage members and visitors to celebrate this milestone birthday with Ian. - Jan even delayed her training for an upcoming 3.8km ocean swim to join in the celebration. Good luck, Jan - we all hope you come home with the French bubbles !!





## Please support our sponsors

<p><b>Noosa Heads Life Saving Club</b> Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p><b>Noosa Aquatic Centre</b> Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p><b>Noosa Bookshop</b> Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p><b>Priceline Pharmacy</b> 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p><b>Real Insurance</b> c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p><b>Zoggs Swimwear</b> E: <a href="mailto:sales@zoggs.com.au">sales@zoggs.com.au</a> T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p><b>Funky Trunks</b> Noosa Juniorz Noosa Heads Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads <a href="http://www.funkytrunks.com">http://www.funkytrunks.com</a></p>
<p><b>USM Events - Ironman</b> 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p><b>VICI</b> Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p><b>Officeworks</b> 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p><b>Eyeline</b> Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p><b>Orchids Florist</b> 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>	<p><b>Rolling Wines and Asset Insure</b> Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p><b>RACV Noosa Resort</b> 94 Noosa Drive, Noosa Heads (07) 5341 6300 <a href="http://www.racv.com.au/Noosa.Holiday">www.racv.com.au/Noosa.Holiday</a></p>	<p><b>Scooter Style</b> 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p><b>Tewantin Plaza Fruit Centre</b> Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p><b>Dan Murphy's</b> 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p><b>Bunnings</b> Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p><b>Terry White Pharmacy</b> Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>

# ENDURANCE 1000 REPORT

OCTOBER 2015

As you know, we are moving towards the end of the calendar year. There are fewer and fewer swim sessions we have available to us to boost our Endurance Score. It seems to me we have two options, one is to have the same number of people swimming more swims, and the second is to encourage club members who have not yet undertaken the personal challenge of a timed or distance based swim. We could of course, try both options simultaneously. **That is my choice! There will be quite a few extra timed swim sessions organised over the next few weeks.** Let's increase the spread of folk involved and our Endurance points!

### Significant achievements.

Swimming 3000 metres in an hour is considered by MSA to be a Significant Achievement. 4 of our members have achieved this recently. They are:

- Sue Ellis
- Mark Powell
- Dyanna Benny
- Jan Croft

And then there were some near misses. What it must be like to miss a PB by 0.1 seconds. Or top points in a distance swim by less than 10 metres! How motivating must these experiences be. Talk it through with your swim club mates.

I was reflecting the other day on swimming efficiency. To me, the more efficient we are, the more effectively we will move through the water, the less effort will be required for that motion, and with less effort, there is a reduced demand on the energy-providing bodily systems. People who swim efficiently will have more effective stroke action, they will present a smaller cross sectional area to the water they are passing through, and they will travel at a pretty constant speed.

Within our group of swimmers, there are people who are so efficient they are able to continue swimming lap after lap at a rate that is within 0.5 seconds per lap and they can do this for more than 400 metres in an endurance swim.

Then I had a look at my own performance. My swim rate changed from 100m in 1.54.26 - 0.87 m/sec - pretty fast for me, to 2.26.55 (0.68 m/sec) within a single 400 metre swim. This is somewhat longer than the 0.5 seconds mentioned earlier, in fact it is closer to 32 seconds. This represents a 28% increase in time, or a very much reduced level of efficiency. And the energy cost for the less efficient swimming style is much higher too. I wonder how I can address this problem?

### And now for some inspiration!

A long standing club member, when asked why he continues with Endurance said.... *It keeps me interested and motivated. And I love challenging myself!*

Owen Curtis  
Endurance 1000 Program Co-ordinator  
Mob. 0447 654 663  
[owen@selfmanagementsolutions.com.au](mailto:owen@selfmanagementsolutions.com.au)  
Tues: 7.30 – 9am  
Sat: 2pm start



  
*Birthdays  
of the  
Month*

*Quite a mob of you this month !!*

## NOVEMBER

Owen Curtis	4/11 (70)
Kathleen Gordon	8/11
Bruce Warren	16/11 (75)
Sue Silburn	17/11
John Hordyk	29/11

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

If you can read this with ease  
If you are twisted! And have an  
awesome talent! This is both  
backwards and upside down!  
Like and Share if you can read this!



### SOCIAL EVENTS

Breakfast - Sun.22 November  
Lane #0 catering

Melbourne Cup  
Tue 3 Nov @ Merrill's - 12 noon

### Diary Date

Noosa Masters Xmas  
Celebration - Thurs 10 Dec

VISIT OUR WEBSITE ...  
<http://noosamastersswimming.com.au>

### Challengers Chatter

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