

CHALLENGERS' CHATTER

OCTOBER 2016



A committed team of 18 members headed to Kawana for the Sunshine Coast Swimming Club's 'Swim Meet ... their first since 2009.

The meet acted as a good guide to current form leading into the Pan Pacs. The QSC club went all out to make sure the event was a great success.

Brian Hoepper and Adrian Wilson provided support to the QSC club months ago by advising how and what is needed to run a successful meet, including software, timing systems and results processing etc.. Their experience certainly helped QSC and our club's support and generosity was greatly appreciated.

All our swimmers performed well on the day with the times and results contributing to our club winning the Large Clubs' Trophy by a substantial margin.

There were some lucky lane prizes given and some of our driest swimmers were successful including Geoff Lander and Robyn Selby who apparently didn't even get wet!!!!

I am sure we will receive further training and tips for race starts in order NOT to be disqualified before you start your race ...so important!!

Congratulations to medal winners Rob Jolly, Peter Fidler (Gold), Julie

Hollowell, Wendy Twidale, Ian Tucker (Silver) and Lois Hill, Linda Hogg, Clinton Stanley (Bronze) and also to QSC for a well run and enjoyable swim meet which included entertainment by a great jazz band .

Special thanks also to Lorna & Geoff Lander, Sue Stanley, John Twidale, Dyanna Benny and others who helped with timekeeping and support during the day.

GOOD LUCK NOOSA FOR THE PAN PACS !!

... Ian Tucker



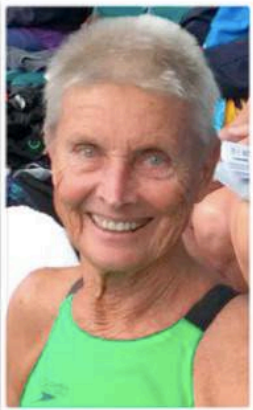
Sunday - 27 November
for our Club's Christmas get together-
details to be advised ... just keep the
date locked in!



SUNSHINE COAST MASTERS SWIM MEET



*This month we were surprised to receive two Coach's Tips reports.
We suspect one might be bogus, but can't work out which one!*



COACH'S TIPS

Starting off the blocks!

First, some wisdom I've gathered over the years – 'If you don't start, you can't finish!' Think about that.

I'm a no-nonsense gal, and I approach the starting blocks in a no-nonsense way. Get on the block and get into the water in a flash. 'When I'm ready, I AM READY'. That's my approach.

Some of you were lucky enough to see my philosophy in action at Kawana recently. One moment I was on the block ... 'READY!' ... the next moment I was gone! People are still talking about my spectacular pool entry. Of course, the starter mucked up everything by firing his gun a bit too late. See ... He wasn't ready! Still, he has to live with that mistake.

So take this tip from me. When I stand on the block, I simply repeat to myself 'When I've gotta go, I've gotta go!' Try it yourself next time you race.

Happy swimming. ... cheers. Jan

ARENA 1km OWS SWIM RESULTS

Conditions were the roughest for quite a few years.

Results are in age groups (Just 2 male competitors this year - go the girls !!)

Julia Dunstall	17 th	17 .36	Ian Tucker	4 th	17 .41
Grin Rudder	4 th	17 .54	Studley Martin	10 th	18 min
Holly Tye	5 th	18.3	Jess Tye	6 th	19.34
Saffron Tye	7 th	19 .58	Family team	4 th	place.
Jan Croft	1 st	20 .08	Wendy Twidale	3 rd	20 .33
Bardie Gruber	5 th	22 .15	Viv Merrill	7 th	25 .27 .
Adele Tucker	24 th	25 .32	Lynette Clemitson	8 th	27 .55

... Thanks to our Coach, Jan, for this information

MARYBOROUGH SWIM MEET

Noosa's sole representatives were three swimmers, adding international flavour to the Meet. Tricia Hughes, Rob Jolly and Charley Moore, originating in South Africa, England and USA respectively and now calling Noosa home.

Success to all, with GOLD to Tricia and Rob, whilst Charley snared SILVER.

Congratulations to all three!!



REMINDER

BUNNINGS BBQ FUND RAISER : We **urgently** need 4 more volunteers to fill gaps on Sunday 6th Nov. from 8am to 4pm. Please contact Ian Tucker

2016 MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
NOVEMBER						
4 - 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
DECEMBER						



belated
(bî-lâ `tîd) adjective
The art of sending things
after the fact, so yours is
noticed more.



Wendy Twidale celebrated her birthday on **6 October** and somehow her name was missed from the birthday list in last month's Newsletter ... for the 2nd year running !! How?? Gremlins. You can bet it won't be missed next year. *Sorry Wendy!*



Grindle celebrated her birthday at the pool with her sister Jess (who baked a GREAT cake), buddy Julia and many Masters friends

Club President, Ian Tucker, celebrated his birthday with his many Masters friends at the pool after squad on Sunday, 16 October. We were all spoilt when his wife, Adele, appeared with a rather special home-made carrot cake with many exotic ingredients ... yummy. Thanks Adele.



COACH'S TIPS

Drills to improve catch phase of stroke

Dog paddle and sculling - each drill will help you get a feel for pressing the water backwards in a bent arm position. Use a pull buoy for these drills: Happy swimming

Raise head above water, **scull**, making sure your elbow is higher than the wrist and wrist higher than fingertips with palm facing backwards.

Dog paddle is the oldest drill in the world ... great for developing catch technique, use a pull buoy, pull through to hip, emphasise body roll, bend arm early.

Happy swimming ... Cheers, Jan

WELCOME OUR 2016-17 COMMITTEE



Annual General Meeting : 16 October 2016

It was pleasing to see so many new and old members attend the AGM.

The meeting went well and the reports covered the highlight events from the past year and the wonderful opportunities we look forward to. I thank again the incredible members who take on roles in the Management Committee, "Appointments" and general volunteer/timekeeper/official and support roles.

I welcome the new (Mark Powell, Robyn Selby, Quentin Lee and Viv Merrill) and returning (Adrian Wilson, Helen Malar, Linda Hogg and myself) members of the Management Committee, a good blend of new enthusiasm and experience.

Let's promote the Fitness, Friendship & Fun for the balance of 2016 and 2017.

... Ian Tucker

New Management Committee for 2017

President:	Ian Tucker
Deputy President:	Mark Powell
Secretary:	Linda Hogg
Treasurer:	Viv Merrill
Club Captain (M):	Adrian Wilson
Club Captain (F):	Helen Malar
Endurance Representative:	Quentin Lee
Social Coordinator:	Robyn Selby

word play #1

In this alphabetical list of seven English adverbs, which is the odd one out? Why?

awfully
devilishly
frightfully
hellishly
horribly
terribly
wonderfully

Answer in the next edition of Chatter

THE BENSTED'S 50th ANNIVERSARY

On the 1st October, on a beautiful spring day, Ken and I celebrated our 50th Wedding Anniversary. Over 75 people joined us in celebrating this wonderful occasion. We were so blessed to have so many of our original guests plus our whole wedding party - 2 Bridesmaids, 2 Flower girls, Best man and Groomsman.

It was such a special day celebrated in style with awesome family and friends. One of the highlights was the appearance of the bride in her wedding gown - thank God for the train from the shoulders!!!

... Gillian

Ed: Congratulations and best wishes to you & Ken from every single one of your Noosa Masters friends!!



ENDURANCE 1000 REPORT



Overview

We have had an excellent month, with a large number of swimmers putting in wonderful performances. Many of these swims have been the more challenging longer distances, which also provides us with many more points.

Jane's Twilight swim ...

Jane's evening swim for the 21st Oct. had to be cancelled unfortunately, however I am sure Jane will find another date to put one on. They are so enjoyable to participate in.

Diabetes swim ...

Linda Hogg is organising a swim to raise money for Diabetes on Sunday 13th November. This provides the opportunity for anyone who wants to do an endurance swim to raise awareness for diabetes.

Quote for the month ...

"The water is your friend....you don't have to fight with water, just share the same spirit as the water, and it will help you move".
... Alexander Popov

Great Performances ...

After returning from a long injury, Mary Lester swam a great 1 hour freestyle.

Charley Moore did his first 1 hour freestyle swim and achieved top points.

Rob Ellis concentrated and worked hard to get top points for a 45 minute freestyle.

Endurance interview

The following is an interview with Karen Martin. Karen hasn't mentioned this in her interview, but I believe she came 3rd or 4th in her age group in the endurance program last year. Just a sensational outcome!

When did you first move to Noosa and join the Masters?

I moved to Noosa in 2007 and joined Masters in 2011.

Do you enjoy living in Noosa?

I love living in Noosa, I love the climate and the people here.

How long have you been swimming endurance program?

I started swimming Endurance in 2012

What advice would you give to others?

Bob McCausland taught me this. "If you want to achieve top points in your swims, especially the longer distances, work out the time you need to achieve halfway through, or every 200m.

Have a plan and ask your timekeeper to keep a check on your goal and shout out whether you are doing well or need to speed up".

What was your greatest moment swimming endurance?

It would have to be swimming for an hour non stop in breast stroke, freestyle and backstroke. Also swimming under 9 mins for 400m freestyle (8mins 48sec). It was

a miracle ...never happened again!

How does your involvement influence others?

When I started Masters I couldn't swim more than 50m

When I started Endurance, my times weren't important, it was important to me to swim a distance without stopping. When I swam the longer distances 800m etc if I needed to stop I did. After a while I didn't need to stop as my technique and fitness improved.

My next goal was to improve my times and then my next goal was to learn how to turn properly. Each swim I would focus on a technique, eg, a touch turn at one end and a tumble at the other. Other swims I would pick another thing to focus on, eg high elbow or position of head in the water.

After about 18 months my times improved, I went from 800m backstroke 35mins down to 20mins.

Commitment, persistence and enjoying swimming leads to achieving goals!

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576

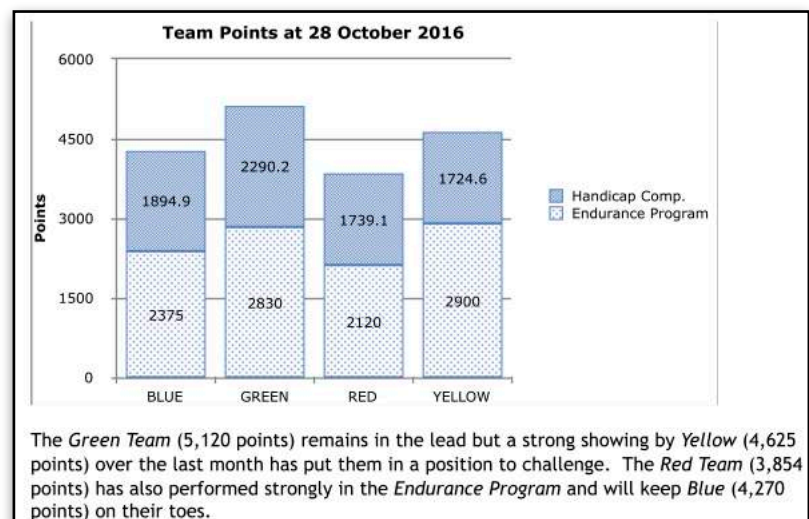
quentinlee1957@gmail.com

Triathlon
Good luck to all those
participating in the
Noosa Tri !!

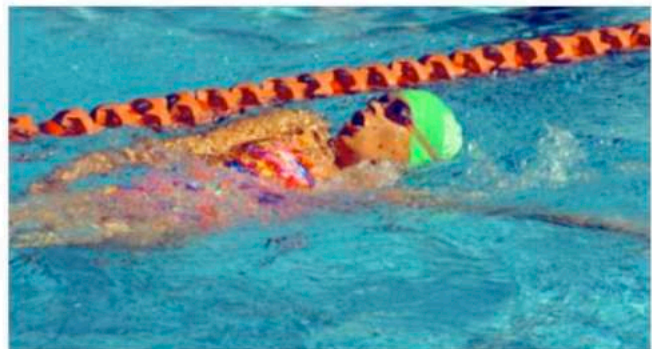
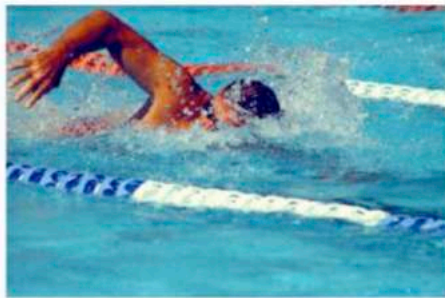
New Series : Handicap Event

The first of the new series of Handicap Events on 2 October was well supported and - as usual - a lot of fun. We are all eagerly anticipating the next one to see if we can peg back the lead of the "Green Machine".Team.

NOTE: November Handicap Event has been waived in favour of the Diabetes 10km Fundraiser.



OCTOBER : HANDICAP RELAY EVENT



STATE ENDURANCE CHAMPIONSHIP TO NOOSA HEADS SURF CLUB

On Saturday, 1 October, the Noosa Heads Surf Life Saving Club sent a team to Mermaid Beach, Gold Coast to contest the Queensland Surf Life Saving Endurance Championships, the first carnival of the 2016-17 season. Age groups were from under 13 years all the way up to 70 plus years.

With 27 clubs represented, Noosa was placed first in the overall points score, ahead of Northcliffe and Maroochydore. Events were SWIM: 1 and 2 kilometres; BOARD: 2 and 4 kilometres, and SKI: 6 and 8 kilometres.

Noosa Masters Swim Club members in the team were Peter Fidler and Tony Frost. Peter won the 60 plus years 6km ski paddle, whilst Tony placed second in the 1km swim.

Peter's wife, Julie, showed a clean pair of heels in the 1km swim and 6km ski - a magnificent effort for a young 60 year old lady.

... Tony Frost



NOVEMBER

Owen Curtis	4/11
Bruce Warren	16/11
Sue Silburn	17/11
Sam Penny	20/11
John Hordyk	29/11

A very select few this month!



Merrill's Melbourne Cup

Put on your fascinator, bring a small plate+ wine/beer to share

Tuesday, 1 November 2016 from 12 noon

12 Coast View Parade, Doonan

Tel: 5471 0075/ Mob: 0407 160 210



OCT /NOV CLUB BREAKFASTS

The October breakfast was cancelled. We were unable to find an available Sunday for members to attend - Noosa Tri volunteering, Sunshine Coast Swim Meet and then Pan Pacs and Bunnings BBQ. Hopefully November 27 will work.

Meantime, we are organising what has become an annual fundraising breakfast for Diabetes Australia to be held on Sunday 13 November

... Carola Henderson



WELCOME BACK ... KAREN & ROD BARTON

Karen & Rob Barton arrived in Noosa on the evening of 20 October - jet lagged and weary. There is no escape in Noosa, they were immediately spotted (in spite of their efforts to hide under the table) at the Tewantin Noosa Bowls club grabbing a quick meal before hitting the sack.

The Bartons are here for only a month and can't wait to get to the NAC for a swim and to catch up with all their old Noosa Masters mates where they are sure to receive the warmest of welcomes.

.... Ed

CLINTON ROSE TO THE CHALLENGE



Clinton recently competed at the Police and Emergency Services Games held on the Sunshine Coast 8-15th October. It just happened to be **Down Syndrome Awareness Month** and Clinton wanted to show everyone out there that he could step up and be counted, so he nominated to swim seven events.

The spirit of friendly competition has been extended to embrace competitors from New Zealand and other Pacific nations. From 1999, all Emergency Services personnel were also invited to compete. There were 50 sports overall contested.

Clinton competed in 50m, 100m, 200m, 400m and 800m freestyle also 50m and 100m butterfly. He trained hard under the watchful eye of coach Jan Croft at the Noosa Aquatic Centre and Georgina Madison his personnel trainer at the gym. Clinton was made very welcome and came home with seven gold medals awarded in the Multi-Class Division.

He opened the eyes of many service people and their families showcasing his courage to swim against the land of the giants.

He also raised awareness that although he was born Down Syndrome, given the opportunity you can achieve anything.

We all agreed Clinton did Step Up For Down Syndrome Awareness Month

... Sue Stanley

We all agreed Clinton did "Step Up for Down Syndrome Awareness Month"



He qualified as a current member of Queensland Lifesaving, being a beach patrol member of Sunshine Beach for the past ten years. Clinton loves being on patrol and of course everyone knows he loves swimming.

First held in 1984, the inaugural Australian National Police Games were founded with the intention of bringing Police Service personnel together under a common banner of sport.





First of all, I must thank everyone for making me feel so welcome, I have enjoyed every moment so far since my partner Stewart and I moved here in July. I am lucky to have found not only an awesome part of the world in which to live, but such a great swimming club and facilities.

Anyway, when Wendy asked me to write a bit of a story about my background, I knew it would not only have to be a condensed version, but also, I haven't been in the club too long and can't afford to lose any friends! So I'll give it my best shot!

Well, my family were 10 pound poms who arrived in Adelaide in 1969 and I was the youngest of 4 kids, my dad having just retired from the Navy after 30 yrs. We settled in the illustrious suburb of Elizabeth with all the other immigrants. You may have heard of Elizabeth as the satellite city built with this purpose in mind, with it's big Holden plant (recently closed) which provided the majority of work for the growing number of new arrivals. It also was home to many well known bands and musicians such as the Twilights, Masters Apprentices, Jimmy Barnes and other members of Cold Chisel plus Doc Neeson from the Angels.

It was a great place to grow up and I think my family were more than happy with the huge back yard, above ground swimming pool and wide open spaces.

HI, EVERYONE ...

Unfortunately, in more recent years, Elizabeth has become better known for high unemployment, flanny shirts, moccasins and has now taken on the mantle of the worst suburb in SA in which to live.

Growing up, our next door neighbours Bonny and Jim Skipper - a couple of Cockneys - had an in-ground pool in their back yard (very fancy, we thought) complete with a changing room and all, and Bonny offered swimming lessons to all the local kids. At age 3 I spent the first summer firmly attached to the hand rail despite her best coaxing to let go. However, my swimming career was about to take off when, the next summer, my brothers and I were invited over for a swim one weekend and they asked me if I could jump in or not? There was no way I was going to admit to them I was a rail-dweller, so in I jumped and off I went.

I went on to join the local swim squad where I swam until I was about 12. I competed in local carnivals, was OK but no record breaker. I also competed in the SA team in the National lifesaving titles when I was 14 - but unfortunately SA managed to finish just in front of Tassie for last place. Once again, nothing much to write home about! Funnily enough, but not surprisingly, Queensland came first.

That was about it for competitions for a number of years while I was doing all the things that a teenage girl did which was far more exciting at the time than following the black line up and down the pool!

After that, I was busy bringing up 3 very active daughters (who also swam), until I joined the Tea Tree Gully Masters at about 28. It was then that I rediscovered my love of swimming. I tried just about all sports growing up from tennis to hockey, netball and even ballet, but always came back to swimming.

In the following years, apart from international travel, I moved from Adelaide to Victoria, then to the Mid North Coast of NSW, back to Victoria on the Mornington Peninsula and now of course up here to sunny Noosa. I've lived by the ocean the majority of my adult life and couldn't imagine anything else. I have always continued to swim but somewhat inconsistently until now. I had been out of the pool for well over 18 months before moving here. I had a developing vegan food business (yes I'm one of those weirdos) in Melbourne, that was taking all my time and swimming had taken a back seat, unfortunately.

Oh, and the other thing you should know about me if you already don't, is I'm a crazy mad Sydney Swans supporter ... so, you could imagine my joy when I found a kindred spirit in Bruce! Needless to say, any AFL chit chat would be more than welcome! My other love in life is music, especially my all time favourite band AC/DC! I have seen every concert since 1980 and the last few times they toured, including last year, I slept overnight out the front of Ticketek to make sure I got tickets! I also have one hell of a record and memorabilia collection.

So, to sum it up I'm a head banging, vegan, Swans supporter from England, via S.A, Victoria and NSW who now has adopted QLD as home. Oh, and I love classic Australian muscle cars, of which I have owned a few and I still drive a Holden! I guess you can take the girl out of Elizabeth but ...

If I haven't scared anyone off I'd love to chat with you and see you at the pool!

... Julie Hollowell

Quote of the Month

"Happiness and satisfaction in life is a warm heart and a healthy body"

... The Dalai Lama

Your photos

EXTREME READING

THE PRIZE HAS JUST GOT BETTER! GET ACTIVE!

Each month extreme readers have the chance to win a Lumie Body Clock Active (RRP £99.95)

FEATURES RADIO

lumie



Enveloped in ice or warmed by the sun, *Swimming Times* travels to Australia and Swe-dun!

WINNER!

It was an icy start to 2016 for swim teacher and avid *Swimming Times* reader Louise Redfern when she saw in the new year and celebrated a special birthday in Sweden.

Louise, whose swim school Starfish is based in Waterhouses, Staffs, and husband Mark arrived in Kiruna to minus 13 degrees.

She said: 'We were given special thermal suits and boots to wear. We

NOOSA MASTERS SWIMMING CLUB MAKES THE UK NEWS



On New Year's Day, Louise's 50th birthday, she visited the Ice Hotel and took some essential reading with her in the form of *Swimming Times*.

Louise added: 'It was magical - the temperature was minus 5 degrees inside and all the sculptures were amazing.'

Karen and Rod Barton of Southport SC (pictured, front left) share their copy of *Swimming Times* with members of the Noosa Masters Aquatic Club during their trip to Australia.

Karen said: 'When we take *Swimming Times* over with us, it's always enthusiastically read by the Aussies. The coaches and members at Noosa are always very friendly and make us very welcome, letting us join in their early morning club training in the warm sunshine.'

Apparently, Joyce Harrowby, now Joyce Faunce, who swam in the British team in 1939, and was mentioned in one of our articles recently, is a member of this club, though unfortunately she is not in this photo. She continues to be an inspiration to other swimmers.

The Bartons first went when their son, David, was on a gap year before he went to university. 'He was in Perth with a friend,' says Karen, 'and we stayed with them for a week and thoroughly enjoyed it there and then went over to the east coast. Also, we hired a camper van one year and travelled from Melbourne up to Brisbane over 12 days, stopping off along the way.'

'We stumbled upon our favourite place Noosa as, when I saw the sign for the Sunshine Coast, I thought that sounded like a good place and we've been going ever since. We swim three times a week, early morning with the club, and we are always made welcome.'

'I really recommend to anyone a visit to the Sunshine Coast. It is simply idyllic. If you get the chance, go!'



Send your photos to: **Extreme Reading, Swimming Times, SportPark, 3 Oakwood Drive, Loughborough University, LE11 3QF**
Email: swimmingtimes@swimming.org

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Challengers Chatter

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