

CHALLENGERS' CHATTER

OCTOBER 2017

UQ MASTERS SWIM MEET

Saturday, 7 October 2017



George just touched out for a great icebreaker swim (as George called it) having had almost 12 months out of the water. He is now in training for the 2018 year as he enters the rarified elite as a competitor in the 100+ age group which he declared he will give a red hot go and seek to blitz the current world swimming records. Good Luck George and Mick will be pleased to have got that race out of the way. The rest of the day was pleasant and whilst the Noosa team was relatively senior compared to the University team we came third overall in average points per swimmer and 4th in aggregate total points for the day. A great result and always good to see you can compete until at least 100!!

... Regards, Ian Tucker

A lively bunch of 7 Noosa Masters Swimmers ventured to the UQ swim meet. A first swim meet for many years for the UQ club and a late start for everyone 3pm!! How would we all survive a late-night return to Noosa after lights out??

Rob Jolly was there to impress with his recent Euro form up against the Brisbane based teams, Mick Jones attempting his first race including a TURN whoa what could possibly go wrong??. Adele, Rob, Ian and Jo having to complete a 4 x 100m mixed medley relay as the last event of the evening under lights and Tricia and Linda out for more medals!!

The match up of the day came for new Noosa Star Mick Jones in the 25m free splash and dash seeded in the lane alongside the patriarch of Masters Swimming George Coronos who at 99 years young is still ascending the starting block for a dive start. Well, Well, the looks in the pre-race marshalling and the

folded arms (Mick Jones) said it all. George ignoring any attempt at intimidation by the young bloke from Noosa went about his usual warm and pre-race psych out of anyone who dared suggest he was past it!! The gun went off and it was on, Mick slightly ahead at half way and a fast finishing



CONGRATULATIONS

**Tony Frost, Jana Clancy and
Clinton & Sue Stanley**



Tony Frost

[Thousands of Australians have been chosen to carry the Queen's baton](#) on the final stages of its journey to the 2018 Gold Coast Commonwealth Games.

Launched on March 17 by Queen Elizabeth II at Buckingham Palace, the relay will take 388 days to reach the Gold Coast for the Games.

It is due to arrive in Brisbane on Christmas Eve.

More than 3,500 baton bearers will bring the baton across the country to the opening ceremony on April 4, 2018.

Here's what Tony Frost had to say about how he feels about this ...

"To be chosen to carry the Queen's baton in Noosa on Monday, 26 March next year, only days prior to the start of the Commonwealth Games on the Gold Coast, is certainly a privilege and accepted with pride. Having carried the Olympic torch along the Esplanade, Peregrin Beach, prior to the 2000 Olympics, Sydney, and the Queen's baton along Hastings Street, Noosa Heads, leading up to the 2006 Commonwealth Games in Melbourne, this one came as a complete surprise! Why was I chosen? Good question, but probably will never know. Possibly, I guess from my

volunteering in locally based water activities in our community.

At the age of 8 years, I joined the Manly Amateur Swimming Club, Sydney, and at fifteen was invited by a fellow swim club member to join a Surf Life Saving Club. My reply "When I finish my schooling." True to my word, I joined Long Reef SLSC two years later, the day after I left school. After completing my Bronze Medallion qualification in quick time, I competed in my first carnival at Bondi Beach on 22 January, 1960, and last (for the moment) at North Kirra this year, competing in the Australian Championships and winning a Bronze Medallion in the 2 kilometre ocean swim for competitors 70 years and above.

That friend, who in 1955, asked me to join a Surf Life Saving Club, has remained in contact all these years, and we still keep in touch by way of phone calls, e-mail with occasional catch-ups.

After moving to Noosa in 1988, I transferred my membership to Sunshine Beach SLSC, where I am an active patrolling member, now in my 59th year of beach patrolling in the Surf Life Saving Association movement.

Whilst in Sydney in the 1970s, I was involved with the Nippers, for 5 to 14 year olds as Club President and Coach of the Manly Warringah Branch team, several members of which had moved to be successful in their chosen sport:

Olympic Games, Los Angeles, 1984 : Mark Dalton, basketball .

Olympic Games, Seoul, 1988 : Simon Upton, swimming.

Commonwealth Games, Brisbane, 1982 : Richard Cahalan, swimming.

Commonwealth Games, Brisbane, 1982 : Matthew Renshaw, swimming.

:

Commonwealth Games, Auckland , 1990 : Richard Cahalan, swimming. NRL : Player, then Coach : Ivan Cleary.

At Sunshine Beach SLSC, Nippers was formed in 1993, and I was involved as Secretary for the first 3 years, then Chairman for the next 4 years. Most satisfying to see so many graduate from skills learned through Nippers, to now being productive members of our community : doctors, engineers, lawyers, IT specialists, nurses, paramedics, school teachers and parents, to name a few.

In the early days of Nippers, I realised that Noosa was handicapped by a lack of appropriate swimming pool facilities for young children (and also adults) to learn and practice.

A public meeting was held in 1994 and a further one in 1995, from which the Noosa Olympic Pool Association Inc. was formed, with their goal : a 50 metre pool for Noosa.

The battle had just begun, but on 1 May, 1999, the Noosa Aquatic Centre was opened by Queensland Premier, Peter Beattie, and the rest is history!

It was a privilege to have served as President of NOPA , from its formation in 1995 till its dissolution in 2000, after it had achieved its goal. "The most passionate, determined and committed group of individuals with whom I have worked. To lead them may have been hard work, but the result pleasurable."

The Noosa Masters Swim Club was formed within months of the Noosa Aquatic Centre opening, and having been a member since day one, I have met some characters of life, whilst enjoying a sport that I love : swimming.

As I carry the Queen's baton, I am sure to be thinking with pride of the great community in which we live ."

Queen's baton relay

DESERVED HONOUR:
Champion swimmer and Noosa
Queen's Relay baton bearer
Jana Clancy.



FOR 35 proud Noosa achievers and community inspirations, carrying the weight of the Commonwealth Games symbolic journey in their hand should be one of their life highlights.

Among those selected to carry the Queen's Baton through Noosa are swimming champion Jana Clancy and veteran surf lifesaver Ross Fisher.

They and their baton relay team-mates will be cheered on by crowds of well-wishers when the baton arrives on Monday, March 26 as part of the 100-day countdown to the 2018 Commonwealth Games on the Gold Coast.

Jana Clancy, who holds 35 world records for Down syndrome swimming, said: "I'm proud to be able to carry the baton."

"I just found out last night, it feels amazing, and it will be a big moment. I'm happy for my family that I can do this."

Ms Clancy was also born with epilepsy and has had to deal with major foot deformities.

She has defied doctors' predictions and lived through three major open-heart surgeries.

Despite her disabilities, she has represented Australia on five occasions, swimming at the World Down Syndrome Swimming Championships where she won eight gold, six silver and seven bronze medals.

Noosa Heads president and lifesaving masters competitor Ross Fisher said: "For me this is all about representing the Noosa Heads Surf Life Saving Club and the history of the club in our community."

"Next year Noosa Heads Surf Life Saving Club is 90 years old. How fitting that we celebrate our 90th birthday as we are part of the Commonwealth Games in Australia."

Noosa Queen's Baton Relay Working Group chair Councillor Joe Jurisevic praised the community for nominating so many inspirational locals.

"Baton bearers represent our diverse community and we are proud of all of the great people who contribute so much to our local community in Noosa," Cr Jurisevic said.

"I encourage everyone to come out and join in the celebrations and cheer on your local baton bearers," he said.

Noosa's baton bearers: Ron Boyle, Lisa Campbell, Jana Clancy, Zak Crozier, Tiffany Di Ianni, Neville Duus, Andrew Fermo, Ross Fisher, Tony Frost, Sonny Granger, Bella Gray, Matthew Horder, Ian Jobling, Brad Kahlefeldt, Allie Langford, Peter Lewis, Vanessa Mekanovic, Jordan Mercer, Cohen Meuleman, Abbey Morcom, Shane O'Dell, Electra Outram, Yvonne Pattinson, John Pearson, Warick Redwood, Greg Rogers, Alfie Shacklock, Moira-Anne Shewan-Knowles, Emma Snowsill, Clinton Stanley, Susan Stanley, Geoff Wade, Joanna Waites, Rachael Witton, Harrison Wright.

... courtesy
Noosa News, 30 October 2017

Noosa Heads Surf Life Saving Club Nippers with Noosa Councillor Joe Jurisevic and Melbourne 2006 Commonwealth Games Baton bearer Clinton Stanley.

Noosa will again welcome the Queen's Baton Relay, and the news is bringing back memories for baton bearer Clinton Stanley who carried the baton through Noosa in 2006 for the Melbourne Commonwealth Games.

With the baton again heading for Noosa, this time bound for the Gold Coast in 2018, the champion swimmer is urging others to carry on the tradition.

... courtesy
Noosa Today 6 March 2017





MERRILL'S MELBOURNE CUP

Put on your fascinator; bring a small plate,
maybe a chair and wine/beer to share

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from 12 noon

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NOVEMBER 2017 CLUB BREAKFAST

Sunday breakfast for **November** will be held on **Sunday 26 November**.
It will be the turn of **Lane #3** and any who swim in **Lane#4**
to bring the food for breakfast.

... Carola Henderson

MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	25/17	Centenary Pool, Brisbane
25	SC	North Mackay Sinkers	QNS	Central	07/17	North Mackay SHS Pool
26	OWS	North Mackay Sinkers	QNS	Central	26/17	Pioneer River, Mackay
DECEMBER						

Birthdays
of the Month

NOVEMBER

Owen Curtis	04/11
Julie Bott	05/11
Anne Besser	09/11
Corals D'Ott	15/11
Sue Silburn	17/11
Sam Penny	26/11

*Happy Birthday to you all
From all of us*

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



COACH'S TIPS



Reasons for doing long dog paddle as a drill

This is the best drill used to focus attention on both the catch and the high elbow position in the pull phase of the stroke —key to DP is that the arm never breaks the surface of the water.

Perform normal arm stroke under the water.
Catch, pull, push — but once the hand has finished the stroke, bend at the elbow, putting thumb to armpit and then push the hand under the surface of water to starting position in front of the body.

Perform all drills at a good tempo or you will sink!

Happy swimming ... Cheers, Jan

**Age is just a number ...
quite a large number ...
21,915 days**



Sensational, Sexy and SIXTY

Celebrating with his Noosa Masters friends was just the beginning ... Quentin Lee had a GREAT birthday with all his family coming home to help celebrate this special BIG-0.

QSC SWIM MEET : KAWANA



Saturday 21st of October dawned clear and warm, well - in our dreams anyway! A trusty group of seven Noosa Masters swimmers made their way down the motorway to Kawana for the Sunshine Coast Masters Swimming Club long course meet. Wendy I, Jacky, Lois and myself car pooled, while Rob Jolly, Greg Bott, Charley Moore and Viv Merrill drove themselves. Our numbers were depleted with Jo having to withdraw due to injury, Viv had been seconded to assist with the refereeing and Wendy helping out with the timekeeping.

In truth, the day was wet and cold and the clouds lifted a little mid-morning only to become constant rain and wind after the extended lunch break. The club marquee was erected in prime position only to see our soggy group huddled in the centre to avoid the worst of the weather.

However, we held true to the Noosa spirit and raced our socks off. Sam Penny made a late appearance, having misjudged the timing of the 200m races. He still managed three races, refusing to "warm up" in the conditions and came home with a Gold medal.

The event was well run in trying conditions and the after swim BBQ and entertainment from the four piece band, Girl Friday was excellent. Unfortunately, there was a delay in getting the final results out and Rob Jolly volunteered to stay to collect the medals while the rest of us made our way home to a hot shower!

The outcome for the day was: Gold to Sam, Lois, Greg and Rob, Silver to Linda. Greg managed to take the raffle winning mantle from Jacky by winning three raffle prizes. It looks like Julie Bott's birthday and Christmas presents are covered.

Let's hope that next year the weather is kinder and that our club members better support this local event.

... Cheers, Linda



Noosa's Come & Try Days



An enthusiastic bunch of Come & Try participants attended the first round of our recent C&T clinic. We were very lucky indeed to have the services of Karen Martin who tailored the program to suit the varying abilities of the team.

The results are that we had over 15 register their interest in attending, good numbers during the first two weeks. Unfortunately the third week was held in pouring rain.

However, a couple of brave souls made the splash and we completed the program last Tuesday. Roger, Chris, Wear and Christine are all keen with Leith, Paul and a couple of others still deciding.

Overall, we have had three or four new members join or have confirmed intent to join so a successful outcome and I hope that you all join me in welcoming our new members.

A special thanks to coach Karen, Viv for assisting and all the members who help welcome and swim as part of the clinic and the coffee drinkers for sharing your experiences with the new participants.

Just as a reminder we are running a second round of C&T starting on Sunday 12 November for three weeks and I hope we can get the same level of support this time around. The C&T will run independent of the regular Sunday squad and again be coached by Karen Martin with assistance from other coaches.

A special mention to the QLD State Government for their generous support and funding that has enabled the club to undertake this program and purchase much needed equipment and continue the training and development of coaches.

Please tell your friends to come along. I have some flyers to put on community noticeboards if you can help?

Regards, Ian Tucker
Mob: +61 411 880 006



September AGM

In last month's Chatter we managed to introduce you to our new Committee, following the AGM in late September, but were unable to include the following couple of photos which tell their own story.



Wendy Ivanusec was quite overcome after the Club bestowed Hon.Life Membership upon her.

Ian Tucker was delighted to receive a great bottle of red in appreciation of his good work while President



SUNDAY, 29 OCTOBER 2017

... A BIG MORNING !!



Here's the wrap ...

5th Sunday Endurance Swim

Well done Noosa Masters: you've done yourselves proud!

The response to this morning's '5th Sunday' Endurance invitation was overwhelming ...

(so much so that this little black duck was feeling a little stressed!! My apologies if I growled at you.)

It was quite a challenge to put a workable roster together, and I needed you all to swim and time as allocated, to get through all the swims on time.

We did it!

To the backstrokers, bravely sharing their lanes (Wendy I. & Karen Barton) you were magnificent. (I need a lane to myself to swim backstroke)

To the folk who appeared magically when I didn't think we had enough

timers to make it all happen (Owen, Kerry, Maree & others ...) you were magnificent!

To Jo Matthews, whose lane was denied her when it was pointed out we shouldn't be swimming in Lane 4 !!! (I'm sorry !!!) you were magnificent, and gracious too.

And Tricia tells me we have earned another astonishing 700+ points! Yay us!

Everyone turned out to thank Mark Besford for his 9 years of coaching

Lovely to see Mark Besford and thank him for his 9 years of coaching, he told us he won't be going far and hopes to re-join the Endurance programme in 2018. We sincerely hope so, Mark! We miss your happy face!

GREAT breakfast organised by Lane 2. Mark Powell thanked all the volunteers for the Noosa Tri, Wednesday morning could still do with a few more.

Lois Hill is collecting your entries for the Aquaticious meet on the 25 November. Lots of relay events.



ENDURANCE 1000 REPORT

October 2017



Overview

Hi ks - our goals remain the same - a minimum of 200 points for every swimmer and 20,000 points by the end of spring.

As at mid October 2017, we were slightly behind the target we achieved in 2016. Our work effort has dropped off on the Tuesday's endurance sessions. This was largely the result of some of our swimmers having completed the full program of swims.

However, on the BIG PLUS SIDE we will have gained points from the Black Friday session held on Friday, October 13 which Jane Powell organised. A convivial picnic was enjoyed by all at the conclusion of the endurance met.

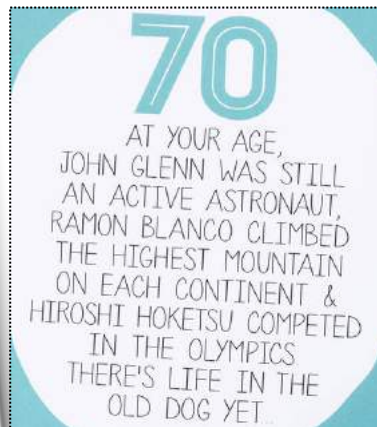
Jane also organised the endurance event on Sunday, October 29, 2017. This was in lieu of our usual training session. We had a terrific role up and thanks go to many of the swimmers who were able to undertake the longer distance and timed swims. This will really assist in bolstering the overall points tally.

What can I say except "Thanks again Jane".

Also, it was great to see Wear Armstrong, one of our newer members who participated in Endurance for the very first time. CONGRATULATIONS on a 1 hour freestyle swim. Hopefully, there will be many more to follow.

Rod Alfredson
Coordinator
Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com

People are saying you're 70 Lynette, it must be FAKE NEWS !!



Lynette Clemitson celebrated her 70th Birthday & swam an 800m Backstroke.

**Seventy is fine
When you look 59!**

Thank you Grant for organising the cake.



Please support our sponsors

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