

# CHALLENGERS' CHATTER

OCTOBER 2018



**WEAR ARMSTRONG - TAIWAN'S NATIONAL CHAMPION**

**“ A Star is born ”**



The Taiwan Masters Swimming Competition was held at the end of September 2018.

Two days after Tom and I arrived, we went to East Taiwan for the competition. I begged my Mum to come with us because I needed someone to look after Tom whilst I swam. Unfortunately, Tom doesn't like his grandmother very much and most of the time he only wanted me. In one of my photos you can see me pushing Tom in the stroller around the pool for those two days. My team's rest area was in viewing float-form, so they couldn't help me either. Tom doesn't like anyone except me so that made it a really tough situation.

During the two days of the competition, I have met up with so many friends, made new friends, and Tom got so many fans. He became almost more famous than me at the pool. People wanted to take photos with him instead of with me.

It reminded me of two years ago when I was 9 months pregnant. Many people wanted to take a photo with me at the same competition. When they realised that Tom was the baby inside my belly, they were all surprised!

At the Nationals I competed in four events and two relays. I broke four records - 50 free, 100 free, 50 fly and 100 fly. The Taiwan swimming fan page wrote about me on their Facebook.

*The record I broke in the 100m fly was previously held by a famous Taiwanese Olympic swimmer. She is a famous coach now and the record had stood for 9 years.*

I entered another small competition where I set four new records. Because of this, I (as well as Tom) have secured sponsorship from a swimming company.

After the flight back to Taiwan and my hard life in Australia, I am really happy that I broke those records.

I also appreciate how Noosa Masters Team has kept giving me power and a passion for swimming.

In the future, I hope I can go to the next Taiwan Masters with my Noosa Master team mates. I cannot wait to introduce my beautiful country to everyone!

... Wear Armstrong



# Noosa Masters at Sunshine Coast Carnival

by Lois Hill

## 27<sup>th</sup> October 2018

The sun shone this year for the 13 swimmers and 5 supporters at the Kawana Aquatic Centre, the last club carnival for the year!

The photos show how much Adrian Wilson, Brian Hoeppe, Felicity Hawkins, Greg Bott, Helen Malar, Jenny Nock, Julie Bott, Karen Barton, Linda Hogg, Lois Hill, Rob Jolly, Studley Martin and new member Greg Armitage enjoyed the swims. Bill Burt, Fran Wilson, Liz & Rod Alfredson and Rod Barton came to support — than you to all for time-keeping, especially to Fran, Liz & Rod for their all day stint!

The program ran very smoothly – congratulations to QSC!

A few remarks - Most swimmers swam 5 events and all swam so well, and thanks to Julie for re-organising the relay teams both of which won their races, helping to boost the club points.

Noosa won the Large Club Points trophy. (No – I didn't break it – it was left in Sheila's car all day for protection, but the heat melted the glue so it came unstuck from the base – thank you to ever-handy Mick Jones who has offered to repair it!)

Jenny, Studley and Karen finished with perfect scores, and we “doff out hats” to Jenny for doing some hard swims in the heat (100 Fly & 200 IM).

Our English swimmer Karen overcame her nerves, and the heat, to place first in all her heats in very good times – judged the Noosa swimmer of the meet with her fast, steady times!

Helen swam very well all day - was firing in the 100 breaststroke in a time of 1:50.9 “That's a good time for the amount of training I've done AND I had air in the tank at the end Pan Pacs here we come!”

“Twins” Rob & Brian judged their entries and times very well with each Gold medalling the same age group, with wins in all events bar one, where each placed second. Much planning went into their entry events!

Hot times of the day came from 2 guys hitting over the 500 mark - Adrian Wilson (578-50FS) & Rob Jolly (514-50 Breast) – well done!!

Felicity and Linda swimming in adjacent lanes in some events and having a battle Royale - both very happy with the swims: Flick “I've hit a couple of targets, and very close to another”.

Welcome and congratulations to Greg Armitage in his first carnival as a Noosa-ite. He swam very well with 4 firsts and a second - hitting great points times in 50 (480!) and 100 (450) FS. Watch out for Greg in our relays now!

Thanks Noosa swimmers for a happy, fun meet – now looking forward to Pan Pacs and 2019 Carnivals!



QNA informal group at QSC Kawana 2018



The crafty 'twins' preparing strategies



The Noosa Team + trophy



Helen Malar - last medal in 60-64 ... moving up next year!



Jenny, Greg, Helen, Lois

# ALICE SPRINGS MASTERS GAMES - 2018



Front page news !

Great Fun had by the 'team', including a ring-in, Alan Cameron, along with his wife Gillian, from the NSW Sapphire Coast team (he's based in Merimbula).

Here are the daily reports from the magnificent outdoor pool at Alice – marvellous setting with a backdrop of ranges.

## Alice Springs Games Report

### Day 1-Saturday 13 October

*The Roving reporter in Alice Springs-*

"We brought the rain!! Or maybe it brought us, as it rained the morning of our arrival, then thunderstorms during Friday night."

The Noosa contingent of Ian and his harem Adele (#1), Jo, Robyn, Lois & Corals all arrived safely on Friday after an uneventful flight— Highlights were the magnificent views of the desert and countryside around Alice! Lowlight – Adele had to navigate check-ins & registrations without her lost driver's licence.

First event: On the blocks at the Rock Café for dinner Friday night: Excellent meals of kangaroo and fish. Madam President surpassed herself – 3 glasses of wine, 'couldn't shut her up, and had to leave her there with minder to get her home! "Have to finish off the last drop!"

**Day 1** off to a good start with Adele leaving her mobile in the cab Friday night, then her 'Where's Wally' hat on the shuttle bus and Lois misplacing water bottle. All found later. Hopefully the last of the missing items report, and more swimming!

1<sup>st</sup> off the blocks -Robyn led off with a 400 Freestyle – "I DID IT!" "Another endurance swim for the books" Well done Rob!

*The next 3x400s resulted in 3 Golds and 3 Games Records-*

**Ian in 400 FS** -- "Uggggh my new style went down the gurgler, legs gone at 200m, but equalled the entry time." The on-the-spot coaches' report - "great relaxed style – very important!". Time 5:55.12.

**Adele in 400 Backstroke - Another** lovely, relaxed-looking swim in 8:31.25 with big negative split in her last 100. Yoga pays off!

**Jo in 400 I-armed Fly -3** timekeepers were booked up to time the start "Can I do a good 50 start to make sure I can do 50 fly in a relay?" Yes – convincing swim in time of 8:33.84, she's in the relays (Whew!).



Womens Medley 'Dream Team'



The Noosa Team



Ian & Adele Tucker

**Presentations**, then time to catch shuttle to the start of the march to the Opening Ceremony. Lots of people, funny clothes, cheering crowds lining the road, the town band serenading the marchers... ..

Cool Down time ...Noosa roving reporter.

### Day 2-Sunday 14 October

*from Roving Reporter #2*

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

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

We were all pleased we were swimming and not running in the heat!

# Alice Springs Masters Games ... photos



Ian Tucker 800 Free Pres'n with Dawn Fraser



Lois Hill 50 Back Pres'n with Darryl S



Ian Tucker 100 Breast Pres'n with Darryl S



Adele Tucker 50 Back with Steph's sister Monica



Noosa 280+ Medley Team  
Lois Hill, Alan Cunningham, Jo Matthews, Ian Tucker



Lois Hill medalled



A taste of things to see



Jo Matthews with Darryl S



Winners are Grinner !!  
Jo Matthews, Ian Tucker & Adele Tucker

## Website snippets...

Day 4 :Women's Medley Relay team 240 to 279 we won a bronze !!

## October 17 at 4:49 PM

Wow!! what a great time we have all had over the past 5 days @ Alice Springs Masters Games!

Today Ian and Lois swam 800 freestyle - Ian winning Gold and Lois Silver ... well done!

Had a beautiful lunch and final presentation of awards for highest aggregate points in age group. Very proud of Ian - 6 Gold medals and winner of his age group!



When and where it all began ...  
Robyn Selby, Lois Hill, Jo Matthews, Adele and Ian Tucker.

**STOP PRESS**

Our next club breakfast will be held on **Sunday 2 December** (too many things happening on our scheduled date of 25 November) on the pool deck after swimming. It will be the turn of **Lane #2** to provide the food for breakfast. This will be our last breakfast for 2018.

# AGM and Honorary Life Membership



At the club's recent Annual General Meeting the new committee was elected.  
L-R Treasurer - Viv Merrill, President - Jo Matthews and Secretary - Tricia Chalmers



At the club's recent Annual General Meeting, Hon Life Member, Wendy Ivanusec (centre) explained to members the exceptional contributions which had had measurable benefits to the club and its membership, over an extended period of time, that Bob Morse (right) had contributed since 2003 and why he was now being awarded a most well deserved Honorary Life Membership of Noosa Masters Swimming Club by current President Jo Matthews (left)..



Retiring Secretary, Linda Hogg was thanked by President Jo Matthews



**Tuesday, 6 November 2018**

Jane & Mark Powell have kindly offered to host Melbourne Cup this year.

Now is the time to sort out your outfit. Look out for more information, nearer to the time.

## It's Noosa Tri Time

Please volunteer for the Noosa Tri ... we still need a few for Friday 2/11.

It's really easy to enter online. Copy and paste the following link.

<https://vmodcui.active.com/volunteer/jobs?eventGroupId=1183202&jobGroupId=212702>

Thank you in advance for your support.

This is one of the club's main fund raisers



Once last month's edition of Chatter was compressed, it seems the embedded video of Rob Jolly's breaststroke swim win/record was not playable. Copy and paste the link to Dropbox so you can see and enjoy Rob's great finish and hear his enthusiastic cheer squad ... such fun!

<https://www.dropbox.com/s/kb7c6vw6ldsks7h/VID%20100m%20Br%20Brit%20Masters.mp4?dl=0>

# Noosa Masters Outback Odyssey

*Contributed by Corals D'Ott - the only non-swimmer in the group  
which was comprised of Ian and Adele Tucker, Jo Matthews, Robyn Selby and Lois Hill. What a team!*

*Noosa Masters 5 days in the Outback  
around Alice Springs - post ASMG  
18<sup>th</sup> - 22<sup>nd</sup> October 2018.*

## **HOT – DAMN HOT.**

Well that about sums it up – but wait there's more ...

After a wonderful relaxed and friendly swim meet at the Alice Springs Masters Games where all Noosa swimmers' many medals clanked rudely as they moved it was on to the next adventure.

Rules – take one small bag only, leave the rest behind, need to participate in loading and unloading the trailer, assist with food preparation and washing up – sometimes in cold water. There will be no luxuries. Be prepared for the red dirt.

Our driver, guide, cook and mentor all rolled into one 24 yr old 6'3" Kiwi package was called Guy – must have been like herding cats but cannot speak too highly of his efforts. Of course the young things on the trip – especially a ravishing French girl – all made a beeline for him – we more mature people can only dream of such attention! I think in all we numbered 16 – some stayed on for 4 nights, others only 3 and included a great mix of nationalities.

We suffered for the first couple of days with a dog of a 4WD bus. Aircon broken, seat belts not working and the bus in general disrepair. However, at the Olgas a replacement magically appeared,

and spirits were lifted. Poor Guy, he must have been over the trip before it had even started!

The wonders of the NT are not to be taken for granted. Each day temp was up to 38degC and we marvelled at and hiked Uluru (personally, I found it quite malevolent up close) Tata Tjuta (the Olgas), Watarrka NP (Kings Canyon) and Ormiston Gorge on the West MacDonnell Ranges. All gorges and monoliths were magnificent and breathtaking with Adele walking out of her boots – hooray for duct tape – Lois leaving toe skin behind and Robyn climbing over rocks in sandals.

Lunches and dinners were wonderful, fresh and simple – thanks to Guy and his HO planning but we will not mention breakfast which was a bit of a struggle. Generally, the camp sites were in the bush with plenty of bore water but only solar mainly to charge phones and cameras and gas to heat water. Tents were surprisingly comfortable being canvas wrapped around a steel structure with an extra fly over top and solid floors and iron beds with mattresses and a pillow. Almost Glamping, but not quite, due to red dirt everywhere. Much better than I expected.

All sites had plenty of water and some had very large showers and toilets facing alternative ways with only 3 tin walls and no doors – behold the outback in all its glory

as one attends to ablutions! Water was heated for showers by lighting a wood fire under an old gas cylinder. Frankly it was so hot none of us bothered.

Some of the sites and gorges had great swimming holes – some not so good and not so savoury. Water surprisingly cold. But great to feel clean and refreshed.

The last night was spent on an Aboriginal owned property about 100k down the old Ghan railway road SW of Alice – also known as the Finke Road. This was our second 4WD trek on the tour and the most remote. No tents but a shelter for eating, running water and 2 showers and one loo. Were far too tired to use the showers – ah ha – all except Jo of course who remained sparkly clean all the way – someone must keep up the standards.

The VERY BIG THING of that night was that sleep was only possible in Swags which can be intimidating in the outback with snakes, spiders, dingos and the likes.

I can say that the Noosa Masters did their club proud and all snuggled down in the almost full moon around a big camp-fire and only Ian got attacked in the night by ants as he was hot and did not zip up. However, he deserved it as he had been lavished that same night by birthday cake and candles and was the only guy in our party of 6, so had to take the fall!



Group from the Outback Tour



The Noosa Bathing Belles



Nighty Night !

# Noosa Masters Outback Odyssey ... cont'd



Uluru - Adele, Robyn, Lois, Jo, Ian

Yours truly had to wait until the moon went down at 4am to see many shooting stars, *the space station roaring across the night sky* and millions of stars looking out for us. It was a memorable experience.

Next day we spent an interesting time with two indigenous rangers on all manner of culture and tradition and also took a bush medicine walk.

What seems to our eyes as just a piece of scrub could in fact be an antibiotic. Every plant seems to have some benefit for medicine or hunting or just living. Makes one think of possible alternatives to our synthetic world.

I am sure everyone else in the party could add pages to this summary – it was a truly memorable experience – more so because of the company. Thanks to all for your wonderful company!



Ian assisting with dinner



Adele's boots in tatters



Uluru is HUGE !!



The new trusty steed



Luxury Camp



Jo traversing the Olgas

ANOTHER REPUBLICAN  
RUINS HIS FUTURE  
POLITICAL CAREER



**AUSTRALIA at the OLYMPIC GAMES**  
in the **EARLY YEARS**, with a  
**FOCUS on SWIMMING**



A presentation by  
**Dr Ian Jobling**

**St Andrews Anglican Church**  
**Sunshine Beach**

**Sunday, November 25, 2018**  
**at 4.15 PM**

**Tickets, incl. Afternoon Tea:**  
**Adults \$10; Students \$5**

**NB All Profits to be shared by**  
**Noosa Masters Swimming Club & the**  
**Sunshine Beach State School Chaplaincy Program**

Ian is an Olympic Historian &  
Honorary Director,  
Queensland Centre of Olympic Studies  
Queensland Olympic Council

Further information: [i.jobling@unq.edu.au](mailto:i.jobling@unq.edu.au)



1896 ATHENS -Phaleron Bay



Paris 1900-River Seine



1908 London--within the Stadium



1912 STOCKHOLM  
Fanny Durack & Mina Wylie  
- gold & silver medallists

# Trans-America Adventure -Part 3 - final

Hello to everyone from Montana - *Big Sky Country*.

After completing our ride through Idaho, we crossed another state border into Montana. It's hard to describe the big sky tagline for Montana, apart from the feeling that we were riding under a big big sky! There are always mountains to be seen, often on all four sides of us, but they are way over there, while we are under this big sky in between. Montana is also home to other big things - moose, elk and bears. Grizzly and black bears call the forests of Montana home. A few sightings of bear scats, bear paw prints and bear spray on the shelves of convenience stores let us know that bears were around and carbo loading for their big sleep. Unluckily (or luckily) we did not see the real thing.

## Where we've been

We've been immersed in the story of the Nez Perce Indians. After leaving the homeland of Chief Whitebird and his tribe at the end of our last update, we followed the middle fork of the Clearwater River, home to Chief Looking Glass and his people upstream for two days, passing through the small towns of Kooskia and Powell. A couple of days later we were in Montana following the Bitterroot River between the Bitterroot Mountains and the Sapphire Mountains. These were the grazing and farming lands of Chief Joseph and his people. Our final days were spent in the Beaverhead Valley. During these days we were often staying in rustic forest lodges. An absence of phone / internet provided everyone with a pleasant break from external communication.

In between our river valley cycling days we had a great rest day in Missoula, the capital of Montana. It's

got a nice country sort of feel to it, and provided an opportunity to visit the headquarters of the Adventure Cycling Association.

This is another iconic organisation for Anne, so we were happy to have Emily from the mapping department show us around their building and operations.

## Food and drink

When you are cycling about 100km a day, food and drink become very important. This time we'll focus on drinks. One of the traditions of Woman Tours rides is that every time a group crosses a state border, they provide a pre-dinner margarita party. So while Sue was

thinks it tastes like dental mouth wash! It's a soft drink made from the sassafras tree and is often consumed (especially after long rides) in the form of a Root Beer Float with ice cream (Yum, says Anne).

## On the bike

We've continued to clock up the miles, riding through ever changing landscapes. The Clearwater River lived up to its name and provided magical riverside vistas. Two days before the end of our trip, someone turned on the winter switch. A sudden drop in temperature meant that we had to rug up in multiple layers. An icy headwind made our 71 miles on Saturday from Dillon to Ennis by far the hardest day of our trip. Waking up to snow on Sunday morning meant that half of our group turned up for breakfast in non-riding clothes. As the snow and sleet continued, Cy called the day. No cycling. She would do a double shuttle of bikes and riders to our final destination of West Yellowstone. Bummer!

## What we didn't see

We went for 5 days without seeing a traffic light. Apparently there was one in New Meadows, which had been installed to enable people going for their driving test to have something to be tested on. Amazingly we did not see any African Americans. Not one! In fact, apart from a couple of students in Missoula, we did not see anyone who looked different to us. Everyone had white skin. Oregon, Idaho and Montana are the least multicultural places we have ever been to (including the Sunshine Coast).



preparing dinner on these nights, Cy would fossick out some local tequila supplies and become chief cocktail mixer. And then there is root beer. Anne likes it, Dyanna





## Trans-America Adventure -Part 3 - final cont'd

### Time to say goodbye

We had a final group dinner in West Yellowstone on Sunday night followed by a gamey sort of thing where everyone had put an item that they had travelled with onto the table.

A complicated set of rules with choosing, stealing and swapping meant that Vicki ended up with Dyanna's (now famous) pot of Paw Paw Cream and Joyce ended up with Anne's (almost equally famous) 1 Million Women T Shirt.

Cy finished off the night with a Dr Suess-style poem about our trip.

Many of the women, including Dyanna and guides Sue and Cy will meet in the same place next September for Part 2 of the TransAmerica ride to Wichita in Kansas. "Lucky them", says Anne. That's it from us!

This holiday has been great in so many ways:

- Socially: we met 27 new friends
- Educationally: all those history, geology and geography lessons along the way

- Physically: we got to ride our bicycles over 1800km and climbed 16.2km
- Restoratively: all that amazing scenery, where we couldn't help but be right there in the moment.

*Lots of love,  
Dyanna and Anne*



## Cape to Cape Bike Ride

Cape to Cape is a 4 day stage Race held in the Margaret River region of West Australia .

This year the race started at Cape Leeuwin lighthouse and finished at the famous Colonial Brewery .The course makes its way through a network of trails along the coast, through National Parks, forest, farmland, bike parks and bush before finishing four days later back at Margaret River. Roughly 210 km and 2500 of climbing in total. Each day riding between 45 km and 65 km with a mix of fast flowing single trails, downhill trails and fire trails Bardie finished each day smiling and it was obvious she loved every minute of it! First day at Cape Leeuwin was atrocious, lots of mud on the last section (see pic).

Forgot to mention Bardie picked up trophies for three of the days for third place each day in her age group and third overall in her age group on the final day; Great prizes, wine from Leeuwin winery, gin from the new gin distillery in Margaret River, plus new mountain bike pedals.

Very useful prizes!

... Jan Croft



Muddy Bardie



## Swimming may slow down ageing by decades

**From cradle to grave, swimming might just be the best exercise ever. Here, eight health benefits of taking a lap or two.**

Swimming is good for just about everyone. It accommodates all ages, stages, abilities and disabilities.

There's also evidence it can slow down the ageing process.

A long-term study at Indiana University Bloomington's Councilman Center for the Science of Swimming found that Masters Swimmers (over age 35) who swam roughly 3,200 to 4,500 metres (about 3.2 to 4.8 kilometres) three to five times a week, postponed the ageing process. And not just for a few years but for decades, according to traditional age markers like muscle mass blood pressure and lung function.

But you don't have to be a Masters Swimmer to benefit from swimming. Far from it.

"The health and well-being benefits start with a minimal amount of swimming," Councilman Centre Director Joel Stager is quoted as saying in the university's newsletter. "If you want the fitness effect, you'll need to look at getting your heart rate up and boosting the intensity."

Another study, by Dr. Steven Blair at the University of South Carolina, has shown swimming dramatically reduces the risk of dying. The study spanned 32 years and followed 40,000 men, aged 20 to 90. Those who swam had a 50 per cent lower death rate than runners, walkers and those who didn't exercise at all. *(Ed. This in spite of the fact that we all have a 100% chance of dying!!)*

**Here are some other known benefits to swimming:**

**1. It's kind to your joints and improves flexibility:** "Swimming is a form of exercise that's suitable to people of all ages because it's so easy on the joints," says Belgium-based Christophe Keller, who so loves the sport he created a website solely devoted to it, called [enjoy-swimming.com](http://enjoy-swimming.com). "The water supports the body so only a fraction of your weight has to be supported by your limbs. It also favours smooth circular movements rather than quick jerky movements that can strain joints."

**2. Helps you lose weight:** Swimming for half an hour can burn as much as 250 calories. Even a gentle swim can burn 200 calories. Since water is about 800 times denser than air, your body has to work harder in the pool, even though it might not feel like it is. Gliding through the water can be a glorious feeling.

**3. Improves mental health:** The British website [swimming.org](http://swimming.org) reports that swimming promotes feelings of well being, something the Centres for Disease Control and Prevention confirms. "For people with fibromyalgia it can decrease anxiety, and exercise therapy in warm water can decrease depression and improve mood."

**4. It's a great aerobic exercise:** Swimming increases your lung capacity and gives them a solid work-out. It's also been identified as a good form of exercise for people with asthma.

**5. Choose where you want to tone up:** Since swimming involves a variety of strokes that use different muscles, you can target the areas you most want to tone –

be it legs, upper arms, or stomach muscles. Keller's website includes [techniques for doing each stroke](#).

**6. It's cheap:** Unlike some sports which require a lot of equipment, swimming just requires a swim suit, bathing cap and of course a pool, which most cities and mid-size communities have. It's also a great summer exercise since you can cool down and work out at the same time.

**7. Suitable for all ages:** That's why they say swimming is 'cradle to grave.' You simply adjust the pace to your age and ability.

**8. It's social:** "If you swim regularly you'll most likely make new friends of all ages," says Keller, "since people not only swim at the pool but also like to relax, socialise and talk. My impression is that swimmers are usually positive and in a good mood."

If you aren't already a swimmer, but think you might like to start, first check with your doctor to make sure there aren't any health issues to take into account. You might even want to enrol in swim lessons. An instructor can not only help build swimming skills, but alleviate any fears you might have about the water.

"Take it slow in the beginning and progress at your own pace," suggests Keller. "Don't try to measure up to a 20-year-old speeding through the water. Instead, enjoy the experience of swimming – of floating and moving through the water."

[Diane Sewell](#) | August 11th, 2017

# Maryborough Swim Meet 2018

LiQun and her husband John were delightful company for the swim fest in Maryborough. It's a swim meet I always enjoy for its laid back organisation and the great BBQ after. LiQun did a couple of PB's in a very competitive age group with a total of 46 points. John and I were hoping for her to medal but, alas, not this time.....but it will happen!

LiQun is a lovely woman and will be an asset to our club. I will also encourage John to join the club as I can see a future member there as both are athletes waiting to shine.

The only words I can put to the photos are from someone else but I think are fitting.

*Make new friends, but keep the old;  
Those are silver, but these are gold*

... Rob Jolly



## Hall of Fame swimmer & coach Karlyn Pipes Wants to help you SWIM FASTER with less effort! Faster Freestyle and Multi-Stroke Workshops

**Sunday, November 25th, 2018 at the Noosa Aquatic Center  
Hosted by: Noosa Masters Swimming Club**

Coming all the way from Kona, Hawaii Karlyn will share with you the "secrets" to FASTER swimming!

*Schedule for Sunday, Nov. 25th  
at Noosa Aquatic Centre*

**Faster Freestyle workshop  
9:00 AM to 12 noon.** Using a variety of examples found in any aquatic environment, Karlyn will deliver a fun and fast-paced workshop designed to help swimmers and triathletes of any age or ability swim faster with less effort. Experience immediate results! **Lunch break 1:00-2:00**  
**Multi-Stroke (back, breast and fly) workshop from 2:00 PM-5:00 PM.** Swimming is a LIFETIME SPORT, so please give this workshop a go. Triathletes often

don't THINK they need to know the "other" strokes, but swimming is really BORING if you only swim Freestyle. Karlyn promises to teach you how to swim these strokes with EASE and CONFIDENCE... including the EASY way to swim FLY.

**Saturday evening social event with FREE inspirational talk.** Time and location TBD: Based on her book **The Do-Over**, Karlyn's odds-defying comeback story will uplift, engage and entertain audiences of all ages. This event is FREE & open to the public. Pre-order your autographed copy when you

register!

**Pricing:** \$225 AUD for the full day or \$125 AUD for either the Faster Freestyle or Multi-stroke Workshop

**About:** Karlyn Pipes was inducted into the International Swimming Hall of Fame in 2015 for setting over 230 FINA Masters World records. However, Karlyn is equally amazing as a **stroke technique coach** who loves helping swimmers of all abilities learn how to swim faster with less effort. For more about Karlyn and YouTube videos demonstrating her technique please visit [www.Karlynpipes.com](http://www.Karlynpipes.com) or <http://aquaticedge.org/>

**Questions & space availability:** [karlynpipes@gmail.com](mailto:karlynpipes@gmail.com) or [steph.laughton@gmail.com](mailto:steph.laughton@gmail.com)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

\_\_\_\_\_ \$225 Both Workshops (save \$25)

\_\_\_\_\_ \$125 Faster Freestyle Workshop Only

\_\_\_\_\_ \$125 Multi-Stroke Workshop only

Additional purchases:

\_\_\_\_\_ \$20 Karlyn's Memoir *The Do-Over, My Journey From the Depths of Addiction to World Champion Swimmer*

\_\_\_\_\_ \$30 GO SWIM All-strokes instructional DVD with Karlyn Pipes

Total: \$ \_\_\_\_\_

NEED PAYMENT DETAILS



# Sprung!

by Fay Canuse, special correspondent.

Well darlings, I did warn them! As my dear mama used to say, 'Cheats never prosper'. (Admittedly, that was before the banking Royal Commission.)

There was pandemonium at Kawana Aquatic Centre last Saturday. Lois, atop the podium, was basking in the glory of Noosa's winning 'the trophy'. Suddenly, all eyes switched to the inglorious sight of QNA's two famous septuagenarians being frog marched to a paddy wagon by agents of the Crime and Corruption Commission. Yes darlings, it seems justice had finally caught up with Brian ('Nifty') Hoepper and Rob ('The Boss') Jolly.

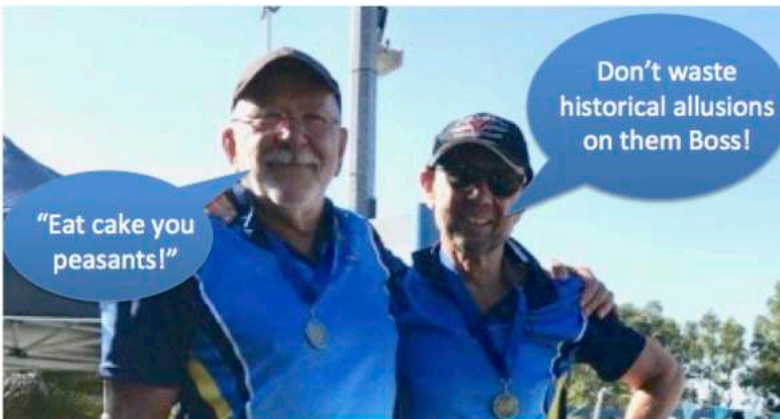


The charge ...

## CONSPIRACY!

A little birdie inside the CCC told me that they'd had the pair under surveillance for the whole year. You see, Nifty and The Boss had been combining mathematics with skullduggery to 'steal' the M70-74 gold medal at every swim meet. And it worked!

How often did we see them flourishing their gold medals and sneering contemptuously at their vanquished rivals?



Yes, they tried to throw the CCC off the scent by cleverly going 1-2 at Albany Creek. And, as the CCC net closed in more tightly, they both threw an event at Yeronga and settled for shared silver.

But they'd left behind a dastardly trail of criminality!





# Sprung!

*by Fay Canuse, special correspondent.*



And what a trail has been uncovered ...

**At Hervey Bay**, an ex-Olympian rival fails to emerge from the change room in time for his first event. An official finds him on the floor, nursing a bruised and purple knee. Nearby ... a baseball bat. 'Self-inflicted injury', the official declares (fondling the crisp banknotes in his pocket).

**Move on to Noosa.** It's the final event for the M70-74 age group. Nifty, the Boss and the ex-Olympian rival (remarkably recovered after six months) line up on adjacent blocks. There's tension. A whistle. Bodies tensed. The gun. Nifty and the Boss hit the water in unison. The rival doesn't move. Nifty, thrashing through the water, silently gives thanks to the genius that invented superglue!

**The season concludes at Kawana.** The stakes are high. The Boss and Nifty spend long hours 'in conference'. On the day ... anti-climax. The ex-Olympian, driving from Brisbane, fails to arrive. The 'boys' again collect gold. The next day's newspaper makes interesting reading ...

\*\*\*

I visited 'the boys' in the watchhouse last evening, expecting them to be full of remorse. But no, they're unrepentant.

'All's fair in love and war' chortled Nifty. 'When it comes to a choice between talent and trickery, it's a no brainer!'

'But' added The Boss, I didn't expect the trench digger to cost that much!'

'2019 ... bring it on!' they chorused in unison.

*Fay xx*

**Sunshine Coast Daily**

**Traffic Chaos**  
**Hoaxers close Kawana road**  
 Two prominent masters swimmers are being questioned by authorities about a brazen hoax that

# CARNIVAL CORNER 2018 NOVEMBER 2018

Diary dates of approaching carnivals for Noosa Club

Further information about these and other meets can be found on the MSQ Website

Last meet for 2018 other than OWS swims up north near Cairns!

## 7-10 November Pan Pacific Masters Games Long Course and Open Water (11 Nov)

If you're a late starter to come – Meriton Southport has dropped prices for next week!

Good luck to our 11 swimmers, and to Karen & Rod Barton who are also swimming (but for their UK club! – may let them in a non- mixed relay??)

## 2019 dates

**MSA Nationals-March 18-23 2019, Aquatic Centre in Marion, Adelaide:** Please contact captains ([captain.noosaqna@gmail.com](mailto:captain.noosaqna@gmail.com)) if you are now thinking of swimming at this. Most have booked accommodation already.

**11-13 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane** (accommodation suggestions Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)



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

If you're interested in the BRMGames, please drop a line to captains – some interest already-combine with a little holiday? And finish Games with an Open Water Swim—

**26 May 2019 Cairns Mud" Lakecrabs' Annual "Crater Lake Classic 2019** Barrine – Atherton Tablelands

### Summary from Masters Queensland website

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

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

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

Happy Birthday

## November

Owen Curtis	4/11	Corals D'Orr	15/11
Julie Bott	..5/11 (Big 60)	Sue Silburn	17/11
Anne Besser	9/11	Sam Penny	20/11

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

[https://www.youtube.com/watch?v=2cz25q2Q\\_Z0](https://www.youtube.com/watch?v=2cz25q2Q_Z0)

# ENDURANCE 1000 REPORT

## SEPTEMBER 2018



*Find out about the Million Metres Program*

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

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

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

**YES ... ONLY 7 WEEKS UNTIL CHRISTMAS. MORE IMPORTANTLY, WE ONLY HAVE 6 WEEKS UNTIL THE END OF THE ENDURANCE PROGRAM ... 18 DECEMBER 2018.**

As the end is fast approaching, we need to concentrate on earning the big points which are achieved with the long distance swims. We earn high level points through swimming 1500 metres or completing 30 minutes, 45 minutes and 1 hour swims. Don't be deterred. Our training sessions are longer than this. This will assist in minimising the aftermath of the Christmas New Year period food and alcohol binge. Much cheaper and less stressful than going to the gym.

I would like to mention a few notable swims during October – Quentin 1 hour freestyle; Karen Martin 1 hour freestyle 2000 metres; Studley 30 minutes freestyle 1775 metres.

The Bartons have returned and to shake off the jet lag Karen knocked off a 60 minute freestyle swim completing 3225 metres – Not Bad!! Irene Symonds has also returned from her overseas jaunt and put in a commendable effort with 3 swims on the 20 October ( 2x400 metres and 1x800 metres).

Brian Hoepper was not to be outdone completing 2x800 metre swims.

A list of points earned by each member as at the end of September 2018 was circulated in early October. An updated points score will again be circulated in early November.

*Regards, Rod*

Rod Alfredson  
Coordinator  
Endurance 1000 program  
Mob 0418 260716

### **The MSX standards have been reviewed and updated**

MSQ apologises for the delay in notifying clubs, however you will find that they remain as were posted for 2017. All the program details can be found on our website: <http://www.mastersswimmingqld.org.au/Programs/MSX>  
These standards will be reviewed again and updated in January for 2019.

### **Nationals - March 18-23 2019:**

Can the Club Captains please have your Expressions of Interest for this asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Please reply to [captain.noosaQNA@gmail.com](mailto:captain.noosaQNA@gmail.com) with a Yes /No/Maybe



### **Hello again ... Tip Time !! Some tips for Open Water Swimming**

Some of our swimmers will be doing the 1km swim Friday afternoon for the Tri and also PAN PACS the following week at Mermaid Beach.

1. Practice sighting. I have found the best way to sight is to lift the head and look forward as you are turning your head to breathe, limit how high you lift your head because your hips will drop.
2. Racing open water. Learn the course, look for landmarks, like trees, houses etc, that will help guide you in a straight line; you won't always be able to sight off the buoys.
3. Be warmed up and be prepared to go hard from the start and get out fast.
4. Draught when you can, draughting is part of open water swimming.

*Happy swimming - Cheers, Jan*

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>Bunnings Warehouse</b> Noosa Road &amp; Gateway Drive Noosaville QLD 4566 Tel: (07) 5430 5400</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>
<p><b>Zoggs Swimwear</b> E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p><b>Tewantin Priceline Pharmacy</b> 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p><b>Ironman</b> 24 Lionel Donovan Dve Noosaville Q 4566 Tel: 5430 6700</p>	<p><b>Tewantin Plaza Fruit Centre</b> Shop 7, 7 Poinciana Avenue Tewantin Q 4565 Tel: 5449 9550</p>
<p><b>Karen Martin Barber Shop</b> 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p><b>Paul Rily</b> Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 Tel: 5449 8800</p>
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<p><b>Orchids Florist</b> 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p><b>Dan Murphy's Noosaville</b> 17-21 Mary St, Noosaville Q 4566 Tel: 1300 723 388</p>
<p><b>Officeworks</b> 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p><b>Real Insurance</b> c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>
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