

CHALLENGERS' CHATTER

OCTOBER 2021

Maryborough Meet Summary ...

Swimmers came from 16 Masters Swimming Clubs across Queensland with 100 swimmers participating in the Maryborough Masters Swim Meet on the 23 October 2021.

Everyone loves the soft gentle water in the 50m pool, the meet went so well with Maryborough masters club team work. We all enjoyed the swimming, the friendship, the fun and the tasty BBQ meal and dessert to finish!

There were 12 swimmers from Noosa masters club, 9 female swimmers and 3 male swimmers. Medal winners were : Brian Hoeppe - Gold, Anne Besser and LiQun Hussey - Silver and Jo Matthews - Bronze.

Our Noosa swimmers also achieved 6 PBs altogether. Diane Scott-Davies swam her first 200m Individual Medley in a long course pool and set a PB of 3:41.31.

She carried on with another 100m Backstroke PB at 1:49.68.

Jane Powell achieved her 50m Breaststroke PB of 1:00.70, a massive 7 seconds faster than her previous swim.

Mark Powell also had a big PB in the 200m Individual Medley with a time of 3:25.83. It was a great swim Mark!

Jo Matthews smashed her previous best time over 50m Backstroke with a swim of 48.23.

And ... with a time of 9:13.84 LiQun Hussey powered to a new PB over her last 400m Backstroke swim two months ago.

Congratulations to Rum City Masters (large club) and River City Masters (small club) on winning the club trophies.

... LiQun
Club Captain



Noosa Masters at Maryborough meet 23 October 2021 The Quiz #1

1. Who wins the prize for the 'I know how to appear poised and confident, wear classy shades and look at the right camera!?'
2. Who, having been caught jaywalking by the Maryborough constabulary, tried to hide her identity (not wholly successfully)?
3. Who, through careful positioning, managed to have his head resemble a partly eclipsed moon?
4. Which club president is struggling to count the team members on his fingers?
5. Which generous colleague is giving him advice on this digital arithmetic challenge?
6. How many team members were actually ready to be photographed?
7. How many are likely to complain to the Chatter editor about this item?

Noosa Masters at Maryborough meet 23 October 2021 The Quiz #2

1. Name the person who is begging the club captain to not make her swim butterfly in the relay?
2. Name the person who is daydreaming about the delights of swimming butterfly, anytime!!?
3. Name the club captain who's now wondering whether she really wants this job, if this is what it involves!?
4. Name the person who's trying to ignore all this?



Maryborough Meet photos

... courtesy TaiShiDi Photography



LiQun Hussey & Greg Bott



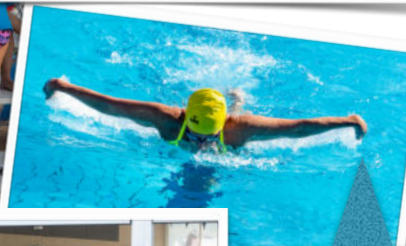
Medalists: LiQun Hussey, Jo Matthews, Brian Hoeppe, Anne Besser



Michael Besser & Greg Bott



LiQun Hussey & Julie Bott



Great fly, Jane !!



Jo Matthews - happy !



Above: Jacky Shields & LiQun Hussey
Right: Anne Besser & Di Scott-Davies



Brian Hoeppe & Mark Powell

The Lifestyle Lane : Swimming Etiquette



Jumping back in the pool after a long break? Has the swimming etiquette changed in public pools? Here are a few tips from our regular lap swimmers to keep you onside with other swimmers.

Allow Space

Don't swim on top of someone, so when they push off the wall allow 5 - 10 seconds before pushing off the wall yourself, especially if there are only two of you in the lane.

Butterfly

When swimming butterfly and passing someone in your lane, it is best to switch to single arm butterfly (with left arm) so you don't knock them out. This happened to Cate Campbell when Michael Phelps crashed into her during a competition warm up, so it can happen to the best of us!

Diving

Many pools will have diving restrictions so look out for no diving signs, especially in the shallow end.

Don't Stop

Try not to stop mid-lap. It can cause a traffic jam.

Exiting the pool

When exiting the pool to the side, wait for the swimming traffic to pass before switching lanes.

Lane Ropes

Don't sit on the lane ropes. This is generally a rule at most pools - they can break.

Lane Speed

Work out what speed you plan to swim each lap at, then jump in the fast, medium or slow lane (which we like to call the lifestyle lane!). Some pools will specify actual speed per lap.

Road rules

When swimming, stick to the left-hand side of the black line and swim in a clockwise direction. That way you will avoid a head crash mid-lane.

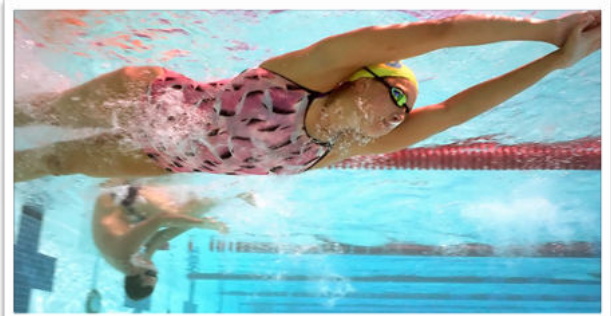


Touching People's Toes

If you are swimming faster than the person in front of you, you can try to overtake them or slow until you get to the end of the lap. People don't like if you keep touching their toes. If you notice someone is always swimming on your toes, let them pass at the end of the lap.

Waiting on the wall

Move to the side of the lane so others can keep swimming when you need a rest.



AND last but not least ...

If you DO hit someone, have the courtesy to stop and make sure they are ok.

Chances are, if you are hurting, so are they.

... Jane Powell
Welfare/First Aid/Endurance co-ordinator
... & OH&S monitor!

Catering - have you considered ???

Extract from Sandy Bolton's Newsletter ...

Tewantin Noosa Meals on Wheels have had another enormous year, with 43,857 meals provided, an increase of 21,006. These are incredible numbers and a direct result of the impacts of COVID. They sell pies and some preserves direct to the public and also cater for events! Just direct any enquiries to 5449 7659 or email tnmow@bigpond.com.

2021 NOOSA TRI VOLUNTEERING

After our Covid induced hiatus in 2020 it was great to get back into fundraising-volunteering mode for this years event.

A phrase that has been said by others and I find very apt goes along the lines that organising volunteers for an event is like “herding cats with air horns”.

If you add to the mix Ironman’s initial request for Blue cards and then the new on line registration system “Rosterfy” my job occasionally feels like I’m doing the above whilst riding backwards on a bicycle.

Any challenges in the preparation for the event were forgotten when on Wednesday morning our wonderful crew arrived bright and early at Noosa Heads Surf Club to prepare for the Run Swim Run.

The slightly overcast morning did not lend itself to photography but the wide sandy Main Beach was a perfect course for the Duathletes.

Young and not so young challenged themselves with a starting run down the length of the beach to the turning flag followed by a 200 metre or 750 m swim in the calm warm waters of Laguna Bay then for a challenging final run back to finish in front of the club house.

We had one minor incident when a young participant needed assistance at the run turn after the swim. Fortunately she made a rapid recovery when both a First Aid Officer and her concerned parent arrived quickly on the scene allowing her to withdraw gracefully from the race.

At the front of the pack the racing is always hotly contested whilst further down the field many find the event both character building and a reality check.

Friday Brekkie Fun Run for Breast Cancer Awareness is always well attended and this year was no exception with 1200 runners and walkers taking to the new course. With the wide beach this year, the runners utilised the boardwalk and the beach to clock up the 5 km after the 7.35 am start.

The early morning strong northerly wind did not portend well for the Noosa 1000 Ocean swim in the evening. Our 2pm re-group was uniformly surprised to find the bay relatively calm with only a light breeze keeping conditions comfortable in the 30degC heat.

Our cheerful and enthusiastic team of Registrars and Runners had the sign on tent humming as a huge crowd of late entrants lined up to make the most of the improved conditions. We even ran out of some cap colours !!!! 4 of the group took great delight in “numbering” the hot and some “not so hot” bodies.

Swapping positions just before race start, some of our Registrars joined in to swim whilst the rest of us took up Marshal positions at “start”, “turn around” and “finish”.

Congratulations to all those who competed. Coach Jan won her age group whilst Dana Galbraith was first of our members home in 15.42 then Studley Martin in 16.41. Diane Scott-Davies was not far behind in 16.57. Ian and Adele Tucker, LQ and Greg Bott all swam well. (Apologies if I overlooked anyone)

In all 626 swimmers completed the course and another half dozen or so pulled out at the half way turn.

... Mark Powell
Volunteer Co-ordinator

Late Addition to Mark’s report ... thanks to Head Coach, Jan Croft, here are all the times for the 1000m swim:

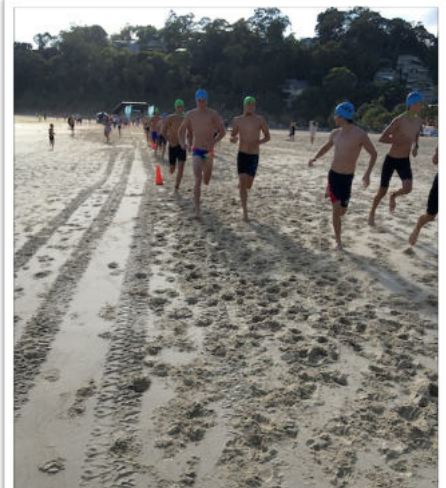
*Dana Galbraith	15.42
Studley Martin	16.41
Ian Tucker	17.02
Greg Bott	17.54
Diane Scott Davies	16.57
*Jan Croft	20.56
LiQun	22.23
Adele Tucker	24.53

Dana and Jan both won their age groups.

Our club volunteers did a fantastic job checking everybody in and marshalling on the beach. Well done to all of you, very impressive!



Friday morning vollies line up for an Ironman promo shot



Runners head up the beach



2021 NOOSA TRI VOLUNTEERING

Sunday morning 5.00 am sign on was complete with nine volunteers and an apology from Bob Morse.

After two big efforts on Wednesday and Friday Bob had to decline due to the strain of standing for five hours on a gammy leg with a recent surgery site. "Get well soon Bob, hope the leg heals well and we'll see you back in the pool soon".

The starts all went well with a few notable changes to previous years. There were only three or four wave starts being for the elites and para athletes. All the rest of the starts were rolling starts with swimmers in each wave self seeding relative to expected swim time. They then started in batches of four swimmers eight seconds apart for the individual competitors until we got to the teams where the groups of four were only four seconds apart.

Swim conditions were idyllic in the early part of the morning with Laguna Bay devoid of wind or swell or waves.

By the time the last of the team swimmers were rounding the back of the course the wind had freshened to 25+ knots of southeaster with some gusts strong enough to pick up a club rescue board and dump it 30 metres downwind.

Fortunately no one was in the way of that missile and there were no other incidents requiring action from our team.

I am not aware of any club members doing the whole triathlon but several members did the swim, however I do not know of their results. Studley Martin and Diane Scott-Davies weretwo team swimmers. Apologies to others —

A big "thank you" from me to all our volunteers. Without your help the club would founder and we would miss out on a lot of fun.

... Mark Powell
Volunteer Co-ordinator

Adele, Carola, Greg pens at the ready!



Adele enjoyed the whole thing!



Wednesday morning volllies



Check in



"They're off!!"



Christine + Linda



Robyn + Dee



Liqun



Happy competitor



Sun: Mark, Lois, Wendy I, Christine, Mick "that's it, folks!"



Fri: Another great roll up for the Fun Run before many headed off to school!



*Brian Hoeppe*r was able to have another great story published in Noosa Today. Reproduced here in case you missed it!

Liqu

It was 'touch and go' as Noosa Masters swimmers travelled north to Maryborough for the annual swim meet. Anxiety clouded the way, as the week's dramatic storms suggested a tumultuous disruption at the Maryborough pool. And, as chance would have it, this was the club's first outing under the dynamic leadership of new club captain Liqu

But the weather turned in dramatic fashion, and on Saturday morning the pool was drenched in sunshine that lasted the entire day. Casting aside rain jackets and gumboots, the twelve-strong Noosa team plunged into the warm-up lanes, ready for five hours of competition.

The team performed exceptionally. In a field of one hundred, four Noosa swimmers won age-group medals and five set a total of six new personal bests (PBs).

These PBs were particularly celebrated, as swimmers tend to slow up a little when Christmas beckons at the end of a demanding year of competition.

The Fraser Coast is rich in historical and environmental interest. The Noosa team made a weekend of it, with some exploring the historical precincts of Maryborough while others headed for the Hervey Bay beaches. For the latter, the weather had the last laugh. A planned boating exploration of the west coast estuaries of Fraser Island ('K'gari' to the Butchulla people) was cancelled by the tour operator. Unnecessarily, as it turned out, for Sunday dawned clear and sunny and stayed that way all day.

Some disappointment, but we'll be back again for next year's swimming, and more. New members are warmly welcome to join us.

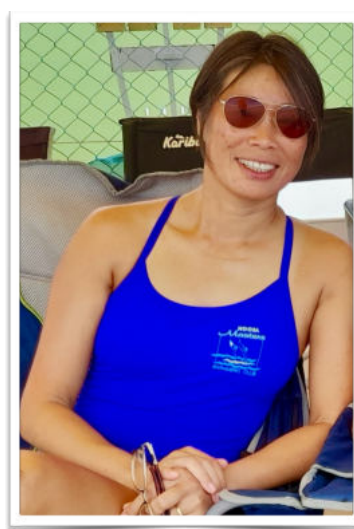
.... Brian Hoeppe



Noosa Masters swimmers at Maryborough meet.

BACK: Julie Bott, Jane Powell, Anne Besser, Jo Matthews, Brian Hoeppe

FRONT: Diane Scott-Davies, Linda Hogg, Felicity Hawkins, Greg Bott, Mark Powell, Jacky Shields, Liqu



Liqu Hussey, new club captain of Noosa Masters Swimming Club

CONGRATULATIONS JO MATTHEWS 3 MILLION METRES !!



STOP PRESS

NOOSA TRI WINNERS

Ashleigh Gentle won her seventh consecutive title, eighth overall, in the women's race.



After missing out on selection for the Tokyo Olympics, Luke Willian (1:47:13) celebrated his first Noosa triumph, emerging from a six-man pack that kept their buffer on the bike to out-sprint Nicholas Free (1:47:19) and Lorca Redmond (1:47:23), who both collapsed as they crossed the line.

Carnival Corner

Upcoming Events 2021

NOV28

Miami Masters LC Relay Meet

November 27 @ 1:00 pm - 5:00 pm
Southport.

NOV28

Big Barrine Bash 2021 OWS

November 28 @ 7:00 am - 1:00 pm
Queensland

The Big Ones 2022

20-24 APR 2022

MSA National SC Championships

Sydney Olympic Park Aquatic Centre, Olympic Boulevard, Sydney Olympic Park
Sydney, New South Wales 2127 Australia + Google Map

[Find out more »](#)

20-22 MAY 2022

MSQ SC State Championships 2022

Tobruk Memorial Pool, 370 Sheridan Street
Cairns North, QLD 4870 Australia + Google Map
Meet Flyer: More information will be available soon.

[Find out more »](#)

25-29 MAY 2022

World Masters Games 2022

Kobe Port Island Sports Centre, 6-12-1, Minatojimanakamachi, Chuo-ku, Kobe city, Hyogo 650-0046
Kobe City, Japan + Google Map

[Find out more »](#)

31 MAY-9 JUN 2022

FINA Masters World Championships 2022

Updated 5 May 2020: The World Championships will take place in Fukuoka, Japan, from May 13-29 2022, governing body FINA have announced last week. The worlds were initially due to go ahead in the Japanese city from 16 July to 1 August 2021 but the rescheduling of the Olympic Games to 23 July-8 August that year because of the coronavirus pandemic meant new dates had to be found. The World Masters Championships will now take place on the island of Kyushu (JPN), from May 31-June...

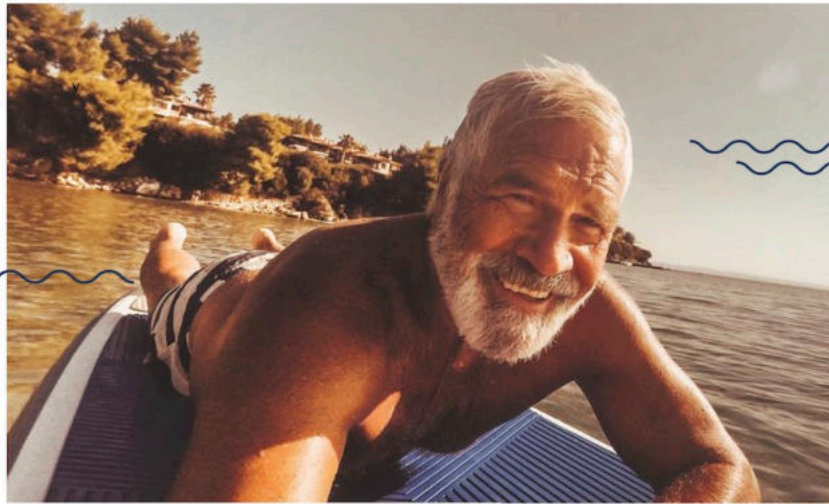
[Find out more »](#)

9-12 NOV 2022

Pan Pacific Masters Game 2022

Gold Coast Aquatic Centre, Marine Parade
Southport, Queensland 4215 Australia + Google Map
PPMG22 Swimming will be held over four days: Wednesday 9 – Saturday 12 November 2022 at the Gold Coast Aquatic Centre. More information will be provided when available.

[Find out more »](#)



SURF SKILLS FOR AGES 50 AND OVER

Did you know that rip currents are the number one hazard at the Australian coast with more than 17,000 rips in Australia on any given day? On average 21 people drown per year as a result of rip currents in Australia.

Our Surf Skills program is designed to increase your knowledge of our local beaches whilst greatly improving your confidence in managing beach conditions and emergency situations. You will be trained by highly experienced Surf Lifesavers who will cater activities to suit your individual capabilities.

Join us for a social morning tea at the conclusion of the program where we would be happy to answer any questions you may have.

This is an experience that could save a life!

Next Program: Wednesday 10th November 2021

Location: Noosa West Main Beach
(Beach Access 16 – next to Lifeguard Tower)

Time: 9.00am - 11.30am

Cost: FREE



OUR PROGRAM

- INTRODUCTION
Beach and Surf safety discussion
- RIP CURRENT IDENTIFICATION
AND SURVIVAL
- WADING AND BODY SURFING
- OCEAN SWIMMING TECHNIQUE
- HOW TO READ SURF CONDITIONS
- INTRODUCTION TO RESCUE
BOARDS
- BASIC RESCUE TECHNIQUES
- FIRST AID, CPR AND EMERGENCY
CARE

To register, please contact:

Janene Holland
Community Awareness Coordinator
Sunshine Coast | Surf Life Saving Queensland
E: jholland@lifesaving.com.au
P: 0427 694 034

This Month (November) in Noosa

SHE SURFS ... ON AT THE J

<https://mailchi.mp/be060a377c5d/this-month-in-october-7228934?e=d00a53167a>



November

Dianne Scott-Davies	4/11	Kathleen Gordon	8/11 (Big 60!)
Owen Curtis	4/11	Anne Besser	9/11
Sue Curtis	4/11	Corals D'Ott	15/11
Julie Bott	5/11	Susan Silburn	17/11
Kevin Alford	7/11	Sam Penny	22/11

Live Life and forget your age !!

INAUGURAL RACKLEY SWIM MEET

Noosa fielded five swimmers at the inaugural Rackley Swim Meet which had about 136 swimmers at the Centenary Aquatic center.

- Ian Robinson, Greg Bott, John Simonidis, Jo Matthews and Liqun Hussey

All the swimmers competed well on the day. No individual medal results were given out on the day but it is believed that Ian and Jo would have been first place in their age groups.

The swims were,

- Jo Matthews 200m fly in 4:05.6, 50m back, 50m fly, 100m fly and 50m breast, 50m fly, 50m free

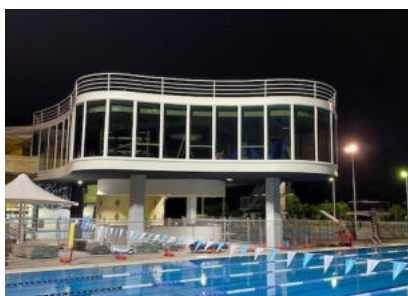
- Ian Robinson 200m breast in 3:01.87, 100m breast, 50 breast
- John Simonidis in his first competition did 50m back, 50m fly in a great time of 38.36 sec, 50m free, 50m breast and 100m free.
- Liqun swam the 200m breast, 50m back, 50m fly, 100m back and 50m breast.

Noosa competed in the Mixed Medley Relay at the end of the day and was also the best small club having the highest point score at the meet.

... Greg Bott

Extract from Rackley's webpage ...

Luck was on Rackley's side in more ways than one. The Centenary Aquatic Centre had months' worth of major work being undertaken to restore the heritage-listed building onsite. The photo below was taken just 2 days before the carnival, with the scaffolding even taking up two lanes of the pool! Thank you goes out to all of the Centre staff who worked hard to ensure everything was looking flawless for the carnival. It is a shame it couldn't be the preparation for the Pan Pacs as originally planned, but opportunities to compete in the turbulent world we live in at the moment are all valuable.



It's that time of year again ...

It's been two years since we celebrated Xmas in the Park and here we are again.

The weather was against us last year, so let's keep everything crossed for a perfect Noosa day.



• **Where:** Noosa River Park - opposite Robert St, Como Apartments

• **When:** Sunday, 12 December, 4.30 pm onwards

- **BYO:** Finger party food to share, drinks, chair.
- **COVID Care:** bring a mask and hand sanitiser, avoid shared bowls of food.

And for the fun stuff ... apart from eating, drinking and chatting.

- Bring a **Secret Santa** gift to exchange (gender neutral of course) with the added challenge of

• MAKE IT... BAKE IT... SEW IT... GROW IT

And don't forget the festive finery
Who knows you may win a prize.

PS : We will need a kind volunteer to get there a bit earlier to "Grab a Gazebo" perhaps with our sandwich board and a table



NOOSA MASTERS 2021 AGM

Thank you Jan for coaching a great squad this morning and the large number who turned up for the AGM.



Thankfully all Management Committee positions have been filled as follows:

President	Greg Bott
Vice Pres	Ian Tucker
Secretary	Wendy Nothdurft
Club Captain	Liquin Hussey
Treasurer	Studley Martin
Endurance	Jane Powell
Social	Chris Cooper

Congratulations to the new committee!!

Farewell and thanks for a job well done to ...

Kerry Blackwell	outgoing Secretary
Rob Jolly	outgoing Club Captain
Helen Malar	outgoing Club Captain
Denise DeCarlo	outgoing Endurance
Robyn Selby	outgoing Vice Pres.

Big "thank you" to Gillian Bensted for accepting the role of Welfare officer and to Jane Powell for the excellent service she has provided in the last 12 months.

Thank you all for your support to me and the Management Committee during the last term and good luck to Greg Bott in taking over as President of this fantastic club.


...Ian Tucker

Now for some fun ...



Hi everyone !!

Get out the fancy gear and start organising your cash

 You are invited to join the fashionistas and punters Jacky, Jo and Linda, for a day out at the races on Saturday, November 20 at Gympie Turf Club, 77 Exhibition Road, Southside Gympie.

Seating

A 6x3 m Marquee has been booked for Noosa Masters Swim Club on race day on 20 Nov. This means when you arrive at the track, there will be a marquee, with tables and chairs set up on the grounds for the use of you and your guests.

All marquees are labelled.

Money things

There are no EFTPOS facilities at the gate or track so it's a good idea to bring cash unless you want to queue at the ATM.

Entry is \$12 payable at the gate with cash on the day or beforehand online via the website.

Food and Drink

No BYO food or drink but you can get what you want any time from food and bar facilities.

You can order platters of food from the website to be delivered. Pay with cash ...

Transport

There is no public transport from Noosa on Race day so you will be responsible for getting yourself there. Linda investigated a bus and a maxi taxi which was very pricey.

Car pooling with a designated driver seems the best option.

Sounds like a fun day.

Give it some thought, check out your wardrobe and have a look at the website www.gympieturfclub.com.au or chat with Jo, Jacky or Linda.

I will send out a survey in the next week to see who may be interested.

We don't need exact numbers as people will organise themselves

Respond to this email address if you have queries.
christine.cooper7@bigpond.com

Cheers,
Chris Cooper
Social Coordinator
Noosa Masters Swimming Club.

ENDURANCE 1000 REPORT OCTOBER 2021



Hello!

This is my first Endurance Report, in my new role as Endurance Co-ordinator.

I stand on the shoulders of giants, as Rod and Denise, who've gone before me were so capable. I will warn you now, crunching statistics is not my forte', but I would like to mentor, encourage and support club members as they participate in this aspect of Masters swimming life.

Endurance swimming is a personal challenge, and also makes a significant contribution to the competitive club effort. Endurance swims are not races. They are a chance to practise technique taught in the squads, and improve your fitness. Its ok to pause, sip some water, catch your breath. We help each other, taking turns to swim or time swimmers and enjoy the fellowship on the pool deck and at the café after swimming.

Are you new to the squad?

... and wondering what this Endurance Swimming is all about? Please reach out to me and I will explain the program to you:

powell.markjane@bigpond.com

Statistics

We are well down on our annual point score at the moment, compared to October in previous years, but we still have time to boost that score! Please come along on Tuesday mornings from 7.30am and have a swim, be timed and earn points for your effort. Currently more women participate than men, so come on fellas, don't let the girls beat you!

Three of our swimmers have completed the whole program for the year.

Jo Matthews, Mark Powell and I finished this month. With a little effort, more of us can achieve this before year's end.

Five Sundays

October 31st will be an Endurance Sunday instead of regular squad, so if you are not involved in the Triathlon that day - competing or volunteering - come along to Endurance swimming, 7.30am as usual.

Don't know how to use a stopwatch?

We are happy to teach you!

*Enduringly yours,
Jane Powell
Endurance Coordinator*

COACH'S TIPS



Backstroke

Key to moving fast in backstroke is not to move the head.

Use arms and body as fast as you can. Head remains still even when body rotates.

If you move your head side to side your body will follow your head and you will move side to side down the pool.

Keep a neutral position tucking chin in just slightly, look up and slightly towards feet, (not too much).

Leaning into water keeps hips high. Lean in with back of head, there will be less drag to overcome.

Happy swimming - Cheers, Jan



The 2022 Alice Springs Masters Games are locked in for 1-8 October next year, so start planning (and training!) now. If you deferred your flights and accommodation from last year, make sure you rebook for 2022. We'll be in touch again to let you know about our confirmed Sports Program and when entries open. In the meantime, visit our website to find out more.



Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Bunnings Warehouse Noosa Road & Gateway Drive Noosaville Q 4566 Tel: 5430 5400</p>	<p>Ironman 24 Lionel Donovan Drive Noosaville Q 4566 Tel: 5430 6700</p>
<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>	<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction Q 4567 www.barbernoosa.com.au</p>
<p>The Great Little Bag Shop 105 Eumundi Square Napier St Eumundi on Market Days Wed+Sat 7.30 -2.30 Fri 8.30 -2.30 www.thegreatlittlebag.com"</p>	<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: 5449 5400</p>
<p>John Bird Jewellers The Atrium 91 Poinciana Ave, Tewantin Tel. 5474 4639</p>	<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632</p>
<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Noosa Junction Plaza Tel: 5447 2244</p>	<p>Live Life Pharmacy 22 Sunshine Beach Road Noosa Junction Tel: 5447 3478</p>

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809