

CHALLENGERS' CHATTER

SEPTEMBER 2016



Sunshine Coast Rio Paralympic Team



Lakeisha Patterson has been nominated a *Women's Health Magazine Australia* 'I Support Women In Sport' Award! Up for 'Moment of the Year', Lakeisha has been nominated for her incredible women's 400m freestyle S8 win in Rio.

Welcome Home Function for Sunshine Coast Rio Paralympians

The Rio Paralympians from the Sunshine were warmly welcomed in front of a full house at The Surf Club Mooloolaba recently. With standing room only these amazing athletes and support staff proudly accepted their special plaques from Sunshine Coast Mayor Mark Jamieson. Sunshine Coast Sports Federation Chairman Benny Pike was on hand to interview each athlete and wonderful stories of adventures and achievements were unfolded from the recent event. Coach Jan Cameron said, "The swim team were named the **PB Team** as they all performed personal best times in their events."

These inspirational **13** athletes and **2** Support Staff from the Sunshine Coast were: Bradan Jason, Michael Anderson, Rick Pendleton, Blake Cochrane, Logan Powell, Jacob Templeton, Guy Harrison-Murray, Lakeisha Patterson, Liam Schluter, Danielle Formosa, Gary Slater-Swimming, Kyle Bridgwood – Cycling, Gavin Bellis – Rowing, Jan Cameron (Coach) Swimming Brendan Burkett (Official)

Archer Ryan Tyack who won the first medal (Bronze) for Australia at the Rio Olympics was on hand

to present Lakeisha (Lucky) Patterson with an apple pie, the one thing she craved for after winning the first medal (Gold and World Record) for Australia at the Rio Paralympics.

Lakeisha (Lucky) went on to win six medals, 2 Gold and 2 World Records, 3 Silver and 1 bronze medal. The Sunshine Coast Paralympians won **9** medals, a fantastic achievement from all.

I felt very proud and privileged to be the event organiser for such a inspirational event.

... Sue Stanley





Kyle Bridgwood (Cycling) 2 Silver Medals his Mum has the other medal showing to friends



Former Senior Winner of the Sports Star of the Year Blake Cochrane Silver Medal (Swimmer)



Above: Sunshine Coast-based Paralympians (from left) Michael Anderson, Rick Pendleton and Blake Cochrane have returned home with a swag of medals



“YES YOU MAY ASK”: Where were the Down syndrome swimmers in Rio? The IPC still will not recognise and give classification to our Down syndrome swimmers. There are so many classifications in the Paralympics, we only want **ONE**.

There is no cheating at being Down Syndrome, you either have an extra chromosome or not!! I know this, as I happen to be the proud Mum of a wonderful swimmer and young man **Clinton** who was born Down Syndrome.

Thank heavens we have Down Syndrome Swimming Australia and our selected swimmers get to represent Australia at the World Down Syndrome Swimming Championships every 2 years.

... SUE STANLEY



Noosa Triathlon Volunteering

Yes, our opportunity again to earn some valuable dollars for our Club.

- Wed 26 Oct Run/Swim/Run at Noosa Main Beach, 5.00am to 8.0 am
- Fri 28 Oct : Brekky Fun Run , 6.30am to 9.00am
- Fri 28 Oct : Ocean Swim, 2.00pm to 6.00pm
- Sun 30 Oct : Triathlon : Swim Start / Swim Exit on Noosa Main Beach.

If you can help, please let Mark Powell know : Mobile : 0400004975



HELLO from the ROBSONS.

Welcome news from Tom and Marlene. They are planning to come to Australia next February, visiting Sydney and Noosa. This October, they will be visiting New York with their Vichy friends, Anne and Gerard, who are also known to Noosa Challengers when they also holidayed a couple of years ago. Tom's daughter has a 12 month placement in NYK.

They asked us to tell folks that the Bellerive Pool, Vichy, will again be hosting their annual masters swim meet on 3/4 June, where Rob, Ian & Adele have competed. Vichy is one of the jewels of French country, certainly a destination to never forget.

29 June to 2 July, the Bellerive Pool will be the venue for the French National Open Masters Championships.

2016 MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Waters Pool
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						

ANNUAL GENERAL MEETING



SAVE THE DATE : 16 October 2016
at 9.30am at the NAC in the Sunrise Room (Creche)

REMINDER: Nominations for the 7 Management Committee positions to be lodged with the Secretary by Sun. 2 October.

POSITIONS available for nomination:
President, Deputy President, Treasurer, Secretary, Co-Captains (Male & Female), Social Organiser and Endurance 1000 Co-ordinator.

OCTOBER CLUB BREAKFAST

Sunday, 23 October on the pool deck after swimming
Say "good luck" to our Pan Pac swimmers

Lane #3 and any who sometimes swim in Lane #4 providing the food
... *Carola Henderson*

DO YOU NEED A HOUSE-SITTER?

Rod & Karen Barton (UK) are well known to Noosa Masters and they are planning to visit us again mid-October for a month or so and would be delighted to look after your home if you are planning to be away at all during that time. They can be contacted on:

karenandrod@hotmail.com



COACH'S TIPS

Fly

1 Reach long - feel the water, catch then accelerate through the stroke to recovery. Same in breaststroke back and free. It is the acceleration that makes the difference

2. Relationship between hips and head is critical. When the head is up the hips are down and if the hips are down, three important things happen. With hips down, you kick down instead of back. Hips down means your body is in an inefficient position and your body is not streamlined

3. Soft hands and feet. You can't feel anything with tight tense hands. To improve your feel of the water relax and think soft hands

Happy swimming. ... Cheers, Jan

ANNE & DYANNA ... IN CHILLY CHILE

Hello everyone ...

The majestic Andes Mountains are below us right now as we fly from Santiago back to Rio.

Our 2-week holiday in Chile turned out a bit differently to what we had planned but has been just the contrast we needed between our two stints in Rio.

Dyanna's new email friend Carlos, with his small bike rental operation in Santiago was true to his word, and had two old, but sturdy touring bikes ready for us on our arrival in Santiago. After adding our own pedals, seats and pannier bags, we were ready to cycle our way along the "Ruta de la Fruta". This would take us through the Colchagua Valley - the central fruit and wine growing region of Chile, across to the western shore of the Pacific Ocean.

Rather than cycling out of Santiago, we caught a local bus to Rancagua, a largish town about 100km south. Once out on the road we realised we had two choices - quite busy secondary roads with no shoulder, and drivers who clearly weren't used to cyclists sharing their road, or quiet rural roads guarded closely by territorial dogs who seemed to take a particular dislike to middle aged women in bright yellow cycling jackets.

every city and town in this region with a road named after him. Of part Peruvian and part Irish descent, he liberated Chile from Spanish rule in 1817 using this central area as his stronghold.

We soon also realised that we were a couple of months too early to really appreciate the spring time in this part of Chile. The orchards and vineyards were still very bare of fruit or foliage, and the deciduous trees of the surrounding hills had none of their springtime greenery. A couple of overcast and very cold days added to the bleakness of our environment.

Of great consolation was the superb quality of the food and wine at the places in which stayed along the way. Never has grilled salmon or any of the other seafood they prepare so well, tasted so good. We discovered a particular type of red wine grown in this area called Carmenere. Each night we would toss up whether to order a full bottle or half bottle with dinner. Given the price differential was minimal, we normally went with the full bottle on the basis that we would leave what we didn't want. And then each night - there was none left in the bottle. Dyanna also became a connoisseur of the humble empanada as our preferred lunchtime snack.

After five days of cycling, Dyanna's hip conked out. After the flatness of the valley, it must have known we were heading into the hills, and decided that a heavy bike, a pannier, cold winds and an upward sloping road was not going to work. So from then on we travelled more "with" our bikes, rather than "on" our bikes.

We loved the variety of the places we stayed. After one night in an old Jesuit Monastery with a roaring open fire in our room, we spent the next few nights in Chile's surf paradise Pichelumu, with the waves breaking over rocks just metres away from our bed. At times we wondered if we should run! Pichelumu, with its dark brown sand, and dusty streets is not Noosa by any means, but our apartment on the rocks is one of the best places we have ever stayed, so we extended our stay by a couple of nights.

Valparaiso has also become a favourite place. Settled on 34 hills surrounding the biggest harbour and port in Chile, it still relies on nineteenth century "ascensors" (funiculars) to get people from the flat area to their homes in the hills. With its ancient trolley buses and world famous murals and street art, it now has UNESCO world heritage status. We joined two tours organised by a group of young Chileans called "Tours for Tips" which took us to some of the more offbeat places in Valparaiso and liked the tours so much that we did another one yesterday on our last day in Santiago - another of our now favourite cities.



Early in our trip we began to rely upon our patron saint - Bernado O'Higgins. Good old Bernie (or Libertador General O'Higgins if we felt particularly grateful) guided us carefully in and out of



So now we're home again after attending the fantastic Opening Ceremony of the Paralympics!

... Adios,
Anne and Dyanna

Ed" by the time you read this Dyanna will have had a hip replacement !

AUGUST CLUB BREAKFAST

A little bit of Aussie pride was on display at the August Sunday breakfast as a great turnout of members celebrated the Australian team's journey and successes at the Rio Olympics and Paralympics.

Green and gold tablecloths and balloons, Australian flags and the Olympic rings adorned the NAC pool deck as members tucked into the delicious breakfast - fruit salad and muesli, sausages, muffins, bacon and egg pie, smoked salmon bruschetta,



Above: Adele Tucker & Carola Henderson

Left: President Ian Tucker

Below left: Rob Jolly..sporting the visible signs of his latest successes in the pool.

Below: A good turn out of members and partners enjoyed the sumptuous repast.



croissants, chocolate crackles, apple slice and carrot cake - all supplied by Lane #2.

The raffle of a bottle of red wine was won by our President Ian Tucker

I'm sure he drank enough of that in France!! And the consolation prize (Aussie lollies and Aussie cap) was won by Quentin Lee.

Such a shame we will have to wait four years before we do it again. But wait ... Commonwealth Games in just two years time !!

... Carola Henderson

Ed: Thanks Linda for keeping the cameras rolling in my absence

NOOSA MASTERS AND THE OUTBACK

SAVING BILBY'S – UNSEASONAL (NEEDED) RAIN – UNBELIEVABLE BUS SWALLOWING MUD – HAIR RAISING 4WD DRIVING - ARTESIAN BORES – DESTRUCTO THE COCKROACH - OUTBACK PUBS & MORE...



THE BILBY!

In Brisbane I joined a band of volunteers from around Australia to travel to Currawinya National Park to do citizen science, under the guidance of Scientists, for the Save the Bilby Fund to help these cutesy wootsey mammals hopefully go from endangered to a sustainable population. This, of course, was just a front as I was really on a mission to win the Inaugural Yowah Creek Masters Swim Meet and St. George



Rain: Parched outback transformed



Left & Right THE PUBS
Well, a couple of the many !!



HAIR RAISING 4WD DRIVING:

Last chance to get out or be stuck for 4+ weeks. Doesn't look much but... The driver, Geoff, was chosen as he is one of the best in Australia – the only wheels that had some sort of traction at times where the front ones and you can't go slow or you bog and there were narrow cattle grids to go through – Geoff didn't



The bus swallowing mud



But we went back the next day!

DESTRUCTO THE COCKROACH:

Eulo – main street max. 300mtrs long is famous for its annual lizard racing. No cockroaches had ever outrun the lizards, especially the best lizard of them all Wooden Head. But then along came Destructo. He outran them all including Wooden Head only to be accidentally trodden on at the end of the race. Rumours abounded. Wooden Head and his owner have not been



NOOSA MASTERS TAKES ON ALL COMERS: Again winning all medals & both trophies at both swim meets for Noosa.

Inaugural Yowah Creek Masters
HOT Artesian bore water – did my swimming in the artesian spas.

Inaugural St. George Caravan Park Masters
FREEZING – but I did swim. Free beer for me around the fire that night!

This woman would not leave me alone after hearing of my swimming prowess!

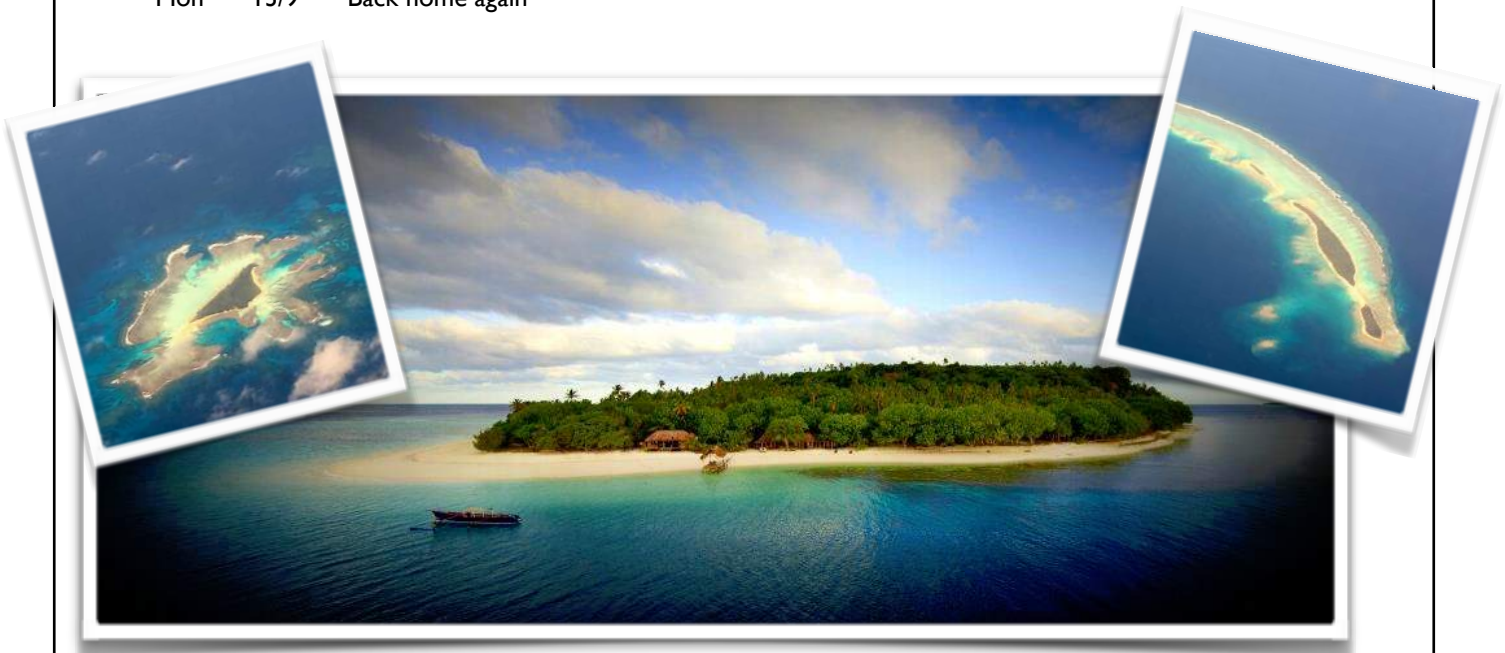


\$60 And You Can Adopt Your Own Bilby – 10 Friends \$6 Each – Easy!!

TONGA ... A WHALE OF A TIME

In a nutshell ...

Mon	29/8	Bris/Syd, Syd/Tongsatapau, TPU/Vav'au - outrigger to island
Tue	30/8	am R & R, pm swim up west side of Eukapapa - German Wilfried. Late pm bonfire.
Wed	31/8	Whale sighted, pizza - roast pork: oven broke down
Thu	1/9	Whale swim, sighted whales - pm Swim to Swallow cave - evening staff concert
Fri	2/9	am walk around island. pm Swim near Vav'au - high cliffs, -flying fish, water like silk
Sat	3/9	Whale swim - no whales: Ark gallery on way to collect supplies-
Sun	4/9	Boat trip to Eukapapa: walk to hilltop, burial mound, bonfire before dinner
Mon	5/9	Whale swim in pm. rough, Jacky saw whales
Tue	6/9	Whale swim/no whales. pm snorkelled, then Lois saw whale & calf near our island reef,. a few swam out - but whales moved away, disturbed by Homio or Joost kicking.
Wed	7/9	Whale swim: saw calf: swam along island next to German's.
Thur	8/9	Fine weather, swim/snorkel in front of fales. pm Island to island swim - ferried Megan & Ryan (Can) back to mainland. Yoga on beach.
Fri	9/9	Fine weather-whale swim - swam with mother & calf : picked up Maryanne & Mark (Fiji) - lazy pm. Surf (crayfish) & turf for dinner.
Sat	10/9	Whale swim: great swims on reef edge with mother & calf
Sun	12/9	(church) overcast , light rain early. Not much wind in afternoon. Umu feast for lunch
Mon	13/9	Back home again



After a dramatic false start on 25/8, I finally departed Brisbane on 29/8 clutching my new Priority Passport. In Sydney I met up with Jacky Shields and her sister Maxine from Perth Together we had an uneventful flight from Sydney to Tongatapu, arriving at 1.20am - yep, 1.20am. Surprisingly, we were greeted by a group of musicians strumming and singing and our airport transfer minibus was waiting to take us to the Scenic Hotel, where we spent the rest of the night in armchairs in the foyer - a sleepless night for me, but that Jacky can sleep on a barbed wire fence!!

The 7am flight to Vav'au was rescheduled to 12 noon, so a long day. We shared the plane with a funeral party of Tongans accompanying the coffin 'home'. Tongan cemeteries provide the ultimate examples of post mortem kitsch. Non-Catholic burial



sites consist of sandy mounds topped with artificial flowers beneath inverted gold fish bowls, plastic images or photos of JC, teddy bears, ribbons, banners, shells, volcanic rocks and beer bottles - often backed up with a handmade quilt. Catholics do monuments.

Flying from Tongatapu to Vav'au at low altitude in a small plane meant we were enthralled by the endless array of beautiful islands and coral reefs over which we flew. A taxi picked us up from amongst the funeral party at the airport and drove us on a single strip of bitumen to the other side of the island, through many small villages, each with its fair share of pigs roaming about.



TONGA ... A WHALE OF A TIME

The locals are worried that “their whales” could be killed by the Japanese hunting in the Antarctic.

Every year Humpback whales migrate 5000 miles from Antarctica to the warm and sheltered islands of Tonga - the longest migration taken by any mammal. They leave their feeding grounds to come to Tonga to mate and give birth, to raise their calves and teach the juveniles some of the most complex behaviour and social interactions observed in the animal kingdom.

All but a few days were cloudy, showery, windy with choppy seas and surprisingly ‘cold’ - not the ideal conditions for which we had hoped — no suntans to boast about. Each day began with coffee at 6.30am, breakfast for later was packed aboard our outrigger (tortillas wrapped around a variety of fillings - scrambled egg with extras mainly), a banana & coffee/tea..



Once aboard, we sat alert, perched up like a pack of Mir cats, heads swivelling in all directions, seeking our first glimpse of those elusive will ‘o’ the wisps. An arm shoots out - pointing ... “Thar she blows!” - a ripple of excitement runs through the pack. Mark (our host) positions the boat quickly .“No splashing, use side stroke”. We’re almost scared to breathe. We “slip” into the water and follow our Tongan leader. Suddenly his arm goes up - he’s over the whale/s - we peer down excitedly and there they were, two males, their fins and bellies etched in white. We were privileged to witness their breathtaking underwater behaviour, including a surreal graceful ballet.

Watch it for yourself ...

<https://youtu.be/JvPtUK3Xy3I>

Our hearts were racing with excitement. We were their guests and they can just leave when they feel we no longer belong in their world.

On other occasions, they took us on a journey tying us forever to the ocean. Emotional interactions between mothers and their calves, as well as their incredible activity above the water - breaching, slapping the water with fins/pectorals..

Treasure Island showed us that it is one of the few places on earth where these intense, close interactions with some of the largest, most intelligent and least understood animals on the planet can be done in the most peaceful and respectful way in their own natural environment, in pristine waters away from mass tourism..It’s not like Hervey Bay, folks, there’s a lot of ocean out there!! For me, it was a very moving, awe-inspiring experience..

The hardest part for all of us was getting back into the outrigger, after divesting ourselves of fins, via a narrow, folding ladder, often in quite rough conditions. Short legs proved a real handicap. There was a real knack to it. Wait for a swell to roll the boat and bring the bottom rung within reach, get the foot on,

wait for next swell, haul oneself upward with the roll, grasp the inside frame of the boat, hang there gasping for a moment, then heave a leg over the side ... made it!!



Treasure Island (Eueiki) - there is no beaten path to get off - it must be one of the most beautiful islands - the water could not be clearer, the sand whiter and the coconut water sweeter. There is only rainwater and solar or generated electricity. It was a rough, barefoot experience limited only by how much simplicity one can endure.

We visited a neighbouring island Eukapapa where we climbed to the top for a view and to see the (empty) tomb of a Tongan Princess. With no real path to follow we blindly followed our Tongan leaders. The pace was a slow hike. We tramped through the bush, picking our way through endless clumps of fallen and sprouting coconuts and the odd spider web. After trudging through the tangle of vines, we reached our destination and gazed across the vacant ocean to distant islands. On our return, content with our trek, we looked forward eagerly to an ice cold beer. Another of our walks was far more challenging, necessitating the use of ropes to haul ourselves up and down the difficult terrain. Once again I was cursing my short legs!!



There was time to do a bit of Yoga and to stroll around the entire island at low tide and explore the rock pools, caves and nooks and crannies. All very laid back with the constant loud swishing of waves over the granulated coral sand. This sound was not enough to mask the sound of scratching and rustling in the roof of the fales each night. Bush rats? No ...more likely hermit crabs, we were told !!



TONGA ... A WHALE OF A TIME

One evening the staff got dressed up and put on a traditional Tongan song and dance act for us. Great fun! We followed tradition smacking notes onto their well oiled skin in appreciation.



Having Joost (Dutch) as chef, we had pretty good meals but 3 large meals a day was really a struggle. But we delighted in sitting down to an "Umu" lunch, beef, chicken, pork, taro, etc with hot coconuts from the underground oven - a real treat, as was the fruit buffet on



Sunday after attending the 10am church service, which in true Tongan style started at 11am! The harmonising was terrific! No organ and only one guitar once.

And so the days passed all too quickly until it was time to say farewell to our island paradise. The main building was getting new palm fronds on its roof to smarten the place up. All packed and ready to go ... as I dressed there was a searing pain - I quickly dropped the daks, and there, sprawled in the crutch of my knickers was the offender - horror of horrors, a spider!! I flicked it out, wrapped it in the bath mat and headed off to seek advice ... serious or not? The local Tongan expert, Vikki, was called in to allay my fears (not very convincingly!). Tonga had certainly left an indelible impression on me ... in more ways than one !!



The 'swim treks' were great - often in sheltered turquoise waters above reefs offering an ever-changing vista as we swam above.

The Swallow cave was simply a destination. The island to island swim was a bit more challenging. Jacky and Lois swam over 3km that day. At the end our Tongan 'lifesavers' found the biggest Bêche-de-mer in the world-the length of a man's arm and as thick as his thigh!!



... Wendy Ivanusec



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





ENDURANCE 1000 REPORT

SEPTEMBER 2016

Overview

Beautiful conditions at the pool and the beach to enjoy endurance swimming. Winter was a virtual non event this year, so we have had one long spring to swim in. Take the opportunity to enjoy and participate before it gets too hot.

Quote for the month

"You can't put a limit on anything. The more you dream, the further you get"

... Michael Phelps

Great performances

Some great performances in the last month ...

Maree Warr and Julia Holowell , one of our new members did some great endurance swims.

Sue Ellis has been swimming really well for some time and Rob Ellis did a one hour swim this month.

Endurance interview

The following is an interview done with Brian Hoeppe. Brian has done some amazing endurance swims in the last few years.

When did you first move to Noosa and join the Masters? Do you enjoy living in Noosa?

Kathleen and I moved to Peregian Beach from inner Brisbane around Easter 2009. I joined Noosa Masters later that year - my first time in a swim club since schooldays. We enjoy Noosa immensely, but still like our frequent trips to Brisbane. The best of both worlds

How long have you been swimming endurance program?

I swam a few Endurance ('Aerobic') events in late 2009, got more serious in 2010 and have been aiming to complete the whole program for the past several years.

Why is it important for you to be involved?

Two reasons. Personally, it's a great way to keep fit and to monitor progress against benchmarks. But I

also see Endurance swimming as a way to contribute to Noosa Masters and to maintain its reputation as a leading club.

What do you get out of being involved?

As well as the above, the Tuesday sessions are a great opportunity to get together on the pool deck - timing, encouraging, cajoling, celebrating - and to then head together to Jasper's for coffee.

How does being involved in the endurance program influence your approach to swimming?

In Endurance swims, alone in a lane, it's a chance to think about technique and to experiment with stroke, kick, breathing etc. In the interminable 60 minute swims, it's also a time to meditate on the meaning of life and to make shopping lists.

What advice would you give others ?

Try experimenting with the limits of your comfort zone. Initially I assumed I couldn't do the butterfly and medley events, but surprised myself by eventually managing to swim 800m Fly (albeit stopping every 50 metres for a cup of tea and some encouragement).

What was your greatest moment swimming endurance?

At the risk of sounding immodest I hit a purple patch late in 2015,

when I managed to record the best swims nationally in the 400, 800, 1500, 30 min, 45 min and 60 min Breaststroke (short course), including setting new national marks in the 45 and 60 min events. (In shorter sprint events, however, I'm an 'also-ran'!) This year, by comparison - with time away, injury and too much red wine - my times have been lamentable!

How does your involvement influence others?

I think my major influence is in providing comic relief and provoking much poolside laughter by swimming my distinctive style of 'backstroke'. As our physics teacher used to say about our sub-junior class, 'You're not entirely useless; you at least serve as a bad example!'

Quentin Lee
Acting Coordinator
Endurance 1000 program
Mob 0477 524576
quentinlee1957@gmail.com

Calendar



2016 Alice Springs Masters Games
8 Oct - 15 Oct
[more details](#)



2016 Pan Pacific Masters Games
5 Nov - 13 Nov
[more details](#)



2017 FINA World Masters Championships
1 Jan
[more details](#)



2017 World Out Games
26 May - 4 Jun
[more details](#)

Birthdays
of the
Month

OCTOBER

Grindle Rudder	10/10
Charlie Moore	11/10
Robyn Selby	14/10
Rob Ellis	15/10
Quentin Lee	22/10
Ian Tucker	21/10
Lynette Clemitson	29/10
Tricia Hughes	30/10

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5448 0900</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Real Insurance c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>
<p>USM Events - Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p>Officeworks 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p>Eyeline Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p>Funky Trunks Noosa Juniorz Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads http://www.funkytrunks.com</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>RACV Noosa Resort 94 Noosa Drive, Noosa Heads (07) 5341 6300 www.racv.com.au/Noosa.Holiday</p>	<p>Scooter Style 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>Dan Murphy's 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p>Bunnings Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Jenny Covell's Tewantin Guardian Pharmacy 12 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>



HANDICAP COMPETITION TO START

Some of our newer members may not know about the Handicap Competition that is run by

our Club during the warmer months – that is, from October through to April. This competition is run once a month instead of the usual Sunday morning squad sessions. It is scheduled for the 2nd Sunday of the month, but those dates may be varied depending on other commitments by club members, such as swim meets and volunteering activities. The competition begins at 8:00 am. following a half-hour warm-up squad session in the 50 metre pool that commences at the usual squad time of 7:30 am. The competition is run in 4 lanes of the 25 metre pool and comprises mainly shorter distance events that vary from round to round.

The competition is designed to cater for all members, whether they are amongst those who just want to have a swim and don't care too much about their time, or those who are fiercely competitive and want to sharpen their racing skills. Each member of the Club is assigned to a "team" and earns individual and team points each time they swim in an event. The teams are Blue, Green, Red and Yellow. The primary focus is on fun and the last event is usually a team relay, which is sometimes a novelty event.

Points are awarded to each swimmer on the following basis – we call it the Triple P System.

Place – 5 points for 1st place in your heat, 3 points for 2nd and 1 point for 3rd.

Participation – 5 points for participating in an event.

Performance – up to 10 points for swimming close to your personal best time and up to 5 bonus points if you improve on your personal best time in this competition.

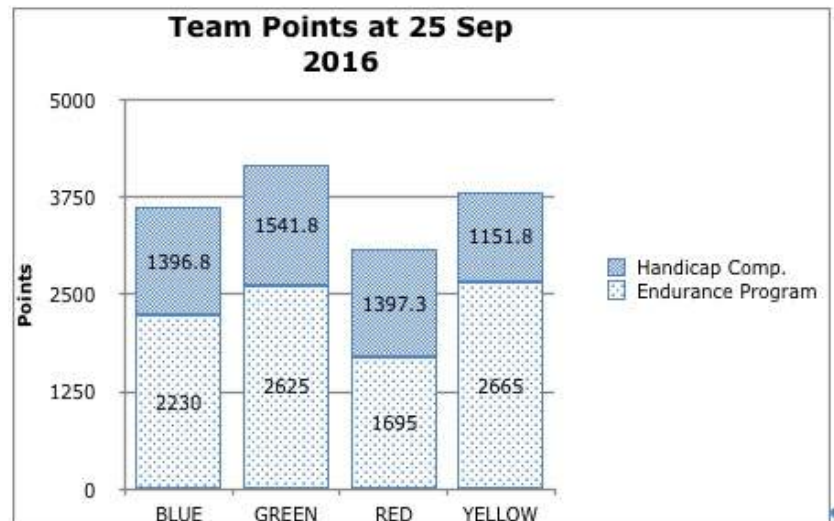
Swimmers can earn up to 25 points for each event in which they swim. Most points are awarded for Performance, which is determined by each person's own personal best time. This means that everyone is swimming against their own times and their own ability, although steady improvement is rewarded by this system. And to keep it fair, faster swimmers are

handicapped so that, in theory, all swimmers in a heat finish at the same time.

The events that are to be held in each round are included in a Race Schedule/Entry Form that is emailed to members 2 weeks before the round. Forms are also available from the organisers at squad sessions. Members are strongly encouraged to give their entry forms to the organisers at the squad sessions leading up to the day of competition, but entries can also be made by email or telephone. Contact details are on the form. Late entries are also accepted up until 7:30 am. on the day of competition but the organisers cannot include entries into the program after that time.

Round 4 of the 2016 competition will be held on Sunday 2 October 2016. Entry forms have been distributed so fill yours in and come along and join in. You can check your own progress, gain some points for your team and, most of all, have fun. Or, if you are going to the Maryborough Masters Games, get some useful race practice

... Adrian Wilson



TEAM POINTS: During September, the *Yellow Team* were busy with *Endurance* swims, earning 415 team points, compared with 380 points by *Blue*, 340 points by *Green* and 325 points by *Red*. Despite this, *Green Team* maintains its overall lead, ahead of *Yellow*, while *Blue* and *Red* retain their positions. But will *Green* keep grinning now that the *Handicap Competition* has started again?

Challengers Chatter

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