

NEWSLETTER

"Challengers Chatter"

SEPTEMBER 2023

Inspirational swims at Noosa Masters 2023 meet

by *Brian Hoeppe*



L-R : Julie Tierney, John Simonidis, Denise McCart, Jo Parker, Melissa Travers, Lois Hill

Societies thrive on inspirational achievements. Witness the lauding of the youthful Matildas. But when inspiration is sparked by the seriously older, it can be special indeed.

Last Saturday, Noosa Masters annual swim meet made that point in emphatic fashion.

Two of the most senior swimmers at the meet shook up the record books in that most technical of styles, backstroke. George Green (80) swam the 50, 100 and 200 metre events in the times of 44.43, 1:36.79 and 3:35.43 respectively. In a clean sweep, he broke the state and national records in his age group for all three distances.

China Johnson (95) swam the same events, clocking 1:09.70, 2:43.70 and 6:01.85. All three were new state records, and the 200m time was also a new national record.

Both George and China have long featured in the record books, and are admired for the generosity of spirit that marks their champion status.

George and China are almost locals, swimming for Sunshine Coast and Cotton Tree clubs respectively. Their victories at the Noosa meet - coupled with the three-record haul by Noosa's Ian Robinson at the Northside meet - affirm the strength of masters swimming on the coast. This year, a new club on the Sunshine Coast - Beerwah Masters - brought an impressive team of six to Noosa for the first time.

For swimmers further afield, Noosa's renowned sunshine seems to be an added attraction. Three Melbourne clubs sent swimmers north to swell the numbers last Saturday.

Increasingly, younger people are joining masters' clubs.



Large Club's trophy won by
Sunshine Coast Masters



Small Club's trophy won by
River City Masters (Brisbane)

At the Noosa meet there were 21 swimmers aged between 24 and 40. All piled on points for their clubs.

Many thanks to the MSQ officials who ensured the meet ran like clockwork, while David Findlay's tech expertise kept the results flowing swiftly throughout the meet.

The trophy for the large club with highest average points was won by Sunshine Coast Masters, and for the smaller club by River City Masters (Brisbane).

At the awards ceremony, there were smiles all round when Susanne Milenkevich, Masters Swimming Queensland president, described the special vibe of Noosa's annual meet.



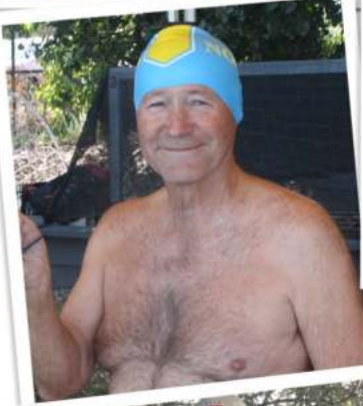
Noosa Swim Meet 2023



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CLUB MEMBERS' RESULTS : NOOSA MASTERS MEET - 9/9/2023

Kevin Alford (76)			Jo Matthews (68)			100m Back	2:59.75	1			
50m Free	49.49	2	50m Fly	43.18	2	John Simonidis (57)					
100m Free	1:52.55	1	100m Fly	1:50.34	1	50m Free	34.70	3			
200m Free	4:11.25	1	200m Fly	4:15.05	1	100m Free	1:17.62	2			
800m Free	18:35.63	1	400m Fly	9:08.32	1	50m Back	56.56	2			
50m Breast	1:12.43	2	800m Fly	18:54.93	1	50m Breast	46.63	2			
4 x 100m Mixed Free Relay		1				50m Fly	39.13	2			
Rodney Alfredson (74)			Denise McCart (70)			Christine Cooper ((74)					
50m Breast	1:01.33	4	50m Free	44.76	1	400m Free	10:52.41	2			
100m Breast	2:25.58	3	100m Free	1:43.60	1	Jan Croft (80)					
200m Breast	5:21.33	1	200m Free	3:43.47	1	50m Free	49.31	2	4 x 100m Mixed Free Relay	1	
400m Breast	11:05.81	1	400m Free	7:30.67	1	100m Free	1:50.99	2			
800m Breast	22:47.87	1	800m Free	15:28.23	1	200m Free	3:53.81	1	Julie Tierney (64)		
			4 x 100m Mixed Free Relay		2	400m Free	8:10.89	1	100m Free	1:32.67	3
Robert Ashwell (63)			Robert Morse (74)			800m Free	16:49.57	1	400m Free	7:19.06	2
200m IM	3:22.67	1	50m Free	36.95	3	4 x 100m Mixed Free Relay		1	800m Free	15:05.61	3
400m Breast	8:08.65	1	50m Back	42.36	1				50m Back	48.91	2
800m Free	13:42.53	1	100m Back	1:38.19	1	Tony Frost (81)					
4 x 100m Mixed Free Relay		1	400m Back	8:18.24	1	400m Free	9:00.80	1	200m IM	4:00.83	1
			800m Back	16:59.18	1	800m Free	18:16.79	1	4 x 100m Mixed Free Relay		1
Greg Bott (67)			Yvonne Mutton (65)			Lois Hill (80)					
50m Free	37.73	4	100m Free	1:22.45	2	50m Free	1:00.89	4	50m Free	39.43	3
50m Back	48.00	1	50m Breast	53.89	2	100m Free	2:16.54	3	100m Free	1:30.75	2
50m Fly	42.87	3	50m Fly	43.66	3	200m Free	4:34.35	2	200m Free	3:15.13	2
400m Breast	8:31.80	1	200m IM	3:36.88	1	50m Back	1:06.25	2	800m Free	14:26.73	2
800m Breast	17:09.95	1	4 x 100m Mixed Free Relay		2	100m Back	2:37.45	1	50m Fly	49.89	2
						4 x 100m Mixed Free Relay		1	Melissa Travers (59)		
Julie Bott (65)			Terry Parker (67)			Brian Hoeppe (76)					
100m Free	2:10.30	6	50m Free	37.91	5	400m Back	8:53.55	1	50m Free	49.09	3
200m Free	4:37.07	4	200m Free	3:32.61	2	400m Breast	8:52.50	1	100m Free	1:53.49	4
400m Free	9:59.23	2	800m Free	16:06.47	1	Adele Tucker (65)					
800m Free	20:20.33	2	50m Back	53.91	2	400m Back	8:48.70	1	800m Back	18:28.16	2
50m Back	1:13.19	3	800m Back	22:07.39	1	Studley Martin (59)					
4 x 100m Mixed Free Relay		4				50m Free	37.05	4	800m Back	18:28.16	2
						100m Free	1:20.39	3			
Lynette Clemitson (76)			Mark Powell (68)			200m Free	2:54.24	1	Ian Tucker (68)		
100m Free	2:21.36	2	800m Fly	15:59.36	1	800m Free	13:28.66	1	400m IM	7:51.87	1
200m Free	5:01.17	2	800m IM	17:19.76	1	50 m Breast	49.93	3	800m Breast	17:21.84	2
400m Free	10:35.50	2				4 x 100m Mixed Free Relay		1	Shane Walsh (70)		
800m Free	22:03.39	3							200m Free	3:23.86	3
									400m Free	7:38.69	2
									800m Free	16:04.36	2
									4 x 100m Mixed Free Relay		4

COMING SOON

Rod & Karen Barton (UK) are very excited to be returning to their favourite place around the 10th November for about 3 weeks. If anyone would like a house/ dog/cat sitter the Barton's are available. They are very much looking forward to seeing everyone at the club again after such a long wait

email: karenandrod@hotmail.com

The next two MSQ club inter-swim meets are open for entry via Swim Central:

Maryborough Masters Meet 2023 : Saturday, October 14 @ 9:00 am - 4:00 pm

Welcome to the Maryborough Masters 2023 Swim Meet – A Maryborough Masters Games Event.

Please note: This Meet is classed as a Time Trial as guests are invited. Records and World Aquatics Top Ten performances will not be recognised.

Entries open. September 2023

Entries close. Tuesday 3 October 2023

Sunshine Coast Masters Meet 2023 : Saturday, October 27 @ 9:00am - 4:00 pm

Sunshine Coast Masters look forward to welcoming you to their LC Swim Meet.

Entries open || September 2023

Entries close: Tuesday 17 October 2023

Ian Robinson rewrites the record book !

Last month Brian Hoeppe managed to have an article published in 'Noosa Today' newspaper which recorded the outstanding achievements of Ian Robinson at the recent Brisbane Northside Meet. Many of our members and other readers are not able to read 'Noosa Today' so we reckoned it was worth republishing this part of the article.

"The standout performances of the day were produced by Noosa's sprint star, Ian Robinson. This year, Ian has graduated to the 60-64 age group and is rewriting the record books. Already, in 2023 Ian has snared three long-standing records. One was the 25m breaststroke (15.88). Two others came in the 50m pool format - the 400m breaststroke (6:43.99) and the 200m Individual Medley (2:38.87).

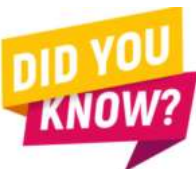
The archives will need to be searched, but it's likely that breaking three individual records at a single club meet - as distinct from a multi-day championship - is a very rare feat indeed."



October 2023

Jo Edwards	1/10 (Big 60)	Wendy Nothdurft	22/10
Robyn Selby	14/10	Helen Malar	24/10
Yvonne Mutton	18/10	Lynette Clemitson	29/10
Ian Tucker	21/10	Tricia Chalmers	30/10 (Big 80)
		Felicity 'Flick' Hawkins	30/10

*Maybe it's true that life begins at fifty ...
but everything else starts to wear out, fall out, or spread out !!
- Phyllis Diller*



Brilliant uses for baking soda

Baking soda is one of the most versatile home remedies in your pantry. Here's how to use baking soda to clean your home, improve your health and more.

Make fluffier omelettes

For restaurant-quality "puffiness," add a scant one-quarter teaspoon of baking soda to every three eggs you beat. The omelette will be light and fluffy. You can also use this trick to make big fluffy curds when scrambling eggs. Don't add too much or your eggs will taste bland, and be careful not to oversalt since the soda adds a slightly salty taste.

Soften beans

Afraid those dry beans have been on the shelf too long? Help soften them by adding a pinch of baking soda to the soaking water.

Get rid of fishy odours

Been chopping something pungent? The smell of garlic or fish can linger on your fingers long after the food is gone. To avoid that, scrub your wet hands with baking soda (as if it were soap), then rinse in warm water. Your hands will smell sweet (and feel softer too).

Deep-clean a funky-smelling dishwasher

Sort out the stink with a baking soda wash. Put 1 cup of baking soda in the bottom of the dishwasher and run it on a rinse cycle. If the smell persists, sprinkle a few tablespoons on the bottom of the washer to sit there between loads. There's no need to rinse it out before running the next load.

Salvage a burned pot

By the time you've thought, "What's that smell?" and then remembered you left the stove on, it's often too late. The bottom of the pot is a blackened mess. You can save it, though. Scrape out as much food as you can and then fill the pan a quarter full of water. Pour in a half cup of baking soda and bring the water to a boil. Turn it off and let it sit overnight. In the morning, you can clean off the black stuff with ease.

Make tomatoes taste sweeter

If last year's garden tomatoes tasted dull, take action this year to ensure your garden harvest is as good as it can be. Sprinkle baking soda lightly on the soil around the base of your tomato plants; the resulting bounty will taste sweeter.

Take the sting out of sunburn

Pour a cup of baking soda into a lukewarm bath, then soak and relax. It will help lessen the pain more quickly.



A trip to two gorges – by Viv Merrill

Geoff and I took our Avan up the coast via Bundy, Rocky, Mackay and Townsville, then travelled west ... first to Copperfield Gorge.



Cobbold Gorge, on the other hand, is a resort type of place with a resort style pool and restaurant. It did mean 100km of dirt road to get there. Luckily, we had a blower to get rid of all the red dust from inside the van!



Then down to the electric boats for a peaceful mosey up and down the gorge. The whole experience was well organised and very informative.



At *Copperfield Gorge*, the caravan park is just a walk across the road to the gorge, so one is able to visit the gorge at any time. Lovely sandy beaches and good fishing spots. Not sure if there were any freshwater crocodiles or not!



The organised trip meant a walk through the bush to the top where we donned blue booties to walk on the glass walkway.



Then a relax by the pool with a cocktail !!



PROFILE

BRIAN HOEPPER



I'd swum competitively at school, but for decades after that slogged away at solo laps in various Brisbane pools. I joined Noosa Masters in 2009 – soon after relocating with Kathleen from Highgate Hill - and was delighted by the added enjoyment produced by training with a friendly squad.

Within a year I'd foolishly put my hand up to be club captain, and I stayed in that role until 2015. It was a 'purple patch' for QNA. We had a large number of members who enjoyed competition.

There were packed bus trips to Brisbane meets and, to the consternation of the host clubs, we often returned with that club's trophy. In those days of 'loose regulation', we tended to celebrate with convivial glasses of wine as the bus sped northwards.

Those years also saw Noosa embark on a campaign to win the national Endurance trophy – a quest undertaken in honour of our late and much-loved president Pat Mooney. This year we'll (hopefully) celebrate our tenth winning of that trophy!

In recent years I've continued with competitive swimming and with the Endurance program, enjoying both immensely. Several years ago, I succeeded Jane Powell as club publicity officer and have enjoyed penning celebratory articles for *Noosa Today*. I also help Wendy I as assistant editor of *Chatter*, repairing the execrable grammar of a few (unnamed) contributors!

Latest project ... just begun ... coordinating with Greg, Julie, Bob M, Wendy, Tony et al in the production of a history of the club.

*... and what a mammoth undertaking that is – the club is so blessed to have the benefit of your expertise, Brian.
... Ed*

COACH'S TIPS

Some tips from the great Karlyn Pipes, World champion many times over, in 2007 she set more than 30 Fina masters world records for the 45-49 age group ...



Set goals, write them down. If given the option of swimming longer or more often, choose to swim longer. If time permits add distance by doing a longer warm-up or cool-down. Swimming longer also builds endurance and allows you more time to focus on technique. Swim with intensity, try to include some fast swimming in every training session. Do weights twice a week : it's a fact that significant strength gains can be attained by lifting weights only twice a week. To get started have a certified personal trainer design a program specific to you. For best results take a minimum of two days off between sessions.

Include some post exercise nutrition. Drink or eat a mixture of protein or carbohydrate within 30 mins after your workout to help speed up recovery . Rest. Rest is the secret weapon of great athletes. It's not how much training you do, but how well you recover from it. If you are an older athlete, recovery is an even more important component of training and it is critical that you listen to your body ... most important have fun!

ENDURANCE 1000 REPORT

August 2023 – by Jane Powell



Due to an editorial oversight last month, only half the August Endurance Report made it into the Newsletter, so here's the missing bit.

... Ed

August numbers have dwindled in spite of the opportunity to complete Postal swims on Tuesdays for our own Carnival in September. Low attendance can be attributed to - the weather! But this is a poor excuse. Come on swimmers!

Your Club Needs You -

to earn points for the Endurance Program.

I have completed audits on the Endurance folders in the green filing cabinet. Overall the folders are in good order & I didn't find many mistakes. Let me know if you'd like me to check yours and I haven't done so already. (One of these days MSA might decide to audit us & we need to be ready for that!)

I have approached club members whose participation has been low, in an effort to encourage Endurance swimming.

*We would love to see you!
Endurance swimming is really good for you!*

Friday night's Endurance Twilight Swim was - demoralising to say the least. Was it the threatening rain?

Was it the Alcohol Free designation of our supper?

I for one am furious that after ten years of these pleasant pool-side gatherings, sharing adult beverages after swimming, the NAC hierarchy have seen fit to insist we do not consume alcohol in the NAC precinct. In the words of one of our senior swimmers, 'what a bunch of wowsers!'

There were two swimmers tonight, 18/8/23.

John did a great job as Deckie ... thank you John.

There were two timers. Thank you Linda!

And thank you to the swimmers who did participate: Mark & Sue.

Opportunities for swimming Endurance abound in October ...

*We have five Tuesdays with booked lanes for swimming Endurance.

*We have five Sundays, so October 29th will be Endurance swimming instead of squad.

*We have a Twilight Swim organised for Friday October 6th.

So come along - and Swim Endurance!



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

Legend:

MSQ Swim Meets

MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.



ENDURANCE 1000 REPORT

September 2023 – by Jane Powell

My September Endurance Report is in the form of an Annual Report for the AGM, & will be distributed to all members electronically

THIS WILL BE AN ALCOHOL-FREE EVENT AT THE NAC

6/10/23
FROM 4PM



NOOSA MASTERS

BYO
A PLATE TO SHARE

COME ALONG TO SWIM, TIME & ENJOY

TWILIGHT ENDURANCE

POSITION VACANT



A job-sharing opportunity exists in the Endurance Program of QNA.

The successful applicant will be responsible for facilitating and recording Endurance swims, on Tuesday mornings and at other times convenient to club swimmers.

Skills required include:
organisation, delegation, motivation and basic IT.

The job is to be shared with Denise DeCarlo, whose experience in the role will provide seamless transition and allow the Endurance Program to continue its current and historical success nationally.

Expressions of interest may be made to any committee member.



Saturday,
14 October 2023



2023 NOOSA OPEN STUDIOS

ART TRAIL
6-15 OCTOBER



Noosa Masters Swimming Club
thanks its generous sponsors
for their support

PLATINUM



GOLD



SILVER



BRONZE



Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809