

# NEWSLETTER

"Challengers Chatter"

MAY 2024

## MSA NATIONAL CHAMPIONSHIPS – DARWIN 3-7 MAY 2024

by Helen Malar

Nine Noosa swimmers attended the meet in Darwin – Anne Besser, Jan Croft, Lois Hill, Linda Hogg, Helen Malar, Yvonne Mutton, Jacky Shields, LiQun Hussey and our only male Trevor Mathews. Also, accompanying Anne Besser was her husband, Michael who helped out with timekeeping for Team Noosa. Many thanks Michael!!



L-R: Jacky Shields, Yvonne Mutton, LiQun Hussey, Anne Besser, Trevor Mathews, Linda Hogg, Helen Malar, Lois Hill, Michael Besser, Jan Croft

Overall, 19 medals were won, 12 to Yvonne, 4 to Jan, 2 to Lois and 1 to Helen. With 547 competitors from 86 clubs around Australia, the competition was extremely tough.

Thursday evening, 2<sup>nd</sup> May, we all met up at the Darwin Sailing Club for our pre-racing-dinner. The food was delicious, the weather just perfect and the sunset over the ocean simply stunning. What a beautiful city Darwin is at this time of year!

**Day 1** was a very long day starting with warm up at 7am and finishing after 6pm. There were 18 heats of the 800m Free running an hour overtime but with great results from Yvonne – a Gold medal and Jan a Silver. Yvonne also won a Silver in 100m Backstroke and Bronze in 50m Fly. We also achieved a few 4<sup>th</sup> places – Jacky and Anne in 800m Free, Helen in 200m Breast, Trev in 100m Back and Women's 4x50m Medley Relay of Jacky, Helen, Yvonne and Jan.

**Day 2** commenced with the 400m Individual Medley. Yvonne won a Bronze medal and LiQun swam yet another PB to come 9<sup>th</sup> in her very competitive age group.

Everyone agreed the 400m IM has to be the hardest race in this programme, so "well done" to Yvonne and LiQun.

More medals for Yvonne (Silver) and Jan (Bronze) in 100m Free and a Gold to Yvonne in 50m Free in a very fast time of 33.73. Other good swims were: Jan – 4<sup>th</sup> in 50m Free, Lois – 5<sup>th</sup> in 100m Free and Anne 5<sup>th</sup> in 200m Back.

**Day 3** Yvonne now leading Team Noosa with 2 more Silver medals in the 400m Free and 100m Breast. Also a Silver for Jan and a Bronze for Lois in the 400m Free. Was great to see a 3<sup>rd</sup> member of Team Noosa join the medal tally. Well done Lois!

Linda decided to climb into her fast FAST suit to take on the 400m Free and swam a 4.64s Age PB AND followed this with a very fast time for the 50m Free in the Women's Relay.

Great swimming by Linda and well done to LiQun in her 200m Fly with a 20s PB.

**Day 4** Last day of pool swimming and Team Noosa collected Gold, Silver and Bronze medals.

Yvonne – Gold in 200m IM (by .06s), Silver in 200m Free and Bronze in 100m Fly.

Lois – Silver in 200m Free,

and

Helen – Bronze in her favourite race 50m Breast.

Nine of us attended the Presentation Dinner at the beautiful outdoor restaurant – Saltwater@Bundilla which is attached to the Darwin Museum and Art Gallery.

We all sat outside and watched yet another beautiful Darwin Sunset, ate fabulous food, drank quite a few bottles of bubbly and Helen went up to collect the National Endurance Trophy only to be told, "it's on its way"!!!! So, no trophy as yet. Maybe they think we have won it too many times!!! Still waiting.

**Day 5** and Jan and Yvonne were up early and headed to the Darwin Lagoon at the Darwin Waterfront for their Open Water swims.





Yvonne swam the 3.2k race (4 laps) winning a Gold Medal and Jan swam the 1.6k race (2 laps) also winning a Gold Medal.

Jan was very excited to beat the lady who beat her in the 400m and 800m pool races.

Well done to our 2 Open Water Swimmers. Awesome swims.

Ian Tucker and son Sam (on route from their Lake Argyle Swim) were also at the Darwin Lagoon to cheer on our swimmers.

Congratulations to Ian who swam the 10k individual swim in Lake Argyle and to Sam for being Ian's paddler on the ski.

A wonderful 5 days of swimming, fun and friendship in Darwin.

... Helen Malar

MSA Nationals - Darwin 2024





# MSA NATIONAL CHAMPIONSHIPS – DARWIN 3-7 MAY 2024



MSA Nationals - Darwin 2024



CLUB MEMBERS' RESULTS : MSA NATIONAL CHAMPIONSHIPS - DARWIN, MAY 2024

|                          |          |          |                            |          |          |
|--------------------------|----------|----------|----------------------------|----------|----------|
| <b>Anne Besser (78)</b>  |          |          | <b>Helen Malar (70)</b>    |          |          |
| 200m Free                | 8        | 4:56.20  | 50m Free                   | 6        | 41.76    |
| 400m Free                | 9        | 10:34.72 | 50m Breast                 | 🥉 BRONZE | 49.04    |
| 800m Free                | 4        | 21:14.91 | 100m Breast                | 5        | 1:54.78  |
| 200m Back                | 5        | 6:05.16  | 200m Breast                | 4        | 4:16.91  |
| 100m Back                | 6        | 2:52.55  | 50m Fly                    | 8        | 51.30    |
| W 200 Medley Relay - 10  |          |          | 100m Fly                   | 4        | 2:02.43  |
| W 200 Free Relay - 12    |          |          | W 200 Medley Relay - 4     |          |          |
|                          |          |          | W 200 Free Relay - 5       |          |          |
| <b>Jan Croft (81)</b>    |          |          | <b>Trevor Mathews (79)</b> |          |          |
| 50m Free                 | 4        | 48.27    | 50m Free                   | 7        | 40.09    |
| 100m Free                | 🥉 BRONZE | 1:48.85  | 100m Free                  | 10       | 1:33.78  |
| 200m Free                |          |          | 200m Free                  | 10       | 3:46.45  |
| 400m Free                | 🥈 SILVER | 8:23.64  | 50m Back                   | 6        | 49.36    |
| 800m Free                | 🥈 SILVER | 16:51.55 | 100m Back                  | 4        | 1:51.79  |
| 1.6km O/Water            | 🥇 GOLD   | 32:48.30 |                            |          |          |
| W 200 Medley Relay - 4   |          |          | <b>Yvonne Mutton (66)</b>  |          |          |
| W 200 Free Relay - 5     |          |          | 50m Free                   | 🥇 GOLD   | 33.73    |
| <b>Lois Hill (81)</b>    |          |          | 100m Free                  | 🥈 SILVER | 1:16.48  |
| 50m Free                 | 7        | 53.98    | 200m Free                  | 🥈 SILVER | 2:24.23  |
| 100m Free                | 5        | 2:01.31  | 400m Free                  | 🥈 SILVER | 5:55.06  |
| 200m Free                | 🥈 SILVER | 4:21.42  | 800m Free                  | 🥇 GOLD   | 12:11.07 |
| 400m Free                | 🥉 BRONZE | 9:14.32  | 100m Back                  | 🥈 SILVER | 1:36.57  |
| 50m Back                 | 5        | 1:02.45  | 100m Breast                | 🥈 SILVER | 1:47.05  |
| 100m Back                |          |          | 50m Fly                    | 🥉 BRONZE | 40.79    |
| 200m Back                | 4        | 5:04.44  | 100m Fly                   | 🥉 BRONZE | 1:42.89  |
| W 200 Medley Relay - 10  |          |          | 200m IM                    | 🥇 GOLD   | 3:24.68  |
| W 200 Free Relay - 12    |          |          | 400m IM                    | 🥉 BRONZE | 7:20.88  |
|                          |          |          | 3.2km O/Water              | 🥇 GOLD   | 50:56.5  |
| <b>Linda Hogg (62)</b>   |          |          | W 200 Medley Relay - 4     |          |          |
| 50m Free                 | 21       | 42.26    | W 200 Free Relay - 5       |          |          |
| 100m Free                | 17       | 1:35.69  |                            |          |          |
| 200m Free                | 11       | 3:16.60  | <b>Jacky Shields (70)</b>  |          |          |
| 400m Free                | 13       | 7:01.39  | 50m Free                   | 7        | 44.48    |
| 800m Free                | 13       | 14:52.88 | 100m Free                  | 8        | 1:42.38  |
| W 200 Medley Relay - 10  |          |          | 200m Free                  | 6        | 3:44.79  |
| W 200 Free Relay - 12    |          |          | 400m Free                  | 6        | 7:45.74  |
|                          |          |          | 800m Free                  | 4        | 15:54.21 |
| <b>LiQun Hussey (54)</b> |          |          | 50m Back                   | 11       | 59.40    |
| 800m Free                | 11       | 16:00.95 | 100m Back                  | 9        | 2:15.76  |
| 50m Back                 | 7        | 52.75    | 200m Back                  | 8        | 4:49.77  |
| 200m Back                | 5        | 4:13.80  | W 200 Medley Relay - 4     |          |          |
| 50m Breast               | 7        | 54.44    | W 200 Free Relay - 5       |          |          |
| 200m Breast              | 8        | 4:07.67  |                            |          |          |
| 50m Fly                  | 10       | 50.72    |                            |          |          |
| 100m Fly                 | 6        | 1:57.87  |                            |          |          |
| 200m Fly                 | 6        | 4:21.43  |                            |          |          |
| 400m IM                  | 9        | 8:38.32  |                            |          |          |
| W 200 Medley Relay - 10  |          |          |                            |          |          |
| W 200 Free Relay - 12    |          |          |                            |          |          |



# COACH'S TIPS

These tips came from Karlyn Pipes many years ago ... still very relevant

**Set Goals** - get started by setting short term and long term goals ... put your goals on paper.

**Swim longer** - 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. Both are extremely good for you to get swimming longer. It also builds endurance and allows you more time to focus on technique.

**Swim with intensity**- try to include some fast swimming in every session.

**Do weights twice a week.**

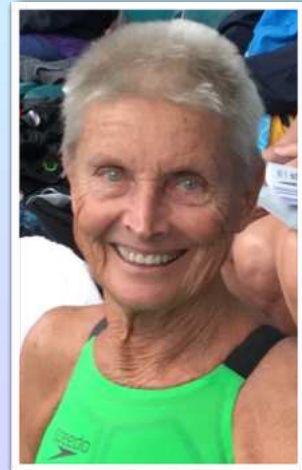
**Include some post-exercise nutrition** - drink or eat a mixture of protein and carbohydrate within 30min of your workout to help speed up recovery.

**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.

In 2007 Karlyn Pipes set more than 39 FINA world records for the women's 45/49 age group.

Have fun!!

... Cheers, Jan



## Birthdays of the Month

### June 2024

|                 |               |
|-----------------|---------------|
| Zana Dare       | 10/6          |
| Gerald Little   | 13/6          |
| Denise McCart   | 13/6 (Big 70) |
| Clinton Stanley | 15/6          |
| Sally Johnson   | 22/6          |
| Stephanie Jones | 25/6          |

*Age and glasses of wine should never be counted !*





**REDUCE YOUR FUEL AND ENERGY COSTS - ELECTRIFY YOUR VEHICLE, YOUR HOME, YOUR BUSINESS**

**NOOSA EV & ELECTRIFY EVERYTHING EXPO**

Sunday 16 June 2024, 9am - 1pm  
Sunshine Beach Rd, Noosa Junction



**LEARN ABOUT:**

- ▶ Electric transport - cars, bikes, scooters, vans, buses, charging hardware and software
- ▶ Electric appliances - heat pump hot water, induction stoves, solar panels, home batteries, insulation, gardening & building tools, LED Lighting & energy efficiency systems

**TAKE THE OPPORTUNITY TO:**

- ▶ Meet up with EV and electrical appliance suppliers
- ▶ Talk to EV owners
- ▶ Sign up for EV test drives
- ▶ Test ride e bikes, and e scooters

**TRAVEL INFORMATION:** Sunshine Beach Rd will be closed for the event.

**WHY NOT TAKE THE FREE BUS?** The first 250 visitors who arrive by "Go Noosa Weekend" free buses, on foot or e transport, will receive a voucher for two free trees from Noosa Landcare.

Bus routes 626, 627, 628, 629, 632 will be free. Sunshine Beach Road bus stops will be moved to Noosa Drive for routes 620, 626, 627, 629, 631. Taxis and all traffic will be rerouted. Parking will be available in Bottlebrush Avenue, Transit Centre, Cooyar Street and Laryana Way (Council) car parks.





For full details visit:  
[noosaeveexpo.com.au](http://noosaeveexpo.com.au)

**FREE ENTRY**  
All Weather Outdoor Event



Proudly supported by Noosa Council and Noosa Junction Association






# Lake Argyle Swim journey - by Ian Tucker

**Lake Argyle swim journey** – 1st Saturday of May each year. Entries open 01 Nov

the preceding year

### Race Information:

The First National Kimberley Lake Argyle Swim is held on the first Saturday each May.

The race departs from a deep water start at the heart of Lake Argyle and finishes in the spectacular Bamboo Cove near the Lake Argyle Resort.

The distance of the race is 10 or 20 kilometres.

The event categories for competitors are:

Solo

Duo - teams of 2

Team - teams of 4 or teams of 3

The lake is situated in the east Kimberley region of WA near the Northern territory border and Kununurra the nearest town approx. 75km away. The lake is approx. thirty times larger than Sydney Harbour and is home to over 35,000 (estimated) freshwater crocodiles. Did not see one!! ?



The event operates from the Lake Argyle campground where most swimmers and support crew stay. Each swimmer must have a paddler and if doing a team event, a powered boat and skipper as well.

The journey began for me when a TV show showed images of the east Kimberley region around Lake Argyle and Kununurra and the annual swim of either 10 or 20km. My challenge started 3 years ago when entries opened as they do on the 1<sup>st</sup> of Nov each year prior to the event. The first year I missed out for being too slow with the online entry. The following year I thought “be on your game,” I managed to get through the entry info and pay, only for the solo categories to be sold out. 3 minutes was all it took.

A year later in 2023, better prepared I got a slot for the 10km solo. There are only eighteen male and eighteen female slots for 10 km solo and ten total slots for 20km solo.

The remaining three hundred plus swimmers was made up of duo and quad teams over both distances. The rules only allow FINA approved swimsuits and no buoyancy aids or swimsuits.

The water was 27 degC just like the NAC and fresh water, so no buoyancy.

A warm 34 degC sunny and cloudless day welcomed the swimmers with a breeze from behind at around 15 kmph.

### Training:



Having spent years completing swim squads with Jan Croft and others swimming 3.5km per session the thought of 10km did not seem out of order. However once you start ramping up from 3.5 to 5km regularly and then to 7.5km per session the laps and swimming seem boring and tiresome.

The best advice I received was to speak with JR. After his chat we focused on a variety of distance sets broken, to keep focus and variety and heart rate sets all consisting of at least 4km main sets of intensity and 800 - 1.2km warm up and a similar combination of kick/drills and form to finish.

These training sessions initially took over two hours per day and four to five times a week. My sympathies go out to JR’s squad doing up to 16km per day and 6 days a week.

I found the extra distance training easier to manage by myself rather than group squads. The fitness came - and whilst I never swam 10km in a session - the day after day of vigorous 6 or 7 km sets helped with the speed and endurance. Heart rates sets consisted of 30/40 or 50 x 100m on 1min 50 sec with the last ten on 1.45 or better.

Over 3 months of solid training resulted in me feeling strong throughout and the last three kms able to push even harder than the first 5 Ks.

My recovery was faster than expected and overall enjoyment exceedingly high. The preparations had paid off!

I came ninth in the 10km solo out of thirty-six in a time of 2hr 59min and 30sec. My target was 3hrs ... so, yahoo! This equates to 100 x 100metres at a rate of 100sec per 100m or 1min 40 per 100m ... I struggle to hold that pace in the pool with push-offs and a black line to follow!

The winner of the 20km solo swim was Max Coten from Fremantle who swam the distance in 3hrs and 57mins - over 5km/hr - to break his previous record which he has won for the last 3 years. He is only 21 years old now.

The 10km solo winner also won it last year in 2hr 08mins and slightly slower this year in 2hr 18min. He also is in his twenties from Bunbury, WA.





## Lake Argyle Swim journey cont'd

The day ended with a celebration dinner for 700 people in the campground with all swimmers, paddlers, skippers in attendance, a few celebratory drinks as the evening sun set and stories told.

The journey just to get to the starting line is an effort for the swimmer and paddler. I took my son Sam as my paddler, and we travelled thousands of kilometres from Noosa to Brisbane onto Darwin with a 5-hour layover before another flight from Darwin to Kununurra approx. 1.5hrs and approx. 900km west of Darwin.

A hire car enabled us to travel out to the lake for the compulsory briefing the night before the race and a trip out and back in darkness along the remote road.

Our return trip also took a full day, although we stayed over in Darwin for 2 nights on the way back to watch our Noosa Team compete in the open water swim at the MSA Masters Nationals competition.

### Next Time

Overall, a wonderful experience, would love to do again, as a team (20km) however it takes planning to arrange boats, kayaks accommodation, flights, and paddler(s) for the team.

... Ian Tucker



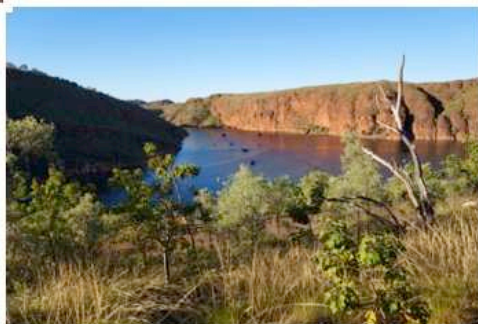
*This aerial view above is what greeted Ivan Ivanusec when he was seconded to the Ord River Project from Snowy Hydro back in 1969 ... a moonscape.*

*Below: Lake Argyle today*



Ord River Dam post office opened on 1 March 1969 and closed on 15 November 1971 demonstrating the approximate duration of the construction camp. The **Ord River Dam** was completed in 1971 by [Dravo Corporation](#)

In 1996, the spillway wall was raised by 6 metres (20 ft), which doubled the dam's capacity. The lake filled to capacity in 1973, and the spillway flowed until 1984. Lake Argyle now holds 27 times the volume of Sydney Harbour.



The end of the journey ... so worth it all !!



| DATE             | LC/SC | CLUB/MEET                            | CODE | REGION   | SANCTION | SURVEYED | VENUE                              |
|------------------|-------|--------------------------------------|------|----------|----------|----------|------------------------------------|
| <b>JUNE</b>      |       |                                      |      |          |          |          |                                    |
| 28               | SC    | Rum City Masters Short & Sweet Meet  | QBB  | Central  | Q9/24    | Yes      | Bundaberg Swim Academy             |
| 29               | LC    | Brisbane Southside Masters Meet      | QSM  | South    | Q10/24   | Yes      | Brisbane Aquatic Centre, Chandler  |
| <b>JULY</b>      |       |                                      |      |          |          |          |                                    |
| <b>AUGUST</b>    |       |                                      |      |          |          |          |                                    |
| 3-4              | LC    | Belgravia Masters Long Course Meet   | QCD  | Sunshine | Q11/24   | Yes      | Burpengary Regional Aquatic Centre |
| 24               | SC    | Brisbane Northside Short Course Meet | QBN  | Sunshine | Q12/24   | Yes      | Valley Pool, Fortitude Valley      |
| 31 Aug-1 Sept    | LC    | Nth Qld Masters Championships        | MSQ  | North    | Q13/24   | Yes      | Townsville                         |
| <b>SEPTEMBER</b> |       |                                      |      |          |          |          |                                    |
| 7                | SC    | Genesis Spring Meet                  | QGA  | Sunshine | Q14/24   | Yes      | Genesis Sports & Aquatics          |
| <b>OCTOBER</b>   |       |                                      |      |          |          |          |                                    |
| 5                | SC    | Toowoomba Tadpoles Meet              | QTW  | South    | Q15/24   | Yes      | Glennie Aquatics, Toowoomba        |
| 12               | LC    | Maryborough Masters Meet             | QMB  | Central  | Q16/24   | Yes      | Maryborough Aquatic Centre         |
| 26               | LC    | Sunshine Coast Masters Meet          | QSC  | Sunshine | Q17/24   | Yes      | Kawana Aquatic Centre              |
| <b>NOVEMBER</b>  |       |                                      |      |          |          |          |                                    |
| 3                | OWS   | Sinkers OWS at Balnagowan            | QNS  | Central  | Q18/24   | n/a      | Pioneer River, Balnagowan          |
| 6-9              | LC    | Pan Pacific Masters Games            | MSQ  | South    | Q19/24   | Yes      | Gold Coast Aquatic Centre          |

#### Swimming in Co/Dual-Sanctioned 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 Results Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia, and the two clubs must be related as "one-clubs".

#### Criteria for MSQ/SQ/SA dual-sanctioned meets

Any "approved" SQ/SA meet, generally on the SQ/SA event calendar are automatically recognised as candidates for dual-sanction, subject to the following:

- Meets must be officiated by SA or their region's/state's recognised technical officials
- Meets must be held in pools that have a correct survey of length lodged with MSA

#### The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

[https://qld.swimming.org.au/events?keyword=&category=All&region=All&field\\_event\\_date\\_time\\_end\\_value=&field\\_event\\_date\\_time\\_value=](https://qld.swimming.org.au/events?keyword=&category=All&region=All&field_event_date_time_end_value=&field_event_date_time_value=)

#### Qualifying

When Masters swimmers enter SA/SQ meets they must follow the qualifying standards of that meet, and where required must qualify with proven times. There will be no relaxation for Masters swimmers.

#### Rules considerations

If swimming in an SA meet, Masters swimmers are obliged to swim by the stricter SA technical rules, e.g.:

- No double-arm backstroke
- No butterfly with breaststroke kick
- Strict start and turn consideration, including movement on the blocks
- No medical disability recognised, etc.

#### What do I need to do?

There are several items you will need to ensure have been completed. Please allow enough time as some may take time:

- Ensure you check that all the criteria and conditions listed above are satisfied
- If the pool has not been recognised by MSA, you will need to seek survey documentation from the pool hosting the meet. Click on Pool Surveys at <https://mastersswimming.org.au/rules-and-policies/> for listings
- Inform the MSQ Business Manager of the meet you will be competing at
- Enter the meet via Swim Central
- Inform the MSQ Business Manager once you have competed so MSQ can process your results: [admin@mastersswimmingqld.org.au](mailto:admin@mastersswimmingqld.org.au)

Tony Frost's long-time Timer, Bob Martin, is back in the UK and celebrated his 80<sup>th</sup> birthday with family. He wrote to Tony -

*"That email was a lovely surprise and thank you for your birthday wishes, we all had a great time and rounded the day off with a lovely dinner at a posh restaurant in Brighton city centre.*

*It was good to see you in the Chatter Newsletter and to know you are still winning medals, especially gold, so well done!*

*All is good here despite the fact that our furniture is still in OZ and only moved from Brisbane to Melbourne in 9 weeks, after many emails going back and forward. The removal company say they are working on a mid-May shipping, if that does happen it will still be end of August when we get it.*

*Best wishes to you and Kay - Bob and Janet."*





## Swim Noosa Volunteering Wrap

You will all have seen the 'thank you' email from our friend Fiona at Ironman, but here's ...

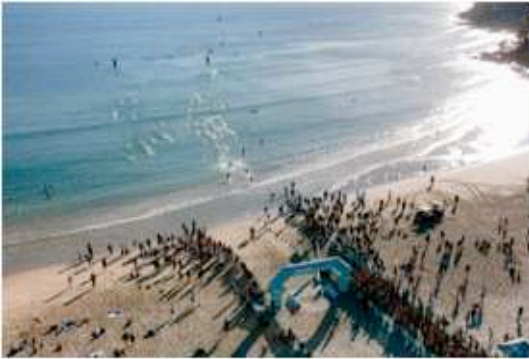
### 'Terry's Take' ...

Noosa Masters Swimming Club was well represented among the Volunteers at this year's Runaway Noosa Swim event on Sunday, 26 May. Eighteen members gave their time, enthusiasm and encouragement to the swimmers whether it be via registration, numbering or marshalling at the start and finish lines.

It was dark and a little cool at 5:30 am but a spectacular Noosa morning was on display for all as the morning progressed. Swimming conditions were Ideal and our volunteers played their part in making the Swim a success for all participants.

I was heartened by the many swimmers who were kind enough to thank us at the finish line for our volunteering efforts. Thanks to all of our volunteers who generously gave their time. I felt great pride in our Club.

... Regards, Terry



# ENDURANCE 1000 REPORT : May 2024



Hi All,

The endurance program is progressing reasonably well as Winter approaches.

My special thanks, as always, goes to the deckies and timekeepers who make themselves available regularly to keep us on track.

At this time we are tracking about 8% behind last year's progressive total (end May) Our attendance has waned due to a combination of illness, injuries and holidays but Denise projects that we can still attain a record 11<sup>th</sup> win in a row if we can maintain momentum.

I'd like to commend the following swimmers on their outstanding effort in amassing close to, or in some cases well over, 500 points each out of a possible 1005 for the year.

Adele Tucker  
Jo Matthews  
Terry Carter  
Lynette Clemitson  
Sue Sillburn  
John Havilah  
Li Qun Hussey

It is very evident that the females are leading the charge by around 2 to 1 in points, so hopefully our male members can pull back the deficit.

To all those sick, injured or recovering - I hope you get well soon!

A big "thank you" to Adele for organising our swim on April 25th followed by drinks and dinner at the Reef Hotel.

Don't forget to use the What's App "Endurance Buddy" group to organise out-of-hours swims if Tuesday mornings are unavailable to you.

To those swimmers who are maybe thinking about participating in the Endurance swims, I hope to see you in the water soon to take up the challenge.

Let's Get involved ... thanks to all who participate.

... Terry Parker

Acting Endurance Coordinator

## Love this Japanese Doctor ...

\*Q\*: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

\*A\*: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? Take nap.

\*Q\*: Should I reduce my alcohol intake?

\*A\*: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. Bottoms up!

\*Q\*: What are some of the advantages of participating in a regular exercise program?

\*A\*: Can't think of one, sorry. My philosophy: No pain...good!

\*Q\*: Aren't fried foods bad for you?

\*A\*: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

\*Q\*: Is chocolate bad for me?

\*A\*: You crazy?!? HEL-LO-O!!

Cocoa bean! Another vegetable! It best feel-good food around!

\*Q\*: Is swimming good for your figure?

\*A\*: If swimming good for figure, explain whale to me.

\*Q\*: Is getting in shape important for my lifestyle?

\*A\*: Hey! 'Round' is also a shape!

Well ... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Finally the Japanese Doctor summed up:

"Look mister, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!!"

Eat whatever you like because you will still DIE, don't allow motivational speakers deceive you."

1. The inventor of the treadmill had died at the age of 54

2. The inventor of gymnastics died at the age of 57

3. The world bodybuilding champion died at the age of 41

4. The best footballer in the world Maradona, died at 60.

BUT

5. The KFC inventor died at 94.

6. Inventor of Nutella brand died at the age of 88

7. Imagine, cigarette maker Winston died at the age of 102

8. The inventor of opium died at 116 in an earthquake

9. Hennessy inventor died at 98.

*How did these doctors come to the conclusion that exercise prolongs life?*

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.

Laughter is the best medicine. - It will certainly add some quality days to your life.

So, Take some rest, Chill, Stay cool, eat, drink and enjoy your life. You will still die.

Share this with a friend who needs a good laugh!





Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



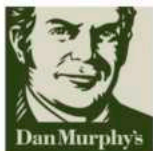
GOLD



SILVER



BRONZE



Editor  
Wendy Ivanusec  
Tel: 0414 727 302

**Challengers Chatter**  
PO Box 21, Noosaville 4566

Assistant Editor  
Brian Hoepper  
Tel: 0421 884 809