

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

AUGUST 2024

Brisbane Northside Swim Meet : Saturday 24 August

by Linda Hogg

Brisbane Northside Meet was held at the Valley Pool and Noosa had seven nominations with five actually swimming at the meet.

Terry Carter was forced to withdraw at the last minute and Kristin Lee Hangard swam four amazing postals to contribute to the club points.

Unlike previous years, the weather was warm and sunny and the westerly winds stayed away, Summer having arrived early this year.

Jackie Shields managed two firsts in her two competition swims.

Julie Tierney swam a great 100 IM to finish almost 15 metres ahead of the other swimmers in her heat.

Jo cracked out her new fast suit to take out the gold medal in her age group and Linda swam a 25 fly for the first time in many years.

Our lone male swimmer was Robert Pugh who very humbly mentioned he PB'd in all four of his events.

The meet was very well run and a lot of fun with all those 25m sprints to get the heart rate up.

My next meet won't be until 7th December in Hervey Bay.

This is also a short course meet and I would like to challenge some of our more social swimmers to join in, have a weekend away and experience the highs of short course racing.

... Cheers, Linda



Remembering our Olympians ...

Glamorous swimming star Frank O'Neill became instructor to Hollywood stars



Frank O'Neill

Frank passed away peacefully at his home in Manly, Sydney, on 10th July, 2024 just two months shy of his ninety-eighth birthday. For the past ten years he has holidayed during the winter months at Noosa, sometimes swimming a few laps at the renowned Noosa Aquatic Centre.

My first knowledge of Frank was in 1950 when I was asked by my neighbour, Mr. Walker, to join Manly Amateur Swimming Club, steeped in history of having several past Olympians : Freddie Lane (Paris 1900), Cecil Healy (Athens 1906 & Stockholm 1912), Ernest Henry (Paris 1924), Andrew "Boy" Charlton (Paris 1924, Amsterdam 1928 & Los Angeles 1932) and Noel Ryan (Los Angeles 1932).

I remember 1952 clearly for several reasons: Frank O'Neill was the sixth Manly Swimming Club member to represent Australia at Helsinki where he was Captain of the swim team.

John Devitt, as a 14 year old, received the prize for the Most Improved Junior Swimmer (under 16 years). Later, Olympian 1956 and 1960.

Tony Frost, as a 9 year old, received the prize for the Most Improved Juvenile Swimmer (under 10 years).

Noel Ryan, Olympian 1932, was still swimming in the weekly handicap swimming races, thirty years on, recording 30 seconds slower than John Konrads did in the NSW

Championships for the 400 metres freestyle event at the same time in 1962. Not bad for a middle aged local Bank Manager who rarely swam week days !

How opportunities have changed. Manly Swimming Club's 55 yard tidal pool was in Sydney Harbour near Manly Wharf where millions have caught the ferry from Circular Quay to Manly: "Seven miles from Sydney and a Thousand miles from Care".

The Manly baths were destroyed by destructive waves in 1974 which also demolished the 265 yard pedestrian pier on western end of Manly Wharf - never to be rebuilt !

After three years of campaigning by members of Manly Swimming Club, headed by stalwart swimmer and University Lecturer, Jamie Jenkins, Manly Council was finally convinced that the community needed a 50 metre Olympic Pool, having temporarily run club swims in the nearby 55 yard rock ocean pool at Queenscliff.

By the late seventies, Manly had a 50 metre Olympic Pool, plus a 25metre pool for "learn to swim", managed and operated by Council.

Included in my research in 1995 for a 50 metre Olympic Pool for Noosa, I gathered information on this successful operation at Manly. That group only had the local newspaper, the Manly Daily, to promote their cause unlike Noosa which had TV media as well as print support.

Vale Frank O'Neill, to some a larrikin, a lover of adventure and the good life, but above all a gentleman, a great swimmer who was accredited to be the first to break one minute (60 seconds) for 100 metres freestyle in Australia!

... Tony Frost

Frank O'Neill, who has died aged 97, was an Australian Olympic swimmer of the 1950s who went on to become a poolside instructor to the rich and famous, including Greta Garbo and Ginger Rogers.

A colourful character who married into great wealth, O'Neill taught his famous clients in the glamorous surroundings of a large villa on Cap Ferrat on the French Riviera, which belonged to his mother-in-law, Enid, Countess of Kenmare, who was a member of the Australian Lindeman's Wine family and nicknamed "Lady Killmore" by Somerset Maugham because she had outlived four husbands: successively - an American shipping tycoon, a polo-playing soldier called "Caviar" Cavendish, Viscount Furness and the Earl of Kenmare.

Although O'Neill, who had won two silver medals at the 1950 Commonwealth Games and captained the Australia swim team at the 1952 Olympics, was greatly over-qualified to be teaching doggy-paddling stars of stage and screen, the



work was financially rewarding and suited his penchant for mixing with high society.

"When I started teaching] Greta she could do a painfully slow breaststroke," he recalled. "She was keen to learn but never got beyond a dozen yards slow overarm. I could never persuade her to put her face into the water."

Greta Garbo in a swimsuit entering a swimming pool in the film Two-Faced Woman, 1941

Suitably, the biggest star of the pre-talkies era "trained in almost complete silence", and was so shy that she immediately put a robe over herself as soon as she left the water. "In the sun, too, she always wore a large floppy hat; the sort that granny used to call a gardening hat."

He made better progress with another of his well-heeled customers, the novelist Maugham, who despite his



Remembering our Olympians - cont'd

advancing years was "mad keen to learn to dive, and was so adventurous that I used to worry that he would hurt himself".

Maugham, whom O'Neill found to be "a friendly, happy old fellow", became accomplished at sidestroke under his instruction, but was unable to master the crawl "because he couldn't learn the proper breathing technique".

O'Neill had set himself up as a teacher in 1953, having retired from frontline swimming the year before.

He had won his two silver medals in the 110 yards freestyle and the 4 x 220 yards freestyle relay in 1950, in what was then called the British Empire Games.

Two years later, at the 1952 Helsinki Olympics, he competed in the same disciplines but failed to make it into the finals of either. By then he was already two years into his marriage to Enid's daughter Pat Cavendish, whose family money allowed him to engineer a change of direction.

Although the couple divorced within short order, they later remarried, after which he helped Pat with her horse-breeding business in South Africa.



Frank O'Neill with "Boy" Charlton at Manly Baths, 1932

Francis Thomas O'Neill was born on September 30, 1926 in Manly, a beach-side suburb of Sydney where his father Tom was the long-serving manager of Manly Baths, and his mother Etta ran the pool's kiosk. Living above the premises with his parents and two sisters, in his teens he became a key member of the North Steyne surf team that won the

NSW title in 1944 and of the Manly Swimming Club water polo team that claimed the state championship in 1946.

It was at his home pool in 1948 that he also became the first Australian to go under one minute for the 110 yards,



Frank O'Neill's medals

setting a time of 59.8 seconds - incentivised, he later claimed, by a female swimmer who told him she would only go to bed with him if he broke the record!

Buoyed by that success, and using money he had earned as a dental technician, he paid his way to the 1948 London Olympics in the hope that he might get a late entry into the Australian relay team.

Although that did not come to pass, he was able to make his international debut two years later at the 1950 Empire Games in New Zealand, falling just two-hundredths of a second short of the Canadian Peter Salmon in the 110 yards freestyle before teaming up with Garrick Agnew, Barrie Kellaway and James Beard to finish second behind New Zealand in the 4 x 220 yards freestyle.

The 1952 Olympics proved to be a sore disappointment for O'Neill, as he failed to advance beyond the heats in the 110 yards freestyle, 110 yards backstroke or the 4 x 220 yards freestyle relay, despite - or perhaps because of - a strict training regime that prevented Australian competitors from, among other things, sunbathing, surfing or dancing because they used the wrong muscles.

Retiring shortly afterwards with 12 national swimming titles to his name, he created a popular brand of sportswear, opened the Frank O'Neill Olympic Swimming School at Pymble, on Sydney's North Shore, performed with the swimming film star Esther Williams and took on lucrative teaching work in the south of France after his mother-in-law allowed him to use the pool at her villa, La Fiorentina.

O'Neill was great company, a wonderful raconteur and mesmerising to women. He had met the globetrotting Pat Cavendish in 1949 on board a ship to Sydney. They were wed in Nice the following year, but he had a loose attitude to their marriage vows, and though she initially put up with his extra-marital flings, she was soon seeking a legal separation.

Her mother hired a female private detective to dig some dirt on her son-in-law, but his charm was so great that the detective fell in love with him, and subsequently refused to provide any evidence.

Nonetheless, a divorce eventually took place in 1954.

Once Frank and Pat got back together in 1969, they based themselves in Somerset West in the Western Cape, although he continued to spend much of his time in Sydney, from where he sourced horses for Pat to breed and race in South Africa.

In 2000, aged 73, he was given the honour of taking part in the Sydney 2000 Olympic torch relay, running his leg in Goulburn, NSW.

By 2008 he and Pat had drifted apart again, and he returned to live full-time in Manly, moving in with a girlfriend, Jan Garrett, who looked after him until his death.

Pat died in 2019. Frank is survived by Jan.

... courtesy of *The Sydney Morning Herald*

MONICA CELEBRATED HER 100th IN STYLE

Noosa Masters added their good wishes, toasted her good health
played their ukuleles and sang !!



MONICA CELEBRATED HER 100th IN STYLE

making the years count instead of counting the years !!



Sky-High Salute for Centenary Celebrations

Sergeant Merrill of 23 Squadron brought her grandmother's milestone to the attention of a friend on base at Amberley.

What started off as a simple birthday card delivery to Mrs Witts home in Noosa, Queensland, on her 100th birthday on 24 August 2024, snowballed to it being delivered from 7,000 feet.

A special birthday card delivery by the Royal Air Force (RAF) Falcons parachute display team for her grandmother, Mrs Monica Witts, a distinguished 100-year-old World War Two veteran of the RAF, at the Pacific Airshow Gold Coast on Sunday, 18 August 2024.

In recognition of Mrs Witts' service, United Kingdom RAF Chief of the Air Staff, Air Chief Marshal Sir Richard Knighton, sent a birthday card delivered in a unique and memorable manner.

Mrs Witts took the salute after the jump, making it a truly special moment for our family who has a long history of service with Defence and to be able to attend on the day to celebrate with her.

... Viv Merrill



QNA Ukers play for Monica's 100th



What an inspiration !

Smiling, greeting, shaking hands, acknowledging guests, and ... looking fabulous, Monica, Viv's mum celebrated her 100th birthday surrounded by her family and friends, old and new

Viv, Geoff and Sarah put on a wonderful event which started in the morning and finished with Monica returning back home to Arcare, tired but smiling and happy according to Viv.

The weather was perfect and the garden provided a delightful setting for guests to sit, chat and mingle as they ate and drank from the delicious array of celebration platters set out on the table.

We saw footage of the very special birthday greetings delivered personally to Monica by RAAF paratroopers at the Gold Coast air show the previous weekend. What a "goose-bumpy" moment when the paratroopers jumped out of planes at 10000ft, (OMG ... who would do that!)

They then floated down to the beach, spiralling on the way down to land on the sand and line up in front of the Birthday Gal. They then proceeded to present a very surprised Monica, the very special hand delivered greetings. What a moment to remember.

Soon it was time to 'cut the cake' and wish Monica Happy Birthday.

Viv had put up a gazebo where the QNA Ukers gathered with their ukes and voices. It felt very much like a festival.. The ukers, sometimes called 'soggy, swimminstrummers', proceeded to joyfully belt out a few of their favourite numbers to the assembled throng and were rewarded with happy, not quite thunderous, applause.

Now suitably warmed up, the guests joined in singing a rousing HAPPY BIRTHDAY to Monica. Champagne flowed and cake was served with loud and hearty

Three cheers for Monica 🎵🎵🎵🎵🎵🎵

... Christine Cooper

Overall Rank	Event	Time	Points	Tag	Age*	Competition	Comp Country	Date
11	Men 10km	1:56:24.40	-	-	26	Olympic Games Paris 2024	FRA	09/08/2024
4	Men 1500m Freestyle	15:16.79	857	-	26	2024 AUS Olympic Trials	AUS	14/06/2024
9	Men 10km	1:50:14.10	-	-	26	World Aquatics Open Water Swimming World Cup 2024	ITA	24/05/2024
1	Mixed 4x1500m	47:26.60	-	-	26	World Aquatics Championships - Doha 2024	QAT	08/02/2024
5	Men 10km	1:48:29.60	-	-	26	World Aquatics Championships - Doha 2024	QAT	04/02/2024

NOOSA'S NICK SLOMAN - OLYMPIAN !!

AGE : 26

CLUB : NOOSA AQUATIC CENTRE

COACH : JOHN ROGERS (JR)

BIO

WHILE he's smaller than most that line up on the pontoon and never was a child prodigy, a renewed Nick Sloman has earned himself a ticket to Paris through sheer grit and determination.

Sloman – in the best shape of his career – claimed his elusive Olympic blazer by finishing 5th (1hr:48:29.60) in the men's 10km race at the Doha World Championships in February, 2024.

"It's always been a dream of mine to represent Australia, especially at an Olympic Games. It hasn't been an easy feat to get there, for me especially it's taken me 12 years ... so it means a lot," Sloman said.

The Dolphins capped off an extremely successful championships with a dramatic victory in the mixed 4x1500m relay.

Moesha Johnson and Chelsea Gubecka got Australia into fourth position at the halfway point, before Nick took the lead in the third leg and Kyle Lee hung on to win by a fingertip.

"As a team we really wanted this," Nick said. "Personally when I hit the water, I just wanted to make the most of the effort that Moe and Chelsea had put in – I just didn't want to let them down."

The Sunshine Coast open water swimmer nearly quit the sport after missing out on the Tokyo Olympics but went away and worked on his mental approach.

Nick debuted on the world stage in 2018, making the Dolphins team for the Pan-Pacific Championships in Tokyo, where he won a bronze medal in the 10km open water swim event.

Since then, he has been a mainstay on the international circuit, winning a gold and a silver medal in the 2019 FINA Marathon Swim World Series; three silver and a bronze in the 2022 FINA Marathon Swim World Series; and silver in the 2023 World Series.

In addition to his success on the open-water swimming circuit, Nick is also a skilled ocean swimmer, having won the Australian Surf Life Saving Ocean Swim five times.

POD POP UP STAT: The Sunshine Coast open water swimmer Nick Sloman has a bag of international medals to his name, but his favourite swimming memory is something a little more modest. "My favourite memory is winning bronze in the 25m butterfly (for) six-seven-year-old boys at my first swimming carnival. That's where it all started," Nick said.

... courtesy Swimming Australia



The NAC was pumping when it hosted a great get together for anyone who could make it to watch Nick compete in the 10km event. He placed 11th in the world. Everyone is so proud of him!



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
SEPTEMBER							
7	LC	Nth Qld Masters Championships	MSQ	North	Q13/24	Yes	Townsville
OCTOBER							
5	SC	Toowoomba Tadpoles Meet 2024	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
6	OWS	Whitehaven OWS 2024	MSQ	Central	Q20/24	n/a	Whitehaven Beach, Queensland
NOVEMBER							
3	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q18/24	Yes	Pioneer River, Balnagowan
6-9	LC	2024 Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre, Southport
DECEMBER							
7	LC	Hervey Bay Humpbacks Meet 2024	QHB	Central	Q05/24	Yes	Hervey Bay Aquatic Centre, Hervey Bay

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®ion=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

COACH'S TIPS

Once you have developed cardiovascular, musculoskeletal and nervous systems progressively, the key to better performance and PBs is intensity of training.

Research has shown that Masters tend to train lower intensity as they age.

You need to train fast to race fast.

Sprint sets develop speed. HR sets develop endurance. No short cuts - just hard work.

Progressively overload.

Recovery is equally important.

As we age, we appear to need longer to recover.

Recovery strategies that work are stretching and nutrition.

Carbohydrate protein drink after training is good.

Other recovery strategies science has shown to work are massage, spas and sleep .

... Cheers, Jan



A *paraprosdokian* is a sentence or statement with an unexpected ending.

It means "against expectations" in Greek, and typically puts the first part of the sentence in a new & humorous context -

I tried to sue the airline for losing my luggage ... I lost my case.
I went to buy some camouflage trousers yesterday, but couldn't find any.
I saw an ad for burial plots, and I thought: "That's the last thing I need!"

ENDURANCE 1000 REPORT : August 2024



After some meagre attendance numbers, it has been great over the past few sessions to see the enthusiastic return of some of our endurance team both in the water and on deck timing.

With the weather quickly warming into Spring the cold starts of July are quickly forgotten.

We finally took delivery of our 10th National Endurance Trophy for 2023 after an 8 month wait.



I have christened the trophy "the bread board". Anyone for wine and cheese? Please check it out in our trophy cabinet.



Grant Scotcher aka "Clarence the Clocker." with Terry Carter on a cool Tuesday early in August !

Unfortunately, the trophy has been engraved for 2024 ... perhaps that's wishful thinking?

Nevertheless, that trophy represents a lot of dedication from our endurance swimmers, timers and deck crew for the 2023 year. Thank you all who participated, you bring great credit to the club.

We are still trailing last year's great effort, but with dedication from our members we can do it again!

For those who haven't participated in the endurance program it is designed to suit your own goals, whether it be completing timed swims over 400, 800 and 1500m or attempting to improve your distance over 30, 45 or 60 minute swims.

There are big points to be earned for completing the longer swims, so I encourage all to participate and achieve your swimming goals as well as help your club along the road to another win in 2024 at the State and National Level.

Let's see you in the water!

... Terry Parker
Endurance Coordinator



Right: Terry Carter - delighted with her surprise celebration - the "candle" took the cake !!

Lois Hill surprised Terry with a few treats from Dave's Poolside Cafe which were just right to celebrate her birthday (26/8) with her Masters buddies after Endurance on Tuesday 27/8.



September 2024

Studley Martin	3/9 (Big 60)
John Simonidis	5/9
Irene Symons	14/9
Joy de Koster	16/9
Ross Kee	16/9
John Whitmore	18/9 (Big 50)
Ian Mitchell	23/9 (Big 80)
Gillian Bensted	26/9

You know you are getting old when everything either dries up or leaks !



Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



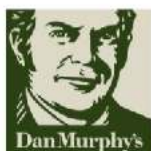
GOLD



SILVER



BRONZE



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