

QBN Brisbane Masters

Fortitude Valley Pool

8am Every Sunday – rain or shine!



Upcoming Swim Events

Oct 28 2018 Burleigh Heads Ocean Swim

Nov 7 Pan-Pacs

Mar 2019 Nationals - Adelaide

Good Luck Taryn!

Coach Bev and all QBN members wish you all the best at the upcoming INVICTUS GAMES. Your hard training and dedication to your goals are inspiring.

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QBN Annual Swim Meet – August 25th, 2018

by **Richard Sargent – Meet Director**

Swim Meet Sponsored by:

Café 63 Homemaker Swimwear Shack Vegi Prepi

Our annual swim meet was a great success due to several factors:

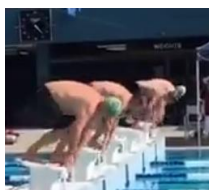
- More detailed planning than in previous years.
- We were able to get a date one week after the conclusion of the Brisbane Exhibition.
- We advertised the event more through Facebook and by direct e-mails to the clubs.
- Our sponsors.
- The day turned out to be fine and mostly sunny, with just a light breeze, so very comfortable for competitors and volunteers.
- We ended up with 133 nominations.

The most important factor in contributing to a very well organised event was the number of club members who turned up to help. We had 21 members who helped on the day, 10 of whom competed on the day and made significant contributions between swims, and 11 members who worked all day on their allocated tasks.



It was a very successful day on all fronts, and the feedback from other clubs has been very gratifying.

A huge thank you to our members and their friends and family who came along to make it such an enjoyable day.



Thanking Our Sponsors by Harry Bahrend

This year, for the first time, we secured financial sponsors for our annual swimming carnival. They being **Cafe63** at the Homemaker-Valley and the **Swimwear Shack**.

This support greatly contributed towards the running costs of our meet and a much better bottom line.

It would be nice if we could retain the support of these businesses for a few years. We have a very good chance of doing so if the club makes good use of their services during the year.

In the case of **Cafe63** that's already going well. It has become our permanent after swim coffee/breakfast on Sundays. The coffee and breakfasts are good value and the service is excellent.

The Swimwear Shack is definitely worth our patronage. The shop is owned and run by Aaron Clark. He has been in the swim business, in one way or another, for many years and is/was a very good swimmer as well. The shop is stocked with everything you need for swimming. All the major brands are there and frequent specials are on offer. So go and visit Aaron at the **Swimwear Shack** at:

9/58 Deshon Street, Woolloongabba 4102, Phone 3391 0311

Remember to mention you're from Brisbane Northside Masters, so he knows we are supporting him. You never know - you might score a discount as well.

It would be nice if we could attract 2 or 3 more businesses to support our club. Now is a very good time to start looking, exploring and talking to people about sponsorship. Have a talk to your boss, business associate or anyone else you can think of.



Past Meets Wrap-Up

Since our last Newsletter, many QBN members have participated in other meets. These included:

- Yeronga
- Hervey Bay
- Genesis
- Noosa
- Aqualicious



Noosa Meet – points by Ali Kriz

- We enjoyed terrific weather at the Noosa meet, and Summer felt like it was truly on the way
- We managed to find a great space under the shade, where we could all cheer QBN on as a team
- Everyone swam well, and QBN scored well in terms of overall points
- QBN certainly had great team spirit, and thanks to Tracy for entering the team
- Another great meet, well done QBN!



Aqualicious Meet – points by Coach Bev

- Tony, Richard, Bev, Shelley, Shirley and Brad participated
- All did very well
- QBN took away the small club trophy 🏆
- Richard 2nd in his age group
- Tony, Bev, and Brad came 3rd
- And our champ Shirley came 1st
- With Shelley's help we won the trophy



Member Travel Stories!

Coach Bev recently enjoyed an action-packed holiday in **Vietnam**.



Q: What inspired you to choose Vietnam as a holiday destination?

I grew up with families that had to send their sons to war at a young age. I'm very interested in the history of Vietnam.

Q: What was your itinerary?

My first point of call, was Hanoi, north Vietnam. This is still very old style living. They still wash their dishes and cook on the footpath. We took a bus trip, had a harbour cruise, and went through a very large cave. The scenery was magnificent. Then a flight to the South, then to Saigon.

Q: Did you have any fascinating/scary/poignant moments?

I was very brave and went on the chair lift which is 10km long and around 100 mtrs up in the air. What an experience. Very pleased when I was back down.

Even though I'm very scared of closed-in spaces, I crawled through the war tunnels. Only 4 of us were brave enough to do it! Once you started there was no turning back. I was so scared. They were so small, not much air or light.

Q: Did you manage to take a dip or have a swim over there?

Had a couple of swims in the hotel pools. But I have to be honest, that was where we meet for happy hour, which some nights turned into happy early morning.

Q: What are your tips for other first-timers who want to visit Vietnam?

I suggest you get an organised tour as there is so much to see and do.

MSA Thailand Swim Camp – by Meredith Holland

It was smooth flying to Singapore, with a short connector to Phuket. I arrived a day early to familiarise myself with the amazing Thanyapura Sports Resort.

Protected behind gates carefully guarded by the Military, we felt amongst the elite of high performance athletes who visit these facilities!

We were a mixed bunch from around Australia. All levels, ages and experience from 30yo to almost 90!

Our coach, Alan Godfrey, was amazing; recognising our experience and tailoring the sessions to suit your lane and your ability with two 1.5 hour sessions a day. For the whole week we worked hard and learnt so much! As if the sessions weren't enough, Thanyapura boasts a state of the art gym facility, sauna, steam room, hot jacuzzi and icy plunge pool! I also enjoyed the yoga and meditation!

So, if you're keen to spend a week focussing on you....learn new drills, have lots of laughs, and completely wear yourself out all in the comfort of 28 degrees during the Australian winter....keep an eye out for next year's camp!

States & Nationals Wrap-Up points supplied by Tracy Clarkson

Tracy has been busy this year visiting parts of Queensland and Australia, competing in the State Titles in Rockhampton in March and Perth, WA in April. She was the sole representative of QBN in these meets.



State Titles - Rockhampton - March 2018

In Rockhampton Tracy swam a long course 1500m backstroke on the first day and managed a State Record.

The rest of the meet was short course. Tracy swam many events, in all of which she placed first in her age group, breaking a State Record in the 400m Butterfly.

National Titles – Perth – April 2018

Tracy swam in eight events (two per day)

Her results were:

- 400 Free, 1st
- 50 Back, 2nd
- 400IM, 1st
- 200 Free, 1st
- 800 Free, 1st
- 200 Back, 3rd
- 200IM, 3rd
- 50 Free, 3rd



After the swimming, Tracy and Richard did some sight-seeing through Western Australia. A highlight was swimming with the whale sharks at Ningaloo Reef off Exmouth. They swam with 5 different sharks in a wonderful day trip.

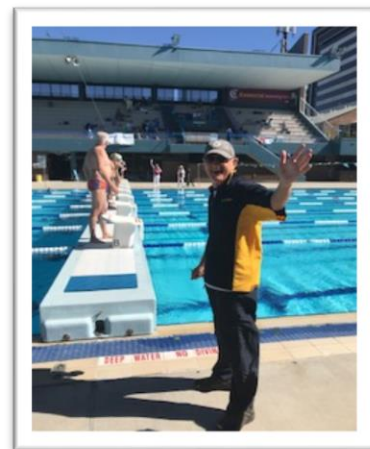
Travelling to distant meets in Australia is a great opportunity to meet new people and see some great sights. Next year, the Nationals are going to be held in Adelaide. Start planning now.

Swimmer Profile – Richard Sargent

Richard is our club President and all-round good guy! Here's a snapshot of his life & swimming experiences.

Q: Can you tell us a bit about your background

I grew up in Hobart and completed a pharmacy degree in 1970. I worked as a pharmacist in Tasmania, then moved to Bundaberg with my family in 1982. In 2000 I moved to Caloundra and worked in pharmacies there until 2014.



Q: What are your earliest swimming memories?

Learning to swim in a 20yard pool in Hobart with my brother, with big sister as tutor.

Q: How did you get further involved with Masters Swimming?

In Bundaberg in 1983 I was asked if there was a Masters Swim Club there, to which I replied "What's that?" After establishing there was no club, I proceeded to make enquiries, and so I, along with a couple of friends, placed an ad in the local paper to see who might be interested, and the Bundaberg Masters Swim Club was established.

Q: What is it about swimming in general that you love most?

Being able to meet lots of interesting people from all walks of life. The health and fitness aspects are [also] very important, and the competition involved is the key to keeping up a level of motivation.

Q: What's your favourite stroke?

My favourite stroke is freestyle because until I joined Masters it was the only stroke I could do!

Q: What are some of your major highlights/achievements?

- Starting the Bundaberg club from scratch
- Joining Northside in 2000
- Swimming at the World Masters Games at Chandler (can't remember the year).
- Holding a State Record in 400 Breast (many years ago when "aerobics" first started)
- Meet Director for swimming at the Pan Pacific Masters Games.

Q: Do you have any advice for fellow Masters Swimmers?

- Never stop trying to improve.
- Technique is everything and you never stop learning, from coaches, from other swimmers etc

Please note: the full articles for all above member stories/profiles have been edited for this newsletter. Contact either Maz or the featured member directly if you'd like to read the full originals!

That's it for another edition of our newsletter. Thanks to everyone for their contributions, **with special thanks to Chrissie for her help** and for doing the **past newsletters**.

If you have anything you'd like to feature in the next edition, feel free to send it to Maz at maidenm@yahoo.com.

Happy swimming!