

NEWSLETTER

REDLANDS BAYSIDE
MASTERS SWIMMING CLUB



June 2016

PRESIDENT'S REPORT

Hi Members,

Winter is here and as you will note in this newsletter our Club's Winter Warmup Postal is about to get underway. I'd like to encourage all members to enter to not only challenge yourselves but also to show support for our club and hard-working members who have put this together. An email has been sent to all members regarding dates for the 50 and 25m events. Please support your club by either entering or helping with timekeeping.

A grant application has been put together and which I am finalising at the moment for a computer for our club. This will help our club move forward to not only help with its better running but also be used by our coaches for potential training purposes and stroke correction. I hope to have good news on the grant in the coming month.

One of our club's most important events is coming on Sunday the 24th of July. It is our Club Presentation and Annual General Meeting day. Nomination forms have been sent to you by email and also handed out at club days. I hope all of you can come along and support QRB's future.

See you at the pool.

Shane Knight, Club President

MEMBERSHIP

Membership numbers stand at 59, and we are pleased to welcome new member Gail Gartshore, John and Ann Gartshore's youngest daughter. Gail joined in April this year and showed her competitive side in entering the recent Noosa meet. Interest in the Club has been continuing, verified by a high demand for membership brochures and prospective members participating in coaching sessions.

Please note that all swimmers are required to complete an initial Health Form before undertaking coaching lessons with the Masters. The forms are kept on file at the Cleveland Aquatic Centre and periodically updated. If there are changes to any details (such as emergency contact phone numbers etc) please approach Registrar Vivien Carlsson or a QRB coach for updating.

REDLANDS BAYSIDE WINTER WARM UP POSTAL

Entry forms and flyers have been completed for QRB's second postal event the **REDLANDS WINTER WARMUP POSTAL** to be conducted from **15 JUNE TO 15 AUGUST 2016**. Clubs throughout Australia have been notified through various media and forms are being made available on the QRB website.

MSQ and MSA will also provide links to the forms. Participants will have the choice of a 25m or 50m pool and a participant can swim up to five events over different distances/strokes in each. The cost is \$10 for each of the courses (LC or SC).

The club has set aside two dates for those interested in participating in the postal meet and has arranged for timekeepers for these days. The dates are:

- Sunday 19th June at 9 am, Cleveland, (50m)
- Sunday 26th June, at 9 am, Cleveland, (25m)

As per the secretary's email please email social@qrbmasters.org.au details of the events in which you wish to participate and forms will be prepared, to be completed on the day/s.

COACHING

As advised to members earlier this year, Rod Mackenzie, Sharon Devitt, Tracey Mann, Linda Meredith and Trevor Green have now completed their MSA on-line training and coaching workshop and are advancing towards final accreditation. They are in the process of completing 30 hours on the pool deck under the guidance of Coach Ann Gartshore. A CPR course, also a necessary requisite, was arranged recently. We are indeed fortunate to have five new coaches, all of whom are skilled, enthusiastic, and eager to encourage, nurture and bring out the best in all swimmers.

SWIM MEETS

ALBANY CREEK SHORT COURSE EVENT – 9 APRIL 2016

Two hundred and thirty (230) competitors entered the popular short course Albany Creek event in April, the largest number of any interclub meet in Queensland in the last few years and exceeding those of the State Finals this year.

The meet provided plenty of competition for our QRB team comprising Rachel Archer, Tracey Mann, Emma Marshall, Clive Griffin, Nathan Mead, and Alan Patterson all of whom acquitted themselves well. Unfortunately, Club Captain Sharon Devitt, after swimming a strong 400m freestyle postal, was disappointed to be unable to attend the meet. Team support included Rod and Gill Mackenzie, Sue Patterson, Rose Milnes (mother of Rachel), and Emma's mum Ann.



All smiles as Rachel and Nathan display their medals.



Competitors on their feet and supporters in relaxed mode

Congratulations to Nathan and Rachel who were awarded Bronze medals. Rachel proved she was in fine form with a personal best in the 200m breaststroke and close to previous bests in the 25m and 100m breaststroke events.



At the raffle table



Some friendly bickering at the gazebo setup. Nathan and Rachel with Emma in background.

Other notable achievements by our swimmers in individual events were from Alan with a 1st and two 2^{nds} in his freestyle events and Tracey, 1st in the 25m butterfly, 2nd in the 100m medley and 2nd in the 25m breaststroke.

NOOSA LONG COURSE EVENT – 14 MAY 2016

The Noosa Long Course event showcased the talents and competitiveness of QRB swimmers, being attended by 8 competitors Rod Mackenzie, Ann Gartshore, John Gartshore, Gail Gartshore, Nathan Mead, Tracey Mann, Linda Meredith and Sue Robba with a support crew of Gill Mackenzie, Nadine Mead, Paul Robba and Carol Gartshore.

Rod Mackenzie won Gold convincingly, with wins in all his events, freestyle 100m, 200m, 400m, 800m and 1500m.

Linda Meredith also notched up Gold, achieving 1sts in all her events (freestyle/backstroke). She was most pleased with eclipsing her 100m backstroke time from the State Titles by 2.36s.

Sue Robba began competitive swimming with our Club at the State Titles in Miami in March, winning Gold, Silver and Bronze medals in her individual events. She now boosts her medal count with a Silver medal from Noosa, attaining three firsts and 2 seconds in freestyle and breaststroke events.

Tracey Mann performed solidly in the 50, 100 and 400 freestyle events, the 50 butterfly and the 200 individual medley.

John and Ann Gartshore's youngest daughter **Gail Gartshore** joined our club in April this year, reinstating her love of swimming, and it was a consolidated family day at Noosa, with middle daughter Carol also in attendance. Gail performed well in the 50m freestyle and was very pleased with her second in the 50m backstroke. Gail, Carol and Ann also provided much poolside support for **John Gartshore** as he tackled the 50m freestyle – a comeback for John after some time away from competitive swimming.

Ann Gartshore, who often has little time to focus on her swimming outside coaching duties, bettered her 800m freestyle time from a 2013 Masters postal swim and swam very close to her previous Noosa 800m postal in 2011. Ann also undertook the 1500m postal in good time, and swam the 400m freestyle and 50m sprints in breaststroke and backstroke on the day of the meet.

Nathan Mead included the 800 breaststroke and 1500 freestyle postals amongst his mix of breast and freestyle events and improved on his State Titles times in the 100m and 1500m free.



Rod Mackenzie writes that QRB entered teams in both relay events. In the mixed medley relay the team did not have a specialist butterfly swimmer but Nathan gallantly stepped up to complete a very competitive team. Linda swam back, Sue breast, Nathan fly and Rod free with a result of 3rd place. In the 4x50 handicap, a team of Gail, Sue, Rod and John* from Rockhampton performed very well and were 2/3 past the post but were disqualified, along with 7 of the 10 teams under the handicap rules. (Each team's nominated time determined the handicap start position and time, prizes awarded to

teams not breaking nominated times by more than 2 secs).

Congratulations to all swimmers! It was a great social day, Rod reports, and also an ideal time for some competitors to take some "down time" and stay within the Noosa/Sunshine Coast area for a long weekend.

**John is a member of Rockhampton befriended by club members at the carnival, and he and wife Mary shared QRB's gazebo.*

UPCOMING MEETS

JUNE						
11	SC	Rum City	QBB	Central	11/16	Bundaberg Swim Academy
15 June – 15 Aug	Postal L & SC	Redlands Bayside	QRB	South	12/16	
JULY						
9	LC	Brisbane Southside	QSM	South	13/16	Brisbane Aquatic Centre
30	SC	Genesis Aquatic	QGA	Sunshine	14/16	Genesis College
AUGUST						
20	SC	Brisbane Northside	QBN	Sunshine	15/16	The Valley Pool, Brisbane
SEPTEMBER						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	SC	Long Tan Legends	QLT	North	24/16	Long Tan Pool
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Aquatic Centre
NOVEMBER						
4 – 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre

EQUIPMENT AND MERCHANDISE

Our club shirts with the QRB logo are still available for \$15 and have been on display and can be purchased at the pool.

Members may wish to discuss the option of a “casual” alternative club shirt (not bearing the Club logo) at the Annual General Meeting in July. Sundrenched Australia, Gold Coast have a range of Hawaiian shirts in a cool, comfortable rayon priced at \$20/\$25. Examples were pictured in the previous newsletter. Please follow the link to the website <http://www.sundrenched.com.au>.

SOCIAL

Members are reminded that should they wish to organise any social event (movies, theatre, café) this can be facilitated through emailing Susan Lee at social@qrbmasters.org.au. Sue will then forward the email to all members.

❖ WEDDING CELEBRATIONS FOR GARREN AND CHRISTINE

Susan has recently acquired a daughter-in-law and Rachel a son-in-law with the marriage of Rachel and Brian Archer’s eldest daughter & Rose Milnes’ grand-daughter, Christine, to Susan and Wayne’s elder son Garren. The two have been sweethearts since their teens and they made a beautiful picture at the Carriage Room, Thornlands where they exchanged their vows.



❖ TRAVEL

As well as swimming, our Registrar **Vivienne Carlsson** has many other interests and commitments - bushwalking, cycling, spending time with her daughter and grand-daughters, to name just a few. Vivien has returned from a cycling venture over in the West and writes:

“Our U3A Cycle Group travel away either interstate or overseas to NZ once a year to experience one week’s cycling around the area. So far we have cycled the Otago Rail Trail, Nelson & Hawkes Bay, Christchurch to Mt Cook and back to the coast, Murray to the Mountains and East Gippsland in Victoria and the NSW South Coast. All these trips have been supported with luggage transfers to each destination, accommodation and bicycle hire bookings etc.



Keeping company with a local at Burswood Park, Perth

This year nine group members decided to cycle around Perth however there is no agent in Perth who supports these tours and base ourselves in Perth for volunteered to do all the well with no problems with Perth is a beautiful clean modern so we were able to experience



Refreshments on tour

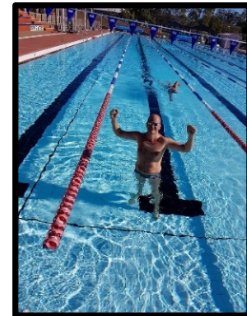
so I suggested we go unsupported the week and cycle out each day. I bookings and thankfully all went broken chains, punctures etc. city with great bikeways/walkways day trips cycling different routes

each day up to 50 km - along the Swan and Canning Rivers and up to Kings Park, over Rottnest Island, Perth to Fremantle, along the Sunset Coast from Fremantle to Burns Beach north of Perth. We all had a wonderful time and look forward to our cycle away next year to who knows where!!”

Heather Robinson and her husband will journey overseas until August 1 visiting relatives in England and spending some time in Iceland.

POOL ATTENDANCE

Our pool attendance in the current quarter has averaged 22 on Sundays and 11 on Wednesdays with many new members being very eager to participate in drills and stroke correction. The Cleveland Aquatic Centre’s squad coach/leader Andrea provides challenging drills and workouts for different levels in the 50m pool on Wednesday nights and Ann Gartshore, together with our new coaches also cater for swimmers’ needs in both the 25m and 50m pool on Wednesdays and Sundays. The 50m pool will close on 25 June to 25 July and the club is investigating an alternative for this time.



Shane flexing his swimming muscles as the 50m promises future chills

We welcome back Rachele Urquhart who has succumbed to various viruses over some months but is now making great progress in regaining her fitness.

NATIONAL CHAMPIONSHIPS 2017 – GOLD COAST



The 42nd Masters Swimming Australia Championships will be hosted by Queensland. The event will take place at the Gold Coast Aquatic Centre, Southport from 8-11 March 2017. Members will have received an email from Club Secretary Janet forwarding MSQ’s request for assistance from clubs by providing content for the Social Media/Market Team. QRB members are encouraged to sign up individually for the monthly newsletters.

Cramp When You Swim? Some Tips To Shake It

- from Swim Smooth, feelthewater.com

Getting cramp when you swim is not only unpleasant but can be a serious disruption to your training. Worse still, in races it can completely ruin your performance. So what can you do to avoid this annoying problem?

Cramp isn't completely understood in the medical and sports science worlds but there's definitely some risk factors unique to swimming:

- Swimming in a pool or open water the lower leg gets cooled by the water - this happens even in a wetsuit.
- Swimming with good technique with your toes pointed holds the calf muscles in a shortened state.
- Swimming a length with the lower leg doing relatively little and then suddenly flexing and pushing off hard from the end of the pool places a great deal of stress on the calf and foot muscles.

These three factors combine to mean that swimmers tend to suffer from cramp more than in other sports, particularly in the lower leg. If you do suffer from cramp when you swim here's some tips to try and improve the situation:

- Make sure you're not dehydrated before swimming - a leading cause of cramp.
- Drinking coffee before swimming seems to be a factor for many swimmers (over and above the dehydrating effects) - try cutting it out.
- Introduce a regular stretching routine on the foot and calves; gently perform these stretches before swimming.
- In races, warm-up properly beforehand if at all possible. Going from cold to full-pace swimming without a warm-up places a lot of stress on the body.
- You could try drinking a source of quinine (e.g. tonic water) before swimming as this has been shown to be effective in reducing cramp for some people. (Sorry, you'll have to pass on the gin with tonic water!)
- If it's a major problem for your swimming you could try some regular sports massage on the affected muscles in the build up to a key race - helping to remove any knots and flush out waste products.
- Too little potassium, calcium or magnesium in your diet can contribute to cramping. A balanced diet containing these minerals is recommended but you could also experiment with taking a salt tablet a couple of hours before swimming to see if it helps.
- Swimming with fins can cause cramp in the foot and calves. Make sure you are using a long flexible fin or avoid longer fin based drill sets.

Unfortunately there's no silver-bullet to curing cramp but hopefully the tips above will help alleviate the symptoms.

MEMBER PROFILE – LINDA MEREDITH



I was born on a small farm at Kenthurst in the hills district of Sydney 5th October 1955 at 5.55pm. I always thought that those 5's had some sort of significance but to date I am still left wondering.

I was always playing outdoors and spending time with animals. When my sister was playing with dolls, I had a farm set, a pet pig, chooks, white mice and rabbits, silk worms and guinea pigs along with the family cats and dogs and wanting to help on the farm. My dream was horses, horses and horses. Many weekends were spent at the horse races where I dreamed my dreams.

My parents grew up in Manly, Sydney and as children we frequented the Northern Sydney beaches. It was here I learnt to surf and love the water. Our community had a 25 metre pool where my older sister, brother and I spent many, many hours. It was here I really learnt to swim. Swimming was FUN! I have lots of ribbons from school swimming. In

1971, my last year of school, I competed in the Zone and State School Championships at North Sydney pool in 50m freestyle. I remember competing against a girl a year younger than myself called Shane Gould who went on to win 3 gold medals for Australia the following year at the Munich Olympic Games!

I finished school in 4th form (Year 10). I wanted to continue school and go to Uni and become a Vet but my parents were very basic people who didn't encourage further education. I then wanted to ride track work and train to become a racehorse trainer but again my parents stopped me as in their eyes it wasn't a career for a girl. I thought by now I could be up there with Gai Waterhouse!

I applied to be an air hostess but was refused by TAA and Ansett as I didn't meet the requirement of 5'2"!! Go figure! These days I could apply for discrimination!

At 17 I started my nursing career and became a midwife, which I enjoyed and also fulfilled my wanderlust as I could work and travel.

At the age of 22 I headed overseas working in the UK, Canada and the United Arab Emirates. Life was fun working then jetting off for a few months skiing in Austria or travelling through Europe and North Africa., Canada and the East Coast of the USA. I arrived in New York the day John Lennon was murdered. It was a very memorable time in my life.

In 1981 I returned home to Aussie and met my husband, Ted. He also had an adventurous nature and wanted to buy a yacht and sail away. That suited my sense of adventure, which was still alive and kicking.

Our son Rhys was born in 1988 while we were living aboard our yacht in Southport Marina and preparing to sail off into the sunset. Rhys was 3 months old when we set sail. I first introduced him to learn to swim in a rock pool in the Whitsundays at 5 months of age.

We stopped for a few months in Townsville due to a cyclone. While at Townsville Marina, I enjoyed lap swimming at the Tobruk Pool and Rhys had swim lessons. I always taught him if he fell in the water, to swim to an anchor rope and yell! Two years later he fell off his bike into the water at a marina and did just that which saved him.

We then sailed off to Gove via North Qld coast and Thursday Island. We stopped in Gove for 18 months. I worked as a midwife and emergency nurse at Gove hospital.

We returned 3 years later after travelling Qld, Thursday Island, NT, New Guinea and Solomon Is. Rhys had his 3rd birthday at Milne Bay, New Guinea.

We returned to normal life on the Gold Coast when Ted needed heart surgery. I returned to Allamanda hospital on the Gold Coast where I was Nursing Unit Manager for couple of years then moved to Hobart Tasmania for 7 years where I was in Charge of Maternity at the Royal Hobart Hospital.

It was in Tasmania that I fulfilled my dream of horses, horses and horses. We bought a small farm and an Arabian horse and started endurance horse riding. What a wonderful way to see Tasmania...on horseback!

We decided to move back to Brisbane in 2001. Bought a bigger farm, started breeding and training and Arabian endurance horses.

My horse Trooper and I competed at the top level all over Australia and became Australian FEI 160km Champions in 2009.



I competed in the 160km Presidents Cup in the UAE and competed for Australia in NZ and was invited back to ride in the NZ 160km National Champs the following year.

We sold our farm and horses in 2010 and settled in Cleveland

Bored with being a townie, I took up triathlons at age 55. I knew I could swim but had to learn to ride a road bike and run.



Triathlons also gave me an interest in Ocean swims.

I qualified with top points in the 2012 season to qualify for the Auckland World Triathlon Championships and unfortunately could not compete as I fractured my vertebrae only a

few weeks before the event. I slowly started back a year or so later.

I won the Qld Triathlon Series for my age group 2014 and 2015 and the Noosa Olympic triathlon F 60-64 2015.

I decided to pursue my love of swimming and joined the Redland Bayside Masters in 2015. My first meet was BSM Chandler 2015 and I competed successfully at the River City, Miami States and Noosa this year.

I completed the AUSTRALIAN Learn to Swim Teacher qualification in 2015 and work casually for Cleveland Aquatic Centre.

I have been a Registered Nurse for 40 years and currently work part time as a Midwife at Redlands Hospital. I live in Thornlands with

my husband Ted and Australian Terrier dog, Jock. We are very proud of our only son Rhys who is a Tiler and owner of Capital Tiling and plays soccer for the NPL Soccer team Brisbane Strikers.

I have an interest in swimming and assisting masters swimming so decided to complete the Masters Swim Coaching course and am in the process of completing my required poolside coaching hours. Loving every minute of it!

My goals for this year are to become a registered Masters swim Coach and to compete in Swimming in the Pan Pacific Masters Games in November.

My Motto: We are here for a short time and a good time!

