



P.O. Box 455
Mermaid Beach, Qld. 4218.

2019 June QMM Newsletter

Brisbane Southside Masters (QSM): SC Brisbane AC, Chandler, 6.7.19.

Genesis Masters (QGA): SC Genesis AC, Bray Park, 20.7.19.

FINA World Masters: LC Gwangju, South Korea, 7.8 - 18.8.19.

Brisbane Northside Masters (QBN): SC The Valley Pool, 24.8.19.

Noosa Masters (QNA): LC Noosa AC, 14.9.19.

Lismore Masters Games: SC Trinity AC, 28-29.9.19

Australian Masters Games: LC SAA&LC, Adelaide 5-12.10.19

University of Queensland Masters (QUQ): SC UQ AC, 12.10.19.

Sunshine Coast Masters (QSC): LC Kawana AC, 26.10.19.

Aqualicious Masters (QAL): LC Centenary Pool, 9.11.19.

Trinity Lismore Masters (QTR): OWS Shaws Bay, Ballina, 24.11.19.

MSA National Championships: SC SOPAC, Homebush, 15.4-18.4.20.

MSA National Championships: OWS, Lake Parramatta, 19.4.20.

MSQ State Championships: SC Tobruk Pool, Cairns North, 8.5-10.5.20.

Message from our President



As you know our pool is being re-developed with construction starting in November this year. The old pool will be closed while it's replaced with a new FINA standard pool, along with new entry, shop, cafe, etc. Details are on the Council website at <http://www.goldcoast.qld.gov.au/miami-aquatic-centre-redevelopment-47334.html>

This project is expected to take 18 months, so we have to look for an alternative venue for our annual swim meet. We are investigating venues including Southport, Palm Beach, Nerang (short course), Somerset and Banora (Twin Towns) among others. Your committee will be looking at all these options at their meeting on the 14th July (Bastille Day by the way), and we expect to have a decision then. This will give us time to plan our swim meets for the next two years.

In addition we have to plan alternatives in the event we cannot obtain lane space for any of our regular training sessions at the one pool left at Miami. We're also working on attracting new members, and new initiatives to boost our club. One point we'd like to stress is that during the re-development of the swimming complex, Miami Masters IS NOT going into hibernation!

A special thanks to our captains Lindy and David, who have put in a huge effort. From driving buses to organising relays to rounding up members to compete, they are doing a fabulous job. Thank you! And thanks to all our committee who do so much behind the scenes to keep our club running as well as it does!

Later in July, John and I will update you on the result of the committee decision re the location of our next swim meet, plus some other initiatives we're looking at. If you have any suggestions please don't hesitate to contact us as we're always open to new ideas. As an aunt of mine used to say, "There's always room for improvement".

Kind Regards, Rob Findlay

Our Committee

Management Committee

President: Robert Findlay

Vice President: John Munro

Secretary: Wendy Abbott

Treasurer: Colette Southam

Captains: Lindy and David Salter

Registrar: Marg Flanagan

Office Bearers

Recorder: Denise Robertson

Endurance Director: TBC

Vice-Captain: TBC

Merchandise Officer: Margie Watts

Social Committee: Julie Stuart, Kathy Watt, Claire Reaburn

Newsletter Editor: Peter Mitchell

Gear Steward: Peter Mitchell

Lane 11: Bryan Durham

Safety Officer: Kim McKeon

PR / Publicity Officer:

Website: Karen Lyons

Committee News

- We're still in the process of trying to work out what to do once the GCCC starts work at the pool. It certainly looks like a wonderful project, but it's not going to be all done overnight. Our president Rob is doing all the leg work and it will be up to the Committee to decide what path we take.
- The Committee is looking into changing the format for our annual Presentation Night. Perhaps it's become a little stale over many years and somewhat changed from our original model. If anyone has any ideas, any input would be greatly appreciated.
- We are also investigating into changing and improving our system of awarding Life Memberships. These are a good way to award members who've been in the club for some time and have demonstrated a willingness to contribute something extra to the club, both in the water and on land.
- We're always thinking about what social activities we can offer in the future. Our night out at the Spotlight Theatre was most appreciated and we hope to do something similar soon. A bushwalk is proposed for when the circumstances suit. Anyway, if you have any good ideas, please let someone on the Committee know.
- We have heaps of QMM swim caps available, as well as a great deal of other merchandise. Margie Watts is available on Saturdays if you'd like to purchase something. It's really appreciated that when members compete at meets, they're doing it in QMM gear. Margie also has deck coats available for \$100.00.
- We've allocated funds over the last couple of years for members to participate in first aid and/or lifesaving courses. The committee intends to get our program back on track and re-arouse some interest in these valuable activities.

Miami News

- Now's a great time to get oneself back into training at the pool at 6.30 on Tuesday nights. It may be a bit cooler out but the pool temp is just perfect, despite a few glitches a few weeks ago. Also, we have the privilege of having two coaches, Todd and Sally or Roger on deck. It's always a good session.
- It's also pleasing to know that during July, you're able to purchase 30 pool entries for the usual price for 25. And there's no limit on how many one can buy. So this offer could probably keep you paid up until Christmas if you're prepared to spend a few extra dollars now.
- Queensland Masters has opened up Masters' membership for six months for the rest of 2019. This is ideal for newcomers and lapsed members to get back into some rather serious swimming without having to pay a full year's membership.
- Many thanks to Julie Stuart for organising a little trip to the theatre for us. This time it was 'Catch Me if You Can', a musical adaptation of the book and later movie, and performed at Spotlight Theatre, Benowa. After an enjoyable Chinese meal, we all headed off to enjoy a lively and well-produced performance. Despite it being out there in the suburbs, they really know how to put on a top professional show. Loved the music, the costumes, the sets, the dancing, the story. What's better than live theatre?
- Hope to see our members Judy Bonning, Bryan Durham, Georgie Young and Vanessa Teece back in the pool real soon. We do miss you all and what you contribute to the club. Denise Robertson has been out for quite a while but she's now finally back in the swim. Love to see Ashleigh Forsyth's shoulder fix itself real soon. It's been such a long time.
- For those who enjoy getting into the salt and chop, the ocean is the place. It's been so good for so long despite a bit of a change over this last week with some really big stuff. Never mind, it will get more swimmer-friendly sooner or later, and hopefully the southerlies will continue and the bluebottles will stay out there wherever they live.

- It would be great if more members were to involve themselves in the Endurance Program. Don't forget we have sessions on Friday mornings after 7.00 and on Saturday afternoon before training at 1.30. Every first Sunday of the month is Endurance day, and this Sunday, the 7th of July, we're conducting 1500 metre postal swims run by the Toowoomba Tadpoles (QTW) club. All one needs to do is turn up, swim 1500 metres free, breast or back, pay \$20.00, submit your splits and collect your certificate when all the results are in. And you're free to do all three swims for the one amount. All swims must be completed by 31st July. Check the website for all the details. <https://mastersswimmingqld.org.au/event/toowoomba-tadpoles-1500m-swim-in-july-postal/>
- We're planning to organise a talk by someone from the Heart Foundation in the coming weeks. We'll advise all the membership when everything's been sorted out re times, venue etc, but one can be assured that it will be of benefit to us all.

Presentation Night 5th April

Our annual Presentation Night was held on the Friday night of the fifth of April upstairs at the Burleigh Heads Surf Club. As usual, we were well looked after and provided with a good array of food and beverages.

This year we were honoured to have one of members, Gary Field, to give us a talk about himself, his career and his interest in Community Radio Station 94.1 FM. Gary set up this station a few years ago and has managed to get it to a point where it's one of the most listened-to stations on the Gold Coast. He's obviously found where the niche market is and has exploited it well. It was really interesting to hear all about Gary's earlier career in commercial radio and how he ended up where he is now. It's certainly changed a lot since those days, what with all the digitalisation, limitless competition etc, but it's still got to entertain. Gary has been very kind to our club with helping sponsor our carnival and providing us with music while we swam. Thanks for all that Gary, but we'd all love to see you at training more often, despite your work obligations.



Gary speaking to a visible audience.



Alan Carlisle with a swag of Record and Top Ten certificates.



Coaches' Trophy Winner Graeme van der Vlugt with Sally Hunt



Supporters' Trophy: Bruce Parry with Margie Watts



Rob Findlay, Margie Watts awarding John Munro the Viv Scholer Award, shared with Bryan Durham.



Marg Fittock, John Crisp and Denise Robertson.



Member of the Year: Wendy Abbott



Captain's Trophy winner Zac Kimber with Liala Davighi.



John and Sally presenting Ross Beaton with the Coaches' Most Improved.



Denise Robertson: Best Carnival Performance



Swimmer of the Year, Alan Carlisle with Denise.



The Endurance Superstars: Gordon, Hobe, Colette and Helen. Shared with Judy Gibson.



The attentive crowd.

Congratulations to those members who achieved awards for their performances both in and out of the water. It was quite impressive to see the number of certificates we received to give to those swimmers who'd achieved either World, National and Branch records or Top Ten times. Unfortunately, some of our Award winners were unable to attend. Congratulations must go to Vanessa Teece for winning the Captain's Trophy and the Margaret Kelly Life Members' Trophy for Training Participation. Phil Zaeza won the Geoff Ross Encouragement Award for Endurance while Judy Gibson shared the Endurance prize with the Canadian over-achievers.

State Titles 11th -13th April.

Report from Lindy Salter



I'd like to add the word 'fantastic' to our motto of 'Fun, fitness and friendship' to describe the thirty-one club members who ventured north to Chandler last Thursday, Friday and Saturday to compete in the State Championships

.Some amazing results were achieved – from just getting back in the pool after a health scare (one of our senior members) and injury (one a gallant little butterfly) – to a demonstration of speed, technique and sheer beauty by our four record breakers: Todd, Denise, Alan and David Boylson. They were inspirational!





But the most impressive feature of the meet was the enthusiasm of the relay teams! Fantastic spirit was shown by even our fastest swimmers who put their whole heart into their efforts to raise up some fairly average swimmers to taste success! (Even a serious costume malfunction failed to slow Todd down in bringing home one mediocre mixed medley team.)



In the overall team competition, Miami was placed 3rd out of 21 Queensland teams behind Brisbane Southside (our hosts) and the University of Queensland team. Congratulations to all! Thanks too, to John Munro and Bruce Parry for lending their driving skills for the team bus. AND, a special thank you to Roger and Todd for your generous support, advice and coaching throughout the meet – and for leading by example. Thanks too, to our faithful recorder, Denise, for helping me make sense of all the figures (results and records).

Record Breakers

Alan Carlisle: 200 Breaststroke 3:09.39 (State record) 50 Butterfly 33.13 (State)

David Boylson: 50 Freestyle 32.40 (State record)

Todd Robinson: 50 Freestyle 24.75 (State & National record) 100 Freestyle 54.63 (State record) 50 Butterfly 26.21 (State & National record) 100 Butterfly 1:00.42 (State & National record)

Denise Robertson: 400 Freestyle 7:11.45 (National record)

Outstanding Performances: (It's really hard to leave anyone out.)

Zach Kimber, Todd Robinson, Mark Jordan, Stephen O'Brien, David Mackay, Hobe Horton, Darryl Hurley, Rod Taylor, Alan Carlisle, David Boylson, John Crisp, Roger Belmar, Genelle Wilson, Helen Morley, Margie Fittock, Denise Robertson, Ying Luo, Joan Patterson and Kelsey Huebner.



Yeronga Yabbies Masters Meet 11th May.

From Lindy Salter

Last Saturday, twenty-three of our swimmers ventured up to 'the big smoke' for one of the friendliest little meets of the year. Nestled in a corner of Yeronga Memorial Park, the 25m pool has grassy slopes under beautiful shade trees which create a picnic atmosphere. We came away with sixteen individual medals as well as taking out the fabulous trophy for the overall club winner! (Actually, the trophy has to stay at Yeronga, but we were given a substitute that you can admire in Lane 11.)



Great Barrier Reef Games 23rd -25th May.

Sandra Rogers has kept up her membership with Miami despite having left to live up in Cairns. She hoped that some members would venture north to join her in the Great Barrier Reef Masters Games but it wasn't to be. Nevertheless, Sandra flew the QMM flag and did quite commendably. But never mind, I'm sure that we'll make up for it next year because the State Titles will be held in that very pool.



I miss you all at Miami and I'm so proud of how strong the club has become.

Margie asked me to send a few photos from the Great Barrier Reef Masters Games just finished. I was very proud to be the one and only Miami swimmer and managed to bring home some medals for the club.



Gold: 50 free. **Silver:** 100 back, 200 back, 50 fly.

Bronze: 200 IM, 50 back, 50 breast, 100 breast.



There were 142 swimmers among over 2000 athletes and the Tobruk pool facility is world class. It's the venue for the State Titles next year in May and I truly hope many Miami swimmers come up and compete.

Sandra

Master Class 1st June



It certainly wasn't one of the most clement days and there was a little problem with the heating in the old pool, but despite everything, we persisted and the master class went ahead. We're very grateful for these experienced swimmers who give up their Saturday afternoons to help us all to get a few extra hints on how to be more efficient and maybe faster in the pool. Sincere thanks to our coaches for the day: Freestyle: John Crisp and Rod Taylor, Backstroke: Brett Green, Breaststroke: Mark Sutton and Alan Carlisle, and Butterfly: Mark FitzWalter. An afternoon well spent.





Fast Times at Chandler



Our stars: Back Row: Carole, Kim, Wendy and Lindy. Front Row: Claire, Julie, Mary and Kathy.

As a promotion of Masters Swimming, we were invited to send a women's freestyle relay team and some mixed medley teams to the World Championships Trials at Chandler from 9th to 14th June. As a number of our young guns were unavailable, we sent an older team of girls Wendy Abbott, Julie Stuart, Carole Simpson and Lindy Salter as they seemed to have had the best chance of breaking the state record. The idea was to accompany the Campbell family (Cate, Bronte, Jessica and Mum) in their bid to break the World Record in their age group. The Campbells, representing the Queensland Barbarians broke the 120+ record in a time of 1:43.97. This apparently was a World Record but can't be approved by FINA because Jessica isn't yet 25. Wendy, Kim, Lindy and Carole in the 280+ came in with a time of 2:36.16, perhaps a little bit behind but there's a bit of an age difference. One can believe that this broke the old Australian record, but nothing's certain until that certificate's in your hand.



Later on in the week five swimmers from Miami represented our club in a Mixed Medley Relay event. They were Aaron Boersma, Todd Robinson, Marcelo Figueredo, Alan Carlisle and (Louisa) Ying Luo. The racing was of an excellent standard and Todd's team, Team Flouch, managed to come in first in a time of 1:57.99.



Lindy, Carole, Wendy and Julie with ex Miami SC member Giaan Rooney

THE VIRGIN by Jennifer Dachroeden



Yes that's me, "The Virgin of the Meet." I have only been a member of the club for a short time, and over a couple of wines at the "Bears", I was coerced, by a couple of persistent ladies, to come and compete in my first meet at Yeronga on May 11th. "It will be a good experience for you and lots of fun," they said. All week long I had anxiety because I didn't think that I was ready, but then, I thought, what harm could it do? They won't even notice me.

I hastily bought all the club paraphernalia; the swimsuit, T-shirt, and club cap so that I would blend in and not be noticed.

The first event I swam in was the 50 backstroke. I had practised my turns, but unfortunately touched incorrectly at the finish, and I was also wearing a watch; I didn't know you couldn't. I was disqualified. Great start! I found out later that if I hadn't been disqualified, I would have won that event. The fact that I was the only one in it in my age had nothing to do with it. Ha Ha.

The next couple of races were uneventful; then came the 25 Free. I lined up behind my block. There were already swimmers on the other blocks in front of me. The time keeper then asked me if I was in lane six. I replied yes, and he yelled at me to get on the block and go. Of course I obeyed.

He blew the whistle. I dived in and swam my heart out. But when I reached the end, there was no one there. It was the 50 breaststroke event, and the swimmers were all headed back the other way; so much for blending in and not being conspicuous. Fortunately they had timed my 25 Free so I didn't have to repeat it. I will now always be known as the lady who 'swam freestyle in the breaststroke event.' Other than that, I had a fabulous time and will probably do it again as I am no longer a 'Virgin.'

Longer Warm-Downs and Recovery Times after Shorter and Harder Swims

Peter Reaburn PhD

When we compete at swim meets or surf carnivals, we generally do several events over half-a-day. For the serious competitors amongst us, we tend to go flat out in each of these events. Then hope like hell we can recover for the next event. Here is some recent research that examined how quickly our cardiovascular system recovers after different duration swim events. Specifically, the Italian researchers investigated cardiac autonomic responses (heart rate and blood pressure) and hemodynamic (blood flow) parameters on recovery time after short- (100m), middle- (200m) and long- (400m) freestyle swims

Ten male regional-level swimmers were tested to estimate time and frequency domains of arterial baroreflex sensitivity (BRS) (academic speak for how quickly blood pressure and heart rate return to normal) and heart rate variability (variability of the time between heart beats measured in milliseconds) after 100, 200, and 400 m of freestyle. In general, higher the heart rate variability is typically seen in people with high levels of aerobic fitness and good health. Interestingly, women, in general, have higher heart rate variability than men.

The researchers found a BRS reduction for 90 minutes after the maximal 100-m and 200-m freestyle events,

and approximately 70 minutes after 400 m. The time intervals between heart beats were significantly reduced for 30 minutes after 400 m, and more than 90 minutes after the 100 and 200 m swims. Heart rate was restored back after 90 minutes after all swims, whereas blood pressure was significantly reduced for 50 minutes after the 200 and 400 m swims, with a persistent and longer reduction after the harder 100 m effort.

The time course of heart rate and blood pressure recovery varies after swims of different intensities and durations. The above findings suggest a rapid recovery after a 400 m swim, an intermediate recovery after a 200 m, and a significantly delayed recovery after a more strictly anaerobic performance such as a 100m freestyle. With age, both heart rate and blood pressure responses to exercise decline while heart rate variability also decreases with age. However, while the above research was conducted on young swimmers, masters coaches and swimmers theoretically would respond the same way as the youngsters after the same swims. That is, we would also be affected by the specific recovery times between different intensity and duration swims. In practice, this means we should be putting more emphasis on swim down and recovery after sprint events than distance events.

Reference: Piras, A, Cortesi, M, Campa, F, Perazzolo, M, and Gatta, G. (2019). Recovery time profiling after short, middle and long distance swimming performance. Journal of Strength and Conditioning Research 33(5): 1408-1415.

Peter is the Professor and Head of Exercise and Sport Science at Bond University. He was an original member of Miami Masters and has been back living on the coast for a few years now. We really do appreciate his wealth of knowledge and his invaluable advice.



Check out all the websites about how you can take out membership for the final six months of 2019. This replaces the 16 months membership of previous years.

INSTRUCTIONS FOR APPLYING FOR MEMBERSHIP

6 months Miami Masters: July 1st - Dec. 31st, 2019

Log onto Masters Swimming Australia website (MSA)

www.mastersswimming.org.au

2. Click on MEMBERSHIP tab

3. Click on JOIN AS A NEW MEMBER

4. Select STATE -Queensland

5. Select our branch (Miami Masters) from the drop down list

6. Click NEXT

7. Two options are available for this Swim into Spring subscription:

Ordinary membership: \$67.50 HCC Membership \$63.50

8. Follow instructions to pay.

Get that Oceanic Feeling!



An average Sunday at Burleigh.

Here on the Gold Coast we are spoiled for choice when it comes to open water surf swims.

A group of Miami Masters members and others participate in the long held tradition of an informal weekly swim at 7:30am on Sundays from Burleigh Heads to North Burleigh. There is always someone there to swim with and someone to have a coffee and a long chat with later. It's a very laissez faire activity, but it's an enjoyable one, especially when the conditions suit!

Miami Masters member Todd Hiscock tells of another option for a surf swim:

Hello Miami Masters

I don't know if it is of interest to any Miami Masters, but we have an unofficial surf Swim group of people that swim from Miami Surf Club Flags every Sunday at 08:30.

There are usually approx a dozen people of varying ages and levels from nippers to nappers. We swim for approx an hour. Typically it's against the sweep to either Nobby's Surf Club or toward Burleigh Surf Club, so the homeward journey is with the sweep and is easy. Some people walk up and swim back the easy leg only.

Note - This is not a surf club or other organisation swim or official in any way and does not have water safety etc, It is a variety of ocean swimmers meeting for a surf swim.

All welcome! Cheers, Todd

Birthdays

June: Jim Simpson , Rod Taylor, Mary Dupre, Gordon Southam , Deborah Coutts, Carlos Marcelo da Silva Figueredo, Kelsey Huebner, John Crisp

July: Geoff Guymer, Alan Grant , Oliver Daff, Peter Fenelon, Roger Belmar , David Durrant, Marg Fittock, Sheila Fennell, Tina Owens, Jay Doo, Julie Stuart, Angus Barlow.

August: Brian Davis, Andrew Mascal, Graham Goldman, David Boylson, Judy Gibson, Genelle Wilson ,

September: Owen Lawrence, David Salter, Kevin Blair, Mark Fitz-Walter, Noah Southam, Sue Bertram, Mark Sutton, Tracy Brennan.