

CHALLENGERS' CHATTER

APRIL 2018

Wednesday 18 - Saturday 21 April 2018



NATIONAL
CHAMPIONSHIPS
2018
PERTH



Hearty Congratulations to all our brave competitors

Individual Medalists:

Jan Croft	3 Gold, 1 Silver	Bob Morse	1 Gold, 1 Silver, 1 Bronze
Stephanie Jones	1 Gold, 1 Silver, 2 Bronze	Greg Bott	2 Silver, 2 Bronze
	Ross Kee	1 Gold, 1 Silver, 1 Bronze	

As it happened ...

Day 1 The Noosa team was off to a great start today with our fabulous coach Jan Croft winning Gold in the 400m Free & Silver in the 100m Free. Stephanie Jones won Silver in the 400m Free, Bob Morse Silver in 50m Back, Ross Kee (new member joining us from Mildura) won Silver in the 100m Free. Greg Bott won Bronze in 50m Back & 5th place in 100m Free. Jacky Shields swam huge PB's in all of her 3 races today - 400m Free, 50m Back & 100m Free (her first competition in a fast suit ...). Linda Hogg swam 2 great races in the 400m Free and 100m Free

Day 2 Gold to Jan in 200 m Free. Silver to Greg in 50m Fly & 5th in 200m Free. Bronze for Steph in 200m Free. Helen 4th in 100m Breast. Bob 8th in 50m Fly with a comment that he is not likely to be seen swimming a 50 Fly again! A brilliant 200m Free swim by Linda who came home very fast in the last 50m to place 11th & smashed her PB. Linda also swam a great time in the 50m Fly. Jacky placed 17th in 200m Free in a very competitive age group.

Day 3 Excitement at the pool in the 800m Free today with Steph and Jan both winning Gold medals. Steph swam a very controlled race to smash her own National record by 7secs and a negative split on the last 400m by 4secs. Jan also swam a very controlled and relaxed race to beat her nearest competitor by 2mins in a very good time. Our coach Jan is such a fantastic competitor and role model for our swimmers and Masters Swimming. Jacky and Linda swam side by side in their heat with Jacky swimming a very fast race (after a bit of a 'wobbly' start), smashing her PB to finish 11th. Linda, swimming her very first 800m came in 13th, a short time behind Jacky. It was a great morning of swimming & very exciting to watch our club members swim these 800s. Next up was the 50m Breast with Helen finishing 4th just missing 3rd by .2sec and Linda backing up from her 800m swim to finish 12th. The boys dominated the 200m Backstroke with Greg winning Silver & Bob winning Bronze. Jacky also swam the 200m back finishing in 13th place - 2 very hard races in one day so well done to Jacky.

Day 4 First up Saturday morning was Greg swimming the 200m IM with a fourth place (& a request for some breaststroke training....).

The 50m sprint was up next with our newest member Ross Kee winning Gold in the 65-69 age group in a very fast time of 30.76secs.

Jacky and Linda's times were very close again in the 50m Free - 40.22 and 40.51.

The 100m Backstroke was a popular event with 5 of our swimmers competing. Bob Morse won Gold in a fast time of 1.26.93, closely followed by Ross in 1.28.45 who won the Bronze. Steph won Bronze in a time of 1.27.82 as did Greg in 1.35.84. Jacky also swam the 100m Back, her 8th race of the meet and swam a great race. Helen placed a good 7th in the 200m Breaststroke.

Overall, our 5 women gained 107 points and our 3 men 110! Well done to all swimmers! A very well organised meet, with new friendships made as well as catching up with others. Jan went to Margaret River to catch up with her son Adam but was back coaching on Thursday, Steph and Helen are off to Broome + the Kimberleys. Jacky is catching up with family as are Bob & Wendy Morse.

... all as reported from poolside



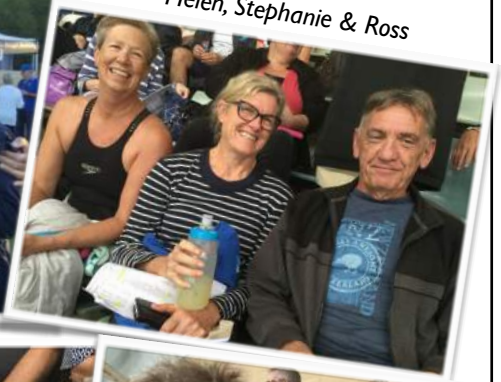
Jan & Bob - Medals !!!

NATIONALS - MEMORIES !

Maxine, Jacky, Greg & Linda



Helen, Stephanie & Ross



Where it all took place



Helen & Jan



Greg & Jacky



Rum City (Bundaberg) Swim Meet (SC) Saturday 3 June.

Another great opportunity for some of our newer members to have some fun and experience some more S.C. competition with the added bonus of an overnight stay and a visit to the Rum Distillery (if so desired) for the famous Rum Liqueur after breakfast next day.



ALICE SPRINGS
Masters Games
13 - 20 October 2018
The Friendly Games

DON'T MISS OUT. Register now

Visit www.alicespringsmastersgames.com.au or
The Friendly Games team on 1800 658 951, for more details.

December 2018 - Noosa Masters is holding a **Karlyn Pipes Swim Clinic** the first week in December (date TBA).

This clinic has been endorsed by our coach, Jan Croft. Expressions of interest are invited ... advise Jan or Lois Hill
meanwhile, take a peek at Karlyn's backstroke here: <https://twitter.com/goswim/status/838771251225190400?>

[t=1&cn=ZmxleGlibGVfmVjc18y&refsrc=email&iid=2dcd3e4e88044d76a779237ee8579214&uid=409223535&nid=244+272699392](https://twitter.com/goswim/status/838771251225190400?t=1&cn=ZmxleGlibGVfmVjc18y&refsrc=email&iid=2dcd3e4e88044d76a779237ee8579214&uid=409223535&nid=244+272699392) can boast.

Should you live as a minimalist in retirement ??

For those of us who might be moving house or simply looking to make a fresh start as we head into retirement, minimalist living is worth considering. You might find that living with less really ends up giving you more.

Time for change

Over the course of our lives, we tend to find that along the way we've accumulated a lot of stuff, from photo albums and furniture to clothing and Christmas decorations. Often, for those who may have lived in the same family home for a number of years, you might not realise just how much stuff there is until you decide to downsize and move to a smaller home.

With less storage space, you might be faced with the dilemma – what do I do with all this stuff? That's where minimalist living comes in, offering a slightly different approach to life that'll see your footprint get that little bit smaller.

Giving yourself the opportunity to ask what's most important will let you see where there are opportunities to get rid of things – whether that be through selling items second hand, giving them to charity or passing them onto the next generation.

Although, this doesn't mean you have to go getting rid of everything in order to live a happy life. There's a reason why we've held onto some things such as keepsakes, they hold memories or represent a time in our lives we're really fond of. Even so, there are alternative ways to keep these memories close without needing to hold onto the actual objects. For example, if you've kept a shelf or drawer filled with old family videos recorded on VCR, you can digitise these so they're put on much more moving-friendly (and modern technology-friendly) DVDs or hard drives instead.

The same goes for family photos; you can scan albums of images so you have digital copies. Again, this doesn't mean you have to go and get rid of the album itself, but making a digital copy helps protect those memories if the albums happen to get damaged during the move, or come under the threat of spillages or sticky fingers if grandkids start running around.

With experience comes perspective

Unlike those who decide to live minimally in their younger years, with your experience you'll undoubtedly have the maturity of a perspective that will allow you to make smart decisions about what you do and don't need. We've all had that moment where we've been overzealous in our spring-cleaning, only to find a few months down the track that we need that dress, tool or paper shredder that we relegated to the skip in an effort to de-clutter. Use that perspective and experience to your advantage as you weigh up what might be weighing you down.

Small steps to success

Changes in your income through entering retirement, or your living situation with children moving out of home or grandchildren coming into the picture are all opportunities to reassess and think about ways to live minimally and inexpensively.

If you're not one to go all in with minimalist living from the get go, there are small steps you can take to see if it's the right fit for you.

- Get rid of one thing a day for 30 days – tackle that junk drawer you never open or the linen closet that's barely staying closed anymore.

- If you don't use an item for six months, chuck it (seasons permitting!). For example, just because it hasn't been cold enough to use your only winter coat in the last six months, this doesn't mean you should get rid of it. On the other hand, if you've had a pasta maker for five years and can count the number of uses on one hand, maybe it's time that went to the charity shop!
- Break the habit of retail therapy; it only amounts to more stuff. If you need something to perk you up, why not go for a nice dinner or a night out at the movies instead?
- Ask for experiences instead of gifts. If you've got a big birthday or anniversary celebration coming up, you could ask your friends and family to spoil you with experiences like theatre tickets.

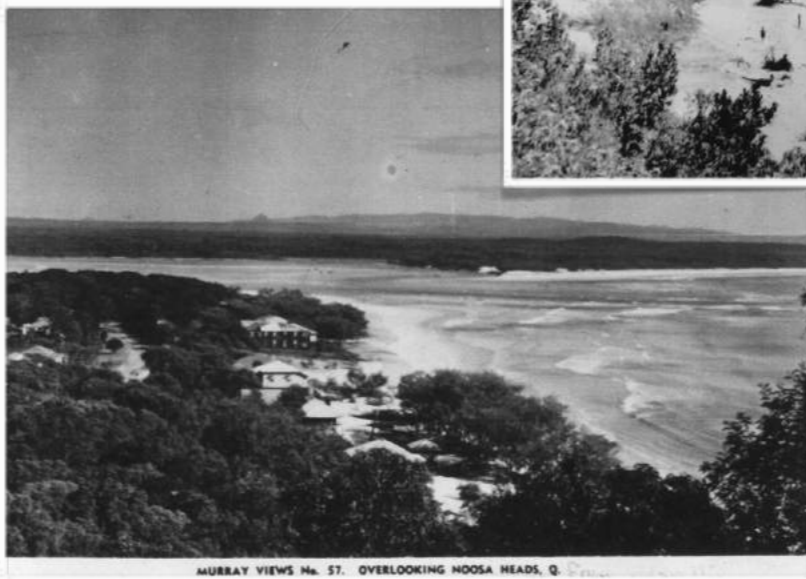
There's a reason we accumulate so many belongings over the years, whether it's for practical or sentimental reasons.

Yet minimalist living is a chance for us to assess which of those possessions really mean the most to us, and in turn free ourselves up for travel, new hobbies and time with friends and family – all things you would never dream of sending to the charity shop in the years to come!

THINGS HAVE CHANGED A BIT, HAVEN'T THEY ?

There's one building common to all 3 photos, and notice where the river flows out to sea, so much wider and deeper than today!

Hastings Street 1948



Hastings Street 1940

Hastings Street 1950



Mark Morgan Swim Clinic update : Sat 12 & Sun 13 May 2018

To date we have 8 people signed up for Freestyle, 6 for backstroke, 5 for Breaststroke and 4 for Butterfly. We're still taking names, so please email Jo Matthews (jomatthews_swim@hotmail.com) with your name and the strokes you would like to do. It would be great to have 10 for each session! The Freestyle clinic will run on Sunday at 9.15 am followed by Butterfly. The Backstroke and Breaststroke sessions will take place on Saturday afternoon, starting at 1.45pm. If we have 20 swimmers at each session the cost is \$10 per person per stroke, if only 10 swimmers at each session, the cost is \$15pp/stroke. All sessions will take place in the 25m pool and last for 1hr, plus a 15 minute introduction before the Freestyle and the Backstroke.

TAKE YOUR MARK NO.2 : TYPES OF TRAINING

by Mark Morgan

Mark has done seven more 'Take Your Marks', and is just finishing the last one to appear in relevant places before Nationals. Please visit the link to the Masters Swimming Australia website where they all can be found: <http://www.mastersswimming.org.au/Events/2018-National-Championships/Take-Your-Mark-resources>. - there is some good stuff in there that members will enjoy & benefit from.

This is the second in a series of columns designed to help you swim at your best at meets, or just better appreciate your swimming experience.

Countless words have been written over the years about the different types of training and sets that swimmers can or should do to achieve optimal performance. We have read reference to the physiological and biochemical justification for each type or set and the energy system(s) allegedly being used. Aerobic, anaerobic threshold, lactate tolerance, high velocity overload, now ultra short race pace. And monitoring which form of training a swimmer is doing using heart rates, lactic acid production, perceived level of exertion.... the lists go on. Confused? How does a swimmer know what type or combinations of types to use for their best event(s), especially as what is supposedly scientifically proven as being appropriate has changed over the years and training types and their monitoring methods go in and out of vogue. As a coach at the elite level I always struggled with how to determine whether any swimmer, let alone a group, was doing a set as required or using the desired 'energy system' in any given set, given all the potential variables. And how does one scientifically prove a certain program, type of training or set is the best for any individual, group or race distance anyway considering all these potential variables? Nevertheless much progress has been made in terms of specificity of training for different individuals or distances, especially from the days where virtually everyone trained like a distance swimmer and high volume and short rest were the principal preoccupations for coaches. And this is all without considering technique and skill-based training, which will be addressed in a subsequent column.

I don't think it all needs to be so complicated, especially for most Masters swimmers, whose age and

accompanying changes in physiology, biochemistry, capacity, recovery time (amongst other things) no doubt mean that many of the complex considerations for the elite swimmer do not apply or are less relevant in ways I'm sure I don't fully understand.

So except perhaps for the younger Masters swimmer who can still train and race at somewhere close to elite level, I believe it is sufficient to categorise training into three basic types of sets (excluding technique and skill-based sets). These types (with my somewhat arbitrary name for each), with comments and examples are as follows:

AEROBIC

All swimming events apart from 50metre events require significant levels of basic aerobic endurance, with increasing levels the longer the race distance.

While aerobic training was no doubt over-emphasised in the past, I still believe it is an important ingredient of training for most events, and, in the sort of overreaction that occurs in many areas of life, is now perhaps sometimes neglected for swimmers whose best events would be, say, 1500 freestyle, 200 butterfly or 400 individual medley but who happily drift along trying to take the supposedly 'easier' path of being a (usually mediocre) sprinter.

Aerobic sets include longer continuous swims; sets of longer distances (e.g. 400s); or sets of any distance on shorter, decreasing or short rest time cycles.

I am no exercise physiologist, but I understand that as one ages it is easier to maintain and develop aerobic capacity than anaerobic capacity (loosely, 'speed').

Aerobic training does not necessarily need to be done at high speed or heart rate.

It is easier to initiate and practise technique and skill elements/ changes at aerobic speeds.

Aerobic swimming seems to have the most beneficial effects on mind, body, health and wellbeing, which hopefully even for successful Masters swimmers are still the primary motivation for swimming.

It's anecdotal evidence I know, but towards the end of my elite career and into my Masters career, I maintained a high level of race performance, and even swum PBs over 50 and 100 metres, by doing little other than aerobic swimming (often just a straight 1500 on my own at increasing speed). And I have seen many other swimmers swim fast over all distances purely on aerobic training.

QUALITY

Obviously any swimmer needs to do at least some training at the speeds of their race distances, and practise the appropriate pacing.

Under this heading I include all sets where pace or quality is emphasised, apart from speed and short sprints (see below).

I intend to cover 'race pace' (including ultra short race pace training) in more detail in a later blog, so will do no more than use the term here

Quality sets include sets with moderate, increasing or longer rest time cycles where the swimmer tries to maintain the fastest possible average time throughout the set or descend times (i.e. makes each repetition faster than the previous one); sets on long rest time cycles swimming each repetition at maximum effort or doing one easy repetition followed by one at maximum effort; and any other sets practising race pace (see above)

SPEED/SPRINTS

It is important at least for those who swim 50 metre races (and the ludicrous 25s now offered at some meets) to practise swimming at absolute maximum speed.

AUSTRALIA'S
Biggest Morning Tea

The Club is hosting another Cancer Council Biggest Morning Tea on Thursday 24th May at the Noosa Aquatic Centre commencing after squads.

The craft group have been busy again making another quilt to raffle.. It would be great if as many of you as possible can help sell raffle tickets. We will also sell tickets on the day.

There will be a charge of \$5.00 per person. These proceeds will go directly to the Cancer Council. As many of us have been affected by this dreadful disease, we are sure you will all support this very worthwhile cause.

It would also be appreciated if we could have volunteers to help set-up on the morning and contribute by bringing a plate of food. This morning tea will be instead of our usual Sunday breakfast.

Your help is appreciated.

Adele Tucker



I belong to a Facebook group called "I belong to Bolton."

A member put this old UK certificate she found of a family member who had passed his life saving test. It reads as follows,

John Schofield has been awarded Intermediate Certificate for practical knowledge of Rescue, Releasing oneself from the clutch of the Drowning and for ability to render aid in Resuscitating the Apparently Drowned. November 1933.

I found the wording interesting and have learned what it means.

Do any Noosa Masters members have anything historical in the back of their drawers from swimming times gone by?

... Karen Martin



SOCIAL ACTIVITIES

Easter Bunnies - Wendy & Tricia



Olga McCausland, together with husband Bob, celebrated her 86th birthday at the Noosa Aquatic Centre with her Noosa Masters friends



Some Noosa Masters enjoyed Jazz at The J L-R :Wendy & Ivan Ivanusec, Bob & Olga McCausland, Ian & Robyn Mitchell, Viv Merrill (Geoff was photographer)



Wendy celebrated her 75th with friends at Trios



Remember those who gave their lives for the freedom you enjoy. Don't take for granted the books you read, free speech or your employ. These things come only at the highest price paid by someone's brother, father, sister, uncle, child, and left many a grieving mother.
~Sally E. Hull 2013~



ANZAC DAY
25 April 2018
100 years

WELCOME ... CHRISTINE COOPER

Hello Noosa Masters Swimmers

I'm so delighted that I found you. What a fun and friendly group! Thanks so much to Jacky and a chance conversation at Yoga last November to join the Come and Try sessions. Joining your group is just what I needed.

Although my partner John and I have been in Noosa for 24 years, having moved here from Carlton in Melbourne, I didn't know that the Masters Swimming existed let alone that it was open to such a wide range of ages and abilities.

As a kid growing up in a small country town in Gippsland, Victoria, the local pool was the centre of the social universe. Both my parents had shops in the town, so our annual Christmas present was a season ticket to the pool... what better "babysitter" ... day after summer day of swimming, diving and playing with friends. I wasn't into competing, so didn't join the swim club and do races... with the "good kids" I only ever did freestyle-ish. All the other strokes were a mystery.

Over my working years as a teacher, I'd have periods of regular swimming in pools before or after work, but not with a group. I loved the meditative feeling of swimming. A great way to relax and turn off.

A few years after arriving in Noosa a fellow sailor from the local Noosa Yacht and Rowing club,

challenged me to join in a team and compete in the swim leg of the Noosa Triathlon in its very early days ... when anyone could enter.

I joined squad in the early days of the NAC and trained. My style improved, but alas, all I can say is that I beat anyone who didn't enter!.

However, I was pleased that I'd given it a go and our team was pretty chuffed that we finished!

I think that was the closest I'll ever get to elite athletes ... when the young, fast men's group swam over the top ... literally, over the top ... of our much slower wave of genteel older female swimmers!

When I moved to Noosa I had recently retrained as a psychologist and worked as Guidance Officer with Education Queensland until I retired 10 years ago. So, when I found that past colleagues, Jim and Christine Barnes, belonged to Noosa Masters, it was great to remember previous times and people, and share the joys of swimming and retirement.

Well, sort of retired ... I currently share a retirement hobby with a crafty friend which has turned into a fun business. I am a "fabricholic" who enjoys sewing and making things. Jan my partner is similarly inclined... a good match. Twelve years ago we decided to try having a market stall .



This has developed into quite a successful little enterprise, making a range of bags which we sell at Eumundi market. Our business is called The Great Little Bag and we operate out of Eumundi Square on market days and Friday. Check out our website www.thegreatlittlebag.com

If anything takes your fancy, call in and ask for *swimming mates rates* and get a discount.

My experience to date, with Noosa Masters has been such a pleasure. The management and organisation is second to none. The coaching is fantastic. I can't believe that I've learnt the beginnings of breaststroke, backstroke and butterfly. Thank you to Jan, Viv, Bob and Ian.

I'm looking forward to taking part in my first meet at Yeronga. My Endurance goal is to do an IM swim before the show is over.

Thanks to everyone for being so welcoming, especially my fellow zero heroes!

life
hacks

#833

Remove a splinter easily by applying a paste of baking soda and water, then waiting several minutes for the splinter to pop out of the skin.

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1000LifeHacks.com



Reg Norman's photo at Little Cove

life
hacks

#869

Do not use chemicals to kill ants. Instead, get a spray bottle, fill it with water and salt (25%), shake well, spray... boom, dead!

@1000LifeHacks
1000LifeHacks.com

OUR HIGH ACHIEVERS!



Jan Croft and Stephanie Jones have both made it into the TOP 10 of the FINA World Rankings ... that takes some doing !!

Steph has a #10 in the 200 Free and the 400 Free and Jan has a #7 in the 800 Free.

Congratulations from all your club mates - you are indeed a great inspiration to us all !

... Ed

Birthdays of the Month

May

Kylie Mack	9/5 (Big 50)
Jennifer Nock	10/5
Adele Tucker	12/5 (Big 60)
Rod Alfredson	15/5
Barry Lloyd	21/5
Karen Martin	23/5
Jim Barnes	27/5
Grant Scotcher	31/5

Happy Birthday from all of us

*A couple of biggies this month !!
Hearty Congratulations*

MARK MORGAN STROKE CLINICS

Saturday : Clinics start at 1.15pm in the Creche, followed by backstroke at 1.30pm and then breaststroke at 2.30pm.

Sunday : Clinics start at 9.15am in the Creche, followed by freestyle at 9.30am and butterfly at 10.30am.

All swimming in the 25m pool.

REGISTRATIONS TO DATE

Freestyle 13/5

Jo Matthews, Steph Jones, Helen Malar, Studley Martin, Jacky Shields, Lois Hill, Jan Croft, LiQun Hussey, Greg Bott, Anne Besser, Emily Jones, Chris Cooper, Tony Frost, Annie Collins, Felicity Hawkins

Butterfly 13/5

Jo Matthews, Steph Jones, Julia Dunstall, Studley Martin, Chris Cooper, Linda Hogg, Jan Croft, LiQun Hussey, Greg Bott, Felicity Hawkins, Wendy Ivanusec

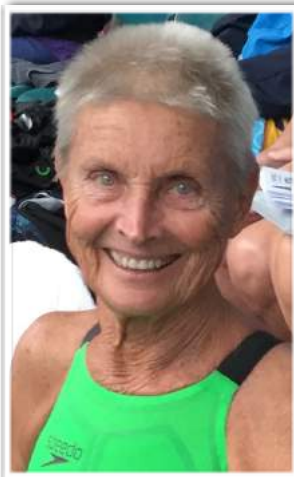
Backstroke 12/5

Jo Matthews, Steph Jones, Helen Malar, Karen Martin, Jacky Shields, Linda Hogg, Cathy Cogill, LiQun Hussey, Rod Alfredson, Tony Frost, Julia Dunstall, Wendy Ivanusec

Breaststroke 12/5

Jo Matthews, Anne Besser, Helen Malar, Karen Martin, Jacky Shields, Linda Hogg, Emily Jones, LiQun Hussey, Rod Alfredson, Wendy Ivanusec

COACH'S TIPS



Some Fly tips courtesy of our old friend Wayne Goldsmith ...

- 1 Reach long, feel the water, catch. Then accelerate through the stroke to recovery, same as in back, breast and free, it is acceleration that makes the difference.
- 2 Relationship between hips and head is critical, simply when the head is up the hips are down and if the hips are down, three important things happen (i) Hips down you kick down instead of backwards (ii) Hips down means your body is in an inefficient position (iii) Hips down means your body is not streamlined.
- 3 Soft hands and feet ... You can't feel anything with tight tense hands. To improve your feel of the water, relax and think hands.
- 4 Think tall, think long, there is no doubt that objects that are long and tall, thin and streamlined move better through the water than things that aren't. (i) Streamline off every wall and turn. (ii) Streamline on entry and each dive and start. Think tall and think long all the time.

Happy swimming ... Cheers, Jan

2018 MASTERS SWIMMING AUSTRALIA EVENTS CALENDAR

Calendar

- 20** Stadium Masters LiveLighter Carnival LC (swim # 4 MSA 2018 Swim...
20 May - 20 May
more details
- 10** Thailand Swim Camp 2018
10 Jun - 17 Jun
more details
- 15** MSNSW Branch Relay Meet (more details to come)
15 Jul - 15 Jul
more details
- 18** Stadium Masters LiveLighter Carnival LC (swim # 3 MSA 2018 Swim Series)
18 Apr - 21 Apr
Swim #3 MSA 2018 Swim Series
more details
- 20** Stadium Masters LiveLighter Carnival LC (swim # 4 MSA 2018 Swim...
20 May - 20 May
more details

Calendar

- 18** MS Tasmania Winter SC Championships (swim #5 MSA 2018 Swim Series)
18 Aug - 19 Aug
more details
- 25** MSV Relay Championships
25 Aug - 25 Aug
more details
- 7** PENANG ASIA PACIFIC MASTERS GAMES 2018
7 Sep - 15 Sep
more details
- 23** MSSA SC State Championships (swim # 6 MSA 2018 Swim Series)
23 Sep - 23 Sep
more details
- 13** MSNSW SC Championships (swim 7 MSA 2018 Swim Series)
13 Oct - 14 Oct
more details
- 13** 17th biennial Alice Springs Masters Games (swim #8 MSA 2018 Swim...
13 Oct - 20 Oct
more details
- 13** MSNSW Branch SC Championships (more details to come)
13 Oct - 14 Oct
more details

Calendar

- 28** MSSA LC Long Distance Championships
28 Oct - 28 Oct
more details
- 2** 2018 Pan Pacific Games
2 Nov - 11 Nov
more details
- 25** MSNSW Long Distance Championships (more details to come)
25 Nov - 25 Nov
more details

for more details go to -

<http://www.mastersswimming.org.au>



life hacks #865

9 foods that get rid of an upset stomach: Bananas, Ginger, Plain yogurt, Papaya, Apple Sauce, Oatmeal, White Rice, Chamomile Tea, Chicken Broth

@1000LifeHacks
1000LifeHacks.com

life hacks #701

If you're in an area where you should have cell phone service but don't, put your phone on airplane mode and then switch back. This will cause your phone to register and find all the towers in your vicinity.

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1000LifeHacks.com

life hacks #666

If you peel a banana from the bottom, you won't have to pick the little "stringy things" off of it.

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1000LifeHacks.com

life hacks #736

Holding a banana peel over a bruise (for 10 to 30 minutes), will remove it's color!

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1000LifeHacks.com

2018 MASTERS SWIMMING QLD EVENTS CALENDAR

DATE	LC/SC	CLUB	CODE	REGION	SANCTION	SURVEYED	VENUE
MAY							
5	Short	Yeronga	QYP	South	06/18	Not compliant	
12	Long	Rats of Tobruk	QRT	North	07/18	No	Tobruk Pool, Townsville
26	Short	Whitsunday	QWY	North	08/18	Yes	Cannonvale Pool, Proserpine
JUNE							
3	Short	Rum City	QBB	Central	09/18	Yes	Bundaberg Swimming Acad.
9-10	Short	Clarence River	NCM	NSW	10/18	No	Yamba NSW
23	Short	Brisbane Southside	QSM	South	11/18	Yes	Brisbane Aquatic Centre
JULY							
AUGUST							
12	Short	Townsville Aquaholics	QTA	North	12/18	Not compliant	Kirwan Aquatic Centre
25	Short	Brisbane Northside	QBN	Sunshine	13/18	Yes	The Valley Pool
SEPTEMBER							
15	Long	Noosa	QNA	Sunshine	14/18	Yes	Noosa Aquatic Centre
29	Long	Aqualicious	QAL	Sunshine	15/18	Yes	Centenary Aquatic Centre
OCTOBER							
6	Short	Maryborough	QMB	Central	16/18	Yes	Maryborough Aquatic C
13	Short	University of Qld	QUQ	Sunshine	17/18	Yes	UQ Aquatic Centre
27	Long	Sunshine Coast	QSC	Sunshine	18/18	Yes	Kawana Waters Aquatic C
27	Long	Long Tan Legends	QLT	North	19/18	Yes	Long Tan Pool, Townsville
NOVEMBER							
3	Short	Cairns Mudcrabs	QCN	North	20/18	Yes	Gordonvale Pool, Cairns
7 - 10	Long	Pan Pacific Masters Games			21/18		Gold Coast Aquatic Centre, Southport
25	OWS	North Mackay Sinters	QNS	North	22/18	N/A	Pioneer River, Balnagowan, Mackay

ENDURANCE 1000 REPORT APRIL 2018



The points keep building. The Endurance Sunday swim on 29 April was very successful. This was the first of the three Sunday Endurance swims scheduled for this year (5th Sunday of April, July and September)

Special mention to four of our swimmers - Annie Collins, Anne Scholes, Felicity Hawkins and Liqun Hussey (aka LQ) who participated in the Endurance Format for the first time and achieved the highest points for each of their swims. Well done guys !! Many more swims to come.

Some of the longer distance swims were completed by Karen Martin, Studley Martin, John Havilah and Jo Matthews (apologies to any others I may have omitted). BIG POINTS!!

Special thanks to Adele for undertaking the decking duties and completing a very successful session.

PS. REMEMBER. SWIMS CAN BE ORGANISED OUTSIDE NORMAL ENDURANCE SWIMTIMES TO SUIT YOUR BUSY SOCIAL SCHEDULES. DON'T FORGET AN ENDURANCE SESSION IS NORMALLY HELD EACH SATURDAY AFTERNOON. JUST PICK UP THE PHONE.

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716

rod.alfredson@bigpond.com



Twilight swim
Friday 8th June
commencing 4pm.

Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>



BOUQUETS

Thanks to Viv Merrill for the Easter eggs, very generous. And for running the newbies session on 15/4 on starts and Lois Hill for the information session for those who are new to competitive swimming. This was

repeated on 22/4 for those who missed 15/4.

Congratulations & Thanks It was lovely to celebrate Olga's 86th birthday; thank you Grant for organising the card and the cakes and Lynette for providing some extra GF muffins for the occasion!

Best Wishes to Joe Gilbert who is back in OzCare.

Welcome to our newest member, Anne Scholes. And Luke, Nicola and Gerry again and welcome back Adele and Ian. Also Felicity, who joins us from Melbourne. Welcome to Bob in Lane 0 and Anne Scott, who have joined us, welcome to a great bunch of swimmers.

Congratulations to towel and cap winner, Bob Morse on 1/4 for taking out the President by swimming on the wrong side of the lane... was it an April Fool stunt?! Back to the drawing board Bob!!! On 8/4 The towel and cap went to LiQun for her enthusiasm with her new sport of swimming, well done LQ! Adele won the towel and the cap on 12/4, for some excellent Endurance swims.. to Chris Cooper and Jacky Shields who both won Towels and Caps. Chris for being the first to enter Yeronga on line without any help, awesome for a newbie and Jacky who has increased her training in recent months, resulting in some amazing Endurance swims and hopefully some great results at Nationals. Well done Ladies!

Farewell to Tricia on her voyage overseas. Have a great trip with family Tricia, we look forward to welcoming back early May. **Welcome** to new member LiQun and to Amy from the UK (around Devon) who swam with Lane 2 and who is currently on vacation in Australia and to Gerry from Toowoomba. A big welcome back to Jane & Mark Powell on their return from holidays.

Reminder Adele still has raffle tickets for you to sell for the quilt, drawn at the big morning tea on Thursday 24 May.

Thank you Wendy for the recent laminated photos on the notice board which we hope you all noticed.

And ...the towels have all been distributed, so in the next few weeks we are introducing a Noosa Masters Pen and a cap. In the meantime a few extra prizes, Rod Alfredson took out the cinema ticket for two and a cap, for organising the new microphone, stop watches and making sure we always have deckies for Endurance swims. Thank you Rod, well done!

Congratulations to Chris Cooper who won the water bottle, donated by Lois Hill and a cap, for swimming 4 minutes faster in her 800m Freestyle: great swim Chris!

Thank you everyone for the amazing turn out at Endurance Sunday, 29/4. We had 4 swimmers: Anne, Annie, Felicity and LQ, who have not done an Endurance swim before and well done Robyn Selby for doing an Endurance swim. A big **thank you** to Adele Tucker, who managed the numbers superbly, a natural leader.

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