

CHALLENGERS' CHATTER

APRIL 2022



HEARTY CONGRATULATIONS TO ALL OUR BRAVE COMPETITORS ...

Dyanna Benny	2 Silver, 4 Bronze	Helen Malar	1 Gold, 4 Silver, 1 Bronze
Anne Besser	1 Silver	Trevor Mathews	1 Silver, 1 Bronze
Linda Hogg	Great PBs	Jo Matthews	3 Gold, 2 Silver, 3 Bronze
Rob Jolly	7 Silver	Ian Robinson	1 Silver, 3 Bronze
		Jacky Shields	1 Bronze

As it happened ... from Helen Malar, poolside

Day 1 : Thursday 21 April 2022

Off to a great start with four Noosa swimmers competing in four age groups in 800m Free. Congratulations to Dyanna for her Bronze medal, a 4th for Jacky who swam a 'fast' time, 8th for Linda swimming 14 secs under her entry time and 5th for Anne in a cracking time of 20mins. Well done to the girls!

Day 2 : Friday 22 April 2022

Swimmer of the day for team Noosa was Jo winning Gold in the 400m IM. Congratulations Jo! One of the hardest events at Nationals.

AND ... congratulations to the Women's 4 x 50m Medley Relay Team (280+) - Dyanna backstroke, Helen breaststroke, Jo butterfly and Anne freestyle ... for a Silver Medal as well as breaking the Queensland Record !! A very exciting end to Day 2.

and ...

Silver Medals to Rob in 200m Breast as well as 25m Fly. Great swimming Rob!

Bronze Medals to Ian in 200m Breast, Dyanna in 100m Back and Jo in 25m Fly.

4ths to Trev in 50m and 200m Free, Helen in 200m Breast, Ian in 25m Fly and Dyanna in 200m Free.

6ths to Jacky in 50m Free, Anne in 100m Back and Helen in 25m Fly.

7ths to Jacky in 100m Back and 200m Free.

8ths to Linda in 50m Free and 25m Fly.

9ths to Anne in 200m Free and Linda in 200m Free.

Great swimming by all in Team Noosa and all in the Top 10 in a very competitive field of Aussie Masters swimmers.

Day 3 : Saturday 23 April 2022

Another long day of swimming from Team Noosa.

Gold to Jo in 100m IM.

Silver to Jo in 100m Fly, Helen, Rob and Ian in 25m Breast Rob in 100m IM.

Bronze to Dyanna, Trev and Jacky in 400m Free, Dyanna in 50m Back, Helen in 100m Fly and Jo in 25m Breast (Age group PB to go with her 20sec PB in 400m IM from Day 2).

4ths to Jo in 50m Fly, Anne, Dyanna and Jacky in 200m Back and to Dyanna, Rob, Jo and Trev in the Mixed Medley Relay 280+.

5ths to Anne in 400m Free & Ian in 50m Fly.

6th in Mixed Medley Relay 240+ to Linda, Trev, Jacky and Ian.

7th to Anne and Jacky in 50m Back and Linda in 25m Breast.

9th to Linda in 400 Free.

Another day of swimming where all Team Noosa swimmers were in Top 10. Great swimming with so many PB's from all our swimmers.

Day 4 : Sunday 24 April 2022

Two Gold Medals on the last day of swimming to Jo in 200m Fly and Helen in 25m Free (must have been all that 'polo' coach Jan has us doing!!)

Silver to Helen and Rob in 50m and 100m Breast. Dyanna and Trev in 100m Free and another for Rob in 25m Free.

Bronze for Ian in 50m and 100m Breast & Jo in 200m IM.

4th to Jo in 25m Back, 7th to Jacky in 100m Free.

8th to Ian R in 25m Free, 9th to Linda in 100m Free

11th to Linda in 25m Free.

5th in Women's 4 x 50m Freestyle Relay - Helen, Jacky, Dyanna and Linda.

Thank you to Ian for advice on our swims both before and after our events and for being such a great mentor as well as inspiring us all with his 'very fast' swims. Thank you also to coach Jan Croft for all her encouragement and advice via many phone messages.

(Open Water swims were cancelled due to algae bloom).

Jo, Helen, Linda and Jacky attended the Presentation Dinner on Saturday night and Jo collected the Endurance Trophy for Noosa for most points Nationally for 2021. Well done Noosa Masters and all those who participated in Endurance swims during the year.

Fabulous swimming from all nine of our Team Noosa competitors. So many PB's especially for Anne Besser and Linda Hogg. Congratulations to Jacky for her first Nationals medal in 400m Free after many years of competing. Total tally - 4 Gold, 14 Silver & 13 Bronze for individual swims. 1 Silver Relay medal AND Qld record.

See you all back in the pool !!

NATIONALS : Individual Results

Anne Besser

800m Free	5 th	20:33.66
100m Back	6 th	2:39.87
200m Free	9 th	4:51.85
Medley Relay	SILVER	
400m Free	5 th	10:11.66
50m Back	7 th	1:11.27
200m Back	4 th	5:32.91

Dyanna Benny

800m Free	BRONZE	15:31.01
100m Back	BRONZE	1:51.00
200m Free	4 th	3:28.71
Medley Relay	SILVER	
400m Free	BRONZE	7:10.27
50m Back	BRONZE	50.78
200m Back	4 th	4:12.13
100m Free	SILVER	1:33.96

Linda Hogg

800m Free	8 th	14:16.21
50m Free	8 th	38.39
25m Fly	8 th	21.16
200m Free	9 th	3:13.50
400m Free	9 th	6:51.02
25m Breast	7 th	24.63
100m Free	9 th	1:29.02
25m Free	11 th	18.06

Rob Jolly

200m Breast	SILVER	3:52.85
25m Fly	SILVER	20.00
25m Breast	SILVER	20.08
100m IM	SILVER	1:37.76
50m Breast	SILVER	44.26
100m Breast	SILVER	1:43.37
25m Free	SILVER	16.35

Helen Malar

200m Breast	7 th	4:17.92
25m Fly	6 th	20.41
Medley Relay	SILVER	
100m Fly	BRONZE	1:50.99
25m Breast	SILVER	20.57
50m Breast	SILVER	46.28
100m Breast	SILVER	1:46.38
25m Free	GOLD	16.22

Jo Matthews

400m IM	GOLD	8:01.37
25m Fly	BRONZE	17.90
Medley Relay	SILVER	
100m Fly	SILVER	1:42.61
25m Breast	BRONZE	21.79
100m IM	GOLD	1:40.10
50m Fly	4 th	41.87
200m Fly	GOLD	4:00.35
25m Back	4 th	21.71
200m IM	BRONZE	3:01.02

Trevor Mathews

200m Free	4 th	3:24.52
50m Free	4 th	38.47
400m Free	BRONZE	7:41.99
100m Free	SILVER	1:28.55

Ian Robinson

200m Breast	BRONZE	3:01.00
25m Fly	4 th	14.18
25m Breast	SILVER	15.53
50m Fly	5 th	31.23
50m Breast	BRONZE	35.23
100m Breast	BRONZE	1:21.48
25m Free	8 th	13.24

Jacky Shields

800m Free	4 th	14:48.86
50m Free	6 th	42.64
100m Back	7 th	2:04.77
200m Free	7 th	3:33.10
400m Free	BRONZE	7:08.89
50m Back	7 th	54.73
200m Back	4 th	4:23.96
100m Free	7 th	1:35.77

NATIONALS : Memories



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MAY							
7	SC	River City Short Course Meet	QRC	South	Q7/22	Yes	Murray Evans Aquatic Centre, Somerville House
15	OWS	Muddies Annual Crater Lake Classic	QCN	North	Q8/22	n/a	Lake Barrine, Atherton Tablelands
20-22	SC	MSQ State Championships	MSQ	North	Q1/21	Yes	Tobruk Memorial Pool, Cairns
JUNE							
11	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/22	Yes	Bundaberg Swim Academy
18	LC	Brisbane Southside Masters Meet	QSM	South	Q10/22	Yes	Brisbane Aquatic Centre, Chandler
JULY							
1-31	Postal	Toowoomba Tadpoles 800m	QTW	South	Q11/22	n/a	Any 25m pool
AUGUST							
13-14	LC	Belgravia Special Long Course Meet	QCD	Sunshine	Q12/22	Yes	Burpengary Regional Aquatic Centre
27	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q13/22	Yes	Valley Pool, Fortitude Valley
27	SC	Long Tan Legends Super SC Sprint	QLT	North	Q14/22	Yes	Long Tan Memorial Pool, Townsville
SEPTEMBER							
10	LC	Aqualicious Masters Meet	QAL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre (3, 24 th also)
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
OCTOBER							
1-8		Alice Springs Masters Games					Alice Springs Aquatic & Leisure Centre
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre (22-10, 22-11)
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
NOVEMBER							
6	OWS	Sinkers OWS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan (13, 20)
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
28	OWS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.

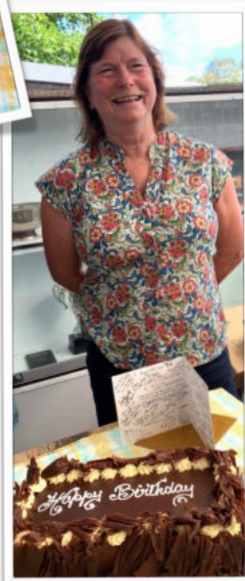
Happy 60th Birthday,

April was a busy month for birthdays, BIG birthdays ...

Linda Hogg celebrated well it is reported, including a club banquet arranged by her partner-in-crime, Jacky Shields, at Rasa's on Gympie Terrace one fine evening ... but on Thursday, 7 April the celebration was at the Noosa Aquatic Centre after squad, surrounded by her swimming buddies. There was a splendid chocolate cake and an obligatory GF cake for those who must abstain from such temptation!

The rafters quivered under the onslaught of an enthusiastic rendition of the Happy Birthday song! No one was game to start on the "Why was she born so beautiful ..." one, knowing full well the fate that would befall them. Her card was filled with genuine good wishes for many more healthy, happy birthdays to come! Congratulations Linda

... Ed



2021 Club Achievement Awards

presented at March 2022 Members' Meeting

The McCausland Award

- Someone who has contributed to Endurance swimming or the club in general. Can be a swimmer, a helper, deckie, etc. Bob McC approves the committee's suggestion.

Wendy Ivanusec (Regular squad member + participant at carnivals, work on fundraising ventures, incredible hours on Chatter, positive attitude and fund of information on almost everything) *Engraved glass*

Endurance Awards

- Endurance awards are for those who completed the entire program.

Program completed with maximum points

Mark Powell, Jane Powell, Denise DeCarlo, Jo Matthews, Brian Hoeppe, Ian Tucker *Engraved glasses*

Encouragement awards

LiQun Hussey, Jim Barnes, Adele Tucker. *Key rings*

Acknowledgement for contribution to the Endurance Program

Tricia Chalmers *Potted orchid*

Most improved Award

- Most improved has traditionally been someone who has moved up the lanes and really improved their swimming. It can also be for someone who has improved race times across many events.

Julie Tierney (great improvement, regular squad member + new participant at carnivals) *Surf Club voucher*

Challenger of the Year – Female

Challenger of the Year – Male

- Challenger of the Year is usually to one of our better swimmers who has achieved consistently outstanding results in competition. It can also be awarded to someone who has contributed to the running of the club - above and beyond. There is usually a male and a female recipient.



Male: *Surf Club vouchers*

- Rob Jolly** (great club captain, setting up and dismantling at carnivals, assisting with carnivals even when no longer captain, positive and encouraging attitude)
- Mark Powell** (behind the scenes work on all fund raising ventures in terms of volunteering, active participation, great attitude)

Female: *Surf Club vouchers*

- Jacky Shields** (our patient and cheerful uniform coordinator. Researches a variety of products and prices; and organises orders and distribution.)
- Linda Hogg** (Jacky's off-sider in organising uniforms, volunteering to take on the organisation of Hervey Bay meet)

President's Award

- President's award is decided by the President and not the committee. It often goes to a quiet achiever. Someone who wouldn't receive a Challenger's Award but has still done a great job/swim etc.

- Adele Tucker** (our all-rounder. Competes enthusiastically and successfully, completes the endurance program, assists with fund raising and organising the raffles for Noosa's meet) *Surf Club voucher*



2021 Club Membership Awards

presented at March 2022 Members' Meeting

10 year badges

Carola Henderson	Robert Jolly	Irene Symons
Studley Martin	Rob Lucas	Ian Tucker
Viv Merrill	Ian Mitchell	Adele Tucker
Grant Scotcher	Susan Silburn	Adrian Wilson

15 year badge

Brian Cairns

20 year badge

Wendy Ivanusec

Happy 80th Birthday Tony ...

On Easter Sunday, 17 April - Our Club provided a couple of special birthday cakes to celebrate the 80th birthday of one of our club's longest active members, Tony Frost, who, together with wife Kay, joined our club in 1999. Kay is very supportive of Tony and also was an active member of the club for many years until health issues forced her to retire a few years ago.

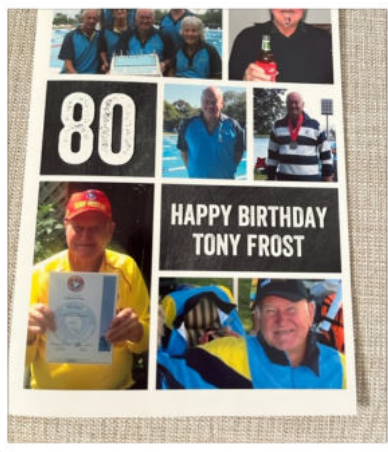
Their grandchildren, Poppy and Jones accompanied them to the pool to join in the celebration.

MC extraordinaire Mick Jones did a fine job and led members into a rousing rendition of "Happy Birthday to you ..." before everyone tucked into the delicious cakes.

Kay later reported that the remains of the huge chocolate cake came in very handy indeed during the visits of many well-wishers and family!

A very special birthday card was put together by Karen Martin and filled with messages of congratulations from members of the club.

... Ed



80 laps for 80 years

A precedent was set when Karen Martin decided to swim 60 laps when she recently had her 60th birthday.

Tony took up the challenge and with a little help from his family - swam 80 laps of the 50m pool on 23 April 2022. "I've slowed down over the years, but still passionate about swimming," says Tony.



Tony with grandsons, Dustin & Jones, daughter Petrina & son-in-law Scott.



Tony with youngest daughter Petrina at the NAC

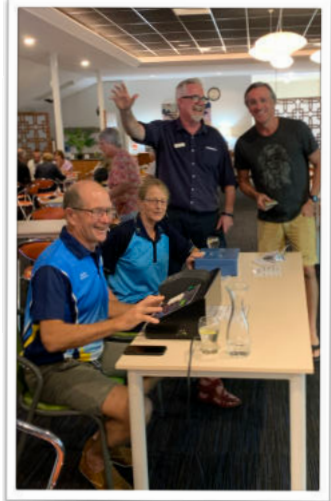
Bowls Club Raffle Table fund raising



Our 5th and last Wednesday night manning the Raffle Table at Tewantin Noosa Bowls Club saw Mark and Jane Powell “man up” to face a much quieter night than the other four.

Photo at left shows them under the watchful eye of tutor, Marlene Trembath, who knows the ropes backwards; whilst the photo on the right shows Mark and Jane enjoying their roles, a happy customer and Andrew (gesturing), an employee of the Bowls Club, who just happens to be the son-in-law of a couple of our founding members ...
Barrie & Val Bedding!

...Ed



Day 5 ...

Oh, the internal conflict today... normally we celebrate when rain falls in regional areas, but today as we got up to the pitter patter of rain drops on the roof, all we want is for it to stay dry for our poor cyclists.

For breakfast we were treated to bacon and egg rolls from the P&C of Mitchell State School. Thank you to the volunteers that were up at silly hour-o'clock to cook for us!! As we all huddled in the rotunda in the park enjoying our breakfast, we were trying to stay dry and warm for as long as possible. But the inevitable happened and we rolled out just after 6:30am in the drizzly rain. Fortunately for the team the rain started to clear not long after 7am, not before a few road trains passed covering the team in spray from the water on the roads. Every rider deserves the beer, the hot chocolate or maybe even a hot toddy when we finish this evening. The local wildlife is starting to feature a bit more, with a mob of kangaroos hopping across the road about 100m in front of the peloton.

Our morning tea stop was in Muckadilla where we were treated with Mick O'Keefe's famous sausage rolls. The team could not have been happier to tuck into Mick's warm sausage rolls as they were all shivering from wearing damp kits with a cool breeze blowing through. It was a quick stop to refuel, refill and we were back on the road again heading for Morven.

Stop 2 for the day was at the beautiful Sadleir's Waterhole Hotel. It was a bit drizzly and grey still, so the wonderful hosts at the local let us set up on the veranda of the pub,

Ridewest!

Just wanted to thank the Masters for my Birthday e-card in April!

I haven't been to the pool since early this year as I was instead concentrating on my "bike fitness" for my Ridewest charity ride.

We are now 5 days into the ride ... anyone interested can follow the daily ride updates on the Ridewest website via the following link

<https://www.ridewest.com.au/news>

Hope to see you all again soon in the pool! ... Patrick Buxton

warm up by the fire and also gave us a donation from the Trivia night they'd held the week before. We are so grateful for the support of the wonderful communities that welcome us with open arms regardless of whether we turn up hot and sweaty or cold and wet!!

After the all-in group shot on the veranda, it was time to hit the road again and this time with a very exciting first – we turned left to Charleville! Everyone was so excited to finally get to a town that we have, for years, been trying to work out how to add to the RideWest route.

The afternoon got even wetter and muddier and team had to work hard to keep the morale up and push through that last 40km. Captain Rob called out today as the best teamwork he has seen from the cyclists. The camaraderie and teamwork builds every day as the team bonds grow. And today, more than ever this was a crucial part of getting every rider to the finishing post for the day.

As we approached Charleville the RFDS pilot welcomed us with a little fly over – what a delight to have the plane give us a wave on our arrival. Charleville experiencing its wettest day in 15 years!! We have never enjoyed a hot shower and dry socks more!

We have to give a shout out to Cr. Shaun Radnedge, Mayor of the Murweh Shire Council, for hosting us for an incredible dinner at the WWII Secret Base Museum. We are so grateful for the donation that your shire also put together for us. Charleville has certainly welcomed us with open arms and we are so grateful we finally got to visit here (even with the rain!!) and will most certainly be back! (Thought this story might encourage some of our Masters biking brigade to have a crack next year ?? ... Ed)

COACH'S TIPS



April Tips ...

Don't just focus on technique and not enough on the actual development of swim fitness. Ultimately, to endure at higher speeds, you must develop muscular strength and endurance. Each swim session should address swim fitness and technique.

Swim with paddles - it is like bringing the gym into the water with you. Focus on maintaining high turnover.

Swim with bands and pull buoy - it will make you a better swimmer ... rotation, catch, core and strength and rhythm .

Keep air in lungs as long as possible before exhaling prior to the breath.

The more buoyant we are, the less frontal drag.

Happy swimming - Cheers, Jan



Jo Matthews strikes Gold in Perth

Not easy backing up after Nationals ...



Due to having the flights booked before Covid and the fact that they had already moved from Cairns, Darwin and Perth, it seemed easier just to come to Perth. That was until I stood on the blocks for the first race and realised how tired I was. The travelling day took me on a delayed flight to Sydney and then a four hour wait, before I could board the five hour flight to Perth. I eventually arrived at my Airbnb at 3.00 am in the morning. I had to negotiate a gate with a lock and then find my entrance, not an easy task!

Luckily I was not competing the next day. In the morning, after 3 hours sleep, I took an Uber to pick up accreditation pass and some food supplies. In the afternoon I decided to walk to the pool, for a warm up and remind myself of the facilities. Last time I was here was for the 2008 World Masters Swimming Championships. Google maps said 6 minutes; they were talking about driving, so 40 minutes later I arrived at the pool! I took an Uber home!

In the evening I found that there was a bus route to the pool, huge bonus.

Day 1 was the 400 IM, 200 Breaststroke and 50 Fly, I did enough to win all three. **Day 2** was the 100 Back, 100 Breast and 200 Fly, Golds in the Fly and Breast and silver in the Back. **Day 3** was the 100 Fly, 200 IM and 50 Breast, another 3 Golds and total exhaustion.



Note to self, try to have only one swim meet a month. So why am I competing again next Saturday in Brisbane and two weeks later in Cairns? ... maybe I secretly like competing.



... Jo



FINA WORLD MASTERS TOP TEN S/C & L/C 2021			
Noosa Masters Swimming Club			
Jan Croft	800m Free L/C		4th
	400m Free L/C		6th
	200m Free L/C		9th
	240-279 Womens 4x50m Free Relay L/C		3rd
	280-319 Womens 4x50 Med Relay L/C		6th
Peter Fidler	240-279 Mens 4x100m Free Relay L/C		6th
	240-279 Mens 4X100m Free S/C		9th
Lois Hill	280-319 Womens 4x50 Med Relay L/C		6th
Brian Hoepper	280-279 Mens 4x100m Free Relay L/C		8th
LiQun Hussey	240-279 Womens 4x50m Free Relay L/C		3rd
Robert Jolly	280-279 Mens 4x100m Free Relay L/C		8th
Gerald Little	240-279 Mens 4x100m Free Relay L/C		6th
	240-279 Mens 4X100m Free S/C		9th
Helen Malar	280-319 Womens 4x50 Med Relay L/C		6th
Studley Martin	240-279 Mens 4x100m Free Relay L/C		6th
Trevor Mathews	280-279 Mens 4x100m Free Relay L/C		8th
Jo Matthews	100m Fly L/C		10th
	200m Fly L/C		8th
	200m Fly SC		9th
	280-319 Womens 4x50 Med Relay L/C		6th
Wendy Nothdurft	240-279 Womens 4x50m Free Relay L/C		3rd
Ian Robinson	240-279 Mens 4x100m Free Relay L/C		6th
	240-279 Mens 4X100m Free S/C		9th
Dianne Scott-Davies	240-279 Womens 4x50m Free Relay L/C		3rd
Ian Tucker	280-279 Mens 4x100m Free Relay L/C		8th
Adrian Wilson	240-279 Mens 4X100m Free S/C		9th

Message from LiQun

Please tell everyone I miss our club even though I am thoroughly enjoying our one month life in Far North Queensland.

We are living outside of town of Mission Beach, close to the beach, hear the wave day and night, living in the jungle with many small or big lives such as Cassowaries, Stone Curlews, Honey Eaters, Small Kangaroos, Crocodiles (sighted in South Mission Beach one week ago), ants, spiders, different types of butterflies in the garden, it is a truly wild nature... Our house area was 18 degree yesterday morning at 6am and 10 minutes later in town Mission Beach was 20 degree. It is amazing what jungle can impact on our lives with global warming.

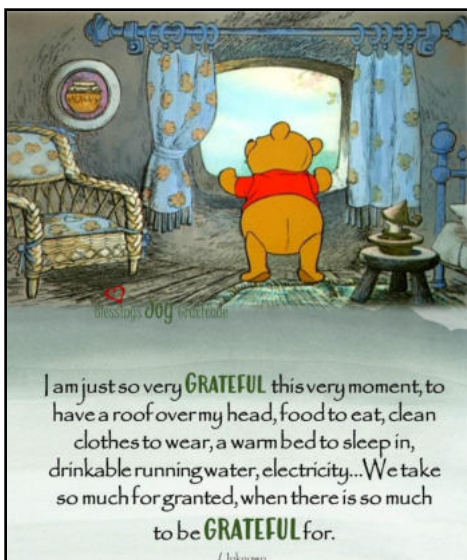
We are able to buy local Bingil Bay beef and local reef fish from local IGA from Tully, Sunday market in Mission Beach every fortnight by the beach. Locals are nice and friendly, some moved from Sydney, Brisbane and Noosa.

I swim with Mission Beach Pool Squad 3 mornings a week; there are normally only 4 or 5 people in the squad. I have whole lane to myself most of the time, the other swimmers are younger and faster than me.

I try to get ready physically for QLD State Championships in Cairns in May which enables me to catch up with our club members.

Here is a short poem I wrote the other day.

*Living in the tropical rainforest forest by the Great Barrier Reef. Birds, butterflies, flowers, the sound of water drops, gentle ocean waves, insects, coconut tree leaves dancing ...
Feel the most primitive nature breath ... embrace the harmony of the nature, body and mind*



Alex Rotary Winter Solstice Swim Date claimer Sunday 26th June

Hi Folks, The fantastic Rotary Winter Solstice swim is back on and we've put out the date-claimer below on our Facebook page. Registrations are not open yet, (we'll be busy looking for sponsors) but if you are interested in swimming in either the **1km, 3km** or **5km** swims, please visit our Facebook page <https://www.facebook.com/SCsolsticeswim/> and let us know. Thank you.

This year you can enter as an **individual** or get a few mates and enter as a **team**.

And this year we'll have some **novelty prizes** to add more fun to the event.

We cannot guarantee that the 5km swim will have a photo finish like last year, but we can guarantee great weather and lots of fun, and that you'll be helping Rotary and Alex SLSC support some great local Sunshine Coast Community groups.
Stay tuned ...

ENDURANCE 1000 REPORT

February 2022



Each Tuesday has seen swimmers making the most of access to booked lanes, and building on their Endurance Program tally during April.

It was exciting to see swimmers awarded for their Endurance efforts in 2021, at the recent Members' Meeting ...

** These people completed the whole program with top points:-*

- Ian Tucker - + swam more than 3000m in an hour
- Mark Powell - + swam more than 3000m in an hour
- Jo Matthews - + swam more than 3000m in an hour
- Denise de Carlo - + swam more than 3000m in an hour
- Brian Hoeppe
- Jane Powell

**These people achieved over 800 points:-*

- Adele Tucker
- Jim Barnes

** These people swam more than 3000m in an hour:*

- Studley Martin
- Adrian Wilson

*Tricia Chalmers was acknowledged for her unwavering support and work behind the scenes, and Wendy Ivanusec was acknowledged for her unwavering support on the pool deck each week, for the Endurance Program.

We now have two lanes booked on Saturday afternoons for Endurance swimming, between 3.30 and 5.00pm, to cater for those whom Tuesdays don't suit. This will be quite informal - but come along to help time and to swim!

*Yours Enduringly,
Jane Powell
Endurance Coordinator*



Left: Noosa Masters once again won the hotly contested National E1000 Trophy for 2021 (more later).

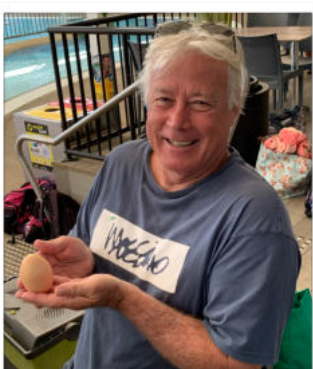
Jo Matthews collected the trophy for the Club whilst attending the Presentation Dinner following the recent National Masters Swimming Championships in Sydney.



MAY

Jennifer Watson	10/5	Jim Travers	20/5
Adele Tucker	12/5	Karen Martin	23/5
Alex Baker	15/5 (big 70)	Jim Barnes	27/5
Rod Alfredson	15/5	Grant Scotcher	31/5

*Age is strictly a case of mind over matter.
If you don't mind, it doesn't matter !*



Mark Besford -
just had to brag !

He was so thrilled by the size of an egg laid by one of his 'girls'.

Playz on words ...

- Dad, are we pyromaniacs? Yes, we arson.
- What do you call a pig with laryngitis? Disgruntled.
- Writing my name in cursive is my signature move.
- Why do bees stay in their hives during winter? Swarm.
- If you're bad at haggling, you'll end up paying the price.

Please support our Sponsors

Thank you for your support

<p>Noosa Heads Life Saving Club Hastings St Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court Sunshine Beach Q 4567 Tel: 5448 0288</p>
<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>	<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 Tel: 5430 6700</p>
<p>The Great Little Bag Shop 105 Eumundi Square Napier Street Eumundi (on Market Days) Wed-Sat 7.30-2.30 Fri 8.30-2.30 www.thegreatlittlebag.com</p>	<p>Officeworks 1 Gateway Drive, Noosaville Q 4566 Tel: (07) 5449 5400</p>
<p>John Bird Jewellers The Atrium 91 Poinciana Avenue Tewantin Q 4565 Tel 5474 4639</p>	<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours Tel 1300 658 971 0410 602 632</p>
<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd Noosa Junction Q 4567 Tel: 5447 2244</p>	<p>Live Life Pharmacy 22 Sunshine Beach Road Noosa Junction Q 4567 Tel: 5447 3478</p>
<p>Bunnings Warehouse Noosa Road & Gateway Drive Noosaville QLD 4566 Tel: (07) 5430 5400</p>	

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