

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

APRIL 2023



Back row L-R : Ross Kee, Stephanie Jones, Greg Bott, LiQun Hussey, Helen Malar, Trevor Mathews
Front row L-R : Ian Tucker, Adele Tucker, Jan Croft, Lois Hill, Anne Besser, Julie Bott
(missing from photo - Linda Hogg, Jacky Shields, Felicity Hawkins, Jo Matthews)

HOBART NATIONALS - GREAT RESULTS !!

2023 Masters Swimming Australia National LC Championships – Doone Kennedy Hobart Aquatic Centre, Tasmania - Tue 18 Apr - Sat 22 Apr

Sixteen swimmers competed from Noosa Masters Swimming Club. 12 Women-Stephanie Jones, Adele Tucker, Felicity Hawkins, LiQun Hussey, Anne Besser, Jo Matthews, Helen Malar, Julie Bott, Jan Croft, Linda Hogg, Jacky Shields, Lois Hill and 4 Men-Ross Kee, Trevor Mathews, Greg Bott and Ian Tucker.

77 clubs and 419 swimmers attended from around Australia. All age groups from 18 years to 94 years were well represented and it was good to see so many younger swimmers competing.

Overall medal haul for Noosa was 37 Individual medals – 11 Gold, 14 Silver and 12 Bronze plus 16 Relay medals – 8 Gold and 8 Silver.

National Records went to Stephanie Jones in the 400m and 800m Freestyle improving on her swims in Mackay. National Record also to the Women's 4x50m Medley Relay Team (280-319) of Steph (Back), Helen (Breast), Jo (Fly) and Jan (Free).

Queensland Records went to Stephanie Jones in 50m Free, 100m Free, 400m Free, 800m Free and 50m Back. A Queensland Record also to Ross Kee in 100m Free improving on his swim in Mackay as well as Queensland Record for the Medley Relay Girls.

Top of the Gold Medal haul was our wonderful coach Jan with 6 Golds, followed by 3 for Steph, 3 for Ross, 2 for Ian and 1 for Lois as well as Women's Medley Relay and Men's Free Relay of Greg, Trev, Ian and Ross. So many PB's (Age Group and Forever) from our swimmers, especially LiQun (1 Bronze and 5 PB's) and Anne B (2 Silver and 3 PB's).

Great competition between Ian and Greg in the Backstroke and IM events with both coming in 1st or 2nd and 2nd or 3rd. Awesome swim for Ian in the 400m IM winning a Gold Medal (a swim which he swore he would never swim again after Barrier Reef Games swim last year!!).



Other highlights included a Bronze for Helen in 50m Breast, a Bronze for Trev in 50m Back, a Bronze for LiQun in 200m Breast, Linda's 400m Free was her best swim of the meet-a PB, Jacky thrilled with her Silver in Women's Free Relay (replacing Felicity who unfortunately had to go home after a hard Day 1 swim due to a virus), Adele swam backstroke (faster than her free) in both 400m and 800m free races knocking seconds off her times, Silver for Jo in her favourite 100m and 200m Fly, Gold, Silver and Bronze medals for Lois swimming a huge programme and Julie also swimming a huge programme including all the free races from 50m to 800m. Thank you to Michael Besser (our lone supporter) and other club members for helping out with timekeeping.

Hobart was a wonderful city to hold the swimming with a great warm swim centre (too warm on some days),

great weather 8-21 and no rain, great pubs with local produce, great fish and chips on the waterfront, great accommodation and meals at the Old Wool Store Apartments where the majority of our swimmers stayed and a great Presentation Dinner on the Saturday night at the Hobart Function Rooms Elizabeth St Wharf.

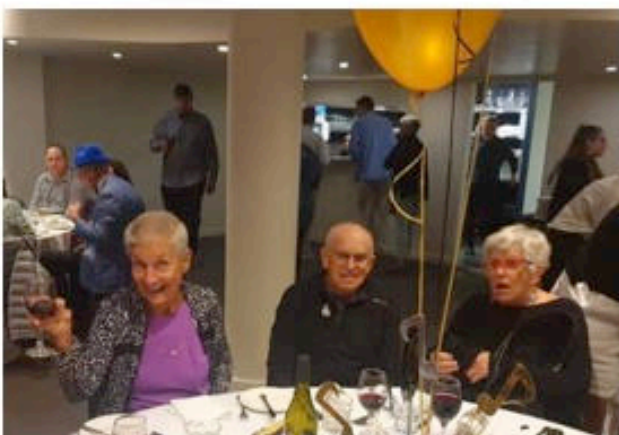
The photos tell the story of what a fun night we had eating, drinking, dancing, being silly and letting our hair down after a huge 5 days of swimming. Ian and LiQun accepted the National Endurance Trophy of behalf of Noosa Masters Swimming Club.

Overall, another week of Fitness, Fun and Friendship-one of the best ever.

... Helen Malar



Nationals Presentation Dinner Celebrations



2022 MSX RESULTS and CAPS

ADRIAN WILSON	QNA	Platinum
BRIAN HOEPPER	QNA	Platinum
DYANNA BENNY	QNA	Platinum
FELICITY HAWKINS	QNA	Platinum
HELEN MALAR	QNA	Platinum
IAN ROBINSON	QNA	Platinum
JAN CROFT	QNA	Platinum
JENNIFER WATSON	QNA	Platinum
JO MATTHEWS	QNA	Platinum
ROBERT JOLLY	QNA	Platinum
ROBERT MORSE	QNA	Platinum
TERRY CARTER	QNA	Platinum
WENDY NOTHDURFT	QNA	Platinum

DIANE SCOTT-DAVIES	QNA	Gold
GREG BOTT	QNA	Gold
JACKY SHIELDS	QNA	Gold
LINDA HOGG	QNA	Gold
LOIS HILL	QNA	Gold
TREVOR MATHEWS	QNA	Gold

IAN TUCKER	QNA	Silver
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ADELE TUCKER	QNA	Bronze
JULIE TIERNEY	QNA	Bronze
ROBERT ASHWELL	QNA	Bronze
STUDLEY MARTIN	QNA	Bronze



May 2023 ...

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

At your age you need glasses ... and plenty of them !!

WELCOME

Recently, Noosa Masters extended a warm welcome to a group of visiting swimmers and their coaches, from Marion Masters Swimming Club, SA and one from Claremont, WA (ex Adelaide). They came to Noosa for a surfing holiday and had such a good time in Noosa, especially surfing and swimming, that they have promised/threatened to return again next year!!

... Ed





News from afar ...

by Denise De Carlo

I've just completed a significant bucket list item - Galapagos! The trip was delayed two times due to Covid, but third time lucky.

I started the trip in Quito Ecuador at 3000 metres. And boy did I feel the elevation! I was quite ill for the first two days. But I did manage to squeeze in a walking city tour on Good Friday. There was a 2km processional from the town square to a huge cathedral. It was a very moving experience to observe this important holiday for the Ecuadorians. The city is rich with history with many old buildings and cathedrals.

We then got to spend seven nights in Galapagos touring the Eastern islands on a small 16-passenger boat called Galaxy. We visited a different island each day and many species are endemic to that specific island. We got to visit Genovesa, Santiago, Santa Cruz, Baltra, Santa Fe, Floreana, and Espanola. Each island was quite different.

We typically snorkelled twice each day and two hikes as well. I have never seen so much wildlife!! Both on the land and the water was teeming with birds, mammals, reptiles, and fish.

My favourite experience was swimming and playing with sea lions. We spent 45 minutes twirling around and watching them weave in and around us. They came so close you'd think they would hit you and then at the last moment they'd turn and go another direction. I was smiling and laughing with my snorkel on.

I typically wore a wetsuit, primarily to protect myself from the intense sun. The gorgeous blue water was warm and inviting. I did not wear fins so I could easily manoeuvre around.

Occasionally we had a strong current. I could then swim in one place enjoying all the fish go by as I stayed in one place and getting a bit of a workout in. Our guide even allowed me to swim back to the boat (instead of getting on the zodiac)

but it was probably only about 400 metres. I even got to practice my sculling frequently. It was a great way to slowly move through the gentle waters. Needless to say, it's time to start swimming again and getting in my Endurance swims!

From the land we got to see land and marine iguana, sea lions, blue and red footed boobies, frigate birds, tortoises, albatross, and whale bones.

We saw hundreds, if not thousands, of fish each time we swam. These included puffer fish, sardines, parrot fish, penguins, sea lions, eels, sharks including hammerheads, white tip, black tip and Galapagos sharks too.

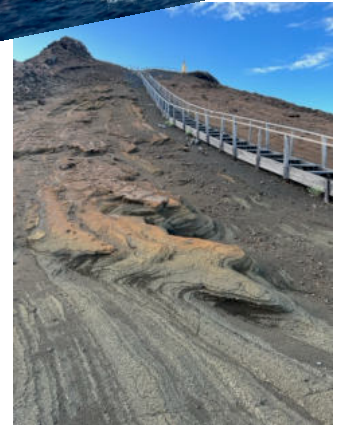
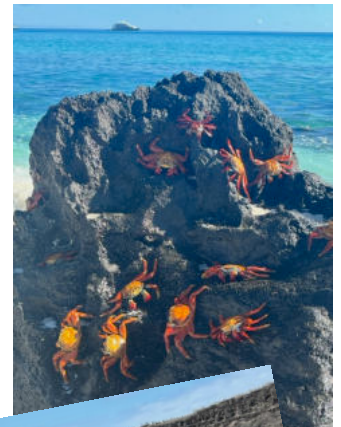
From our zodiac boats we saw dolphins spinning around in our wake, manta rays and eagle rays. One evening we saw 40-plus Galapagos sharks in the waters surrounding our boat – that was wild!

If anyone is thinking about going to the Galapagos - DO IT! You will not be disappointed. I was quite tired after the trip as it was so physical, but it was worth it!

The tour group operator we used was MT Sobek. I was very impressed with the service and how well things operated. I highly recommend them (they organise trips around the world including New Zealand).

I won't be returning to Noosa until late September as I will be spending time with family in Iowa, Minnesota, and Colorado.

Meanwhile, keep swimming!



Noosa Masters take Mackay by storm!!

by Brian Hoeppe

The motto of Masters Swimming is 'Fitness, Friendship and Fun'. But at the annual Masters State Championships, the focus changes to elite performance and spirited competition.



NOOSA TEAM at MSQ State Championships, Mackay, 2023. BACK – LiQun Hussey, Anne Besser, Rod Alfredson, Linda Hogg, Jackie Shields
FRONT: Brian Hoeppe, Liz Alfredson (MSQ official), Rob Lucas, Jo Matthews, Jan Croft, Lois Hill. ABSENT: Steph Jones, Ross Kee.

Steph's triumph

During the 2023 championships in Mackay, no-one exemplified those qualities more than Noosa's own Steph Jones. Over three days of competition, four of Steph's swims broke both the national and state records (200m, 400m, 800m and 1500m freestyle) while in two other swims she broke state records (100m freestyle and 100m backstroke) in her 65-69 age group.

These results saw Steph awarded the 'Female Swimmer of the Meet' trophy. Ranked in a points system devised by the international swim body FINA, Steph outpointed 104 female competitors ranging in age from 19 to 96.

Without doubt, Steph's results are the finest ever achieved at a single meet by a member of Noosa Masters Swimming Club in its 24-year history.

Other records tumbled

Ross Kee (70-74) swam a blistering 100m freestyle in 1:08.89 to streak away from the field and break the State record. Brian Hoeppe (75-79) broke two of the State records he set last year at the Belgravia meet – 800m and 1500m Breaststroke. And there was a nail-biting race against the clock in the 200m medley relay, when Steph, Ross and Brian teamed with Jo Matthews to break the State record (280-319).

Medals galore

The Noosa team's depth of talent was reflected in the overall medal tally.

The 12-strong team won a total of 67 individual medals (30 gold, 22 silver, 15 bronze), two relay team gold and two relay team silver. Every swimmer medalled at least three times(!) – no mean feat in some crowded age groups.

The complete list: Rod Alfredson (2 silver, 3 bronze), Anne Besser (1 gold, 1 silver, 2 bronze), Jan Croft (5 gold, 3 silver), Lois Hill (1 gold, 7 silver, 2 bronze), Brian Hoeppe (9 gold, 3 silver), Linda Hogg (1 gold, 2 silver), LiQun Hussey (3 gold, 4 silver, 1 bronze), Steph Jones (9 gold, 1 silver), Ross Kee (5 gold, 1 silver), Rob Lucas (1 gold, 2 silver, 4 bronze), Jo Matthews (3 gold, 3 silver, 1 bronze) and Jackie Shields (1 silver, 2 bronze).

Lies, damned lies ... and statistics!

Brian's previous 'Chatter' confessions re embarrassing medal hauls need to be invoked for the Mackay meet as well. His nine gold medals included seven for events in which he had no competitor! Two silver came in sprints in which he was thrashed by national record holder Rob Patterson. To say there was a lack of competition in the M75-79 age group would be the understatement of the year. Where are the older men? (By analogy, Brian recalls a BBC radio interview from years ago when the editor of London's 'Evening Standard' – a newspaper read exclusively by ageing male Tories – was asked why the paper had decided to sponsor and support baseball. The editor explained that the number of readers of the paper was declining because of 'biological leakage' – surely the euphemism of the year(!) – and the 'Standard' was courting a younger audience.)



Noosa Masters take Mackay by storm!!

... cont'd

The Mackay Aquatic Centre ... hot stuff!

Mackay's fairly new Aquatic Centre was an almost ideal venue for the championships. The pool itself was crystal clear, reasonably cooled and had a 'fast' feel about it. There was an adjacent covered 25m pool available for warm-up and cool-down. The changing rooms and amenities were first class.

But the 50m pool was completely unshaded. Air temperatures hovered in the mid-30s and the days were mostly cloudless. The prize for endurance must go to Anne Besser who – on the last day – swam the 1500m Backstroke, eyes looking straight up into a midday sun. Shaded spectator seating was also a bit sparse. The local council has been lobbied about the provision of shade ... crucial in the tropics for both health and comfort.

'All work and no play' ... not!!

The Noosa team gathered on the eve of the meet at the Shamrock Hotel, where most of the team stayed. A convivial atmosphere and an impressive menu encouraged various members back on subsequent evenings. On day two, a more adventurous group set off for dinner at a renowned hotel an hour's drive north.

As is customary, the social highlight was the team's traditional end-of-meet gathering – this year on a lush lawn at the Shamrock.

Many glasses were raised in celebration of the team's impressive and enjoyable achievements, with numerous accounts of 'what was', 'what might have been' and 'what will be ... next time'!

The next day, most of the team took the picturesque drive up to Eungella Chalet. Lunch was shared in the 1930s style dining room, looking over a delightful mountain landscape. Farewells were exchanged before the group drove down the mist-shrouded, winding mountain road back to Mackay.

Once again, Noosa members showed that the club is equally proficient at swimming and socialising!



Steph Jones: Female Swimmer of the Meet
State Championships 2023, Mackay.
National and State records: 200, 400, 800, 1500 FREE
State records: 100 FREE, 100 BACK



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MAY							
25-27	LC	Great Barrier Reef Masters Games	MSQ	North	Q6/23	Yes	Tobruk Memorial Pool, Cairns
JUNE							
17	SC	Brisbane Southside Masters Meet	QSM	South	Q7/23	Yes	Brisbane Aquatic Centre, Chandler
JULY							
8	LC	River City Masters FINA Worlds Prep Meet	QRC	South	Q8/22	Yes	Valley Pool, Fortitude Valley
22-23	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q10/22	Yes	Burpengary Regional Aquatic Centre
AUGUST							
5-11	LC	Fina Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/22	Yes	Valley Pool, Fortitude Valley
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	OSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

Legend:

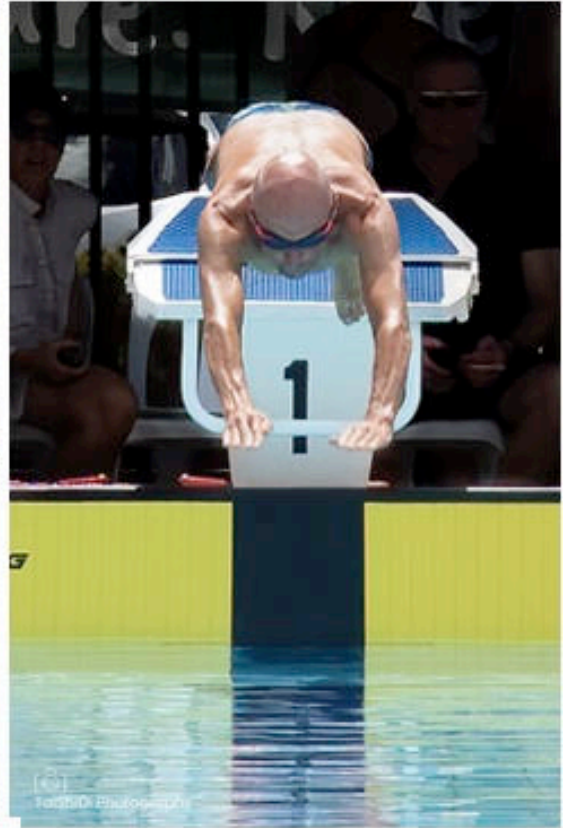
MSQ Swim Meets

MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) 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 and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

2023 State Championships - poolside pics

courtesy Tai Shi Photography



Swimming with Sea Lions

... the highlight of my recent trip

by Christine Cooper

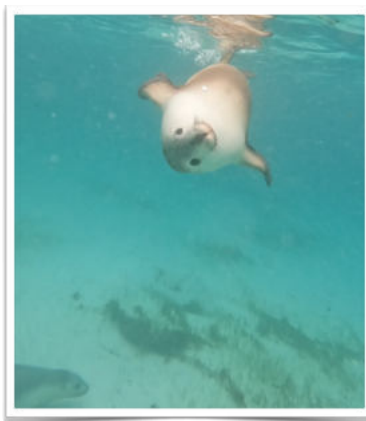
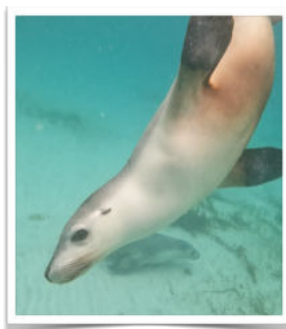


They are soooooo engaging!!

What a privilege to swim with these gorgeous creatures of the sea.



The absolute highlight of my recent road trip south was swimming with these adorable “young puppies of the sea”. While mum was out on a food gathering foray, lasting several days, the kids played and swam and explored their beautiful, now thankfully protected, watery world off the coast of Lincoln National Park.



Our camping

plans had changed. We decided to go south after temperatures in the Flinders Ranges hit the 40's, thus abandoning plans to go camping further north up the Strezlecki track. How fortunate that we ended up in Port Lincoln for a few days. Reading through the tourist information in the motel, I came across an ad for a local tour to “Swim with the Sea Lions.” Couldn't resist!

I booked online there and then. Three spots left and I was off in the morning.

The charter company had a restricted permit to take 20 people, 4 days a week, to a sea lion island nursery for a 40 minute swim in the waters close to the island which is part of Lincoln National Park. On board we were briefed. No touching the animals, stay in a small area and just swim around ... they will come out to play... and they did !!

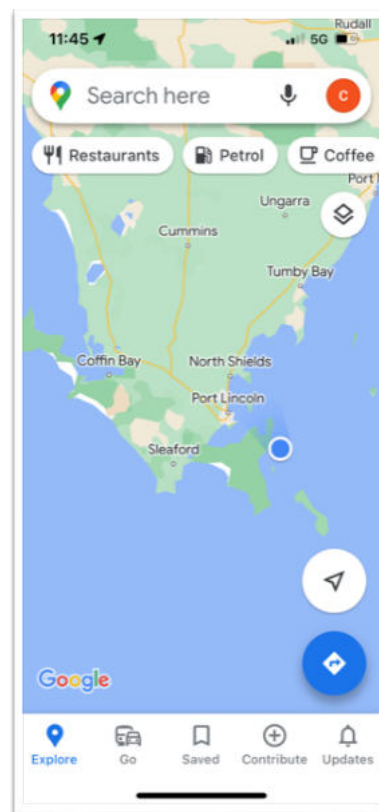
They were so curious and playful.

They swam about us, looked up close, followed, dived down, glided past, hid in the kelp,

It was incredible. I can't recommend it enough. A truly memorable experience.

If ever you get to Port Lincoln in S.A., this is definitely a must do ... or perhaps worth a dedicated trip?

You could also take in a visit to the d'Arenburg Cube in McLaren Vale ... another amazing experience... if you are intrigued by Salvador Dali.



2023 STATE CHAMPIONSHIP INDIV. RESULTS

STATES - MACKAY March-April 2023

 = State Record

Rodney Alfredson (74)		
50m Breast	4	1:01.12
200m Breast	4	5:10.09
400m Breast	BRONZE	10:50.29
800m Breast	SILVER	22:17.44
1500m Breast	BRONZE	44:09.16
200m Back	BRONZE	4:58.53
400m Back	4	10:59.93
4 x 50 FREE RELAY		SILVER

Anne Besser (77)		
100m Free	4	2:23.76
50m Back	GOLD	1:20.62
100m Back	BRONZE	2:48.77
400m Back	BRONZE	12:06.04
1500m Back	SILVER	45:25.35
4 x 50 MEDLEY RELAY		6

Jan Croft (80)		
50m Free	SILVER	47.62
100m Free	GOLD	1:46.54
200m Free	SILVER	3:59.24
400m Free	GOLD	8:17.48
800m Free	GOLD	16:50.91
1500m Free	GOLD	32:02.34
4 x 50 women free RELAY		SILVER
4 x 50 mixed free RELAY		GOLD

Lois Hill (80)		
50m Free	BRONZE	55.37
100m Free	SILVER	2:01.50
200m Free	BRONZE	4:27.13
400m Free	SILVER	9:24.71
800m Free	SILVER	19:23.29
50m Back	SILVER	1:01.52
100m Back	SILVER	2:16.57
200m Back	GOLD	4:54.96
400m Back	SILVER	10:44.72
4 x 50 women free RELAY		SILVER

LiQun Hussey (53)		
50m Breast	5	56.83
100m Breast	BRONZE	2:04.89
200m Breast	SILVER	4:25.10
1500m Breast	GOLD	36:24.06
100m Fly	GOLD	2:14.44
200m Fly	GOLD	4:52.44
400m Fly	SILVER	10:22.56
400m IM	SILVER	08:52.4
800m IM	SILVER	18:22.7
4 x 50 Women's Medley RELAY		6

Stephanie Jones (68)		
SWIMMER OF THE MEET (50 - 9 Years)		
50m Free	GOLD	33.87
100m Free	GOLD	1:12.95
200m Free	GOLD	2:36.29
400m Free	GOLD	5:35.94
800m Free	GOLD	11:27.3
1500m Free	GOLD	21:45.9
50m Back	GOLD	40.96
100m Back	GOLD	1:26.70
4 x 50 mixed MEDLEY RELAY		GOLD
4 x 50 women free RELAY		SILVER

Ross Kee (70)		
50m Free	GOLD	30.64
100m Free	GOLD	1:08.89
50m Back	GOLD	40.35
4 x 50 mixed MEDLEY RELAY		GOLD
4 x 50 men's free RELAY		SILVER
4 x 50 mixed free RELAY		GOLD

Rob Lucas (80)		
50m Breast	BRONZE	1:05.00
100m Breast	BRONZE	2:44.26
200m Breast	BRONZE	5:49.50
400m Breast	BRONZE	12:09.03
800m Breast	SILVER	25:24.21
1500m Breast	GOLD	47:52.75
4 x 50 men's free RELAY		SILVER

Brian Hoepfer (76)		
50m Free	SILVER	42.51
200m Back	GOLD	4:04.84
400m Back	GOLD	8:35.32
50m Breast	SILVER	48.73
100m Breast	GOLD	1:52.01
200m Breast	GOLD	4:05.07
400m Breast	GOLD	08:33.7
800m Breast	GOLD	17:18.1
1500m Breast	GOLD	33:19.9
4 x 50 mixed free RELAY		GOLD
4 x 50 mixed MEDLEY RELAY		GOLD
4 x 50 men's free RELAY		SILVER

Linda Hogg (61)		
50m Free	7	39.98
100m Free	5	1:29.98
200m Free	5	3:24.02
400m Free	5	7:08.55
800m Free	SILVER	14:35.23
50m Breast	9	58.70
4 x 50 Women's FREE RELAY		SILVER
4 x 50 mixed FREE RELAY		GOLD
4 x 50 Women's Medley RELAY		6

Jo Matthews (68)		
50m Back		
50m Fly	SILVER	42.01
100m Fly	BRONZE	1:47.70
200m Fly	GOLD	4:11.09
400m Fly	GOLD	9:02.59
400m IM	SILVER	8:27.40
800m IM	SILVER	17:21.36
4 x 50 mixed MEDLEY RELAY		GOLD

Jacky Shields (69)		
50m Free	9	43.81
100m Free	6	1:38.42
200m Free	4	3:30.45
400m Free	BRONZE	7:18.85
800m Free	4	15:10.46
50m Back	4	58.26
100m Back	5	02:10.3
200m Back	BRONZE	04:44.6
400m Back	SILVER	09:40.8
4 x 50 Women's Medley RELAY		6

National Records



What lights up a soccer stadium?

A soccer match

House sitter

My house/pet sitter Emily is currently on the Sunshine Coast and is looking for house sits over next couple of months. (No charge). She has looked after my home and my little dog Tommy previously and I would not hesitate to recommend her. Emily's mobile is 0455073157 but please feel free to ring me for a reference. Emily is from Melbourne and is a freelance writer so works from wherever she is staying. Helen Malar. (0409 875 558)

2023 NATIONAL CHAMPIONSHIP INDIV. RESULTS

Anne Besser (77)		
200m Free	5:03.73	6
400m Free	10:33.62	SILVER
800m Free	22:32.16	SILVER
50m Back	1:23.19	5
100m Back	2:40.08	5
200m Back	5:50.59	5
Women 4 x 50 Free Relay		4

Greg Bott (67)		
50m Free	34.74	6
100m Free	1:21.22	7
200m Free	3:07.76	6
400m Free	6:31.57	4
800m Free	13:13.81	5
50m Back	44.50	4
100m Back	1:37.31	SILVER
200m Back	3:36.34	BRONZE
50m Fly	40.95	BRONZE
200m IM	3:39.16	BRONZE
400m IM	8:13.77	SILVER
mixed 4 x 50 medley relay		5
Men 4 x 50 Free Relay		GOLD

Julie Bott (65)		
50m Free	51.90	17
100m Free	2:04.39	20
200m Free	4:27.93	17
400m Free	9:33.53	21
800m Free	19:26.40	17
50m Back	1:08.58	13
100m Back	2:37.60	12
Women's 4 x 50 Free Relay		4

Jan Croft (80)		
50m Free	46.73	GOLD
100m Free	1:48.76	GOLD
200m Free	3:51.57	GOLD
400m Free	7:56.88	GOLD
800m Free	16:30.67	GOLD
Women 4 x 50 Medley Relay (280 - 319)		GOLD
Women 4 x 50 Free Relay		SILVER

Felicity Hawkins (61)		
800m Free	12:52.72	5

Lois Hill (80)		
50m Free	52.99	BRONZE
100m Free	1:56.41	BRONZE
200m Free	4:17.80	BRONZE
400m Free	8:53.14	BRONZE
50m Back	57.07	SILVER
100m Back	2:13.75	GOLD
200m Back	4:50.10	SILVER
Women 4 x 50 Free Relay		4

Linda Hogg (61)		
50m Free	41.26	11
100m Free	1:33.00	9
200m Free	3:21.81	12
400m Free	7:06.26	11
800m Free	14:45.84	9
Women 4 x 50 Medley Relay		6

LiQun Hussey (53)		
100m Free	1:40.24	15
200m Free	3:47.27	14
400m Free	7:33.72	10
800m Free	15:51.24	13
200m Back	4:26.11	5
100m Breast	2:02.92	7
200 Breast	4:11.33	BRONZE
50m Flv	51.93	8
100m Fly	2:01.94	5
200m Fly	4:41.79	4
200m IM	4:05.72	4
400m IM	8:49.42	4
Women 4 x 50 Medley Relay		6

Stephanie Jones (68)		
50m Free	33.04	SILVER
100m Free	1:12.55	SILVER
200m Free	2:37.07	SILVER
400m Free	5:34.76	GOLD
800m Free	11:23.97	GOLD
50m Back	39.27	SILVER
Women 4 x 50 Medley Relay (280 - 319)		GOLD
Women 4 x 50 Free Relay		SILVER
Mixed 4 x 50 Free Relay		SILVER

Ross Kee (70)		
50m Free	30.64	GOLD
100m Free	1:07.69	GOLD
Mixed 4 x 50 Free Relay		SILVER
Men 4 x 50 Free Relay		GOLD

Helen Malar (69)		
50m Free	41.15	12
50m Breast	49.05	BRONZE
100m Breast	1:51.87	4
200m Breast	4:14.92	4
50m Fly	51.00	7
mixed 4 x 50 medley relay		5
mixed 4 x 50 Free relay		SILVER
Women 4 x 50 Medley Relay (280 - 319)		GOLD
Women 4 x 50 Free Relay		SILVER

Trevor Mathews (78)		
50m Free	38.69	6
100m Free	1:28.56	6
200m Free	3:25.55	6
400m Free	7:56.37	5
50m Back	47.56	BRONZE
100m Back	1:53.13	4
Men 4 x 50 Free Relay		GOLD
mixed 4 x 50 Free relay		SILVER

Jo Matthews (68)		
50m Fly	43.24	5
100m Fly	1:44.40	SILVER
200m Fly	4:06.43	SILVER
200m IM	3:45.66	4
400m IM	8:13.06	BRONZE
mixed 4 x 50 medley relay		5
Women 4 x 50 Medley Relay (280 - 319)		GOLD

Jacky Shields (69)		
50m Free	43.43	14
100m Free	1:40.99	14
200m Free	3:33.05	11
400m Free	7:20.17	11
800m Free	15:19.24	10
50m Back	56.89	11
100m Back	2:05.88	9
200m Back	4:32.17	9
Women 4 x 50 Free Relay		SILVER
Women 4 x 50 Medley Relay		6

Adele Tucker (65)		
400m Free	8:30.86	19
800m Free	17:50.51	15
50m Back	53.29	10
100m Back	1:54.58	6
200m Back	4:07.25	5
Women 4 x 50 Medley Relay		6
Women 4 x 50 Free Relay		4

Ian Tucker (68)		
200m Free	3:03.26	5
800m Free	13:02.87	4
50m Back	45.80	5
100m Back	1:38.47	BRONZE
200m Back	3:28.98	SILVER
200m IM	3:31.62	SILVER
400m IM	7:29.22	GOLD
mixed 4 x 50 medley relay		5
Men 4 x 50 Free Relay		GOLD

Tewantin Anzac Day Dawn Service



ENDURANCE 1000 REPORT

April 2023 – by Terry Carter



For those of us who are not sprinters or not interested in entering competitions, the Endurance 1000 Program is a great way to keep fit, have fun and “muck-in”.

The 400m, 800m, 1500m, 30 mins, 45 mins and 60mins swims are a real test of physical and mental strength, especially as you get older. Use it or lose it!

Noosa MSC has an enviable group of committed seasoned Endurance swimmers, who seamlessly work together to swim, time-keep and record swims.

It's hard to believe 25% of the year is over already, with 62% of Club members already having done one or more swims to date.

However, there is still time for improvement in participation amongst those who didn't swim last year or only did one or two swims. For those, please come along on Tuesdays or the 5th Sunday of the month at 7.30 am and swim. If you don't feel like swimming just time keep, every little bit helps.

For newcomers to the Club it's a great way to meet other members of the Club, who don't swim in your lane, to get involved and improve your fitness.

Tuesday's 18 April session was a bit “light-on” with many endurance swimmers in Hobart representing us at the National Masters Swimming Championship; well done Team! Nevertheless, a small group of swimmers clocked-up quite a few points for the Club.

Wendy Ivanusec celebrated her actual 80th Birthday by completing a 30-minute freestyle swim matching, exactly, her 2022 distance of 1050m.

Proof that you don't get slower as you get older
... congratulations Wendy!



Bruce H, Wendy I, Jane P, Terry P

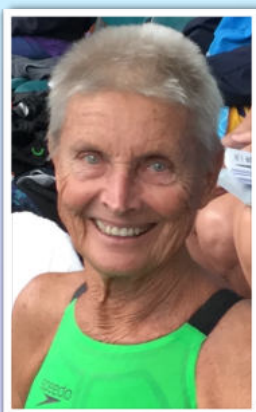


Chris Cooper
well done !!



Wendy I after her birthday swim

COACH'S TIPS



Here are some general tips for April ...

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 session should address swim fitness and technique.

Swim with paddles occasionally, it is like bringing the gym into the water with you. Start small if you haven't used paddles before, 50/100's etc - focus on maintaining a high turnover.

Keep air in your lungs as long as possible before exhaling prior to the breath. The more buoyant we are with air in our lungs, the higher we sit in the water, the less frontal drag

... Happy swimming,
Cheers, Jan

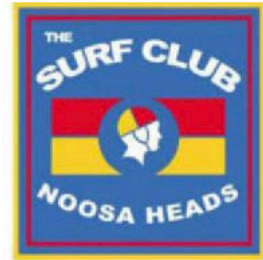
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Noosa Heads



Noosa Branch



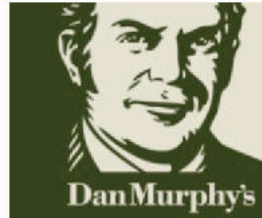
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Seasons, Noosa Junction

In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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