

CHALLENGERS' CHATTER

FEBRUARY 2018

NOOSA MASTERS @ HERVEY BAY

Hervey Bay turned on a corker for our recent swim at their Carnival on Saturday 10th February – fantastic weather, with a cooling breeze on carnival day, a cool pool, and a well run meet.

Most of our team of 14 swimmers and 5 supporters arrived on Friday – It was a lovely hot day, and the beach was dead calm, so a few toes were dipped in the water, and a few more did a leisurely warm-up.

To prepare for the next day, we all met at a local Italian, fuelled up on good authentic food, plus authentic sprint-preps of wine. The highlight of the evening was Rob Jolly's birthday cake (again good carbs for the next day) and a noisy 'Happy Birthday' chorus. As singers, we're all very good swimmers (Fran excepted)!

This year the early Saturday morning Open Water swim was not held, so we could all sleep in before meeting for breakfast at one of our favourite eateries, then OFF to the pool.

Thanks to Rob, Rod, Brian & Adrian for putting up the tents before breakfast – all ready for us when we arrived.

When the 'day-trippers', Bob and Sam (plus his own cheer squad of Max & Tom) arrived, we were ready to go and challenge ourselves in the pool.

Great swims from all of our group of Adrian Wilson, Bob Morse, Brian Hoeppe, Helen Malar, Jacky Shields, Jo Matthews, Linda Hogg, Lois Hill, Rob Jolly, Rod Alfredson, Sam Penny, Tricia Chalmers, Viv Merrill & Wendy Ivanusec.

Jane and Mark Powell were unable to compete at Hervey Bay, but did

valuable Postal swims, coming 2nd and 1st in their age groups.

Some of the highlights ...

- Adrian (now on video) trying to stop laughing at his time-keeper Fran when he was finishing his 50 Breaststroke swim (what faces was she making Adrian?) – he still came 2nd in his age group.
- Wendy's surprise at winning her heat in the 50 Backstroke, despite not feeling 100%
- Brian Hoeppe racing Jo Matthews in the next lane in the 100 Fly – on poolside, Rob was running down the pool egging on Brian who was in the end lane. Brian, being such a talkative person then stopped for a chat at the turn. Needless to say, he couldn't catch the Fly Queen!
- Jacky powering along in her 200 m Freestyle to win her heat with almost empty lanes next to her!

cont'd p.3

Team Noosa with Large Clubs Trophy and their medals

Back L-R: Rod Alfredson, Brian Hoeppe, Jacky Shields, Adrian Wilson, Rob Jolly, Bob Morse

Middle L-R: Helen Malar, Lois Hill, Viv Merrill, Wendy Ivanusec

Front L-R: Linda Hogg, Jo Matthews, Tricia Chalmers



report continues on p.3



Hervey Bay Fun in pictures!

It all started with some sober and sensible photos taken at dinner at Paolo's on Friday night where Rob Jolly celebrated his birthday! The swim meet was fun with the Club taking out the Large Clubs' Trophy and a couple of Noosa members winning MONEY! One was Rob Jolly - a nice birthday present Rob! - the other was Linda Hogg who lashed out - shouting a bottle of wine for the table at the Rock 'n' Roll Presentation Function on Saturday night ... this probably contributed to some riotous behaviour!!



NOOSA MASTERS @ HERVEY BAY

- New record for Noosa: Every swimmer at the pool won at least 1 event, and our 2 Postal Only entrants (Mark and Jane Powell), came 1st and 2nd in their events.
 - Relay team shambles as heats and lane numbers changed for the 1st event, and Noosa swimmers kept disappearing from the marshalling area. One team nearly missed the start – luckily the other teams lining up at start were spotted, and frantic shouts to find the Noosa swimmers to run to the start. Maybe a new ploy to upset the other teams? Noosa won that relay!
 - Sam Penny, Brian Hoeppe and Rob Jolly achieved perfect scores – First places in each of their 5 events.
 - Great support from team mates cheering on the swimmers
 - The Elvis quartet at the dinner at Blazing Saddles on Saturday night, accompanied by a bevy of beauties all decked out in Rock and Roll gear. Saturday Night Fever can't hold a candle to the QNA lot!
- 9 of our members swam to places in all their events, with the others very close behind. A great depth of talent at the pool! In all, including the postal swims, our 16 members swam 72 swims with 37 firsts, 14 seconds, 11 thirds, 5 fourths, 3 fifths, 1 seventh.
- “Dash for Cash Prizes”** were awarded to Linda Hogg (50 Breaststroke) and Rob Jolly (50 Fly) – these were for swimming the closest to their nominated times.

8 Individual Age group medals went to:

Gold (4): Sam Penny, Rob Jolly and Brian Hoeppe (Rob & Brian tied for equal first – collusion?), Bob Morse
 Silver (2): Jo Matthews, Lois Hill
 Bronze (2): Tricia Chalmers, Adrian Wilson

The 5 Mixed 4 x 50m relay teams swam well, despite the rush and some swimmers having to run from one event to the next-

First

Age Group 200-239, Medley, Bob, Helen, Sam, Linda

Age Group 280-319, Freestyle, Rob, Tricia, Lois, Bob

Age Group 280-319, Medley, Lois, Wendy, Brian, Adrian

Second

Age Group 200-239, Freestyle, Jo, Linda, Adrian, Sam

Third

Age Group 240-279, Freestyle, Jacky, Viv, Rod, Brian



Saints Awards to Fran Wilson and Elizabeth Alfredson for sterling service as time-keepers for the whole meet, Liz for scribing results and to Kathleen Gordon for her filming skills. To Max & Tom – well cheered, and good on you for putting up with all the oldies!

At the presentations at the dinner we were not expecting to hear ‘Noosa’, BUT Noosa accumulated 641 individual points and a goodly number for relays that helped tip us over the line as again the **Winning Team – Highest Average** for a Large team!

Well done team! The Fun & the Fitness then showed up as we celebrated on the dance floor!

On Sunday, after a lazy start, we all met for breakfast then headed off in different directions. Some to do a swim in place of the cancelled OWS - most of the others were smart enough not to do this as the 3 who went to the beach found it not very pleasant. The water was warm, but a strong wind had whipped up the waves, so it was more like a few aerobic exercises in the water!

No matter, it was a good finish to a great weekend of Fitness, friendship & fun

... Lois Hill
 Co-Captain QNA



Karlyn Pipes



There aren't many elite athletes who can say that their times improved as their 40th birthday approached but that is just one of many achievements American Masters swimmer Karlyn Pipes can boast.

To date Pipes has set 229 FINA Masters World Records and 352 U.S. Masters National records, making her one of the most decorated swimmers ever. She has been ranked number one more than any other Masters-level swimmer in history and in 2015 her swimming career was honoured by the prestigious International Swimming Hall of Fame.

Karlyn Pipes' life has had its ups and downs, but her story is ultimately one of courage, determination and victory. Her triumphs and her inspiring journey mean that she is in

global demand as a motivational speaker and has a published autobiography. She is also a top-class swimming coach, offering swim technique workshops and technical talks worldwide, and providing private swimming instruction and camps in Kona, Hawaii.

Originally from California, Pipes began to swim competitively for the Lompoc Marlins at just six years old. By age 15, she was competing for the Coronado Navy Swim Association, was coached by two-times Olympic Gold medallist Mike Troy and had won the National Junior Olympics.

After High School Pipes' talent was recognised by a scholarship to the University of Arkansas. Despite early successes and Olympic potential, her life took a downwards turn and Pipes dropped out of her studies and lost her focus on swimming.

Her 20s were marred by bad choices, unhealthy lifestyle and alcohol addiction, which culminated in hospital rehabilitation. To help her recover, Pipes began swimming again. At 31 she returned to racing and was competing in the Masters category. Within months Pipes secured a new 200m backstroke world record and her incredible comeback had started. In the following year her ranking in the USA rose to number one in seven events. More FINA Masters world records followed, totalling 16 for the 30-34 age group.

Aged 35 Pipes was ranked first in every distance and stroke in 54 official events for the 35-39 age group. She was now competing against many former Olympians and in the 200m backstroke was only tenths of a second away from qualifying for the 1996 US Olympic Trials. Pipes also went back to university and won masses of medals for her College until graduation in 1999.

2002 was another golden year with 25 FINA World records, 54 National records and six lifetime personal bests. Over three decades Pipes has competed at four Masters World Championships and secured world records in all four strokes, including the medley, at every distance with her records spanning six age-groups.

Karlyn Pipes continues to swim competitively and is also a triathlete. In 2017 she set 10 FINA Masters World records and 20 USMS National records for the 55-59 age-group. She is now able to share her expertise in the water with all types of swimmers and her comeback story is inspirational.

Check out more about Karlyn and her workshops at karlynpipes.com

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=ZmxleGlibGVfcmVjc18y&refsrc=email&iid=2dcd3e4e88044d76a779237ee8579214&uid=409223535&nid=244+272699392> can boast.



Yeronga Park Yabbies Swim Meet (SC) Saturday 5 May.

This is a non-sanctioned pool, so no records will be acknowledged. This is a great opportunity for some of our newer members to have some fun and experience some competition.

State Championships update : Nominations closed on 23rd February 2018

Preparations and planning are proceeding in an orderly manner for Masters State Titles to be held from Wednesday 14th March to Sunday 18th March inclusive. The pool events will be hosted at the Rockhampton Southside Pool Complex commencing on Wednesday 14th to Saturday 17th. The Ocean Swim is scheduled to be conducted at Emu Park on Sunday 18th March – this is a pleasant half an hour drive to the CAPRICORN COAST. <http://www.frogstri.net/>



<https://www.alicespringsmastersgames.com.au>

VALENTINE'S DAY ...

It was such a success last year, and in the grip of a heat wave, Noosa Masters decided to hire the Noosa Ferry for a couple of hours to enjoy music by Craig (our Captain) and the cool sea breezes. There was a bit of drama at the wharf ... "Where is Tricia? Where is Mark?" We waited - "give her another 5 minutes" - but Tricia ended up just missing the boat, and Mark? As usual the BYO drinks and "bring a plate" was an outstanding success. No-one went home thirsty or hungry! Plenty of opportunities to chat, mingle and catch up with members' partners in particular. Thanks Helen and Robyn for organising it all.



... Ed



MOUNTAIN RACE IS A HIT

THE Sunshine Coast Sports Federation is delighted to hear the mystery of the inspiration for the Midnight Oil's iconic smash hit *King of the Mountain* has finally been resolved.

Band drummer Rob Hirst answered the call to solve the argument, that it was the Mt Cooroora event and not the famous Peter Brock Mt Panorama race.

The song was a massive hit for the Oil's 1990 Blue Sky Mining album and really made Peter Garrett the star. While the event is listed as starting in its present format in 1979 it really began when local footballer and railway porter Bruce Samuels claimed he could run to the top and back in under an hour.

His feat made him an instant hero with locals, who dubbed him Hilary Samuels. This year's race will be run on July 22.

Sadly, another of the Noosa Triathlon originals is struggling health-wise and is in Noosa Hospital.

Joe Gilbert was part of the six-man team that worked on the structure and formation of the first race in October, 1983.

The group, headed by 1958 Marathon champion Dave Power, sold the idea to the local Council and the rest is history. Mr Gilbert was involved with the Lions club who worked tirelessly to build the foundation. Best wishes, Joe.

The Sunshine Coast Sports Federation writes a column each week.

p.49 Sunshine Coast Daily,
Friday Feb 23, 2018

HOW COOL IS THIS?

FELLOW MUSIC LOVERS ...THIS IS QUITE POSSIBLY THE MOST INCREDIBLE MUSIC E-MAIL I'VE EVER SEEN. AFTER CLICKING ON AN ARTIST, LOOK TO SEE ALMOST ALL OF THEIR FAMOUS WORKS, THEY ARE THERE FOR YOUR LISTENING

1) [Elvis Presley](#) 2) [Ry Orbison](#) 3) [Beatles](#) 4) [Abba](#) 5) [Bee Gees](#)
6) [Michael Jackson](#) 7) [John Lennon](#) 8) [Celine Dion](#) 9) [Frank Sinatra](#)
10) [Creedence Clearwater Revival](#) 11) [Julio Iglesias](#) 12) [Queen](#) 13) [Neil Diamond](#) 14) [Paul McCartney](#) 15) [Rolling Stones](#) 16) [Pink Floyd](#)
17) [Bruce Springsteen](#) 18) [Elton John](#) 19) [U2](#) 20) [George Harrison](#)
21) [Cliff Richard](#) 22) [Tina Turner](#) 23) [Bob Marley](#) 24) [Andrea Bocelli](#)
25) [Dire Straits](#) 26) [Barbra Streisand](#) 27) [Eagles](#) 28) [Madonna](#) 29) [Simon & Garfunkel](#) 30) [Ac/Dc](#) 31) [Bob Dylan](#) 32) [Dean Martin](#) 33) [Andr? Hazes](#)
34) [Tom Jones](#) 35) [Eric Clapton](#) 36) [John Denver](#) 37) [Eros Ramazzotti](#)
38) [Deep Purple](#) 39) [Led Zeppelin](#) 40) [Rod Stewart](#) 41) [Status Quo](#)
42) [Louis Armstrong](#) 43) [Fleetwood Mac](#) 44) [Bryan Adams](#) 45) [Jimi Hendrix](#) 46) [Barry White](#) 47) [Nat King Cole](#) 48) [Santana](#) 49) [Michael Buble](#) 50) [Gipsy Kings](#) 51) [David Bowie](#) 52) [Adriano Celentano](#)
53) [Robbie Williams](#) 54) [Charles Aznavour](#) 55) [Metallica](#) 56) [Doors](#)
57) [Shakira](#) 58) [Beach Boys](#) 59) [Cat Stevens](#) 60) [Bon Jovi](#) 61) [U2](#)
62) [Joe Cocker](#) 63) [Whitney Houston](#) 64) [Phil Collins](#) 65) [Enrique Iglesias](#) 66) [Ricky Martin](#) 67) [Ray Charles](#) 68) [K3](#) 69) [Zz Top](#) 70) [Van Morrison](#) 71) [Ringo Starr](#) 72) [Stevie Wonder](#) 73) [Gloria Estefan](#)
74) [Supertramp](#) 75) [Jethro Tull](#) 76) [Black Sabbath](#) 77) [Marco Borsato](#)
78) [Guns N? Roses](#) 79) [Neil Young](#) 80) [Chuck Berry](#) 81) [Billy Joel](#)
82) [Sting](#) 83) [Kinks](#) 84) [R.e.m.](#) 85) [Laura Pausini](#) 86) [Genesis](#) 87) [Who](#)
88) [Monkees](#) 89) [Animals](#) 90) [Simple Minds](#) 91) [Prince](#) 92) [Aretha Franklin](#) 93) [B.b. King](#) 94) [Iron Maiden](#) 95) [Pearl Jam](#) 96) [Christina Aguilera](#) 97) [Alice Cooper](#) 98) [Depeche Mode](#) 99) [Nirvana](#) 100)

Top 70 Songs: 1) [Always On My Mind](#)- Elvis Presley 2) [Fernando](#)- Abba 3) [Dancing Queen](#)- Abba 4) [Oh Pretty Woman](#)- Roy Orbison 5) [Spanish Eyes](#)- Elvis Presley 6) [Are You Lonesome Tonight?](#)- Elvis Presley 7) [Chiquitita](#)- Abba 8) [Massachusetts](#)- Bee Gees 9) [Love Me Tender](#)- Elvis Presley 10) [Imagine](#)- John Len non 11) [Suspicious Minds](#)- Elvis Presley 12) [California Blue](#)- Roy Orbison 13) [My Way](#)- Elvis Presley 14) [Billie Jean](#)- Michael Jackson 15) [In Dreams](#)- Roy Orbison 16) [Blue Bayou](#)- Roy Orbison 17) [Only The Lonely](#)- Roy Orbison 18) [I Have A Dream](#)- Abba 19) [Yesterday](#)- Beatles 20) [Mamma Mia](#)- Abba 21) [Thriller](#)- Michael Jackson 22) [Amazing Grace](#)- Elvis Presley 23) [Unchained Melody](#)- Roy Orbison 24) [Can't Help Falling In Love](#)- Elvis Presley 25) [Jailhouse Rock](#)- Elvis Presley 26) [Ave Maria](#)- Celine Dion 27) [And I Love You So](#)- Elvis Presley 28) [Blue Moon](#)- Elvis Presley 29) [Hey Jude](#)- Beatles 30) [I Started A Joke](#)- Bee Gees 31) [My Way](#)- Frank Sinatra 32) [Hotel California](#)- Eagles 33) [A Big Hunk O' Love](#)- Elvis Presley 34) [Bridge Over Troubled Water](#)- Elvis Presley 35) [The Winner Takes It All](#)- Abba 36) [Bad Moon Rising](#)- Creedence Clearwater Revival 37) [Ben](#)- Michael Jackson 38) [Waterloo](#)- Abba 39) [Stayin' Alive](#)- Bee Gees 40) [Words](#)- Bee Gees 41) [How Deep Is Your Love](#)- Bee Gees 42) [Crying](#)- Roy Orbison 43) [Blue Suede Shoes](#)- Elvis Presley 44) [Blue Christmas](#)- Elvis Presley 45) [Beat It](#)- Michael Jackson 46) [A Day In The Life](#)- Beatles 47) [Bohemian Rhapsody](#)- Queen 48) [Let It Be](#)- Beatles 49) [Only You](#)- Roy Orbison 50) [Sweet Caroline](#)- Roy Orbison 51) [A Hard Day's Night](#)- Beatles 52) [Bad](#)- Michael Jackson 53) [Earth Song](#)- Michael Jackson 54) [Woman](#)- John Len non 55) [Imagine \(live\)](#)- John Len non 56) [Heal The World](#)- Michael Jackson 57) [Stand By Me](#)- John Len non 58) [Sweet Caroline](#)- Neil Diamond 59) [O Sole Mio](#)- Andrea Bocelli 60) [Bridge Over Troubled Water](#)- Simon & Garfunkel 61) [Man In The Mirror](#)- Michael Jackson 62) [Strangers In The Night](#)- Frank Sinatra 63) [Black Or White](#)- Michael Jackson 64) [Only You](#)- John Len non 65) [My Sweet Lord](#)- George Harrison 66) [What A Wonderful World](#)- Louis Armstrong 67) [24 Horas](#)- Julio Iglesias 68) [Everybody Loves Somebody](#)- Dean Martin 69) [I Just Can't Stop Lovin You](#)- Michael Jackson 70) [Smooth Criminal](#)- Michael Jackson



*Birthdays
of the
Month*

March

“Wazza” Yates	5/3
Lois Hill	9/3
Christine Edwards	10/3
Bruce Hammond	12/3 (Big 60)
Christine Cooper	13/3
Bob Morse	15/3
Brian Cairns	16/3
Adrian Wilson	19/3
Christine Edwards	10/3
Wear Armstrong	24/3
Jan Croft	24/3
Denise De Carlo	25/3

Happy Birthday from all of us

*This surely must be the most birthdays
in any one month !!*



As the Gold Coast Commonwealth Games draws closer, Noosa will play host to the Queen's Baton Relay on Monday 26th March 2018. The baton is travelling around the Commonwealth and contains a message from “Liz” to be presented at the opening ceremony of the games.

Several of our Noosa Masters Swimming members have had the honour to be selected to participate in this relay. It would be great for club members to show support for Jana, Sue & Clinton and Tony Frost and to cheer them on their way.

The details are:

At approximately 4.20pm Jana Clancy will take the baton from the intersection of Hilton Terrace and Hilton Esplanade, Noosaville to the Noosa Yacht Club.

Sue and Clinton Stanley are scheduled for around 5pm. Sue will take the baton from 62 Noosa Parade and hand it over to Clinton at 42 Noosa Parade.

Tony Frost will take his turn at 5.08pm approx. and will travel from 2 Noosa Parade, across Garth Prowd Bridge and will finish at the Sofitel.

The baton will then continue along Hastings St, the Boardwalk and will finish at NHSLSC.

Sue and Clinton have extended an invitation to a meal and drinks at the Cooroy RSL after the completion of the relay.

COACH'S TIPS



Have some great tips from Peter Reaburn, author of the Masters Athlete book...

Once you have developed the cardiovascular musculoskeletal and nervous system progressively, the absolute key to better performance and PBs is intensity of training. Research has shown Masters tend to train at lower intensity as they age.

You need to train fast to race fast sprint sets develop speed. HR sets develop endurance - no short cuts, just hard work. But if you do these too hard, too often, you will overtrain or injure yourself, progressively overload.

Recovery is equally important. As we age, we appear to need longer to recover and longer to adapt. Recovery strategies that work are ice baths, stretching and good nutrients. Other recovery strategies are easy swims, massage, spas and sleep.

Will do more tips from Peter next month.

Happy swimming ... Cheers, Jan

2018 MASTERS SWIMMING AUSTRALIA EVENTS CALENDAR

Calendar

- MAR 14** 2018 MSQ State Championships LC & SC (swim #1 MSA 2018 Swim Series)
14 Mar - 17 Mar
[more details](#)
- MAR 17** MSTAS 34th LC Championships
17 Mar - 18 Mar
[more details](#)
- MAR 17** MSNSW State Championships (LC) more details to come
17 Mar - 18 Mar
[more details](#)
- APR 1** MSNT SC Championships
1 Apr - 1 Apr
[more details](#)
- APR 8** MSV LC Championships (swim #2 MSA 2018 Swim Series)
8 Apr - 8 Apr
[more details](#)
- APR 8** MSSA LC State Cup 2018
8 Apr - 8 Apr
[more details](#)
- APR 18** 2018 MSA National Championships - HBF Stadium
18 Apr - 21 Apr
Swim #3 MSA 2018 Swim Series
[more details](#)
- MAY 20** Stadium Masters LiveLighter Carnival LC (swim #4 MSA 2018 Swim...
20 May - 20 May
[more details](#)

Calendar

- JUN 10** Thailand Swim Camp 2018
10 Jun - 17 Jun
[more details](#)
- JUL 15** MSNSW Branch Relay Meet (more details to come)
15 Jul - 15 Jul
[more details](#)
- AUG 18** MS Tasmania Winter SC Championships (swim #5 MSA 2018 Swim Series)
18 Aug - 19 Aug
[more details](#)
- AUG 25** MSV Relay Championships
25 Aug - 25 Aug
[more details](#)
- SEP 23** MSSA SC State Championships (swim #6 MSA 2018 Swim Series)
23 Sep - 23 Sep
[more details](#)
- OCT 13** MSNSW SC Championships (swim 7 MSA 2018 Swim Series)
13 Oct - 14 Oct
[more details](#)
- OCT 13** 17th biennial Alice Springs Masters Games (swim #8 MSA 2018 Swim...
13 Oct - 20 Oct
[more details](#)
- OCT 13** MSNSW Branch SC Championships (more details to come)
13 Oct - 14 Oct
[more details](#)

Calendar

- OCT 28** MSSA LC Long Distance Championships
28 Oct - 28 Oct
[more details](#)
- NOV 2** 2018 Pan Pacific Games
2 Nov - 11 Nov
[more details](#)
- NOV 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>



CLUB BREAKFAST

Sunday, 25 March 2018

to be held on the pool deck after swimming.

It is the turn of Lane #2 to provide the food.

Have a chat to the other members in your lane and decide what each of you will bring.

Any questions? contact Carola : crhend@bigpond.com


KEEP CALM AND JUST KEEP SWIMMING

2018 MASTERS SWIMMING QLD EVENTS CALENDAR

DATE	LC/SC	CLUB	CODE	REGION	SANCTION	SURVEYED	VENUE
MARCH							
14 - 17	Short	MSQ State Champs			04/18	Yes	WW 11 Memorial Pool, Rockhampton
APRIL							
7	Long	Atherton	QAT	North	05/18	Yes	Atherton Pool
18 - 21	Long	National Champs				Yes	Perth, Western Australia
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	QUU	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 Sinkers	QNS	North	22/18	N/ A	Pioneer River, Balnagowan, Mackay

ENDURANCE 1000 REPORT FEBRUARY 2018

by Rod Alfredson, Endurance Coordinator



As mentioned in the January newsletter the Endurance program got off to a flying start. To date we have notched up a points tally similar to last year.

We have had solid performances from Wear Armstrong and Adrian Wilson.

One of our members who had joined last year remarked when doing a swim for Endurance that this was the first time that she had swum a 400 m breaststroke.

There you go ... lots of opportunities to challenge yourself and try something different.

Also, with the hot weather there is a great opportunity to come to Endurance and get a few swims under the belt

Rod Alfredson
Coordinator
Endurance 1000 program
Mob 0418 260716

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 Lois for winning a towel and the cap, for her sterling work in organising all the relay teams, even when she has been unable to swim.

Congratulations to Sam Penny who swam in the Klim World Swim Series and won his age group in both the 3km and 5km distances, plus he was 11th and 13th overall. Pretty amazing, well done Sam!

Best Wishes to Joe Gilbert who is still in Noosa Hospital following breaking his arm and to Grant, now at home, as he recovers from his big op, we are missing your happy face.

Congratulations to the Hervey Bay swimmers, not only did you win the trophy for the Large Club Average Pointscore, you also brought home ...

- Gold: Rob Jolly, Bob Morse, Brian Hoepper, Sam Penny.
- Silver: Jo Matthews, Lois Hill
- Bronze: Adrian Wilson, Tricia Chalmers.
- Plus Linda Hogg and Rob Jolly won \$50 each, for being nearest to their entry time and you guessed it, Jacky Shields came away with the raffle prizes!

Congratulations to Tricia who won a towel and cap for wearing her reading glasses round her neck for the 50m breaststroke event at Hervey Bay and missing the Valentines Cruise!

Special thanks to Fran Wilson and Elizabeth Alfredson for sterling service as time-keepers for the whole HB meet, and to Kathleen Gordon for her filming skills!

Welcome new members Howard, Anne, Annie and Libby.

Thank you to Paul Birrell for donating \$200 to the club, very generous. A beautifully worded card accompanied the donation

BOUQUETS

Reminder Sunday 4 March we have the Members Meeting after squad. You will have time to have a quick cup of coffee. Jacky will be available at the members meeting to canvas your views on the design of our new polo shirts. New members will be particularly interested.



Thank you to Annie Collins who won a towel and the cap, for being such a positive new member and for doing her first stint of volunteering at the Children's carnival, well done Annie!

Thank you to Lane 1 for the yummy breakfast, and to all the other swimmers that pitched in, much appreciated! Congratulations to Charley who won the fruit tray in the breakfast raffle.

Congratulations to Wear, who won a towel and the cap, for being such a positive swimmer, doing some amazing endurance swims and when asked to bring a plate for the Twilight Swim, that is what she did - it had nothing on it!!! It's OK Wear ... we foreigners fully understand.

Special thanks to Jan, Bob and Viv for their time and great coaching!

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 PH: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 PH:5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 PH: 5449 8800</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>Hinter-Coast Transport <i>Charters-Schools-Weddings-Tours</i> 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 (02) 8883 7351</p>

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