

CHALLENGERS' CHATTER

FEBRUARY 2020

Notes from Miami meet 15 Feb 2020

Another great meet on the Gold Coast - the BLK Performance centre has a magnificent pool. Many of us came home with healthy glows, or patches of sunburn!

Here are some of the remarks from the 16 swimmers who competed in the pool.

“Great Pool - FULL team and 4 supporters ready to go. Missed Flick”

- Flick was unable to come on the day, but amassed 18 points for her Postal swims

“Good Luck to Stephen Foote his 'maiden swim” with Noosa “ - and swim well he did!

“Liz Alfredson Apprentice Official spent doing that during the day (missed doing timekeeping?)”

“Bill Burt (Greg’s husband) is joining the club again and Rob informed him he can do fly in the relays (no choice Bill!)”

- Additional note - Bill took on the job of keeping all the Noosa relay swimmers in line (you can imagine how hard that is, amongst hordes of shouting swimmers, all trying to stay in a bit of shade.). But he got us ready in the right place for the eventual marshalling. Baptism by Fire! It was a hard job as Miami changed ALL the relay heats and lanes at the last minute.

“Viv Merrill put herself in the 100 m FS @ 1.25!! To psych herself up for the 50 fly? (Captains call ‘Viv-don’t wear the Noosa cap!’)”

“Jo Matthews swam three seconds faster in the 200 IM and the 100 fly, and she beat the boys in the 50 fly again.”



Lois Hill & Rob Jolly
Noosa Captains



“Anne Besser: seven seconds PB in 50 m backstroke: results: 2nd in 50 Back, 2nd in 200 Free& 1st in 50 Breaststroke” - well done Anne

“Greg A – Happy with my swims - PB 50m LC FS”

Note : well done Greg 29.23secs – under the magic 30 secs!

Individual Age group Awards

1st Places to Annie Collins, Jo Matthews & Stephanie Jones

2nd Place Stephen Foote - Congratulations for great ‘Virgin’ swimming Stephen)

3rd Places to Lois Hill & Vivien Merrill

Noosa amassed enough points to be 2nd behind Miami, but only Aggregate Team prizes were awarded, meaning University of Queensland placed first; followed by Yeronga Yabbies then Miami Masters.

Congratulations to all these teams!

Relay swimmers did very well, with the club winning 2 age group relays, and placing 2nd in 2 other relays.

Many thanks to all the swimmers who participated, and to Liz A (officiating), John H (photos and timekeeping all day), Bill B (relay Wrangler) and Trevor (cheer squad) and also Viv M who both swam and did official duties too .

Swimmingly until the next meet!

... Noosa Captains



Miami Meet ... continued



Team also enjoyed the social side with evening meals and breakfast.



Upcoming Meets

Hervey Bay LC : 7 Mar

Albany Creek SC Meet : April 4

MSA National SC Championships 2020, Sydney : April 15-18

The Masters Swimming Australia National Swim Series includes a mix of Long and Short Course meets across Australia. It rewards members' participation and performance in any of the meets, with members only needing to swim two meets to be eligible for prizes. The more meets you enter, the better the multiplier for your points. Ten meets make up the Masters Swimming Australia 2020 National Swim Series – the highlight being the National Championships, to be held in Sydney, 15-19 April. Two Queensland events are included – our State Championships and PPMG20. If you are keen to travel Australia, make new friends and swim at any of the ten pool competitions throughout the 2020 year, we would love to you to join in.

The ten included meets are listed here: <https://mastersswimmingqld.org.au/2020-swim-series/>

COACH'S TIPS



Butterfly / Breastroke

Fly

Key to fly - send energy forward, not up and down. V entry, hands come around, straight pull towards feet. Once hands reach hips, release the power. Recover the arms low to conserve energy, small undulations, head neutral, chest forward not down, head just above surface when breathing. Release hands early, don't put hands in hard at top of stroke, don't pause in front and don't dive deep. Key to fly is keep everything small.

Breastroke..

Streamline body position on every stroke, hips high, toes pointed, hands wide, don't come together; high elbow catch, don't slam feet together; narrow kick. Streamline on every stroke, don't let hands get stuck under chin, elbows up during pull.

Some great tips here , will do free and back next month.

Happy swimming - Cheers, Jan

The Health Report #2

Information brought to you by Jane Powell



Nutrition

Hippocrates, around 400BC, said "Let food be thy medicine and medicine be thy food."

Yet, currently, western populations have declining health and a plethora of chronic disease. Research suggests this is due to confusion about how human bodies utilise energy.

Nutrition is a very complex science, but these are the basics:

All food comprises the macronutrients Fats, Proteins and Carbohydrates.

Fats are energy-dense and plentiful in meats, eggs, cheeses, nuts, avocados and coconuts. It is recommended that most of your energy is sourced from fats.

Proteins are low in energy and are the 'building blocks' of cells and body tissues. It is recommended that your protein intake be moderate.

Carbohydrates are abundant in vegetables, nuts, fruits and grains as well as 'empty calorie' foods like soft drinks, sweets, & baked goods.

All carbohydrates are digested into glucose, and if not needed for energy, glucose is stored as fat.

There is no minimum recommended dietary intake for carbohydrates. In fact you don't need to eat any at all.

'Eat Real Food, Avoid Fake Food, Be Active Every Day

Ref: *The Fat Emperor and the Irish Heart Disease Awareness Charity*
@IHDA.ie

Meet Adele Smout ...

Me and Swimming ...

When I was 10 years old my parents took me out of my local State School and sent me to an all girls Private School. I was terrified and remember being acutely embarrassed as I floundered up and down the pool while the other girls glided gracefully by like beautiful fish. But by the time I floundered through to high school, some of the awful class swimming lessons must have stuck. Compulsory time trials for the swimming team were held and I remember the timekeeper raising her eyebrows in disbelief as she said "Hmm - your breaststroke time is not bad - I suppose you'd better come to training."

I didn't live near the school but was so excited to make the training team that walking to the train station to catch a 6.13am train to arrive at training by 7.00am was a breeze. By the time I left school in 1974, I had made the team every year - I had never won any individual GPS races but loved training, striving to improve and the camaraderie of being in a team.

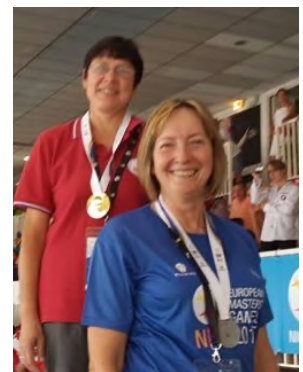
I returned to swimming again when I heard that the World Masters Games would be in Brisbane in 1988. What a fabulous event!! I immediately joined the Atherton Mountaineers and started training! I ended up having a dreadful cold/flu the week of the Games, but dragged myself along for my races. The highlight was coming 4th in the 200m breaststroke against so many international swimmers! I swam in the lane next to one of my old GPS rivals - and still could not beat her!! I continued swimming until I moved away from Atherton in the 90's.

I was travelling, working and moving about a fair bit - then children came on the scene ... too time poor for swimming to be high on the agenda, but I still tried to swim when I could. On my first day at work in Dubai I noticed there was a 25m pool in the residential area. I asked if I could use it for training - my employer was shocked!! "What? Are you mad? Do you want all the workers lined up by the poolside watching you swim?? It is for men only!"

In UAE at that time, swimming pools were small and expensive to use - I realised I needed to do something to keep fit - so I took up running. It took me a few years to realise running and my knees should not mix!!!! Luckily, by then, the UAE government had opened a fabulous swimming facility - the Hamdan Bin Mohammed Bin Rashid Swimming complex. So I joined up, began swimming again and aimed to enter the European Masters Games in 2015. Having that goal was a huge catalyst to get me to the pool and train! I made it to the games in Nice - it was a wonderful experience and I was thrilled to win 5 medals.

In 2018 I returned to Australia and made sure it was to the Sunshine Coast! I have loved the Sunshine Coast since my childhood - with wonderful memories of my family holidays on the Spit at Mooloolaba. I joined Noosa Masters as soon as I found it and took up swimming once again. Although my attendance has been sporadic, last year I enjoyed the Albany Creek, Hervey Bay and Qld Uni competitions and was thrilled to win a silver medal at the State Long Course titles.

Unfortunately my family commitments are keeping me away from Noosa at present, but I try and swim as often as possible at the local pool wherever I am (currently Mullumbimby) - and at Noosa when I am there!



What to do with scrunchy plastics ...

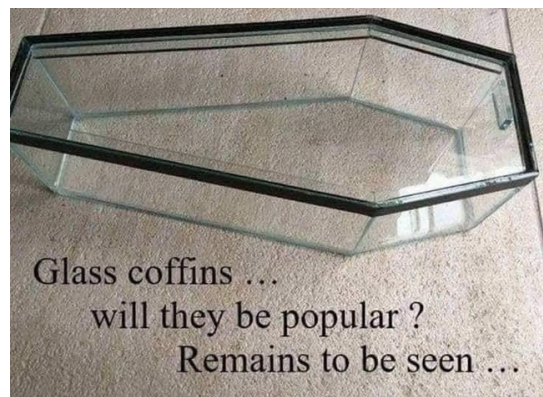


Here is the comprehensive list of what to REDcycle. These are the items that are collected by Woolworths & Coles. They are then delivered to Victorian manufacturer REPLAS where they get transformed into a huge range of recycled-plastic products, e.g. from fitness circuits, outdoor furniture, bollards, and bench seats (as displayed in Noosaville Woolworths).

NOTE: None of these **SCRUNCHY** items belong in our regular recycle bin - but can be taken to the supermarket instead when you go shopping to Woolworths or Coles.

- Biscuit packets (outer wrapper only)
- Bread bags (without the tie)
- Bubble wrap (large sheets cut into A3 size pieces)
- Cat and dog food pouches (as clean and dry as possible)
- Cellophane from bunches of flowers (cut into A3 size pieces)
- Cereal box liners
- Chip and cracker packets (silver lined)
- Chocolate and snack bar wrappers
- Confectionery bags
- Fresh produce bags
- Frozen food bags
- Green bags (Polypropylene bags)
- Icecream wrappers
- Large sheets of plastic that furniture comes wrapped in (Cut into A3 size pieces)

- Netted produce bags (any metal clips removed)
- Newspaper and magazine wrap
- Pasta bags
- Pet food bags (chaff/horse/chicken) - both the plastic and woven polypropylene types (but not woven nylon) cut into A3 size pieces - shaken as clean as possible
- Plastic carrier bags from all stores
- Plastic film wrap from grocery items such as nappies and toilet paper
- Plastic sachets
- Potting mix and compost bags - both the plastic and woven polypropylene types (cut into A3 size pieces and free of as much product as possible)
- Rice bags - both plastic and the woven type (if large, cut into A3 size pieces)
- Snap lock bags/ziplock bags
- Squeeze pouches with lid on (e.g. yoghurt/baby food)



The Jan Croft Story

reprinted courtesy of Women of the new Generation

Where the love of swimming began

Growing up we lived in a little country town in North Queensland Australia. When I was 7 years old, I joined our local swim club and fell in love with swimming. I was the youngest of six children; we lived 500 metres from the local 33-yard pool, which became my playground. Three of my brothers and sisters were swimmers; I never had swim lessons and learnt by chasing them around the pool. My first race was the North Queensland championships, a 25 yard, under 10 years race. I was only seven and came second. Nobody had taught me to breathe, so I held my breath the whole way!

Time to get serious

I joined a swim squad and trained each afternoon and by the age of 11 I had progressed to twice-a-day training and competed in every swimming carnival I could. I was very lucky to have supportive parents who were forever encouraging me. I only swam in summer, as our pool wasn't heated. In the winter I roamed around the countryside on my bike and waited for the pool to open so I could train. I started to have success at Australian State level at the age of 14. I was winning and placing in most events. I soon discovered the 400 and 800-metre events and I progressed to the Australian Nationals and won the 800 metres in 1961 and 1962.

I swam in Commonwealth Games trials in Melbourne in 1962. I competed in the 400-metre freestyle and came 3rd but failed to make the team as they took only 1st and 2nd. Unfortunately there was no 800 metre event for women at the Commonwealth Games for many years, so I wasn't able to trial that event.



Retirement, Marriage & Coaching

I retired from swimming that year and decided to become a swim coach. I started coaching in Sydney with Don Talbot, and then I coached in Cairns until 1965.

I met, fell in love and married a Qantas pilot. We moved to England for 18 months, then back to Sydney where we had 3 sons and then eventually ended up in Brisbane where we raised our 3 boys. Life was very busy back then with all 3 involved in sports.

Competition bug began again

I didn't compete again until 1988, when I heard the FINA Masters swim titles were to be held in Australia. I decided to get fit again after a break of 26 years. I trained hard and was ready to compete. I won the 800-metre and placed in the 200 and 400-metre events.

At this stage my eldest son Nick had been competing in triathlons for about three years and had turned



professional with quite a lot of success, I went to all his races and decided to buy a bike. I really enjoyed cycling and soon improved with training after receiving some hints from Nick.

Triathlons became my new event

I had never been a runner and didn't have a lot of talent in running but I loved it. I did my first triathlon at Noosa Queensland in 1989, and I won most of my Olympic distance races. I then decided to progress to the Ironman distance. I won my age group at Foster Ironman in 1992 and made it to the World Championships in Hawaii where I came 7th. I then went back to Hawaii 6 years later and made it onto the podium. I made a decision after this to go back to Olympic distance racing. In 2000 I competed at the World Championships Olympic distance and won the 55-59 age group.

Back to the pool and open water competition

I had a knee replacement in 2008 and decided to retire from triathlons and went back to masters swimming. FINA masters worlds were again held in Australia that year and I decide to compete. I won a few medals in the pool and I also won the 3 km ocean swim. I found I really enjoyed ocean swimming and competed as often as I could. I went to the World Championships again in 2014, this time in Montreal Canada where I won the 800-metre pool event and the 3 km open water swim. I competed at the New Zealand World Masters Games in 2017 and won pool medals and 3 km open water swim.

No plans on retiring



I started coaching swimming again in 2005 in Noosa Queensland after moving here with my new partner in 1996. My eldest son Nick also moved here about the same time after ill health forced him out of racing. I coach Masters swimming 4 mornings a week and I swim 4 kms with Nick's Triathlon squad 3 mornings a week. I love his tough sessions.

I am now 77 years young and I'm still passionate about my coaching. I'm fit, healthy and motivated. I have no plans on retiring from anything just yet.

Acknowledgement

Jan was awarded Coach of the Year in 2018

Photos courtesy of: John McCutcheon

Sunshine Beach Surf Club

♥♥ Post Valentine's Day event : Friday, 21 February 6.00pm ♥♥

Thirty-five QNA members arrived at the big, bright, brand spanking new **Sunshine Beach Surf Club** last Friday keen to check out the facilities and enjoy a social meal together along with lots (and lots) of other locals and visitors.

We were all looking forward to the opportunity to chat and enjoy a meal and a drink. Unfortunately the acoustics were less than ideal for social interaction and conversation.

The buzz of many conversations was amplified and swirled around in the large, and beautiful, vaulted space from tiled floor to ceiling, two floors above.

We queued, meals were ordered and delivered in good time by the very pleasant and accommodating wait staff. People reported enjoying the food. Despite the noise, we smiled, laughed, caught snippets of conversation, ate, drank and had an early night.

Several people have resolved to come back for a quiet lunch and give it another go, as it really is a fabulous location ... Friday evening perhaps wasn't the best choice (my apologies).

I also understand that acoustic engineers are urgently looking at ways to reduce the noise.

I'm sure in time, these teething problems will get sorted and the SB Surf Club will continue be a firm favourite in the local club scene.

... Chris Cooper

Every picture tells a story ...



The Island Charity Swim 2019

Mark and Jane Powell recruit Masters swimmers to join in this swim each year to raise funds for Nambour & Currumundi Special Schools.



The school put together a book of thank you messages and drawings by students in appreciation of the swimmers who fundraise for them.

Our club has scanned this to keep as a memento and if you'd like to see it, just ask Linda or Wendy I to email you the .pdf file

... Ed



NEW ZEALAND MASTERS GAMES, DUNEDIN ...

Adele and Ian Tucker recently crossed the ditch to compete in the NZ Masters Games held in Dunedin and to brush up on the accent!

It was a welcoming crowd of Southlanders that made everybody welcome and ran a very efficient but relaxed meet. There was great empathy expressed for the Australians suffering from the recent bushfires and floods. As we arrived a week ahead of the events the local Dunedin Masters swim club made us welcome at their regular training sessions held in the mornings, lunch time and evenings. Self-motivated and a program set by one of the regular group had us all doing a range of taper sets in the lead up week before the start of racing. The Auto start equipment and electronic finish pads, volunteer timekeepers and officials all rolled in the morning of the meet starting with a half hour to go and everything was installed during warm up for the first event, no real fuss and it worked!

A special thank you to Stephen Clarke (Chief coordinator for pool events) and Mark Johnson (for the Open water Swims) and Richard Jongens (Dunedin Swim Club) who made us very welcome. Many of you will have a chance to catch up with these guys at the Pan Pacs this year and WMG in Japan next May or the FINA Worlds in Japan in July/August.

With a maximum of six pool events Adele put her recent increased training to good effect winning 6 Gold medals but more importantly swam some very good times. Events included the usual 200, 100 and 50 Backstroke plus the 200 and 100 Breaststroke and a virgin outing in the 100IM. Adele then topped this off with two golds in the medley and freestyle relay events.



Baggage alarm with overweight (8) gold medals for the rest of the trip!!

Ian also had a good meet and finished with 4 individual golds, a silver and a bronze for the 400 free, 200, 100 and 50 Backstroke, 200 Breaststroke and 200 IM. A Gold and a silver followed in the medley and freestyle relays. Happy with times and results.

Ian also had to front for an open water swim the next morning at 6.30am check in on the Otago harbour, 6 deg air temp and 12 deg Water temp, 30 knot south west winds added to the choppy freezing conditions. I was concerned that my "Noosa" wetsuit wasn't going to be warm enough??

Mark Powell had lent me some add on layers and hooded cap for extra protection. After a short safety review by the yacht club and OWS organisers it was decided to cancel the event due to the strong wind conditions and difficulty for water safety to stay in touch with the swimmers. I wasn't too unhappy with that decision!

We met several other Australians from Brisbane Nth Side, Redlands and Blacktown who all seemed to enjoy the competition and allowed us to form relay teams.

Following the swimming Adele and I were joined by Adele's sister and husband to complete the Otago Rail Trail, a 150km relatively flat and straight bike ride through central Otago.



We stayed along the trail and covered the distance in a leisurely 5 days. Donna and Mike on EBikes. Very popular with locals and tourists.



An enjoyable "cool down", (actually a warm up as Dunedin was freezing and wet) to the swimming and rest followed with 5 days in Arrowtown enjoying the scenery and wines of Queenstown, Cromwell, Wanaka and Gibbston valley.

Our homeward journey had us fly from Queenstown to Tauranga spending 5 days with close family and friends.

An enjoyable experience if you are interested, Wanganui in 2021 and Dunedin again in 2022.

The work all starts again ahead of the Nationals after 3 weeks out of the pool !!!

... Ian Tucker

Lane Warriors 2019 results

The Lane Warriors results have been finalised for 2019, and congratulations to the seven clubs and 108 swimmers who took part!

The latest results can be found here: <https://mastersswimmingqld.org.au/programs/lane-warriors/>

The total distance covered was 17,312km averaging 160km per swimmer. The top three clubs for the year were:

1. Ipswich City Masters
2. Gladstone Gropers
3. Hervey Bay Humpbacks

Congratulations to all! A special congratulations also to Maria Cabrita QRB, Graeme Williams QIP, and Don Taylor QTW for taking out the age group wins!

If your club is keen to get involved, you can find all the information you need to get started on the web link above.

MSQ Endurance 1000 results 2019

| Club Code | Club Name | Points | Average Points | F-Points | M-Points | Participants | Female | Male |
|-----------|-----------|--------|----------------|----------|----------|--------------|--------|------|
| QNA | | 21223 | 268.65 | 11303 | 9920 | 63 | 40 | 23 |
| QMM | | 13302 | 110.85 | 8770 | 4532 | 58 | 27 | 31 |
| QIP | | 7278 | 404.33 | 2181 | 5097 | 41 | 21 | 20 |
| QNS | | 6396 | 139.04 | 2366 | 4030 | 33 | 14 | 19 |
| QSC | | 4537 | 122.62 | 3276 | 1261 | 20 | 14 | 6 |
| QTT | | 3710 | 75.71 | 2158 | 1552 | 18 | 13 | 5 |
| QBN | | 1450 | 27.36 | 1214 | 236 | 12 | 7 | 5 |
| QGS | | 1373 | 49.04 | 1274 | 99 | 5 | 4 | 1 |
| QAC | | 1319 | 28.06 | 1277 | 42 | 12 | 9 | 3 |
| QSM | | 933 | 11.96 | 444 | 489 | 32 | 16 | 16 |
| QTW | | 812 | 11.6 | 190 | 622 | 13 | 4 | 9 |
| QHB | | 443 | 7.77 | 320 | 123 | 13 | 7 | 6 |
| QMB | | 384 | 21.33 | 379 | 5 | 8 | 7 | 1 |
| QUQ | | 350 | 7.61 | 145 | 205 | 15 | 8 | 7 |
| QTA | | 300 | 7.5 | 255 | 45 | 3 | 2 | 1 |
| QAL | | 290 | 4.08 | 113 | 177 | 14 | 4 | 10 |
| QLT | | 253 | 12.05 | 95 | 158 | 6 | 2 | 4 |
| QYP | | 213 | 13.31 | 170 | 43 | 6 | 5 | 1 |
| QCD | | 213 | 26.63 | 83 | 130 | 7 | 4 | 3 |
| QBR | | 164 | 4.21 | 122 | 42 | 10 | 7 | 3 |
| QRL | | 148 | 5.48 | 33 | 115 | 10 | 4 | 6 |
| QRH | | 135 | 16.88 | 90 | 45 | 4 | 3 | 1 |
| QRB | | 118 | 2.27 | 81 | 37 | 9 | 5 | 4 |
| QPN | | 110 | 5.5 | 80 | 30 | 3 | 2 | 1 |
| QCN | | 73 | 5.62 | 60 | 13 | 5 | 2 | 3 |
| QRT | | 70 | 7.78 | 30 | 40 | 3 | 2 | 1 |
| QCT | | 55 | 6.88 | 55 | | 1 | 1 | |
| QGC | | 50 | 12.5 | | 50 | 1 | | 1 |
| QGA | | 38 | 4.75 | 38 | | 4 | 4 | |
| QNB | | 24 | 2 | 15 | 9 | 3 | 1 | 2 |
| QAT | | 24 | 0.8 | 10 | 14 | 5 | 2 | 3 |
| QCS | | 23 | 1.44 | 10 | 13 | 3 | 1 | 2 |
| QBB | | 20 | 0.8 | 5 | 15 | 2 | 1 | 1 |
| QES | | 20 | 1.43 | 10 | 10 | 3 | 2 | 1 |
| QSS | | 15 | 3.75 | 15 | | 1 | 1 | |
| QTR | | 10 | 2 | 10 | | 1 | 1 | |
| QRC | | 10 | 1.67 | | 10 | 1 | | 1 |
| QHH | | 10 | 3.33 | 5 | 5 | 2 | 1 | 1 |
| QMD | | 5 | 0.71 | 5 | | 1 | 1 | |
| QLG | | 3 | 0.75 | | 3 | 1 | | 1 |

Endurance 1000

The Endurance 1000 results have been finalised for 2019, and the MSQ results are attached.

Forty clubs participated in the E1000 program for 2019, with a total of 424 participants. This is an amazing effort by Queensland!

Congratulations once again to Noosa Masters for being the top point scoring club, and to Ipswich City Masters for having the highest average points per club.

Congratulations also to the 17 MSQ swimmers who completed all swims on the program – a huge effort!

If you would like to find out more about this program, details can be found here: <https://mastersswimmingqld.org.au/programs/endurance-1000/>

All results from each year are recorded on the portal: <http://e1000.msarc.org.au/stats/index.php>

Kind regards

Christina Scolaro | Administrator | Masters

Total Participants: 424

| Member | Club | Age | Age Group | Swims | Points |
|----------------------|------|-----|-----------|-------|--------|
| HORTON , KARINA | QAC | 61 | 60-64 | 62 | 1005 |
| CLARKSON , TRACY | QBN | 70 | 70-74 | 62 | 1005 |
| PATTERSON , JONATHAN | QIP | 71 | 70-74 | 62 | 1005 |
| GRANT , ALAN | QMM | 72 | 70-74 | 62 | 1005 |
| HORTON , HOBE | QMM | 62 | 60-64 | 62 | 1005 |
| MORLEY , HELEN | QMM | 61 | 60-64 | 62 | 1005 |
| SOUTHAM , COLETTE | QMM | 54 | 50-54 | 62 | 1005 |
| SOUTHAM , GORDON | QMM | 57 | 55-59 | 62 | 1005 |
| HOEPPER , BRIAN | QNA | 72 | 70-74 | 62 | 1005 |
| LUCAS , ROB | QNA | 76 | 75-79 | 62 | 1005 |
| MATTHEWS , JO | QNA | 64 | 60-64 | 62 | 1005 |
| POWELL , JANE | QNA | 61 | 60-64 | 62 | 1005 |
| POWELL , MARK | QNA | 64 | 60-64 | 62 | 1005 |
| TUCKER , IAN | QNA | 64 | 60-64 | 62 | 1005 |
| STONEHOUSE , | QSC | 57 | 55-59 | 62 | 1005 |
| GRIFFIN , CLIVE | QIP | 61 | 60-64 | 62 | 991 |
| PENDER , GERARD | QIP | 63 | 60-64 | 62 | 562 |

ENDURANCE 1000 REPORT

FEBRUARY 2020



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/>

The 2020 Vorgee Endurance program starts again.

Thanks to Brian Hoepper there was a magnificent write up in the Noosa News highlighting our 7th consecutive win in the Masters' Endurance Program (accompanied by a great photograph). Great advertising. Many thanks Brian.

Our sterling effort was also reported on the Masters' Swimming Queensland website which included the article from our January 2020 Chatter.

To date, our points tally is **lagging** but we have yet to include postal swims from the Miami Carnival and the points we may obtain from the

swims undertaken by the intrepid Tuckers at a recent carnival in Dunedin, New Zealand.

See you at the pool.

Regards, Rod
 Rod Alfredson
 Coordinator
 Endurance 1000 program
 Mob 0418 260716
rod.alfredson@bigpond.com

HOUSE-SITTING WANTED ...



The (other) Southport T-shirts created a lot of interest at the Pan Pacs on their last visit 2 years ago!

Dear Noosa Masters ... remember us ?

Neil and I have decided to come back to your lovely country in November this year. Our plan is to travel from 6 Nov - 28 Nov 2020

- 6 nights in Southport, Gold Coast to swim in the Masters Pan Pacs again
- [8 Nov - 13 Nov]
- 14 nights in Noosa [14 Nov - 27 Nov]

We're just looking at flights and swims at the moment. If you happen to hear of anyone who needs two well-behaved house sitters for the Noosa part then we'd be glad to know.

I'm already dreaming of swimming in that beautiful pool again.

ruthie.cartwright62@gmail.com

March

| | | | |
|------------------|---------------------|----------------|------|
| Lois Hill | 9/3 | Bob Morse | 15/3 |
| Bradley Grieve | 11/3 Big 40! | Brian Cairns | 16/3 |
| Bruce Hammond | 12/3 | Adrian Wilson | 19/3 |
| Rhonda Crockford | 12/3 | Jan Croft | 24/3 |
| Christine Cooper | 13/3 | Denise DeCarlo | 25/3 |

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

https://www.youtube.com/watch?v=2cz25q2Q_Z0

Happy Birthday



Please support our sponsors

**Noosa Heads
Life Saving Club**

Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

**Noosa
Aquatic Centre**

Girraween Court, Sunshine Beach
Tel: 5448 0288

Bunnings Warehouse

Noosa Road & Gateway Drive
Noosaville Q 4566
Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

**Bank of
Queensland**

Tewantin Noosaville Branch
cnr Gibson Road and Mary Street
Noosaville Q 4566 Tel: 5470 3100

John Bird Jewellers

The Atrium
91 Poinciana Ave,
Tewantin
Tel: 5474 4639

The Great Little Bag

Shop 105 Eumundi Square
Napier St Eumundi
on Market Days
Wed+Sat 7.30 -2.30 Fri 8.30 -2.30
www.thegreatlittlebag.com"

Officeworks

1 Gateway Drive,
Noosaville Q 4566,
Tel: 5449 5400

Terry White Pharmacy

Shop 20, Noosa Junction Plaza
Noosa Junction Plaza
Tel: 5447 2244

Live Life Pharmacy

Shop 2 Noosa Fair Shopping Centre,
Lanyana Way, Noosa Heads QLD 4567
Tel. 5447 4044

Hinter-Coast Transport

Charters-Schools-Weddings-Tours
1300 658 971
0410 602 632

Editor

Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809