

# CHALLENGERS' CHATTER

MARCH 2015



## 2015 Queensland Masters LC Swim Championships, Long Tan Aquatic Centre, Townsville



### NOOSA STRIKES

#### GOLD AGAIN !!

Many thanks to HELEN MALAR, who sent daily reports from Townsville.

The Queensland Masters LC Swim Championships have been happy hunting grounds for Noosa swimmers, with amazing results from last year's titles in Rockhampton.

The 2015 venue was the Long Tan Aquatic Centre in Townsville, with a small contingent of hearty souls from Noosa swimming: 6 females: Dyanna Benny, Jan Croft, Lois Hill, Stephanie Jones and Robyn Selby, and 1 lone male: Adrian Wilson. All receiving a medal as a place-getter, 37 from individual events and a further 8 medals to four ladies who swam in two relays.

Heading the medal tally, Stephanie Jones, broke State records in the 200 & 400 freestyle events for females 60-64 yrs.

Both these records were previously held by Jen Thomasen, current world masters swim champion and in 1962 a member of the Australian swim team at the Commonwealth Games, Perth. Also swimming in the 60-64 years age group, Dyanna & Helen, who acquitted themselves extremely well, winning gold and silver medals for themselves.

Not to be overwhelmed by the younger swimmers, Robyn Selby swam with distinction, breaking the 50 second barrier in her 50 metres freestyle, and bronze in the 100 freestyle. Adding to this, Robyn gained the unfortunate result of " 3 FILTHY FOURTHS ". Maybe the fast suit needs streamlining!

Jan was up her against her old nemesis, Jen Thomasen in the 70-74 years age division, but still managed more gold and silver. Lois, in the same age group, swam exceptionally well, especially in the backstroke events.

Adrian, our sole male competitor, was swimming in an especially competitive age group, male 60-64 years, with excellent results in the sprint events, 50 and 100 metres.

Four of our ladies (Steph, Dyanna, Helen & Jan) swam in both the 4 x 50m Freestyle & Medley relays for 240-279 years, winning GOLD in both, in fine STYLE. Jan commented: " swimming last relay leg was almost embarrassing as the other girls had given me a half a lap lead.

Our Co-Captains, Helen and Adrian, accepted the trophy for 2014 Queensland Aerobic Point Score winners. " A fitting tribute for Mary Lester, the driving force for our success," said Helen.

Special mention to Fran Wilson, Geoff & Lorna Lander, who were timekeepers throughout the 3 days of competition.

Several of the Noosa team ended their 3 days of competition, with a trip to nearby Magnetic Island (Maggie to the locals).

For the nocturnal activities of several of the ladies (Casino, Restaurants and coffee shops), just ask the participants, as all was not revealed to Challengers' Chatter!

... Tony Frost

# Results

## Queensland Masters Swimming Long Course Championships, Long Tan Memorial Aquatic Centre, Townsville, March 2015

### 50m Freestyle (female)

60-64yrs	Stephanie Jones	34.77	2nd
	Dyanna Benny	39.93	3rd
65-69yrs	Robyn Selby	49.74	4th
70-74yrs	Jan Croft	39.98	2nd
	Lois Hill	43.70	4th

### 50m Freestyle (male)

60-64yrs	Adrian Wilson	31.81	2nd
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### 50m Backstroke (female)

60-64yrs	Stephanie Jones	41.58	1st
	Dyanna Benny	49.25	2nd
65-69yrs	Robyn Selby	1.03.72	4th
70-74yrs	Lois Hill	49.66	2nd

### 50m Backstroke (male)

60-64yrs	Adrian Wilson	45.41	1st
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### 50m Breaststroke (female)

60-64yrs	Helen Malar	47.76	2nd
65-69yrs	Robyn Selby	1.15.16	4th

### 50m Breaststroke (male)

60-64yrs	Adrian Wilson	50.40	5th
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### 50m Butterfly (female)

60-64yrs	Stephanie Jones	38.32	1st
	Helen Malar	48.16	3rd
	Dyanna Benny	59.05	6th
70-74yrs	Jan Croft	48.07	1st

### 50m Butterfly (male)

60-64yrs	Adrian Wilson	40.90	2nd
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### 100m Freestyle (female)

60-64yrs	Stephanie Jones	1.16.04	1st
65-69yrs	Robyn Selby	2.03.77	3rd
70-74yrs	Jan Croft	1.33.10	2nd
	Lois Hill	1.38.94	4th

### 100m Freestyle (male)

60-64yrs	Adrian Wilson	1.14.90	2nd
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### 100m Backstroke (female)

60-64yrs	Stephanie Jones	1.32.26	1st
	Dyanna Benny	1.45.49	2nd
70-74yrs	Lois Hill	1.53.80	3rd

### 100m Breaststroke (female)

60-64yrs	Helen Malar	1.47.10	2nd
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### 100m Butterfly (female)

60-64yrs	Helen Malar	1.56.85	2nd
70-74yrs	Jan Croft	1.56.79	1st

### 200m Freestyle (female)

60-64yrs	Stephanie Jones	2.42.61 (Rec)	1st
	Dyanna Benny	3.05.02	2nd
70-74yrs	Jan Croft	3.13.64	2nd
	Lois Hill	3.39.93	5th

### 200m Backstroke (female)

60-64yrs	Stephanie Jones	3.20.34	1st
	Dyanna Benny	3.56.25	2nd
70-74yrs	Lois Hill	4.01.19	2nd

### 200m Breaststroke (female)

60-64yrs	Helen Malar	4.02.76	2nd
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### 200m Individual Medley (female)

70-74yrs	Jan Croft	4.04.51	2nd
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### 400m Freestyle (female)

60-64yrs	Stephanie Jones	5.45.31 (Rec)	1st
	Dyanna Benny	6.33.25	2nd
70-74yrs	Jan Croft	6.40.47	2nd

### 400m Backstroke (female)

60-64yrs	Stephanie Jones	6.52.39	1st
70-74yrs	Lois Hill	8.39.18	2nd

### 400m Breaststroke (female)

60-64yrs	Helen Malar	8.17.23	1st
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### 400m Individual Medley (female)

60-64yrs	Dyanna Benny	8.11.46	1st
70-74yrs	Jan Croft	8.25.52	1st

### Relays

4 x 50m Freestyle (240-279yrs) 1st  
(Stephanie Jones, Dyanna Benny, Helen Malar, Jan Croft)

4x50m Medley (240-279yrs) 1st  
(Stephanie Jones, Dyanna Benny, Helen Malar, Jan Croft)

### Medal Tally



	Gold	Silver	Bronze
S. Jones	8	1	-
D. Benny	1	5	1
H. Malar	1	4	1
J. Croft	3	5	-
L. Hill	-	2	1
R. Selby	-	-	1
A. Wilson	1	4	-
Totals	13	21	3
Relays	8		
=	21	+ 21	+ 3
=	45 medals		

# Hervey Bay Humpbacks Swim Meet

## Saturday 28<sup>th</sup> February, 2015



*HB medal winners  
Jan Croft, Helen Malar, Ian Mitchell, Clinton Stanley,  
Bob Morse, Rod Atkinson,  
Linda Hogg*

A total of 16 swimmers competed in the Hervey Bay Swim Meet—Jan Croft, Bardie Gruber, Linda Hogg, Tricia Hughes, Wendy Ivanusec, Michelle Kerr, Mary Lester, Helen Malar, Jacky Shields, Rod Alfredson, Ian Mitchell, Bob Morse, Clinton Stanley, Adrian Wilson—all competed on Saturday with Mark & Jane Powell having swum postals.

Supporters and timekeepers included Geoff & Lorna Lander who travelled from Brisbane just for the day. Geoff is recovering from the removal of a melanoma from his shoulder, so we all greatly appreciated their support and help with timekeeping. Also we enjoyed the support of Elizabeth Alfredson, Robyn Mitchell, Wendy Morse, Sue & Chris Stanley and Fran Wilson. It is doubtful if any other club enjoys this level of support from parents and partners of its members - a huge 'thank you'!

After checking in to our accommodation at Fraser Lodge Holiday Park on Friday, most headed off to Paolo's Pizza Bar for dinner, an annual pilgrimage. Most partook in the obligatory 1 drink, however, some (no names of course) had a few more!

Lots of yummy pizza / pasta was consumed before we strolled back along the Esplanade for an early night.

Saturday morning soon warmed up, the bay sparkled blue and Jan and Bardie set off in the 1km Open Water Swim which commenced at 8.00am. Everyone watching was wondering why it was taking longer than usual for the swimmers to finish. It was only after the event that all the swimmers realised they had in fact done a 1.5km swim! Undeterred, Jan and Bardie both placed 1<sup>st</sup> in their age groups - so congratulations girls!! 24 mins for Jan and 26 mins for Bardie. Great swims!

After breakfast and coffee, which quite a few enjoyed at the Surf Club BBQ, the team headed over to warm up in the pool for a 12 noon start. Bob & Adrian had put up the Noosa Masters tent Friday afternoon. (thanks guys!), so we were all ready to swim ... well, sort of... Bob swam with bruised ribs, Mary swam with her injured shoulder, Adrian swam with a nagging medical condition and Jacky swam after limited training due to a nasty virus - so, well done Team Noosa! A little bit of fitness but a lot of fun and friendship.

Great swimming from Michelle Kerr who is back swimming with us after a 4 year absence (sailing the waters of tropical Queensland) and a great 100m Free swim by Tricia—her first 100m swim. Age group Medals for the swim meet were given out on Thursday 5/3 after training- Gold Medals for Clinton Stanley, Helen Malar, Bardie Gruber, Bob Morse and Jan Croft. Silver for Ian Mitchell and Bronze for Linda Hogg and Rod Alfredson. Congratulations to all those medallists and to all our swimmers. Helen also won \$50 in the Dash for Cash in the 50m Breaststroke, awarded to the person who swam closest to their nominated time. Helen nominated 48.5 and swam 48.68. Noosa swimmers also took home a few raffle prizes - so a good day was had by all.

Saturday night we all gathered for a BBQ at Fraser Lodge which was really relaxing. Lazing back in the cool evening air and bright moonlit night after a hot day was great fun with lots of laughs and stories as well as a few hangovers next morning. After breakfast at the local café, we wended our way homewards.

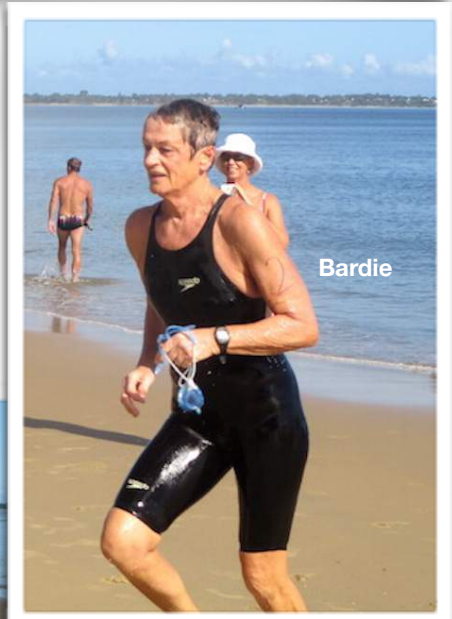
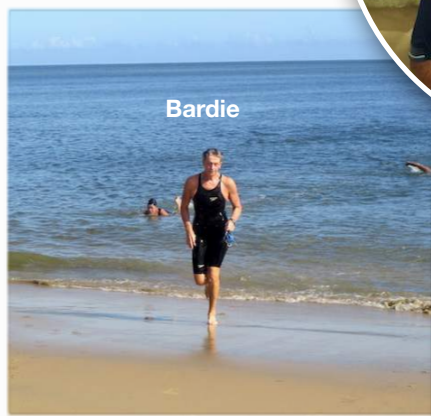
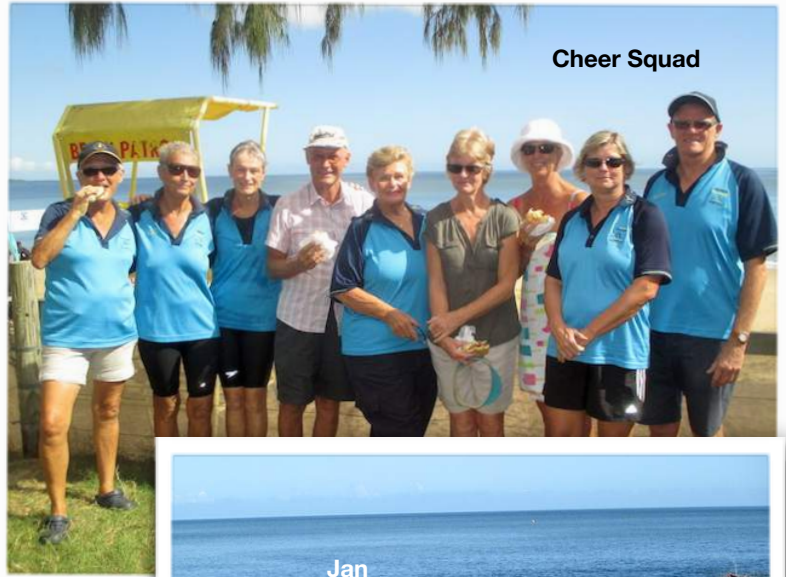
*...Helen Malar*

# CHALLENGERS INVADE HERVEY BAY !!

Friday Night @ Paola's



Sat morning - a 'fun' 1km ocean swim which actually turned out to be 1.6-1.8km - only Jan & Bardie competed !! The 'cheer Squad' was there in force - the bacon & egg burgers proved irresistible !!



# CHALLENGERS INVADE HERVEY BAY !!

Sat afternoon - the fun began in earnest ... Noosa, Noosa, Noosa !!



Lorna Lander (centre) timing



Jan & Bardie in 100 Free



L-R: Jacky, Linda, Mary, Ian



Helen & Bob



Adrian & Jacky



Clinton's parents, Sue & Chris



# CHALLENGERS INVADE HERVEY BAY !!

Exhausted but happy, everyone found the energy to celebrate for a few hours that night !!



## Noosa Council Facebook wrote about OUR Tricia Hughes ...

It was all a buzz at Noosa Community Care last week. As the TV news cameras wrapped up featuring the Horticultural Therapy Program, the volunteers and staff got into the World Greatest Shave spirit. Tricia, one of our volunteers, is proudly rocking a new 'do' after raising over \$800 to lose her locks as part of the Leukaemia Foundation's fundraiser. Tricia is a Masters swimmer, and volunteers at Noosa Community Care two days/week. The clients love her as she is such a ball of energy and sunshine!

# JOYCE'S NEW ZEALAND ADVENTURE

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After months of planning, Joyce and her daughter, Heather, embarked on a 3 week magic trip that didn't disappoint.

Flying out of Brisbane on an A380 Emirates plane (Business Class, naturally) to Auckland, Joyce was met by her cousin and his son, who gave them a guided tour of NZ's largest city.

Hiring a car, they headed South, stopping at attractions including Rotorua (Thermal Springs and Geysers) and stopping in Wellington before boarding a ferry to cross Cook's Strait.

Onto the South Island and driving to the West Coast, staying at Franz Josef, before preparing for THE highlight of the trip for Joyce ..... a helicopter ride before viewing the Fox Glacier before landing on the snow on top of the whole country!

Back in the car, through picturesque Wanaka and over to Queenstown for a boat ride with a difference ... down the Shotover River in a Jet boat!

More driving through the South Island where "the sheep are white and the grass is green", to Lake Tepaku (Mt Cook), Invercargill, Dunedin, arriving at Christchurch to join others at the new memorial church for the Anniversary of Christchurch's tragic earthquake disaster.

A well earned holiday for our "Queen Joyce".

... Tony Frost



# ROUND 4 OF HANDICAP COMPETITION

The next round of the club's Handicap Competition will be held on Sunday 12 April at 8:00 a.m. in the 25 metre pool. As usual, there will be a short warm-up squad session at 7:30 a.m. in the 50 metre pool. Events scheduled for this round are:

- 25 metre backstroke, 25 metre butterfly, 25 metre freestyle
- 50 metre breaststroke, 50 metre freestyle
- 100 metre freestyle, 100 metre individual medley
- Medley relay


The order of these events is shown in the *Race Schedule*. A copy is on the club's Notice Board.

Entry nomination forms (which include the *Race Schedule*) will be distributed by email. Completed forms can be given to Bruce Warren or Adrian Wilson at squad sessions. It makes it easier for us if you can get them in before the day of the event. Blank forms will be available at squad sessions prior to the competition date. Alternatively, send an email to [franandadrian@gmail.com](mailto:franandadrian@gmail.com) listing your nominations (including relay preferences). Only nominate for events listed above. A small number of nominations can be accepted on the day if they are handed in before the start of the warm-up squad session.

**Rules for the medley relay:** The medley relay will include as many swimmers in each team as can be mustered on the day. Teams will have the same number of swimmers. Swimmers can choose to swim any of the 4 styles (form or freestyle) but they must nominate their style and their expected time before the event. Each of the 4 styles must be swum by at least one swimmer from each team. Swimmers can swim in any order. Backstroke swimmers can dive from the blocks

but their first stroke must be on their back. This will be a handicap event. The winning team will be the team that swims closest to their nominated team time. Team lists will be available to assist with selection. Teams must organise themselves, and lodge their entries with the recorder before the start of the last individual event (50 metres freestyle).





## LANE WARRIORS

### An MSQ Annual Distance Swimming Program

**NEW**

**3 AGE GROUPS**

18—34  
35—60  
61 +

**A FITNESS CHALLENGE PROGRAM—MSQ**

The program calculates every distance you swim, long or short—every time you get into the pool.

**WHEN:** 1st January

**UNTIL:** 31st December

**HOW:** Add up your personal distances swum every time you swim laps

**WHAT:** Calculate the distances you've swum on the spreadsheet

**THEN:** Your club must return the sheet by the end of January of each year and then wait for the results

How does it differ from the Million Metre Program?

- It doesn't matter what stroke you swim
- Include kicks and drill
- Flippers and pull buoys permitted
- No minimum distance required
- It's only about swimming to increase your fitness
- It's in 3 age group categories
- Calculate your distance on the spread sheet, each time you swim laps—regardless of your stroke or how far you swim
- Top 5 awards in each age group
- A certificate for the top 5 winners
- Top 3 clubs of the year
- The spread sheet must be entered individually
- The club recorder checks the spread sheet and submits a club summary sheet on the 14th January of the following year





# ROUND 3 - HANDICAP SERIES



For Round 3 there were 108 individual entries from 29 swimmers. The winning team for the round was the *Old Farts*, followed by the *Old Fogeys*. Only 1 point separated the *Old Fools* and the *Old Folks* in third and fourth place. This left the *Old Fogeys* in front for the series.

Terry Mortimer was the most successful swimmer of the round, amassing 90.2 points out of a possible 100. He was followed by Jana Clancy (77.9 points), Rod Alfredson (76.9 points) and Stephanie Jones (76.0 points). Terry's score was greatly enhanced by his 3 personal best times for the day – 25m breaststroke, 25m freestyle and 50m freestyle. Rod Alfredson also recorded 3 PB's. Overall, there were 17 PB's recorded on the day, 5 of which scored the maximum of 5 bonus points – well done!

Competition leaders after this round were Terry Mortimer (196.2 points), Rod Alfredson (193.9 points) and Ian Mitchell (185.1 points). Adele Tucker, Susan Silburn, Tricia Hughes, Linda Hogg, Dianne McFarlane, Jana Clancy and Jane Powell round out the top ten. With the top 3 having all improved on at least one PB during this round, they will find it harder to score points in future rounds and so it will be difficult for them to maintain their lead. C'mon girls!



Organisation of the 6 x 25metre freestyle relay took place on the day. It proved that democracy is not necessarily the best way of getting things done. But after all the organising chaos, the relay eventually got underway. The *Old Farts* were the quickest team, with the *Old Folks* and *Old Fools* taking the minor places in a close contest.

It was great to see so many members enjoying the event.  
I'm sure that it provided good

practice at starts, turns, shorter distance swimming and relay changeovers. It was also lots of fun. My thanks go to the supporters who helped out with the timekeeping. Bruce Warren again ran the program with tremendous efficiency, and Mary Lester did a wonderful job as chief timekeeper for the day. Thanks also to all those who helped me pack up.

... Adrian Wilson  
Co-captain

**STOP PRESS**

**FINA 2014 Top 10 results just released ... ..**

***Jan Croft #1 in the World !!!***

**Jan Croft (72)**

Jan made the world Top 10 in seven events, She placed 7th in 200 Free, 5th in 400 Free and 2nd 800 Free, 9th.in 200 IM, 4th in 400 I M, 9th in 200 Fly and last but by no means least ... 1st. in 1500 free

**Eulah Varty (80)**

Eulah has made the FINA world Top 10 for 2014 in 4 events in short course and 6 events in long course. Her best placings were both 400 IM in short and long she placed No 2 in the world .

*Ed - Jan (& Eulah) ... you are amazing role models and an inspiration for all of us !!  
Congratulations on your fantastic achievements!!*

# Canberra, ACT to Portland, Victoria

Sally Johnson



more visits with friends and family. Life on the back of a ute is basic, unpredictable and freeing. Not much housework although there are always little things to fix.

by a wombat scratching its back under the ute we found green square deposits on our walking poles resting against the ute. Recovering from the giggley googles we turned to Google which had a perfectly sensible explanation.

The male wombat marks his territory around the highest point he can get his fat bum up to. There is always a reason isn't there.

We have just completed the Great Ocean Road which really lived up to its name. We camped in State Forests with the possums, wallabies and birds. It will be hard to settle down in suburbia again...one day. Our next (loose) plan is to visit The Grampians

Well its three months since the last time we left home.

The lead up to Christmas and beyond was saturated with family visits which was good but kept us on the move. Since then we have been able to explore some beautiful isolated places around Canberra such as the Pioneer Walk in Namadgi National Park, Tidbinbilla, Wee Jasper and Brindabella. On Australia Day, we joined the Indigenous Tent Embassy people in the walk for Sovereignty. On hot summer days, we retreated to The Australian War Memorial to try and understand what it was like for our grandfathers to go to WWI. Only one returned.

Hankering for the ocean, we headed to the southern coastal National Parks around Bega, NSW before an offer to accompany another Trayon (our camper) owner into the remote areas of the Victorian High Country lured us back inland. We were very glad we succumbed.

Around Wonangatta and Mt Howitt we stood in wonder at the rolling waves of magnificent mountains (photo) which when explored were very rugged.

It was hard driving but we felt confident with our strengthened chassis beneath us, perhaps a bit like the high country horseman on his trusty mountain pony. We explored more of this country after our friends left, then reluctantly headed for Melbourne where our reward was



Unpredictable, because we are open to the weather, the state of the roads or tracks and the availability of food, internet or phone connection. However, it allows us to meet many new people (and animals see photo) and to visit the most inaccessible places which are often stunning.

One learns many interesting things in the Australian bush but not many things are as they first seem. The scientific fact that tickled our fancy recently in NSW was to do with WOMBAT POO. Always green and square was strange enough, and then we noticed that it was usually deposited on the top of rocks or logs and wondered why. One morning after being rocked awake



and slowly wend our way up to the Flinders Ranges, Lake Eyre, Alice Springs and when the wet finishes we'll be in the Top End ready to spend some time on Bathurst Island. There isn't even a loose plan after that...

I must finish this and get it off to you or you'll be thinking we fell off the edge down here - yes we have, but only with laughter.

Thinking of you all.

... Lyn and Sally

# 2015 Postal Swims

(see Notice Board at Pool or just ask Adrian or Helen)

<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>



## WESTS AUBURN

Date: January 1 - April 30, 2015

Swim 5000m in Freestyle, Breaststroke, Backstroke or 4 x 1250m I/M

OR

Swim in a freestyle or form stroke relay with other club members (2 x 2500m, 5 x 1000m, 10 x 500m or even the dazzling 4 x 1250m Medley Relay).

[2015 Flyer](#)

[2015 Entry Form](#)

## BUNBURY

### AUSSI MASTERS

Date: May 1 - June 30, 2015

Swim 400m in 3 different styles - 1 x Freestyle, 1 x Backstroke and 1 x Breaststroke (or Butterfly).

[2015 Flyer](#)

[2015 Entry Form](#)

## VIKINGS TUGGERANONG MASTERS

Date: July 1 - August 31, 2015

Three swims, each in a different stroke: 400m, 800m, 1500m

[2015 Flyer and Entry Form](#)

## HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of: 2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)



## COACH'S TIPS



### Body Rotation ...

Several things will happen when you develop a good body roll

Breathing will become easier, you will barely have to turn your head at all to breathe. Your stroke length increases and you take less strokes per lap.

Kicking drills on your side are excellent for developing body rotation

To learn to rotate, practice kicking on your side with fins on, one arm out the front try and get completely on your side, shoulders and hips should be vertical unless you are turning your head to breathe look down at the bottom of pool.

Nearly all swimmers who breathe to one side have poor body rotation on the other side. Try to learn to breathe on both sides. It will make your stroke more symmetrical

Happy swimming. ...

Cheers, Jan

# MSQ ANNUAL GENERAL MEETING and 2014 ANNUAL REPORT

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At the completion of the National Championships in Townsville, we were presented with the State trophy for winning the Endurance 1000 competition for 2014. Noosa also won the trophy for the club with the highest aggregate points in the open water swim held at Yeppoon after the 2014 State/National Championships in Rockhampton. Jan Croft accepted the trophy on behalf of Noosa.

Masters Swimming Queensland also held its annual general meeting in the grandstand at the Long Tan pool. It was chaired by MSQ President, John Barrett. Your club captains, Helen and Adrian represented Noosa Masters at the meeting.

There were a number of items of interest arising at the meeting, including:

- The new Vice-President for our Sunshine region is Rachael Keogh (taking over from Nic Pirie).
- The financial position of MSQ is quite sound due to profitability of the State/National Championships and PanPacs in 2014.
- Consideration will be given to the time of year at which the State titles should be held. It was noted that numbers attending the State Championships were much lower than expected and the time of year was suggested as a reason. There was discussion around potential clashes with other events/activities if the States were to be held at a different time. No decision was made.
- It was noted that no venue had yet been decided for the 2016 State Championships which are due to be short-course

events (traditionally, short-course championships are held in the same year as PanPacs, which are long-course, so that there is one major event of each type in that year).

A copy of the MSQ Annual Report was circulated. Copies are also available from the MSQ website. The report included reports from the various MSQ regions and Noosa Masters featured quite prominently in the Sunshine Region report. Things mentioned included our membership numbers and the *Come and Try* days, our annual swim meet, our attendance and achievements at PanPacs and at the World Masters Games, a brief listing of our social events, mention of our single technical official and our timekeeping and CPR courses, our coaching assets, including Jan's attendance at the ASCTA conference and Ian Pope's sessions, and our funding/grants position.

Noosa also featured in the *Results* section of the MSQ annual report, including:

- Top Queensland club in the 2014 *Endurance 1000* competition with 23,410 points. *Miami* were a distant second with 11,220 points.
- 2<sup>nd</sup> to *Ipswich* in the average points per swimmer (260.11 versus 302.21 points per swimmer) in the *Endurance 1000*.
- 3<sup>rd</sup> behind *Ipswich* and *Nudgee Brothers* in the participation rate of swimmers in the *Endurance 1000* (71.11% of our members participated).
- Noosa had 7 of the 17 members in Queensland who completed all 62 events in the

*Endurance 1000* program.

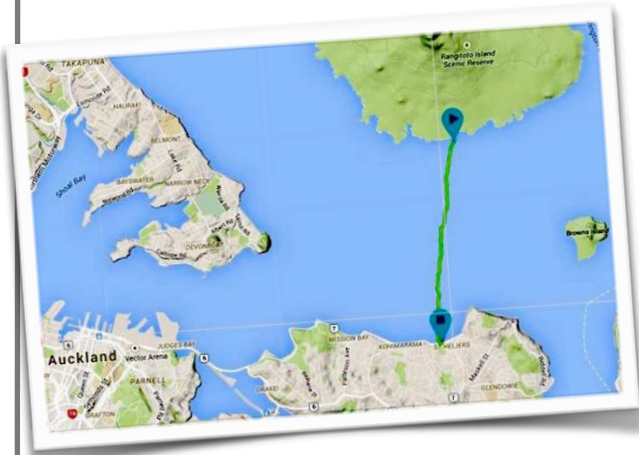
- 9 of our members featured in the *Top 3 winners in each age group* of the 2014 State Short Course Championships.
- Noosa was the top club in the Lane Warriors program with an average distance swum in 2014 of 510,550 metres (*Duck Creek* was second with 386,113 metres). We also had 2 members in the *Top 5 Individual Winners* in the Lane Warriors program (there are 3 age categories).
- We were also well represented in the list of MSX awards and our achievement at the 2014 State Long Course Championships was noted (we won the Max Gillespie Trophy for larger clubs with the highest average points per swimmer).

After the AGM, David Findlay (MSQ Director of Recording) ran a short information session on developments in the way they want people to nominate for meets. Helen and Adrian attended this session. In short, David is developing a means by which each Masters member can enter meets, and pay the entry fees, directly through the web without having to fill in paper forms and going through the club coordinators. Such a system would reduce the potential for errors and be easier for club officials. Until the system is further developed and better understood by us, however, we have decided that we will continue with our current arrangements for entering swimming meets.

... Adrian Wilson

# 2015 RANGITOTO SWIM

Dyanna Benny



The swim from Rangitoto Island to the mainland took place on Sunday, 22 March - 7:45am start (4:45am Brisbane time) and we had to be at the ferry well before that too! Nic Pirie and I found ourselves at the Auckland Ferry wharf at 5.30am .We were waiting along with 500 others to register for the Rangitoto Island to St Heliers Bay swim. It's an annual event , part of a series.

It was dark, and cold, there was a restriction on what you wear/take because of the limited space on the coastguard vessel that transported our stuff back

We arrived, lubed zipped and goggled up and jumped off the wharf into the water to wait for the start.

It was very atmospheric, dark looking back to the lights of Auckland City and in the east the sun was rising. All these keen swimmers bobbing around waiting for the gun.

The swim was 4.6km , a little breezy and lumpy in places but calmer in the lea as we approached St Heliers

It was a beautiful swim. I'd recommend this as a well organised and achievable distance event for those who like open water swimming . The water temp was mild, there was also a non wetsuit category. Nic placed 3rd in his age group (1.31.02) and I came second in mine (1.26.02).



## AUCKLAND MARATHON -

Entries open 30 March 2015

### ASB AUCKLAND MARATHON

Date - 01/11/2015

Start time - 6.00am

King Edward Parade, Devonport

### HALF MARATHON

Date - 01/11/2015

Start time - 6.50am

King Edward Parade, Devonport

### 12K TRAVERSE

Date - 01/11/2015

Start time - 9.00am

Smales Farm Bus Station, Northcote

### HEART FOUNDATION 5K CHALLENGE

Date - 01/11/2015

Start time - 10.00am

Point Erin Pools, Sarsfield Street

### KIDS MARATHON

Date - 01/11/2015

Start time - 11.00am

Beaumont Street, between Madden and Jellicoe Streets

With the festival of events on offer there's an event for everyone!.

Choose from

- the ASB Auckland Marathon,
- Half Marathon,
- 12k Traverse, .
- Heart Foundation 5km Challenge
- or enter the family into the Kids Marathon

# 2015 Forthcoming Swim Meets

(see Notice Board at Pool)

<http://mastersswimmingqld.org.au/Events/Calendar-of-Events>

Give your entry + money in an envelope with your name, which swim meet + how much money enclosed, in an envelope to Club Co-Captains - Adrian Wilson or Helen Malar - alternatively you can email entries to either - [franandadrian@gmail.com](mailto:franandadrian@gmail.com) or [hmalar@bigpond.net.au](mailto:hmalar@bigpond.net.au)

**2 May (Sat) - Albany Creek - entries close 15 April**

**3 May - Byron Bay OWS - entries close Friday, 1 May 2015**

<https://secure.ntechnmedia.com/sites/oceanswim/entryform.php>

**16 May (Sat) - Noosa**

**13 June - Rum City**

**24 Sep - Duck Creek (Lismore)**

**24 Sep - Duck Creek OWS (Shaws Bay, Ballina).**



## Noosa Meet - 16 May 2015 @ 8.30am & 10.30am

Responding to its popularity last year, we're continuing the 400m events as pool events raced on the day (still leaving the 1500m and 800m events as postal events). Again this year, there will be a dramatic finish to the meet – a 4x50m freestyle relay, open to teams comprising any four meet swimmers (no restrictions on age, gender, club). The lucky ten teams drawn 'out of a hat' for this ten-lane race will be vying for \$240 in prize money. And there's another \$600 up for grabs during the day. There'll be the usual raffle table groaning under the weight of prizes, and a simple burger+drink meal to accompany the presentations at the conclusion of the meet. All wrapped up in a warm and sunny Noosa welcome. Members are asked to give their donations for our ever-popular raffle table to Adele Tucker as soon as possible.

MEET FEES: Swim only: \$20.00

Post-swim burger + drink: \$10.00

Swim + Meal: \$30.00

CLOSING DATE Wednesday 29th April 2015. Entries to Adrian Wilson or Helen Malar.

Competitors may enter a maximum of five (5) individual events – which can include one or two postals selected from events at 1500m and 800m - as well as one or two relay events.

Maximum of two postals swum in a 50m pool between Tues 1st April and Wed 29th April.

- 1 1500m Freestyle
- 2 1500m Butterfly
- 3 1500m Backstroke
- 4 1500m Breaststroke 800m

- 5 800m Freestyle
- 6 800m Butterfly
- 7 800m Backstroke
- 8 800m Breaststroke
- 9 800m Individual Medley

You can choose any two postals.

*The 400m events start with Event 10 at 8.30am*

- 10 400m Freestyle
- 11 400m Butterfly
- 12 400m Backstroke
- 13 400m Breaststroke
- 14 400m Individual Medley

*The remaining events start with Event 15 at 10.30am*

- 15 100m Butterfly
- 16 100m Freestyle The Noosa Bookshop "\$100 for 100m"
- 17 50m Backstroke The "Priceline 100" \$100.00
- 18 50m Butterfly The BOQ Noosaville-Tewantin "Dash for Cash" \$100
- 19 50m Breaststroke The "Scooter Style 100" \$100.00
- 20 4x50m Mixed Medley Relay  
Peregian Springs Retirement Country Club Perpetual Trophy

*200m The John Konrads Trophy*

- 21 200m Freestyle
- 22 200m Butterfly
- 23 200m Backstroke
- 24 200m Breaststroke
- 25 200m Individual Medley

- 26 50m Freestyle
- 27 100m Backstroke
- 28 100m Breaststroke

29\* Real Insurance "The Real Winner" 4x50m Freestyle Handicap Relay - 1st: \$100 2nd: \$80 3rd: \$60

\*For event 29, any four competitors at the Noosa Meet can form and enter a team. The event will be hand-timed and will not be scored for club points. See full details on the

**Donations for Raffle Table to Adele Tucker asap  
(see email circulated to members 39/3.**

# Our Sponsors

*Please support our sponsors - their support is paramount to the success of our carnival*

<p><b>Noosa Heads Life Saving Club</b> Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p><b>Noosa Aquatic Centre</b> Girraween Court Sunshine Beach QLD Tel: 5448 0288</p>
<p><b>Noosa Bookshop</b> Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p><b>Priceline Pharmacy</b> 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p><b>Real Insurance</b> c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p><b>Peregian Springs Country Club</b> 21 Gracemere Blvd, Peregian Springs Tel: 5448 3388</p>	<p><b>John Bird Jewellers</b> The Atrium 91 Poinciana Ave, Tewantin, QLD Tel: 5474 4639</p>
<p><b>USM Events - Ironman</b> 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p><b>VICI</b> Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p><b>Eyeline</b> Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>	<p><b>Terry White Pharmacy</b> Shop 20 Noosa Junction Plaza, Sunshine Beach Rd, Noosa Junction 4567 Tel: 5447 2244</p>
<p><b>Orchids Florist</b> 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>	<p><b>Rolling Wines and Asset Insure</b> Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p><b>Jenny Covell's Tewantin Guardian Pharmacy</b> 112 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5447 1451</p>	<p><b>Scooter Style</b> 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p><b>Coles Supermarket</b> Noosa Fair Shopping Centre Lanyana Way Noosa Heads QLD 4567 Tel: (07) 5343 1200</p>	<p><b>Dan Murphy's</b> 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p><b>Bunnings</b> Eumundi-Noosa Road Noosaville QLD 4566 Tel: (07) 5430 5400</p>	<p><b>Officeworks</b> 1 Gateway Drive Noosaville QLD 4566 Tel: (07) 5449 5400</p>
<p><b>Tewantin Plaza Fruit Centre</b> Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p><b>IGA Supermarket</b> Noosa Junction Plaza Noosa Heads QLD 4567 Tel: (07) 5447 2777</p>

# ENDURANCE 1000 REPORT

MARCH 2015

## NOOSA MASTERS SWIMMING CLUB

State and National Endurance Club Champions for 2014!

That makes it back to back for these Trophies.

Congratulations to swimmers, timers and other helpers!!

OK Flippers off and back to the reality of 2015 ..... at the time of writing we have 3244 points. And it's neck and neck between our macho males (1637) and fighting femmes (1607).

Currently there are 32 Endurance swimmers, which is only half the number of last year.

So if, like me, you want our club to make it three in a row by winning the 2015 Trophies then come along and get Endurance swimming again.

If you can't make Endurance on Tuesday morning or Saturday afternoon then come and join us for the popular **Twilight Swims**. The second of these Twilight Swims for 2015 was recently held on Thursday 26 March. It turned out to be a beautiful evening only matched by some truly beautiful swimming. A couple of outstanding swims were new member Jim Barnes starting his Endurance career with a terrific 30min breaststroke, and Jane Powell's 60min backstroke for a 2375metre result.

The evening was topped off with a delicious post swim supper, friendship and fun.

Thank you to all swimmers, timers and providers of food.

Mary Lester  
Co-ordinator

Endurance 1000 Program.

MOB: 0401828371

[marylester52@bigpond.com](mailto:marylester52@bigpond.com)

KEEP SWIMMING FOR FUN  
FITNESS AND FRIENDSHIP!



## April Birthdays

Linda Hogg	6/4
Tony Frost	12/4
Wendy Ivanusec	18/4
Olga McCausland	25/4
Julia Dunstall	27/4
Jessica Watt-Hine	28/4

which song was #1 when you were born?

<http://playback.fm/birthday-song>

**BIRTHDAYS ARE GOOD FOR YOU ...  
THE MORE YOU HAVE ...  
THE LONGER YOU LIVE !!**



Jim Barnes



Jane Powell



Friendship 'n' Fun

### SOCIAL EVENTS

Club Breakfast - Sun 26 Apr

Hat Party - Saturday 23rd May  
@ the Warrens

Theme for the food is United Kingdom; Dress is 60's style .

Sandy Warren 0401 670 113

### Ocean Swim

Every Sat.. 7.30 am  
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

### Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Tony Frost

Tel: 0437 024 154