

CHALLENGERS' CHATTER

MARCH 2016

MSQ STATE L.C. CHAMPIONSHIPS

MIAMI, GOLD COAST -FRIDAY 11TH MARCH TO SUNDAY 13 MARCH, 2016

Noosa Masters Swimming were represented by 17 swimmers at the State Titles winning a total of 77 individual medals – 34 Gold, 23 Silver and 20 Bronze as well as winning a further 52 medals over 13 relay events – 4 Gold, 40 Silver and 8 Bronze. What an amazing haul of medals!!

Heading the tally was *Rosa Montague* who swam for Noosa as a 2nd claim member winning 6 Gold & 3 Silver.

Next was *Steph Jones* with 4 Gold & 1 Silver. Steph also achieved a National Record in the 1500m Free, a National Record in the 200m Free & smashed her State Record by 9 seconds in the 400m Free. Fantastic swimming!!

Bob Morse – 4 Gold all in his favourite backstroke events.

Due to a shoulder injury Bob was unable to swim any freestyle events.

Jan Croft – 3 Gold, 4 Silver & 1 Bronze and a State Record in the 1500m Free.

Brian Hoeppe – 3 Gold, 3 Silver & 3 Bronze swimming the maximum 9 events & some pretty tough ones at that e.g. 400 IM, 400 Breast, 200 Fly – great races by Brian.

Rob Jolly – 3 Gold, 3 Silver, 1 Bronze.

Sam Penny – 3 Gold, 2 Silver, 1 Bronze.

Greg Bott – 3 Gold, 1 Silver, 5 Bronze – also swimming maximum events. Well done Greg.

Ian Tucker – 3 Gold, 1 Silver, 1 Bronze – swam some awesome PB's & was not able to swim all his events due to

a mishap with his goggles diving into the pool & ended up with a trip to the doctor & an eye patch but still swam more events the next day. Can't keep a good man down!

Helen Malar – 2 Gold, 2 Silver, 1 Bronze

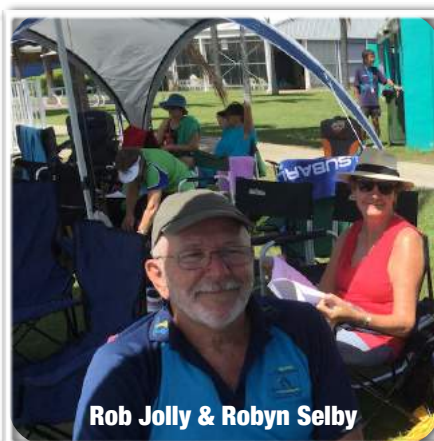
Peter Fidler – 2 Silver – unfortunately not able to swim all his events due to a groin injury.



Back: Rob Jolly, Greg Bott, Bob Morse, Jacky Shields, Rod Alfredson, Rosa Montague
Centre: Brian Hoeppe, Robyn Selby, Helen Malar, Adele Tucker, Jan Croft, Lois Hill, Steph Jones
Front: Ian Tucker, Lorna Lander, Linda Hogg



Jan Croft & QTT Coach, Linda



Rob Jolly & Robyn Selby



Lois Hill & Lorna Lander

MIAMI : SLCC CONT'D



Dinner at Nobby's
L-R: Steph J. Brian H. Ian T. Rob J & Robyn S



Adele T & Jan C

Adele Tucker – 1 Silver, 1 Bronze swimming her favourite backstroke swims in huge PB's.

Robyn Selby – 2 Bronze swimming her first ever 200m Free & non-favourite event 50m Breast proving that you have to be in it to win it – you just never know. Well done.

Linda Hogg – 2 Bronze in her new form stroke – Breaststroke & also swimming great PB's

Lois Hill – 1 Bronze in her 50 Free – a great race as Lois has been very limited in her events as well as her training due to a nasty shoulder injury. We hope it is much improved for Nationals.

Rod Alfredson – 1 Bronze in 400m Breaststroke – a great race by Rod which shows his dedication to his swimming

and improving his breaststroke technique. Rod also had some great PB's in his other swims.

Jacky Shields swam a number of very good races to place 4th in most of them, just missing out on medals by 100ths of a second. Jacky's 1500m freestyle was a great race to watch – very controlled & we should see some more great swims at Nationals. Well done Jacky.

There were a couple of events where the boys made a clean sweep of all medals –

400m Breast – 65-69 Age Group – Rob Jolly Gold, Brian Hoepper Silver & Rod Alfredson Bronze.

100m Free – 60-64 Age Group – Greg Bott Gold, Peter Fidler Silver & Ian Tucker Bronze.



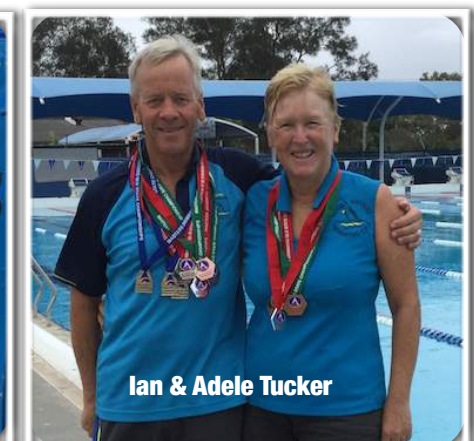
Steph Jones before breaking 1500m Nat'l Record



Helen Malar



Adele Tucker & Robyn Selby



Ian & Adele Tucker



Dinner at Nobby's
L-R: Linda H. Rosa M. Lorna L

Well done to all the boys and it must be noted that of our total points of 1107 (2nd to Miami – 2946), the men with 504 points just pipped the women on 499 ... really nothing in it!!

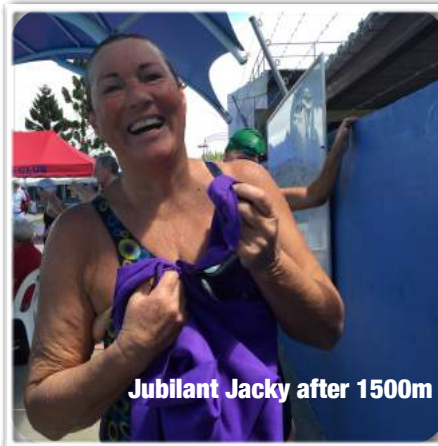
A huge thank you to all our timekeepers – Lorna Lander who travelled down with the girls and who spent all 3 days timekeeping, >>

MIAMI : SLCC CONT'D

Also Elizabeth Alfredson (Rod's wife) who is always there to support Rod & the Noosa swimmers as well as timekeep, Lois Hill who I know would rather be swimming but did quite a few hours of timekeeping and Bardie Gruber who was looking forward to swimming but unfortunately suffered an arm injury the week before while out riding. Other swimmers that did timekeeping included Linda Hogg, Jan Croft and Steph Jones. Your volunteering is very much appreciated.

The Noosa team had dinners out at an Italian Restaurant at Nobby's Beach & a fun night out at the Nobby's Beach Surf Club with lots of laughs & celebrations of our swims. Everyone returned home to Noosa safe 'n' sound but very, very tired. Another wonderful weekend of friendship, fun and fitness.

Helen Malar
Club Co-Captain



MOOLOOLABA MILE OCEAN SWIM

World Series Swim : Sunday, 6 March 2016

The Mooloolaba Mile has fast become one of Queensland's most popular ocean swims and continues to attract swimmers from all over Australia.

The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers an ideal step up from traditional short course events.

New for 2016 was the 3.0km Marathon distance – a great new option for seasoned swimmers and aspiring triathletes looking to push their limits.

Results: Noosa Masters who participated in the Mooloolaba Mile were:

Studley Martin (50-54) :
Studley achieved a terrific Top Ten placing (9th) in a time of 27.29.5

Julia Dunstall (35-39).
Julia achieved a fabulous Top Five placing (5th) in a time of 26.24.3.

Jules did an amazing job in the 500-strong, Mooloolaba Mile, crossing the line 5th, 5th in her highly competitive age group.

Grindle Rudder (40-44)
Grin competed in the new Marathon (3km) event placing a stunning 4th in a time of 44.49.0 less than 5 seconds behind 2nd & 3rd - SO CLOSE!

Well done girls ... and Studley!

...Cheers Jess



Photo submitted by Jess Tye of our gorgeous smiling girls, Jules & Grin, after smashing their swims at the Mooloolaba Swim Series.

KURRANULLA WAHINE'S BOARDRIDING CLUB, WANDA BEACH



Janet Schroeder, Lorraine Woodhams, Maria Green, Lyn Ingram, Lyn Clemitson nee McCarthy, Dianne Milling, Sylvia Hoogeveen, Denise Hoogendoorn, Beth Rhodes, Sandra Case, Jenny Wren, Virginia Macken, M Laxton, M Ryan, Sandra Hoogeveen, Sandy Warren nee Rolf, Lyndall Gorman, Lauren Hines ... (Photo: Bob Weeks)

After being told of a photo of the Kurrannulla Wahines as wallpaper on the wall leading to the loo at the Sexie Coffie Roadhouse just north of Maryborough, Qld I tripped up there to get a photo of the old and new Lynette. Bob Weeks had taken the shot of eighteen surfer girls with their boards at Wanda Beach during a surf competition in 1966.

When mentioning this to Sandy Warren another Kurrannulla Wahine, who is also in the photo, she said that Cronulla RSL Club had the same life sized wallpaper on the wall leading to its toilet too.

The same photo was incorporated in a National Surfing Reserve plaque on the Esplanade outside the Cronulla Surf Club dedicated to the 'Surfboard 1956'.

Deciding then to fly to Sydney on Wed 2 March 2016 and stay with my friend Barbara Allen in Jannali we immediately and excitedly went to North Cronulla to view the Cronulla Beaches National Surfing Reserve where she took the following two photos.



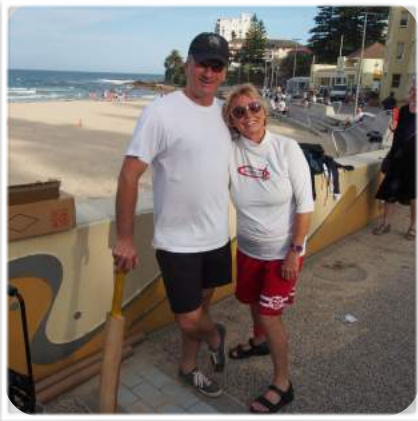
We then walked down or should I say were blown down the Esplanade to find the photo of the Kurrannulla Wahines in front of Cronulla Surf Club.

On the way we passed Canon who were doing a photo shoot of children playing cricket with Steve Waugh on the beach.



KURRANULLA WAHINE'S BOARDRIDING CLUB CONT'D

After Barbara had been blown about too much by the howling gale I grabbed one of the professionals to lend us a hand managing to include Steve in two of our photos.



Steve Waugh, "OMG - it's Lynette Clemitson!"
Photo courtesy Canon

After that we ventured up to the Cronulla RSL Club for dinner where we found all of the ladies on the wall again heralding the entrance to the Ladies Toilets with a large sign above our heads saying 'FEMALE'. What a hoot. Sandy and I immortalised forever on a lavvy wall lol.



Barbara and I stopped for lunch' at the Hazelhurst Regional Gallery and Art Centre in Miranda two days later only to discover the 'Saltwater People of the fatal shore – Sydney's Southern Beaches' book which also had Bob Weeks photo of us on page 251 in the 'Cronulla' section.

This tome is now on my coffee table for anyone interested in the Southern Beaches of Sydney to read.

... Lynette Clemitson

Photo: Barbara Allen

Happy Anniversary !!

I think any anniversary is a great time for reflection. Coming to live in Australia has been wonderful. Even more wonderful when my Parents joined me 3 years ago. I joined Noosa Masters 5 years ago.

I love being part of this club, I treasure the friendships and have achieved personal goals in swimming. Australia has loads of fabulous people, it's hot, has lots of Palm Trees and COLD Beer .

... Karen Martin



Upcoming Ocean Swims

For those into swimming with creatures small and not so small, a few to diarise for MAY and JUNE:

Sunday, 1 May: BYRON BAY winter whales swim from Wategoes Beach to Byron Bay, Distance 2.2 km.

Saturday, 28 May: USM Multi Sports Festival, Noosa Main Beach. Distances: 1.0, 2.0 & 3.8 km.

Sunday, 26 June: WORLD SERIES SWIM, Noosa Main Beach. Distance : 5.0 km

2016 MSQ CALENDAR OF EVENTS

tear out this page for handy reference

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
April						
2	SC	North Mackay Sinkers	QNS	Central	06/16	North Mackay State HS
9	SC	Albany Creek	QAC	Sunshine	07/16	Albany Creek Leisure Centre
16	SC	Whitsunday Warriors	QWY	North	08/16	Cannonvale Pool
21 - 24	LC	National Championships				Melbourne, Victoria
MAY						
14	LC	Noosa Masters	QNA	Sunshine	09/16	Noosa Aquatic Centre
21	LC	Rats of Tobruk	QRT	North	10/16	Tobruk Pool, Townsville
JUNE						
11	SC	Rum City	QBB	Central	11/16	Bundaberg Swim Academy
15 June - 14 Aug	Postal L & SC	Redlands Bayside	QRB	South	12/16	
JULY						
9	LC	Brisbane Southside	QSM	South	13/16	Brisbane Aquatic Centre
30	SC	Genesis Aquatic	QGA	Sunshine	14/16	Genesis College
AUGUST						
20	SC	Brisbane Northside	QBN	Sunshine	15/16	The Valley Pool, Brisbane
SEPTEMBER						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
17	SC	Redlands Bayside	QRB	South	17/16	Ormiston Pool
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Waters Pool
NOVEMBER						
4 - 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
DECEMBER						

27 MARCH - CLUB'S EASTER BREAKFAST



Lane #2 provided a really special Easter breakfast for our members (thank you all very much!!) - Dee Mooney's pink marshmallow bunny was so gorgeous,,

no-one wanted to 'attack' him ... until the very end !!

Nick and Jan Walley are from Leicester in the UK and have spent the last 3 months in Noosa, Nick enjoying his golf at Noosa Tewantin where he has received success in weekly competitions and added to his tally of "Hole In Ones" now 3.

Jan had an eventful start to their trip unfortunately breaking her arm in transit through Bangkok airport. This led to the first six weeks in rehab and physio with the arm now almost back in full use and strength building day to day. Jan wanted to arrive ready to enjoy the NAC including aqua classes and being able to swim with Noosa Masters.

As a result of their disrupted visit they have decided to repeat the visit again next year so we look forward to having

Jan join our squads and Nick continuing his golf form. All the best for their return trip home to the English spring and hopefully Leicester City F.C. winning the English premier league?

... Ian Tucker



FEBRUARY CLUB BREAKFAST



Greg Bott celebrates his 60th birthday

Members were treated to the typical sumptuous spread organised by Carola with the support of the allocated lane (in February it was the turn of Lane#1).

What a rollout of Club members to share Greg Bott's 60th birthday cake and wish him well.

This was followed by the presentation to Joyce Faunce of a beautiful 95 year commemorative book compiled by Wendy Morse.

A birthday never to be forgotten by Joyce and her many true friends in our Club.

... Tony Frost



Joyce with her 95th birthday photo album

Banged up abroad !!

Friend of many at Noosa Masters Swim Club, Tom Robson, had an unfortunate bang on the cranium, requiring a MRI scan and a surgical procedure, resulting in an extension of his VISA and spending more time in paradise. His swimming has been restricted to "swimming easy", and hopefully will be fully recovered for his return home in April.

... Tony Frost



Coach's Tips



Perfect form

Form is perfect when elbow is high and close to the body and fingertips just skim the surface. With good body roll your body line will be long and clean. Keep it loose.

Fist

Use fist to find out how much water you actually pull, fist also teaches swimmers to use forearms as well as hands to pull through the water, also forces you to use your core instead of your hands for balance.

Hand Speed

The biggest difference between fast and slow swimmers is change in hand speed. In slow swimmers the hand is the same speed all the way through. In fast swimmers the hands are almost stopping in front and then speeding up

Happy swimming. ... Cheers, Jan

HANDICAP COMP. ROUND 2



Round 2 of the Handicap Competition was held on 20 March 2016. The rain came just as the events got underway but soon stopped, allowing everyone to enjoy the swimming. The program had 9 events to complete. Due to the great job done by our starter for the day, Tom, and chief timekeeper, Bob M, we managed to get all heats completed and were able to run the relay that had been scheduled for this round.

There were some good competitive events and at least one member competed in a swimming event for his first time.

There were the usual "seniors moments" where people could not remember their handicaps and the serial offender, who always goes as soon as the starter says "Go" and cannot wait for her allotted handicap time, was up to her usual tricks. The relay organisation was again chaotic although the Blue team managed to field two teams. It was a close finish between the Green and Blue teams, with the Green team being victorious.

The swimmer who scored most points this round was Studley (Green team), closely followed by Julia (Green team) and Ian Tucker (Blue team). Adele, Tricia, Geoff, Greg, Viv, Marlene and Kerry rounded out the top 10 point scorers for the round. That left Ian Tucker heading up the leader board with Tricia and Viv in hot pursuit. Adele, Greg, Linda, Jana, Helen, Grindle and Marlene make up the top 10 after two rounds.

The Team with most points for the round was the Green Team, reflecting Grindle's hard-line recruitment drive, followed by the Blue, Red and Yellow teams. The Blue team had most swimmers, though, and leads the team competition after two rounds. After adding in the Teams' Endurance points, the Green team has overtaken the Blue team as the highest scoring team overall.

I thank all swimmers for making a faster transition from the warm-up pool. That meant we had time to run the relay. I thank, again, our starter and chief timekeeper for the excellent jobs they performed and, of course, the timekeepers who made the event possible.

I attach the results file, the leader board and the Team points chart. The next round is scheduled for 17 April – it will be a good final hit-out for the people going to the Nationals.

... Adrian Wilson

Noosa Masters Swimming Club Handicap Competition Competition Leaders After Round 2



Rank	Name	Team	Events swum	Points				Av. pnts per event	
				Place	Particip'n	Performance	Bonus		Total
1	Ian Tucker	Blue	8	32	40	71.4	11.9	155.3	19.41
2	Tricia Hughes	Yellow	8	25	40	73.3	14.7	153.0	19.13
3	Viv Merrill	Red	8	25	40	73.9	8.6	147.5	18.44
4	Adele Tucker	Yellow	8	24	40	68.6	13.7	146.3	18.29
5	Greg Bott	Yellow	8	25	40	77.0	3.1	145.1	18.14
6	Linda Hogg	Blue	7	25	35	63.7	10.4	134.1	19.16
7	Jana Clancy	Yellow	8	21	40	60.5	6.7	128.2	16.02
8	Helen Malar	Green	7	21	35	54.2	10.0	120.2	17.17
9	Grin Rudder	Green	8	19	40	59.9	1.0	119.9	14.99
10	Marlene Robson	Red	7	13	35	66.0	5.0	119.0	17.00
11	Brian Hoepper	Green	7	13	35	51.7	5.0	104.7	14.96
12	Mary Lester	Blue	6	18	30	41.6	15.0	104.6	17.43
13	Robyn Selby	Blue	8	17	40	38.1	6.7	101.8	12.73
14	Rob Jolly	Blue	6	19	30	44.8	6.8	100.6	16.77
15	Studley Martin	Green	4	16	20	40.0	14.1	90.1	22.52
16	Julia Dunstall	Green	4	18	20	40.0	10.0	88.0	22.00
17	Pieter Santifort	Blue	4	16	20	40.0	9.0	85.0	21.25
18	Jim Barnes	Red	4	11	20	36.0	10.0	77.0	19.25
18	Geoff Lander	Green	4	16	20	40.0	1.0	77.0	19.25
20	Peter Fidler	Green	4	10	20	40.0	0.0	70.0	17.50
21	Joe Gilbert	Red	4	7	20	40.0	0.0	67.0	16.75
21	Jess Tye	Red	4	14	20	32.8	0.2	67.0	16.75
23	Rod Alfredson	Red	4	10	20	31.6	5.0	66.6	16.65
24	Kerry Blackwell	Red	4	6	20	40.0	0.0	66.0	16.50
25	Carola Henderson	Red	4	7	20	32.9	5.0	64.9	16.23
26	Wendy Ivanusec	Blue	4	10	20	25.6	8.6	64.2	16.05
27	Jane Powell	Green	4	14	20	26.2	0.0	60.2	15.05
28	Bob Morse	Red	4	9	20	25.6	5.0	59.6	14.90
29	Kylie Mack	Red	3	13	15	30.0	0.0	58.0	19.33
30	Tom Robson	Yellow	3	11	15	30.0	0.0	56.0	18.67
31	Mark Powell	Yellow	4	7	20	26.0	0.0	53.0	13.25
32	Sandy Warren	Green	3	3	15	30.0	3.4	51.4	17.13
33	Gillian Bensted	Blue	3	5	15	30.0	0.0	50.0	16.67
34	Stephanie Jones	Blue	4	7	20	22.4	0.0	49.4	12.35
35	Grant Scotcher	Yellow	3	5	15	19.2	5.0	44.2	14.73
36	Bruce Warren	Green	2	8	10	20.0	5.0	43.0	21.50
36	Tony Frost	Blue	2	8	10	20.0	5.0	43.0	21.50
38	Lois Hill	Red	2	8	10	20.0	0.0	38.0	19.00
39	Mick Jones	Blue	2	2	10	20.0	0.0	32.0	16.00

ENDURANCE 1000 REPORT

MARCH 2016



I know it is early in the season and that for many of us, we are still brushing away the Endurance cobwebs, but I thought this info about RPE - Rating of Perceived Exertion might be of interest to our members.

The use of heart rate measures as an indication of effort can be problematic in the older athlete, like some of us. Sometimes it is difficult to find our pulse, then it might be difficult to co-ordinate the pulse count with a starting time and finish time, while counting simultaneously. But more importantly, many of us are on medication to control cardiac health. And these medications quite often cause our heart rate to be underestimated - or rather it is an underestimation of the cardiac stress. In fact, for some of us, the heart rate max is controlled by the medication.

Scientists have developed many scales to help us to work out how hard we are working. The Borg Scale of Perceived Exertion is one, and the scale below is an alternative. I like this one because it is a 10 points scale, from our reckoning that the activity is a Very Light Activity - 1, through to a Max Effort Activity which is scored a 10.

The personal use of scales such as these in both Swim Squad and in Endurance can provide real insights into how hard we really are working! I will leave the training component to our well experienced Coaches, however, I would like to consider your use of the following scale while participating in the Endurance Program.

The various Endurance activities are considered to be Aerobic. By that, they are meant to be conducted at an effort that on the

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

scale above you might reckon they are 2-3 — feel like you can maintain for hours.... And carry on a conversation, which you might have noted, some of our friends at NMS seem to be able to do, even underwater! And then, for the final lap or so, the effort could well be considered to be 7, 8, or even 9 as the effort is lifted to create either a PB or to meet a standard.

So how can this concept be used. In training, we are often encouraged to work at various intensities.

This scale gives you some indication of how these various intensities might be identified. And during Endurance, although much of the swim might be in a steady state swim, you can work out for

yourself how intensive that might be, and then compare that with the final lap or so when your effort level might increase. Being familiar with another measure of swimming intensity might make our training and Endurance swims more valuable in terms of quality swimming.

It is still early in the 2016 year of Endurance swimming. We have had a range of options provided for us, the regular Tuesday morning swims, a dawn swim recently and a Twilight Swim coming up in the near future. There are great opportunities for us to reach personal goals, share successes and have fun. Let's do it!

Owen Curtis
Endurance 1000 Program Co-ordinator
Mob. 0447 654 663



MEMBERS' MEETING

AND 2015 CLUB TROPHY PRESENTATIONS

Congratulations to all of our members who received Club trophies and awards for 2015.

For the *Endurance 1000 trophies* a sterling effort and commitment to firstly complete the 62 nominated swims and then to achieve with maximum points (1005) a fine effort. Winners are;

Geoff Lander, Brian Hoeppe, Jane Powell, Rob Lucas and Irene Symonds.

Also very credible results are awarded to Bob McCausland and Lynette Clemitson on completing the 62 swims however not necessarily achieving maximum points on all of the swims.

The award for the *Most Improved Swimmer* goes to *Linda Hogg* who has demonstrated a consistent improvement throughout 2015 with a change up in lanes at squads, improved results at swim meets, the benefits of additional coaching with Brian Stehr

and increased outcomes in the endurance program, well done Linda.

Club Challengers of the year (Male & Female) generally acknowledges the Members who consistently put in to the club, its activities and who may not be in the front line or involved on the committee.

This year's winners are deserving for their commitment and time spent on assisting the club do the little and big things during the year

... *Carola Henderson* with her constant efforts in the monthly breakfast, swim meet organizing and catering, volunteering and many other duties behind the scenes is a worthy recipient

... *Mark Powell* likewise has excelled in liaison with Ironman and the club's volunteers, a major helper with the Noosa swim meet and volunteer when he is available. Well done to our Challenger's for 2015.

President's award is open for the President to select someone who has achieved remarkable results, worked tirelessly behind the scenes, made incredible progress or just about anything for the benefit of the club.

This year *Lois Hill* is awarded this trophy for her willingness to get in and help in so many areas, accommodation queen and guru, carer and driver for hospital visits and appointments, volunteer for BBQ,s/Triathlons, timekeeper for endurance and swim meets and an active club swimmer, representative at Nationals and a consistent trainer and performer.

Congratulations to Lois and all of the other Club Award recipients for 2015.

... *Ian Tucker*
President



Please support our sponsors

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<p>Real Insurance c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>
<p>USM Events - Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p>Officeworks 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p>Eyeline Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p>Funky Trunks Noosa Juniorz Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads http://www.funkytrunks.com</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>RACV Noosa Resort 94 Noosa Drive, Noosa Heads (07) 5341 6300 www.racv.com.au/Noosa.Holiday</p>	<p>Scooter Style 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>Dan Murphy's 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p>Bunnings Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Jenny Covell's Tewantin Guardian Pharmacy 12 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>

SPOTTED IN TASSIE



During our travels in Tasmania we came across this public swimming pool. Open every day all year. **Free entry**, lifeguards on duty on weekend, a very refreshing temperature!!

The pool is in the beautiful Cataract Gorge just a short drive outside Launceston - WOW!!!

Cheers
Mary and Janice



APRIL

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

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

POSTALS FOR NOOSA SWIM MEET

You can enter up to 2 postal swims - either 1500m or 800m swims - which must be swum in a 50m pool and be completed between 1 April and 30 April 2016 (although your captains want your entry by 28 April).



Old advert for Jantzen Swimwear

These swims count towards our Endurance Program points, so we hope to see many Noosa people do them. If you do one of these postal swims, please complete the normal Endurance form as well as either a 1500m or 800m Postal Time Sheet.



Because of the Nationals, the April club breakfast will be Sun. 17 April

Lane #3 (including those who swim in Lane #4 sometimes) will be providing the food.

... Carola Henderson

Calendar

APR 21	2016 MSA National Championships 21 Apr - 24 Apr more details
MAY 4	asctaCONVENTION 2016 4 May - 11 May more details
OCT 8	2016 Alice Springs Masters Games 8 Oct - 15 Oct more details
NOV 5	2016 Pan Pacific Masters Games 5 Nov - 13 Nov more details
JAN 1	2017 FINA World Masters Championships 1 Jan more details
MAY 26	2017 World Out Games 26 May - 4 Jun more details

SOCIAL EVENTS

4pm SUNDAY 10 April

Robyn Selby's housewarming
5 Bartill Court, Noosa Heads
a plate of finger food to share
would be welcome

RSVP 0416 144 668 please

Diary Dates

SATURDAY, 14 MAY

Noosa Masters Swim Meet

28 & 29 MAY - IRONMAN

Volunteers will be needed

Challengers Chatter

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