

CHALLENGERS' CHATTER

MARCH 2019

NOOSA'S TEAM SHINES AT MSA NATIONAL CHAMPIONSHIPS IN ADELAIDE!

Noosa had a dedicated team of 6 swimmers at this meet – Lois Hill, Linda Hogg, Stephanie Jones, Helen Malar, Jacky Shields and the lucky Ross Kee – surrounded by his bevy of beauties! Wendy and Ivan were also in Adelaide and cheered and supported us for a couple of days. – many thanks Wendy for all the time-keeping.

Unlucky Anne Besser had to withdraw from the event – we hope you are recovering well and back swimming soon Anne.

Roving daily reports

Day 1 - A lovely, dry, sunny day here in Adelaide for the first day of the NATIONALS. Noosa swimmers had a fairly busy day as most swam the 800 m Freestyle (almost 5 hours of heats!).

Some great results – 2 Golds today: the first from Steph Jones in the 800 Freestyle. Please note Jan, Steph swam a very evenly paced race, (did she have a pace ticker stashed away in her togs?). Then Lois Hill won her 200 Backstroke.

Silvers to Helen Malar in 100m breaststroke in a great time. Helen's legs were shaking all the way up the first 50 (nerves) - the first time she's ever been really nervous. So, Helen, it pays to be nervous! Her time was well under the nominated time.

Almost straight away, Helen dived off and swam a 50 Fly - she did a great



swim, and with her nerves under control, she flew in 5th, lowering her entry time. This was after she did 25m Fly in a warmup to make sure she'd get to the end of the 50m pool! Speaks well for Helen's new "Karlyn style". AND she was the only Noosa swimmer to swim this event!

Lois came 2nd in the 800 FS behind her old school friend Heather Morgan who set a national record!

Another good 800 FS was swum by Linda Hogg (13th in her competitive age group). Her time was a new age-group PB by 40 seconds. Well done!

Jacky Shields placed 6th in both her events today – the 800 FS and 200 Backstroke. Good swims considering Jacky has had a chequered preparation lately.

Ross Kee had a day off and did some time-keeping as did Linda, Steph and Wendy I who, along with Ivan, came to support and cheer the Noosa swimmers. Thanks to all of you for timing!

Addendum : Too much Spag Marinara at local Italian that night!

Day2: Another lovely, dry, sunny day here in Adelaide for the second day of the NATIONALS – not like at Noosa!

It was a short day, and again some good results. Helen starred, not only being the only one of us who swam 2 events, but she medalled in each. Firstly a gutsy 100 m Fly – with her arms still coming out of the water in the last

few metres! Steph reckoned the 'she was hurting though!'. Helen came 3rd, with her time being 8 seconds under her nominated time, and with an 'off the blocks' reaction time of .83! Good swim Helen. None of us even tried that swim!

Linda up on the blocks next with a 50 Breaststroke, great reaction time 0.75 secs, and well under her nominated time to come 9th in 52.27. Helen followed up with a Silver in her age group, reaction time of .79 and 47.65 on the clock! She hasn't stopped smiling! Our other swimmer in this event was Ross, who came 5th in a very competitive age group, in a time of 42.45, reaction time of .85.

Next event was the 200 m Freestyle, with all 5 ladies swimming. Linda swam a very measured race of 3:12.83, with another fast reaction time of .82.

(Dive practices are paying off here!)



2019 MSA Nationals ... cont'd

Steph next up, bagging a bronze, in an "ordinary time" (from the horse's mouth) of 3:28.37, and reaction time of .80.

Jacky and Lois battled it out in the same heat (but we couldn't see each other being at opposite sides of the pool!). Old age prevailed, mainly due to Lois killing herself in her racesuit (into which she had to be winched in the morning!). Jacky came 8th, with a reaction time of .99, and just under her nominated time. Lois bagged a silver, with a PB for quite a while of 3:30.28, despite a very slow reaction time of 1.02 - gets the wooden spoon for that. (bit of bragging history - fastest 200 LC since 2012, and SC since 2015, but can't really compare those!).

Then that was the end of Noosa swims for the day as we had no entrants in the 200 IM, nor the medley relays.

After this, some disappeared to Brighton, some to Glenelg, and one to the hairdresser.

Day 3 and another lovely, dry, sunny day in Adelaide, with a wee bit of wind.

Like yesterday It was a short day, and again some good results.

The day started with Linda starring in her first ever 200 LC Breaststroke. She swam a very well-paced race to finish 7th, with a time of 4:15.59, which is nearly the same she did for her only other 200 metres that she swam last year in a Short Course pool, so a major improvement there! So it's an all-time PB. Bling maybe next year Linda!

Helen followed soon after and did a PB for her new age group in 4:04.63.

Helen's report "Great swim in 200 breast for a **bronze medal**. Swam good time also in 50 FS"

Other **50 Free** results-

Steph reported "Steph swimming true to form, 6th in 50 free to some fabulous swimmers, bit slow but happy." Additional note: Steph's competition was exceptional, including the current world record holder! Her time maybe wasn't so

slow as it was the 2nd fastest time she has recorded on the history portal for current age group, and she's in the last year of that.

Ross was pipped for gold by .01 in new togs & goggles. Dinner report was that he's still talking about missing out on gold by 1/100 second, and is going to redeem himself in the 100m tomorrow!

Great race in heat 11 - Linda powered off (QNA best reaction time of the day of .72) beside Rosa Montague, a Powerpointer who joined Noosa and swam with us at Miami states last year. They were in Lanes 8 & 9, and raced each, with Linda leading most of the time, just to be pipped at the end by Rosa - who was happy with the pace to record a far better swim than her yesterday's efforts. So good effort there Linda

Jacky swam 7th in her age group, in a new PB of 40.5 - great swim Jacky! It looked so relaxed as if she wasn't even trying!

Lois recorded a PB (over some time) in 41.78 to take bronze in the age-group.

The last event was the 100 Backstroke - everyone else but Jacky and Lois had dressed & packed up by then - so all but Linda missed the 2 PBs! Although Jacky didn't get any bling in her 65-69 age group, she swam better than all her 60-64 times! And MILES better than her other 100m backstroke earlier this year.

Lois also did a PB of 1:54.71 to win gold in a hotly contested field of 2!

So that's Thursday - for the statistically minded, reaction times were very good today, with an average of .853 seconds (sullied/ lowered by an un-named starter of 1.21 seconds).

Tomorrow sees Ross redeem himself in the 100M FS, with most of use also swimming in that event, plus various swimmers in the 400 Freestyle and 50 Backstroke.

Day 4 and Yes, Ross did redeem himself and won Gold in the 100

Free by 2 seconds. That's Triple Redemption!

At the end of the day we were all very relieved and exhausted, except Steph who couldn't be relieved until after the 1.5km Open Water on Saturday. The rest of us could kick up our heels tonight, except most were too tired I think!

We have a few Highlights/low-lights/ notes from the swimmers after the final day of swimming!

Linda

* Very fast pool

* * *Couldn't crack 40s in 50FS - Faded in last TEN. Jan is right - We have to finish on the wall. Look out Lane 3!! (editor - applies to all lanes - move across/over to allow the next swimmers to swim right to the end of the pool.)*

* * *Great Food at the Seacliffe Hotel - we have nearly gone through the menu.*

Helen

* *100 Fly Great swim - loved the crazy high/fly after swimming outside my comfort zone*

Jacky

**Have managed to beat Arch rival Paula from H.B. in EVERY race*

**50m Back-swam like a champ in the first 25m, but sank like a stone in the second half. Just don't know how to finish (Lanes 2* 3 - refer to note above: and very good time for Jacky, the sinking seemed to work!)*

**100m Free last swim-Emptied the tank. Now I have times in new age group to work on. Look out for the States in 2 1/2 weeks time.*

* *Meet Mobile took a dislike to Jacky today, and won't include her in some of the results*

Steph

**Had a great 400 today, and very happy - Tried my best.*

(Ed note- and it was noted how steady and even Steph raced the 400 - her style was fantastic, so relaxed, but she was really moving fast! Just pipped for Gold by less than a second!)



2019 MSA Nationals ... cont'd

Ross

*See accompanying picture of Ross after his swim - still breathing heavily at least 10 minutes after (sorry Ross!)



Day 5-Open Water Swim at Brighton SLSC

Today started out a bit dimmer than other days this week - with a bit of wind, but the sun did come out well in time for all the waiting on the beach before the swim started. Slight windy conditions ruffled the water. The 3 k swimmers started off first – they had to do 2 circuits round the buoys, and there was major consternation & confusion as they approached the final turning buoy (which was also their sighting marker buoy) on the first-time round.

The buoy slipped off its anchor, and was being moved continually by the rubber ducky – sometimes inside the ducky, and sometime towed.

How anyone navigated is a wonder as it was being moved 23-30 metres in and away from shore. Swimmers had to go round the boat, and it wasn't finally re-anchored until most of the 3k swimmers passed it, and the gun 1.5 swimmers were approaching!

Steph swam a great race in the 1.5 to come second-the rest of us were exhausted by the swim, just watching it! Another hats off to Steph for the swim!

Next event was the Presentation Dinner at the Stamford Hotel at Glenelg. This was a great success – Noosa represented by the 6 swimmers, plus Wendy and Ivan. Tables were pre-allocated in club groups, with lots of room between tables (not a squash as at some other Nats Presentation nights). The food was superb, great company and mingling during the night, the promised sunset nearly worked, and for a few minutes there was a 'fire in the sky'.

The highlight of the evening for Noosa was the presentation of the Vorgee Endurance Trophy – WELL

DONE TO YOU ALL – Australia now knows how good you all are!!

Celebrations over, after some dancing (none on tables), the last Noosa-ite had gone by 10:30-

Some had to be ready for pickups to airport at 4:30 in the morning! The others were all staying a few days longer to see a bit more of SA.

Some very useful stats after another successful Nationals Campaign by Noosa!

Our 6 swimmers swam 38 races, and gained 19 medals

Only 1 swimmer swam Butterfly!

Our reaction times off the blocks were pretty good on the whole (see later)

Best dive start of the week went to Helen M in one of her breaststroke events – it is on video, she's not visible, then pops up not much before the flags!

Most concentrated swims – from Ross!

Lois continued string of equipment malfunctions and had to throw out the Noosa cap halfway through the 800.

Medal tally follows

Adelaide Nationals LC March 2019 Medal Tally

	Gold	Silver	Bronze	
Helen Malar		2	2	2nd-50 & 100 Brst: 3rd-100 Fly & 200 Brst
Lois Hill	3	3	2	1st-50, 100 & 200 Back: 2nd-200, 400 & 800 FS: 3rd-50 & 100FS
Steph Jones	1	2	2	1st-800FS: 2nd: 400 FS & Open Water 1.5k: 3rd-100 & 200 FS
Ross Kee	1	1		1st-100FS: 2nd: 50 FS
TOTAL	5	8	6	
tot medals	19			



2019 MSA Nationals ... cont'd

Now ...the all important Reaction Times:

According to our guru coach, to get the accurate meaning of these, they should be adjusted by age, (then an arthritis/hearing capability/"distance from the start gun" index?)

But time and skill for that is lacking, so this is the daily analysis-

Reaction Times			fastest		slowest	
Day 1	Tot RT	7.47	0.77	L Ho		
	#swims	8			1.32	**
	Av RT	0.93375				
Day 2	Tot RT	6.85	0.75	L Ho		
	#swims	8			1.02	L Hi
	Av RT	0.85625				
Day 3	Tot RT	8.53				
	#swims	10	0.72	L Ho		
	Av RT	0.853			1.21	**
Day 4	Tot RT	9.14	0.68	L Hi		
	#swims	11			1.07	**
	Av RT	0.830909				
Overall	Gr total	31.99	2.92	Tot	4.62	
	#swims	37	4	#	4	
	Av RT	0.864595	0.73	av	1.155	

As one can see, the daily average RT is quite consistent, not fluctuating very much. However, it is hard not to draw a conclusion on the first day's result. First day, Worst day? Should everyone be fresh and on their toes? Jumping out of their skins? Not good enough Noosa, or are we slow starters and needed to get adjusted more to the surroundings – more swimming that day before to get acquainted better with the pool. It is suggested that a moratorium be held to remedy this. (Ross, you are excluded as you didn't swim).

But improvement on Days 2 & 3, then a slide on day 4. Could this have something to do with the longer events on the 2 slowest days? Not hyped up enough?

No reaction times are available for Day 5 (OWS)

Jan's hypothesis on age is borne out (a little) by the statistics of the fastest RT each day - you will see that this features the youngest swimmer on 3 of the days, then "wham", in comes the ancient one with the overall fastest. Maybe that should be removed by a corresponding entry in the slowest column. (in some statistical analysis, outliers and other nefarious means could do this, leaving only the result for 1 person). Doing this for the slowest, would also leave only 1 person (**), and Jan's hypothesis is again blown away a bit. In view of possible legal action ** is not named.

Statistics over!

Well done to all the Noosa swimmers on a fab meet, and we thank the Ivanusecs for their contribution to our week of fun.

Most thanks must go to Masters Swimming SA for the great organisation in running such a successful meet. Each day ran so smoothly, marshalling was a breeze, there appeared to be no hiccups throughout the whole meet, and it epitomised our Masters' motto "**fitness, friendship and fun**"

Thank you South Australia!!

... Lois Hill

SOME PHOTOS FROM THE NATIONALS ...



Stamford Hotel, Glenelg, Presentation dinner venue

Noosa Team with their medals.

Left to Right:

- Ross Kee,
- Stephanie Jones,
- Lois Hill,
- Helen Malar,
- Jacky Shields,
- Linda Hogg



Sunset from Stamford balcony



SA Aquatic Centre



Steph & Helen having FUN



QNA gang with 2018 E1000 Trophy that's **FITNESS** for you!!



FRIENDSHIP
Lois Hill, Noosa & Pauline Samson, Tassie Talays with their 2018 E1000 Trophies-



Deep water start for OWS



Russ, Steph and Helen with friends at the OWS



Lois, Linda and Jacky



Below: Steph's OWS

CARNIVAL CORNER 2019 UPCOMING MEETS

2019 dates Please send replies/queries to [Captains at captain.noosaqna@gmail.com](mailto:captain.noosaqna@gmail.com)

11-13 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane - **Entries close 4 April**
(accommodation suggestions Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)



23-26 May – Great Barrier Reef Games

SWIMMING: Thursday 23, Friday 24 and Saturday 25 May 2019
LONG COURSE EVENT

Current details on <http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games> or www.gbrmg.com.au

Please send replies/queries to Captains at captain.noosaqna@gmail.com
See full MSQ Events Calendar for 2019 on the opposite page.



Hello again ...Tip Time !! TIPS FOR PERFECT BACKSTROKE

1. Back cannot be done without an efficient leg kick. Do kick sets with arms in stretch position behind head, empathise stretch and streamline position when leaving wall, prevent swimmer from dropping head on chest as top of head creates resistance
2. Try and build 5 kicks underwater, use fins
3. Swimmers head should stay perfectly still, any movement of head will slow athlete down. Head position determines body position.
4. Stroke mainly on your side Body will move through the water more smoothly and with less resistance, helps maximise use of core strength. Straight arm recovery ensures little finger entry, discourage over reaching .
5. Work on bent arm underwater pull with shoulder roll, keep hand outside elbow.
6. Keep hips and rib cage high in water
7. Be aware hand moves faster towards completion of underwater pull.
- 8 More tips next month

Happy swimming - Cheers, Jan



Happy Birthday

Bob Morse celebrated his 70th birthday in late March with his Masters buddies at the NAC - the singing is not getting any better, is it Bob?

April

Linda Hogg	6/04
Wendy Ivanusec	18/04
Mark Quigley	18/04 (Big 60)
Olga McCausland	25/04
Julia Dunstall	27/04

Happy Birthday.
Let it all hang out!
(Make of that what you will!)

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

NOOSA MASTERS ANNUAL CLUB TROPHIES & AWARDS



Most Improved: LiQun Hussey

The March Members Meeting was held primarily to present Club Trophies and Awards for the year 2018. It was pleasing to see so many members attend and as reports had been previously circulated, the meeting moved along swiftly to the exciting bit!



10 year membership - Robyn Selby



Challenger of the Year: Jan Croft



McCausland Award: Bob Martin + as a master time-keeper, awarded Hon. Membership



President's Trophy: Mick Jones



Top points E1000: Brian Hoeppe



Top points E1000: Ian Tucker

Endurance 1000 Top Points recipients:
Jo Matthews, Ian Tucker, Rob Lucas, Wear Armstrong, Irene Symons, Brian Hoeppe, Mark Powell.

10 year membership:
Jane Powell, Mark Powell, Robyn Selby

15 year membership:
Ian Robinson

McCausland Award:
Irene Symons, and Bob Martin.
Bob McCausland complimented both recipients on their outstanding achievements,

Irene - with a full time job - swimming Saturday afternoons and achieving top E1000 points. Bob Martin, a Master timekeeper. The first time Saturday afternoon members have received the Award. Thank you for your precious time and commitment to the Club.



Bob Martin, Irene Symons, Bob McCausland

SWIM FOR THE REEF UPDATE

Hooley Dooley! The numbers are in and the map is up.

We've just heard back from the last of our swimmers, the Wello Pointers, and we are thrilled to announce that along with swimmers across the country (and the world, including Chicago!), you have helped us to collectively swim a fantastic 570 kilometres for the reef.

This is further than we've ever swum before.

The cumulative distance is now 1,581 km, just off Cape Melville!

Thank you Peter Marquis-Kyle for updating the 2019 map.

Thank you swimmers for your amazing efforts in the water

Your fundraising pages are due to close this Sunday, and you have helped raise a fantastic \$70,850! You have helped enormously to support the vital work of EDO Queensland.

We can't wait to see you in 2020.



Community Groups Enjoy High Tea in the Paddock

Are you part of a Community Group that has regular catchups, meetings or morning teas?

Looking for a new venue with a difference? Sunshine Butterflies Disability Support Charity invite you to their tranquil oasis,

Our Backyard, five minutes from Tewantin.

Enjoy a scrumptious Devonshire Tea (image at right), and support your local disability support service in the process.

[Email here](#) for more info.



MORE EXCITEMENT FROM OUR EVER VIGILANT STATISTICIAN

from Lois Hill

FINA TOP TEN IN AGE GROUPS ALL FREESTYLE

Jan Croft features in 5 Top Ten swims

- 200 LC & SC (6th)
- 400 LC (3rd)
- 800 LC (2nd)
- 1500 SC (2nd)

Steph Jones - 800mLC (6th)
Eulah Varty 1500mLC (9th)



FINA ALL TIME TOP TEN as at 31/12/2018

Jan Croft Freestyle again!

- 1500 SC (5th)
- 800 LC (8th)
-

CURRENT MSA (NATIONAL) RECORDS INCLUDE

Jan Croft for the 1500 long course Free and 1500 short course national record -
Steph Jones (set 800 LC in 2018 but it has been broken by Jenny Whitely in November)

and

Womens 280+ 4x100 LC Freestyle Relay (Jan, Jacky, Lois, Steph) set at Miami meet this year.

BEST EVER NATIONALS— ALL ENDURANCE SWIMS

Jan Croft 75-79 Freestyle: LC 30 Min & LC 45 Min
60-64 Freestyle: SC 60 Min

Stephanie Jones 60-64 Freestyle: LC 30 Min

Irene Symons 60-64 Backstroke: LC 60 Min

Brian Hoepper 65-59 Breaststroke SC 45 Min & 60 Min

Bob McCausland 85-89 Breaststroke SC 30 Min & LC 60 Min
(plus a very old 55-59 5000m Breaststroke record when at Mackay!)



Karen Martin kicks more than the occasional goal. Not only does she keep setting goals in her Endurance swimming, yoga and roller blading, but now she is learning the noble art of self defence and - as this picture shows - she has just graduated to the next level! Congratulations, Karen ... you are certainly a right "go-er"... show us all up, you will !!

Free First Aid Training for Heart Week

Council is offering free First Aid training for Noosa-based community group volunteers during Heart Week (April 28 to 4 May). Community groups are offered up to two places in a free day-long session of First Aid training to be held at Noosa Coast Guard Training Facility, Munna Point, Noosaville. If you have two volunteers that can attend either Saturday 27 April or Thursday 2 May, please download this form [here](#), have it signed by your group president, and return it to [this email address](#). Get in quick because this is a very popular course!

ODDS & SODS



BOUQUETS

Cap & Pen Winners. *Congratulations to* Wendy Nothdurft who took home the cap and the pen, for coming all the way from Gympie to train with us and for doing so well in Hervey Bay. Congratulations to Chris Cooper who took home the cap and the pen, for swimming her first ever 4 x 1 Individual Medley. Cap and the pen went to Ian Tucker for starting a new trend, wearing his bathers inside out!!! Congratulations to Linda Hogg for winning the cap and the pen for swimming some amazing PB's at the Nationals.

Well done to the swimmers who received their MSQ Excellence Programme Certificates and Cap

Bob Morse & Christine Cooper both celebrated their 70th birthdays this month by sharing delicious cakes with their swimming buddies.

Congratulations to Grant, you are a star, always thinking about everyone else, even when you are sick yourself. You are 1 in a million.!

Congratulations Robyn, you gave the girls a laugh, when you realised you had no underwear in your bag, so your togs had to be worn to coffee, the wrap around skirt was not going to cover the bits.

Thanks to Adele for organising the Endurance Sunday swimming today, thank you as well, to all the swimmers, timekeepers and Tricia for the book work.

Get Well soon - Corals hope that broken wrist is well on the mend

STOP PRESS

Hot off the Press – Adelaide Stars' Award

Swimming- wise, our **2 stars of the meet were Steph and Ross!**

Ross has achieved the Noosa top ranking - Position 17 of the Top Swims in Australia for men this year. He achieved this for his fabulous 100m swim in Adelaide, for which he received 791 points. The points are calculated using his swim time and the current world record for his age group. Similarly, in the Women's list, Steph's 800 FS swim at Adelaide put her in 19th on the list, with a point score of 779!

Both of them had high 600s for the 50FS, and a 671 for Steph's 100 FS. Fantastic ... Well done Steph and Ross !!



Don't Forget

Tue 16 April - Bunnings BBQ

Chris is still looking for helpers for 11.30-1.30 time-slot.

Sun 28 April - Ian Jobling's 3rd Olympic Talk



Mexicans were asked what they thought of Trump's proposed wall. They replied, "We are very upsetbut we'll get over it."

POOLSIDE AT ALBANY CREEK



QNA group with Albany Creek Large Clubs Trophy



Ian, Rod, Brad



Sam Penny & Mark Besford



Adele & Robyn



Lois Hill, Rod & Liz Alfredson



Brian Hoepper, Rob Jolly, Studley Martin



Greg & LiQu



Ross, Steph, Jan, Adrian, Jacky, Linda



Mick, Annie, John, Jan

ENDURANCE 1000 REPORT

FEBRUARY 2019



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/>

At the National Masters Championships held in Adelaide recently, our Women's Captain, Lois Hill, was presented with the 2018 Endurance Trophy by Wendy Holtom, one of the original developers of the Endurance programme.

Well done again Noosa! The trophy has already been placed on display in our trophy cabinet at the Noosa Aquatic Centre. It joins the other five Endurance trophies won over the past five years.

Points to date – As at the end of March, our points tally is slightly behind the points tally we had

achieved this time last year.

Participation has been relatively high with many swimmers undertaking the long swims and earning the big points.

With the closure of the NAC around June/July for renovations we will have very limited access to lanes for Endurance swims during that period. We will have access to lanes at the Good Sheppard pool but the times will be more restricted than what we currently enjoy at the NAC.

So now is a great opportunity to get those swims under the belt before the NAC closure.

In particular, we would love to see those swimmers who have not opened their book yet help us to bolster our much needed points.

Come along and enjoy the fun and perhaps try a swim that you have not attempted before

HAPPY ENDURANCE SWIMMING!

Regards, Rod

Rod Alfredson
Coordinator
Endurance 1000 program
Mob 0418 260716
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Studley Martin, who was **2nd in his age group** in the Mooloolaba Open Water Meet

Medalists at Albany Creek Swim Meet as recorded by Greg Bott, and we brought home the large club Trophy!!



60-64 F	Jo Matthews	Bronze
60-64 M	Greg Bott	Silver (3 way tie)
65-69 F	Wendy Nothdurft	Gold
65-69 M	Ross Kee -	Gold
70-74 M	Brian Hoepper -	Gold,
	Robert Jolly	Bronze
75-79 F	Lois Hill	Bronze
75-79 M	Charlie Moore	Bronze
80-84 F	Anne Collins	Bronze

Well done all of you !!

Some of our Noosa competitors with large smiles and the Large Clubs Trophy won at Albany Creek Swim Meet



Well done to the swimmers who received their Excellence Programme Certificates and Caps:

Platinum: Lois Hill, Helen Malar, Jo Matthews, Adrian Wilson, Bob Morse

Gold: Brian Hoepper, Jackie Shields & Ian Tucker.

Silver: Annie Collins, Linda Hogg, Adele Tucker, & Kim Kelly

Bronze: Viv Merrill & Tricia Chalmers.

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
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