

CHALLENGERS' CHATTER

MARCH 2021

World Top Toppers !!

Thirteen swimmers from Noosa Masters Swimming Club made Top Ten placings in 39 FINA events for the year 2020... FINA is the governing body for swimming internationally and only accepts results from sanctioned meets.

Jan Croft, coach of the Noosa Masters club, was ranked number one in the world in her age category - she was first in the 400, 800 and 1500 metres freestyle and second in the 200m and third in the 100m freestyle. Jan was considered for the Australian team for the 1960 Rome Olympic Games but she missed out because there was no event for the talents in long distance swimming.

Although she was Queensland and Australian 800m Freestyle champion several times that event was not introduced for women until the 1968 Mexico Olympic Games.

Coach Jan said the performances of others from Noosa Masters were also notable. Steph Jones had seven events in the Top 10, including three firsts.

Jo Matthews had three in the Top 10, including two firsts - one of which was the 200m butterfly, a difficult and strenuous swim.

Other swimmers and their respective numbers of Top 10 places in the world for 2020 are :



Six of the 13 Noosa Masters Swimming Club who were acknowledged in the FINA Top Ten swimmers in their events in 2020: Lois Hill, Jan Croft, Jo Matthews, Rob Jolly, Annie Collins and Wendy Nothdurft.

Rob Jolly (3), Annie Collins (2), Lois Hill (2), Brian Hoepffer (1), Ross Kee (3), Helen Malar (2), Wendy Nothdurft (3), Jennifer Watson (1), Greg Armitage (2) and Stephen Foot (1).

The 2021 President of the club, Ian Tucker was delighted with the depth and range of strokes of the swimmers. Coach Jan Croft reiterated that, even though 2020 was a 'different year' for swimmers throughout the world, 'the efforts of those from Noosa Masters was outstanding'.

Jan told Noosa Today that FINA's Top 10 results needed to be placed in context.

Noosa as a club benefited from being able to attend several major carnivals throughout Australia in the period January until the end of March. Then Covid-19 affected other countries, especially those in the northern hemisphere who were just entering Spring, from being able to swim in recognised swim meets.

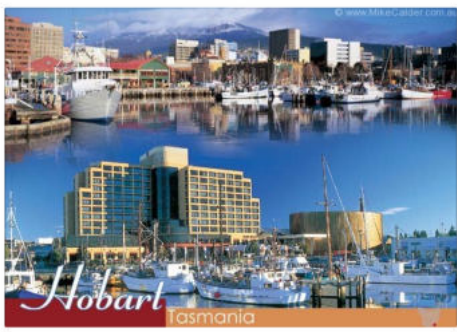
Ian said, 'Masters swimmers in Europe, and especially North America, were greatly impacted.

When you consider, however, strong swimming countries such as New Zealand, South Africa and countries in South America had their early months of summer to compete, the Noosa Club performed exceptionally well'.

The success of Noosa Masters members is not a surprise as some swimmers have featured in the FINA 'Top 10' in previous years. Jan Croft, Stephanie Jones and Lois Hill are consistent performers.

Jan concluded the interview stating 'it was a great effort and highlights the strength of the club and the executive. Jan did not mention the diligence, patience and expertise of the coach - but many of the thirteen FINA 'Top 10' did !

... published 19/3/21
in Noosa Today



Sue & Barry Lloyd have just got back from a week in Hobart to visit family and friends.

Barry still has not got anywhere with his medical problems but if needed for any timekeeping, we must let him know.

... Ed

FINA TOP TEN - Noosa Results

Each year FINA publishes the top 10 Masters' times for each event in each age group across the world for both Short Course (SC) and Long Course (LC).

Masters Swimming Queensland would like to congratulate these

Queensland swimmers for making the FINA Masters Top 10 for 2020.

There are 62 MSQ swimmers, which is 24% of the Australian total.

It is wonderful news that the largest number of Top 10 Australian swimmers came from Queensland.

Congratulations and well done to all!

FINA WORLD MASTERS TOP 10 - LONG COURSE METRES 2020

Noosa Masters Swimming Club

| | | | |
|------------------|------------------|------------------------|------------------|
| Greg | Armitage | 240-279 Mix Free Relay | 1 st |
| | | 240-279 Mix Med Relay | 2 nd |
| Annie | Collins | 100m Free | 9 th |
| | | 200m Free | 8 th |
| Jan | Croft | 50m Free | 9 th |
| | | 100m Free | 3 rd |
| | | 200m Free | 2 nd |
| | | 400m Free | 1 st |
| | | 800m Free | 1 st |
| | | 1500m Free | 1 st |
| Stephen | Foote | 280-319 Mix Med Relay | 1 st |
| Lois | Hill | 100m Free | 10 th |
| | | 280-319 Mix Med Relay | 1 st |
| Brian | Hoepper | 200m Back | 10 th |
| Robert | Jolly | 100m Breast | 10 th |
| | | 200m Breast | 10 th |
| | | 280-319 Mix Med Relay | 1 st |
| Stephanie | Jones | 50m Free | 4 th |
| | | 100m Free | 1 st |
| | | 200m Free | 1 st |
| | | 50m Back | 6 th |
| | | 100m Back | 2 nd |
| | | 240-279 Mix Free Relay | 1 st |
| | | 240-279 Mix Med Relay | 2 nd |
| Ross | Kee | 100m Free | 6 th |
| | | 240-279 Mix Free Relay | 1 st |
| | | 240-279 Mix Med Relay | 2 nd |
| Helen | Malar | 50m Breast | 9 th |
| | | 100m Breast | 9 th |
| | | 240-279 Mix Med Relay | 2 nd |
| Jo | Matthews | 50 Fly | 4 th |
| | | 100 Fly | 4 th |
| | | 200m Fly | 1 st |
| | | 200m IM | 4 th |
| | | 280-319 Mix Med Relay | 1 st |
| Wendy | Nothdurft | 100m Free | 4 th |
| | | 200m Free | 6 th |
| | | 240-279 Mix Free Relay | 1 st |



CARNIVAL CORNER

Diary dates of meets can be found on the MSQ & MSA Websites

After a quiet 2020 for swimming competitions, the first three months of 2021 gradually became busy. We had a trilogy of unusual postal swims which resulted in a total of 43 QNA swimmers completing 137 individual swims and a total distance swum by members of 46 kilometres! Many of the swims were for 400m and 1500m which were able to be added to the Endurance program.

- The *Mackay North Sinkers* ran a 400m and 1500 postal during Jan/Feb and nine QNA members entered. All nine finished first!
- The *Albany Creek Masters* first postal meet featured a Mini, Midi and Maxi Duckathon of 100m, 200m and 400m events in all strokes to be swum in short or long course pools. Twenty QNA Ducks and Drakes came out for a splash and did very well in the results.
- The *Hervey Bay Humpbacks* postal meet was different again with 5 events to choose from 50m to 400m in all strokes. Fourteen QNA members entered; we are awaiting the results.

Noosa's "Mini Meet"

As the Endurance Tuesdays were getting swamped by swimmers wanting to get timed for the Hervey Bay Postal meet the co-Captains organised our own Mini Meet on one Sunday morning to allow many swimmers to finish their 50m, 100m and 200m postal events.

The meet was fun and everything went as planned; we will run another at a quiet time. Thank you to all who participated and those who helped on the day and made it a success.

A lasting memory is of our Starter Lois Hill operating the new air horn starting gun. Lois had a certain flair as she banged the horn on her hip and did a little jump. Our hard of hearing members heard the starting signal clearly and probably half of Sunshine Beach enjoying a Sunday sleep-in did too. There were no Crows and Magpies scavenging our breakfasts that day!



MSQ's Preparation Meet

The MSQ Preparation Meet was hosted in mid-March by the Palm Beach Masters Club on the Gold Coast. It was the first swim meet since the Hervey Bay meet in March 2020. It was to be a trial run for the Sunshine Coast Masters new electronic timing system being used at the MSQ State Championships.

The meet was held during a weekend of torrential rain, storms and flooding. Our intrepid team of 11 boarded our hired Tewantin RSL courtesy bus under overcast skies for the journey to the Gold Coast. It started to rain heavily as we approached Brisbane and got worse as we went further south.

We arrived at the Palm Beach Aquatic Centre in the midst of a downpour and had to be housed in a squash court for an hour while the organisers decided whether or not to hold the meet.

Eventually when the rain eased slightly the meet started; competitors were soaked and huddled under a cover behind the starting blocks. The electronic timing that was due to be tested was not able to be used and our new marquees were also not allowed to be erected as the grassed area was flooded.

The meet progressed and our stalwart timer Wendy stuck to her position for hours without a break, or sustenance. We had originally intended to enjoy a BBQ and a glass of wine under our brand-new marquees after the meet but it was not possible so decided to stop at a servo for a snack on the long journey home. Miraculously a couple of bottles of wine appeared in the bus and we all had a half cup each after a long, wet, hard day.

Notes from some of the crew on the bus.

- *Storms and tempest were no barrier to the crew of the vessel RSL Tewantin on the voyage to the Cold Ghost, we were lucky to survive.
Pity, I missed showing off our new tents, the debut will now be at the States. Rob J.*

- *It was Diane's & Trevor's first swim meet. Diane swam a 50m fly & wasn't sure if she could make it but did a very good swim. Trev did 40 sec for his first ever competitive sprint race in 50m free. Rob swam so hard (or was it the wine?) he kept us awake snoring in the back of the bus on the way home Helen M.*
- *As a Swim Meet Virgin, I will remember being surprised that we waited 15 minutes for an official to decide which end of the pool to start from. Trevor M.*
- *Ian Tucker threw the 100m Free to let Greg Bott feel good about himself for the first swim of the meet. Greg B.*
- *Jo was pleased with 2 Fly PB's. The referee (same age group and a Fly swimmer) watched her closely and counselled her about her Fly stroke and IM turn; both were legal. Maybe psych tactics? Anon.*
- *I did a 50m warm up in the pouring rain and was called out of the pool because of a lightning strike. Did not want to continue, cold, fed up, spat the dummy and took my cossie off and had a warm shower. My head called me a wimp so I put my wet cossie back on and did my races and was stoked that I did. Anne B.*
- *Started warm up with a dive off blocks, lost my goggles. Tightened them up for first event, lost them again, ripped them off and continued without. Best event 200m. Back felt good after 200m Free warm up. Wanting warm shower and bail on the 200m IM but LQ said "no, you are here, you can do it", and I did. Day done, a half glass of Rosé and another of Red from Wendy for a relaxing ride on home on the bus. Thanks everyone for a great day out, despite rain, thunder, lightning and chaos at the pool. Ian T.*

Thanks to our driver Tony who drove us safely there and back in terrible weather!

But wait, there's more ...

The **MSQ State Championships** are being held **9-11 April** at the Kawana Aquatic Centre. 19 QNA swimmers have registered to compete.

The **Great Barrier Reef Masters Games** are being held **20-23 May** in Cairns.

A QNA survey will be circulated soon to ascertain participation and for relays.

Ian Robinson Fly/Breast Swim Clinic at the NAC Sunday 18 April.

... Rob & Helen co-Captains

Palm Beach memories



Team Noosa !!



Sheltering in the squash courts
Di, Trevor, Rob, Greg, LQ, Adele, Helen



Behind the starting blocks
Rob, Ian, Adele, Jo, Di

Members Meeting - Annual Trophies & Awards

Thank you to all the members who attended the Members Meeting recently and helped support the worthy recipients of our annual trophies and awards. It is good to celebrate the contributions members have made over the year particularly in the difficult atmosphere of COVID-19.

As you can see from the membership badges handed out the club is fortunate to have the long-standing commitment from our members who add stability, strength and well being for us all. Congratulations especially to our honourable life member, Bob McCausland who continues to enthuse and inspire us to do more, as he does.

I can't express enough how grateful we are to have such committed members who make sure the club continues to operate efficiently, enshrining the key drivers of Fun, Friendship and Fitness, not always in any order. It is the way that people respond and contribute, not only at a committee level but as volunteers throughout the year that makes it difficult to single out a few to receive the annual awards. Congratulations again to the winners and welcome your continued efforts towards the club.

I know that the "glasses" will be put to good use over the next year or two.

... Ian Tucker, President



Bob McCausland 20yrs



Lynette Clemitson 10yrs



Karen Martin 10 yrs



Wendy Ivanusec
Challenger of the Year



Grant Scotcher
Challenger of the Year

2020 TROPHY & AWARD RECIPIENTS

Membership

20 years
10 years

Bob McCausland
Gillian Bensted, Lynette Clemitson, Kathleen Gordon,
Stephanie Jones, Karen Martin

Most Improved

McCausland Award

Challenger of the Year

President's Award

Jim Barnes
Rob Lucas, Irene Symons
Wendy Ivanusec, Grant Scotcher
Christine Cooper



Jim Barnes
Most Improved



BANQUET AT RASA
Modern Asian Cuisine
 on Gympie Terrace -
 one of Noosaville's
 little treasures.

A delightful night - fabulous food and great service, a terrific turnout of 26 swimmers and mates, a beautiful balmy evening overlooking the Noosa River, and a sizeable section of the outdoor deck all to ourselves.

From all reports everyone was most impressed with the food, the ambience, the company and the very convivial atmosphere. This is a stunning little, family run restaurant with a BYO licence ... (not many left in Noosa).

Big thanks to Jacky for suggesting a night out here.

Jacky worked out the selections of 4 entree dishes and 4 main courses with the owner and we were presented with a great array of dishes - dumplings, satay, salt and pepper calamari, spring rolls, fried rice, steamed rice,

garlic prawns, 'bloody nice chicken', sizzling Mongolian beef, and even more. Nobody complained of not having enough to eat. All this at \$33 per person with no corkage charge was a winner. Thanks Jacky!

Congrats to everyone for bringing cash... not the norm these days. However it was quickly collected on arrival so we could settle in, have a drink, chat and await the presentation of the yummy dishes.

Also thanks to Rob Jolly for suggesting using the online survey to gauge interest and to Lois who helped me set it up via many phone calls. It's a system that makes organising activities quite easy. What do you think? I'm pretty sure we could use it again for future events.

... Christine Cooper



Jacky Shields & Linda Hogg



Monica, Helen & cousin Tim



Lois & Richard



Trevor, Diana, Kerry, Viv & Geoff



John & Christine



L-R : Felicity, Jacky, Mike, Jeff, Adele, Ian



Lois, Robyn, Dee, Rob, Di, Ivan

COACH'S TIPS



Hello again ...Tip Time !!

Perfect form in freestyle

Perfect form is when is 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



March Madness!

By Fay Canuse, Special Correspondent



Sacre bleu!

Which part of the word "Breaststroke" does this man not understand?! History repeated itself at a recent (unnamed) meet when a most notable (unnamed) QNA personality took off like lightning at the starter's gun, forgot to 'pull down', did a perfunctory dolphin kick, surfaced with a powerful freestyle stroke and sheepishly reverted to breaststroke. The referee was paralysed with laughter!

Remedial lessons please, Coach!

NOTE: Image of the QNA 'personality' has been digitally altered (slightly) to ensure anonymity!

ZEN and the Art of ... ?

My paparazzi chum Katie Gordon-Bleu was prowling the ZEN e-vehicles Expo at Noosa last week. She espied two QNA notables, [redacted] and [redacted]*, along with an unnamed *Giant Bikes* rep – and snapped this most puzzling image.

Methought ... here's an opportunity for a competition for you, my darling readers. So ... here are the questions:

- # What is he saying? ! What is she thinking?
- ? Why is he so confused?

Send your entries**, marked 'ZEN competition' to noosmastersswimming@outlook.com

*names redacted by order of Border Force.

** entries must not mention the word 'leg,' even ironically!



In the nick of time ...

Our indefatigable Wendy was timekeeping in Lane 8 at the recent [redacted] meet*. For hours on end, whipped by winds and soaked by showers! Somehow the refreshments for timekeepers failed to reach her at all! Collapse seemed imminent. But our QNA Captains Courageous arrived in the nick of time and administered emergency assistance**.

Note: Wendy was trialling the new (special) Noosa stopwatches, pictured. You simply tell Wendy what result you'd like, and 'hey presto', she'll produce it on the 'Noosa-friendly' stopwatch.

State, national and world records available on request. Donations gratefully accepted (and for records, expected!).

*Name of meet redacted to save embarrassing publicity for [redacted] club.

** The Chief Health Officer advises that you should not attempt this procedure at home.



What is Endurance Swimming?

written by Karen Martin

Why do we do the Endurance Programme? I thought as there is a few new members it's a good opportunity to explain about it.

The Endurance 1000 programme is a competition for all Masters swimming clubs. There is a variety of strokes and distances, each earning points. The accumulation of points is individual and also counts towards the Club. We are competing against the whole of Australia. The swims are also categorised into gender and age group.

Each swim has 3 levels of points, brilliant, good and ok. It doesn't matter which level you achieve because it's something that is personal to you. By having the 3 levels it also gives encouragement if you want to do better.

When I first started in 2011 it was a bit daunting; however I had a go and my first swim was 800m backstroke. I thought 'this is ace, I get a whole lane to myself to practise'. So I set off and I zigzagged and I had a cup of tea at each end which describes how I couldn't turn efficiently but I did it in 35 mins and got ok points (bottom points). The next time I tried it I was a bit faster and so on. Eventually after about 18 months I was swimming in a straight line and in 20 mins.

Some people think distance is boring but I always use it to incorporate a drill. For example in backstroke I would be observant that I rotated and a shoulder pops out of the water and with freestyle at one end I would practice a tumble turn and the other end a touch turn.

Give it a go and you might surprise yourself. Distance also helps with fitness and learning to pace yourself. I love it!

Birthdays of the Month

April

| | |
|----------------|-------|
| Linda Hogg | 6/04 |
| Patrick Buxton | 10/04 |
| Tony Frost | 12/04 |
| Wendy Ivanusec | 18/04 |
| Rowan Ward | 23/04 |

Age only matters if you are a cheese !

Mini-Meet Results

MINI MEET - 14 MARCH 2021

| | | | | | | |
|------------|--------------|-------------------|--------------|-------------------|-------------------|--------------|
| 50m Free | 36.06 | Studley Martin | 100 Free | 1:19.15 | Studley Martin | |
| | 37.31 | Jim Barnes | | 1:27.35 | Wendy Nothdurft | |
| | 38.26 | Wendy Nothdurft | | 1:30.28 | Felicity Hawkins | |
| | 38.76 | Rob Jolly | | 1:32.69 | Diane Scott-Davis | |
| | 40.68 | Felicity Hawkins | | 1:34.23 | Trevor Mathews | |
| | 41.87 | Linda Hogg | | 1:36.69 | Jan Croft | |
| | 43.22 | Trevor Mathews | | 1:36.75 | Linda Hogg | |
| | 43.43 | Helen Malar | | 1:37.88 | Sandy Gilfillan | |
| | 43.91 | Jan Croft | | 1:50.90 | Jacky Shields | |
| | 44.83 | Sandy Gilfillan | | 2:24.6 | Corals D'Ott | |
| | 46.89 | Ian Mitchell | | | | |
| | 47.69 | Jacky Shields | | 100 Back | 1:53.82 | Bob Morse |
| | 01:03.8 | Corals D'Ott | | | 1:54.33 | Adele Tucker |
| 1:04.83 | Anne Besser | 2:18.95 | LiQun Hussey | | | |
| 50m Breast | 48.15 | Brian Hoepfer | 2:23.00 | Jacky Shields | | |
| | 48.49 | Jim Barnes | 2:48.24 | Sally Johnson | | |
| | 48.66 | Rob Jolly | 3:21.91 | Wendy Ivanusec | | |
| | 50.77 | Studley Martin | 100 Fly | 1:42.62 | Jo Matthews | |
| | 51.98 | Helen Malar | | 1:59.63 | Brian Hoepfer | |
| | 54.03 | LiQun Hussey | | 2:04.41 | LiQun Hussey | |
| 1:10.08 | Ian Mitchell | 200 Free | 2:50.28 | Studley Martin | | |
| 1:37.75 | Anne Besser | | 2:52.10 | Ian Tucker | | |
| 50m Back | 51.07 | Wendy Nothdurft | 3:10.77 | Wendy Nothdurft | | |
| | 52.86 | Diane Scott-Davis | 3:13.63 | Felicity Hawkins | | |
| | 52.58 | Adele Tucker | 3:17.78 | Diane Scott-Davis | | |
| | 54.56 | Trevor Mathews | 3:31.62 | Trevor Mathews | | |
| | 56.80 | LiQun Hussey | 3:32.27 | Jan Croft | | |
| | 1:01.39 | Jacky Shields | 3:34.73 | Sandy Gilfillan | | |
| | 1:04.71 | Jan Croft | 3:54.40 | Jacky Shields | | |
| | 1:04.75 | Ian Mitchell | 4:05.99 | Ian Mitchell | | |
| | 1:18.35 | Anne Besser | 4:59.44 | Corals D'Ott | | |
| | 1:19.49 | Corals D'Ott | 5:12.08 | Sally Johnson | | |
| 50m Fly | 42.81 | Jo Matthews | 200 Back | 3:30.05 | Ian Tucker | |
| | 49.16 | Jim Barnes | | 4:05.25 | Adele Tucker | |
| | 51.91 | Helen Malar | 5:53.93 | Sally Johnson | | |
| | 52.97 | LiQun Hussey | 7:03.03 | Wendy Ivanusec | | |
| | 53.06 | Diane Scott-Davis | 200 Breast | 4:16.51 | Helen Malar | |
| 53.80 | Linda Hogg | | | | | |
| 100 Breast | 1:50.94 | Rob Jolly | 200 IM | 3:44.75 | Jo Matthews | |
| | 1:53.71 | Jim Barnes | | 3:46.44 | Brian Hoepfer | |
| | 1:57.34 | Helen Malar | | | | |
| | 2:02.44 | LiQun Hussey | | | | |



Ten Year Membership

This year I received my ten year membership. I was chuffed and for anyone else who achieved it, congratulations to you also! We joined, committed and made friendships.

For those of you who weren't able to attend the meeting, I made a little speech ...

"I love this club, on my first day back in 2011 I was made welcome, I had no idea what to expect and everyone was really nice to me so I came back. Over the years lots of people have helped me to swim better and I love the friendships I have made. Everyone looks after each other and gives encouragement to achieve our personal goals. Thank You."

... Karen Martin

ENDURANCE 1000 REPORT MARCH 2021



The ladies have the top 3 high scoring points. Our stealth swimmer, Irene Symons is leading the pack with Jo Matthews right on her heels. LiQun Hussey is now in 3rd. But remember, we win awards as a TEAM, and every swim makes a difference.

Hats off to the “senior” swimmers who have been doing Endurance swims this month – there have been too many to name in the 75+ category. It’s great to see you giving it a go. Trust me, you provide a ton of inspiration to the younger swimmers – thanks for being great role models and staying young at heart! Our oldest swimmer and Lifetime member, Bob McCausland has returned to the pool as well – how lucky are we?

Wow – what a head banging month it’s been (literally)!. As some of you may have heard, Ian Tucker and Denise DeCarlo collided with one another in the pool whilst Denise was swimming backstroke. We both have thick skulls – and that’s a good thing as we hit pretty hard!!

Seriously, I’d like to take this opportunity to remind everyone of one critical rule to Endurance. It’s important for EVERYONE to understand and adhere to this rule at all times.

There will be one swimmer only per lane whilst swimming backstroke, IM, or fly.

So, if you’re a timer or a swimmer and someone is swimming in your assigned lane in one of these strokes, DO NOT allow a 2nd swimmer to enter that lane. Please go back to the deckie to get re-assigned a different lane as something is not right. Or if the lane is occupied with a free style or breaststroke swimmer, the only other swimmer allowed must also be swimming free or breast stroke.

It can get a bit chaotic on the deck during Endurance swims. Sometimes swimmers don’t hear the lane they have been assigned, or they forget, or they fail to count lane 0 as a lane. Lots of room for human error. So, if we all do our part, we can avoid collisions in the future. Thanks in advance for your cooperation. If something doesn’t seem right, PLEASE say something. You could be the one to prevent a serious injury.

The pool is starting to cool off, maybe time for a longer swim???

... Denise DeCarlo
Endurance Coordinator

Twilight Swim ...

A big thanks to Adele Tucker for organising our first Twilight swim of the year on 19 March. The weather held out for us and the nibbles afterwards were fantastic (did we just come for the food?). We had a handful of Endurance swimmers as some teammates planned to compete in the Palm Beach meet on Sunday. We had fun and gained Endurance points – all good. I’ll take a survey soon to determine the interest level for the next Endurance Twilight swim. Maybe we will aim for a July noon event (as our Queensland blood is too thin for a Twilight swim in the winter!) So would that be a Noonlight swim? Pool availability has been quite limited so we will see what options we have. A few pics below ...



Endurance 1000 :As you would be aware, the National Awards for the Endurance 1000 Program were abandoned for 2020, due to Covid shutdowns and restrictions around the country. However the results from the Queensland clubs have been collated by MSQ. Numbers were much lower than usual due to a very unusual year, and some regulars not participating because of the national cancellation.

Congratulations go to Noosa Masters for remaining at the top of the leader board for total points, and to the Ipswich City Masters for again taking out average points per swimmer! The North Mackay Sinkers came out on top for the club participation percentage, with 69% of the club contributing. Well done to all clubs for hanging in there in such a tough year.

Lane Warriors : If you are a Lane Warriors swimmer, you can now include your Open Water Swims (OWS) in your calculations.



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Tel: 5474 5688

Noosa Aquatic Centre

Girraween Court, Sunshine Beach
Tel: 5448 0288

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Noosa Road & Gateway Drive
Noosaville QLD 4566
Tel: (07) 5430 5400

Ironman

24 Lionel Donovan Dve
Noosaville Q 4566
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