

CHALLENGERS' CHATTER

MAY 2016

NOOSA MASTERS SWIM MEET

NOOSA AQUATIC CENTRE, SATURDAY, 14 MAY, 2016

Bright blue skies and impeccable preparations made for a great start to our 16th annual swim carnival on Saturday, 14 May. Several Noosa swimmers, having completed either or both 800 & and 1500 metre postal swims, easing any additional pain on the carnival day.

A record 185 swimmers nominated, representing 25 Masters Swim Clubs throughout Queensland, twelve metropolitan Brisbane and thirteen from regional Queensland.

Great to see Clubs from Toowoomba, Hervey Bay, Maryborough, Gladstone and Rockhampton. Even our Carnival Referee, Rob Lucas, travelled down from Mackay.

The chance of winning some cash as well as a trophy, may have lured a few, with winners not being the fastest, but nearest to their nominated time!

Winners of these events:

The Noosa Bookshop \$100 for 100m freestyle : **Sally Johnson** (Noosa)

The Priceline 100, \$100 for 50m backstroke : **Caroline Saxby** (Uni. of Qld.)

The BOQ Noosaville/ Tewantin \$100 for 50m butterfly : **Anastasia Buchann** (Barbarian)

The Scooter Style 100, \$100 for 50m breaststroke : **Jim Barnes** (Noosa)

John Konrads Trophy, 200m all strokes: **Julia Dunstall** (Noosa)

4 x 50m Mixed Medley Relay (closest to National record) : **Miami, 240-279 yrs.**

The Real Winner, \$100 for 4 x 50m Mixed Freestyle Handicap Relay: won by **Noosa Team "Out and Proud"** - Jan Croft, Rob Jolly, Anne Gripper and Sally Johnson.

Noosa Heads SLSC for SMALL Clubs (4-9) Trophy + \$100 : **Yeronga Yabbies.**

Noosa Heads SLSC for LARGE Clubs (10+) Trophy + \$100 : **Miami**

The PAT MOONEY TROPHY. (highest aggregate points): **Noosa !!**



Good start, Rod !



Trophies & Medals



Adrian & Brian - the Brains Trust!



Robyn & Ian Mitchell -there to help



Helen, Mark & Tricia-enjoying the day

NOOSA CONT'D

Congratulations to all swimmers and volunteers, ALL of whom contributed to a great day. We also received many comments from visiting swimmers saying what a wonderful day they all had.

Helen Malar (Co- Captain)



Bob & Olga with their semi-automatics !



John & Bruce (Gold) - worthy winners!

NOOSA SWIMMER.	AGE GROUP	PLACE.
Rachael Symons.	25-29 yrs female	3
Julia Dunstall	35-39 yrs female	5
Clinton Stanley.	40-44 yrs male	2
Grindle Rudder.	40-44 yrs female	4
Kylie Mack.	45-49 yrs female	12
Anne Gripper.	50-54 yrs female	4
Linda Hogg.	50-54 yrs female	5
Studley. Martin.	50-54 yrs male	3
Adele Tucker.	55-59 yrs female	8
Jane Powell.	55-59 yrs female	13
Jim Barnes.	55-59 yrs male.	3
Quentin Lee.	55-59 yrs male.	7
Helen Malar.	60-64 yrs female.	4
Jacky Shields.	60-64 yrs female	9
Sue Ellis.	60-64 yrs female	14
Ian Tucker.	60-64 yrs male	2
Peter Fidler.	60-64 yrs male	7
Pieter Santifort.	60-64 yrs male	14
Irene Symons.	65-69 yrs female	2
Lynette Clemitsen.	65-69 yrs female	6
Robyn Selby.	65-69 yrs female	7
Sandy Warren.	65-69 yrs female	10
Rob Jolly.	65-69 yrs male	1
Bob Morse.	65-69 yrs male	1
Rod Alfredson	65-69. yrs male	6



Maree & Carola - Vital victualers !



Irene & Rachel - mother & daughter team!



Kay & Sandy - Indispensable Rafflers



Russel Krause (Announcer) & Mark Powell (Chief Marshall)

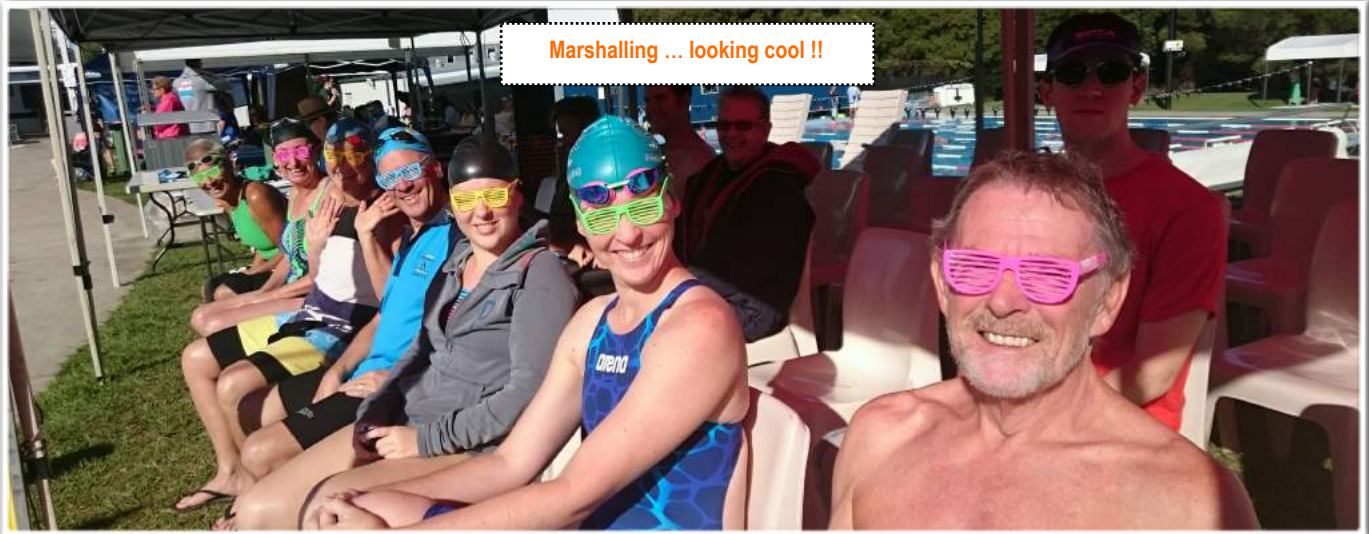


Anne, Rob, Sally & Jan ... Winning Freestyle H'cap Relay Team

NOOSA CONT'D

NOOSA SWIMMER.	AGE GROUP	PLACE.
Jan Croft.	70-74 yrs female	4
Lois Hill.	70-74 yrs female	6
Tricia Hughes.	70-74 yrs female	8
Wendy Ivanusec.	70-74.Yrs female	9
Anne Besser.	70-74 yrs female	11
Barry Lloyd.	70-74 yrs male	2
Tony Frost.	70-74 yrs male	5
Sally Johnson.	75-79 yrs female	5
John Havilah.	75-79 yrs male	1
Bruce Warren.	75-79 yrs male	1
Geoff Lander.	80-84 yrs male	3
Joe Gilbert	85-89 yrs male	1

EDITORS NOTE : The great day was a reflection of ALL the hard work and commitment of so many of our members. Probably too many to thank (sorry if we miss some). Mark Powell & his helpers for set up on Friday, Meet Director, Adrian Wilson, who toiled all day & into the night with a torch to produce the results, his able assistants Brian Hoepfer & Safron Tye, the marshalling team of Mark Besford, Jess Tye & Grant Scotcher, Carola Henderson & Maree Warr who kept the refreshments coming all day, Viv as chief timekeeper and her many timekeepers, raffle ticket sellers, Sandy Warren, Kay Frost & Kerry Blackwell, and as always, the Officials, without whom the carnival simply couldn't proceed..



Here is a photo of some of our National competitors on their return from Melbourne last month, some could barely stand under the weight of their medals ... some forgot to bring their medals ...never mind, hearty congratulations to ALL, we're just so proud of you !!

L-R: Linda Hogg, Helen Malar, Jan Croft, Stephanie Jones, Adele Tucker, Ian Tucker, Viv Merrill, Robyn Selby, Lois Hill





“PACIFIC ISLAND HOPPER”

It was all aboard the “Pacific Dawn” for a 7 day adventure for Clinton and Nick. Coach Pieter replaced his stop watch for passport to escort the lads on their very first cruise. They all had a great time with lots to see and do. We have been told “*What happens on the cruise stays on the cruise*”



The lads with the Captain



Clinton having fun with the crew



Boarding - Clinton, Nick, Pieter

DO YOU NEED A HOUSE-SITTER?

Rod & Karen Barton (UK) are well known to Noosa Masters and they are planning to visit us again mid-October for a month or so and would be delighted to look after your home if you are planning to be away at all during that time. They can be contacted on:

karenandrod@hotmail.com



**NEXT CLUB
BREAKFAST**

**Sunday 26 June
with Lane #0
providing the food**



**MEMBERS'
MEETING**

**9.30am Sun 19 June
in the Creche
at the NAC**

COACH'S TIPS



Some basic tips this time

Keep the elbow high.

Keep the length of stroke out the back. The back one third of the stroke is the acceleration of hands through to the thigh, thumb to thigh.

Keep the feet close together. Feet that split too much create drag.

Letting hands go across centreline under the body causes hips and legs to swing wide and therefore create drag.

Drills groove your stroke.

Drill/swim is a good combination..

Happy swimming. ... Cheers, Jan

BIGGEST MORNING TEA



Visitors from Boroughcotas, Geelong - L-R: Christine Barnett, Adrienne Bowd, Rachel Cairns

What a great success thanks to Noosa Club Members, family and friends for your support for this great cause. Also thanks to those who helped set up for the morning tea and those who donated a plate of food, it was greatly appreciated.

We raffled off 6 prizes:-

1. Quilt – Clinton Stanley
2. Artwork (Jane Powell) – Grant Scotcher
3. Bob Morse – Hamper
4. Monica – Hamper
5. Bottle of champers – Sue (Helen's sister)
6. \$20 NAC voucher – Quentin Lee



Maree Warr, Karen Martin, Geoff Landers

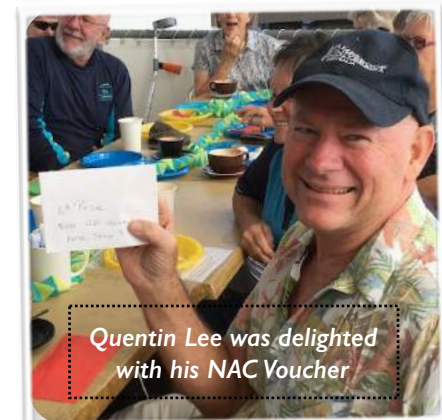


Grant Scotcher was excited to win Jane's artwork

Total proceeds from the raffle - \$965.00 - will go directly to The Cancer Council of Australia.

A very successful event - one we would like to repeat next year with the help and support of our wonderful Club.

... Adele Tucker



Quentin Lee was delighted with his NAC Voucher



Tony Frost, Sue Curtis, Kerry Blackwell



Adele ... still hard at work, selling raffle tickets!



Marcia collected for Helen's sister Sue

Ian is making cupcakes for today. The Ronson CanDo is over 40 years old. Ian's favourite gadget. ... Robin





FAREWELL TO ROSIE'S

A small but very appreciative group of some 30+ members and partners attended dinner at Rosie's Restaurant on Tuesday 3rd May.

Larry as usual cooked up a very nice menu in his French Provincial style

which satisfied the appetites of both carnivores and vegetarians alike and also those falling between the two.

I gave a short farewell address wishing Larry and Rosie all the best in the future and thanking them for the many wonderful meals and good times that our club as a group and its members individually have had over the years that they have operated their restaurant

Then I recounted a few of the humorous antics that had occurred over the years and why the restaurant is called Rosie's and not Larry's.

Rosie and Larry are still acting as guest chef and host on Friday and Saturday nights at the Doonan Cafe on the Edmund-Noosa Road.

Hope to see you there!

... Bob Morse



Larry, Rosie & Bob



Gillian, Wendy, Anne, Kenny, Dyanna, Jane & Helen



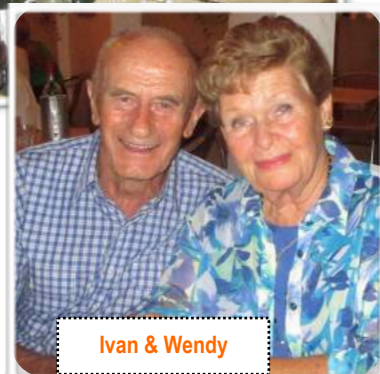
Kathleen, Brian H, Lois, Richard & Kerry



Robyn, Jeff, Ian, Jacky, Di & Dee



Linda, Peter, Tricia & Mark Powell



Ivan & Wendy



Bob, Bardie, Wendy, Sue, Barry & Jan

INAUGURAL LAKE EYRE SWIM MEET

Rain and even more rain over central Australia meant Lake Eyre was no longer a salt pan but a big (very very big) beautiful swimming pool. Thus the inaugural Lake Eyre Masters Swim Meet was born.

“Count me in”, said one intrepid Noosa Masters Swimmer, who then ventured forth on an epic journey to represent Noosa at the Lake Eyre Masters Swim Meet.

Two flights, one day-long 4WD trip and another flight found our swimmer ready to make waves.

However, there were a few hiccoughs before the Meet really got underway (possibly something to do with the sampling of copious quantities of local product during the journey - it's hot and thirst making out there):

I should have been more specific when I said I liked fly!



WOW look at that North Lake Eyre pool!



WHAT !!!!! the venue has been changed to the smaller Lake Eyre South “pool”.

WHY, well apparently the walk from the change rooms to the blocks involves crossing a salt crust hidden under which is a lovely ochre coloured mud with quick-sand qualities. Should I tell the other competitors about this? Hmm...anyway I'm off to Lake Eyre South.



Let the meet begin!



Personally, I think they have put too much salt in the pool.



It was with a complete lack of humility that I accepted the accolades of the crowd, after winning all the medals, being named swimmer of the meet and accepting the Trophy on behalf of Noosa.

After all that, I think I need to sample more of the local product !!

... Mary Lester

NOOSA ULTIMATE SPORTS FESTIVAL

Commitment = Saturday Crew before daybreak including Lois Hill's "Melbourne Mob" - special thanks to you, girls !!



USM Volunteering Report

A BIG THANK YOU TO ALL THE VOLUNTEERS who turned up to help on Saturday and Sunday. Many thanks to Robyn Selby and Bob Morse for their efforts to recruit and organise the troops on Saturday and then fronting for a repeat performance early Sunday morning.

The cool crisp sunrise did not deter our enthusiastic crew who turned up in more than adequate numbers to direct and encourage competitors and keep pedestrians from being trampled or run over by the runners and cyclists.

It would not be a volunteering exercise of any description without one or two minor hiccoughs and the obligatory sour

and cranky member of the public with a few confused tourists thrown into the mix.

Altogether however my impression was that day went smoothly and



Dawn - Main Beach

other than one of our members being witness to an unrelated medical emergency with a kayak-going member of the public the events ran smoothly.

Thanks again to the VOLLIES - it is a great help for fundraising for the club.

Management at (Ironman USM) has undergone some changes, so it is important that that we continue to support these important local sporting events to ensure their longevity in the sporting calendar.



... Regards, Mark Powell



Sandy & Gillian



Viv, Jacky, Bob & Lynette



The Melbourne mob

NOOSA ULTIMATE SPORTS FESTIVAL CONT'D



OCEAN SWIM RESULTS , Sat. 28 May

- 3.8 km : Grindle Rudder, 1:03.36, Jan Croft, 1:04.49, Dyanna Benny, 1:05.56, John Havilah, 1:19.00
- 2.0 km : Studley Martin, 34.00, Anne Gripper, 38.52, Viv Merrill, 44.09, Adele Tucker, 45.00, Anne Besser, 54.00.
- 1.0 km : Tony Frost, 18.41, Jana Clancy, 19.42, Lynette Clemitson, 21.17

Age Placegetters

3.8 km : FEMALE

65-69 yrs - Dyanna Benny 2nd,

70-79 yrs - Jan Croft, 1st.

3.8 km : MALE

70-79 yrs - John Havilah 2nd



DEE MOONEY - BRONZE AGAIN AT WORLDS !!



The Va'a World Sprint Championships held at Lake Kawana from 8th to 15th May 2016 proved to be a great week of amazing paddling.

Twenty seven countries took part, some only small island nations we may not have heard of before, but lots of participants were spectacularly dressed in national costumes for the Opening Ceremony. It made us Aussies feel quite dowdy....no grass skirts, penis gourds, feathers etc and no wonderful drumming, Hakas and Tahitian dancing.

Outrigger canoes are mostly from the South Seas area but we also had paddlers from Argentina, Italy, Great Britain, California, Canada & Germany.

We asked some Canadian women how they trained in Winter and they replied that they only got together as a crew when they arrived in Australia as half of their team were from the West Coast and the others from the East Coast. Rivers still flow during Winter in the West but the women who live in the East have to take to the Gym for their training. How lucky we are to have both the beautiful Noosa River and Laguna Bay to train in every day!

Our crusade for a medal started on Wednesday, 11th with our first heat of the 1000m with turns race. A sprint of 250m, a turn, another 250m sprint, another turn, another 250m sprint, another turn then race to the finish. We came second so progressed through to the semi

finals on Friday, 13th, missing the Repechage races on Thursday. We again came second in this race so won a place in the Final on Saturday 14th where we won a bronze medal being beaten by two Hawaiian teams.

The heats for the 500m straight race was after the Final on Saturday and we again won second in our heat so went straight through to the Final which was held on Sunday 15th. This time, we were beaten by a Hawaiian team and Australia (Mooloolaba). Again, we won a bronze medal.

Over the whole week, our times had placed us third fastest so we were consistent but just couldn't shave off any more time. It was very exciting to stand on the Dias and be presented with our bronze medals.

An exciting week with lots of paddling and camaraderie.

.... Dee Mooney



2016 MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
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						

GREETINGS FROM VICHY

Hello to our Noosa friends from Vichy in France. We had an easy trip back home and everything was fine with the house, and the weather was mild and sunny so Tom spent a few days getting everything back in order while I dealt with unpacking and 4 months of paperwork.

We were straight back to training in the outdoor pool and I was certainly fit after the good Noosa coaching.

Tom took it easy but felt pretty good too.

On 30th April our club went down to Clermont Ferrand/Chamalieres pool for the second round of the Auvergne Inter-clubs championships - we had missed the first round.



Sixteen of us had a very successful time and ended up leading club on points. There is a 'challenge' on 50/100 of each stroke, based on age and time, and Judy Wilson won the butterfly and free, and Marlene Robson won the backstroke challenge!!

Then we found out that Tom Robson had got a European record in 50 back 80-84 category, of 42.25!!

The third and final round is the Vichy meet on 4th June, when we will be welcoming the Tuckers here.

We were supposed to be at a carnival in Lyon last weekend, but the refurbishment of the pool was not finished, but as the hotel was booked, we went anyway with Judy, and had a lovely couple of days being tourists and enjoying some lovely food and drink!

Tom has had a series of checkups since we got back and so far seems to be recovering well.

... Best wishes from Marlene and Tom

ASCTA CONVENTION

During the week 4-11 May, Jan and Bob attended the ASCTA Convention at Sofitel in the Gold Coast.

The Management Committee saw fit to sponsor our coaches to attend two days each of their choice to catch up on the latest in coaching techniques, toys and technology.

ASCTA is the Australian Swimming Coaches and Teachers Association which has its head office at Beerwah on the Sunshine Coast Qld.

This Convention is so highly priced that representatives from the swimming fraternities of some European and Asian countries were in attendance.

After two days of very informative presentations both in lecture halls and poolside, both coaches were in information overload. Both Jan and I took extensive notes and attended lectures on subjects as diverse as Nutrition, Strategic Development for Competitive swimming, Quantifying Training Load and Testing and, of course, Technical development of each of the strokes. We attended pool side instruction by

such great Australian coaches as Barrie Prime, Michael Bohl, David Lush, Bud Mcallister, Raelene Ryan (Miami) and the legendary Doug Frost (Ian Thorpe's coach). We were treated to demonstrations by several of the current Olympic team both males and females as demonstrators of the various techniques and training routines.

The biggest single lesson learnt over the two days is the amount of routines done by each of our elite swimmers during their normal daily training regimes. Most of these routines are no different to what we do as Masters swimmers

with the exception that some are a little harder. The surprise was that they do so much of them. That is, in a 7km training program they would do 2-3 kms of routines and 1-2kms of kick and pull. We resolved to incorporate more routines into our training programs at Noosa. I am going to try to get hold of, or make, some of the "toys" being used to help increase stroke efficiency for us to use at Noosa and will be



preparing a lecture on "Nutrition for Masters Swimmers" for anyone interested, once I have the full presenters notes in the next few weeks. Suffice to say at this stage that as Masters swimmers we have to follow a few simple rules: eat only real food, increase protein intake, add digestible fats to your diet, reduce carbohydrates to what is necessary for energy, and train our bodies to burn fats for energy base load. See you poolside.

... Bob Morse



Fantastic Find !!!

Whilst transiting in Sydney for our flight to Adelaide we went and had a look at the Qantas Museum located in Sydney Airport ... very interesting!!

Whilst there we spotted the Qantas Quilt and also found that Deirdre (Hood) Mooney (5 down in RH column) was one of the Quantastic Quilters - 60 in total - who toiled from 1953-2002 on the quilt.

Strong background lighting made photos difficult!

... Mary Lester

Qantastic Quilters

Daphne (Cook) Ardilly - QLD	1958 - 1960	Janet McDonald - NSW	1962 - 1998
Jennifer Bainbridge, Gold Coast Quilters Guild - QLD		Beverly (Stalker) McIlwain - QLD	1970 - 1973
Rosemary (Howell) Barr - VIC	1965 - 1968	Leanne McConnell (Design)	
Jessie (Grant) Bartoss - NSW	1956 - 1959	Rosemary (Small) McKinnon - NSW	1958 - 1960
Nanette (Surtees) Bennett - NSW	1954 - 1955	Deirdre (Hood) Mooney - QLD	1972 - 1977
Renate (Lehmann) Chandler - WA	1962 - 1978	Catherine (Ross) Newman - VIC	1970 - 1976

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5448 0900</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<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>



ENDURANCE 1000 REPORT

MAY 2016



JUNE

Dee Mooney	14/6
Clinton Stanley	15/6 (Big 40)
Sally Johnson	22/6
Steph Jones	25/6
Paula Schultz	27/6
Sue Ellis	30/6 (Big 60)

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

Overview

Its beautiful weather and so a perfect time to do an endurance swim. The Endurance program currently has one formal session a week. Tuesday morning at 7.30am and a casual session on Saturday at 1.30pm if needed, which is organised by Lois Hill. If anyone can't fit into either of these time frames then they can contact Tricia Hughes, who will be able to organise a timekeeper to help out. Tricia's ph no is 0422 160 519 or email triciahughes1943@hotmail.com We have a terrific team of timekeepers who are very willing to assist at any time if they are asked.

There is currently a great opportunity for swimmers to challenge themselves, by undertaking as many endurance swims as they can due to two main benefits. Firstly with the cooler winter temperatures, its far more conducive to swim the longer distances and far more enjoyable. And secondly a lot more lanes are available at other timeframes due to the public staying away from the pool in the winter months.

There is also the individual benefit of achieving long distance goals for yourself and for the club.

Thanks

Owen Curtis has resigned from the Co Coordinating role for the Endurance program due to the large work load he has for other organisations. On behalf of all the endurance swimmers I would like to sincerely thank Owen for all his great efforts and the excellent job he has done for the program.

Swim Achievements for the month

Dyanna Benny who limped onto the pool deck each Tuesday with crutches and a broken hip, has managed to swim some fantastic times.

Joe Gilbert at 87 years is also putting in some great times.

Rob Lucas at Mackay, has already completed the entire Endurance program for the year.

Goal for the next three months

Ten thousand points in the next three months.

Coordinators tip for the month

Fatigue is largely a state of mind!!!

Quentin Lee

Acting Coordinator

Endurance 1000 program

Mob 0477 524576

quentinlee1957@gmail.com

Calendar



2016 Alice Springs Masters Games

8 Oct - 15 Oct

[more details](#)



2016 Pan Pacific Masters Games

5 Nov - 13 Nov

[more details](#)



2017 FINA World Masters Championships

1 Jan

[more details](#)



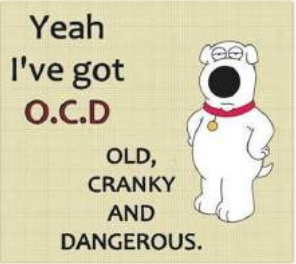
2017 World Out Games

26 May - 4 Jun

[more details](#)

SOCIAL EVENTS

Saturday, 4th June
BOLLYWOOD
at Bruce & Sandy Warrens



Challengers Chatter

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