

CHALLENGERS' CHATTER

MAY 2018

NOOSA MASTERS AT YERONGA PARK

Saturday, May 5th 2018

After a couple of weeks of cloudy, rainy days, Saturday, May 5th was a turnaround – lovely warm day, with not much wind. A perfect day for a bus trip for the contingent group of Noosa Masters travelling to Brisbane, courtesy of our 'own' driver Pieter in the Hinterland bus.

This meet was ideal for our 'Virgin swimmers', **Christine Cooper**, **LiQun Hussey**, **Cathy Cogill**, and **Annie Collins**, all new members of the club, to compete in their first meet. Unfortunately, both Cathy and Annie had to miss the carnival due to illness, but we look forward to seeing them swim in a carnival soon. The others, plus **Wear Armstrong**, who is also a new member and competing for Noosa for the first time (but an experienced racer!!), did themselves, and the club PROUD! Well done ladies, and also well done to Anne Besser, who competed in her first 25m Carnival ever, and also after a long layoff with illness.

The rest of the 19 swimmer team were Adele Tucker, Adrian Wilson, Anne Besser, Brian Hoeppe, Charlie Moore, Ian Tucker, Jacky Shields, Jim Barnes, Jo Matthews, Kerry Blackwell, Linda Hogg, Lois Hill, Mick Jones, Rob Jolly, Rod Alfredson, Wear Armstrong, Wendy Ivanusec with Elizabeth Alfredson and Gillian Bensted coming along to help as time-keepers and record-keepers. Thank you both very much – they both did a sterling job time-keeping ALL day, so that the swimmers could concentrate on Marshalling in time and SWIMMING and HAVING FUN!

It's the first time I have been to Yeronga, and it won't be the last – the pool complex is fantastic with 50m and 25m pools, (plus others for lessons and kids) a big, shaded area, and huge grassed areas among trees. For those who don't like chlorine, an added bonus is the

water – there is no residual chlorine smell on the skin! Wish there were more pools like that!

Highlights of the meet

- Kerry Blackwell did a whopping PB for her 100 Freestyle – well done!
- PB's for all our newbies!
- The '70+' twins, Rob J and Brian H, doing their normal tag team swims to win all but 1 of their events, and tie for the age group gold medal! Well planned!
- Wendy I. doing a sterling job as club marshal rounding up all the swimmers for the mixed freestyle relay teams. Organised chaos! But they all lined up for the right heats.
- One swimmer (who will remain nameless) who forgot what stroke he/she was swimming and did the wrong kick (briefly, before the brain kicked in!) luckily not noticed by the experts!
- Jacky nearly missing her race after the relays and having to do a quick sprint to get to the blocks on time.
- Annie Collins, although ill on the day, earned points for the club by coming 2nd in her postal swim, a great start to her new career as a swimmer!
- Wear doing magnificent start dives (see photo!)
- Adele, back from her O/S trip, with no swimming, won her 3 backstroke events – maybe a trip before Nationals next year? Or was it good tapering?
- Mick 'Move up a Lane' – 2 2nds, 2 3rds - is it time?
- Lots of yapping on the bus
- Lots of laughter
- Packing up in the dark – meet ran over time, and medley relays were cancelled. Who was relieved??

Statistics – to dazzle you with science -

Our 20 swimmers did so well, that, including the postal events, every swimmer placed in at least 1 event. There were 2 perfect scores (1st in each of the 5 events swum), and several who missed by 1 point: 94 individual swims, with 37 first placings, 22 seconds and 13 thirds:

Our Freestyle Relay teams recorded 2 thirds: Rob, Adele, Jacky and Adrian in the 240+ age group, and Rod, Christine, Kerry and Brian in the 280+ – well swum to all the 4 relay teams. All of our "virgin" swimmers featured in the Freestyle relays which we hope has given them a taste for more. Unfortunately the medley relays were cancelled. Here we had a gun team, including our new member Wear. Next time!

Eight of our swimmers received age group medals – Congratulations to Jo, Charlie and Lois (Gold) and to Adele, Adrian, Brian, Rob and Wear (Silver). Kerry Blackwell, in a highly competitive age group came 6th in a field of 14, and Mick, Linda, Jacky, Rod, Ian, Jim and Chris were placed in the middle (roughly) of their age groups.

In the big wrap-up, Noosa came second to Brisbane Southside for the Large Teams Aggregate Trophy, and third behind Miami and Brisbane Northside Large Teams Average Trophy. Congratulations to Miami, Southside and Northside! Well done to all our swimmers who did postals and swam their hearts out on the day to gain all those points, and had fun at the same time.

Thanks to Yeronga for a great meet and BBQ afterwards.

And thank you to our two time-keeping stalwarts Elizabeth Alfredson and Gilly Bensted.

Many thanks to Rob Jolly who was the Tent/Equipment guru for the meet, and arranged to have the tents ready at the Bi-Centennial bus pickup, and delivered back to the NAC.

Keep swimming for the next meet - Brisbane Southside Short Course Indoors at Chandler on Saturday June 23!



... Lois Hill, Captain QNA

PHOTOS FROM YERONGA



Pieter, Charley, Rob and Adrian



Team Noosa



LiQun



Charley checking the competition



Wendy Ivanusec and Wear Armstrong



Brian Hoeppe and Wear Armstrong



Lois Hill and Adele Tucker - marshalling



Jacky, Christine and Linda



Anne Besser, Wendy Ivanusec, Mick Jones

PHOTOS FROM YERONGA



Relay team - Anne, Mick, Lois, Charley



Congratulations Charley !!



Adrian looks pretty happy



Congratulations Adele !!



Relay team - Adrian, Adele, Rob, Jacky



Noosa team with their medals !!



Brian Hoeppe and Rob Jolly tied AGAIN !!



Relay team - Ian Tucker, Jim Barnes, LiQun Hussey, Linda Hogg



Relay team - Rod A, Kerry B, Brian H, Chris C

PHOTOS FROM YERONGA



Great start Wear !!



jacky directing erection of club tent



Chris Cooper - no longer a "virgin"



Relay teams preparing



LiQun Hussey



Gillian Bensted & Adele Tucker



Pieter Santifort - swimmer & bus driver extraordinaire !!

PHOTOS FROM YERONGA

Bus trip TO Yeronga



Bus trip home FROM Yeronga



NEXT QNA MEMBERS MEETING

The Committee wishes to advise all Members that our next Members' Meeting will be held at the NAC in the Crèche on Sunday 17th June 2018 at 9.30am.

Come along and find out what your Committee has been up to. As you can see it is not all serious business!

... Cheers, Linda



Your Management Committee at work



Travelling Australia with Gumtree (interesting link)

<https://blog.gumtree.com.au/travellers-australia/>

MARK MORGAN SWIMMING CLINIC

by Jo Matthews, President

On the weekend of the 12 & 13 May, Mark Morgan, a coach from Sydney with 54 years experience in swimming, conducted 4 coaching clinics.

On the Saturday he started his sessions with a talk. He told us that the object to becoming a fast swimmer was decreasing resistance and increasing propulsion.

The recovery of the stroke is about relaxation and getting the arms into the correct position for the path and the feel of the water. You need to feel the water on the palms of your hands and hold onto it for as long as possible.

Flexibility and strength are important in swimming as are drills for practising various components of the stroke. Flexibility in the spine, hips and ankles is particularly important for breaststrokers. He noted at this point, that it might be counterproductive to change a person's stroke if they have limited mobility, the important issue would be to pull backwards, maximising propulsion.

Mark told us the purpose of these sessions was information dumping and therefore there would be very little individualised coaching.

The swimming session on the Saturday then started with Backstroke for 1 hour, followed by Breaststroke for 1 hour. We had to swim 50m a number of times, slowly for the first 25m and then increasing the pace for the

hand entry, pull under the water, body position, breathing, kicking and timing.

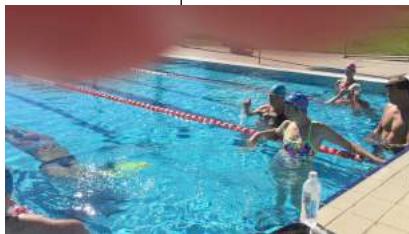
There was mixed feedback from the group, some swimmers really struggled with the fact that they were not coached individually,

others were annoyed that on the Saturday he spoke to swimmers on the side of the pool and ignored those in the water. On Sunday, Mark did give guidance to some swimmers and moved down the poolside watching the swimmers in the water.

For \$15 a session, I don't believe we should be too disappointed. Mark certainly gave us food for thought

and lots to practice, especially if you train on your own, or really like to be focused during the drill components of our Masters sessions.

The club paid for the talks and the shortfall where the numbers were below 15, so a big "thank you" to the Committee for agreeing to that expenditure. We hope that you were able to take away, at least one pointer from each session that you attended.



second 25m. Each time we pushed off from the wall we were given a particular principal of technique on which to concentrate.

Movement patterns were introduced and would need to be practiced many times outside of the sessions.

On the Sunday we were again given the talk and, for some, it was a repeat of the previous day, reinforcing the messages.

The Sunday strokes were Freestyle and Butterfly. In each of the four strokes we were given guidance on

Festival Fun : June

Break out the Brylcreem and Bobby-Sox and check out the [Downunder Beachfest](#), 6-10 June - one of the biggest events held in Caloundra each year, entries are open now for cars – Hot Rods, Motorcycles, Vintage caravans -.. anything cool pre-1983.

9 June

Australian National Busking Championships

Wind down on Sunday afternoons with live music at the Piano Bar at Noosa Convention Centre, Noosa Lakes Resort, Tewantin, noon to 5pm, just a short stroll from Noosa Marina and overlooking Noosa River and Lake Doonella.

AUSTRALIA'S
Biggest Morning Tea



"Last Thursday 24th May we held yet another Cancer Council Biggest Morning Tea. We would like to thank all involved the craft group for making another quilt, everyone who sold raffle tickets, also those who brought along a plate of food and helped set up would be possible without you.

The quilt was won by a friend of Lynette Clemitson Shireen and the wines by my Aunt from New Zealand Coral and Di McFarlane. In total we raised \$858.00. We would like to continue this event with the consent of the Committee next year. As a craft group have decided not to make another quilt, but will come up with something else significant that we can raffle off next year. Any ideas are welcome. Again many thanks everyone!

...Adele Tucker"

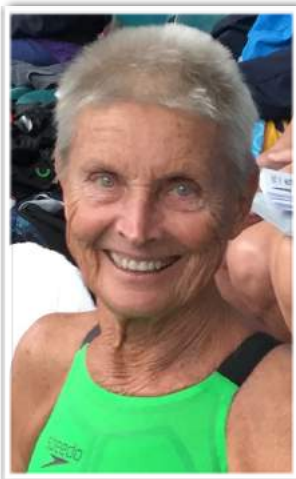


June

Dee Mooney	14/6
Clinton Stanley	15/6
Sally Johnson	22/6
Stephanie Jones	25/6

Yes, you've reached that age ... when every compliment is usually followed by "for your age"!

COACH'S TIPS



Second part of tips courtesy of our old friend Wayne Goldsmith ...

Breastroke

In breaststroke think tall and long, as you stretch and reach forward - reach long and kick strong. The faster you want to go the more relaxed you have to be. Speed is about relaxation.

Think "power on - power off". When hands and arms are under the water and pulling power is on, as the hands leave the water to recover power is off. The ability to turn the power off and relax during recovery is an important skill for all swimmers to develop.

How to finish a race - Head forward ... Hips high ... Full kick ... Full stroke.

Turns - Turns need to be tight, heels up close to buttocks, legs tucked up under the body allows the swimmer to adopt coiled spring position.

We are creatures of habit, what we do repeatedly and what becomes habit is what we do instinctively in times of fatigue and pressure, for example racing. If you practice doing things well in training doing things well will become habit under pressure and pain of racing.

Happy swimming ... Cheers, Jan



SOCIAL ACTIVITIES

Her swimming mates got Adele's 60th birthday celebrations off to a fine start!



Wendy Ivanusec missed watching the TV broadcast of the Royal Wedding in favour of a fundraiser for Koala Crusaders hosted by Melanie Brests ... much more fun!!



Dee Mooney and Robyn Selby in Japan

London
19 May 2018

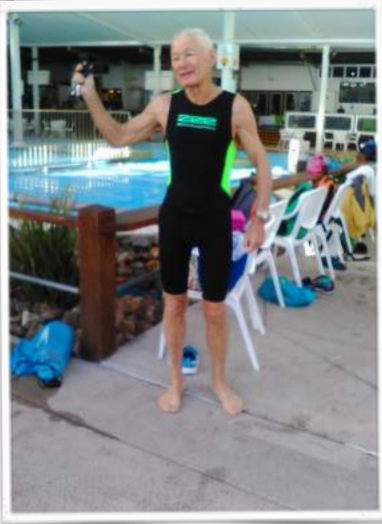
Prince Harry and Meghan

There was plenty of celebration going on all over the world on this big day.

I celebrated with Mum and Dad and a friend, Kiera.

We had an English tea of potato pie made with a crust and two love hearts placed on top and strawberries and cream for dessert, plus lots of champagne. Congratulations !

... Karen Martin



Mick Jones' new swim suit !



Jo, Ian, Robyn, Tricia, Rob, Adele & Mick also celebrated the Royal Wedding in style !!

Noosa Masters Swimming Club

2018 Island Charity Swim

Team Swimmers:

Ian Tucker, Brian Cairns, Greg Bott, Di Macfarlane, Studley Martin, Mark Powell & Adele Tucker

Team Paddlers:

Jane Powell & Adele Tucker

Skipper of support boat -

Bill Gissane

Cheer squad -

Joan Cairns, Julie Bott, Penny Rivlin

The weather on the day was close to perfect with a cool calm start from Mudjimba Surf Club at 7.00 am with only a small ripple for Jane to contend with while launching the kayak.

Heading around the island in 23 C water clear enough to see the bottom for most of the way out around the back of Mudjimba (Old Woman) Jane and I passed a few swimmers before we reached the open water to head south to Mooloolaba.

"Rendezvous" did not live up to her name and in spite of swimmer and paddler waving madly and sending 3 rubber duckies in search of her it was not until I had been swimming for 1 hr 20 min (and was nearly half way to Mooloolaba) that Bill brought the yacht alongside for the first swimmer change.

Note to self : use Marine radio to improve ship to swimmer communications.

As we passed Alexandra Headland the westerly wind freshened as predicted pushing our flotilla to seaward making navigation difficult particularly as we approached the Mooloolah River mouth when the contrary currents and wind conspired to lengthen the swim.

5 of us swam the last km together to the beach then I returned 100 metres or so to join Ian and Adele for their final approach as the birthday girl, Adele, was determined to both paddle and swim to the finish line.

Special thanks to Jane's friend Penny Rivlin and Julie Bott and Joan Cairns for helping with car and gear shuffles.

As usual a sumptuous brunch was prepared by the P & F of both schools for all the swimmers and supporters.

Jane and I attended the after party at Mudjimba Surf Club on the Saturday evening and picked up a bag of memorabilia to share - t shirts and caps and coffee cups.

Using the "Justgiving" website we were able to raise \$3570 for the Nambour and Currumundi Special Schools.

Brian Cairns did an exceptional job raising half that amount or more.

Thanks again for all the club support .This is a great event to be involved in and provides a wonderful mix of fun, ocean swimming and community spirited fundraising.

... Cheers, Mark Powell

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IRONMAN "SWIM NOOSA"

Sunday, May 27

Thank you everyone who stepped up and volunteered on Sunday. There was a struggle at first to get the numbers needed for gear tent, check in, numbering and marshalling on beach and Little Cove, but as always good old Masters swimmers rallied and we filled all spots.

There was some rather difficult conditions besides the usual 5.30am start. The weather was not kind and the gear tent was not under cover so when the rains came there was much discomfort for all.

Ironman did provide some dubious plastic ponchos for only some standing in the rain ☔ however those wearing them looked a tad dodgy.

Thank you once again for your efforts. You will be informed of the money raised when received.

... Robyn Selby

Quite a few of our members participated in the various swims ... congratulations to all. Studley even managed to combine volunteering in the Registration tent with participating in the 1km swim. Well done you !!

3.8 km

80+ yrs M John Havilah 1st

2.0 km

70/79 yrs F Jan Croft 1st

70/79 yrs F Bardie Gruber 2nd

70/79 yrs M Brian Cairns 1st

60/64 yrs F Stephanie Jones 1st

1.0 km

70/79 yrs M Tony Frost 2nd

30/39 yrs F Jana Clancy 20th

50/59 yrs M Studley Martin 4th



Dee & Owen - body artists!



Winners are grinners !!



Clowning around!



Maree & Studley - Rego's !!



Wendy Morse & Ross - scribes !



Left: Chris, Tricia, Wendy & Mick enjoyed a well-earned beer at the Surf Club but went home hungry!



View from the Surf Club

Vale - Joe Gilbert

I met Joe in 2010, initially from cutting his hair. I joined Noosa Masters in 2011 and got to know him as a friend too. A tremendous inspiration to me through his past achievements and that he was still swimming in his 80's. With frequent visits to him in the last 6 months, in Oz Care and in hospital, I found him to be cheery right to the end. God Bless you, Joe. Miss you.

...Karen Martin

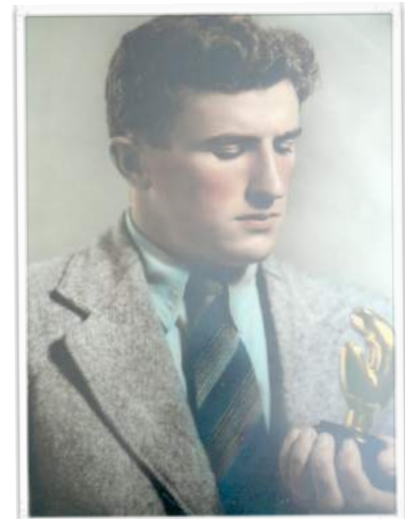


Joe's wife Joy has advised that a Memorial service will be held at 11am in the Tewantin Church of England on Saturday, 9th June. Members are encouraged to attend. You may choose to wear club shirt or jacket.



This is the ditty Joe wrote for us to sing (on the bus, having a drink?)
THE NOOSA TEAM.

THE NOOSA TEAM IS HAPPY THE NOOSA TEAM IS FREE,
THE NOOSA TEAM IS MERRY WI-IEN THEY ARE ON A SPREE,
THEY NEVER NEVER EVER QUARREL, THEY NEVER EVER DISAGREE,
THE PASSWORD OF THE NOOSA TEAM IS "COME AND HAVE A DRINK WITH ME".
THE NOOSA TEAM IS HAPPY BECAUSE THEY ARE SO FIT
THE NOOSA TEAM IS MERRY WHEN THEY ARE ON A TRIP
THEY NEVER NEVER EVER QUAREL, THEY NEVER EVER DISAGREE
THE PASSWORD OF THE NOOSA
TEAM IS "COME & HAVE A DRINK



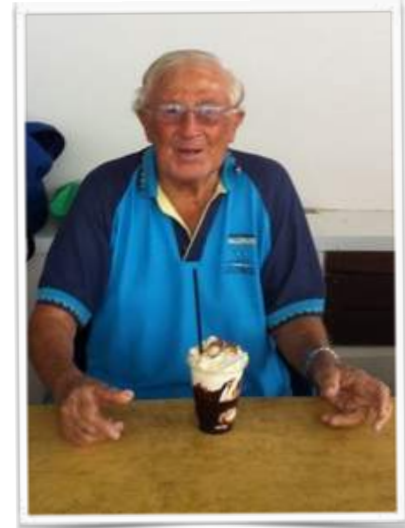
Joe (19) - Golden Glove Trophy for boxing



Hon Life Member Bob McCausland wrote ...
I do not know a great deal about Joe's life, except some of his Aerobic Records, and even some years of that are missing but I'm saying what I do know in the hope that it may be of some assistance to you.

This information is taken from the National Aerobic Trophy booklets. The first Aerobic swims that I can find for Joe are in 1997 at age 68 when he came 12th with 130 points. Then in 2004 at age 75 came 3rd with 321 points, and in 2006 at age 77 4th with 291 points.

Don't forget these placings are from all over Australia, which is a pretty good effort. My hard copy results stop at 2006, after which I think they went on line so his results from 2006 until he stopped in 2016-17 could well exceed those of his earlier years, but I doubt it. Also Joe's advice on important club issues in many cases would have been acted upon.





2018 Bryon Bay Ocean Classic Swim

This year was the 31st anniversary of the 2.2 km classic and mini swim, In the past this race has attracted up to 2000 competitors from all corners of Australia .

Sometimes conditions can be harsh and sometimes a challenge, but this year I thought conditions were perfect and the course was very well marked and very easy to negotiate.

Only three swimmers from Noosa Masters ventured down to Bryon this year plus numerous Noosa Surf Club friends.

We all were successful placing in our age groups.

John Havilah	80/85	55.3	1 st
Jan Croft	75/80	44.35	1 st
Bardie Gruber	70/75	48.10	2 nd

The swim is always a challenge and a great little escape weekend away!

... Cheers, Jan Croft



DON'T MISS OUT. Register now

Visit www.alicespringsmastersgames.com.au or The Friendly Games team on 1800 658 951, for more details.

December 2018 - Noosa Masters is holding a **Karlyn Pipes Swim Clinic** the first week in December (date TBA).

This clinic has been endorsed by our coach, Jan Croft. Expressions of interest are invited ... advise Jan or Lois Hill meanwhile, take a peek at Karlyn's backstroke here: <https://twitter.com/goswim/status/838771251225190400?>

[t=1&cn=ZmxleGlibGVfcmVjc18y&refsrc=email&iid=2dcd3e4e88044d76a779237ee8579214&uid=409223535&nid=244+272699392](https://twitter.com/goswim/status/838771251225190400?) can boast.

CARNIVAL CORNER 2018 JUNE 2018

Diary dates of approaching carnivals for Noosa Club: More information when it is available.

23 June - QSM Brisbane

Southside Short Course

Warm up: 9:30am Start: 10.00am

Entries close Tuesday 12th June for relay selection. Please enter and pay online. Relay Entries close 15th June Link for information; <http://mastersswimmingqld.org.au/Competition/brisbane-southside-sc-meet>

1-31 July - QTW Toowoomba

Tadpoles Postal 1500m Swim in 25m or 50m pool.

See [Toowoomba Tadpoles](#)

21 y - QGA Genesis Aquatic

Short Course at Genesis Christian College Pool, 14 Youngs Crossing Road, Bray Park QLD 4500

25 August - QBN Brisbane

Northside - Short Course at Valley Pool

15 September - NOOOOOSA

Long Course ...**be ready!!**

29 September - QAL

Aqualicious Long Course, Centenary Pool, Spring Hill

6 October: QMB

Maryborough Short Course

27 October - QSC Sunshine

Coast Long Course at Kawana Waters Aquatic

7-10 November Pan Pacific Masters Games Long Course and Open Water (11 Nov)

Book your accommodation now – Meriton Southport suggested: Entries open

Reserve these 2019 dates

19-23 March 2019 MSA

Nationals in Adelaide Long Course - South Australia Aquatic and Leisure Centre . 443 Morphett Rd, Oaklands Park SA 5046 near Marion

11-13 April 2019 MSQ State Long Course Titles -

Chandler Pool, Brisbane (accommodation suggestions Chandler Lodge Cabins, Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

... Lois Hill, QNA Captain

NOOSA CHALLENGER CHALLENGING THE CHANNEL

After swimming in the Noosa relay team at the Commonwealth Games swim trials Masters Demonstration relay, Sam Penny is taking time out from the pool, fattening himself up, swimming in the freezing waters of Melbourne, and anywhere else for that matterBECAUSE ...

"He is attempting to be the fastest Cheesemonger to swim the English Channel when he attempts his crossing in 2019.

At this stage, we are still unsure if any Cheesemongers have completed this task.

Luckily a ready access to French cheese will help insulate him from the cold water."

This was his BIO for the Games trials. Since then things have changed and Sam is now doing the Channel Swim in August THIS YEAR!

So ... not much time for him to prepare, especially as he went to Melbourne (silly man!) to do some distance cold water swimming with a Channel Swim group. That he got in spades, plus a bad case of flu to boot!

Here's his blog where you can follow Sam's training ups and downs

<https://www.raceboss.net/swimming-the-channel/exciting-news-were-swimming-august-2018>



Sam with Michael Klimm

SAM, WE WISH YOU ALL THE BEST ...DON'T GO SOUTH AGAIN!

... Lois Hill



BOUQUETS

Happy birthday to Jenny Nock, a big 50th birthday to Kylie Mack and the big 60 for Adele Tucker ... great birthday sing-along, and to Karen Martin for 23/6, Jim Barnes for the 27/6 and 31/5 (today) for our very own Grant Scotcher ...have

a great one Grant!

Congratulations & Thanks It was lovely to celebrate Olga's 86th birthday; thank you Grant for organising the card and the cakes and Lynette for providing some extra GF muffins for the occasion!

Congratulations to towel and cap winner, Adrian Wilson on 5/5 for some amazing dives! Congratulations to Studley Martin who received his 2 million metres certificate and to Greg Bott who won the cap and the pen for his great swims at the Nationals in Perth. Congratulations to Jane Powell who won the pen and the cap, for swimming an 800m Freestyle, 38 seconds faster than her previous PB. Wow, well done, I wonder who your pacer was? Congratulations to the Round the Island Team, well done !! Congratulations to Ross, who won the cap and the pen on 17/5 for his amazing 50 m Freestyle swim - 30.76 - at the Perth Nationals. Congratulations to Ian Mitchell for winning the cap and the pen on 20/5, for his great work at Endurance, both as a swimmer and timer. Thank you Ian, Congratulations to Irene Symons who received her Endurance 1000 top points trophy on Saturday and to John Havilah who received his 15 year badge on Sunday. (pics later). Congratulations to Jackie Shields who is now a Grandmother for the first time, to a little boy.

Reminder: Brisbane Southside 23/6, please enter online and let Lois know that you are attending and whether you wish to travel on the bus, which will leave at 7.00 am, from Bicentennial Hall, any further questions please see Lois.

Social reminder 4 June is the next social, Lunch at the Boathouse please pay your \$30 into the Noosa Account, (your name and social in the reference box) that will entitle you to 2 courses and a drink. If you would like to have 3 courses, you can pay on the day for the extra course and any extra drinks. Please see email from Helen/Robyn about the event.

Thank you Thank you to Viv, Bob and Greg for coaching on 8/5. Greg was assisting getting his hours up, just like Ian did and Viv was there because she forgot she had swapped with Bob. Thank you to Bob for Coaching and Greg for assisting on 20/5. Greg has now completed his hours of training, so he will be included in the coaching cycle. A new rota will come out shortly. Thank you everyone for the amazing volunteer turn out on 27/5 in wet and chilly conditions and well done Robyn Selby for organising it all.

Di McFarlane would like to know if anyone or anyone you know has a small green house up for sale?

Welcome back Roger and Maree. Also Tricia from the UK and Stephanie and Helen from the Perth Nationals & Rob & Ceri Weeks (every and anywhere - shortly Mauritius for a few "Weeks"!!)

The first pen and the cap this week (31/5) goes to Irene Symons, who tirelessly competes most Saturdays on the Endurance programme, she is unable to attend squad due to running her own business and the second to Wendy I, who forgot it was the biggest morning tea last week and instead of training last Thursday, went home and baked two beautiful cakes and brought them back for the tea. Awesome effort, Wendy!

STATE LC CHAMPIONSHIPS

MULTI CLASS SWIMMERS INCLUDED

11—13 April 2019

Day 1: Thursday 11 April

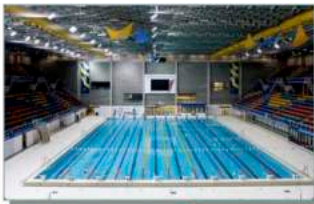
1. 800m Freestyle
2. 200m Butterfly
3. 100m Breaststroke
4. 50m Butterfly
5. 200m Backstroke

Day 2: Friday 12 April

6. 400m Freestyle
7. 100m Butterfly
8. 50m Breaststroke
9. 200m Freestyle
10. 200m Individual Medley
11. 50m Backstroke
12. 4 x 50m Women's Medley Relay
13. 4 x 50m Men's Medley Relay

Day 3: Saturday 13 April

14. 400m Individual Medley
15. 50m Freestyle
16. 100m Backstroke
17. 200m Breaststroke
18. 100m Freestyle
19. 4 x 50m Mixed Medley Relay
20. 4 x 50m Mixed Freestyle Relay
21. 4 x 50m Women's Freestyle Relay
22. 4 x 50m Men's Freestyle Relay



Email: administrator@mastersswimmingqld.org.au
Phone: 0416 955 011
www.mastersswimmingqld.org.au



Hosted by

Brisbane Southside
Masters Swimming

Venue:
Brisbane Aquatic
Centre, Chandler
Brisbane



NOTE:

400m & 800m Freestyle.
These events are Form stroke
events. Notify the Recorder &
Referee of your choice of stroke if
you don't swim the Freestyle.

Maximum number of
Individual events is 9.

Nomination Fee

Individual Fee: \$70
Relay Fee per Team: \$20

Who thinks this stuff up?

- Venison for dinner again? Oh deer!
- How does Moses make tea? Hebrews it.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist
- They told me I had type A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and

Who thinks this stuff up?

- This girl said she recognised me from the vegetarian club, but I'd never met herbivore.
- When chemists die, they barium.
- I'm reading a book about antigravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words. • Why were the Indians here first? They had reservations.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- Broken pencils are pointless.
- I got a job at a bakery because I kneaded dough.
- Velcro: what a rip off!

ALICE SPRINGS Masters Games
13 - 20 October 2018
The Friendly Games

Swimming

DATES 13 - 17 October 2018
MINIMUM AGE 30
COST MSA Member - \$50 per person
Non MSA Member - \$60 per person
Plus \$70 Games Levy

COMPETITIONS
Freestyle 50m, 100m, 200m, 400m, 800m
Breaststroke 50m, 100m, 200m, 400m
Butterfly 50m, 100m, 200m, 400m
Backstroke 50m, 100m, 200m, 400m
Individual Medley 200m, 400m
4 x 50m Mixed Medley Relay
4 x 50m Men's Medley Relay
4 x 50m Women's Medley Relay
4 x 50 Mixed Freestyle Relay
4 x 50m Men's Freestyle Relay
4 x 50m Women's Freestyle Relay

AGE CATEGORIES
25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85 - 89, 90+
Relay age categories
120 - 159, 160 - 199, 200 - 239, 240 - 279, 280 - 319

CONTACT
Sarah Cullenane
0418 897 612
swimming@alicespringmastersgames.com.au

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FURTHER ENQUIRIES
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TOURISM AUSTRALIA
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ENDURANCE 1000 REPORT

MAY 2018



Our points are tracking along very well. Well done swimmers! However it is not possible throughout the year to assess our Club's performance in relation to other clubs as we do not know the Endurance program tally for any other club until the end of the year.

We will have an excellent opportunity to improve our tally at the next twilight endurance swim scheduled for 8 June 2018.

Adele Tucker is organising the session.



Twilight swim
Friday 8th June
commencing 4pm.

At the end of June, it is proposed to issue an individual points table to all members. This should allow members to see what points they have accrued to date with the aim of encouraging members to continue participating and improve the Club's overall points tally.

To date our Tuesday morning sessions have been well attended. I know it is coming into Winter but the pool remains at a barmy 27 degrees . Just right for an Endurance swim.

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716

rod.alfredson@bigpond.com



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/>

Endurance Report from the Club recorder

Endurance 1000 swimmers, we are doing well. A big thank you to our newer swimmers who are attempting Endurance for the first time.

If anybody has any questions about the programme or their folders, please come and speak to me. I have all the information you need, because I am the person who is responsible for the folders, so I can inform you of requirements, rules, regulations, plus points earned by each swimmer.

Please note my email address is: triciahughes1943@hotmail.com

Top:

Endurance swimmers with the 2017 MSQ State & MSA National Trophies - that's 5 in a row !!

Bottom:

Even more of our Endurance swimmers



Princess Lea (aka Wear Armstrong) was feeling the cold on Tuesday 29 May when she turned up for Endurance - now, that's dedication !!

Please support our sponsors

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