

# CHALLENGERS' CHATTER

MAY 2022



## HEARTY CONGRATULATIONS TO ALL OUR BRAVE COMPETITORS...

Rod Alfredson	Terry Carter	Linda Hogg	Jo Matthews
Liz Alfredson	Chris Cooper	LiQun Hussey	Robyn Selby
Anne Besser	Lois Hill	Helen Malar	Dianne Scott-Davies
Greg Bott	Brian Hoeppe	Trevor Mathews	Adrian Wilson
Julie Bott			Jennifer Watson

### As it happened ... from Helen Malar, poolside

#### Day 1 : Friday, 20 May 2022

Wow, what a start to Team Noosa at the State Titles in Cairns:  
**24 Individual medals & 6 Relay Medals.**

**Gold** to Terry Carter, Liqun Hussey, Helen Malar and Jo Mathews.

**Silver** to Adrian Wilson-2, Terry Carter, Helen Malar, Brian Hoeppe-3, Rod Alfredson, Jennifer Watson-3, Greg Bott, Trev Mathews, Lois Hill and Jo Mathews.

**Bronze** to Diane Scott-Davies, Jennifer Watson, Jacky Shields, Chris Cooper and Terry Carter.

#### Relay Teams - 4 Silver & 2 Bronze

Great competition in the Mixed 4 x 25m Medley Relay with Noosa Team B (Terry, Helen, Greg & Trev) beating Noosa Team A (Jacky, Brian, Jo and Adrian) by ONLY .15sec. Trev did a great free swim holding off a very fast finish by Adrian who, just previously, had swum a 32.42 for his 50m free.

Almost all Noosa swimmers achieved Medals on Day 1. A great result for Team Noosa!

#### Day 2 : Saturday, 21 May 2022

Firstly, apologies to Brian & Diane for incorrect placings yesterday due to not excluding swimmers from outside Queensland.

2 of Brian's Silver were actually **Gold** and Diane achieved an extra **Bronze**. This brought our Medal totals to **6 Gold, 17 Silver and 8 Bronze**.

Today Team Noosa achieved **8 Gold (all individual), 13 Silver (2 in relays) and 15 Bronze (2 in relay)**.

**Gold** to Brian-2, Helen, Greg, Terry, Adrian, Jo and Jenni.

**Silver** Medals to Jo-3, Lois-3, Terry, Trev, Liqun, Chris & Jennifer.

**Bronze** Medals to Diane-2, Greg-2, Jacky-3, Jennifer, Terry-2, Helen, Rod & Anne.

Relays have been a highlight & enjoyed by all swimmers especially being 4x25m splash & dash!

Mixed 4x25m Free (280) Relay-Diane, Adrian, Jennifer and Trev-Silver.

Womens 4x25m Medley (280) Relay-Anne, Chris, Robyn & Lois-Silver.

Mens 4x25m Medley (280) Relay-Brian, Rod, Adrian and Trev-Bronze Medal.

Women's 4x25m Medley (240) Relay-Jacky, Terry, Liqun and Linda swimming the final free leg in 15.81s (and she thought she was a long distance swimmer? Awesome sprint Linda!)

Great fun had by all today!

Note from Brian-he would have had another Gold Medal but was DQ'd in 100m Fly for something odd about his stroke coming into the wall!!!! Still not sure exactly what ... back to the rule book!

#### Day 3 : Sunday 22 May 2022

Final day of swimming for Team Noosa was **10 Gold, 10 Silver and 9 Bronze**.

**Gold** to Adrian, Jo-2, Greg, Terry-2, Brian-3 & Helen.

**Silver** to Chris, Liqun, Lois, Diane, Jo, Greg, Adrian & Jacky.

**Bronze** to Trev, Lois, Robyn, Chris-2, Rod, Greg, Liqun & Anne B.

**Silver** in final relays of the meet in Men's 4x100m Medley Relay (Trev, Brian, Greg & Adrian) and Women's 4x100m Medley Relay (Liqun, Helen, Jo & Diane). Mammoth effort from all swimmers, especially the butterfly legs by Jo and Greg ... maybe they should have the 4x100m relays at the start of the meet and not at the end of 3 days swimming!!!

#### Highlights from swimmers ...

Brian Hoeppe - Everyone agreed it was a great meet. Fabulous pool, Tobruk facility is excellent, the meet ran so well and the atmosphere was relaxed and convivial. I thought our team of seventeen plus our valued supporters came together well throughout the three days. Full marks particularly to Helen and Greg for your leadership and organisation, and Julie and Robyn as well for social initiatives.

In swimming, my highlight was probably the 400 Breast, where I copied Helen's 'slower and stronger' approach and swam the most enjoyable 400 ever, even if not quite the fastest. The most fun was in the relays - light-hearted camaraderie even when we 'boys' were thrashed by Redlands in the final event of the meet! The chastening low point was being DQ'd in the 100 FLY, which I would have won! And the most heartening outcome of the meet was that every Noosa swimmer won a medal!

VISIT OUR WEBSITE



## STATE TITLES cont'd

### Highlights from swimmers ...

#### Brian Hoegger (cont'd)

My haul of medals is quite embarrassing. With the competition so thin on the ground, I'm formulating a new mathematical hypothesis proposing a causal correlation between *increasing age* and *decreasing difficulty in winning medals*. I've calculated that, when I'm 102, I won't even have to turn up to be awarded gold!

**Terry Carter** - I guess my highlight (buzz) was getting a Bronze Medal in the 25 Butterfly, never had a medal in that event before. My final medal count was:

**Individual : 4 Gold, 2 Silver, 3 Bronze**

**Relays : 2 Silver, 1 Bronze.**

**Anne Besser** - I had an awesome day!

I nabbed 3 PB's:

400 Free by 5 secs and a Bronze

400 Back (by 1.5 mins!) and a Bronze

200 Back by 5 secs.

What a great way to finish the Meet with my favourite event anyway!!!!

*Note: Anne also won a Zoggs towel for singing Neil Diamond's Sweet Caroline!*

**Adrian Wilson** - No specific highlights but was a really enjoyable swim meet and good time with all of our team, including at the pool and at a couple of meals together.

*Note: We all loved to watch your spectacular dives Adrian (photo included below).*

**Jo Matthews**-50 Fly I got the Queensland record that has stood since 2009 plus it was a PB and I improved my 200 IM time from Nationals.

**Helen Malar** - 25m Free in 16.60s. Close to my Nationals time of 16.22, so I was very happy with that especially as I had only swum 400m since Nationals due to having Covid. Loved watching all our team achieving medals, PB's and competing against each other when in the same heats. Also honoured to collect the National Endurance Trophy for 2021.

**Trev Mathews** - I swam 3 PBs in 25, 50 and 100 Free. Getting faster at sprinting. Loved all the relays, particularly the Men's 4x100m Medley Relay (the last event of the meet) where I swam 100m Backstroke for the very first time.

**Christine Cooper** - won 2 Silver and 3 Bronze Medals at this, her very first BIG swim meet. Well done Christine! We all reckon she should be elevated to Lane 1 but she insists she wants to stay in Lane O. Let's see what coach Jan says.

Huge thank you to Liz Alfredson who worked tirelessly over all 3 days in her role as an Official as well as Julie Bott who swam many races in between her MSQ duties. Thank you also to everyone who helped to time-keep in our allotted Lane 2 which included our swimmers & supporters Kathleen Gordon, Fran Wilson, John Hussey and Michael Besser.

Thank you to John Hussey for all the great photographs. It was so lovely to catch up with John and Liqun who we have all missed. Linda, Jacky, Trevor and Helen travelled down to see Liqun and John on Monday at their new home in Garner's Beach which is about 2 hours south of Cairns. They have a beautiful home just steps from the beach and surrounded by rainforest.

See you all back in the pool for Fitness, Fun, Friendship

... and coffee

## STATES : Memories





STATES : Memories





DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>JUNE</b>							
11	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/22	Yes	Bundaberg Swim Academy
18	LC	Brisbane Southside Masters Meet	QSM	South	Q10/22	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
1-31	Postal	Toowoomba Tadpoles 800m	QTW	South	Q11/22	n/a	Any 25m pool
<b>AUGUST</b>							
13-14	LC	Belgravia Special Long Course Meet	QCD	Sunshine	Q12/22	Yes	Burpengary Regional Aquatic Centre
27	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q13/22	Yes	Valley Pool, Fortitude Valley
27	SC	Long Tan Legends Super SC Sprint	QLT	North	Q14/22	Yes	Long Tan Memorial Pool, Townsville
<b>SEPTEMBER</b>							
10	LC	Aqualicious Masters Meet	QAL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre (3, 24 <sup>th</sup> also)
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
<b>OCTOBER</b>							
1-8		Alice Springs Masters Games					Alice Springs Aquatic & Leisure Centre
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre (22-10, 22-11)
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
6	OWS	Sinkers OWS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan (13, 20)
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
28	OWS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
<b>DECEMBER</b>							

**Legend:**

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia Meets *

\* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.

**A few snapshots of some of our National medalists ...**

**Congratulations all !**

L-R: Helen Malar, Trevor Mathews, Linda Hogg, Jo Matthews, Rob Jolly, Anne Besser, Jacky Shields

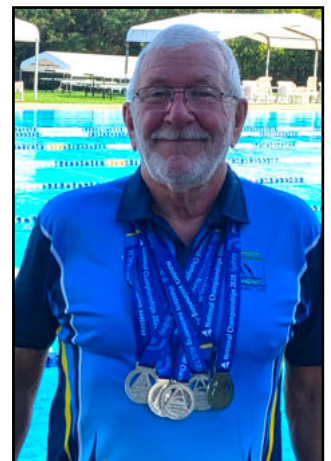


Jo Matthews

Jacky Shields

Anne Besser

Rob Jolly



# Karen Martin 50/50 ... not what you might think!



Karen Martin loves to make life's milestones matter ... this month she swam 50 laps to 'celebrate' the last day of her 50th year !!

For this heroic effort her stalwart recorder was Sally Johnson who stepped up when our old mate and Endurance enthusiast, Bob McCausland, was unable to make it to the pool for this special 'event'.

... Ed



## CARTE POSTALE

### CORRESPONDANCE

Hello everyone - looking forward to the next Chatter.

In the meantime, have been thinking of our friends in Noosa because of a TV programme.

I think you have The Chase over there. We are fans and especially the offshoot Beat the Chasers.

And last week there was a guest Chaser from Australia-called Issa Schultz!! We both recognised him so I looked him up and of course he is from Tewantin.

Over here we are good, summer has arrived and everyone is beginning to get out and about and catch up with friends. Restaurants are busy and lots of sport going on. We are swimming outdoors again - no longer competing, but keeping fit.

Depending on all the other things going on, we plan to come to Australia in November, to see friends and especially the family in Sydney and hopefully get up to Noosa at some point.

... All the best to you all !!  
Marlene and Tom xx

### ADRESSE

M Noosa Masters Swimming

Noosa Aquatic Centre

Noosa, Queensland

AUSTRALIA

### Electric vehicles and how they can work for you

Wondering about sustainable transport and electric vehicles and how they might work for you? Wonder no more! Join Vivien Griffin to hear about the benefits of electric vehicles and how usage can help our community and shire reach net zero emissions by 2026, more information [here...](https://www.noosaevexpo.com.au)

Check out the Noosa Electric Vehicle Expo on Sunday the 19th June to learn even more about sustainable transport and reducing emissions across the shire, more information

<https://www.noosaevexpo.com.au>

### Later in Life ...

Scientists say the universe is made up of protons, neutrons and electrons ... They forgot to mention morons!

Life is too short to waste time matching socks.

Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.

Love is how excited your dog gets when you come home..

My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."

My wife says I only have 2 faults - I don't listen and something else

I've reached the age where my train of thought often leaves the station without me.

I told my wife she should embrace her mistakes - so she hugged me.



## My Name ... it just wasn't there!!

There was excitement about, the list had come out –  
    *The World's Top Ten Swimmers* from FINA.  
When I'd concluded that I was included,  
    I wondered how that came about.  
The answer, of course, was COVID 19.  
    It made worldwide swim meets quite rare.  
But we had ploughed through and clocked up a few,  
    so our times were better than elsewhere.

Now, although I'm not a fast swimmer,  
    I've got a few mates who are quick.  
They offered me a place to swim in their race,  
    so I gave their invitation a tick.  
Now I'm not deluded although I'm included,  
    'cause I know there is no way  
I could be the best, up there with the rest,  
    unless I was in that relay.

I wanted to show all the folk that I know,  
    the item from *Noosa Today*,  
That tells of the story behind our great glory  
    and how we had done quite OK.  
It included the list of our swimmers  
    who made the *Top 10* in '21.  
So celebrating this achievement  
    was going to be lots of fun.

But now I could cry. You want to know why?  
    My name – it just wasn't there!  
So instead of sharing the limelight,  
    I was left in utter despair.  
I wanted to scold the author  
    'though I knew it was just a mistake.  
But to have my triumph taken away...  
    well... it was just so hard to take.

So I guess I won't share the story  
    that tells of the *Top 10* in our club.  
And in time I'll probably recover  
    from this unfortunate snub.  
I don't need to brag in our free local rag -  
    'cause these lines will be written in *Chatter*.  
And in the end, I'll forgive my friend,  
    because it really doesn't matter.

... Adrian Wilson



Apology published the  
following week in *Noosa  
Today* by Brian Hoepper ...

In last week's story on the world's Top 10 Masters swimmers (NT 6/5), I inadvertently omitted the name of Adrian Wilson, member of Noosa's powerful freestyle relay team. I hope this belated mention helps assuage Adrian's disappointment. My reputation as club publicist remains in tatters!

*After this humble apology, I'm sure you are forgiven Brian, and Adrian has long since dried his tears!*  
.../Ed

### Alex Rotary Winter Solstice Swim Date claimer

**Sunday 26th June**

Hi Folks, The fantastic Rotary Winter Solstice swim is back on and we've put out the date-claimer below on our Facebook page.

Registrations are not open yet, (we'll be busy looking for sponsors) but if you are interested in swimming in either the **1km**, **3km** or **5km** swims, please visit our Facebook page

<https://www.facebook.com/SCsolsticeswim/>

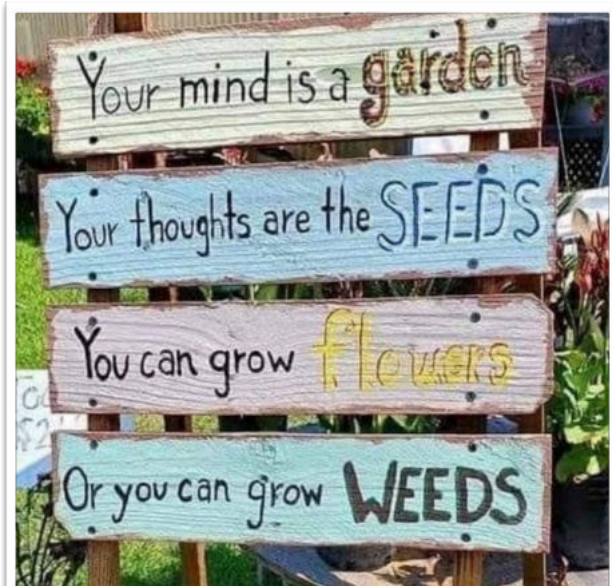
and let us know. Thank you.

This year you can enter as an **individual** or get a few mates and enter as **a team**.

And this year we'll have some **novelty prizes** to add more fun to the event.

We cannot guarantee that the 5km swim will have a photo finish like last year, but we can guarantee great weather and lots of fun, and that you'll be helping Rotary and Alex SLSC support some great local Sunshine Coast Community groups.

Stay tuned ...



# Noosa Runaway 2022

by Mark Powell : Volunteer Co-ordinator



Firstly, let me give a big hearty thank you to all our volunteers who turned out in the dark on both Saturday and Sunday 28th & 29th of May to support both our Club and this iconic local event.

Saturday saw the Marathon starting at 6.15am followed by the Half Marathon at 6.30am. Studley Martin and I shared the honours of doing the Lead Runner bike guide for the Male and Female leaders of the half Marathons.

We developed new skills in radio communications as we radioed back to Race HQ every 2km where the runners were on the course.

We also played bicycle stockmen herding the slower Marathon Runners out of the path of the Half Marathon Runners who set a cracking pace with the winner completing the 21km in 1 hour 5 minutes.

Our task was made doubly difficult by the many marathoners who were "wired for sound" and as such blithely unaware of your scribe cycling up behind them and bellowing out for them to "Keep Left PLEASE".

Perhaps I should have had a large bell or an old fashioned klaxon for even the motor scooter horn of the Race Director was not loud enough to alert some runners as we finished our last lap of Noosa Parade.

Sunday 5.00am was very dark with barest sliver of moon rising an hour before the sun. Nonetheless 20 hardy souls signed on and T-shirted up to check-in swimmers and distribute swim caps and timing chips. Those not needed on the registration desks were kept busy writing race numbers on the upper left arms of all except the wetsuit brigade who had their very own race wave.

Special mention should be made of both our Club President, Greg Bott, who arose from the Trauma Ward to gamely write numbers with his left hand on the swimmers and Jim Travers, who was fighting off his jet lag after his Saturday return from work in Indonesia. There were 4 events 3.8km, 2.1km and 500m.

As the morning progressed a few of us were needed to marshal the swim start on the beach in front of the Surf Club giving us a ringside seat to the action.

Recent big seas led to scouring of Little Cove Beach and a persistent sizeable swell had necessitated a change of course with all event starts being in front of the Surf Club instead of the 1 and 2km starts being over at Little Cove.

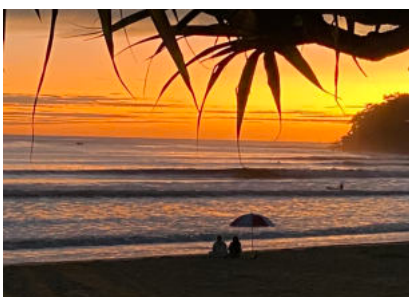
The swell gave the accomplished surf swimmers a good push on the return leg and the lucky and more proficient body surfers scored some crackerjack waves on their return to the beach.

Several of our club members swam

- Dianne Scott Davies (1.06.49) and Glenn (from Hobart) (1.36.19) in the 3.8 km.
- Studley (39.31) in the 2 km
- Tony Frost (26.52) in the 1 km

The event proceeded very smoothly thanks in no small part to our volunteers' cheery contribution.

If anyone was aware of any significant issue that needs attention before next year's event, please let me know so I can give feedback to Ironman Oceania.



Sunrise before the crowds



Receiving instructions



Jo M, Julie T, Julie B



Studley M, Mark P



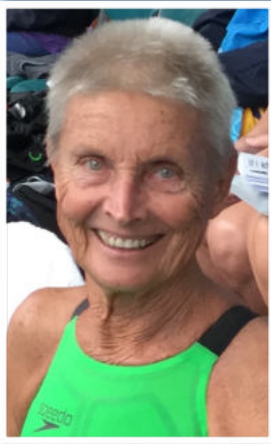
Jane P, Lois H, Dianne S-D,  
Chris C (clapping)



Studley - race face



# COACH'S TIPS



## Streamlining ...

After streamlining off the wall, take your first breath on your second or third stroke not your first.

Swimmers who take a breath on their first stroke will often slow themselves down at a time when they don't need a breath.

Keep your head in line with your trunk, don't look forward or otherwise you will have the tendency to lift your head which will, in turn, cause your hips and legs to drop and you will have to kick harder to keep your legs up.

Try to swim more on your side, rather than flat on your stomach and chest. Roll from side to side with each stroke. This allows you to engage the larger back muscles in addition to the shoulder muscles.

Happy swimming - Cheers, Jan

## The River City Meet, 7 May 2022

by Brian Hoeppe

Until a few years ago, the masters swimming fraternity eagerly anticipated the River City annual meet. As a short course event in mid-January, it dangled an irresistible invitation to 'get back into swimming' after the excesses of Christmas conviviality. Sadly, the club suffered several years of relative inactivity, and the annual meet dropped off the calendar.

Now it's back, every bit as alluring. This year, 137 athletes from 25 clubs turned up on a day when storms threatened but held off, mercifully, until the final medal had been presented.

Noosa's original team of seven was depleted by the forced withdrawal of Jan Croft and Helen Malar through injury and pandemic respectively. Undaunted, Terry Carter, Brian Hoeppe, Wendy Ivanusec, Jo Matthews and Ian Robinson embraced the challenge of representing Noosa and, remarkably, topped the points table in the small clubs competition.

All five medalled, with gold to Jo, Ian and Brian, silver to Terry and bronze to Wendy.

The River City meet provided a valuable rehearsal for those swimmers with an eye on the state short course championships in Cairns, only two weeks later.



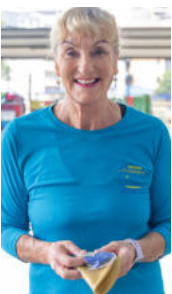
Team Noosa + medals



Brian Hoeppe - gold



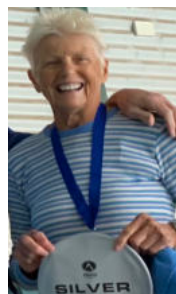
Ian Robinson, Wendy Ivanusec, Brian Hoeppe, Jo Matthews, Terry Carter



Jo Matthews - gold



Ian Robinson - gold



Terry Carter - silver



Wendy Ivanusec - bronze



## WHAT'S THE POINT?

submitted by Adrian Wilson

Points are awarded for a number of different reasons in Masters Swimming. This can be confusing for new, and not so new, members. The following information should help.

### Points at Masters Swim Meets

At Masters swim meets, points are awarded to each swimmer in each event based on the ranking of the times they swim within their age group and gender category. Each swimmer is usually limited to 5 events in each meet. The points allocated in each event are usually 10 for first, 9 for second, 8 for third, etc. down to 1 point for competing. These points are aggregated for all events and used to determine the overall positions swimmers achieve in their age groups for that swim meet. For example, a 52 year old female swimmer who achieves three firsts, one second and one third in her 5 events would score  $(3 \times 10 + 9 + 8 =) 47$  points in that meet. If another 53 year old female swimmer achieved, say, 46 points in her 5 events, the former swimmer would be awarded first place in the Female 50-54 age group for that meet.

Usually, points are aggregated for all swimmers in each club. This determines which club wins the champion club trophy. Typically, there are different awards for "large" clubs and "small" clubs and usually, for "small" clubs, the winner is determined by "average points per swimmer".

### Endurance 1000 points

In the Endurance 1000 program, points are awarded for each eligible swim completed by individual swimmers. The swims in this program are over longer distances and are designed to maintain ongoing aerobic fitness for participants over a full year. Details of the program can be found on the Masters Swimming Australia (MSA) website ([mastersswimming.org.au](http://mastersswimming.org.au)) or the Masters Swimming Queensland (MSQ) website ([www.mastersswimmingqld.org.au](http://www.mastersswimmingqld.org.au)).

There are 3 levels of points available for each swim within each age group/gender/distance (or time)/stroke category, depending on the time (or distance) swum. The program includes swims in each of the 4 strokes plus medley and range through distances of 400 to 1500 metres, as well as for distances covered in 30 minutes, 45 minutes or 60 minutes. The times and distances that must be achieved to gain each level of points are determined by MSA. More points are offered for longer swims. For example, up to 80 points (maximum points) are possible for a 60-minute swim, but only 5 points (maximum) are offered for a 400 metre swim. Details of the times/distances necessary to earn points can be found on the MSA or MSQ websites (see above).

Every eligible swim that is completed earns some points. There are 62 separate swims included in the program. Points are aggregated for the swims completed during each calendar year. Individual swimmers can earn up to 1,005 points in a year by earning maximum points in all eligible swims. The points for all swimmers in a club are aggregated, with trophies being awarded to the club that achieves the most total points, and to the club that achieves the highest average points across all of its members. QNA has won the National total points trophy every year for a number of years.

### Points for FINA event swims

FINA, the *Fédération Internationale de Natation*, is the world governing body for the five aquatic disciplines of swimming, diving, water polo, synchronised swimming and open water

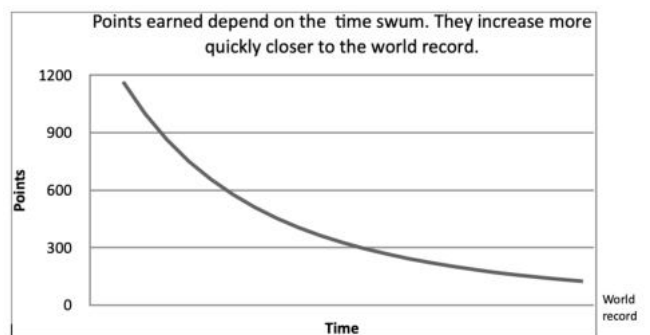
swimming. For swimming events, FINA developed a way of comparing times achieved by swimmers of different genders across different styles and distances (and separately for short course and long course), by allocating points out of 1000 for designated FINA swims. MSA has applied the FINA formula to the various Masters age groups so that comparisons can also be made across age groups. You will have come across these points if you have looked up competition results (see the *Competition Results* tag on the MSQ website ([mastersswimmingqld.org.au](http://mastersswimmingqld.org.au))).

FINA points for Masters are calculated with reference to the current world record time for each specific gender/age group/distance/stroke event using the formula:

$$\text{Points} = (\text{world record} / \text{time swum})^3 * 1000$$

The  $(\text{world record} / \text{time swum})$  part of the formula will result in a number between 0 and 1 (unless you break the current world record!!). The cubed ( $^3$ ) part of the formula makes the line on a graph into a curve, so that the number of points increases more quickly the closer you get to the world record. Or to put it another way, the closer you are to the world record time, the more points you get for reducing your time by one second. The  $* 1000$  part of the formula turns the result into a number between 0 and 1,000. If you swim faster than the current world record you will score more than 1,000 points. The way this formula works can best be seen on a chart.

There is no scale on the *Time* axis because the formula



works for all events from 50 metres to 1500 metres. If you take twice as long as the world record, you will score around 125 points. If you take 50% longer you will score about 300 points. A swim that takes 25% longer than the world record will score just over 500 points, while a swim that takes only 10% longer than the world record will score about 750 points. So you can see that any swim over 500 points is a very good swim for a club swimmer, while anything over 700 points is outstanding!

So how are these points used? Well, the MSQ website has a portal to the MSA website that includes a list of the best 5 women and men swimmers according to the points earned by their respective swims. For the rest of us, in addition to a record of our swims at competitions and in *Endurance 1000* events, points are shown for all events where we have competed in any of the designated FINA events at Masters swim meets during the year.

To see your own points or make some comparisons with other swimmers, go to the MSQ website (see above), select *Competition Results*. Then click on the *Points* tab.

# ENDURANCE 1000 REPORT

## May 2022



Noosa Masters once again won the hotly contested National E1000 Trophy for 2021

Yours Enduringly,  
Jane Powell  
Endurance Coordinator

May looked rather daunting at the outset, with five Tuesdays, and a fifth Sunday, as well as Saturday afternoons to manage from an Endurance swimming perspective.

But the weather has contributed to low attendance numbers, along with many absentees between swim carnivals and holidays.

Volunteers were needed at the Runaway Noosa event on Sunday May 31st, so pool lanes were cancelled to encourage volunteer participation at the beach event. This seems to have worked, with many members offering to help out on Sunday at the beach in the end.

In spite of perceived interest in a Saturday afternoon Endurance opportunity, Tony Frost has been the only regular swimmer. I can't justify the lane booking in this case, but 3.30-5pm is a quiet time at the pool and therefore a good time to do Endurance swims.

Let me know if you need assistance to complete Endurance swims at this time.

June will see a 'new kid on the pool deck' on Tuesday mornings, with Wendy N offering to don the Deckie cap too. Thank you Wendy! Many hands as you know ... Between us we've designed new stationery to make the job of Deckie easier too. That is the theory anyway!

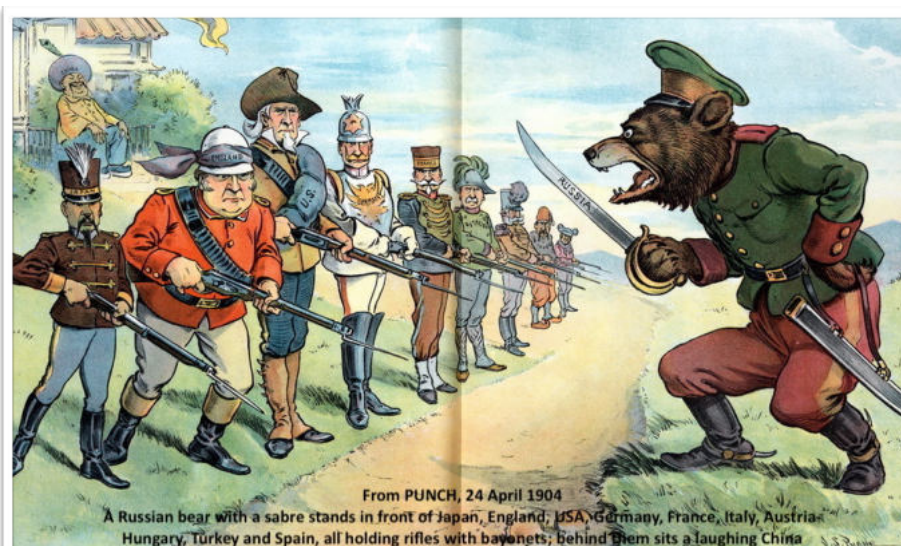
### JUNE



Zana Dare	10/6	Clinton Stanley	15/6
Gerry Little	13/6	Sally Johnson	22/6
Denise McCart	13/6	Stephanie Jones	25/6
Dee Mooney	14/6 (big 70)		

*count your age by friends, not by years  
count your life by smiles, not tears !*

## History repeats itself ...





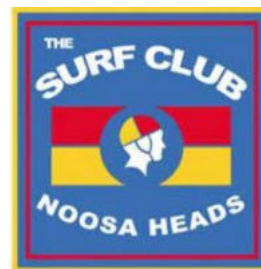
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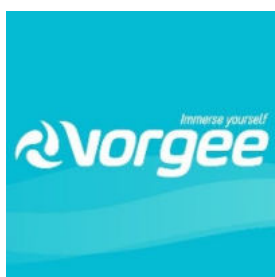
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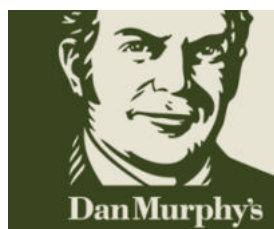
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Seasons, Noosa Junction

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