



Noosa's Sunny Swim meet

by Julie Bott



The fastest race of the day – 50 metres Freestyle men's final

Amidst a week of rain and dire meteorological warnings of thunderstorms and huge winds, it was a wonderful reward for our Club's massive pre-meet efforts, to wake on 6th April and find the day sunny with only a few clouds and no wind at all!

Our meet really starts on Friday afternoon with the Erecting of Tents Ceremony – which requires as many hands as possible on deck to put up approximately 20 tents – which provide shade and shelter for our swimmers and for visiting clubs. This year's turnout for the "ceremony" was as warmly attended and as supportive as past years, with most tents erected within one and a half hours. A great beginning to our meet.

Saturday morning was a beehive of activity, with all volunteers arriving keen, willing and able to finish off the last of the pre meet jobs. On entering the Noosa Aquatic Centre, our raffle table was a fabulous draw card, with the fifteen prizes being abundant, tempting and varied.

Warm up ran smoothly and with the meet officially opened by our charismatic Local State Member, Sandy Bolton, the meet was off and running – or should it be "swimming" – at exactly 10 am.

Heats and events ran smoothly, with only the occasional calls for

timekeepers, whilst the lunch break - essential for our officials and volunteers alike - was a welcome pause in the fast-paced programme. Special mention to our catering team who oversaw the presentation and distribution of the fabulous food provided by our members for the officials, timekeepers and volunteers. Great work ladies.

The afternoon events concluded with the 50 free - always a crowd pleaser - before hungry swimmers headed for the hearty and mouthwatering BBQ. The only individual thank you from the swim meet committee goes to a non-member, Carmel Walsh – who, prepped, presented and cooked the BBQ prior to being joined by her husband, Shane and his BBQ team after they completed their swims for the day. Thank you most sincerely, Carmel, for your massive effort.

It would be terribly remiss not to also make special mention of our three Noosa members, Cristinlee H, Sandra L and Alex B who were all first-time competition swimmers.

They all handled their nerves and events like seasoned pros!!!

Congratulations ladies and special thanks to our amazing coaches who do such a terrific job preparing our swimmers, not only for our meet but for all their competitive and non-competitive swimming opportunities.

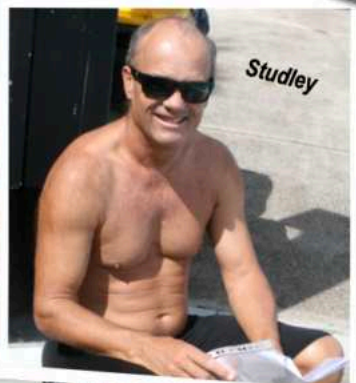
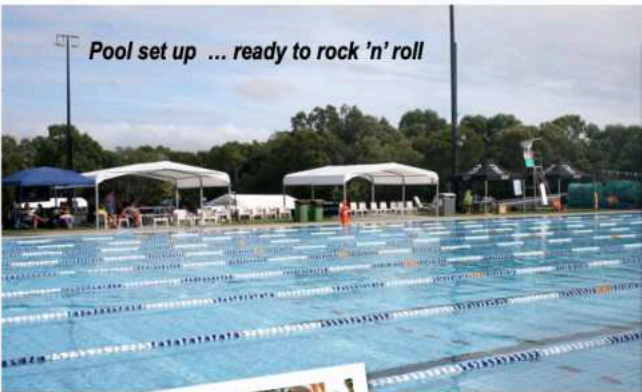
We were delighted that MSQ President, Susanne Milenkevich was able to both swim at our meet and make a friendly and warm-hearted speech as part of the Presentation Programme. Next on the presentation agenda was the announcement of Record-Breaking Swims achieved at our meet: Two State Records a piece for both Tracy Clarkson (Brisbane Northside Masters) and for Jen Thomasson (Cotton Tree Masters) as well as one record for Matthew Wright from Albany Creek Masters.

These record-breaking announcements were followed closely by the Age Group Awards and, of course, the hotly contested Small and Large Club's Aggregate Trophies. The Small Club's Trophy was won by Brisbane Northside Masters and Beerwah Masters was the winner of the Large Club's Trophy.

With the sun still managing to peek out from behind some impending rain clouds it was great to see all the weary swimmers and volunteers departing our fabulous venue, The Noosa Aquatic Centre just before 3.00 pm, after a very rewarding, sunny and fun filled day.



Noosa Swim Meet 2024



Noosa Swim Meet 2024



BBQ- Rob, Carmel, Yvonne



Chris Cooper & friend



Alex - timekeeping



Thumbs up! Terry P



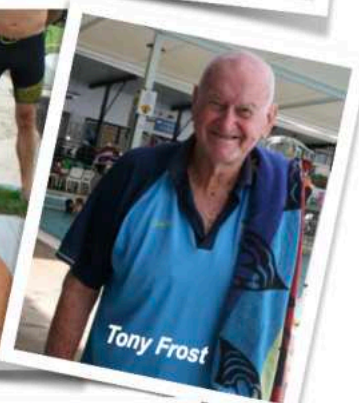
Kevin & Yvonne Alford



Viv Merrill - Official



Flick, Shane & Studley



Tony Frost



Julie B, Terry P, Helen & Trevor



Sandy Bolton on mike



Wendy N



Kerry, Sandy Bolton, Wendy I



CLUB MEMBERS' RESULTS : NOOSA MASTERS MEET - 6/4/2024

Rodney Alfredson (75)			Jan Croft (81)			Wendy Ivanusec (81)			Terry Parker (68)		
400m Breast	1	11:25.06	50m Free	1	48.79	400m Free	3	11:49.70	50m Free	2	38.43
800m Back	1	==	100m Free	2	1:51.30	800m Back	2	29:03.83	50m Back	1	58.82
			200m Free	3	3:56.30				400m RELAY	2	
Robert Ashwell (64)			400m Free	2	8:28.06	Robert Jolly (77)			Robert Pugh (43)		
400m Free	1	7:18.09	800m Free	1	16:52.93	50m Free	2	40.32	50m Free	1	27.17
400m Breast	1	8:21.25	400m RELAY	1		400m Free	1	8:21.79	100m Free	1	1:02.99
						800m Free	1	17:45.67	200m Free	2	2:27.17
Alex Baker (72)			Denise DeCarto (60)			50m Breast	2	49.40	400m RELAY	1	
50m Free	5	1:05.78	800m Back	2	18:25.79	100m Breast	1	1:53.71			
400m Free	5	12:25.66	800m Breast	1	19:22.29				Jacky Shields (70)		
						Stephanie Jones (69)			100m Free	4	1:45.01
Anne Besser (78)			Tony Frost (82)			50m Free	1	34.15	50m Back	3	1:05.96
100m Free	3	2:31.64	100m Free	2	1:56.03	100m Free	1	1:14.78	200m Back	2	5:10.01
800m Free	3	22:32.52	200m Free	2	4:15.70	400m Free	1	6:03.63	400m Back	1	10:23.21
200m Back	1	5:45.48	400m Free	2	9:17.90	50m Back	1	41.77	800m Back	2	21:42.15
800m Back	1	25:42.14	800m Free	2	19:42.69	400m Back	1	7:14.26			
50m Breast	1	1:41.76	50m Back	2	1:11.13	400m RELAY	1		Julie Tierney (65)		
400m RELAY	2		Cristinlee Hangad (49)						100m Free	4	1:35.39
			50m Free	5	1:05.02	Sandra Lyons (64)			400m Free	2	7:40.81
Greg Bott (68)			50m Back	4	1:15.33	50m Free	7	53.62	800m Free	2	15:36.16
100m Back	1	1:50.08	50m Breast	3	1:26.79	50m Fly	2	1:04.69	50m Back	2	51.07
400m Back	1	8:25.19	100m Breast	3	3:19.73	800m Free	2	21:26.31	200m IM	2	4:05.41
800m Back	1	17:30.38	400m Breast	3	15:58.08						
50m Fly	1	42.95				Helen Malar (70)			Adele Tucker (66)		
200m IM	1	3:49.26	Felicity Hawkins (62)			50m Breast	1	49.71	50m Back	3	57.56
400m RELAY	1		50m Free	3	39.31	100m Breast	2	1:56.47	100m Back	2	2:00.34
			100m Free	2	1:25.99	200m Breast	2	4:24.04	200m Back	1	4:15.78
Julie Bott (66)			200m Free	1	3:02.10	400m Breast	1	10:17.81	400m Back	2	9:00.15
400m Free	3	10:22.91				800m Breast	1	21:25.34	800m Back	2	18:24.00
800m Free	4	20:54.18	Lois Hill (81)								
			50m Free	2	55.86	Studley Martin (60)			Ian Tucker (69)		
Terry Carter (74)			100m Free	3	2:06.90	50m Free	2	36.82	100m Free	2	1:26.51
50m Back	1	56.16	200m Free	4	4:36.58	100m Free	2	1:21.30	50m Breast	3	50.69
100m Back	1	2:01.44	50m Back	1	1:02.72	200m Free	2	2:58.99	200m Breast	2	4:05.54
200m Back	1	4:24.34	100m Back	2	2:27.65	800m Free	1	13:22.71	400m Breast	1	8:42.40
800m Back	1	18:13.96				50m Breast	2	49.93	800m Breast	2	18:33.42
50m Breast	3	1:04.57	Brian Hoepfer (77)			400m RELAY	1		400m RELAY	1	
400m RELAY	2		50m Back	1	54.37						
			100m Back	1	1:54.94	Yvonne Mutton (66)			Shane Walsh (71)		
Lynette Clemitson (77)			200m Breast	1	4:07.54	100m Free	2	1:19.57	50m Free	2	35.43
50m Back	2	1:18.27	400m Breast	1	8:49.15	800m Free	1	12:59.32	100m Free	3	1:27.74
100m Back	2	2:48.32	800m Breast	1	17:52.60	100m Fly	1	1:44.71	200m Free	1	3:17.00
200m Back	2	5:49.07				200m IM	1	3:31.78	400m Free	2	7:29.79
400m Back	2	12:57.13	Linda Hogg (62)			400m IM	1	7:38.51	800m Free	2	15:19.09
800m Back	2	26:55.53	50m Free	5	41.87	400m RELAY	1		400m RELAY	2	
			100m Free	4	1:37.92						
Christine Cooper (75)			200m Free	3	3:30.82	Wendy Nothdurft (70)			Adrian Wilson (72)		
50m Free	1	58.65	50m Breast	3	1:00.22	50m Free	1	38.33	50m Free	1	33.49
100m Free	1	2:17.93	400m Breast	2	10:18.48	100m Free	1	1:23.36	400m Free	1	7:07.13
400m Free	2	10:05.52				200m Free	1	3:03.70	800m Free	1	14:48.21
800m Free	1	20:31.80				400m Free	1	6:36.17	400m RELAY	1	
50m Back	1	1:17.60				800m Free	1	13:36.30			
						400m RELAY	1				

Noosa Masters Swim Meet - Saturday 6 April 2024

We had 123 swimmers from 24 clubs entered for our meet – 76 female and 47 males with 35 Noosa swimmers – 21 female and 14 male.

Twenty-eight Noosa swimmers participated in the Postal Swims and overall our swimmers won 17 place medals:

Gold to Brian Hoepper, Ian Burvill (our Canadian friend), Steph Jones, Greg Bott, Wendy Nothdurft.

Silver to Jan Croft, Christine Cooper, Studley Martin, Yvonne Mutton, Terry Carter, Helen Malar & Shane Walsh.

Bronze to Tony Frost, Lois Hill, Rob Jolly, Anne Besser and Robert Ashwell.

Brisbane Northside won the Small Clubs Average Points Score and Beerwah won the Large Clubs Points Score.

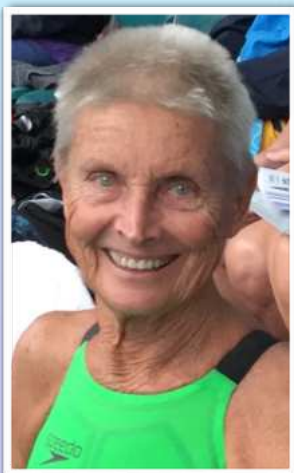
Noosa amassed a huge 1297 Points overall with Cotton Tree next on 471 points and Beerwah on 330 points. Well done to all Noosa Swimmers and especially to our first time competitors (aka “virgins”, usually called out when on the blocks for their first race) – Alex Baker, Sandra Lyons and Cristin Hangad.

Thank you to our raffle sellers, our BBQ chefs Shane, Carmel and Robert A for a delicious BBQ, our officials Rob Lucas and Viv Merrill, all timekeepers, marshals, announcers that helped out, refreshment ladies Jo and Adele, all those who helped put up and pack away tents, tables etc AND to our super-organised Meet Director -Julie Bott.

Well done “Team Noosa “ - your combined efforts made for a very successful swim meet.

... Cheers, Helen Malar
Club Captain

COACH'S TIPS



Drills to practice for butterfly ...

There is no quick fix. It takes time to learn good technique, build strength, rhythm and power.

The fly kick is the foundation of your butterfly stroke - stay near the surface, hips out of the water on every kick.

You can also kick fly on your side or back - tougher to do.

Single arm drill, working on body undulation and incorporating the pull.

Pull with one arm keeping non - working arm out in front. Maintain your usual fly rhythm and technique with your legs.

2.2.2 drill

take 2 strokes with right arm, 2 with the left then two full strokes with both arms.

Breathe to the side with the single arm strokes and to the front with full strokes,

Keep swimming!!

... Cheers, Jan

BREAKING NEWS

World Aquatics top ten list has just been released this week ...

Huge congratulations to all those Noosa club members who made it !!

... Stef Jones	200 free # 3 400 free # 6 800 free # 6 1500 free # 5 50 back # 9 100 back # 8	... Ross Kee	100 free # 6
		... Jan Croft	200 free # 7 400 free # 5 800 free # 4 1500 free # 2
	Short course	... Jan croft	200 free # 9

RELAY

4 x 50 IM relay HOBART Nationals # 9

Stef Jones, Helen Malar, Jo Matthews, Jan Croft

Noosa Swim Meet 2024



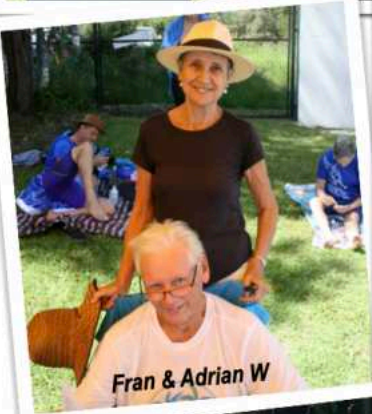
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Terry P, Denise, Julie B



Sandy Bolton MP & Jan Croft



Fran & Adrian W



Chris C & Sandy L



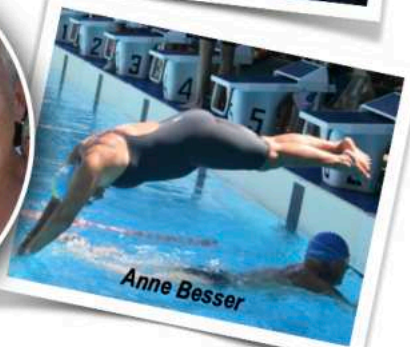
Rob J & Lois H



They're off !!



Wendy N + Alex B



Anne Besser



Alex - first swim meet !!



Yvonne - good start !!



Ian (CANADA)



Flick, Sandy Bolton MP + Alex B



Noosa Swim Meet 2024 - Trophies & Medals



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MAY							
3-7	LC	MSA LC National Championships	MSA	NT		Yes	Parap Pool, Darwin
JUNE							
8	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/24	Yes	Bundaberg Swim Academy
29	LC	Brisbane Southside Masters Meet	QSM	South	Q10/24	Yes	Brisbane Aquatic Centre, Chandler
JULY							
AUGUST							
3-4	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q11/24	Yes	Burpengary Regional Aquatic Centre
24	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q12/24	Yes	Valley Pool, Fortitude Valley
31 Aug-1 Sept	LC	Nth Qld Masters Championships	MSQ	North	Q13/24	Yes	Townsville
SEPTEMBER							
7	SC	Genesis Spring Meet	QGA	Sunshine	Q14/24	Yes	Genesis Sports & Aquatics
OCTOBER							
5	SC	Toowoomba Tadpoles Meet	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
12	LC	Maryborough Masters Meet	QMB	Central	Q16/24	Yes	Maryborough Aquatic Centre
26	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q17/24	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q18/24	n/a	Pioneer River, Balnagowan
6-9	LC	Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre

Swimming in Co/Dual-Sanctioned Meets

A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Results Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia, and the two clubs must be related as "one-clubs".

Criteria for MSQ/SQ/SA dual-sanctioned meets

Any "approved" SQ/SA meet, generally on the SQ/SA event calendar are automatically recognised as candidates for dual-sanction, subject to the following:

- Meets must be officiated by SA or their region's/state's recognised technical officials
- Meets must be held in pools that have a correct survey of length lodged with MSA

The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

https://qld.swimming.org.au/events?keyword=&category=All®ion=All&field_event_date_time_end_value=&field_event_date_time_value=

Qualifying

When Masters swimmers enter SA/SQ meets they must follow the qualifying standards of that meet, and where required must qualify with proven times. There will be no relaxation for Masters swimmers.

Rules considerations

If swimming in an SA meet, Masters swimmers are obliged to swim by the stricter SA technical rules, e.g.:

- No double-arm backstroke
- No butterfly with breaststroke kick
- Strict start and turn consideration, including movement on the blocks
- No medical disability recognised, etc.

What do I need to do?

There are several items you will need to ensure have been completed. Please allow enough time as some may take time:

- Ensure you check that all the criteria and conditions listed above are satisfied
- If the pool has not been recognised by MSA, you will need to seek survey documentation from the pool hosting the meet. Click on Pool Surveys at <https://mastersswimming.org.au/rules-and-policies/> for listings
- Inform the MSQ Business Manager of the meet you will be competing at
- Enter the meet via Swim Central
- Inform the MSQ Business Manager once you have competed so MSQ can process your results: admin@mastersswimmingqld.org.au

Here's a great, well written copy of a Police Report ...

Assailant suffers injuries from fall ...

Orville Smith, a store manager for Best Buy in Augusta, Ga, told police he observed a male customer, later identified as Tyrone Jackson of Augusta, on surveillance cameras putting a laptop computer under his jacket. When confronted the man became irate, knocked down an employee, drew a knife and ran for the door.

Outside on the sidewalk were four Marines collecting toys for the Toys for Tots program. Smith said the Marines stopped the man, but he stabbed one of the Marines, Cpl. Phillip Duggan, in the back; the injury did not appear to be severe.

After Police and an ambulance arrived at the scene Cpl. Duggan was transported for treatment. "The subject was also transported to the local hospital with two broken arms, a broken ankle, a broken leg, several missing teeth, possible broken ribs, multiple contusions, assorted lacerations, a broken nose and a broken jaw ... injuries he sustained when he slipped and fell off the curb after stabbing the Marine", according to a police report.

Masters Swimming Queensland State Short Course Championships 18-21 April 2024 held at Brisbane Aquatic Centre

by Helen Malar



4 x 25m Freestyle Relay Champions + Queensland Record
L-R : Stef Jones, Yvonne Mutton, Wendy Nothdurft, Helen Malar

A team of 14 Noosa Masters Swimmers competed over four days at the State Titles. Overall, there were 341 Competitors from 52 clubs from around Qld. This was a short course meet with races in all strokes from 25m to 800m. Team Noosa amassed a fantastic haul of medals – 88 Individual plus 3 in the relays. A National Record went to Stephanie Jones in the 100m Free plus Qld records in 200m Back & 25m Free. A Qld Record to Brian Hoeppe in the 800m Breaststroke & a Qld Record to Jo Matthews in the gruelling 800m Individual Medley. A Qld Record also went to the girls in the 4 x 25m Freestyle Relay of Helen Malar, Yvonne Mutton, Wendy Nothdurft & Stephanie Jones. The Mens 4 x 25m Freestyle Relay of Brian Hoeppe, Trev Mathews, Greg Bott and David Gribble were just pipped out of a place.

Anne Besser – 1 Gold, 6 Silver & 3 Bronze out of 10 races – great endurance swimmer taking 42secs off her 800m Free.

Greg Bott – 2 Gold, 7 Silver & 3 Bronze out of 17 races – all after a week of surf life saving championships!!! And managed to take 16 secs off his 400m IM time.

Stephanie Jones – 8 Gold & 4 Silver out of 12 races
3 records, amazing swims!

Helen Malar – 7 Gold, 1 Silver & 2 Bronze out of 10 races – loves those short & sweet 25m races!

Trevor Mathews – 1 Gold, 3 Silver & 2 Bronze out of 8 races – Best race with a Gold in 50m Back.

David Gribble – 1 Gold, 1 Silver & 2 Bronze out of 4 races – Down for 2 days of racing. Best race with a Gold in 100m Fly.

Brian Hoeppe – 5 Gold & 1 Silver out of 8 races – Great racing with teammate Rob Jolly in 100m Breast swimming side by side. Touched out Rob by a finger nail.

Linda Hogg – 1 Silver & 1 Bronze out of 6 races. Great time for her 400m Free race for Linda.

Liqun Hussey – 1 Gold & 5 Bronze out of 10 races -huge time improvements in all Liqun's races. Faster every year & so lovely for her to travel down from far North Qld to compete with Noosa.

Robert Jolly – 1 Gold, 3 Silver & 1 Bronze out of 5 races – down for 2 days. Best race Gold in 100m IM.

Jo Matthews – 5 Gold, 4 Silver & 1 Bronze out of 12 races – 8sec improvement in 800m Fly where she lost her cap and soldiered on with hair in her face!!

Then another QLD Record - 800m IM in 17.11.84 to break the previous Queensland record by 5.46 seconds which was set in 2008. Very few people would even attempt this race but Jo has great endurance and mental determination.

Yvonne Mutton – 2 Silver & 1 Bronze out of 4 races – just down for 1 day of swimming & swam an awesome 50m Free in 33.63.

Wendy Nothdurft – 7 Gold, 3 Silver out of 10 races – Gold in all her favourite free races with lots of time improvements. Best race 200m Free – 8 sec improvement.

Robert Pugh – 1 Gold & 2 Silver out of 3 races – down for 2 days swimming. 25m Fly in 12.88secs & Bronze in 50m Free in 26.11. Some fierce competition in 40-44 years age group.



Memories : State Short Course Championships, 18-21 April 2024



Trevor M, Greg B, Wendy N, Stef I



Anne Besser + LiQun



Rob Jolly eyeballing Brian Hoepper



Just joking



Brian H, Trevor M, Greg B, David G



Linda Hogg + Susan Milenkevich



Wendy N, Helen M, Stef I, Jo M

Birthdays of the Month

May 2024

Jerzy Lepa	10/5	Jim Travers	20/5
Jennifer Watson	10/5	Karen Martin	23/5
Adele Tucker	12/5	Jim Barnes	27/5
Alex Baker	15/5	Nigel Harris	30/5
Rod Alfredson	15/5	Grant Scotcher	31/5

Despite the high cost of living, it remains popular !



Yvonne Alford ...
somehow slipped off my list of birthdays for last month - one well might question how??

Your editor apologises profusely ... in my defence, some babies were dropped on their heads at birth, but I was clearly thrown at a wall !
... Ed



Happy 60th Birthday

April was a busy month for birthdays, BIG birthdays ...

Melissa Travers celebrated at the Noosa Aquatic Centre

after squad, surrounded by her swimming buddies. There was a splendid chocolate cake and an obligatory GF cake for those who must abstain from such temptation!

The rafters quivered under the onslaught of an enthusiastic rendition of the Happy Birthday song! No one was game to start on the "Why was she born so beautiful ..." one, knowing full well the fate that would befall them. There were plenty of genuine good wishes for many more healthy, happy birthdays to come ! Congratulations Melissa!

... Ed



and ...

Wendy Ivanusec celebrated her first birthday 'over the hill' with friends from The Netherlands whom she and Ivan hadn't seen in 15 years - what a great present, eh?

Geja accompanied Wendy to the NAC for a swim and coffee. With so many of our swimmers away at the State Championships, it was a smaller gathering than usual, but those present made up for it with a lusty rendition of "the birthday song" which, as you can see, the girls really enjoyed!

... Ed



Helen Malar

Club members extend their heartfelt condolences to you and your family on the passing of your mother on 22 April. May you all hold wonderful memories of her close to your heart and find comfort.

Karen in Canberra



My move to Canberra has gone well. Been here 2 months now. I have managed to buy a one bedroom apartment in the suburb of Yarralumla, I live near Parliament House and the lake which is a bit surreal. I'm 5km from the city centre and it's very walkable as the weather is cooler.

The complex has 31 units and it's lovely and quiet and I've got nice neighbours. I'm on the ground floor so I've got a nice small courtyard looking out onto a garden.

Finding a job has been challenging because of all the apply online criteria. I've managed to get a casual job in Myer in the Canberra Centre store in the homewares department. I walked in and asked and got an interview straight away but then I still had to do online stuff which I found a bit hard, but I've done it and started in the store. There's a lot to learn and the passwords drive you mad.

My Mum and Dad have gone back to UK and bought a one bed apartment in Brighton near my brother. Dad is about to turn 80 and decided not to drive anymore so they found a home near the bus stop and public transport is good.



Years ago, Wendy did an article for Chatter called "I will only have one" - meaning I won't have a spare, I won't have a 'just in case' and I won't have a 'maybe I'll use it one day'. This theory really applies to downsizing and one bedroom places. Living in a small space you have to be creative how you store things. Although I do have more than one cup and plate, I don't have 25 wine glasses of various designs. Ikea is only ten minutes away so I've miraculously put together a few storage solutions!

I've not joined a swimming club or gym yet as I need to get earning money before committing to these activities.

Enjoying the weather, the change of season is beautiful and I can wear smarter clothes and not sweat, also my hair doesn't move, loving it all so far ...

I do miss you all and our club!

... Karen Martin



the red dot is where I live, Parliament House to the right in the circle. The perfect grass at Parliament House is amusing as the rest of the place is brown and dry.



The Next Food Trend

We asked *New Yorker* staffers to predict the next "it" food—the secret item that will, in short order, be everywhere you look. **Sigrid Dilley**, assistant managing editor, offers today's culinary prophecy.

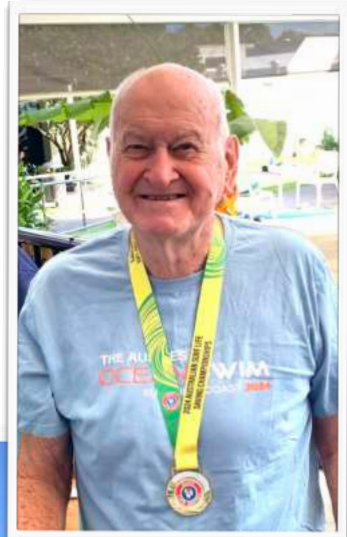
Kumquats have long been neglected in mainstream cooking, but I think their moment in the sun is coming. For the uninitiated, the bright-orange fruit is pleasingly though puckeringly tart—and undeniably cute. Unlike most other citrus, the skin is tasty, and it contributes to a wild textural variety in your mouth. Eaten raw, they're wonderfully zingy, but because of their astringency I can imagine a whole host of cooking applications: candied to adorn cake, pickled for salads, braised alongside meat, made into winter marmalade. Though they're used sparingly now, I trill with delight when I see them. You'll find them swimming with the hamachi crudo at Manhatta. Or in a Kumquat 'Cello, as a nightcap at Bad Roman. And now that citrus-as-décor is sweeping dinner parties, you'll likely encounter them at your next soirée. I was recently at one event where the centrepiece was a mountain of citrus, so I popped several kumquats into my mouth like candy.

Thanks New Yorker for this enlightening piece, we like to keep our finger on the pulse ...

2024 Australian Surf Lifesaving Championships



All the swimmers on the start line for the 60 years & over, 2 km ocean swim, including Greg Bott & Tony Frost



Tony with his Gold medal

Preparing to start



The 2024 Australian Surf Life Saving Championships was held at Alexandra Headland SLSC, Maroochydore SLSC and Mooloolaba SLSC from 13 to 21 April 2024.

With 8,000 competitors this year, the Aussies is an annual event where members from Australia's 314 Surf Clubs come together to compete in more than 480 beach and ocean events. It is the largest event of its kind, only comparing to the likes of the Commonwealth Games.

Each day of the Youth and Open Championships (13-14 April and 17-21 April) was live streamed to the SLSA Facebook and YouTube Accounts. The final day of the Opens Competition was also broadcast on SBS and SBS On Demand on Sunday 21 April.

Our own Tony Frost and Greg Bott competed in the 2km ocean swim and Tony achieved Gold in his age group! Not bad for an octogenarian!

... Ed

2024 Noosa Masters Members' Meeting held at Noosa Aquatic Centre

SUMMARY OF 2023 CLUB AWARDS - not everyone could be present to receive their Award

AWARD	RECIPIENTS	CERTIFICATES
McCausland Award	Studley Martin	Those who swam 3,000m+ in 60 mins
President's Award	Ian Tucker	Denise DeCarlo
Male Challenger of the Year Award	* Terry Parker	Nathan Glarvey
Female Challenger of the Year Award	* Liz Alfredson	Studley Martin
Most Improved	John Simonidis	Jo Matthews
Endurance Awards	* Denise DeCarlo	Mark Powell
(those who completed the E1000 programme with top points)	* Brian Hoeppe	Jacky Shields
	* LiQun Hussey	Ian Tucker
	* Jo Matthews	Adrian Wilson
	* Jane Powell	
	* Mark Powell	2023 Club Membership Badges
	* Irene Symons	10 years
	* Ian Tucker	Kerry Blackwell
		Linda Hogg
VORGEE 5 million metres Award	Jo Matthews	15 years
The club introduced a Special Award for "The Most Distracted Timer"		Brian Hoeppe
This year the Award went to Jacky Shields !!		Robyn Selby



2024 QNA Members' Awards



**VORGEE 5 million metres Award
& 3,000m+**



E1000 Qld Trophy



President's Award



Most Improved



McCausland Award



E1000



3,000m+



3000m+



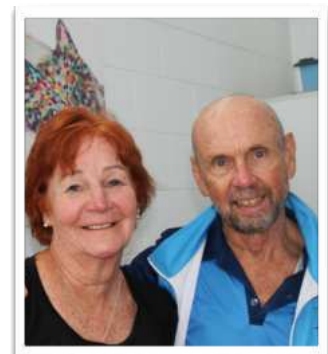
E1000



E1000 & 3,000m+



10 yr M'ship



15 yr M'ship

ENDURANCE 1000 REPORT : April 2024



We are off to a good start in our endurance 1000 program this year but are still a bit behind our very strong points position last year. We to date this year have 51 swimmers from 77 club members participating in the program. Denise has ably led the endurance program and in her absence I will attempt to keep us on track in 2024 until her return in Late September. Denise will still be working behind the scenes whilst in the US and will keep her finger on the pulse!

I would like to pay tribute to some of our more senior swimmers who help lead the charge in our endurance swimming this month.

John Havilah is quickly amassing an impressive points tally in the longer distances. Wendy Ivanusec and Tony Frost each successfully completed 1500m swims this month Well done, leading by example!

Meanwhile, congratulations go to John Simonidis, who joined the 3000m club for his one-hour swim. Alex Baker was very chuffed to swim and complete her first 400m backstroke and impressed me with her determination to finish when fatigued.

Lynette Clemitson, Jo Matthews and Sue Silburn have been churning out an impressive number of swims and points each pushing our team tally skyward. Can we win the Club Endurance trophy for the 11th time in succession?

Don't forget to use the "useful links" page on our club website to check your personal endurance tallies or Standings nationally. When using the [Endurance 1000 portal link](#) **make sure you select the history tab and use your MSAID to show your points tally and completed swims for the year.**

As winter looms the comfort zone improves for completing the longer swims in each stroke.

Please consider the longer distances to challenge yourselves that little bit more if you can. The longer distances attract a much more generous points loading too, so I would personally prioritise them over the shorter distances.

Once again it's time to thank those members who generously give their time to timekeeping and Deckie responsibilities. Without them the program does not run. If you're unsure about the timekeeping, using the stopwatch or the correct recording of swims please check with the person on deck and they will help you.

Whenever you complete an endurance swim please check your sheets have the correct name, age, date, pool length, timekeeper name and that the summary sheets are completed in your folders. The folder audit earlier this month showed that most people were doing this correctly, so a big thank you there.

If anybody is willing to help out with "Deckie" responsibilities please talk to Terry Carter, myself or the Deckie on the day to get an idea of what's involved in the role. We do need to share this role around so that it is not always falling on the same few people.

Don't forget the next twilight endurance swim is on Saturday May 25th from 2PM-3:30PM. These are handy for those folk who have difficulty making the Tuesday morning time Slots.

... Terry Parker
Endurance Coordinator

Tom & Marlene Robson press on ...

After Noosa we flew down to Sydney to spend time with my daughter Gill and her family. As it was not yet holiday time there, we went down to Jarvis Bay to see relatives of Tom who live in Vincentia. Beautiful area. Then we drove up to Mudgee, via Kangaroo Valley which is a stunning drive.

Gill etc came up to Mudgee too for Easter and we profited from wine tasting (including Huntington Estate which I had seen mentioned in the Noosa News). Lovely wine, great area for cycling, even a lovely old-fashioned swimming pool in the park, with diving boards at the deep end!

Celebrated my birthday at Rose Bay Pier with the family too - perfect.

Stopover in Hanoi on the way home, went to Water Puppets, and a cookery course - expert on nems now!

Settled back home again now, waiting for spring to warm up.

Thanks to Noosa Masters for the hospitality we received. Much appreciated. And if anyone is heading for Europe this summer, please get in touch.

... Best wishes from Marlene and Tom





Noosa Masters Swimming Club
thanks its generous sponsors
for their support

PLATINUM



GOLD



SILVER



BRONZE



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