

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

FEBRUARY 2025

MIAMI MASTERS SWIM MEET

Saturday, 22nd February 2025

Age group winners



Liz, Fran, Yvonne

QNA fielded 11 swimmers at the Miami Meet. To our surprise we won the highest average point score for large clubs. Sad to say there was no trophy just a big hug for me, as Club Captain, from Peter Reaburn, the Miami Meet Director.

I'd conned Peter into erecting Linda's tent for us, whereupon he

put me on notice that Miami will be taking the Endurance Trophy away from Noosa this year. I said, "Buckleys Chance of that"!

We out-shone other large clubs like Miami, Brisbane South Side, Toowoomba Masters and TSA Masters with 48, 21, 16, and 15 swimmers respectively.

It was a very well-run Meet with 218 swimmers with 919 events entered.

Nearly all our swimmer, swam 5 events with the following great results. Thank you Wendy Nothdurft for assembling the table on the following page ...

... Terry Carter



VISIT OUR WEBSITE ... <http://noosamastersswimming.com.au>



RESULTS : MIAMI MASTERS SWIM MEET

Saturday, 22nd February 2025

Rodney Alfredson (76)

50m Back	5	1:03.11
100m Back	3	2:17.77
50m Breast	2	1:04.73
100m Breast	1	2:21.90
200m Breast	1	5:12.58

Terry Carter (75)

50m Back	2	57.62
100m Back	2	2:06.84
200m Back	1	4:28.36
50m Breast	1	1:02.49
400m Free	2	8:07.41

200m Medley Relay - 6

Linda Hogg (63)

50m Free	3	41.27
100m Free	3	1:33.53
200m Free	1	3:19.55
400m Free	3	7:12.42

Helen Malar (71)

50m Free	4	43.80
50m Breast	1	50.57
100m Breast	2	1:55.23
200m Breast	2	4:26.85
50m Fly	3	52.10

200m Medley Relay - 6

200m Free Relay - 3

Jo Matthews (70)

50m Back	1	55.04
50m Breast	2	53.30
50m Fly	1	43.57
100m Fly	1	1:53.93
200m Fly	1	4:16.93

Melissa Travers (61)

50m Free	5	49.14
100m Free	5	1:53.60
50m Breast	3	1:07.59

John Simonidis (59)

50m Free	5	34.25
100m Free	3	1:15.41
50m Back	2	55.70
50m Breast	3	45.92
50m Fly	3	39.70

200m Free Relay - 3

200m Medley Relay - 6

Julie Tierney (56)

50m Free	7	41.34
100m Free	6	1:36.09
50m Back	6	53.88
50m Breast	6	54.27
200m IM	1	4:14.24

Jim Travers (65)

50m Free	6	39.39
100m Free	3	1:30.20
200m Free	3	3:09.98
400m Free	5	6:35.90

200m Free Relay - 3

200m Medley Relay - 6

Jacky Shields (71)

50m Free	5	44.67
100m Free	4	1:44.34
200m Free	3	3:47.95
400m Free	4	7:41.00
100m Back	2	2:18.47

200m Free Relay - 3

Shane Walsh (72)

50m Free	2	36.15
100m Free	3	1:28.50
200m Free	3	3:17.42
400m Free	1	7:02.26
50m Back	3	56.48

2 February 2025 - Moreton Bay Open Water Swim

It was an early start to drive to Sutton Beach for the Moreton Bay Open Water Swim. I was the only one from QNA swimming. Conditions were NOT ideal, but manageable!

I came 1st in my age group in the 2km swim, which turned out to be 2.68kms. Heading South against the strong wind and choppy conditions was a real slog. But easier on the way back with the swell behind!

Overall, it was a good workout and I met-up with a few familiar faces from other clubs, which is always nice.

I haven't swum in this location before but I'll be back next year hopefully!

... Terry Carter



AT LOGGERHEADS !!

The battle to decide whether double arm backstroke is superior.

After a photo finish tempers (and nostrils) flared ...
Bob says one arm at a time whilst Brian says yeah nah!



Telstra 4G	9:45 am	21%
results.sportsevents.com.au		
50-59 View All		
Pos	Name	Time
1	Jennifer Margaret WEBSTER (#770)	00:50:48
2	Melissa GRAHAM (#820)	00:56:20
3	Kylie DEAN (#760)	01:01:42
60-69 View All		
Pos	Name	Time
1	Lindy LAWRENCE (#747)	00:49:23
2	Susan BALDWIN (#732)	00:58:23
3	Fran MORONEY (#799)	01:01:46
70+ View All		
Pos	Name	Time
1	Terry CARTER (#734)	01:04:34
		



COACH'S TIPS



A few tips ... back and back kick

Torpedo kick with fins on ...

Streamline position with one hand on top of the other, press shoulders together behind ears. Kick with straight legs, do laps of 25/25 back or 50 drill/50 back.

Really stretch in this position from finger tips through legs. Stretch these key muscle groups. By performing it regularly, the flexibility you gain will help your full swim stroke.

I do realise some older swimmers do not have the flexibility to get arms in that position, so use hands beside you doing small scull motions and RELAX. Push your head back into the water. Relaxing is the key word here – don't let the knees pop out of the water and kick from the hips.

Happy swimming - Cheers, Jan



2025 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MARCH							
8	LC	Noosa Masters Swim Meet	QNA	Sunshine	Q5/25	Yes	Noosa Aquatic Centre
APRIL							
8-12	LC	MSA National Championships	MSA	MSV		Yes	Melbourne Sports & Aquatic Centre
13	OWS	Cairns Mudcrabs Crater Lake Classic	QCN	North	Q18/25	n/a	Lake Barrine
MAY							
29-31	LC	Great Barrier Reef Masters Games	MSQ	North	Q1/25	Yes	Tobruk Memorial Pool, Cairns
JUNE							
1	OWS	Great Barrier Reef Masters Games OWS	QCN	North	Q14/25	n/a	Lake Barrine
28	SC	Brisbane Southside Masters SC Meet	QSM	South	Q6/25	Yes	Brisbane Aquatic Centre, Chandler
JULY							
13	LC	Belgravia Masters Swim Meet	QCD	Sunshine	Q13/25	TBA	Burpengary Regional Aquatic and Leisure Centre
26-27	OWS	WA Masters Championships - OWS	WA				Singapore
AUGUST							
7-14	LC	WA Masters Championships - Swimming	WA				Singapore
SEPTEMBER							
6	SC	Brisbane Northside Masters	QBN	Sunshine	Q19/25	Yes	Valley Pool, Brisbane
13-14	LC	North Queensland Championships	MSQ	North	Q10/25	Yes	Townsville Long Tan Pool
OCTOBER							
4	SC	Toowoomba Masters Meet	QTW	South	Q7/25	Yes	Glennie Aquatics, Toowoomba
5	OWS	Whitehaven OWS	MSQ	Central	Q11/25	n/a	Whitehaven Beach
18	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q8/25	Yes	Hervey Bay Aquatic Centre
NOVEMBER							
2	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q17/25	n/a	Pioneer River, Balnagowan
6-8	LC	MSQ LC State Championships	MSQ	South	Q4/25	Yes	Brisbane Aquatic Centre
DECEMBER							
6	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/25	Yes	Kawana Aquatic Centre



Following a club brunch at Heirloom, Terry Parker and Greg and Julie Bott went to the Peregrine café especially to present a Certificate of Appreciation to Heirloom as they have donated \$860 to our club in support of our upcoming 2025 swim meet. This follows an

earlier donation of \$1000 just 10 months ago in support of our 2024 swim meet.

One of the owners, Andy, was pleased to accept the Certificate as a tangible sign of just how much their support is appreciated.

... Ed



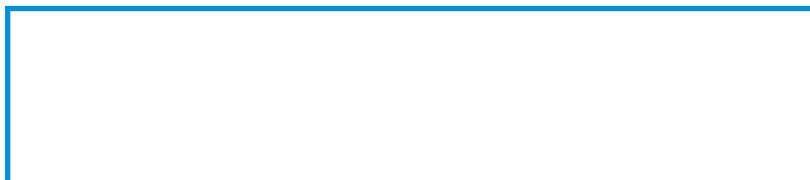
MSX – The Masters Swimming Queensland Excellence Program

Details of the MSX Program are currently under review



NOOSA MASTERS SWIMMING CLUB CALENDAR

DATE	EVENT	VENUE
Ongoing		
7.30-9 am Thurs/Sun	Coached Training Sessions	NAC
7.30-9 am Tues	Endurance Swim Sessions	NAC
Sundays	Bushwalks	Mt Coolum/Emu Mountain
MARCH		
1	Sister Act the Musical	Lunch beforehand 1pm at QPAC bistro then Sister Act at 2pm.
8	Noosa Masters Meet	NAC 7:30am-3:30pm
18	Gunther Steiner Formula 1 driver	preceded by dinner 6.30 pm at QPAC Bistro. 7:30 event starts
19	Barefoot Bowls and dinner	Noosa Lawns Club 4-7pm
22	Noosa Ultra Trail Volunteer opportunity	
30	Endurance - 5th Sunday of the month	NAC
APRIL		
4	Rumours Theatre - comedy	Noosa Arts Theatre 7:00 drinks, 7:30 performance
8-12	MSA National Championships	Melbourne
tbd	Noosa River Cruise	Cruise followed by dinner at the Marina
tbd	Twilight drinks and canapes	Noosa Surf Lifesaving Club 4-7pm
MAY		
3	Mini meet - Club Kawana	9:30-Noon - lunch afterwards
10-11	Dusty Hill Winery weekend	Saturday lunch at winery followed by winery tour.
17	Endurance Twilight swim - DATE TO BE CONFIRMED	NAC 4-5:30. 6pm dinner at Reef Hotel
24	Joe Cocker tribute at the J	Details to come
25	Swim Noosa - ASICS Runaway Noosa Marathon	Volunteer Opportunities
29-31	Great Barrier Reef Masters games	Tobruk Memorial Pool Cairns North
JUNE		
28	Brisbane Southside Masters SC Meet	Brisbane Aquatic Centre, Chandler
JULY		
5th-6th	Noosa Enduro mountain bike event	Volunteer Opportunities
13	Belgravia Masters LC Meet	Burpengary Regional Aquatic and Leisure Centre
AUGUST		
4th-15th	World Masters Swimming Championship	Singapore
OCTOBER		
29Oct-2Nov	Noosa triathlon	Volunteer Opportunities



Ed : We hope you'll all be interested in these couple of pages of information on Masters programmes which are reproduced here primarily for the benefit of our newer members.

History

The Million Metres Awards Program was launched in the late 1970s under the sponsorship of City Mutual. Masters Swimming Australia's major sponsor [Vorgee](#) is the naming rights sponsor of the Million Metre Program & Awards since 2007. Awards in the way of certificates, product and trophies are given to members who reach each million award milestone.

- The Million Metres Awards Program was updated in 2001, with milestones recognised at **one, three & ten** million metres.
- In 2004, milestones were added for **five & seven** million metres.
- In 2007, the **two** million metre milestone was added.
- In 2008, the programme was expanded to recognise swimmers who attain **fifteen** million metres.
- Since then we've been very excited to add the **twenty** million metres, and 2021 saw the first member reach the **twenty-five** million metre milestone, providing ongoing recognition to those who continue to excel in long distance swimming.
- In 2021, the development of the [MSA Million Metres app](#) has digitalised results allowing swimmers to log their swims on a mobile device.
- In 2022, Vorgee e-vouchers have been included as award prizes.

Awards

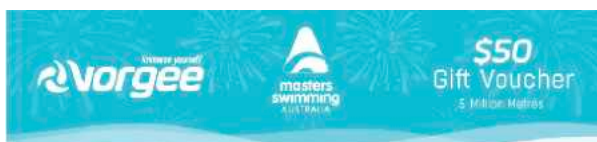
After completion of each milestone, members can apply for the following rewards in recognition of their efforts:

1 million	polo shirt, plus Million Metres cap & certificate
2 million	polo shirt (<u>or</u> \$50 Vorgee e-voucher), plus Million Metres cap & certificate
3 million	polar fleece, plus \$50 Vorgee e-voucher, Million Metres cap & certificate
4 million	polo shirt, plus \$50 Vorgee e-voucher, Million Metres cap & certificate
5 million	polo shirt, plus \$100 Vorgee e-voucher, engraved plaque, Million Metres cap & certificate
7 million	Vorgee swim bag, plus \$50 Vorgee e-voucher, Million Metres cap & certificate
10 million	Nitro jacket and \$50 Vorgee e-voucher (<u>or</u> \$150 Vorgee e-voucher), plus engraved plaque & certificate
15 million	Nitro jacket and \$50 Vorgee e-voucher (<u>or</u> \$150 Vorgee e-voucher), plus engraved plaque & certificate
20 million	Nitro jacket and \$50 Vorgee e-voucher (<u>or</u> \$150 Vorgee e-voucher), plus engraved plaque & certificate
25 million	Nitro jacket and \$50 Vorgee e-voucher (<u>or</u> \$150 Vorgee e-voucher), plus engraved plaque & certificate

Garments are embroidered with the Masters Swimming Australia logo, the Vorgee logo, the words "One (two, three, four, five, seven, ten, fifteen, twenty or twenty-five) Million Metre Club".

Recipients can nominate to have their Name and/or Club name embroidered on their garments.

Note: the Vorgee Swimming bag (7M) is not embroidered.



Lane Warriors : The MSQ fitness challenge program

.The program calculates every distance you swim, long or short – every time you get into the water.

The results record the Top 5 Individual winners in each age group category, the club winners and all results.

How it works

- * Every time you get into the water to swim laps or when you're training, record the distance swum on that day.
- * Your drills count as well i.e. if you use pool accessories e.g. flippers, kickboard, then the distance swum still counts.
- * Record your daily distance swum on the Excel Spreadsheet, which automatically calculates all your distances.

Open Water Swims

Open water swims may now be included in your Lane Warriors calculations and are subject to the following strict conditions:

1. Distance over a measured course, e.g., Jetty to Jetty, Headland to Headland, Rowing Course. Regular swim course that has been measured (with a degree of accuracy) e.g., Noosa foreshore from the Surf Club to the Rock Groin, Townsville Strand from the Rock Pool to Tobruk Swimming Pool.
2. Distance as measured by a GPS device such as Garmin – Data from a smart tech device to be provided.
3. Distance swum in competition over a set course, e.g., Lake Barrine.

Club Secretary, Recorder, or a Coach to sign-off on the summary form confirming the reasonable accuracy of the OWS distance/s each member has swum.

The Program Documents

- [Excel Spreadsheet](#) to record your distances
- [Lane Warrior Club Summary Sheet](#)

Club Summary :The club summary sheet is the only spread sheet to be sent to the MSQ Business Manager by 14 January each year.The club recorder must sign off all individual spreadsheets, enter the result and send the one document only.

The Calculations:

The top five distances swum in each of the three categories are recorded. Each winner receives a certificate, with results recorded on the MSQ website.

The 3 age categories are:

- 18 – 34
- 35 – 60
- 61+

The top 3 clubs are announced and recorded in the annual report.

All distances for each club are added up and divided by the number of swimmers from the club, who entered the program. A minimum of three swimmers applies for club awards. Swimmers are encouraged to swim as many metres as they can in one year.

MSQ LANE WARRIORS – 2024

Top 5 Winners, Individual & Club Results

The MSQ Lane Warriors Program is a fitness challenge designed to track and celebrate every metre you swim — whether it's a short session or a long-distance effort, in the pool or open water. Launched in 2011, this program encourages swimmers to log all their swimming distances throughout the year.

At the end of each year, clubs submit summary spreadsheets detailing the distances recorded by their members. Participants are grouped into three age categories, and the Top Five swimmers in each category are awarded certificates in recognition of their efforts.

Start logging your swims today and become a Lane Warrior! To find out more [Click here](#).

Congratulations to the seven clubs and 98 swimmers who took part in the MSQ Lane Warriors program throughout 2024. The total distance covered was 18,491,322 metres (18,491km) averaging an impressive 188km per swimmer.

See full results : <https://mastersswimmingqld.org.au/wp-content/uploads/sites/15/2025/02/2024-Lane-Warriors-Results-updated.pdf>



Remembering a Legend : China Johnson

From Facebook : China said he'd like me to let all his swimming friends around Australia know about his accident. A few weeks ago he fell and fractured his leg. He has successfully come through surgery and is on the road to recovery. He is hoping to be back in the pool in a couple of months and I told him about our

State Championships in November so he's keen to race then. He's bright and chatty and keen for visitors. At SCUH at the moment.

Ed. note: No-one knew ... it seems that following his fall, tests revealed China had cancer and in no time at all China left us ... so quickly ... on 22 February 2025.

Sunshine Coast Masters wrote : China was a cherished part of our community, known for his kindness, dedication, and unwavering passion for swimming sports. His presence brightened every gathering, and his swimming legend status will never be forgotten. Our thoughts and prayers are with China's family and loved ones during this time of loss. As we mourn his passing, we also celebrate the incredible impact he had on all of us. May he rest in peace.

Ed: and here is an article reprinted from Masters Swimming Australia ... (I think)

Sunshine Coast Cotton Tree Masters Swimming Club patriarch China Johnson has a simple strategy to beating the opposition.

"I just outlive them," he laughs, and which on face value seems a reasonable strategy for a 95-year-old turning 96 next month.

"But that doesn't account for the fact that China has a trophy cabinet big enough to see from the Moon, bulging with bling from beating plenty of younger opponents.

"I've always had a fascination for swimming and collecting medals," the oldest competitor at these Games said.

"I gained my Royal Life Saving Society bronze medallion for proficiency in a pool at 14 years of age when I was a student at Wollongong Secondary School and, two year later, I got my surf proficiency as a member of the Corrimal Surf Life Saving Club.

"I went on to compete in club swimming championships and I won medals for junior surf and belt races from 1944-1946.

"Then, for a little excitement I went on to enlist in the Army and served on active service in the Korea Campaign, where I awarded six military medals.

"And in 1969 and 1970 I twice competed in two-mile swims across Lake Jindabyne in the Snowy Mountains," he said.

In 1971 China, an electrician at the time, relocated his family to Queensland and the medals have kept draping themselves around on his neck ever since.

Before this week, his Masters medal tally stood at five gold at world championships, 44 at Australian championships, 77 State championships and 36 at the Pan Pacific Masters Games. Throw in dozens of silver and bronze medals and you get the idea the bloke can still swim. Earlier this year at the Masters Swimming Queensland State Short Course Championships, China competed in 11 events over four days to go home with 11 medals, all of them gold.

That tally is already on the march north after he won the 50m free and 100m backstroke at the 2024 Pan Pacs at the Gold Coast on Thursday and he will likely snare more gold by Saturday's close of the swimming competition with swims still to come in the 200m and 400m backstroke and 100m free and the 50m and 100m breaststroke.

And did we mention, in a warmup of sorts earlier this week, China entered the indoor rowing where he took part in the 2000m, 1000m, 500m and the minute sprint – winning the lot of them and setting new world marks in half.

And what of the future for this super fish of the ages?

"I believe I have finally arrived at the end of the road as far as Masters swimming is concerned," China laments unconvincingly.

"I may go another year, but it will all depend on just how far the body allows me to go, although this year has been very kind to me as far as competition is concerned.

"I don't have to beat the opposition these days; I just outlive them," he said.



Our own 'AWESOME FOURSOME'

Noosa Open Water Swim – 23 February 2025

The Noosa Summer Swim Festival is now one of Australia's most popular open water swims, with thousands of keen swimmers competing in a number of events over the weekend.

While some of our members spent Saturday swimming like superstars at Miami, there were four Noosa Masters swimmers who took to the open water on Sunday.

The conditions were not ideal (but that's when the tough get going?), with a strong sweep across the bay and choppy conditions. Apparently there were some stingers, but luckily none of us came across them.

The first race for us was the 5 km event with Yvonne Mutton (and 180 other mad competitors). Yvonne swam the 5km holding 1:42 / 100m throughout.

Next was the 3km race with 306 competitors (not quite so mad). Competing in this race was Greg Bott (our only male representative), Terry Carter and Wendy Nothdurft.

All four swimmers were placed in the top 3 in their age groups.

We had no competitors in either the 2km or 1km races this year. Maybe next year? Great atmosphere and a lot of fun!

... Wendy Nothdurft



5km			
Yvonne Mutton	65 - 69	01:13.5	SECOND
3km			
Greg Bott	65 - 69	01:03.2	THIRD
Wendy Nothdurft	70+	57.23	FIRST
Terry Carter	70+	01:12.1	THIRD



A parapsydokian is a sentence or statement with an unexpected ending.

It means "against expectations" in Greek, and typically puts the first part of the sentence in a new and humorous context ...

Will glass coffins be a success?
Remains to be seen.

Need an ark?
I Noah guy.

And the Lord said unto John, "Come forth and you will receive eternal life."
But John came fifth, and he got hell.

You're not completely useless,
you can always serve as a bad example.

Motivation or Volition ?

Motivation and Volition – their differences and importance

Volition. Now there is a word we do not hear so much these days. Unfortunate really, as it speaks to a crucial element in getting things done... how much energy do you put into it?

So have you ever been puzzled when you found yourself highly motivated to do something and yet fell short? This often seems to happen when we aspire to improve our lifestyle... Eat better. Exercise more. Meditate regularly. We have all tried these things, full of good intentions; and yet months later, maybe even weeks or days later, not only have we not done it, but maybe we do not even remember what the intention was.

Let us aim to keep this simple:

– so it is easy to understand, and gives us confidence to use it...

Like many words, motivation, intention and volition are used differently by different authors and in different contexts. In brief, motivation is often used to describe an aspiration – a state of thinking whereby we hope to accomplish something.

Intention is often used interchangeably with motivation, however, its accurate definition speaks of commitment, action and getting the aspiration done.

Volition is all about the energy one puts into one's motivation; the commitment we make to getting something done.

So the important piece here is the difference between aspiration and volition.

The thought “I would like to do something”, and the commitment and resolve and energy it takes to get it done.

This is crucial as so often I have met people who were highly motivated to accomplish something.

Maybe we should say, highly aspirational ...

Eat better. Exercise more. Meditate regularly.

And yet, here they were, bitterly disappointed with themselves, often blaming external circumstances or other people, almost invariably feeling guilty, and not accomplishing what they set out to achieve.

To understand this in a little more depth, let us look at the words and their definitions...

Wikipedia has this to say “Motivation is an internal state that propels individuals to engage in goal-directed behaviour. It is often understood as a force that explains why people or animals initiate, continue, or terminate a certain behaviour at a particular time. It is a complex phenomenon, and its precise definition is disputed.”

Intention is a word with similar meaning, yet it is often used to suggest something different. Wikipedia has this to say about intention “An intention is a mental state in which a person commits themselves to a course of action.

Having the plan to visit the zoo tomorrow is an example of an intention. The action plan is the content of the intention while the commitment is the attitude towards this content. Other mental states can have action plans as their content, as when one admires a plan, but differ from intentions since they do not involve a practical commitment to realising this plan. Successful intentions bring about the intended course of action while unsuccessful intentions fail to do so.”

And volition – from Wikipedia again:

“Volition, also known as will or conation, is the cognitive process by which an individual decides on and commits to a particular course of action.

It is defined as purposive striving and is one of the primary human psychological functions.”

Maybe we also need to consider “aspiration” - Wikipedia: “The act of aspiring or ardently desiring; an ardent wish or desire, chiefly after what is elevated or spiritual.”

Back to simple ...

What we are getting at here is the difference between an aspiration, or motivation as it is commonly called, a hope something will be done; and the volition or maybe intention, the energy required to make it happen.

The difference between aspiration or hope and volition or commitment and action.

So consider this... When you plan something new, can you notice the difference between the basic planning, and the commitment? So often we are motivated to do something – “Wouldn't it be nice if I Eat better. Exercise more. Meditate regularly”. But then, what of the volition? What of the commitment. Volition speaks of making a firm decision.



March 2024

Lois Hill	9/3
Bruce Hammond	12/3
Christine Cooper	13/3
Bob Morse	15/3
Brian Cairns	16/3
Adrian Wilson	19/3
Shane Walsh	20/3
Jan Croft	24/3
Denise De Carlo	26/3

*It's better to grow old with a sense of humour
than no sense at all !!*

ENDURANCE 1000 REPORT

February 2025



February was a good month for Endurance. We now have 35 of our 70 members participating in Endurance – and it's only February. We had four endurance swims throughout the month on Tuesday's and a twilight swim on Saturday 8 Feb as well.

We had lots of swims as people also wanted to submit postal entries for the Noosa Swim meet. In all, we completed 38 postal swims, that's very impressive. 12 swimmers completed 1500s!

In addition, John Havilah smashed a 45-minute and 60-minute swim in preparation for the Noosa Open swim on 23Feb. John is our oldest Endurance swimmer at age 88. How lucky are we to have such inspiration on our pool deck each week?

Welcome back to Lynette Clemitson, great to see you back at Endurance.

It's been exciting to see swimmers challenging themselves and doing swims they did not think they were capable of doing or had not done in many years. It's good to push ourselves out of our comfort zone a bit – right Anne? Anne Besser proudly completed a 1500 Back.

In mid-March we will be performing an audit of all Endurance binders. Please ensure you leave your binder in the cabinet for the audit. We will be comparing the endurance portal results to your binder to verify accuracy. To see your endurance portal information go to:

<https://e1000.msarc.org.au/stats/index.php>

Step 1 – Select the 'History' tab
Step 2 – Select the year and type in your MSA ID where indicated and press 'show'.

This will display your Endurance swim results for the selected year

Please report any errors to Denise at endurance@swimqna.com.au

Lastly, Sunday 30 March will be an Endurance swim as that is the 5th Sunday of the month. Mark your calendar now.

Denise DeCarlo
Endurance Coordinator
0447 255 388
decarlo4567@gmail.com

Sport

Noosa Masters' rivals could be circling

04/02/2025

Like 1



Noosa Masters won the national endurance trophy for the eleventh year in succession. (Supplied)



**Noosa Masters Swimming Club thanks its
generous sponsors for their support**

PLATINUM



GOLD



SILVER



BRONZE



In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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