



Sunshine Coast Masters Swimming

Hervey Bay Meet



Five swimmers (Ann, Sheila, Clare, Steve, Michelle) and Geoff who has just had cataract surgery travelled to the Meet

UNFORTUNATELY DUE TO THE COVID – 19 VIRUS ALL COUNCIL RUN POOLS HAVE BEEN CLOSED UNTIL FURTHER NOTICE.

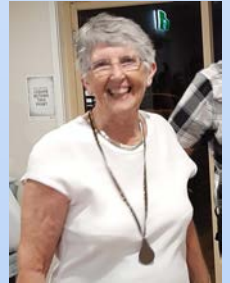
AT THIS TIME THE MSA NATIONALS HAVE BEEN PUSHED BACK TO SEPTEMBER 2020

MSQ SC STATE CHAMPIONSHIPS HAVE BEEN CANCELLED

NO NEWS ON OTHER MEETS



Congratulations to our medalists, Clare, Sheila and Michelle and a big pat on the back to Ann for the big PBs. Well done ladies.



REMEMBER FACEBOOK WILL KEEP YOU UP TO DATE
www.sunshinecoastmastersswimmingclub.com

CLUB BANK DETAILS
BSB 124 081
A/C NO 10504224

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
-							
FEBRUARY							
01	LC	2020 Brisbane Sprint Champs		SAL	QC1/20	Yes	Brisbane Aquatic Centre
15	LC	Miami Masters Swim Meet	QM M	South	Q2/20	Yes	BLK Performance Centre
15	LC	2020 RMHC Qld Sprint Champs		SAL	QC2/20	Yes	Brisbane Aquatic Centre
22	SC	Sinkers Fun in Feb	QNS	Central	Q3/20	Yes	North Mackay High Pool
MARCH							
7	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/20	Yes	Hervey Bay Aquatic Centre
13	LC	Brisbane Senior Metro Champs		SAL	QC3/20	Yes	Brisbane Aquatic Centre
29	LC	Townsville Hammer Heads Meet	QHH	North	Q5/20	No	Northern Beaches Leisure Centre
APRIL							
4	SC	Albany Creek Short Course Meet	QAC	Sunshine	Q6/20	Yes	Albany Creek Leisure Centre
*15-19	SC	MSA National Championships		MSA		Yes	Sydney Olympic Park
MAY							
*8-10	SC	MSQ State Championships		MSQ	Q1/20	Yes	Tobruk Memorial Pool, Cairns
31	OWS	Crater Lake Classic	QCN	North	Q7/20	N/A	Lake Barrine
JUNE							
13	LC	Brisbane Southside Masters Meet	QSM	South	Q8/20	Yes	Brisbane Aquatic Centre
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q9/20	N/A	Any 25m or 50m pool
5	LC	Nudgee Bluefins Winter Meet	QNB	Sunshine	Q10/20	Yes	Nudgee College Pool
11	SC	Rum City Short & Sweet Meet	QBB	Central	Q11/20	Yes	Bundaberg Swim Academy
11	SC	Speedo Qld SC Preparation Meet		SAL	QC4/20	Yes	Brisbane Aquatic Centre
AUGUST							
1	SC	2020 Brisbane Senior SC Champs		SAL	QC5/20	Yes	Brisbane Aquatic Centre
14	SC	2020 McDonald's Qld SC Champs		SAL	QC6/20	Yes	Brisbane Aquatic Centre
22	SC	Brisbane Northside Short Course	QBN	Sunshine	Q12/20	Yes	Valley Pool
29	SC	Long Tan Legends SC Sprint Meet	QLT	North	Q20/20	No	Long Tan Memorial Pool
SEPTEMBER							
12	LC	Noosa Masters Swim Meet	QNA	Sunshine	Q14/20	Yes	Noosa Aquatic Centre
*30-3	SC	MSA National Championship		MSA		Yes	Sydney Olympic Park
OCTOBER							
3	SC	Maryborough Masters Meet	QMB	Central	Q15/20	Yes	Maryborough Aquatic Centre
24	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/20	Yes	Kawana Aquatic Centre
NOVEMBER							
1	OWS	Sinkers OWS Balnagowan	QNS	Central	Q18/20	N/A	Pioneer River, Balnagowan
11-14	LC	Pan Pacific Masters Games		MSQ	Q17/20	Yes	Gold Coast Aquatic Centre
29	OWS	Big Barrine Bash (3Bs OWS)	MSQ	North	Q19/20	N/A	Lake Barrine – Atherton Tablelands
DECEMBER							

* Cancelled Event * Rescheduled event.



April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 <i>Good Friday</i>	11 <i>Easter Saturday</i>
12 <i>Easter Sunday</i>	13 <i>Easter Monday</i>	14	15	16	17	18
19	20	21	22	23	24	25 <i>Anzac Day</i>
26	27	28	29	30		



A big thankyou to the Noosa Tri packers Christine, Sandy, Marian, Don, Sheila, Val, Sue and Jan



Focus on what you CAN do. Keep reminding yourself you WILL be getting back in the pool again.

ENDURANCE SWIMS

January to March 2020

NAME	DATE	DIST	STROKE	TIME	NAME	DATE	DIST	STROKE	TIME
Ann BLIGH	Jan-13	400m	Freestyle	7.46.79	Robyn RICHARDS	Jan-13	400m	Freestyle	7.38.33
	Jan-13	400m	Backstroke	9.32.34		Jan-22	800m	Freestyle	15.48.27
	Jan-20	800m	Freestyle	15.30.00		Mar-19	800m	Freestyle	14.53.96
	Feb-03	400m	Backstroke	9.22.31		Jan-12	1500m	Freestyle	29.53.06
	Feb-10	400m	Freestyle	7.41.39		Mar-23	45MIN	Freestyle	2300
	Feb-17	400m	Freestyle	7.45.82		Feb-23	60MIN	Freestyle	3000
	Feb-17	400m	Backstroke	9.18.18		Jan-22	400m	Backstroke	9.22.34
	Feb-24	800m	Freestyle	15.35.19		Mar-19	400m	Backstroke	9.18.00
	Mar-03	400m	Backstroke	9.22.31		Jan-22	400m	Breaststroke	9.59.22
	Mar-04	800m	Freestyle	15.45.45		Mar-19	800m	Breaststroke	19.35.48
	Mar-16	30 min	Freestyle	1475m		Feb-23	800m	Breaststroke	22.55.85
Bronwyn LOW	Feb-26	400m	Freestyle	10.42.33	Feb-07	800m	Butterfly	18.23.66	
Joan MARTINUZZI	Jan-01	400m	Freestyle	10.06.49	Cecily SHANAHAN	Jan-07	400m	Freestyle	10.53.79
	Feb-15	400m	Backstroke	10.23.25		Feb-14	400m	Freestyle	11.09.96
	Jan-05	400m	Breaststroke	10.58.92		Feb-21	800m	Freestyle	22.50.04
	Feb-15	400m	Breaststroke	10.53.97		Feb-28	30 min	Freestyle	1025m
Michael McCUAIG	Jan-07	400m	Freestyle	7.46.17		Mar-06	800m	Freestyle	23.00.81
	Jan-09	400m	Breaststroke	12.13.95		Mar-13	400m	Freestyle	11.09.03
	Jan-09	800m	Freestyle	15.49.02		Mar-17	45 min	Freestyle	1475m
	Jan-10	800m	Breaststroke	26.06.00	Val SHEEHAN	Jan-15	400m	Freestyle	10.42.45
	Jan-15	400m	Backstroke	10.38.24		Feb-26	400m	Freestyle	11.06.21
	Jan-17	800m	Backstroke	22.42.80		Mar-02	800m	Freestyle	22.28.45
	Feb-21	800m	Freestyle	15.24.15	Clare SOMERVILLE	Jan-08	400m	Ind Medley	7.55.88
	Feb-26	800m	Backstroke	22.33.36		Jan-08	400m	Breaststroke	8.31.31
	Feb-28	800m	Breaststroke	26.19.48	Michelle STONEHOUSE	Mar-07	400m	Freestyle	6.34.51
Mar-06	800m	Backstroke	21.56.40	Feb-02		800m	Freestyle	14.08.12	
Stephen MORRISSEY	Feb-15	400m	Freestyle	8.18.40		Mar-15	800m	Freestyle	13.36.57
	Mar-15	400m	Freestyle	7.49.08		Feb-15	1500m	Freestyle	25.42.03
	Feb-02	800m	Freestyle	17.17.83		Jan-13	400m	Backstroke	8.24.86
	Mar-19	1500m	Freestyle	33.05.79		Mar-22	400m	Backstroke	8.51.42
	Feb-02	400m	Backstroke	9.41.41		Feb-09	800m	Backstroke	18.00.89
	Mar-16	800m	Backstroke	20.50.23		Jan-19	400m	Breaststroke	7.50.72
	Mar-22	30MIN	Backstroke	1185		Feb-07	800m	Breaststroke	15.53.61
	Mar-07	400m	Breaststroke	11.26.56		Feb-09	400m	Butterfly	8.18.39
	Mar-23	800m	Breaststroke	22.58.85		Mar-22	800m	Butterfly	16.58.25
				Feb-02	400m	Ind Medley	7.49.21		
				Mar-15	400m	Ind Medley	8.05.44		
				Feb-15	800m	Ind Medley	15.55.56		
				Sheila TWEEDY	Jan-08	800m	Freestyle	22.43.19	
					Feb-19	400m	Breaststroke	13.07.08	
				Carol WILSON	Jan-15	400m	Backstroke	15.08.27	

*Thank you to Margaret & Michael
for their Endurance Report...*



2019 MSX Award Winners

Sunshine Coast Masters

Platinum	Gold	Silver	Bronze
Jan Capps	Geoffrey Gardiner	Margaret Marsh	Ann Bligh
George Green		Stephen Morrissey	Joan <u>Martinuzzi</u>
Ian Ingram		Greg Parr	Robyn Richards
Michelle Stonehouse		Brett Whitehall	Valerie Sheehan
			Nancy Smith



This is a copy of an email from Christina Scolaro to all Queensland Masters Swimmers

To all swimmers

Alison Vercoe of QBB Rum City Masters is collecting stories for the [B.OLD short film competition](#). The topic is people or organisations that challenge stereotypes of ageing.

If you have a story you would like to share, please email to Alison vivalamusique@yahoo.com.au by April 24th. Your brief story should include:

- Age
- How long you've been swimming/swimming with Masters
- Reasons why you swim/stories about Masters Swimming
- How swimming helps you stay young/challenge stereotypes about ageing
- Photo (if you like)
- Contact details
- You must give permission for your story to be told, and be available for filming as per link with info at bottom (scroll down).

It does not need to be anything stunning. We just want to give them an idea what sort of stories we have and promote the sport. If you want an example, Alison's story is below. If you'd like more info about the documentary then scroll to the bottom and click on the link. It's important that any story told has been consented to by the person involved, and they are happy to tell their story/have it told to a camera.

Alison's story: At my first Masters swimming carnival I met a woman who was 90 and had a wheelie walker to get around the pool deck. She swam 400m freestyle and broke the world record for her age group. When I chatted with her later in the day, she said she was looking for a coach to improve her stroke. I decided then and there that this was the sporting group for me!

Please share this email with your members and encourage them to get involved. Thank you.

[B.OLD short film competition](#)

Sad news with the passing of George Coronas in late March just a few weeks shy of his 102 nd birthday. Rest in Peace, George, you were and still, an inspiration to us all.



**Birthd#y wishes for
April:
Sheila Tweedy, Leon
Clancy and Geoff
Gardiner.
Cheers guys.**



Clare has offered to shop or go to the pharmacy for those people in isolation. You can contact her on claresomeruille@bigpond.com

Interesting times, be strong, keep your distance and stay safe.

Cheers Steve (editor)

Email: smorrissey2@gmail.com

Mob: 0421917922

