



masters
swimming
QUEENSLAND

Annual Report

2023

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Masters Swimming in Australia,
 Queensland Branch Inc.
 Trading as

Masters Swimming Queensland Inc.

Under Business Names Act 1962-1990 Section 7 (4)
 Business Number BN6091623

The Masters Swimming Purpose is “To encourage adults regardless of age or ability to swim regularly in order to promote fitness and improve general health”.

Incorporated in Queensland on the first day of November 1988
 under the Queensland Associations Incorporation Act of 1981

Incorporation number:	4901
Australian Business Number:	15 804 399 838
Business Address	PO Box 1279 CAPALABA QLD 4157
Phone:	0419 955 011
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Website:	www.mastersswimmingqld.org.au
Facebook:	www.facebook.com/MastersSwimmingQueensland
Office Hours:	Monday - Friday 9:00 am to 5:00 pm
Affiliations:	Masters Swimming Australia Inc. Swimming Queensland World Aquatics
Funding:	Swimming Queensland

2023 Branch Management Board

President	Susanne Milenkevich
Treasurer	Nic Carmichael
Vice President North	Ted Bunt (January – March 2023) Bert Collyer (April – December 2023)
Vice President Central	Dan Stampa
Vice President Sunshine	Neil Newman
Vice President South	Elaine Sng (January – April 2023) Joerg Rockstroh (Acting: April – December 2023)
Director of Recording	Martin Banks
Director of Technical Services	John Barrett (January – March 2023) Lori Chaplin (April – December 2023)
Director of Risk Management	Emma Maxwell
Co -Directors of Coaching Services	Bruce Allender and Fiona McDonald

Appointees and Staff

Business Manager	Christina Scolaro
Registrar	Christina Scolaro/MSA
Member Protection Information Officer (MPIO)	Therese Crollick

MSQ Life Members

Max Gillespie (deceased)	QSM
Mary Sweeney	QBN
David Ryan	QBN
Rob Lucas	QNA
Derek Coghill (deceased)	QSC
Ken Liddy	QTT
Stan Pearson	QCD
Therese Crollick	QTR
John Barrett	QRT

2023 Masters Swimming Queensland Affiliated Swimming Clubs

In 2023 there were 46 clubs affiliated with Masters Swimming Queensland with a total of 1119 members.

North Region	Central Region	Sunshine Region	South Region
8 Clubs	8 Clubs	14 Clubs	16 Clubs
Atherton Mountaineers Bunna-barra Masters Cairns Clams Long Tan Legends Malanda Aquatic Dragons Mossman Meteors Masters Rats of Tobruk Masters Townsville Aquaholics	Gladstone Gropers Gympie Gold Fins Masters Hervey Bay Humpbacks Mackay Swim Academy Maryborough Masters North Mackay Sinkers Pioneer Oldphins Masters Rum City Masters	Albany Creek Masters Aqualicious Masters Beerwah Masters Belgravia Masters Brisbane Northside Masters Cotton Tree Masters Genesis Aquatics Noosa Masters Nudgee College Masters Pelican Waters Masters Rackley Masters Sunshine Coast Masters TSA Masters University of Qld Masters	Barbarians Masters Brisbane Southside Masters EC Masters Element Swimming Masters Ipswich City Masters Ipswich Grammar Masters Lowood District Masters Miami Masters Pimpama Masters Redlands Bayside Masters River City Masters Somerset Masters Southport Masters Toowoomba Tadpoles Twin Towns Masters Yeronga Park Yabbies

New Clubs in 2023:	QBR Barbarians Swim Team Masters (newly incorporated for 2023); QAK Mackay Swim Academy Masters, QPO Pioneer Oldphins Masters, QPS Pimpama Masters, QIG Ipswich Grammar Masters
Clubs Closing for 2024:	QEC EC Masters, QPO Pioneer Oldphins Masters

Branch Management Board Reports

President's Report: Susanne Milenkevich

2023 was a very successful year for MSQ and its Clubs and members with participation and recognition across all MSA programs including Million Metres, E1000, the National Swim Series and in competition at events throughout Queensland, Australia and Japan with fantastic competition attendance and results.

The 2023 MSQ State Championships were held in March Mackay and hosted by the Mackay Sinkers. Thank you to Dan Stampa and his team for delivering a successful event and for bringing OWS into the Championship event.

MSA National Championships were held in April in Hobart and were very well attended by MSQ clubs. Congratulations to the Townsville Aquaholics for winning the Life Member's Trophy for best meet performance by a club with 5-20 members. Congratulations to Noosa Masters for their 2022 National Vorgee Endurance 1000 Champion Club – Top scoring Club award presented at the Nationals dinner as well.

The 2023 Great Barrier Reef Masters Games were held in May in Cairns with Cheryl Brodribb and Ted Bundt and their team delivering yet another wonderful Games. We also saw the introduction of the multi-class swimmer of the meet award with QLT member Celeste Labuschagne taking out this inaugural award. Thank you for all your work on these Games and we look forward to 2025.

Congratulations to all our MSQ members who competed in Fukuoka, Japan, at the World Aquatics 2023 World Masters Swimming Championships held in August. It certainly was a memorable event with World titles going to several MSQ members and teams including Elaine Sng from River City Masters and UQ Masters men's relays.

Capping off the pool competition awards, MSQ had a very admirable showing in the MSA National Swim Series with nine MSQ members winning their age groups in 2023. Well done all!

Congratulations to all our Million Metres recipients who hit goals in 2023 with their million metres efforts. A special mention to Peter Nolan of QNS and Ken McDonald of QHB for reaching 7 million metres in 2023!

MSQ work out of the pool saw some great success in 2023 with the additional of a new Director of Special Programs role accepted by Clubs at the 2023 AGM and the appointment of Shayne Baker of QMM to this position. While this is a new role, MSQ is starting to see a few more initiatives coming together for implementation in 2024 to bring more diverse offerings to the membership.

A full tour of the North Region ended MSQ activities for the year with myself and VP North, Bert Collyer, touring and meeting all North Region clubs in November to plan for a reactivation in 2024.

I wish to thank our MSQ Business Administrator, Christina Scolaro, for her hard work and dedication to drive and support MSQ. And thank you to the volunteers on the MSQ Board for your time and support to help grow the organisation.

Finally, congratulations to all MSQ Masters swimmers on your achievements in 2023 and I wish all the best of swimming in 2024.

Good swimming,

Susanne.

Treasurer's Report: Nic Carmichael

For the 2023 Financial Year for MSQ (Jan-Dec) MSQ performed in line with financial expectations. We budgeted a financial loss of 25k and came in just below that figure. Compared to FY2022 result of profit of 29k cosmetically we have 'net out' our result from the prior year.

Membership & Affiliation income was largely in line with prior year.

Profit from Meet Income contributed largely to the bottom-line result movement. FY2022 \$36k FY2023 -5k.

In 2022 we received a grant for both State Championships held in Cairns and Pan Pacific Masters Games held on the Gold Coast which contributed significantly to our coffers whereas unfortunately in 2023 despite receiving a grant for the State Championships held in Mackay this boost was wiped out by the cost associated with the Great Barrier Reef Masters Games where it cost MSQ to hold the event – it did not generate any net income.

In 2023 our wage expenses increased as we evaluated the part-time Administrator position and this review concluded with a change of position into the full-time Business Manager position. This is currently the only paid employee of the organisation, and her contribution is invaluable.

We have budgeted for a .5 FTE increase in Staff in 2024 Financial Year and have yet to define and fill this position. Our provision/risk for employee entitlements being onerous leave balances has been reduced this year which is a great reflection on work/life balance for our staff and reflective of improved resourcing.

Since becoming Treasurer, MSQ has re-defined our meet process for major events to evaluate them more broadly from a commercial perspective (and fees associated) and from our estimates that will result in a more sustainable level of income for the organisation going forward. We are also evaluating timing of major meets as it is clear that having State Titles in Mackay followed closely by GBRMG carried financial risk for us.

In addition to this we are planning our first North Queensland Championships this year. Our goal for this event is to break even and to use this data to assist planning for holding additional events in the North region. This will result in income to the organisation as well.

Our budgetary position for 2024 is break even. The cash position is strong and not materially changed to prior year at \$250k. The organisation is able to service its obligations when they fall due and, in a position to invest if appropriate. In all investment decisions a cost-benefit analysis follows and our sustainability as an organisation is a key part of these decisions. No organisation should be in a position of 'burning through cash'.

I look forward to seeing you all at some upcoming competitions particularly State Championships being held at Chandler in April.

Please see [Appendix 1](#) for the MSQ Financial Report and Audited Accounts for 2023.

The North Region covers the area from the Whitsundays to Port Douglas including the Atherton Tablelands and had 8 affiliated Masters' clubs in 2023.

Club Name	Club Code
Atherton Mountaineers	QAT
Bunna-barra Masters	QBM
Cairns Legends (CLAMS)	QCS
Long Tan Legends Masters	QLT
Malanda Aquatic Dragons Masters	QMD
Mossman Meteors Masters	QMF
Rats Of Tobruk Masters	QRT
Townsville Aquaholics	QTA

As MSQ VP North my appointment began in May 2023. In practical terms, I have spent some time learning about MSQ processes and continue to learn. However, in my initial few months in this role, as key to representing northern swim clubs, I focused on 'who was who' and 'who did what' including identifying key persons in our northern swim clubs.

An important prioritisation for me was fostering inclusivity and feelings of 'belonging' to MSQ, given the feedback I had received from northern regional swim clubs of disconnect – feelings coming from the belief that city concerns did not reflect regional priorities.

As key to promoting MSQ's successful presence in the north I took up the challenge to organise an initial 'Meet & Greet' tour of our northern swim clubs. In November 2023, MSQ President Susanne (and Sam), and myself toured the north, meeting with executives and club members. The tour extended from Townsville to Port Douglas including the Atherton Tablelands. Consequently, these face-to-face meetings, together with phone contacts I had made prior to the tour, have resulted in increased goodwill, and increased social capital in our northern swimming community.

Significantly, another ongoing goal I have is to increase northern membership as well as to foster better interaction between clubs, both in competition swimming and social connectedness. As you will note from the thread throughout my report, for northerners, community is important and while swimming competition is good for physical and mental health, social connectedness is often an underrated component of fostering healthy club communities.

To this end, one of my main goals for 2024, and which I am working towards together with Long Tan Legends Club, is the facilitation of a North Queensland Masters Swimming Championship event to be held on 7th to 8th September 2024. Given this event has not been held for more than twenty years, it has generated great enthusiasm from northern and central clubs.

The planning of this event has involved applying for a Townsville City Council Grant which will help us with pool hire and entertainment. Other items such as a pool survey of Long Tan Pool, touch pads, medals, prizes, raffles, food and entertainment are still in the planning process. However, my ongoing enquiries and liaisons with various interests have generated a lot of local interest as well as a pro bono offer from a local company to complete the pool survey and co-operation between Long Tan Club and Gardens Swim Club to borrow their touch pads for this event. Townsville City Council have also shown great interest in this event and have given me a direct line to their Grants Person. Given support to date, both locally and from MSQ Brisbane, we are well on target for this event and look forward to enthusiastic participation from our northern and central clubs.

In summary, apart from dealing with an avalanche of emails from MSQ, my first exercise in arranging the 'Meet & Greet' was to introduce myself, Susanne (and Sam) to northern clubs but importantly, to get a 'feel' for northern club 'needs and wants'. Meeting with executives and club members went very well and this exercise was a steep learning curve for me personally. (We even had a swim with a few clubs - at least Susanne did as I forgot my togs - a Freudian slip.) As reported, the overall message I got from these important face-to-face meetings and subsequent phone calls, was a

need for increased participation and connectedness. Given this feedback, my 2024 goal is to continue to look for ways to meet these goals.



North Tour - Cairns Clams



North Tour - Long Tan Legends

Long Tan Legends Masters (QLT)

We are looking forward to 2024 being our biggest year yet. We have grown our numbers by 5 up to December 2023 and our low-tech membership drive so far this year has borne fruits with two new swimmers and several enquiries. When I say low-tech, it was as simple as putting a notice on the wall outside the changerooms with contact details. The response has been surprising. We have also been fortunate to welcome a new coach who has come up from Melbourne to enjoy life in the tropics and having Maggi on pool deck will increase our profile and hopefully our membership.

We are working towards hosting the North Queensland Championship in Townsville in September 2024 and although in the early stages, things are falling into place. There are still a couple of important decisions yet to be made, but once they are sorted it's plain sailing through to September. We hope to see a big turnout for this event and if it is as well supported as people have indicated, this could be the start of a great Masters Swimming Carnival tradition in North Queensland. Get a pen and mark the dates on your calendar as the weather is magnificent and the swimming will be fantastic.

This year also marks the 25th anniversary of our club forming so there are early plans for a celebration event late in the year. We hope to attract as many former members as we can locate and enjoy some long overdue catch-ups. Looks like plenty of parties to be had in the north.



Long Tan Legends

The Central Region covers all towns and cities north and west of Noosa and up to and including Mackay. The 8 Central Region clubs during 2023 were:

Club Name	Club Code
Gladstone Gropers Masters Swimming Club	QGS
Gympie Gold Fins Masters	QGF
Hervey Bay Masters Swimming Club	QHB
Mackay Swimming Academy Masters	QMK
Maryborough Masters Swimming Club	QMB
North Mackay Sinkers Masters	QNS
Pioneer Oldphins Masters	QPO
Rum City Masters Swimming Club	QBB

MSQ activities in the region

MSQ agreed to the CQ region hosting the 2023 MSQ State Championships in Mackay, increasing awareness and driving numbers and clubs in the region. The event included pool and OWS events held over the course of 4 days. Two new clubs were established in 2023 with CQ clubs' membership at 191 by mid-year, up significantly on recent years.

VP participation for the calendar year

As the CQ VP I attended:

- BMB online general meetings based on availability
- The AGM in Mackay
- Attended the 2023 Brisbane Southside meet to provide BMB exposure at a regional meet
- BMB face to face annual meeting

Additionally,

- Participated in the issues addressed between meetings via email or discussion to address MSA or MSQ concerns or initiatives.
- Maintained emails and contact with the CQ clubs.

Sought feedback on matters from CQ clubs including:

- Feedback or issues for each meeting
- Coach and club surveys
- Encouraging CQ clubs to provide required administrative details
- Assisted clubs with direct MSQ club enquires regarding meets or related matters

Reflections on MSQ and the BMB

As I have not renominated for the CQ VP role based on my availability in the medium term, I trust CQ clubs are satisfied with the representation provided over the two years I enjoyed in the role. I can confidently advise that the BMB is focussed and motivated, both on current MSQ activities while also strategically looking ahead to keep the Branch well positioned both financially and as a peak Masters swimming body.

Future planning and direction

While the CQ region has a small cohort of clubs consisting of both long term and recent new clubs, it is quite well positioned to continue serving masters swimming in the region. A longer-term objective I remain committed to is a Rockhampton area club being reinstated. I would be happy to assist the incoming VP and MSQ in this endeavour if required.

A greater engagement by CQ clubs with MSQ and further investment by MSQ in the region would assist in enhancing regional growth.

Plans are underway to provide a major OWS supported by MSQ, and consideration is being given to a potential coaching and swimmer course as provided on occasion in other regions.



Day 2 of the 2023 MSQ State Championships in Mackay



Day 4 of the 2023 MSQ State Championships – OWS events

Gladstone Gropers Masters Swimming Club - QGS

The last year has again been very much club business as usual for the Gladstone Gropers. As always, the Club's focus in these high cost of living times is to remain and operate sustainably for the benefit of members. Gropers managed to operate at a small surplus for the year and is in a sound financial position looking to reinvest in the membership and the values of the Club in 2024.

Gropers Membership numbers remained relatively static despite efforts to promote the Club. Attendance at weekly sessions varied with the Sunday sessions getting good numbers. Attendance has remained consistent enough to maintain all sessions which goes to maintaining sustainability.

The Fun and Friendship mantra of Gladstone Gropers was well covered again with a wide range of social and community activities.

Gropers did not confine themselves to the Gladstone Aquatic Centre with members participating in Underwater Rugby for Queensland and participation in the Samoa Swim Series and the Pacific Ocean Open Water Challenge. Gladstone Gropers members and friends continue to make a conscious effort at every opportunity to promote the club and encourage new members to come along and be part of a great club.

Gympie Gold Fins Masters – QGF

The Gympie Gold Fins Masters Swimming Club had another successful year attending a range of carnivals with great results at the MSA Australian Championships, MSQ Queensland Championships, Brisbane Southside Meet, River City Meet and Belgravia Swim Meet just to name a few. Some highlights included:

2023 MSA Championships: The Gold Fins had 6 swimmers attend the Championships in Hobart coming away with 23 Gold, 9 Silver, 3 Bronze Individual Medals, 2 gold, 1 Silver relay medals and 2 Qld Branch Records.

2023 MSQ Championships: The Gold Fins had 6 swimmers attend the Championships in Mackay, coming away with 57 Gold, 4 Silver, 1 Bronze Individual Medals, 2 Individual Australian Records, 13 Individual Qld records, 2 Australian Relay records, 4 Qld Relay Records. The team also claimed the highest average points for a small club of the Championships. Ashleigh Eskdale also won the 18 to 29 years Swimmer of the Meet.

2023 World Masters Championships Japan: Gold Fin Shelley Devers won silver in the 50m Breaststroke swimming as a 2nd claim for Rackley Masters. The team is looking forward to a fun year ahead.



Gold Fins Team at Hobart



Gold Fins Team at Mackay

Hervey Bay Masters Swimming Club – QHB

Membership: 45 club members for year 2023

Swim Meet Summary: Humpbacks Meet hosted on 11th March 2023

The forecast for the day of the swim meet, threatened storms and rain but the weather cleared enough to be really humid, making diving in a treat for the 84 competitors. 17 clubs travelling to Hervey Bay from as far south as, Miami Masters, Gold Coast and north from Bundaberg, Rum City Masters. Fifteen events flowed well throughout the day,

including 200m to 50m competitions. The 400m events having already swam via postal entries, with thanks to their club captains/race secretaries.

A BBQ was well received by hungry athletes and their supporters following the events of the day, while eagerly awaiting the race results. Entertained by talented Humpback, Ken McDonald with a sing along. Awards were presented to first, second and third in age groups with points being tallied for best large Club average (9 and over competitors) and best small club average (2-8 competitors).

Noosa Masters Club awarded best “Large Club Average” and River City Masters awarded best “small Club Average” on the day.

The four “Closest to time” events proved popular with a cash prize of \$50 each for the 200m IM, 100m Backstroke, 50m Breaststroke and 50m Butterfly, proudly sponsored by “The Bay Apartments”.

Another highlight was the “Dash for Cash”, \$75 for this handicapped race. Competitors were randomly selected and handicapped according to their 50m time.

Rounding off a great weekend of competition and friendship, a “Recovery Breakfast” was enjoyed by 22 competitors and supporters the following day at “Café Balaena” with delicious food and great service. Café Balaena has been a proud sponsor of their swim meet for many years.

Swim Meets Attended: Hervey Bay, State Championships in Mackay, GBRMG in Cairns, Bundaberg, Belgravia, Maryborough, Kawana, Toowoomba and Noosa.

Coaching/Technical Officers: Chief Timekeeper – Paula Hewett & Starter – Lorin Van Opdenbosch

Funding received: Hervey Bay RSL grant paid for hire cost of the Aquatic Centre for the Swim Meet, and 13 local businesses sponsored lane hire and prize money.

Initiatives and future goals: Club Coach, promoting E1000 Program, Lane Warriors, maintaining club membership and recruiting people to Masters Swimming.



Maryborough Masters Club – QMB

The Club has 12 members (2024), with the new executive working to promote the Club and increase participation.

Maryborough members represented the Club at several events including the State Championships in Mackay, and at Hervey Bay, Bundaberg, and Maryborough. Maryborough won best club trophies at Bundaberg (Small Club) and at Maryborough which was their annual swim meeting (14/10/23) held in conjunction with the Maryborough Masters Games. Club members were successful at the State Championships winning several trophies or setting personal best times. Michael (John) Morris competed in the European Masters Titles in Finland, where he medalled.

Though a small club, members are competitive, with several swimmers ranked in the Top Ten Nationally. Special Mention:

- Cobie Van Wageningen who holds multiple number 1 rankings
- Muff Skov-Christensen multiple top five rankings

- Ian McAlister holder of twelve (12) top ten rankings
- Don Mackay holder of fifteen (15) top ten rankings

New members are actively involved in swimming events and on the Club's Executive.

The Club Executive plans to encourage interaction between Maryborough, Hervey Bay, and Bundaberg to promote fellowship and strengthen competition between these local clubs.

Maryborough Masters Swim Club has scheduled its annual swim meeting for October 2024 to be held in conjunction with the Maryborough Masters Games.



Maryborough Masters Meet 2023

North Mackay Sinkers Masters Swimming Club – QNS

Membership numbers: Club numbers remain strong but experience annual fluctuations. The 2023 membership climbed to a 15 year high of 64. Currently 2024 has 63 members including 8 x ALTS limited members. The club continues to build ongoing membership with several strategies to maintain a strong membership base.

Swim Meet summary: The Club hosted the 2023 Masters Qld State Championship in March (see previous report). The Annual Club Balnagowan River Swim was held in November 2023 with a medium field. Building numbers here is a challenge. The Clubs annual 2024 “Fun in Feb” short course meet attracted a small field (37), but the club remains committed to providing local opportunity for members and guests.

Club activities: Swimming and non-swimming activities remain a priority for the club executive and include coached sessions, pool led sessions, fund raising, river swims, community activities and social activities to keep members engaged and the club relevant within the community.

Swim meet attendance: MSQ State Championships (30), Regional meets, Towsa events and several OWS events kept competitive and not so competitive members swimming with purpose.

Coaching & Technical Officials: The club has limited expertise but counts a referee and starter as well as experienced members in the timekeeping and other roles. The club is currently seeking expressions of interest to supplement these roles from within its membership base.

The club continues to meet its obligations under the MSA/MSQ guidelines and holds coached sessions as well as informal sessions. Currently the club is working towards encouraging members to look at coaching as a potential swimming pathway.

Notable successes and achievements: The club successfully hosted the State Championships winning the large club award, an annual OWS, two fundraisers (Mar & Oct) that exceeded previous club records for totals - combined exceeded \$13,000). The club also hosted the ALLIANZ Learn to Swim pilot project in Mackay and is looking to expand

in its own capacity here. QNS also gained accreditation as a Gold Good Sports Club in late 2023. 2023 also marked the first full year of the club's participation in the Red Cross Lifeblood teams. 15 members donated 64 times to assist up to 192 lives.

Funding received: More than \$21,000.

1. 2023 State Championships - \$19,981 in total sourced by the club to fund the event.
2. MSA "Just one more grant" \$895 for caps and training items.
3. Allianz LTS program: \$454.55 (delivery of LTS Club components)

Initiatives and future goals:

- Grants
 - The club has a grant application in to provide training and resources around OWS timing and club operations valued at \$19,000.
 - Additionally (pending grants) we have a program for Women & Girls in Sport in place we are hoping to action in 2024.
- The club is also considering a swimming program for people with learning and ability challenges and hope to deliver this in 2024 as part of our community engagement.
- The club is also seeking to deliver an OWS in a premium location in 2024.
- The Club supports the Starlight Super Swim, Laps for Life and MS Swimathon, all fundraisers for well deserving groups.



Sinkers at the 2023 MSQ State Championships

Rum City Masters Swimming Club – QBB

Membership: Rum City Club membership at the conclusion of 2023 was 23. One of these was a new member.

Swim Meet Summary: The Rum City Swim meet for 2023 was held in June, with 66 entries. The afternoon ran well. From the proceeds of the meet, a donation was given to The Bundaberg Swim Team, which is the junior team who swim at the venue, to support them for travel to international swims. A donation was also given to Red Collar Rescue.

Club Activities: During the year, the club held several social activities which included: Christmas in July dinner, with Finska, Jenga and other fun activities, a pickle ball afternoon and dinner, a few aqua aerobics sessions to vary the usual Sunday swimming sessions, and also two ocean swim mornings followed by BBQ breakfast and a club meeting.

Swim Meet Attendance: Members attended club meets in Hervey Bay, Maryborough and Brisbane. Five swimmers attended the State Championships, and one swimmer attended the National Championships in Hobart.

Successes and Achievements:

- Two members, Daph Soppa and Paula Yates recorded times in the World Aquatics Masters Top Tens.
- From the MSX Awards, the club had five members awarded Platinum, two were awarded Gold, and three were awarded Silver.

- One of the club members, Ellen Randle-O'Sullivan, attended the Queensland Special Olympics at Redcliffe, and earned four ribbons from four events.

Future Goals: The club would like to retain and increase membership, through promotion in the local paper with articles about the club's activities. Also, the club is looking for someone to begin an accredited masters coaching course.

Vice President Sunshine: Neil Newman

The Sunshine Region includes all Brisbane metropolitan areas north of the Brisbane River and up to and including Noosa and South Burnett region. The 14 affiliated Sunshine Region clubs during 2023 were:

Club Name	Club Code
Albany Creek Masters	QAC
Aqualicious Masters	QAL
Beerwah Masters	QBE
Belgravia Masters	QCD
Brisbane Northside Masters	QBN
Cotton Tree Masters	QCT
Genesis Aquatics	QGA
Noosa Masters	QNA
Nudgee College Masters	QNB
Pelican Waters Masters	QPE
Rackley Masters	QRL
Sunshine Coast Masters	QSC
TSA (The Swim Academy) Masters	QSW
University of Queensland Masters	QUQ

The Sunshine region has enjoyed a year of many great meets, and social swimming events as shown in the reports sent to me by all the clubs in the region.

Most clubs have reported a steady growth or at least membership numbers remaining steady with new members replacing those that have moved on or retired from competition.

Social events between clubs on an informal meet basis are becoming popular and were a welcome addition to what was a busy sanctioned meet calendar. Hopefully clubs can be encouraged to keep up this social aspect of our region.

Six of the regions' clubs hosted meets with innovations in programming and meet organisation keeping the swim year enjoyable and exciting for all participants.

Special note needs to go to Albany Creek and the Noosa Masters clubs for their involvement with the Allianz sponsored swim sessions for swimming beginners.

Belgravia Masters also hosted two "Healthy Active Swim Fit "series on behalf of the Moreton council.

Hopefully these initiatives from Allianz and Moreton City council will keep Masters Swimming in the thoughts of prospective new members in the upcoming year.

Sunshine Region Club Annual Reports

Albany Creek Masters - QAC

Membership: Albany Creek Masters was able to maintain a stable number of club members. Those members who were unable to continue their membership, were replaced by an equal number of very keen new members. Several of the new members had never participated in the Masters Swimming program prior to joining Albany Creek Masters.

Swim Meets: 8 members took part in Southeast Queensland swim meets with notable successes being achieved at the Valley pool. It is hoped that the success will motivate more members to attend swim meets throughout the 2024 year.
MSQ Annual Report 2023

Club Activities: 2023 was another pleasing year with members enjoying the monthly BBQ breakfast. The December barefoot bowls event, and Pickering Street Christmas dinner, were very well attended by members and families.

The club was again invited to swim in the “MND & me” fund raising event held yearly at the Valley pool. The club was part of the very successful business team that “won” all the trophies that were presented.

Albany Creek Masters Swimming Club threw its support behind the Allianz Learn to Swim Program. This program aims to encourage non-swimmers to take up the offer of an 8-week sponsored learn to swim program, and then continue swimming with a masters swimming club of their choosing. The program has proven successful and will be held again in 2024.

2024: Club memberships has again seen several new participants sign up for the year. This number is expected to grow over the next couple of weeks.

The club’s coach has completed the swimming program for the 2024 year, and it is hoped that the program, in conjunction with a more formal approach to endurance swims, will encourage greater participation in swimming meets across the state.

Beerwah Masters Swim Team - QBE

2023 was a great year for the Beerwah Masters Swim Team with member numbers continuing to grow. The club now has a great mix of experienced masters’ swimmers along with swimmers who are new to the masters’ community. Club members raced many local races, and trips were also planned to support some regional meets in Toowoomba and Bundaberg. One club member also made the trip to Adelaide for the Australian Masters Games with great success, and Sam returned with a handful of medals.

The UQ Masters meet early in the year was an exciting day with some new members racing for the first time. Lene broke two state records and one national record at this event. Lene added to her tally later in the year, taking out the national record for the 25m butterfly at the Brisbane Southside Masters meet.

The team challenged themselves with plenty of new races over the year. The Noosa Masters meet gave the opportunity to try different distance swims through their postal options. Team Beerwah earned a bit of a name for ourselves at the meet by winning most of the raffle prizes! We love to put lots of support behind the Noosa Masters Club and the excellent event they run every year.

Two members were lucky enough to attend the Ocean Swim Fiji events this year. A great combination of competitive ocean swims, social events with likeminded swimmers and the opportunity to swim with and learn from swimming legend Shane Gould. Angela was not only conquering ocean swims, she is also a skilled journalist and wrote [an article](#) about her experience in Fiji.

Three of our swimmers were recognised for their results in the Masters Excellence program from 2022. Nardia achieved bronze level, Kylie achieved silver and Lene reached platinum level and received her masters’ World Top 10 cap.

Lene was named Masters Athlete of the Year at the Sunshine Coast Sports awards. She was honoured at an awards breakfast celebrating the region’s high achievers across many sports and categories.

Some of our members enjoyed a block of training with the Belgravia Masters at Burpengary through a Moreton Bay Council initiative. It was rewarding to get some good training in and spend time with our Belgravia friends at their great facility.

Towards the end of the season, our friends from Cotton Tree Masters invited us for a social swim and picnic at their lovely pool. It was a great afternoon with fun swimming and relays, followed by fish, chips and chatter on the waterfront. Thanks to MSQ president Susanne and her family for also attending this social event. Susanne’s passion for masters swimming is not going unnoticed, we appreciate the effort Susanne puts in to better understand and support masters swimming across the state.

One club member was headhunted to join the Barbarians team at the Premier League Swimming Masters’ event in Brisbane. Kylie had a lot of fun, and we are keen to put a Beerwah team together for next year.



Belgravia Masters Swim Team – QCD

At the end of 2023 Belgravia Masters membership was 23 and 7 of those were new to the club in 2023. The club hosted the Healthy Active Program on behalf of MBRC over 2x10 week periods. This was a great benefit to the membership drive, fundraising and awareness in the general community.

Belgravia hosted the second 2-day long course, long distance swim meet in August and again was well received with competitors on both days. Several age records were set, especially on day 2 which featured 800m and 1500m events.

Two of the club female swimmers, Marsha Reddiex and Narelle Phillips achieved many state and national records during the year with Marsha Reddiex breaking most records in her age group. Marsha Reddiex and Narelle Phillips also made the Masters' World Top 10s.

Deanne Sanderson and Neil Newman attended several open water swims including the Mooloolaba Mile and Noosa Ocean Swim. Claire Ackworth and Trevor Reynolds attended swim meets in Tasmania and Adelaide.

Club social activities during the year included Christmas in July, Paddle Boarding at North Pine Dam and the annual Christmas break hosted by one of the members.

Coaching is still through Belgravia Leisure Swim Fit program, but the current club member and coach, Deon Barnes is nearing completion of the Masters Coaching Course.

The club has received funding from Caboolture Sports Club, MBRC, and State Government which has gone towards uniforms and swim meet expenses.



Belgravia Masters team

Brisbane Northside Masters - QBN

Brisbane Northside had a very successful year, with good attendances at meets and at training, and membership increasing to over 50, slightly higher than the previous year.

The highlight of the year was hosting a swim meet at the Valley Pool in August. Members worked hard to make it a success, and the day proved to be very rewarding, with good numbers nominating. The short program, finishing around 1pm again proved to be popular.

24 Northside members competed at 17 Queensland meets through the year, which was well up on the previous year. Four Branch records were broken, three by Tracy Clarkson in Launceston, and one by Harry Bahrend at Brisbane Southside Meet.



Tony Baker, Shelley Parrish, Tracy Clarkson, and Steve Booker after winning the Small Clubs Trophy at the Toowoomba Tadpoles Meet.



Club member Tracy Clarkson after winning Gold in the open water swim at the Worlds in Kyushu. Tracy also won silver in the 800m Free and bronze in the 400IM.

Club members Tracy Clarkson and Ishihara Chiharu swam at the World Championships in Fukuoka, Japan.

An increasing number of Northside members are doing timed Endurance 1000 swims, with three finishing the whole program, Liz Little, Steve Booker and Tracy Clarkson. The popularity of the program has grown throughout the year, and it is looking like a much stronger participation in the year ahead. Many members were able to get to Sunday training early and get a timed swim in before squad started.

Coach Len is setting challenging programs every Sunday morning which are proving popular, with good attendances every Sunday.

Many Northside members are recording their swims on the Million Metres program with two achieving milestones during the year.

On the social side, members of Northside enjoyed a varied program throughout the year, with poolside barbeque breakfasts, post training coffee and breakfast at Café 63, and evenings dining out.

Club members are looking forward to another successful year, including their swim meet at the Valley Pool, locked in for August 2024.



The Café Noah ladies Sally, Colleen and Birte, at the Northside Swim Meet



Peter and Scott take a break at the Northside Meet

Cotton Tree Masters - QCT

Club membership peaked at 18 for the year.

Club activities included swim meets, Endurance 1000, breakfast after training, 5-year birthday lunch, Christmas lunch and social swim afternoon/evening with Beerwah Masters.

Five swimmers raced at States in Mackay and four travelled to Hobart to swim at the National Championships. Members attended many other meets with eight swimming at both Noosa and Kawana. We were classed as a large club for the first time.

Endurance was well attended twice a month for the year with 12 members participating. QCT placed 5th in the top scoring club in Queensland and 4th in the average points per member in Queensland - awesome results!

Notable success and achievements were many. Caleb Langelaan received World No 1 ranking in both SC and LC 200m breaststroke for 2022 and several other top 10 placings (QCT Hall of Fame). China Johnson World Top 10 in Backstroke (already in QCT Hall of Fame). Records were set in 2023 by China Johnson National Record for 200m backstroke and QLD records for 50m, 100m and 200m backstroke.

The club members were very proud to be represented at the World Championships in Japan by Angela Pond. Angela's top result was 4th in the 100m freestyle. Angela also won several medals at Nationals including the 100m freestyle.

Cotton Tree won a couple of State Relays and several members won MSX awards. The club also presented a variety of awards at the Christmas lunch.

This year many members and helpers ran the BBQ at the Junior Club Carnival and this proved to be a great fund raiser.

Future initiatives include a return social swim with Beerwah Masters and plenty of social activities and trips away to Swim Meets. The Club will target States, Nationals and the Pan Pacific Masters Games in 2024.





The Cotton Tree Masters team

Genesis Aquatics Masters - QGA

With a total of 10 members this year we attended the following Meets: Miami Masters LC Meet 2023, UQ Masters SC Meet 2023, MSNSW LC Championships, Great Barrier Reef Masters Games 2023, Brisbane Southside Masters SC Meet 2023, River City Masters LC Meet 2023, Belgravia Masters Long Course Meet 2023, Northside Masters SC Meet 2023, Noosa Masters LC Meet 2023, Rackley Masters LC Meet 2023 and last but not least the Sunshine Coast Masters LC Meet 2023.

We had 3 attendees at the Great Barrier Reef Masters Games 2023, great job Anita, Brian and Cathy.

We also held a couple of social events this year. We had a Team dinner held at Club Pine Rivers in August and our Christmas Get Together held at Warner Tavern at which we presented our coach Tony with a new set of stop watches to thank him for all his hard work and commitment.



These were in addition to our regular birthday celebrations after a squad swim otherwise referred to as “swim and cake sessions”.



Genesis Aquatic Masters

We are all looking forward to another year of Fitness, Friendship and Fun in 2024.

Noosa Masters Swim Club – QNA

The Noosa Masters Swim Club continues to be one of the premier swim clubs in the state. The year was a great success, both socially and competitively, and our fabulous location in the northern sector of the Sunshine Coast provided a great opportunity for yearlong promotion of the Masters ideals of Fitness, Friendship and Fun.

Membership: QNA statistics from Swim Central: 82 Active members between the age of 41 to 71 years. The majority of our members are swimmers who sign up for 12 months and consist of 45 female and 37 Male. We have no swimmers between the age of 18 and 41. This has been a constant issue with our membership. We have addressed this with Come and Try Days and now a new initiative from Alliance.

Swim Meet and Results:

Noosa Masters Swimming Club continues to dominate in competition, in both swim meets as well as in Endurance 1000. We have so many wonderful competitors as well as supporters who regularly attend swim meets as swimmers, timers, officials and spectators as well as supporting our very successful Endurance 1000 Program. We are a very strong club, financially, socially & competitively and are highly regarded in Australian Masters Swimming.

October 2022 – Maryborough Swim Meet – 8 swimmers – 4 age group medals.

October 2022 – Sunshine Coast Swim Meet Kawana – 9 swimmers – 5 age group medals.

November 2022 – Pan Pacific Masters Games Gold Coast – 15 swimmers, individual medals – 12 Gold, 12 Silver, 13 Bronze. Relay medals – 4 Gold, 4 Silver, 6 Bronze. National Record – Stephanie Jones in 200m Free, Queensland Records – Stephanie in 800m Free, Jo Matthews in 800m IM. Studley Martin competed in Open Water with a Bronze Medal.

February 2023 – Miami Swim Meet – 12 swimmers – 6 age group medals.

March 2023 – University of Qld Swim Meet – 1 swimmer – Ian Robinson set new 25m Queensland Breaststroke record.

March 2023 – Hervey Bay Swim Meet – 15 swimmers – 11 age group medals. Noosa won large clubs Trophy.

March 2023 – Masters Swimming Queensland State Championships – Mackay – 12 swimmers (8 women & 4 men), individual medals – 30 Gold, 22 Silver, 15 Bronze. Relay Medals – 8 Gold, 8 Silver. Stephanie awarded Female Swimmer of the Meet Trophy as well as Best Swimmer (Male or Female) in age groups 50-69 years. Stephanie also set 4 National Records in 1500m, 800m, 400m & 200m Free as well as setting 6 Queensland Records in 1500m, 800m, 400m, 200m, 100m Free & 100m Backstroke. Ross Kee set Queensland Record in 100m Free & Brian Hoepper set Queensland Records in 800m & 1500m Breaststroke. 4x50m Mixed Medley Team (280-319) of Steph-Back, Brian-Breast, Jo-Fly, Ross-Free set a Queensland Record.

April 2023 – Masters Swimming Australia National Championships – Hobart - 16 swimmers, (12 women, 4 men). Overall medal haul for Noosa was 37 Individual medals – 11 Gold, 14 Silver & 12 Bronze plus 16 Relay medals – 8 Gold & 8 Silver. National Records went to Stephanie Jones in the 400m & 800m Freestyle improving on her swims in Mackay. National Record also to the Women’s 4x50m Medley Relay Team (280-319) of Steph (Back), Helen (Breast), Jo (Fly) & Jan (Free). A Queensland Record also to Ross Kee in 100m Free improving on his swim in Mackay as well as Queensland Record for the Medley Relay Girls. Top of the Gold Medal haul was our wonderful coach Jan with 6 Golds, followed by 3 for Steph, 3 for Ross, 2 for Ian & 1 for Lois as well as Women’s Medley Relay & Men’s Free Relay of Greg, Trev, Ian & Ross. So many PB’s (age group and all time) from our swimmers, especially LiQun (1 Bronze & 5 PB’s) & Anne B (2 Silver & 3 PB’s). Presentation Dinner on the Saturday night at the Hobart Function Rooms Elizabeth St Wharf - Ian & LiQun accepted the National Endurance Trophy.



Noosa Master Swimmers at the National Championships at Hobart

May 2023 - Great Barrier Reef Masters Games – Cairns - 5 swimmers - Linda Hogg, LiQun Hussey, Ian Robinson, Jacky Shields, Jo Matthews. 8 Gold, 15 Silver & 9 Bronze plus Gold in Free Relay & Silver in IM Relay. Ian Robinson achieved a Queensland Record in 200 IM.

June 2023 - Brisbane Southside Masters - Brisbane Aquatic Centre. 4 swimmers - Jan Croft, Jo Matthews, Julie Tierney & Shane Walsh. Julie-Silver Medal & Jo Bronze Medal.

July 2023 - River City Masters - Valley Pool Brisbane - 3 swimmers Robert Ashwell, Greg Bott & John Simonidis.

July 2023 - Belgravia Masters - Burpengary-Indoor Pool-2 swimmers Brian Hoepper & Ian Robinson. Queensland Records to Brian in 800m IM & to Ian in 400m Breaststroke.

August 2023 - Brisbane Northside SC Meet - Valley Pool Brisbane-6 swimmers - Jo Matthews, Ian Robinson, Linda Hogg, Shane Walsh, Robert Ashwell & Rod Alfredson. Jo-Silver Medal, Rob A-Bronze Medal. Ian Robinson finally claimed three new state records for 50m Breast, 100m Breast & 200m IM.

September 2023 - Noosa Masters LC Meet-26 swimmers (including 6 postal swimmers). A swag of medals – Gold to Denise McCart & Kevin Alford, Silver to John Simonidis, Jo Matthews, Greg Bott, Jan Croft. Bronze to Studley Martin, Jim Travers, Terry Parker, Christine Cooper, Bob Morse, Lynette Clemitson & Brian Hoepper.

September 30th 2023 – Rackley Masters Swim Meet – Centenary Aquatic Brisbane. 3 swimmers - Robert Ashwell, John Simonidis & Ian Robinson. Due to injuries only Ian competed chasing Qld records for 100m & 200m Breaststroke which he achieved. However, unfortunately for Ian, his records were not recognised as the Meet was only a Time Trial meet. Very disappointing.

October 7th 2023 – Toowoomba Tadpoles Masters – 1 swimmer Shane Walsh.

October 14th 2023 – Maryborough Masters Meet – 5 swimmers Linda Hogg, Wendy Nothdurft, Jo Matthews, Rod Alfredson & Rob Jolly. Plus 2 officials Viv Merrill & Liz Alfredson. Rob, Jo & Wendy – Gold Medals & medals also for Linda & Rod. Only 40 competitors & a fun 50m Freestyle handicap race.

October 28th 2023 – Sunshine Coast Masters Swim Meet – Kawana Aquatic – 10 swimmers – Greg Bott, Rob Jolly, Adrian Wilson, Rod Alfredson, Shane Walsh, Terry Parker, Wendy Nothdurft, Jan Croft, Linda Hogg, Helen Malar. Plus, Liz Alfredson officiating, Julie Bott announcing & Wendy Ivanusec timekeeping.

Club Activities:

The Annual QNA New Years BBQ lunch at Wendy and Ivan's home on Sunday 8th January was a wonderful way to start the Club's social events for 2023. There were lots of laughs, great food, a lovely setting and some terrific photos were also taken with many of these finding their way into the Feb edition of the club newsletter.

The Valentines Event on 15th Feb was well attended with 35 members and partners spending a very enjoyable evening on the deck of the Noosa Surf Club. Cost was \$30 per head for savory platters which also included gluten free options and from all accounts there was MORE than enough delicious food to share. My thanks to Chris Cooper who volunteered to take bookings and pre-payments for this function.

Octogenarians Birthday Bash on Saturday 18th March was our fabulous lunchtime club gathering at Robyn Selby's home to celebrate the birthdays of five Noosa Masters members who turn 80 in 2023. Our Five Octogenarians are Lois Hill 9/3, Jan Croft 24/3, Wendy Ivanusec 18/4, Rob Lucas 29/8 and Trish Chalmers 30/10. The weather, atmosphere, food, attendance and celebrations kicked off about 11.30 with the last of the guests leaving mid-afternoon. Our guests of honour all seemed to appreciate the event which must go down as the club's biggest birthday bash.

Thanks to Robyn for sharing her beautiful home for this club gathering, also thanks to Melissa Travers, who assisted with many aspects of this birthday bash and a special shout out to Brian Hoepper who made a most enjoyable and informative speech about the achievements and contributions to Noosa Club life shared and given by each of our octogenarians.

Our Friday Twilight Swims started on Friday 3rd March at 4.00 pm and this was followed by a BYO Shared Supper and drinks after the Endurance Swim. At the March swim, Viv Merrill also offered members the opportunity to participate in an official timekeepers training session which commenced at 3 pm in the NAC Creche.

These twilight swims continued every seven to eight weeks throughout the next six months of 2023, with two more scheduled before the end of 2023, one on 6th Oct and the final evening on 17th Nov. However, a clamp down by Pool Management, barring alcohol from the post swim shared meal, means we will probably look at alternatives for the social aspect of these evenings for the two remaining twilight swims in 2023 and for 2024.

I'd like to personally thank all the Friday night Deckies - Jane Powell, Ian Tucker, John Simonidis and for the final two in 2023, Helen Malar and Rod Alfredson – without whom these Twilight swims would not have been possible. Special thanks also to Jane Powell who assisted with Twilight invitations for members and for following up our Friday night Deckie Coordinators for 2023 as well as coaching some of the newer Deckies – myself included - in the Endurance operating and recording processes.

The Tewantin Noosa Bowls Club offered QNA the opportunity to sell raffle tickets every Wednesday evening in April commencing 5th April 2023. So, Wendy Ivanusec, her husband Ivan as well as Kevin and Yvonne Alford worked the 1st shift to raise funds for our club as did many other club members over the next three Wednesdays in April. Many thanks.

We combined the raffle ticket selling on 5th April with a *Barefoot Bowls* evening at the Bowls Club followed by dinner after the barefoot session. Jim Barnes and Ivan Ivanusec proved invaluable with their bowls prowess and coached most of the novice members who enjoyed a fun yet quite challenging hour of bowls capers. Some more members joined us for dinner after Barefoot Bowls finished which proved as always to be a most enjoyable club evening.

The Nationals Swim Meet was held in Hobart from 18 – 21 April and there were lots of QNA swimmers in attendance. We shared an evening meal together a couple of times during the comp and our Presentation table was full of QNA members. Thanks to Ian Tucker for collecting the 2022 National Endurance Trophy and for speaking so eloquently about our Clubs Endurance efforts.

Garage Musical Evening: Saturday 6th May, Jim and Christine Barnes kindly offered their home or more correctly their garage so that our members and their partners, plus some of their talented friends, could showcase their superlative musical and literary talents to all. It was a wonderfully entertaining evening with the intermission shared supper also showcasing the splendid cooking skills of many of our members.

The Great Barrier Reef Games were held in Cairns from 25 – 27 May 2023 and the Club reports and photos attest to a great swim and a fun social time for our attending QNA members.

Our eloquent team member, Brian Hoeppe was involved with planning *the 2023 EV-EXPO (electric vehicle expo)* run by ZEN (Zero Emissions Noosa) in collaboration with Noosa Council. Lots of QNA members and family/friends attended the Expo after Sunday squad on 18 June at Noosa Junction. Lunch at the Reef Hotel, after the Expo provided a nice walk up the hill and was also well attended and enjoyed by all present.

As mentioned earlier, *Our Friday Twilight Swims* continued throughout the year with the 3rd one held on Friday 7th July with Ian Tucker as Deckie. This was also our only social activity for July and was a most pleasant evening both from a swimming and social aspect.

Soweto Gospel Choir on 23rd and 24th August. Lois Hill kindly offered to assist with organising tickets for this event where 16 QNA members and partners pre-booked seats on either 23rd or 24th August to enjoy an evening of lively and joyful singing and music at The J in Noosa. From all reports it was a fabulous evening.

Technical Officials

The Noosa club has 2 technical officials who attend regularly swim meets.

Coaching

Noosa has 6 swim coaches who are all accredited for training master swimmers. Jan Croft is our head coach and controls the coaching operations. We are actively using an underwater camera to do stroke correction for our members at our coaching sessions.

Endurance 1000 Program

Noosa Masters Swimmers continue to run a very robust endurance program for the benefit of its members. The Club has taken out the National Endurance Trophy for the past 9 years and we are hopeful of once again taking out the Trophy for 2023!

Fundraising and Volunteering

The Noosa Masters Club supported several fundraising events during the year. In particular we fundraised at the Tewantin bowls club, we provided support for the Noosa Enduro event, we supported the Noosa Ultra Tail event as well as volunteering at the Noosa Tri.

Grants

The club applied for and was successful in obtaining a grant for an update to its website.

Alliance Swim Program

Noosa was chosen as one of the clubs in Queensland to participate in the Alliance learn to swim program. This required us to provide social events for the learn to swim participants and to interact with the swim school teachers to provide a pathway for the swimmers into master swimming.

Nudgee College Masters Swim Club - QNB

We are now functioning predominantly as a social club. Many of our members train together but don't compete. Our main competitor is Deanne Atkinson who swims regularly and is successful in her age group.

As a social club, we gather most months at the Geebung RSL to celebrate birthdays. We also had a Christmas breakfast at the Sandgate Yacht Club. Our main fundraising was for Share the Dignity where we put together bags of necessities.

Even though we are more social we came together as swimmers and have that as the basis for the club.



Nudgee College Masters

Pelican Waters Masters - QPE

At the beginning of the 2023 season the club had 7 members. This club is new and still gaining momentum as a One Club.

During the past year there were 5 members that attended the Brisbane Northside Meet securing many medals.

The club had one athlete attend the Australian Masters Games held in Adelaide. This swimmer won 3 gold 1 silver 1 bronze medal and 2 lifetime pbs, which a fabulous achievement.

Pelican Waters Masters Club has struggled to gain new members this season, however our mission is to increase membership into the future.

The club has received no grants or funding. Pelican Waters have not yet run a swim meet however we do intend to in the future. The club has excellent access to squad training with 7 available sessions per week.

Pelican Waters memberships are predominantly a younger age demographic.

Rackley Masters Swim Team - QRL

The Rackley Masters Swim Team has had an incredible 2023! The club has been restructured and realigned with the larger Rackley Swim Team to help improve the experience for all Masters swimmers. With a new leadership group heading the RST Masters, and a dedicated Head Coach for the team, Rackley Masters had 33 members. The club continues to promote healthy lifestyles and encourage participation in swimming.

Some of the club highlights include:

- 33 members in 2023
- 27% of our members raced at the Swimming World Championships
- 1 World Record broken
- 3rd annual swim meet with an attendance of 90
- Masters training from 8 locations, and a dedicated Masters coach at each location
- Appointment of a Head Masters' Coach

Over 2023, the team grew from a few to many, and growth continues into the 2024 season. In 2024, Rackley Masters are looking forward to commencing new fundraising initiatives to support the swimmers and their goals, and their 4th annual long course meet at the Centenary Aquatic Centre on March 3rd.

Sunshine Coast Masters Swimming Club - QSC

The annual report from clubs to be submitted to the relevant VP in your region needs to contain the following information based on 2023:

Membership: Membership increased slightly from previous years, and at the close of 2023 there were 35 members. The club had four new members join during 2023. Posters promoting the club are displayed at the Kawana Aquatic Centre. Members running Bunnings BBQs promote the club to customers. The club held two sausage sizzles at Kawana Aquatic Centre to talk to patrons about Masters swimming, offer information about QSC and encourage people to join the club.

Swim Meets and Results: QSC held its long course swim meet on Saturday 28 October 2023. The meet was very successful, with 100 competitors from 23 masters swimming clubs competing. The meet ran very smoothly thanks to the dedication of so many members and volunteers. Prior to the presentation, swimmers relaxed to the sounds of a local musician while consuming BBQ, salads and drinks.

Members competed at most swim meets in the metropolitan regions during 2023. Six QSC swimmers attended States in Mackay.

Records set by members: George Green set National & State Records in: 50m, 100m & 200m Long Course Backstroke and 50m, 200m, & 400m Short Course Backstroke. He set State Records in 25m and 100m Short Course Backstroke.

One QSC member swam at the Noosa Summer Swim and two swam at the States OWS.

Club Activities: Each month the club hosts a lunch. A different venue is chosen each month, the lunches are enjoyed by 15 to 20 members and friends. The AGM was held at the Kawana Surf Club in February. Followed by club presentations for 2022 and the club provided lunch. The new venue was very well attended by members. During 2023, QSC held two very successful 'swim' mornings at the Kawana Aquatic Centre. QSC members could enter a variety of events, with different events offered on each occasion. This gave members who had not yet swum at a swim meet the chance to gain race experience and watch teammates in action. The club used semi-automatic timing and members also gained experience at timekeeping. Similar swim mornings will continue in 2024 and local Masters clubs will be invited.

Technical Officials: The club has one MSQ official and 2 qualified Check Starters/Marshals

Coaching: QSC has one club coach – Bruce Allender.

Funding/Grants: QSC received an Active Clubs program grant of \$2500 from Department of Tourism, Innovation and Sport. The funds are being using to purchase additional stop watches, club banners and equipment such as gazebos and trolleys to use at the QSC annual swim meet.

Initiatives and Goals for 2024: Promoting carpooling for swim meets with the club reimbursing drivers; paying 50% swim entry fee for members attending three meets in 2023, subsidy for accommodation if travelling to meets that require an overnight stay.



QSC Meet October 2023



Mackay States 2023



Belgarvia Meet 2023

The Swim Academy Masters - QSW

The Swim Academy is enjoying a growth in participation in all swim squad sessions and this will hopefully translate to a continued growth in membership going forward.

We are looking forward to a new year of Fitness, Friendship and Fun and aim to welcome new members to build a strong competitive team as the year progresses.

University of Qld Masters Swimming Club – QUQ

UQ Masters has had a great year in 2023. The team continues to grow stronger with members improving with top level coaching and training programs and talented new swimmers drawn to Team UQ. QUQ has good representation on the MSQ board, with Emma Maxwell as Director of Risk Management, and Martin Banks as Director of Recording. Together with QUQ swimmer Christina Scolaro in the role of MSQ Business Manager, they are working hard to progress and strengthen Masters swimming throughout Queensland and Australia. Additionally, there are members volunteering for working groups within MSQ, and now Steve Berting has become a member of the National Swim Meet Committee. The club is excited to be working so closely with MSQ and MSA.



QUQ at the World Championships, Fukuoka, Japan

The major highlight of the year for us was the World Aquatic Masters Championships 2023 in Fukuoka, Japan. As in the photo, all 8 swimmers from UQ scored medals at Worlds, with 1 gold, 2 silver, and 7 bronze. We also sent a group of 5 swimmers to Nationals in Hobart, with members scoring 18 gold, 11 silver, and 5 bronze medals.

Membership: QUQ membership reached a new high of 42 active members for 2023. The club is well placed with a central location and high-class facilities at reasonable rates. Word of mouth remains the most effective marketing tool bolstered by the reputation QUQ is earning. The Masters side of the club operates closely with the UQ Swimming Club junior, senior, and varsity clubs at the committee, coaching, and meet levels.

Swim Meets and Results: QUQ held its meet on 5 March 2023, with 172 swimmers competing. It was a highly successful meet. The meet was held at an alternative venue, Stuartholme School pool. The meet successfully conducted pay per event with unlimited entries.

QUQ Masters swimmers competed in many Masters and Swimming Australia (SA) meets:

- the team travelled to Mackay, Cairns, and Toowoomba for away meets
- MSA National Championships – 5 team members travelled down to Hobart where we picked up 34 medals, including 18 gold, 11 silver, and 5 bronze medals.
- MSQ Queensland SC Championships - 15 team members went to Mackay where we added another 109 medals, including 70 gold, 27 silver, and 12 bronze
- Brisbane Southside SC meet – 1st place large club trophy!
- Across 2023 QUQ members set 80 Queensland records (65 individual, 15 relay) and 22 National records (19 individual, 3 relay)

Club Activities: These included celebration dinners at away meets, regular breakfasts after training sessions, and assisting at UQ Swim Club inter-club meets.

Information about specific members:

- Christina Scolaro – MSQ Business Manager
- Emma Maxwell – MSQ Director Risk Management
- Martin Banks – Director Recording, also working with MSA, Swimming Australia and Swimming Queensland parties regarding Recording topics and Swim Central transition
- Steve Berting – member National Swim Meet Committee

Coaching: There is always one of five possible adult-focussed coaches on deck. There are many time slots for adult training sessions. Masters club members are dispersed throughout the different programs.

The club enjoyed a fun year making new friends while training and competing hard and are anticipating even more success and good times in 2024.

Acting Vice President South: Joerg Rockstroh

The South Region includes all Metropolitan areas in Brisbane, south of the Brisbane River and up to northern New South Wales and the Darling Downs. The 16 South Region clubs during 2023 were:

Club Name	Club Code
Barbarians Masters	QBR
Brisbane Southside Masters	QSM
Element Swimming Masters	QES
EC Masters (Emmanuel College)	QEC
Ipswich City Masters	QIP
Ipswich Grammar Masters	QIG
Lowood District Masters	QLW
Miami Masters	QMM
Pimpama Masters	QPS
Redlands Bayside Masters	QRB
River City Masters	QRC
Somerset Masters	QSS
Southport Masters	QPB
Toowoomba Tadpoles	QTW
Twin Towns Masters	QTT
Yeronga Park Yabbies Masters	QYP

I was appointed VP South for Masters Swimming Queensland [MSQ] in June 2023 after Elaine Sng resigned from her position. I want to use the opportunity to thank Elaine for her hard work and contributions to MSQ over the years as VP South. My main focus in the first 7 months was learning about how MSQ operates. To improve a system or organisation, you must know and understand it before suggesting changes. My focus as VP South is to look after the clubs in the region and to grow and modernise MSQ to guide the organisation into the future. With the Olympics 2032 in Brisbane, we should use the opportunity to bring our sport to many more.

With my professional Marketing and Product Management background, I analysed the membership numbers of MSQ. Based on the findings, we initiated marketing on social media and Google to drive an increase in membership. The next step will be to analyse the outcome and adjust accordingly to further increase the membership.

I see my position on the board of MSQ as an opportunity to improve the organisation and deliver more benefits to our members. The first 7 months as VP South were interesting, and I look forward to a possibility of a full year as VP South.

South Region Clubs Annual Reports

Barbarians Masters Swim Team - QBR

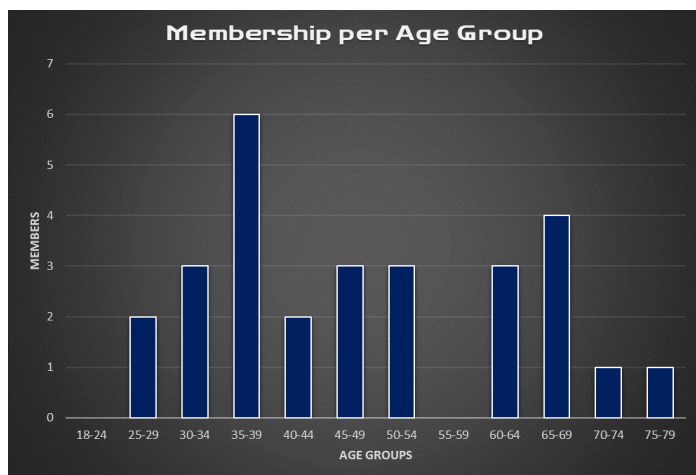


2023 was the first full year of the Barbarians Masters Swim Team as an Incorporation. Despite a difficult start for the club, the team attracted 28 swimming and 2 support members. At one stage, the team had 32 swimming members. Two swapped early on to a different club, one member transitioned back to the local club, and one member moved to a club in NSW.

Of the 28 members, 10 were female, and 18 were male or, in percentage, 36% were female and 64% were male. From the total of 28 members, 24 competed in the year 2023, or 86% of all members. The males lead, with 17 out of 18 competing, 94%, compared to 7 out of 10, 70% of the female members.

Looking at the age groups, the youngest member was 27, with the oldest 84, quite a big spread.

Membership Numbers: 30 members in 2023, with 10 female and 18 male swimmers and two support members.



Club activities: The Barbarians are not a conventional club, with members spread across Queensland and New South Wales; therefore, club activities are limited. However, the team celebrated its first Anniversary in September at the Musgrave pool with start training, taking underwater footage of members and a "Beer" Relay.

Swim meet attendance:

- Members of the Barbarians competed locally, nationally and internationally
- 24 out of 28 members competed in 2023, that is 86% of all members
- Members participated in 17 sanctioned swim meets

Meet	Competing	% of Members
Miami	12	55%
UQ	14	52%
Hervey Bay	2	7%
QLD States Championships	3	11%
Australia Nationals	4	14%
Asia Pacific Masters Games	2	7%
Great Barrier Reef Games	2	7%
Bundaberg	1	3%
South Brisbane	14	50%
River City	10	36%
Belgravia	5	18%
Northside	5	18%
Noosa	3	11%
Rackley	5	17%
Toowoomba	3	10%
Sunshine Coast	4	14%
Australian Masters Games	1	4%

- Members were attending and participating in the Skin & Skills event, swimming against Cameron McEvoy
- The team had a relay the first-ever Premier League Swimming Masters Edition, PLS-5. The Mighty Barbarians made it in the Tier 1 swim-off, finishing 4th

Notable successes and achievements:

- Many members of the Barbarians posted new lifetime personal bests in the year 2023
- Juliana, a new member with not much swimming experience, trained 4 weeks to learn how to swim freestyle and how to start. She posted at her ever-first swimming competition at Kawana 45.54 seconds over 50m freestyle.

Funding received:

- The team applied for a \$2500 grant from the Queensland Government; the application was successful
- The funds were invested in a new QuikShade 3x3m tent and new swim caps

Initiatives and future goals:

- The Barbarians’ board aims to grow the team further, encouraging swimmers not aware of Masters Swimming to join and compete
- The Barbarians are a competitive team with a high number of members competing, which will be the focus in the future
- Focus is on the World Aquatics Masters Championship – Singapore 2025



Barbarians Masters Swim Team 1st Anniversary Celebration

Brisbane Southside Masters - QSM

Membership Numbers: The number of members at the end of 2023 was 52.

Swim Meet Summary: The Brisbane Southside Masters short course swim meet (at Chandler) in June went well. Congratulations to UQ Masters for taking out the top slot. This meet had the highest number of swimmers in Queensland for 2023.



Brisbane Southside Masters

Club activities: Below, some of the regular Sunday swimmers in the outdoor pool at Chandler - swimming across the pool to make room for the aerial skiers at the northern end. Swim Sessions held; Monday 5:30 a.m. Tuesday 7:30 a.m., Wednesday 7:15 p.m., Friday 5:30 a.m. Sunday 8:30 a.m. Ron was coaching Monday morning, Wednesday evening, and Friday morning. John and Elaine coached alternating Sundays and Tuesdays. Due to events being held at Chandler, the club held swim sessions on Sundays at a few other pools. Swimmers enjoyed the change of scene, and after enjoyed the usual get together over a coffee.



Brisbane Southside Masters at training

Notable successes and achievements:

- One swimmer in 80-84 years age group set a record in NZ for 25m breaststroke of 25.46
- One swimmer attended his first Masters World Championships in Japan
- BSM has 5 swimmers in the World Aquatics Masters Top 10s

Initiatives and future goals:

- In 2024 the club will focus on Lane Warriors, Vorgee Million Metres and E1000.

Ipswich Grammar Masters Swimming Club (QIG)

Ipswich Grammar Masters Swimming Club (QIG) was established in September 2023, as a One-Club with wonderful support of the Ipswich Grammar Swimming Club committee. In QIG's first three months of operation, they are proud to have five members who have actively competed at four Masters Swimming Queensland (MSQ) meets and achieved some commendable results.

Membership Numbers: While there were five active members of QIG at the end of 2023, QIG expect membership to increase during 2024. Two members of Ipswich Grammar Swimming Club, who are 18 years old, have indicated a strong interest in competing in Masters competitions during 2024. QIG's Masters training sessions have also attracted some non-members who have expressed a strong interest in joining. QIG reasonably anticipates that membership will grow to 10+ throughout 2024.

Club Activities: While QIG has only operated for three months, a number of decisions have been made and ratified by the Ipswich Grammar Swimming Club committee, approving club activities moving forwards:

1. QIG members have been encouraged to participate in Ipswich Grammar Swimming Club race nights (Club Nights).
2. The position of Masters Club Captain was ratified, with member Chris Savage being appointed to the role.
3. QIG Club Records will be kept and maintained, with certificates presented to members who either set new records or break previous records – the rules for setting and breaking Club Records will follow the same rules as Branch and National Masters Swimming records

Swim Meet Attendance: QIG had members compete at four MSQ sanctioned meets during the three months that it operated in 2023. These meets were:

- 2023 Northside Masters SC Meet
- 2023 Toowoomba Masters SC Meet
- 2023 Rackley Masters LC Meet
- 2023 Sunshine Coast Masters LC Meet

Four members of QIG also competed for Ipswich Grammar Swimming Club at Swimming Queensland sanctioned meets throughout 2023, taking advantage of the One-Club set-up that QIG offers.

Coaching: Ipswich Grammar Swimming Club Head Coach, Tom Harris, has been vitally supportive in the establishment and operation of QIG in 2023. QIG's establishment was, in fact, a logical step following Tom's keenness to support Masters Swimming in the Ipswich community by welcoming Masters swimmers to attend some training sessions alongside the Ipswich Grammar Swimming Club Gold Squad.

With the official establishment of QIG, however, Tom has started offering 1-hour long training session for Masters Swimmers on Wednesday evening and Saturday morning, as well as Masters training sessions that run concurrently with the Gold Squad on Tuesday and Thursday mornings. Tom also continues to support QIG members by welcoming more competitive members to train alongside the Gold Squad during select sessions during the week.

The introduction of Wednesday evening and Saturday morning training for Masters swimmers has resulted in attendance by several adults who were not previously members of an MSQ club, and who have expressed interest in joining QIG to compete in 2024.

Chris Savage also assists Tom with the coaching of Masters swimmers by coaching the Saturday morning Masters session most weeks.

Notable Successes and Achievements: At their inaugural attendance at an MSQ sanctioned Meet, the *2023 Northside Masters Meet*, QIG achieved fourth place on the Men's Team point-score despite only having four members competing at the meet. Each competing member also achieved a medal:

- 24 & Under Men – Jayden Allum – Gold
- 35-39 Men – Rob Chrzescijanski – Gold
- 25-39 Men – Chris Savage – Silver

- 40-44 Men – John McAully – Bronze

At the *2023 Rackley Masters LC Meet*, John McAully achieved several PBs and was placed first in the 40-44 Men point-score.

At the *2023 Toowoomba Masters SC Meet*, Rob Chrzescijanski placed second in the 35-39 Men point-score, with Chris Savage placing third in the same age group.

At the *2023 Sunshine Coast Masters Meet*, QIG was proud to be represented by its first female member, Erin Marchant, and to place second on the “Small Club” point-score, beaten only marginally by the Gympie Gold Fins Masters.

Records Set: A significant achievement for QIG in 2023 was Jayden Allum breaking the 18-24 years LCM 50m Freestyle MSQ Branch Record while competing for Ipswich Grammar Swimming Club at the *2023 Long Course Preparation Meet 1*.

Funding Received: As a One-Club, QIG is funded by the committee of the Ipswich Grammar Swimming Club. QIG membership fees are used to support initiatives for Masters swimmers.

Initiatives and Future Goals: QIG is currently organising a survey for its 25m pool. QIG intends to hold a Masters’ meet during 2024 but the format and course have not yet been decided.

QIG also hope to have a large team of swimmers compete at the MSQ State Short Course Championships in April 2024. However, it is unlikely that any QIG members will be able to travel to Darwin for the MSA National Championships in May 2024.

Ipswich City Masters (QIP)

The Ipswich Masters Swim Club (QIP) had 24 members in 2023. Out of these 24 members, 21 participated in the E1000 Program. These efforts helped the club claim the highest points average per member in the small clubs division. This is the club’s 14th win in this category.

A total of 6 QIP swimmers participated in the Lane Warrior Program during 2023. Three of these members reached Million Metre award milestones, racking up 5 million metres each.

In 2023, a total of 11 swimmers from the club went to 6 swim meets throughout the year. Swimmers from the club swam in the following meets with the following achievements:

Miami Long Course (7 swimmers)

- Won 6 x 50m relay in age group
- 2 swimmers won their age group, 1 swimmer came in 2nd

Great Barrier Reef Masters Games (4 swimmers)

Rum City Short & Sweet Meet in Bundaberg (7 swimmers)

- 5 swimmers received a gold medal, 2 received silver

Brisbane Southside (1 swimmer)

Toowoomba Tadpoles 40th Anniversary Short Course Meet (7 swimmers)

- 1 swimmer came 1st in their age group, another came in 2nd

Maryborough Masters (2 swimmers)

- Annabelle won the 50m handicap freestyle Dash for Cash relay

Swimmers from the club look forward to attending more swim meets in 2024.

While only 3 members from QIP swam in open water races during 2023, Shiralee had notable achievements in the following events:

- 2nd in Noosa summer swim 5k (19 Feb)
- 1st in Mooloobah tri (12 Mar)
- 2nd in Mooloobah mile 5k (26 Mar)
- 1st in Byron Bay (7 May)

- 6th in Noosa 3.8k (28 May)
- 2nd in Burleigh ocean swim (22 Oct)
- 2nd in Mooloobah Ocean series 3k (28 Oct)
- 1st in Noosa tri team (5 Nov)

There seems to be some more interest in open water swims by members heading into 2024. Throughout the year QIP members were invited to attend a number of team activities. These activities included swimming in the QIP annual swim to your nominated time meet, joining QIP’s table at the Ipswich Hospice Trivia Night Fundraiser, attending Xmas Lunch at the Plantations Hotel, and traveling to Stradbroke Island for a weekend getaway. As always, swimmers were also warmly invited to stay after Sunday swim session for tea which were regularly attended by those present.

Lowood District Masters (QLW)



During 2023, Lowood Masters had five active members and one ‘second claim’ member.

The club participated in the Maimi meet and everyone had a great time.

Two members made 4-5 AUSSI Top Ten State Times and one making a Top Ten National time. This resulted in the two swimmers being honoured with Bronze MSX caps which are being worn proudly.

Training was held twice a week at the Lowood Pool during its opening season and members trained individually over the winter period due to local pools having heating troubles and time schedules. Once the Lowood Pool reopened for the 2023-24 season, training resumed on Saturday mornings and many members also train twice a week on Tuesdays and Thursdays using a library of training programs the coach has prepared for them. Generally, most members swim between 2000 and 3400 metres per session.

The Coach attended the Swim Coaches and Teachers Australia conference and met members of the National Committee as well as attending many useful coaching workshops.

Goals for this season include attending a few more meets and recruiting more members. So far, three more people have joined in the fun.



Lowood Masters with MSX caps

Miami Masters (QMM)



2023 was another successful year for Miami Masters with 112 members registered by the end of the year. 2023 was off to a good start with the Club's Meet, held on 18th February attracting 202 swimmers from 30 Clubs. The meet generated a healthy profit boosted by many sponsorships and great raffles. Club members attended many meets throughout the year including teams at the state and national swims and 4 swimmers competing at the World Masters Championships in Fukuoka, Japan. In Fukuoka, all 4 swimmers acquitted themselves admirably and they combined for a great result in the 4 x 50 Freestyle Relay. The highlight was Lindy Salter and her Gold Medal in the 100 Backstroke. All in all, it was a wonderful experience and has given the club the impetus to send a strong team to Singapore in 2025.

Participation in the Endurance program increased in 2023 with 6 swimmers completing the entire program and 63 swimmers contributing to an overall total of 12,109 points for the club.

Popular activities held during 2023 included a series of 'Swim Clinics' comprising 4 one-hour sessions covering each of the four strokes. The clinics were run during June, July and August by leading masters swim coaches Judy and John Bonning. These clinics were funded by the 'Just One More Grant' program. Later in the year another very popular series of 'Swim Clinics' was organised on the topics of Flexibility and Stretching, and Maintaining Motivation, with more clinics planned for 2024.

A club planning workshop was held on 13th May where 18 members brainstormed the key areas for future development of the club including developing a calendar of events, attracting younger members, improving connectivity and social engagement, enhancing the website and social media, promoting the club, and increasing the participation of members in the Endurance 1000 program.

The Club hosted another very beneficial "Swim for Claire" Swimathon on 22nd October to raise much needed funds for research into rare ovarian cancer. 120 swimmers swam more than 400kms to raise over \$9000. The club's supporters and sponsors made significant contributions ensuring the success of the event. Channel 7 Gold Coast televised a short news item on the event on 26th October.

The establishment of a Members Only Facebook Page is working well as an effective communication link for members (complementing, and in some cases replacing email) and a WhatsApp group is proving to be a viable channel for chatting about Endurance swimming.



QMM Members and supporters at the "Swim for Claire" Swimathon Fund Raiser



QMM team at the MSQ State Championships 2023



QMM team for World Championships, Fukuoka, Japan, 2023

Redlands Bayside Masters (QRB)

Membership:

- QRB had a total of 50 members at the end of 2023.
- The club had 9 new members join throughout the year.

Swim Meets Attendance and Results:

- Julie Whiting attended the New Zealand Masters Games in January, bringing home 7 gold, 6 silver and 5 bronze medals for swimming and athletics.
- 3 members participated in the first MSQ event for the year, hosted by Miami. All swimmers finished in the top 3 for their age group.
- 3 competitors attended the MSQ state championships in Mackay. Between them they won 21 medals, 12 Gold and 9 Silver. Records were broken by Bob Patterson in the 75-79 age group: State records in Breaststroke and Butterfly and National records in Butterfly and Freestyle.
- 9 members competed at the Great Barrier Reef Games, with the club finishing 5th overall. The men's relay team broke both a national and state record. We also had a dedicated volunteer, Rose Milnes, join us in Cairns.
- The most popular event for the club was the Brisbane Southside meet in June, with 15 members competing.



- Members also competed at the Darwin, Rum City, River City, Belgravia, Rackley, Noosa, Toowoomba and Sunshine Coast meets.
- The Club has several members who compete in triathlons and open water swims. Linda Meredith and Eric Quevauvilliers competed in the Cooly Classic in May. Eric also swam in the Mooloolaba Ocean Swim in October, finishing 22nd overall in a strong field.

E1000 Attendance

- QRB commenced participating in the E1000 program mid-year, with 4 members completing a total of 5 swims totalling 3,600m.

Coaching:

- QRB has 2 fully accredited coaches, with one coach completing their accreditation in 2023.
- 2 members also completed the Club Coach Workshop (PD).

2024 Initiatives and Goals

- The club is exploring different avenues for fundraising including hosting a Bunnings BBQ, participating in Containers for Change and local government grants to raise funds to go towards creating a new website and purchasing swimming analysis equipment.
- QRB is aiming to increase the number of E1000 participants, by appointing an E1000 coordinator and conducting more regular E1000 sessions on Wednesday nights.
- The club is looking into adding open water preparation training sessions to the program as more swimmers are keen to participate in open water swims.

Toowoomba Masters (QTW)

Another enjoyable year was experienced by the Club, again some new and returning members, which is wonderful to see.

Membership

- Current Club Membership – 70 (which includes 5 new Members).
- The continuance of a trial “free swim” initiative for first time swimmers/members.
- Swim meet held in October, a well-supported and successful event. Looking forward to our next meet.

Swim Meets and Results

- Members from the Club competed at swim meets throughout the year.
- In April, a “squad” of 9 members ventured to a hot & steamy Mackay for the State Championships. The club collected 72 medals in total and enjoyed the hospitality of the Mackay Sinkers.
- The club had 3 swimmers travel to Hobart to compete in the Nationals, all coming home with medals. Congratulations to Maree Antonio, Bec Wilson and Don Taylor.
- OWS – Don Taylor has completed 10 events nationally.

Community

- The MS swimathon was held and proudly supported by the club. A full day of activities, with the club again claiming “Hour of Power” for the greatest number of laps swum in an hour.
- Annual Christmas party was a low-key affair held at the Aquatic Centre after the much anticipated Ladies v Men water polo match.
- 15 Club Members completed their Bronze Medallion course, enabling these Members to be rostered for “Deck Duties” for the safety of swimmers during sessions.
- Lane Warriors is recorded every swim session and entered into MSQ for each member, with all members contributing.

Coaching

- Coach, Don Taylor gained his National Coaching Accreditation certified by MSA. He currently runs twice weekly coaching sessions. These sessions cater for all capabilities of swimmers and are greatly received by all. His attention to technique and skill level is acknowledged and appreciated by the attending members.

Funding/Grants

- The club was successful in obtaining a grant through the Australia Post People of Post Community Grants scheme. These funds were used to provide training for our Bronze Medallion recipients.

Year 2023

A big congratulations to Maree, Sue, Lionel and Warren for their input to the 40th Anniversary celebrations we recently experienced. A fantastic night of renewing friendships, reminiscing and viewing how the club has evolved through the years and the photos provided showed a brief, but entertaining insight into this. Two of our members received Life Membership. Sue Walker and Bill Waterhouse are our inductees to this increasing and prestigious group of dedicated people. Congratulations Sue and Bill for a well-deserved award. Thanks to all that attended, it was great see and catch up with members, both past and present.

Thanks to the organisers, the swimmers, the timekeepers, the other officials, the raffle prize donators, the raffle prize wrappers, the ticket sellers, the photographers and everyone else who was there in spirit or in person to make the 2023 Tadpoles Swim Meet an awesome success. Congratulations to those who won awards, achieved PBs, met goals, caught up with old friends, made some new friends, and had fun swimming.

Finally – The club cannot run without an effective Management Committee. I would like to take this moment to personally thank each of the members of this Committee for their time, professionalism, and friendship this past year. As we know, this Committee is purely “staffed” by volunteers and their time in ensuring members are up to date with all the relative information and activities of the club is to be congratulated. Thank you.

Twin Towns Masters (QTT)

Membership: Our membership is at 20.

Swim meets and results: We have had only 3 competitors swim at meets throughout the year being Paul Mayberry, Christina Echols and Lyn May.

Club Activities: Social activities have been numerous throughout the year. The club tries to have at least one activity each month. Examples have been this year picnics at the creek, Musical Theatre at Brisbane QPAC, Christmas in July.

Coaching: With no pool unfortunately we have no coaching available.

2024: Our aim is to hold the club together with regular monthly meetings at Club Banora and to have lunch afterwards. Training is still be held at Kingscliff pool Tuesdays and Thursdays at 9.30am. PSG competition will be timed on the Thursday before each birthday morning providing pool is available. Aiming to keep our member numbers at 20+.

Yeronga Yabbies (QYP)

The Yeronga Yabbies had a low membership in 2023. QYP will not be holding a swim meet this year due to low membership numbers and low interest from members. This decision was made to focus on fun and involvement until numbers and interest in running a swim meet is improved.

Yeronga Yabbies have a small but consistent involvement in attending MSQ events throughout the year. The Yeronga Yabbies have had few social gatherings due to ill health and disinterest. Swimming sessions with breakfast/coffee afterwards seems to be a favourite for the team though.

The Yeronga yabbies are excited to add coach Wade Brennan to the team. Wade coaches at the Dunlop pool and is highly skilled. The Yeronga Yabbies have a team with many high achievers and swimming-loving members, and we hope to continue this into 2024.

Meets:

- 15 Interclub meets run in Queensland
- 12 co-sanctioned Swimming Queensland meets attended by MSQ swimmers
- Record-breaking activity:
 - 366 Queensland records broken – 253 individual and 35 relay records
 - 104 Australian records broken by Queenslanders – 78 individual and 12 relay records
 - 2 World records broken by 1 Queenslander – Susie O’Neill
 - Numerous interstate records set at Queensland meets
- Statistics - below

Swim Central:

- There continues to be very few issues with the on-going use of Swim Central
- Swimming Australia has implemented a number of enhancements to assist with Masters administration

World Aquatic Masters Championships - Japan:

- 36 MSQ competitors from 10 MSQ clubs
- 11 MSQ swimmers won individual medals
 - Andrew Gillespie – 1 silver
 - Christina Scolaro – 1 silver
 - Elaine Sng – 2 gold 2 silver
 - John McKaig – 2 bronze
 - Kady Ibell – 3 bronze
 - Kylie Fletcher – 1 silver
 - Lindy Salter – 1 gold, 1 silver
 - Martin Banks – 1 bronze
 - Shelley Devers – 1 silver
 - Susan O’Neill – 1 gold, 1 World Record
 - Tracy Clarkson – 1 silver, 1 bronze
- 11 MSQ swimmers won individual medals
- 16 MSQ relay entries from 4 MSQ clubs
 - Rackley Masters
 - UQ Masters
 - Miami Masters
 - River City Masters
- 1 medal winning MSQ relay club
 - UQ Masters – 1 Gold Men’s, 1 Silver Men’s, 1 Bronze Women’s

2023 MSA - Records		
State	Individual	Relay
QLD	78	12
VIC	43	25
NSW	42	10
WA	27	1
SA	3	3
TAS	2	0
NT	1	0

MSQ National Record Breakers		
Name	Club Name	Count
Marsha Reddiex	Belgravia Masters	16
George Green	Sunshine Coast Masters	6
Martin Banks	UQ Masters	6
Ashleigh Eskdale	Gympie Gold Fins	5
Susie O'Neill	Rackley Swim Team	5
Brett Woods	UQ Masters	5
David Boylson	Miami Masters	4
Robert Patterson	Redlands Bayside Masters	4
Stephanie Jones	Noosa Masters	3
John McKaig	Townsville Aquaholics	3
Lene Knudsen	Beerwah Masters	2
Andrew Cowan	Gympie Gold Fins	2
Justin Giles	Gympie Gold Fins	2
Alan Carlisle	UQ Masters	2
Jess Anderson	UQ Masters	2
China Johnson	Cotton Tree Masters	1
Rhys Bailey	Gympie Gold Fins	1
Shelley Devers	Gympie Gold Fins	1
Neal Moores	Miami Masters	1
Elaine Sng	River City Masters	1
Casey Fouch	The Swim Academy Masters	1
John McKaig	UQ Masters	1
Christina Scolaro	UQ Masters	1
Ethan Banks	UQ Masters	1
Kady Ibell	UQ Masters	1
Stephen Berting	UQ Masters	1

2023 MSQ Clubs - Records	Queensland		Australian	
Club	Individual	Relay	Individual	Relay
QUQ	66	16	20	4
QGF	46	6	11	4
QCD	24	1	16	
QNA	18	2	3	1
QMM	15	3	5	2
QRC	15	3	1	1
QRL	15	1	5	
QSC	8		6	
QRB	7		4	
QSW	7	1	1	
QTA	6		3	
QBE	4		2	
QBN	4	1		
QAC	3	1		

QCT	3		1	
QRT	3			
QPO	2			
QTW	2			
QBB	1			
QBR	1			
QIG	1			
QSM	1			
QCS	1			

MSQ Record Breakers		
Name	Club	Count
Marsha Reddiex	QCD	23
Ashleigh Eskdale	QGF	18
Martin Banks	QUQ	14
Christina Scolaro	QUQ	11
Alan Carlisle	QUQ	11
Elaine Sng	QRC	11
Justin Giles	QGF	11
Andrew Cowan	QGF	9
George Green	QSC	8
Stephanie Jones	QNA	8
Shelley Devers	QGF	4
Shelley Devers	QRL	4
Brett Woods	QUQ	7
David Boylson	QMM	7
Jess Anderson	QUQ	7
Robert Patterson	QRB	7
John McKaig	QTA	6
John McKaig	QUQ	1
Kady Ibell	QUQ	6
Ian Robinson	QNA	6
Ethan Banks	QUQ	5
Hobe Horton	QMM	5
Susie O'Neill	QRL	5
Lene Knudsen	QBE	4
Brian Hoepper	QNA	3
China Johnson	QCT	3
Karina Horton	QAC	3
Kylie Fletcher	QRL	3
Mark Phillips	QRT	3
Tracy Clarkson	QBN	3
Andrew Gillespie	QRL	2
Declan Eskdale	QGF	2
Don Taylor	QTW	2
Gillian O'Mara	QRC	2
Kylie Fletcher	QSW	2
Kylie Smith	QPO	2
Leanne Burton	QSW	2

Rhys Bailey	QGF	2
Stephen Berting	QUQ	2
Andrew Affleck	QRC	1
Carle Pool	QSW	1
Casey Flouch	QSW	1
Darryl Hurley	QUQ	1
David Gibson	QBB	1
Hanna Wassenaar	QSM	1
Harry Bahrend	QBN	1
Hugh McGaw	QMM	1
Igor Nomoto Nirazawa	QRL	1
Jayden Allum	QIG	1
Lachlan McDowell	QRC	1
Linda Kenny	QMM	1
Myles Larsen	QBR	1
Narelle Phillips	QCD	1
Neal Moores	QMM	1
Ross Kee	QNA	1
Rupert Bryce	QSW	1
Stefano Zerbini	QUQ	1
Ted Bunt	QCS	1

MSQ National Relay Record Breakers

UQ Masters	4 x 50m SC Freestyle 240-279 Male	Martin Banks	Brett Woods	William O'Leary	Darryl Hurley
UQ Masters	4 x 50m LC Freestyle 240-279 Male	William O'Leary	Darryl Hurley	Allan Samuels	Brett Woods
UQ Masters	4 x 50m SC Freestyle 160-199 Female	Kady Ibell	Elise Kho	Jess Anderson	Nola Macaulay
UQ Masters	4 x 50m SC Freestyle 120-159 Mixed	Ethan Banks	Kady Ibell	Jess Anderson	Stephen Berting
Gympie Gold Fins	4 x 50m LC Freestyle 072-119 Mixed	Andrew Cowan	Ashleigh Eskdale	Shelley Devers	Declan Eskdale
Gympie Gold Fins	4 x 200m LC Freestyle 072-119 Mixed	Justin Giles	Ashleigh Eskdale	Shelley Devers	Rhys Bailey
Gympie Gold Fins	4 x 50m LC Medley 072-119 Mixed	Ashleigh Eskdale	Shelley Devers	Declan Eskdale	Andrew Cowan
Gympie Gold Fins	4 x 50m LC Freestyle 100-119 Mixed	Andrew Cowan	Ashleigh Eskdale	Shelley Devers	Declan Eskdale
Miami Masters	4 x 100m LC Freestyle 240-279 Male	Ed Anderson	David Mackay	Peter Reaburn	Neal Moores
Miami Masters	4 x 100m LC Freestyle 280-319 Male	David Boylson	Chris Fidler	Hobe Horton	Ross Beaton
Noosa Masters	4 x 50m LC Medley 280-319 Female	Stephanie Jones	Helen Malar	Jo Matthews	Jan Croft
River City Masters	4 x 200m LC Freestyle 160-199 Mixed	Lachlan McDowell	Gillian O'Mara	Elaine Sng	James Alexander

Director of Technical Services: Lori Chaplin

A morning tea for MSQ Technical Officials was held on Saturday 11 November at the Brisbane Aquatic Centre Café. MSQ Director of Technical Services, Lori Chaplin shared updates on swimming rules, regulations and procedures. This provided a social morning for those who were able to attend, as well updates to the following areas:

- Rostering procedures
- Development of an online form for meet availability
- Backstroke turn clarification
- Watches clarification

Time will be dedicated to following up with individuals who need to update or acquire additional qualifications. This initiative aims to ensure that all team members possess the necessary qualifications for their roles, enhancing the overall effectiveness and standards of operations.



MSQ Officials Meeting - November 2023

Director of Risk Management: Emma Maxwell

Fifteen MSQ sanctioned pool meets, and two open water meets took place in 2023. A completed risk assessment form was received by MSQ prior to each meet and clubs generally incorporated feedback received from MSQ into their risk management plans. Two minor medical incidents were reported at MSQ sanctioned pool meets. One involved a fall and the other a collision with venue infrastructure. Both incidents were managed by venue staff. One training incident, in which a member appeared to briefly lose consciousness, was reported to MSQ in 2023. The member was quickly assisted by teammates and a person on the pool deck and has since recovered. No other incidents or injuries were reported from any other club activities or MSQ sanctioned meets.

Clubs are asked to please report any incidents or injuries that occur at club activities or MSQ sanctioned meets to MSQ as soon as practically possible using the forms available on the MSQ website. In 2024, MSQ will continue to work closely with clubs to assist in identifying and mitigating risks associated with all club activities.

Directors of Coaching Services: Bruce Allender & Fiona McDonald

A successful Coaching PD workshop was held at Burpengary Pool on February 2023 with over 20 swimmers and 6 Coaches. Another Coaching PD workshop is scheduled for Caloundra Pool in March 2024.

A total of 25 coaches are registered as accredited or in training with MSQ. Accreditation is by a combination of on-line courses and on-deck hours. The updated insurance requirements under the MSA policy to cover both MSA Coaches and MSA club swimmers requires Coaches to be accredited with MSA as Club Coaches (or have another accreditation with e.g. SCTA or Triathlon Australia (with their own personal insurance)). If MSA Clubs use an unaccredited coach, there is no insurance cover for either the coach or their swimmers. In this situation club squads can still swim to pre-written programs (e.g. whiteboard) so long as there is no active on-deck coaching.



Coaching Workshop at Burpengary - Feb 2023

Director of Program Development: Shayne Baker

The position is new role with MSQ and the primary goal is to identify and support the development of a range of opportunities for members and for clubs.

Activities in the short time that the position has been in place include:

Virtual Rotary - there are many members who are still or have been involved with community service organisations such as Rotary International. The opportunity for people to remain involved in this service organisation has been transformed with the introduction of virtual clubs. One example that might be of interest to members is the Global Water Safety Group, working to reduce drowning throughout the world. For more details checkout the [Facebook Group](#) or the [website](#).

Open Water Swimming - Late last year the board of MSA endorsed new rules and companion guidelines for conducting OWS events under the sanctioning of MSA. The documents provide a flexible and contemporary option to support the increasing interest and participation in this option.

Further work into the future will be to explore and support clubs striving to increase the range of offerings and activities to members new and existing.

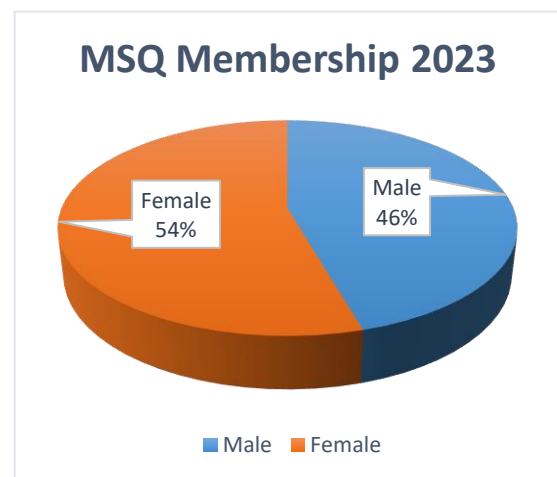
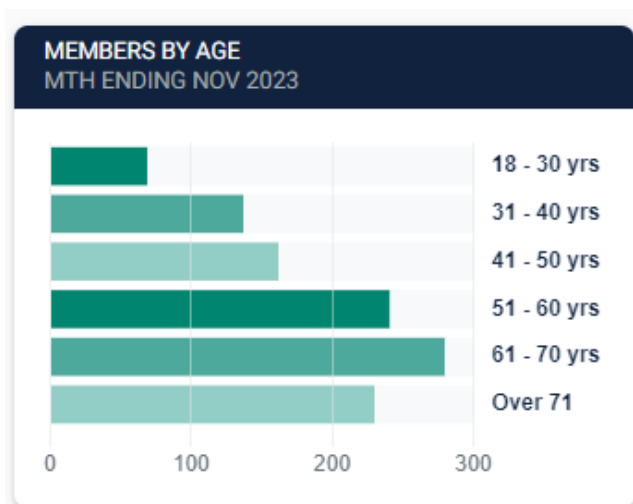
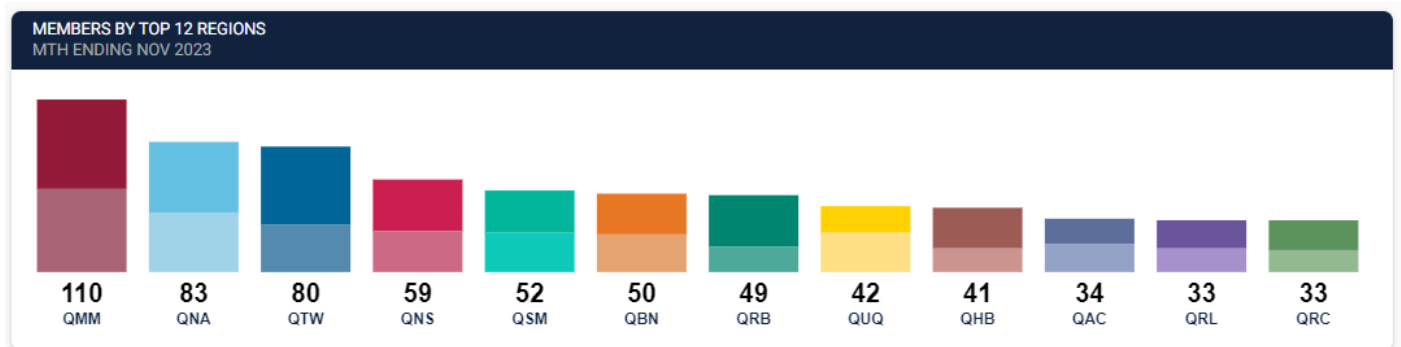
Business Manager: Christina Scolaro

Membership

Masters Swimming Queensland (MSQ) membership in 2023 reached 1119, with 30 swimmers also second claiming with other clubs. 1095 purchased swimming membership, and 20 joined with non-swimming (dry) membership.

MSQ membership was 54% female and 46% male.

The following graphics show membership statistics for the year, including a graph showing the 12 MSQ clubs with the largest membership in 2023.



Clubs

There were 8 affiliated clubs in the North region and 8 affiliated clubs in the Central Region. Central Region saw the addition of two new clubs forming to attend the MSQ State Championships being held at the Mackay Aquatic and Recreation Complex. MSQ welcomed the Mackay Swimming Academy Masters (QAK) and the Pioneer Oldphins Masters (QPO) to the Central region.

There were 14 clubs in the Sunshine Region, and 16 clubs operated in the South Region. The former MSQ virtual club, the Barbarians Masters Swim Team, became an independent incorporated club joining the South Region. Two new clubs also formed in the South region – Pimpama Masters (QPS) based at the Pimpama Sports Hub, and Ipswich Grammar Masters Swimming Club (QIG), based at the Ipswich Grammar School pool.

This brought the total to 46 affiliated clubs for 2023. 27 clubs operated independently, and 19 operated as One Clubs, in conjunction with the Swimming Queensland (SQ) club of the same name.

Two clubs will discontinue affiliation with MSQ in December 2023:

- EC Masters (QEC) (Emmanuel College Masters, Gold Coast)
- Pioneer Oldphins Masters (QPO) (Mackay)

MSQ Clubs 2023	Club Code	Club Members (December 2023)
Albany Creek Masters	QAC	33
Aqualicious Masters	QAL	28
Atherton Mountaineers Masters	QAT	12
Barbarians Masters	QBR	28
Beerwah Masters	QBE	13
Belgravia Masters	QCD	23
Brisbane Northside Masters	QBN	50
Brisbane Southside Masters	QSM	52
Bunna-Barra Masters	QBM	20
Cairns Clams Aussi Masters	QCS	17
Cotton Tree Masters	QCT	18
EC Masters (Emmanuel College)	QEC	0
Element Swimming Masters	QES	3
Genesis Aquatics Masters	QGA	10
Gladstone Gropers Masters	QGS	28
Gympie Gold Fins Masters	QGF	15
Hervey Bay Masters	QHB	41
Ipswich City Masters	QIP	24
Ipswich Grammar Masters	QIG	6
Long Tan Legends Masters	QLT	25
Lowood District Masters	QLW	6
Mackay Swimming Academy Masters	QAK	9
Malanda Aquatic Dragons Masters	QMD	4
Maryborough Masters	QMB	18
Miami Masters	QMM	110
Mossman Meteors Masters	QMF	3
Noosa Masters	QNA	83
North Mackay Sinkers Masters	QNS	59
Nudgee College Masters	QNB	7
Pelican Waters Masters	QPE	6
Pimpama Masters	QPS	4
Pioneer Oldphins Masters	QPO	2
Rackley Masters	QRL	33
Rats Of Tobruk Masters	QRT	14
Redlands Bayside Masters	QRB	49
River City Masters	QRC	33
Rum City Masters	QBB	24
Somerset Masters	QSS	6
Southport Masters	QPB	15
Sunshine Coast Masters	QSC	25
Toowoomba Masters	QTW	80
Townsville Aquaholics Masters	QTA	13
TSA Masters	QSW	24
Twin Towns Masters	QTT	20
University Of Queensland Masters	QUQ	42
Yeronga Park Yabbies Masters	QYP	6

Swim Central

In 2023, Swim Central was fully implemented for all membership and meet entry management, providing a centralized platform for managing all related information. It features a user-friendly interface, streamlining processes such as membership purchasing, meet entry submissions, and payment processing, which has saved time and reduced errors.

The ability to request and provide input into enhancements and future developments of Swim Central ensures that the platform will continue to meet the evolving needs of MSQ.

Overall, Swim Central's specialized design for swimming organizations has made it an effective management tool.

Competition

All swim meets in 2023 were managed via Swim Central.

Throughout 2023, 13 inter-club swim meets, 2 Open Water Swims, the MSQ State Championships and the Great Barrier Reef Masters Games were held in Queensland. These meets provided plenty of enjoyable opportunities for competition around the state.

Congratulations to all our clubs who have worked with MSQ to host well-organised swim meets for all to enjoy throughout the year. The following table lists the MSQ meets held during 2023, with the number of entries received for each and the number of clubs in attendance.

Date	Meet	Entries	Clubs
18-Feb	QMM Miami Masters Meet	202	30
5-Mar	QUQ UQ Masters Meet	183	32
11-Mar	QHB Hervey Bay Humpbacks Meet	84	17
30 Mar-1 Apr	MSQ State Championships 2023	200	37
2-Apr	MSQ OWS State Championships 2023	58	22
25-27 May	Great Barrier Reef Masters Games 2023	162	45
10-Jun	QBB Rum City Masters Short & Sweet Meet	67	14
17-Jun	QSM Brisbane Southside Masters Meet	222	36
8-Jul	QRC River City Masters Prep Meet	134	35
22-23 July	QCD Belgravia Masters LC Meet	89	26
26-Aug	QBN Brisbane Northside Masters Meet	134	32
9-Sep	QNA Noosa Masters Meet	107	27
30-Sep	QRL Rackley Masters Meet	91	23
7-Oct	QTW Toowoomba Tadpoles Meet	104	21
14-Oct	QMB Maryborough Masters Meet	42	8
28-Oct	QSC Sunshine Coast Masters Meet	100	22
5-Nov	QNS Sinkers OWS at Balnagowan	49	N/A

MSQ State Championships 2023

The North Mackay Sinkers successfully hosted the first full State Championships at the Mackay Aquatic and Recreation Centre from 30 March to 1 April 2023. 200 swimmers attended from 37 clubs, including 4 from outside Queensland.

The championships were held over four days, featuring a total of 33 events, including relays and open water swims. The opening day saw the official opening by Karen May, the deputy mayor for Mackay Regional Council, followed by a full day of swimming. Community groups such as Mackay & Isaac Region information, Neighbourhood Watch were in attendance, adding to the community engagement aspect of the championships.

The championships featured a range of events from 50m to 1500m, providing a diverse and exciting program for participants. Notable events included the 4 x 200m freestyle relay and the open water swim, which attracted a significant number of participants. The awards ceremony on the final day recognized outstanding performances, with a variety of awards and trophies presented to swimmers and clubs.

The success of the championships was made possible by the support of host club, the North Mackay Sinkers, together with a variety of clubs and businesses, including Neighbourhood Watch Mackay, Pioneer Swimming Club, Mackay Cyclones Swimming Club Inc., and others. Their contributions, along with the efforts of officials, volunteers, and supporting staff, ensured the smooth operation of the event.

The North Mackay Sinkers, in partnership with MSQ, delivered a successful and memorable State Championships in Mackay. The event showcased the region's hospitality and swimming talent, highlighting Mackay as a premier destination for future swimming events.

For all MSQ State Championships 2023 Meet results, [click here](#).

Club Awards

George Coronas Trophy – Highest Club Points – Congratulations to North Mackay Sinkers Masters.

	Team	Athletes	Total
1	North Mackay Sinkers Masters	30	1366
2	UQ Masters	15	1156
3	Miami Masters	14	970
4	Noosa Masters	12	796
5	River City Masters	11	752
6	Townsville Aquaholics Masters	10	734
7	Gympie Gold Fins Masters	6	634
8	Toowoomba Masters	9	600
9	Belgravia Masters	7	500
10	Hervey Bay Masters	7	450

Max Gillespie Trophy – Highest Average Points, Large Club (7+) – Congratulations to UQ Masters.

	Team	Athletes	Total	Average
1	UQ Masters	15	1156	77.1
2	Townsville Aquaholics Masters	10	734	73.4
3	Belgravia Masters	7	500	71.4
4	Miami Masters	14	970	69.3
5	River City Masters	11	752	68.4
6	Toowoomba Masters	9	600	66.7
7	Noosa Masters	12	796	66.3
8	Hervey Bay Masters	7	450	64.3
9	Mackay Swim Academy Masters	8	372	46.5
10	North Mackay Sinkers Masters	30	1366	45.5

Mary Maina Trophy – Highest Average Points, Small Club (3-6) – Congratulations to Gympie Gold Fins Masters.

	Team	Athletes	Total	Average
1	Gympie Gold Fins Masters	6	634	105.7
2	Cotton Tree Masters	5	381	76.2
3	Long Tan Legends Masters	6	439	73.2
4	Redlands Bayside Masters	3	208	69.3
5	Sunshine Coast Masters	6	387	64.5
6	Rats of Tobruk Masters	3	186	62.0
7	Rackley Swim Team Masters	3	181	60.3
8	Brisbane Northside	6	330	55.0
9	Barbarians Masters	3	111	37.0
10	Maryborough Masters	4	130	32.5

Club Relay Award – Highest Average Club Points in relay events – Congratulations to Toowoomba Masters.

	Team	Members	Points	Average
1	Toowoomba Masters	9	156	17.3
2	Gympie Gold Fins Masters	6	100	16.7
3	River City Masters	11	176	16.0
4	Mackay Swim Academy Masters	8	114	14.3
5	UQ Masters	15	194	12.9
6	Miami Masters	14	158	11.3
7	Belgravia Masters	7	78	11.1
8	Townsville Aquaholics Masters	10	98	9.8
9	Long Tan Legends Masters	6	56	9.3
10	North Mackay Sinkers Masters	30	248	8.3

Champion Region Award - Highest Ave Points from all clubs in each region – total region points divided by total nominated members for each region. Congratulations to North Region.

	Region	Total Points	Club Count	Club Average	Athlete Count	Athlete Average
1	North	1638	6	273.00	23	71.22
2	Sunshine	4014	11	364.91	61	65.80
3	South	2916	7	416.57	46	63.39
4	Central	3155	7	450.71	63	50.08

Individual Awards

Male Swimmer of the Meet – Congratulations to Alan Carlisle of UQ Masters.

Male Swimmer of the Meet – Top 5		Club	Age	Points
1	Alan Carlisle	QUQ	70-74	4075
2	Stephen Berting	QUQ	40-44	4058
3	John McKaig	QTA	50-54	3951
4	Andrew Cowan	QGF	35-39	3947
5	Lachlan McDowell	QRC	45-49	3903

Female Swimmer of the Meet – Congratulations to Stephanie Jones of Noosa Masters.

Female Swimmer of the Meet – Top 5		Club	Age	Points
1	Stephanie Jones	QNA	65-69	4057
2	Christina Scolaro	QUQ	55-59	3754
3	Marsha Reddiex	QCD	80-84	3686
4	Ashleigh Eskdale	QGF	18-24	3667
5	Elaine Sng	QRC	65-69	3552

Best Swimmer 18-29 years – Congratulations to Ashleigh Eskdale of Gympie Gold Fins Masters.

Best Swimmer 18-29 years – Top 5			Club	Age	Points
1	Ashleigh Eskdale	F	QGF	18-24	3667
2	Declan Eskdale	M	QGF	25-29	3399
3	Rhys Bailey	M	QGF	18-24	3367
4	Rick Van Der Zant	M	QTA	18-24	2840
5	Darcy Cussen	M	QTA	18-24	2655

Best Swimmer 30-49 years – Congratulations to Stephen Berting of UQ Masters.

Best Swimmer 30-49 years – Top 5			Club	Age	Points
1	Stephen Berting	M	QUQ	40-44	4058
2	Andrew Cowan	M	QGF	35-39	3947
3	Lachlan McDowell	M	QRC	45-49	3903
4	Justin Giles	M	QGF	35-39	3688
5	Thomas Hollingsworth	M	QRT	35-39	3644

Best Swimmer 50-69 years – Congratulations to Stephanie Jones of Noosa Masters.

Best Swimmer 50-69 years – Top 5			Club	Age	Points
1	Stephanie Jones	F	QNA	65-69	4057
2	John McKaig	M	QTA	50-54	3951
3	Martin Banks	M	QUQ	55-59	3844
4	Christina Scolaro	F	QUQ	55-59	3754
5	Elaine Sng	F	QRC	65-69	3552

Best Swimmer 70+ years – Congratulations to Alan Carlisle of UQ Masters.

Best Swimmer 70+ years – Top 5			Club	Age	Points
1	Alan Carlisle	M	QUQ	70-74	4075
2	Marsha Reddiex	F	QCD	80-84	3686
3	Robert Patterson	M	QRB	75-79	3677
4	Jan Croft	F	QNA	80-84	2732
5	David Boylson	M	QMM	80-84	2542

Jenny Mack Trophy – Highest combined WA points for the 100m and 200m Breaststroke events – Congratulations to Alan Carlisle of UQ Masters.

Jenny Mack Trophy – Top 5		100 Br	200 Br	Total Points
1	Alan Carlisle	898	932	1830
2	Christina Scolaro	823	832	1655
3	Shelley Devers	687	717	1404
4	Justin Giles	667	708	1375

5	Declan Eskdale	643	565	1208
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Margaret Cunningham 200 Individual Medley award - Highest WA points in 200 IM – Congratulations to Martin Banks of UQ Masters.

Margaret Cunningham Trophy – Top 5		Club	Age	Time	Points
1	Martin Banks	QUQ	55-59	2:30.85	811
2	Stephen Berting	QUQ	40-44	2:21.10	794
3	Marsha Reddiex	QCD	80-84	4:14.79	771
4	Thomas Hollingsworth	QRT	35-39	2:19.71	727
5	Alan Carlisle	QUQ	70-74	3:01.87	719

MSQ State Championships - Age group Top 3

MSQ State Championships 2023 – Age Group Top 3								
Age	Female	Points	Club		Age	Male	Points	Club
18-24	ASHLEIGH ESKDALE	3667	QGF		18-24	RHYS BAILEY	3367	QGF
18-24	KEALEY CUSSEN	2366	QTA		18-24	RICK VAN DER ZANT	2840	QTA
18-24	ZARA ROBERTS	2210	QTA		18-24	DARCY CUSSEN	2655	QTA
25-29	MADISON BLAIR	441	QCT		25-29	DECLAN ESKDALE	3399	QGF
					25-29	DEAN ABBOTT	2411	QBN
					25-29	CAMERON TURNBULL	1072	QNS
					30-34	DAVID MORTON	2656	QAC
					30-34	JESSE EGGINS	2446	QAK
					30-34	ROBERT HALL	1985	QTA
35-39	SHELLEY DEVERS	3414	QGF		35-39	ANDREW COWAN	3947	QGF
35-39	DANIELLE GREGORY	2431	QUQ		35-39	JUSTIN GILES	3688	QGF
35-39	REBECCA WILSON	2365	QTW		35-39	THOMAS HOLLINGSWORTH	3644	QRT
40-44	KYLIE SMITH	2991	QPO		40-44	STEPHEN BERTING	4058	QUQ
40-44	JESS ANDERSON	2953	QUQ		40-44	JOSH HEMELAAR	2459	QSM
40-44	SARAH PHILP	2477	QUQ		40-44	STEPHEN HOWELL	1333	QRC
45-49	GILLIAN O'MARA	3442	QRC		45-49	LACHLAN MCDOWELL	3903	QRC
45-49	KYM LINGARD	2504	QHB		45-49	HUGH MCGAW	2927	QMM
45-49	DEANNE SANDERSON	2300	QCD		45-49	KRISTOPHER WATKINS	2158	QPB
50-54	KYLEE DE ROOY	3416	QTA		50-54	JOHN MCKAIG	3951	QTA
50-54	MAREE ANTONIO	2909	QTW		50-54	ERIC QUEVAUVILLIERS	2559	QRB
50-54	MICHELLE GALLEN	2452	QRC		50-54	GREG BORN	2079	QAK
55-59	CHRISTINA SCOLARO	3754	QUQ		55-59	MARTIN BANKS	3844	QUQ
55-59	JENNIFER WEBSTER	2227	QTW		55-59	ALLAN SAMUELS	3002	QUQ
55-59	LINDEN BUNGEY	1891	QCT		55-59	GREG ARMSTRONG	2890	QNS
60-64	KAREN CANDLER	2971	QRT		60-64	WILLIAM O'LEARY	3297	QUQ
60-64	DEANNE ATKINSON	2832	QNB		60-64	TED BUNT	2933	QCS
60-64	MICHELLE STONEHOUSE	2610	QSC		60-64	WAYNE CARLISH	2159	QTW
65-69	STEPHANIE JONES	4057	QNA		65-69	TERENCE BEATON	2533	QNS
65-69	ELAINE SNG	3552	QRC		65-69	ROSS BEATON	2516	QMM
65-69	KARINA HORTON	2861	QAC		65-69	CLIVE ROBINSON	2393	QMM
70-74	TRACY CLARKSON	2526	QBN		70-74	ALAN CARLISLE	4075	QUQ

70-74	JOAN PATTERSON	2278	QMM	70-74	DON TAYLOR	2234	QTW
70-74	ANDREE ERNST	2123	QUQ	70-74	ROSS KEE	2093	QNA
75-79	NARELLE PHILLIPS	2533	QCD	75-79	ROBERT PATTERSON	3677	QRB
75-79	MUFF SKOV-CHRISTENSEN	1654	QMB	75-79	BRIAN HOEPPER	2116	QNA
75-79	SANDRA ROGERS	953	QBM				
80-84	MARSHA REDDIEX	3686	QCD	80-84	DAVID BOYLSON	2542	QMM
80-84	JAN CROFT	2732	QNA	80-84	ERIC TAYLOR	1812	QMM
80-84	LOIS HILL	1942	QNA	80-84	LYLE FERGUSON	1093	QBB
				85-89	JOHN TINKLER	954	QUQ
				85-89	BOB PUNCH	832	QBB



MSQ State Championships – Mackay

MSQ State Championships OWS 2023

The Masters Swimming Queensland Open Water Swimming (OWS) State Championships were held at Balnagowan Reach on the Pioneer River, on 2 April 2023, the day after the MSQ State Championships pool events concluded.

Swimmers from Queensland, ACT, NSW, and the NT participated at this picturesque setting. Appreciation was expressed for the numerous volunteers and supporters whose contributions were vital to the event's success.

A special acknowledgment was made to Dan Stampa, Vice-President Central and OWS Director, along with the Mackay Sinkers team, for their dedicated efforts in organizing the event. Gratitude was also extended to the officials, including John Barrett, MSQ Director of Technical Services, for their integral role in facilitating the championships.

Overall, the 2023 Queensland Masters Open Water Swimming State Championships were a celebration of camaraderie and sportsmanship, made possible by the collective efforts of participants, volunteers, and organizers.



MSQ OWS State Championships 2023 - Balnagowan

Great Barrier Reef Masters Games 2023

The sixth edition of the Great Barrier Reef Masters Games took place from 25 to 27 May in Cairns. This multi-sport competition, presented by Cairns Regional Council with support from Tourism and Events Queensland, provided a wonderful opportunity for adults to engage in friendly competition in over 23 sports while promoting an active and healthy lifestyle.

MSQ once again hosted the swimming competition at the beautiful Tobruk Memorial Pool in Cairns over the three days, attracting 162 participants from 45 clubs around the country. This location served as an excellent venue for the games, with its state-of-the-art facilities and proximity to the Great Barrier Reef and the many other tourist attractions in the area.

Throughout the three-day event, swimmers showcased their talent, determination, and passion for swimming. The games were marked by impressive performances, as well as moments of camaraderie and sportsmanship, as athletes supported one another and celebrated their accomplishments.

In addition to the competitive aspect, the Masters Games offered a range of social activities and events. Participants had the opportunity to connect with fellow athletes, exchange experiences, and create lasting memories at the Opening Ceremony, Sportsperson's Dinner, Shipwrecked Party, and the Barn Dance. These social events fostered a sense of community and provided a platform for participants to form new friendships with like-minded individuals who share a love for sports and an active lifestyle.

Swimming at The Great Barrier Reef Masters Games in Cairns was enjoyed by all who attended, embodying the spirit of friendly competition, sportsmanship, and community engagement. The event not only celebrated the achievements of the participants but also promoted the importance of lifelong physical activity and the positive impact it can have on all involved.

Sincere thanks to the team who worked together to ensure the success of GBRMG Swimming. Thank you to Sport Convenor, Cheryl Brodribb and Meet Director, Ted Bunt for working with MSQ to host this event. The efforts and contributions of our team of officials, marshals, timekeepers, timing operators, recorders, results runners, medal presenters and other volunteers were instrumental in creating an unforgettable experience for athletes, spectators, and all those engaged in the event.

Congratulations to the major awards winners of the Great Barrier Reef Games:

- Female Swimmer of the Meet: Kady Ibell QUQ
- Male Swimmer of the Meet: John McKaig QTA
- Multi Class Swimmer of the Meet: Celeste Labuschagne

Over the three days of swimming competition, a total of 156 records were broken. Congratulations to all record breakers.



Cheryl Brodribb, Kady Ibell, John McKaig, Celeste Labuschagne, Susanne Milenkevich

Records Broken at GBRMG23	
Australian records	3
Queensland records	15
Victorian records	2
Tasmanian records	2
Northern Territory records	3
GBRMG records	131
Total:	156



Great Barrier Reef Masters Games 2023 - Cairns

Balnagowan OWS 2023

The annual North Mackay Sinkers Open Water Swim (OWS) took place on the first Sunday in November this year, with ideal conditions of clear skies, calm winds, and comfortable water temperatures. A total of 49 swimmers participated, comprising 33 females and 16 males.

Participants could choose from three different distances: 1.25 km, which included an aided swimmer section allowing the use of flippers and buoys, a 2.5 km distance, and the main event, a challenging 5 km swim that determined the "King and Queen" of the river. To commemorate the event, the club sponsored new perpetual trophies for the winners of the King & Queen events, as well as similar trophies for the 14-18 year age group.

This year's champions have been crowned, with Ben Miles taking the title for the open age male division of the 5 km event with a time of 1:21:52. Samantha Sticklan claimed victory in the open age female division, completing the 5 km course in 1:31:04. In the 14-18 year age group, Zara Richardson stood out, finishing the 5 km event in an impressive time of 1:25:10.

MSA National Sub-Committees

The following MSQ members were present on MSA National Sub-Committees during 2023. Thank you for your time and efforts in working at the National level to contribute to and better our organisation.

1. National Swim Meet Committee
 - Steve Berting (QUQ)
 - Greg Bott (QNA)
2. National Technical Committee
 - John Barrett (QRT)
3. National Open Water Sub-Committee
 - Shayne Baker (QTT)
 - Paul Beukleman (QBN)
4. National Coaching Committee
 - Bruce Allender (QSC)
5. National Membership Committee
 - Julie Bott (QNA)
6. National Gender Diversity Policy Sub-Committee
 - Dylan Carmichael (QAL)
 - Grace Crossland-Scott (QYP)

World Aquatics Masters World Championships – Fukuoka, Japan

At the 2023 Masters World Championships in Fukuoka, 114 swimmers from Masters Swimming Australia (MSA) and 37 members from Masters Swimming Queensland (MSQ) participated, making it a significant event with over 6000 swimmers competing worldwide.

MSQ collaborated closely with MSA to design the World Aquatics World Championships Aussie merchandise, ensuring all participants looked their best in Japan. Casey Flouch and Susanne Milenkevich played crucial roles in designing the merchandise and managing the ordering, sorting, packaging, and posting of gear to customers across Australia.

The Australian contingent proudly showcased their team gear and flags, successfully navigating transportation to perform at their peak at the Marine Messe and Nishi Aquatic Centres in Fukuoka.

Congratulations to the following MSQ medallists:

Gold	Silver	Bronze
Lindy SALTER	Tracy CLARKSON	Tracy CLARKSON
Susan O'NEILL	Lindy SALTER	John MCKAIG
Elaine SNG	Andrew GILLESPIE	Martin BANKS
UQ Masters Relay Team	Shelley DEVERS	Kady IBELL
	Kylie FLETCHER	
	Elaine SNG	
	Christina SCOLARO	



Masters World Championships – Fukuoka, Japan



MSA swimmers at the World Championships in Fukuoka

Communication & Promotion

MSQ communicates with clubs via email, website, and via social media platforms. The MSQ Facebook page retained 2,717 followers, and the MSQ Instagram account had 1012 followers. MSQ also manages the 'mastersswimmingnq' Facebook page, the 'mastersswimmingnq' Instagram page, the Pan Pacific Masters Swimming page, and the Great Barrier Reef Masters Games page on Facebook.

Programs and Activities

Lane Warriors

The MSX Lane Warrior Program was established in 2011. The objective of this program is to encourage as many swimmers as possible to record all the distances swum during the year. The distances include all drills using pool accessories, training program distances, including technique work and those swum at swim meets and in open water throughout the year. At the end of the year, clubs submit summary spreadsheets of all members who have recorded swims. Three age categories have been created and the Top Five winners in each category receive a certificate.

Congratulations to the eight clubs and 96 swimmers who took part in the MSQ Lane Warriors program throughout 2023. The total distance covered was 12,614,759m (12,614km) averaging an impressive 131km per swimmer.

Top 5 Individual Winners			
Age 18 - 34			
Rank	Name	Club	Distance (m)
1	Melanie Stevens	QTW	115,550
2	Grayson McAlpine-Sharpe	QTW	13,300
3	Ross Milton	QTW	9,750
4	Lauren Milton	QTW	9,200
5	Nikki Crowther	QTW	4,150
Age 35 - 60			
Rank	Name	Club	Distance (m)
1	Trudy Padro	QRC	572,275
2	Eric Quevauvilliers	QRB	535,221
3	Graeme Williams	QIP	532,700
4	Shiralee Bielenberg	QIP	525,400
5	Chris Savage	QIG	450,000
Age 61+			
Rank	Name	Club	Distance (m)
1	Don Taylor	QTW	678,800
2	Paul Mayberry	QTT	601,500
3	Paul Sommerfield	QTT	596,000
4	Ashley Welke	QTW	318,300
5	Jonathon Patterson	QIP	294,800

Total Club Participation Ranked by Average Distance Swum (m)										
	MSQ Club	Total Number of Swimmers Submitted	Average Distance per Club (m)	Total Distance Swum by Club (m)	Total in Age Group 18-34	Total Distance 18-34 (m)	Total in Age Group 35-60	Total Distance 35-60 (m)	Total in Age Group 61+	Total Distance 61+ (m)
1	QIG	1	450,000	450,000			1	450,000		
2	QRC	3	316,742	950,225			2	753,625	1	196,600
3	QIP	6	314,158	1,884,950			3	1,311,800	3	573,150
4	QRB	4	257,755	1,031,021			2	786,771	2	244,250
5	QTT	8	256,224	2,049,788			1	345,388	7	1,704,400
6	QAT	1	233,000	233,000					1	233,000
7	QTW	73	82,408	6,015,775	5	151,950	40	2,950,150	28	2,913,675

Top 3 MSQ Club Averages			Average Distance (m)
1	Ipswich Grammar Masters	QIG	450,000
2	River City Masters	QRC	316,742
3	Ipswich City Masters	QIP	314,158

Lane Warriors 2023 - Top 10 Distances (m)				
Place	Name	Club Code	Age Group	Distance Swum (m)
1	Don Taylor	QTW	61+ years	678800
2	Paul Mayberry	QTT	61+ years	601500
3	Paul Sommerfield	QTT	61+ years	596000
4	Trudy Padro	QRC	35-60 years	572,275
5	Eric Quevauvilliers	QRB	35-60 years	535,221
6	Graeme Williams	QIP	35-60 years	532,700
7	Shiralee Bielenberg	QIP	35-60 years	525,400
8	Chris Savage	QIG	35-60 years	450,000
9	Wayne Carlish	QTW	35-60 years	416300
10	Christina Echols	QTT	35-60 years	345388

Endurance 1000

38 MSQ clubs participated in the E1000 program for 2023, with a total of 407 participants. Congratulations once again to Noosa Masters for being the top point scoring club in Australia for the tenth year, and to Ipswich City Masters for having the highest average points per club in Queensland once again.

Club Results 2023 - Total Points per Club – Top 12			
Rank	Club Code	Club	Total Points
1	QNA	Noosa Masters	20264
2	QMM	Miami Masters	12109
3	QIP	Ipswich City Masters	9221
4	QBN	Brisbane Northside Masters	3549
5	QCT	Cotton Tree Masters	1740
6	QMB	Maryborough Masters	1248
7	QNS	North Mackay Sinkers	1004
8	QCD	Belgravia Masters	916
9	QTW	Toowoomba Masters	794
10	QAC	Albany Creek Masters	497
11	QHB	Hervey Bay Masters	467
12	QSM	Brisbane Southside Masters	460

Club Results 2023 - Average Points per Swimmer in each Club – Top 12			
Rank	Club Code	Club	Average Points
1	QIP	Ipswich City Masters	400.91
2	QNA	Noosa Masters	247.12
3	QMM	Miami Masters	112.12
4	QCT	Cotton Tree Masters	96.67
5	QBN	Brisbane Northside Masters	73.94
6	QMB	Maryborough Masters	69.33
7	QCD	Belgravia Masters	39.83
8	QES	Element Masters	30.00
9	QGF	Gympie Gold Fins	30.00
10	QSC	Sunshine Coast Masters	18.12
11	QNS	North Mackay Sinkers	16.73
12	QTA	Townsville Aquaholics	15.42

MSQ Swimmers who completed all E1000 swims in 2023

Member	Club	Age	Age Group	Swims	Points
Booker, Stephen	QBN	74	70-74	62	1005
Clarkson, Tracy	QBN	74	70-74	62	1005
DeCarlo, Denise	QNA	59	55-59	62	1005
Harding, Paula	QMM	68	65-69	62	989
Hoepper, Brian	QNA	76	75-79	62	1005
Horton, Hobe	QMM	66	65-69	62	1005
Hussey, Liquan	QNA	53	50-54	62	1005
Little, Liz	QBN	68	65-69	62	1005
Matthews, Jo	QNA	68	65-69	62	1005
Newman, Jodie	QMM	53	50-54	62	1005
Patterson, Jonathan	QIP	75	75-79	62	1005
Pender, Gerard	QIP	67	65-69	62	542
Powell, Jane	QNA	65	65-69	62	1005
Powell, Mark	QNA	68	65-69	62	1005

MSA Rankings – MSQ Clubs in Top 50 for 2023 E1000

Rank	Club Code	Club Name	Total E1000 Points
1	QNA	Noosa Masters	20264
4	QMM	Miami Masters	12109
6	QIP	Ipswich City Masters	9221
21	QBN	Brisbane Northside Masters	3549
31	QCT	Cotton Tree Masters	1740
36	QMB	Maryborough Masters	1248
41	QNS	North Mackay Sinkers	1004
42	QCD	Belgravia Masters	916
44	QTW	Toowoomba Masters	794
47	QAC	Albany Creek Masters	497
48	QHB	Hervey Bay Masters	467

2023 MSA Swim Series

The Masters Swimming Australia National Swim Series boasts a mix of Long and Short Course meets across Australia. It rewards members' participation and performance in any of the Meets, with members only needing to swim two meets to be eligible for prizes. The more meets entered, the better the multiplier for points.

The series comprises of ten events annually, including the MSA National Championships, with one nominated meet from each of the Masters Swimming Branches and an extra one from Queensland and Western Australia. Results are recorded nationally, with the MSQ results listed below. Congratulations to all the MSQ swimmers who achieved excellent results throughout 2023.

QUEENSLAND SWIM SERIES WINNERS					
Place	Name	Club	Total Points	Meets	Award Points
1	John McKaig	QTA	15503	4	6201
1	Martin Banks	QUQ	11530	3	3459
1	Christina Scolaro	QUQ	11151	3	3345
1	Shelley Devers	QGF	9944	3	2983
1	William Hall	QTA	8518	3	2555
1	Stephen Berting	QUQ	8115	2	1623
1	Marsha Reddiex	QCD	7155	2	1431
1	Susanne Milenkevich	QRC	5538	3	1661
1	Linda Hogg	QNA	4935	3	1481

QUEENSLAND SWIM SERIES TOP 3 PLACE GETTERS					
Place	Name	Club	Total Points	Meets	Award Points
1	John McKaig	QTA	15503	4	6201
1	Martin Banks	QUQ	11530	3	3459
1	Christina Scolaro	QUQ	11151	3	3345
1	Shelley Devers	QGF	9944	3	2983
1	William Hall	QTA	8518	3	2555
1	Stephen Berting	QUQ	8115	2	1623
2	Andrew Cowan	QGF	7990	2	1598
3	Stephanie Jones	QNA	7920	2	1584
2	Alan Carlisle	QUQ	7595	2	1519
3	Justin Giles	QGF	7505	2	1501
1	Marsha Reddiex	QCD	7155	2	1431
3	Robert Patterson	QRB	7108	2	1422
3	William O'Leary	QUQ	6630	2	1326
3	Maree Antonio	QTW	5790	2	1158
2	Jo Matthews	QNA	5546	3	1664
1	Susanne Milenkevich	QRC	5538	3	1661
2	Tracy Clarkson	QBN	5371	2	1074
2	Jan Croft	QNA	5359	2	1072
2	Kealey Cussen	QTA	4985	2	997
1	Linda Hogg	QNA	4935	3	1481
3	Rebecca Wilson	QTW	4850	2	970
3	Narelle Phillips	QCD	4816	2	963
3	Stephen Howell	QRC	4265	3	1280
2	Rhys Bailey	QGF	3367	1	337

Vorgee Million Metres Awards

The Million Metres Awards Program was launched in the late 1970s. 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.

Congratulations to the following MSQ swimmers who achieved Million Metre Awards in 2023. Thank you to Vorgee for their continued support of these awards.

Names	Club	Award
Trudy Padro	River City Masters	1 Million Metres
Chris Savage	River City Masters	1 Million Metres
Justin Giles	Gympie Gold Fins Masters	2 Million Metres
Lynn Bartlett	Ipswich City Masters	5 Million Metres
Graeme Williams	Ipswich City Masters	5 Million Metres
Peter Nowlan	Mackay Sinkers	7 Million Metres
Gay Bradley	Cotton Tree Masters	1 Million Metres
Wendy Nothdurft	Noosa Masters	1 Million Metres
Matt Vincent	Rackley Masters	1 Million Metres
Robert Sutherland	Brisbane Northside Masters	1 Million Metres
Carlos Quevedo	UQ Masters	1 Million Metres
Alli Cooke	Barbarians Masters	2 Million Metres
Jemma Bayliss	Brisbane Northside Masters	2 Million Metres
Trudy Padro	River City Masters	2 Million Metres
Liz Little	Brisbane Northside Masters	3 Million Metres
John Rayfield	Albany Creek Masters	3 Million Metres
Naomi McGilvray	North Mackay Sinkers	4 Million Metres
Jo Matthews	Noosa Masters	5 Million Metres
Shiralee Bielenberg	Ipswich City Masters	5 Million Metres
Ken McDonald	Hervey Bay Humpbacks	7 Million Metres



Lynn and Bruce with Million Metres Awards

MSQ World Aquatics Masters World Top Ten

Each year World Aquatics publishes the World Top Ten (WTT) Masters times for each event in each age group across the world for both Short Course (SC) and Long Course (LC). These results are announced in March each year. MSQ presented 'World Top 10' caps to individuals who made these top 10 lists in 2022. Congratulations to all, with special mentions to Caleb Langelaan and Denise Robertson who achieved incredible World Number One positions!

INDIVIDUAL WTT RECIPIENTS	
Robert Patterson	QRB
Daph Soppa	QBB
Pauline Yates	QBB
Lene Knudsen	QBE
Harry Bahrend	QBN
Tracy Clarkson	QBN
Marsha Reddiex	QCD
Narelle Phillips	QCD
Kevin Murgatroyd	QCN
Caleb Langelaan *	QCT
China Johnson	QCT
Kyna Pereira	QGF
John McKaig	QLT
Denise Robertson *	QMM
Lindy Salter	QMM
Todd Robinson	QPB
Gillian O'Mara	QRC
Kathryn Gill	QRC
Mark Phillips	QRT
Hanna Wassenaar	QSM
Kim Bowling	QSM
Nadine Loof	QSM
Kady Ibell	QUQ
Kim McKeon	QUQ
Nola Macaulay	QUQ
Ross Holden	QUQ
Stephen Berting	QUQ



Denise with her World Number 1 cap



Acknowledgments

Heartfelt thanks are extended to the dedicated members of the MSQ Branch Management Board, who generously volunteer their time in support of Masters Swimming Queensland. Sincere appreciation is also expressed to all members, clubs, coaches, officials, volunteers, and timekeepers for their invaluable contributions. It is through their unwavering support and dedication that Masters Swimming Queensland continues to thrive.

Thanks are also due to Swimming Queensland for their ongoing office and resource sharing throughout the year. Special gratitude is extended to SQ Finance Manager, Amanda-Jayne Noble, for her support and financial work on behalf of MSQ. Additionally, gratitude is expressed to Kath, Sarah at MSA, and the team at Swim Central for their consistent assistance and support with MSQ operations.



MSQ BMB at the Brisbane Aquatic Centre – June 2023

MSQ Calendar of Events 2023

DATE	LC/SC	MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
FEBRUARY							
18	LC	Miami Masters Meet	QMM	South	Q1/23	Yes	Miami Aquatic Centre
MARCH							
5	SC	UQ Masters SC Meet	QUQ	Sunshine	Q2/23	Yes	Stuartholme School Pool, Toowong
11	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q3/23	Yes	Hervey Bay Aquatic Centre
30 Mar- 1 April	LC	MSQ State Championships - Pool	MSQ	Central	Q4/23	Yes	Mackay Aquatic & Recreation Complex
APRIL							
2	OWS	MSQ State Championships - OWS	MSQ	Central	Q5/23	n/a	Pioneer River, Balnagowan
18-22	LC	MSA National Championships	MSA	TAS		Yes	Hobart Aquatic Centre
MAY							
25-27	LC	Great Barrier Reef Masters Games	MSQ	North	Q6/23	Yes	Tobruk Memorial Pool, Cairns
JUNE							
10	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q7/23	Yes	Bundaberg Swim Academy
17	SC	Brisbane Southside Masters Meet	QSM	South	Q8/23	Yes	Brisbane Aquatic Centre, Chandler
JULY							
8	LC	River City Masters Long Course Meet	QRC	South	Q9/23	Yes	Valley Pool, Fortitude Valley
22-23	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q10/23	Yes	Burpengary Regional Aquatic Centre
AUGUST							
5-11	LC	Fina Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/23	Yes	Valley Pool, Fortitude Valley
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/23	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/23	Yes	Centenary Aquatic Centre
OCTOBER							
7-9	LC	Australian Masters Games Swimming	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/23	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/23	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/23	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/23	n/a	Pioneer River, Balnagowan

MASTERS SWIMMING QUEENSLAND INC

ABN 15 804 399 838

FINANCIAL REPORT

FOR THE YEAR ENDED
31 DECEMBER 2023

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MASTERS SWIMMING QUEENSLAND INC
INCOME STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023

	Note	2023 \$	2022 \$
Income			
Membership & Affiliation Fees		56,525	55,336
Grant Funding		37,066	35,248
Meet Income		32,642	91,795
Interest Received		1,788	608
Development Income		251	406
Merchandise Income		11,650	-
Other Income		1,909	879
		<u>141,831</u>	<u>184,272</u>
Expenditure			
Administration Expenses			
Service Level Agreement		2,250	1,000
Sundry		7,094	4,762
Wages & Superannuation		101,310	79,093
Provision for Employee Entitlements		(2,515)	9,821
Meet Expenses		37,737	55,407
Coaching and Officials Development		449	716
Merchandise Expenses		8,700	-
Membership Development		5,171	1,232
Meetings		1,911	2,061
Bank Charges		73	1,357
Marketing & Advertising		4,239	-
Registrations		305	205
		<u>166,724</u>	<u>155,654</u>
Net profit/(loss) from operating activities		<u>(24,893)</u>	<u>28,618</u>
Retained profits at the beginning of the financial year		250,518	221,900
Retained profits at the end of the financial year		<u>\$ 225,625</u>	<u>\$ 250,518</u>

MASTERS SWIMMING QUEENSLAND INC

**BALANCE SHEET
AS AT 31 DECEMBER 2023**

	Note	2023 \$	2022 \$
ASSETS			
CURRENT ASSETS			
Cash and Cash Equivalents	2	251,301	264,629
Trade and Other Receivables	3	5,018	6,233
Inventories	4	4,314	13,284
TOTAL CURRENT ASSETS		<u>260,633</u>	<u>284,146</u>
NON-CURRENT ASSETS			
Property, Plant and Equipment	5	-	-
TOTAL NON-CURRENT ASSETS		<u>-</u>	<u>-</u>
TOTAL ASSETS		<u>260,633</u>	<u>284,146</u>
LIABILITIES			
CURRENT LIABILITIES			
Trade and Other Payables	6	16,788	12,893
Provisions	7	18,220	20,735
TOTAL CURRENT LIABILITIES		<u>35,008</u>	<u>33,628</u>
TOTAL LIABILITIES		<u>35,008</u>	<u>33,628</u>
NET ASSETS		<u>\$ 225,625</u>	<u>\$ 250,518</u>
EQUITY			
Retained Earnings		<u>225,625</u>	<u>250,518</u>
TOTAL EQUITY		<u>\$ 225,625</u>	<u>\$ 250,518</u>

MASTERS SWIMMING QUEENSLAND INC

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. Financial Reporting Framework

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Act (Qld) 1981. The committee has determined that the Association is not a reporting entity.

Statement of Compliance

This financial report has been prepared in accordance with the Associations Incorporation Act (Qld) 1981, the basis of accounting specified by all Australian Accounting Standards and Interpretations, and the disclosure requirements of Accounting Standards AASB 101: *Presentation of Financial Statements*, AASB 108: *Accounting Policies, Changes in Accounting Estimates and Errors*, AASB 1031: *Materiality* and AASB 1054: *Australian Additional Disclosures*.

Basis of Preparation

The financial statements have been prepared on an accrual basis and are based on historical costs. They do not take into account changing money values or, except where stated specially, current valuations of non-current assets.

The following significant accounting policies, which are consistent with the previous period unless stated otherwise, have been adopted in the preparation of these financial statements.

a. Income Tax

No provision for income tax has been raised as the Association operates solely as a non-profit organisation and accordingly is exempt from income tax under Section 50-10 of the Income Tax Assessment Act 1997.

b. Property, Plant and Equipment (PPE)

The depreciable amount of all PPE is depreciated over the useful lives of the assets to the association commencing from the time the asset is held ready for use. The depreciation rates used for Plant & Equipment is 30%.

c. Cash on Hand

Cash on hand includes cash on hand, deposits held at call with banks, and other short-term highly liquid investments with original maturities of three months or less.

d. Employee Provisions

Provision is made for the association's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee provisions have been measured at the amounts expected to be paid when the liability is settled.

e. Accounts Receivable and Other Debtors

Accounts receivable and other debtors include amounts due from members as well as amounts receivable from donors. Receivables expected to be collected within 12 months of the end of the reporting period are classified as current assets. All other receivables are classified as non-current assets.

f. Inventories

Inventories are measured at the lower of cost and net realisable value. Costs are assigned on an average cost basis.

MASTERS SWIMMING QUEENSLAND INC
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

g. Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable.

Revenue is recognised when invoices are raised. Interest revenue is recognised upon receipt.

Grant and donation income is recognised when the entity obtains control over the funds, which is generally at the time of receipt. If conditions are attached to the grant that must be satisfied before the association is eligible to receive the contribution, recognition of the grant as revenue will be deferred until those conditions are satisfied.

All revenue is stated net of the amount of goods and services tax.

h. Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense.

Receivables and payables in the Balance Sheet are shown inclusive of GST.

i. Accounts Payable and Other Payables

Accounts payable and other payables represent the liability outstanding at the end of the reporting period for goods and services rendered by the association during the reporting period that remain unpaid. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability.

MASTERS SWIMMING QUEENSLAND INC

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

		2023	2022
		\$	\$
2	Cash Assets		
	Cash at Bank – Cheque Account	85,779	99,199
	Cash at Bank – Debit Card Account	3,126	3,093
	PayPal Account	-	1,729
	Term Deposit – CBA # 425	162,396	160,608
		<u>\$ 251,301</u>	<u>\$ 264,629</u>
3	Trade and Other Receivables		
	Trade Debtors	880	1,504
	Other Receivables	3,638	3,638
	Prepaid Expenses	500	1,091
		<u>\$ 5,018</u>	<u>\$ 6,233</u>
4	Inventories		
	Medals	4,314	13,284
		<u>\$ 4,314</u>	<u>\$ 13,284</u>
5	Property, Plant and Equipment		
	Plant & Equipment	1,925	1,925
	Less: Accumulated Depreciation	<u>(1,925)</u>	<u>(1,925)</u>
	Total Plant and Equipment	<u>-</u>	<u>-</u>
	Total Property, Plant and Equipment	<u>\$ -</u>	<u>\$ -</u>
6	Trade and Other Payables		
	Received in Advance	4,090	-
	Net GST Payable	3,709	4,289
	PAYG Withholding	5,624	5,660
	Superannuation Payable	3,365	2,944
		<u>\$ 16,788</u>	<u>\$ 12,893</u>
7	Provisions		
	Provision for Annual Leave	18,220	20,735
		<u>\$ 18,220</u>	<u>\$ 20,735</u>

MASTERS SWIMMING QUEENSLAND INC

STATEMENT BY THE COMMITTEE

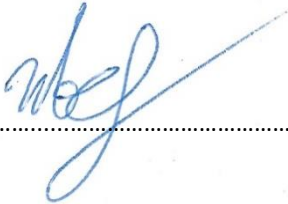
In accordance with a resolution of the committee of Masters Swimming Queensland Inc., the members of the committee declare that the financial statements as set out on pages 1 to 5:

1. presents a true and fair view of the financial position of Masters Swimming Queensland Inc. as at 31 December 2023 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the Associations Incorporation Act (Qld) 1981; and
2. at the date of this statement, there are reasonable grounds to believe that Masters Swimming Queensland Inc. will be able to pay its debts as and when they fall due.

This statement is signed for and on behalf of the committee by:



.....
President



.....
Treasurer

Dated this 28th day of February 2024

We have audited the accompanying financial report, being a special purpose financial report, of Masters Swimming Queensland Inc. (the association), which comprises the balance sheet as at 31 December 2023 the income statement for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the certification by members of the committee on the annual statements giving a true and fair view of the financial position and performance of the association.

Committee’s Responsibility for the Financial Report

The committee of the Masters Swimming Queensland Inc. is responsible for the preparation and fair presentation of the financial report, and has determined that the basis of preparation described in Note 1 is appropriate to meet the needs of the members. The committee’s responsibility also includes such internal control as the committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

Auditor’s Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We have conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor’s judgment, including the assessment of risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the association’s preparation and fair presentation of the financial report, in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the association’s internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial report presents fairly, in all material respects, the financial position of Masters Swimming Queensland Inc. as at 31 December 2023 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements, and the requirements of the Associations Incorporation Act (Qld) 1981.

Basis of Accounting and Restriction on Distribution

Without modifying our opinion, we draw attention to Note 1 to the financial statements, which describes the basis of accounting. The financial report has been prepared to assist Masters Swimming Queensland Inc. to meet the requirements of the Associations Incorporations Act (Qld) 1981. As a result, the financial report may not be suitable for another purpose.

Name of Firm: AMG Audit + Assurance

Name of Partner: 

Matthew Kuhn CA - Partner

Address: Level 5, 445 Upper Edward Street, Spring Hill QLD 4000

Dated this 6th day of March 2024