

NEWSLETTER

"Challengers Chatter"

MARCH 2025

Noosa Masters Swim Meet ... a day like no other !!

by Julie Bott



a day like no other - indeed !!

Not cyclones, changes of swim dates nor heavy rains and strong winds could stop Noosa Masters from hosting our annual swim meet for 2025.

With the introduction of 400m events to our program, our earlier start time of 9.00 am saw the pool and its surrounds awash with swimmers and rain on our revised Swim Date of Saturday 29th March. Our fabulous raffle table greeted everyone entering the Noosa Aquatic Centre and was a great tribute to the efforts of the raffle team and the generosity of our sponsors.

Unfortunately, the heavy showers did prevent some entrants from reaching us, but we were still delighted to see so many swimmers arrive at the start of the day. They came bearing grins and stoic attitudes which was a great boon to all our wonderful and wet Noosa workers.

Our Meet Officials, Heather and Dave Butler as well as our own club member, Liz Alfredson, huddled

under umbrellas to ensure that the meet progressed in record time and all the entrants are eternally grateful that these Officials decided to forgo a lunch break to keep the meet moving along. Special thanks to our club member, Trevor Matthews who stepped in at the

last minute to act as the official starter for the day.

Our Marshalls, Check Starters, Chief Timekeepers and Timekeepers did an amazing job of keeping track of all the changes to heats due to lots of non-starters. But our utmost thanks go to David Findlay and his trainee, Greg Bott who worked tirelessly to ensure that the results were finalised under very very difficult circumstances. We also thank Brian and Kathleen for posting the results for members happy to look at a printed copy rather than the electronic option.

Our announcer, Marion Slattery from Cotton Tree Masters brought her sunny disposition and lovely voice to our meet and she managed to coax timekeepers onto the pool deck and swimmers to marshalling whilst also keeping the sound system protected from the elements.

Our catering crew who looked after morning tea, lunch and the presentation BBQ did a wonderful

job keeping officials, entrants and volunteers nourished throughout the day. No easy task presenting and cooking in such wet conditions, but everything was delicious.

When the sun eventually started to break through around midday it lifted the spirits of all in attendance. Presentations of individual place getters was preceded by a presentation to our Club from MSQ President, Susanne Milenkevich of the 2024 MSQ Endurance Trophy. This is the eleventh consecutive Endurance 1000 award achieved by our club.

On a sadder note, the Masters Swimming community recently lost a long term member, China Johnson – aged 96 - and we thank Gay Bradley, President of Cotton Tree Masters (China's club) for sharing their clubs memories of this remarkable, gentle and humorous swimmer.

The age group awards were handed out in broad sunshine and it was of special note that the Small Club Trophy (average points for Teams with 3 – 6 swimmers) was awarded to Flinders Phoenix Masters whilst the Large Club Trophy (average points for teams with over 7 swimmers) was won this year by Belgravia Masters.

With sincere thanks to everyone who made the journey to attend and with everything done and dusted for another year, we can only hope for more favourable weather for 2026.



Noosa Swim Meet 2025



Noosa Swim Meet 2025



Noosa Swim Meet 2025 and Sunny Skies at last

We hope to see you all again next year !!



2025 Noosa Ultra : March 22

Saturday March 22 saw Noosa Masters Club members helping hundreds of long distance runners complete an arduous run through the hinterland.

The Noosa Ultra 2025 saw over 1700 runners competing in hot and humid conditions across rugged and muddy trails. The physical and mental challenges these athletes put themselves through is enormous.

Noosa Masters assisted runners from Water Station 4 located 7 Kilometres from the finish.

From 8 am to 11 pm our members enthusiastically provided water, minor medical care, assistance with their gear, but the aspect that was most appreciated was the loud and friendly encouragement to get them through the last leg of their run.

And we were appreciated! Runners continually expressed to us how grateful they were. I can't comprehend how someone who has just run/ walked 93 Kilometres can have the energy to say "Thank you for volunteering", but time after time they did!

So... from all those runners and race organisers to all of the 16 Club members, Carmel and those who offered to fill in if needed, a massive

THANK YOU 🙏



Tom Brimelow won the Men's 100 km in 9 hours 37 minutes and Amanda Stanford won the women's 100 km in 11 hours 33 minutes

🏆 If you're interested all the results are on the Noosa Ultra Website.

Our next volunteering event will be Swim Noosa on Sunday May 25th.. Our role will be taking entries prior to the race and marshalling on the beach. None of these tasks are hard, in fact it's fun interacting with competitors.

If you haven't volunteered for a while please give others a break and put your hands up. Volunteering has become part of the fabric of this great club it benefits in many ways, not just financially.

...Shane Walsh

Volunteer Coordinator

Mobile 0400127828

shanewalsh848@gmail.com



Ivan & Wendy had fun manning the raffle table at the Tewantin Bowls Club each Wednesday night for the month of March. We hope the club will receive some benefit in spite of the very inclement weather keeping numbers down somewhat.

My wife called on her way home, after a long day at work, and asked me to run her some hot water and not to forget the bubbles.... hope she'll be happy - she's so sweet, love her to bits!



2025 MASTERS SWIMMING QLD EVENTS CALENDAR

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
APRIL							
8-12	LC	MSA National Championships	MSA	MSV		Yes	Melbourne Sports & Aquatic Centre
13	OWS	Cairns Mudcrabs Crater Lake Classic	QCN	North	Q18/25	n/a	Lake Barrine
MAY							
29-31	LC	Great Barrier Reef Masters Games	MSQ	North	Q1/25	Yes	Tobruk Memorial Pool, Cairns
JUNE							
1	OWS	Great Barrier Reef Masters Games OWS	QCN	North	Q14/25	n/a	Lake Barrine
28	SC	Brisbane Southside Masters SC Meet	QSM	South	Q6/25	Yes	Brisbane Aquatic Centre, Chandler
JULY							
13	LC	Belgravia Masters Swim Meet	QCD	Sunshine	Q13/25	TBA	Burpengary Regional Aquatic and Leisure Centre
26-27	OWS	WA Masters Championships - OWS	WA				Singapore
AUGUST							
7-14	LC	WA Masters Championships - Swimming	WA				Singapore
SEPTEMBER							
6	SC	Brisbane Northside Masters	QBN	Sunshine	Q19/25	Yes	Valley Pool, Brisbane
13-14	LC	North Queensland Championships	MSQ	North	Q10/25	Yes	Townsville Long Tan Pool
OCTOBER							
4	SC	Toowoomba Masters Meet	QTW	South	Q7/25	Yes	Glennie Aquatics, Toowoomba

Swimming in Co/Dual-Sanctioned Meets

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

Criteria for MSQ/SQ/SA dual-sanctioned meets

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

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

The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

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

Qualifying

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

Rules considerations

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

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

What do I need to do?

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

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

Barefoot Bowls & Dinner at the Tewantin Bowlo

Barefoot Bowls is an Aussie tradition that combines a relaxed vibe with a touch of competition. Originating from lawn bowls, it breaks the formality by ditching the shoes and keeping it casual - perfect for socialising and fun in the sun!

Barefoot Bowls is open to all ages. It provides a great alternative for birthday parties, staff functions or any family get together.

It's a great way to find out how to play our favourite sport!

It gives you the chance to try your skill at the game of lawn bowls, whilst enjoying a fun outing.

- All you need is your bare feet (*socks or flat soled shoes are OK too!*)
- The Club supplies you with bowls, jack, mat, and free coaching.
- Casual dress.
- A sense of fun and adventure and an ability to enjoy yourself.
- The dress code is relaxed - so is the atmosphere.
- You don't have to know how to bowl - friendly experts will be there to guide you.

Afterwards, sit back and enjoy a *bite to eat, a drink and a chat.*

Bowling tips for beginners.

- The larger ball is a bowl.
- The small white or yellow ball is the jack or kitty.
- The club supplies these for casual players.
- The aim of the game is to get your bowl as close to the jack as possible.
- The Bowls don't roll in a straight line, but in a curve.
- The bowl has icons on each side. Keep the small icon on the inside of your delivery.
- You stand on a mat (supplied by the club) and bowl from alternate ends.
- The green consists of a number of rinks. You play on a rink.

Noosa Masters turned out on 19 March to see what it was all about and to dine in the Chinese Restaurant afterwards. Wendy & Ivan manned the raffle table each Wed. in the hope of raising some funds for the Club. One of our members was lucky !! Everyone enjoyed their meal and the company. See you next time ?

... Cheers, Wendy Ivanusec

The Mooloolaba Mile Ocean Swim

Sunday March 23, 2025 | Mooloolaba Beach,
Sunshine Coast

In 2024 the Mooloolaba Mile introduced new courses, new distances and a whole new look! The event site moved to Mooloolaba Spit and the program is now packed with more distances, all designed to push your limits in a safe environment. The multi-lap course means you can set your sights higher, but check your progress in the shallow water as you prepare for your next lap. The Start & Finish line is located at Mooloolaba Spit, a sheltered bay with easy access in and out of the water – it's one of nature's great open water arenas.

The Mooloolaba Mile (1.6km) was first held in 2010 and is one of the most popular open water distances around the globe for a reason – it's well within reach for beginners and a great time trial for experienced swimmers. The course is one full lap of the triangle course, starting and finishing in the sheltered waters of Mooloolaba Spit. For our elites, it's a sprint. For most, it's an ideal goal that you can knock over with limited training under your belt.

The Mooloolaba 3.0 is a popular distance and a great step up from shorter swims. This long course swim involves two laps of the new triangle course, starting and finishing in the sheltered waters of Mooloolaba Spit.



One

of the

LQ swam the 1.6km (the Mooloolaba Mile) route in 39.51 coming 6th in her age group while Yvonne did the 3km finishing in 52.01 coming first in her age category

new additions in 2024 was **the Mooloolaba 4.5**. It is a stepping stone event.

This long course swim involves three laps of our new triangle course, starting and finishing in the sheltered waters of Mooloolaba Spit.

This is the big one and was another new addition for 2024 – **a 6.0km marathon distance swim**. It's a distance that we know will remain popular, as many of you have now conquered 5.0km and are setting your sights on 10km. This is an opportunity to push beyond 5.0km in a safe, sheltered setting where you can check your progress with every lap – no paddlers or support boats needed! The Mooloolaba 6.0 will be contested by aspiring marathon swimmers and some of Australia's most talented pool and open water swimmers.



COACH'S TIPS ... *There Is no Quick Fix. It Takes Time ...*



Tips on perfect form in freestyle ...

Streamline ...

Make your body as narrow as possible to help reduce drag as you dive in or push off the wall. Squeeze your biceps to your ears and keep legs tight together. Head position plays a major role in overall body position. Look down and focus eyes on bottom of pool, neck and head in a neutral position.

The catch ...

Hands relaxed with a tiny space between each finger. This actually helps you swim faster and increases power of the pull compared to swimming with hands tightly cupped. Bend at the elbow and angle fingertips towards bottom of pool.

This sets you up for a strong pull phase, turning your entire forearm into one large paddle and is also much easier on your shoulders than pulling with a straight arm. Pull straight back towards your feet with fingertips slightly apart. Try to keep elbow above your hand for most of the pull extending your arm straight when your arm gets past your hips.

Every time you take a stroke keep your head in place. Use your hips to rotate left and right. Focus on rotating the body with your core instead of leading with shoulder twists.

The most important part of breathing in freestyle is to keep a neutral head position. Keep one eye under the water and open your mouth to breathe.

... Cheers, Jan

INVITATION

Noosa Masters Swimming Club's

Drinks and Canapés Evening



Wednesday 30th April

Commencing 5pm

Noosa Surf Life Saving Club

\$30 per member

You are cordially invited to drinks and canapés at the Noosa SLSC.

*We shall gather at the western end of the deck overlooking Laguna Bay.
An appetising selection of canapés will be offered at \$30 per head and our
gluten free members will be well looked after.*

Drinks may be purchased separately at the bar.

Last year's evening was sublime and we look forward to seeing you there.

... John S and Julie B

RSVP by Friday 25th April to
social@swimqna.com.au or 0488 222 196

with payment to John :

Westpac Bank

John Simonidis

BSB: 734-655

Account number: 733-654

or cash on Sundays.

Please contact John should you have any questions.

2025 Noosa Masters Members' Meeting

held at Noosa Aquatic Centre

SUMMARY OF 2025 CLUB AWARDS - *not everyone could be present to receive their Award*

10 yr M'ship	AWARD	RECIPIENTS	CERTIFICATES
	McCausland Award	Wendy Ivanusec	Those who swam 3,000m+ in 60 mins
President's Award		Julie Bott	Denise DeCarlo 3025 free
Male Challenger of the Year Award		* Studley Martin	Jo Matthews 3175 free
Female Challenger of the Year Award		* Terry Carter	Wendy Nothdurft 3350 free
Most Improved		Jim Travers	John Simonidis 3075 free
Endurance Awards		* Denise DeCarlo	Jim Travers 3175 free
(those who completed the E1000 programme with top points)		* Ian Tucker	Ian Tucker 3525 free
		* Brian Hoepper	Adrian Wilson 3100 free
		* Jo Matthews	

CERTIFICATES	CERTIFICATES	2025 CLUB LONGEVITY AWARDS
Those who scored over 450 E1000 points	Those who swam 3,000m+ under 60 mins	
Bruce Hammond 473 points	Denise DeCarlo 3025 free	10 years Greg Bott
Wendy Ivanusec 534 points	Jo Matthews 3175 free	Jim Barnes
Rod Alfredson 621 points	Wendy Nothdurft 3350 free	Bruce Hammond
Lynette Clemitson 654 points	John Simonidis 3075 free	Mick Jones
Sue Silburn 708 points	Jim Travers 3175 free	
Jim Barnes 745 points	Ian Tucker 3525 free	15 years Lois Hill
John Havilah 766 points	Adrian Wilson 3100 free	Jacky Shields
Jacky Shields 810 points		
Terry Parker 817 points		20 years Jan Croft
Adele Tucker 859 points		Helen Malar
Terry Carter 870 points		Clinton Stanley
LiQun Hussey 946 points		



Denise, Ian, Brian & Jo for completing the Endurance Programme with top points



Wendy N for completing 3350m in 1 hour
Terry C for achieving 870 E1000 points



10 yr M'ship



John S for completing 3075m in 1 hour



2024 Challenger of the Year



2024 QNA Members' Awards



Presidents Award



Wendy I McCausland Award



Mick Jones 10yr M'ship



Jo Matthews E1000



Ian Tucker E1000



Brian Hoepper E1000



Most Improved



Denise DeCarlo E1000



Jim Barnes 10 yr M'ship



April 2025

Linda Hogg	6/4	Terry Parker	23/4
Tony Frost	12/4	Melissa Travers	25/4
Corals D'Ott	15/4	Yvonne Alford	30/4
Wendy Ivanusec	18/4		

Despite the high cost of living, it remains popular !



Sun 16/3 - Bob Morse brought along a gorgeous birthday cake to share & Chris (13/3) was only too pleased to join in !!

ENDURANCE 1000 REPORT : March 2025



We now have 38 of our 70 members participating in Endurance – over ½ the team so that's great. When are you going to squeeze in that Endurance swim. The pool temperature is cooling off so it's a good time to work on your longer swims.

In the members meeting on 23 March I was lucky to hand out MANY awards. We had 12 swimmers who accumulated over 8,000 points, plus the 4 swimmers who completed the whole program and another 7 swimmers who completed more the 3k in an hour. It's the depth of our team that enables us to win the Top Scoring Club Trophy each year. If you decide to do just one Endurance swim this year, try a 30 or 45-minute swim. You will generate lots of points AND improve your stamina for squad training as well.

Lots of shining stars for the month. Here we go:

- Melissa Travers did a 1500, 30, 45, and 60-minute swims. All with top points!
- Bob McGannon completed his first EVER 400m and 800m swims.
- Jim Travers did a 1-hour swim with even better results than 2024. He's in the 3k club AGAIN.
- Wendy Ivanusec managed a 1500m and 60-minute backstroke without vertigo!
- Kevin Alford swam his 1500 postal swim TWICE and improved his time heaps.

- LiQun honoured us with her presence for a fortnight (one great benefit to the Cyclone!) and got in many Endurance swims including an 800 Fly. Whoo-hoo!

We have completed the audit of all swimmer binders. Very minor errors were identified. Thanks for keeping your paperwork in order. Common errors included:

- Date missing
- No timer signature
- 25m/50m not indicated
- We caught a few typo's in the Portal (maybe due to messy writing in our Results book?!!)

Timers – have a look at the swimmer's timesheet to ensure they have completed all fields. Gives you something to do whilst they swim (other than chatting ;o)

Denise will be overseas from mid-April, but will continue in the Endurance Coordinator role, with help from people on the ground. Send inquiries to endurance@swim.com.au as needed. So keep swimming. I'll be behind the scenes ensuring we have lots of Endurance swim opportunities.

There was an extra endurance swim on the 5th Sunday, Sunday 30 March, which was well supported..

... Denise DeCarlo
Endurance Coordinator



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4	SC	Toowoomba Masters Meet	QTW	South	Q7/25	Yes	Glennie Aquatics, Toowoomba
5	OWS	Whitehaven OWS	MSQ	Central	Q11/25	n/a	Whitehaven Beach
18	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q8/25	Yes	Hervey Bay Aquatic Centre
NOVEMBER							
2	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q17/25	n/a	Pioneer River, Balnagowan
6-8	LC	MSQ LC State Championships	MSQ	South	Q4/25	Yes	Brisbane Aquatic Centre
DECEMBER							
6	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/25	Yes	Kawana Aquatic Centre



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

PLATINUM



GOLD



SILVER



BRONZE



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

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