



Terry Carter accepted the Club's  
2024 Vorgee E1000 trophy

## Club Captain's Report : April

by Terry Carter

### National LC Championships – 8 - 12 April 2025, Melbourne Sports and Aquatic Center

Eight QNA members entered the National but unfortunately, due to injuries, three were unable to swim. Nevertheless, the remaining five (5) had some good swims with previous times beaten and some medals. Thanks to Wendy Nothdurft for assembling the results which appear overleaf.

### QSC Mini Meet 3<sup>rd</sup> May 2025

The Mini-Meet to be held at Kawana Aquatic Centre on 03/05/25 is now open for entries on Swim Central – racing from 9:30am to 12 midday approximately, warm up beforehand. The Program includes 200m, 100m, 50m races in all strokes with novelty races in the 50 & 100m IM in the 50m pool!!

The invitation is for Kawana and Noosa Masters swimmers only, so let's try to get a good number going to support the event. At the time of writing yesterday (25 May 2025) there was a total of 22 entries with 10 being from QNA, great team! This is a great opportunity for members and especially newer members to 'have a go' at racing without the pressure!!

### World Aquatic Masters Championships 2025 in Singapore 4 to 15 August 2025

Entries for the World Aquatics Masters Championships 2025 close on **June 26, 2025**. Registration opened on January 28, 2025 through the World Aquatics GMS platform. Here is the link: <https://www.worldaquatics.com/gms>. A number of QNA swimmers have shown interest in going and have booked flights and accommodation already.



Four of our National medal winners ::  
front : Terry Carter & Jo Matthews  
rear : Linda Hogg & Jim Travers



Jo Matthews with her first medal  
at the 2025 MSA Nationals



## 2025 MSA NATIONAL CHAMPIONSHIPS - NOOSA RESULTS

Melbourne : 8-12 April

| Terry Carter (75) |   |          |
|-------------------|---|----------|
| 50m Free          | 8 | 51.29    |
| 100m Free         | 5 | 1:48.99  |
| 200m Free         | 4 | 3:58.64  |
| 400m Free         | 3 | 8:16.59  |
| 800m Free         | 4 | 16:33.51 |
| 50m Back          | 2 | 56.36    |
| 100m Back         | 2 | 2:06.95  |
| 200m Back         | 2 | 4:27.62  |
| 50m Breast        | 5 | 1:01.55  |

| Jo Matthews (70) |   |         |
|------------------|---|---------|
| 50m Fly          | 3 | 43.15   |
| 100m Fly         | 2 | 1:47.66 |
| 200m Fly         | 1 | 4:12.41 |
| 200m IM          | 3 | 3:54.53 |
| 400m IM          | 2 | 8:27.93 |

| Linda Hogg (63) |    |          |
|-----------------|----|----------|
| 50m Free        | 21 | 39.99    |
| 100m Free       | 18 | 1:30.30  |
| 200m Free       | 15 | 3:21.57  |
| 400m Free       | 17 | 7:12.91  |
| 800m Free       | 14 | 14:35.90 |

| Jim Travers (65) |    |          |
|------------------|----|----------|
| 50m Free         | 15 | 37.38    |
| 100m Free        | 13 | 1:24.33  |
| 400m Free        | 13 | 7:10.81  |
| 800m Free        | 8  | 13:37.07 |

| Felicity Hawkins (63) |   |          |
|-----------------------|---|----------|
| 200m Free             | 6 | 3:03.54  |
| 400m Free             | 7 | 6:21.45  |
| 800m Free             | 4 | 12:46.94 |

## Noosa Masters 25th Anniversary T-shirts



Our members proudly donned their special 25th anniversary T-shirts to honour 25 years since the incorporation of our club as Noosa AUSSI Masters Swimming Club Inc.

Noosa Masters Swimming Club has a rich history of success in living up to the Masters Motto of fitness, fun and friendship.

Fitness : through squad training leading to team and individual success at swim meets at all levels. Our club has also demonstrated an exceptional team effort in the Masters Endurance swimming programme, with Noosa winning the 2024 National Vorgee Endurance 1000 trophy for the 11th year in a row.



*Terry Parker presented founding member Tony Frost with his 25 Anniversary T-shirt*

Fun & Friendship : our club is welcoming to all new members who enjoy the friendly, convivial atmosphere at coffee after squads as well as participation in our numerous social and volunteering events.

... Terry Parker  
President

# A Brief History of MSA (Masters Swimming Australia)

courtesy of MSA

The formation of Masters Swimming Australia (formally A.U.S.S.I.) can be likened to the conception, then birth of an elephant or a whale. It was 18 months from when the seed was sown in March 1974 until the birth in September 1975.

The seed, of course, was the international meet at Heffron Park Sydney organised by Jack Brownjohn at the request of Dr Richard Rahe, USMS, and conducted with the help of Bill Lough and his AIF/Leagues Clubs competition team.

The following 18 months saw exchanges of many ideas until on the 22nd September 1975, A.U.S.S.I., the Australian Union of Senior Swimmers International, was constituted at a meeting of eight men, adopting a constitution and structure drafted by Gary Stutsel.

The following pieces have been written to share the history of Masters Swimming Australia.

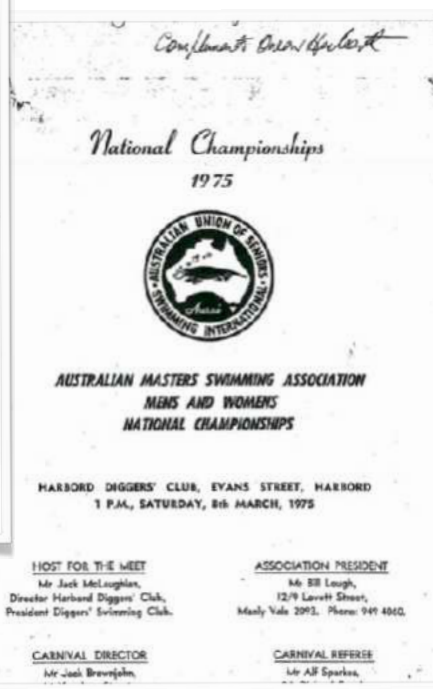
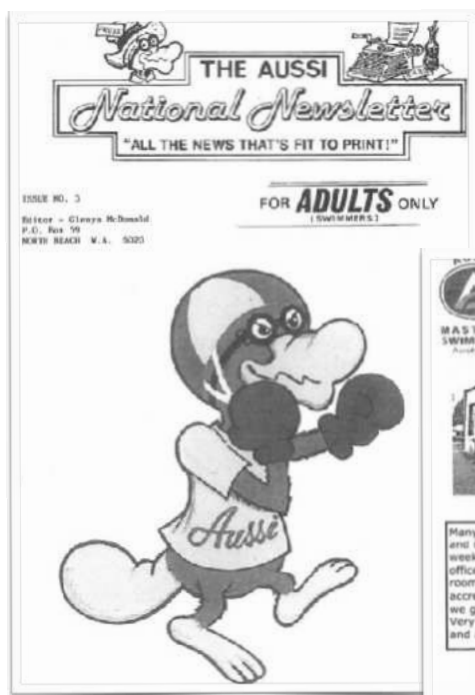
## AUSSI 1974-1984 – The first 10 Years by Gary Stutsel

Following a successful carnival in 1974, the first Australian Masters National Championships was held on March 8, 1975, six months before AUSSI was established.

## 40 Year of Nationals

We thank Gary Stutsel for his work on 'AUSSI 1974 – 1984 The First 10 Years' and Rob Wilson (MSV) Lynne Malone (MSWA), Diane Ellis (MSNSW) and Helga Ward (MSQ) for their assistance in collecting missing photos and stories for the "40 Year of Nationals"

Here are some images from the early Newsletters and the first National Championships Cover page.





## April Birthday celebrations after squad

Altho' Wendy Ivanusec's birthday fell on Good Friday this year, she made sure to celebrate with her club buddies after squad on the Thursday before - nothing should stand in the way of a birthday celebration !!



Well you may laugh Linda !! Linda Hogg went the whole hog when she turned up with the richest chocolate cake imaginable to celebrate with her club buddies on 6 April.

To top it off, Akira turned up with a lovely floral tribute. Was Linda surprised ?? You bet she was - and delighted !!



## May 2025

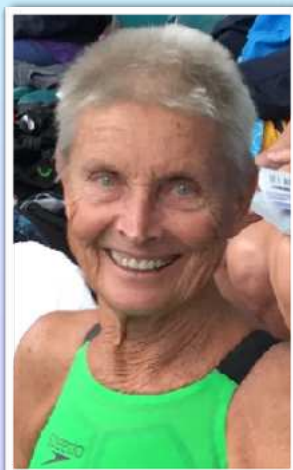
|                |      |
|----------------|------|
| Adele Tucker   | 12/5 |
| Alex Baker     | 15/5 |
| Rod Alfredson  | 15/5 |
| Jim Travers    | 20/5 |
| Jim Barnes     | 27/5 |
| Nigel Harris   | 30/5 |
| Grant Scotcher | 31/5 |

*Despite the high cost of living,  
it remains popular !*

Have you entered the swimming for the GBRMG? ENTRIES CLOSE Tuesday 13th May - enter on the GBRMG website [www.gbrmg.com.au](http://www.gbrmg.com.au) The swimming will be held at the Tobruk memorial Swimming Pool Cairns 29th - 31st May. Entries open to registered masters' swimmers and non-masters' swimmers plus multiclass. Look forward to seeing you in May. #Tobruk #gbrmg #gbrmg25 #swimming



## COACH'S TIPS



Most breastroker and fly swimmers tend to lay their hands softly after their breath and not allow their head to go down far enough which is when the chin is at, or very near, the chest.

Getting the chin close to, or very near, the chest is still the best position to reduce frontal drag.

Some of the fastest breastroker and flyers don't just lay their heads down softly after the breath, they snap them down quickly and aggressively into the streamlined position .

Backstroke can't be done without leg kick. Do kick sets with arms in stretched position behind head.

Emphasise stretched and streamlined position when leaving the wall, head squeezed between biceps. Try to prevent swimming with chin dropping on chest as top of the head creates resistance. Try to build to 5 kicks underwater.

Keep swimming!!

... Cheers, Jan



## 2025 MASTERS SWIMMING QLD EVENTS CALENDAR



| DATE             | LC/SC | CLUB/MEET                            | CODE | REGION   | SANCTION | SURVEYED | VENUE                             |
|------------------|-------|--------------------------------------|------|----------|----------|----------|-----------------------------------|
| <b>MAY</b>       |       |                                      |      |          |          |          |                                   |
| 29-31            | LC    | Great Barrier Reef Masters Games     | MSQ  | North    | Q1/25    | Yes      | Tobruk Memorial Pool, Cairns      |
| <b>JUNE</b>      |       |                                      |      |          |          |          |                                   |
| 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 |
| <b>JULY</b>      |       |                                      |      |          |          |          |                                   |
| 13               | LC    | Belgravia Masters Swim Meet          | QCD  | Sunshine | Q13/25   | TBA      | <b>BRALC Cancelled</b>            |
| 26-27            | OWS   | WA Masters Championships - OWS       | WA   |          |          |          | Singapore                         |
| <b>AUGUST</b>    |       |                                      |      |          |          |          |                                   |
| 7-14             | LC    | WA Masters Championships - Swimming  | WA   |          |          |          | Singapore                         |
| 16               | SC    | Cairns Mudcrabs SC Meet              | QCN  | North    | Q19/25   | Yes      | Gordonvale Aquatic Centre         |
| <b>SEPTEMBER</b> |       |                                      |      |          |          |          |                                   |
| 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          |
| <b>OCTOBER</b>   |       |                                      |      |          |          |          |                                   |
| 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         |
| <b>NOVEMBER</b>  |       |                                      |      |          |          |          |                                   |
| 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           |
| <b>DECEMBER</b>  |       |                                      |      |          |          |          |                                   |
| 6                | LC    | Sunshine Coast Masters Meet          | QSC  | Sunshine | Q16/25   | Yes      | Kawana Aquatic Centre             |

To me, "drink responsibly" means don't spill it.

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

When you do squats, are your knees supposed to sound like a goat chewing on an aluminium can stuffed with celery?

My luck is like a bald guy who just won a comb.

If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"

# Noosa Today published our story !!

Thanks to Brian Hoepper - Media Manager extraordinaire

Reproduced hereunder in case you missed it ...



As Cyclone Alfred threatened in early March, the Noosa Masters annual swim meet was postponed. Three weeks later, as unprecedented floods covered outback Queensland, the postponed meet turned out to be a wind-blown and rain-swept event.

Undaunted, swimmers from 26 clubs lined up for an 18-event competition. On the day, their ranks were thinned by many last-minute withdrawals by swimmers from far afield, anxious that rising rivers might prevent their return journey. Still, competitors arrived from Bundaberg, Hervey Bay, Ipswich, Toowoomba and Miami. They were complemented by entrants from numerous clubs based in Brisbane and on the Sunshine Coast.

Conditions were challenging. Driving rain swept across the pool lanes and swimmers pushed against gusty headwinds. Around the pool deck – despite sheltering marquees – the rain often prevailed. Timekeepers were dampened and recording sheets sodden.

But Masters swimmers, officials and volunteers are resilient. Racing proceeded in the traditional Masters style of serious but good-natured enthusiasm. The unruly weather meant that record times were out of reach. But there were some nail-biting finishes and some impressive times, across a field of swimmers ranging in age from 21 to 84.

There was a welcome change in the weather just as the premier event – 100 metres freestyle – was about to start. The blue skies then persisted through the ensuing barbecue and awards ceremony. While Noosa Masters predictably amassed the highest points totals, the two trophies awarded for highest average points scores went to two relatively new clubs. The small clubs' trophy went to Buderim-based Flinders Phoenix club, while Burpengary-based Belgravia won in the large-club category.

There were two important but contrasting speeches at the presentation ceremony. First, Masters Swimming Queensland president Susanne Milenkevich presented Noosa Masters with the state Endurance 1000 competition trophy for 2024. Then – on a note both sad and celebratory – Gay Bradley, the President of Cotton Tree Masters, shared her club's memories of their remarkable, gentle and humorous member China Johnson, who'd died recently. China, a multiple national record holder, was a gold medallist at last November's Pan Pacific Masters championships, aged 96. An inspiration!

## What will not make you not live longer?

*Actually, the Oxford Longevity study (half a million UK Biobank participants) just published their findings last week.*

### Here's what they found makes you live longer:

- Eating cheese
- Living in a house rather than a flat
- Living in a house with an open fire
- Living with a partner,
- Going to the gym
- Good/long education
- Tanning easily
- High household income

### On the other hand, these shorten your life:

- Feeling fed-up or tired
- Financial difficulties in the past two years
- Sleeping and napping too much

### These caused premature ageing:

- Being relatively shorter or plumper at the age of 10
- Having a mother who smoked around birth
- Smoking oneself
- Being unemployed
- Living in a council house.

### The following had no effect whatsoever:

- Alcohol consumption
- Meat, salt, vegetables or fruit consumption
- Pollution
- Noise
- Being breastfed
- Sleeping less than seven hours a night
- Loneliness

# ENDURANCE 1000 REPORT : April 2025

Hello,

Greetings from the US (yep, they let me back in).

Thanks to Terry Carter for helping out with Endurance Co-ordinator responsibilities and the additional Deckies (Linda Hogg and Adele Tucker) for helping out during my long absence.

We wrapped up March strongly with an endurance swim on Sunday 30 March. Lots of long swims as the water is already starting to cool off.

As a reminder, you can only swim the longest swims (1500, 30, 45 and 60 minutes) ONCE per year. Some of you are trying to do repeat performances. Great for your endurance - not so good to accumulate more points! But I appreciate the ambition. I won't mention names.

Chris Cooper is doing an outstanding job challenging herself this year. She's now completed her first ever 30 minute backstroke. Lynette did a one hour free and received top points - a huge achievement given her recent health challenges. Good to see Corals D'Ott back after all her travels (maybe we should request a Chatter travel article from her?)

We were especially busy on 8 April. Extra thanks to Liz Alfredson for timing. The extra timer saved us and we got all the swims in! Grant continues to pop in to time when he can. Always appreciated.

On 14th April nearly everyone wanted to do backstroke. Do you guys plot behind-the-scenes to make the Deckie role harder? Terry Carter was Deckie and she was up to the challenge - well done Terry!! And thanks to those that are able to share a lane when swimming backstroke.

Mark your diaries now. *Saturday 17th May is an Endurance Twilight swim from 3-4:30 pm.* Yes, earlier to take advantage of the fleeting daylight and followed by dinner at the Reef Hotel.

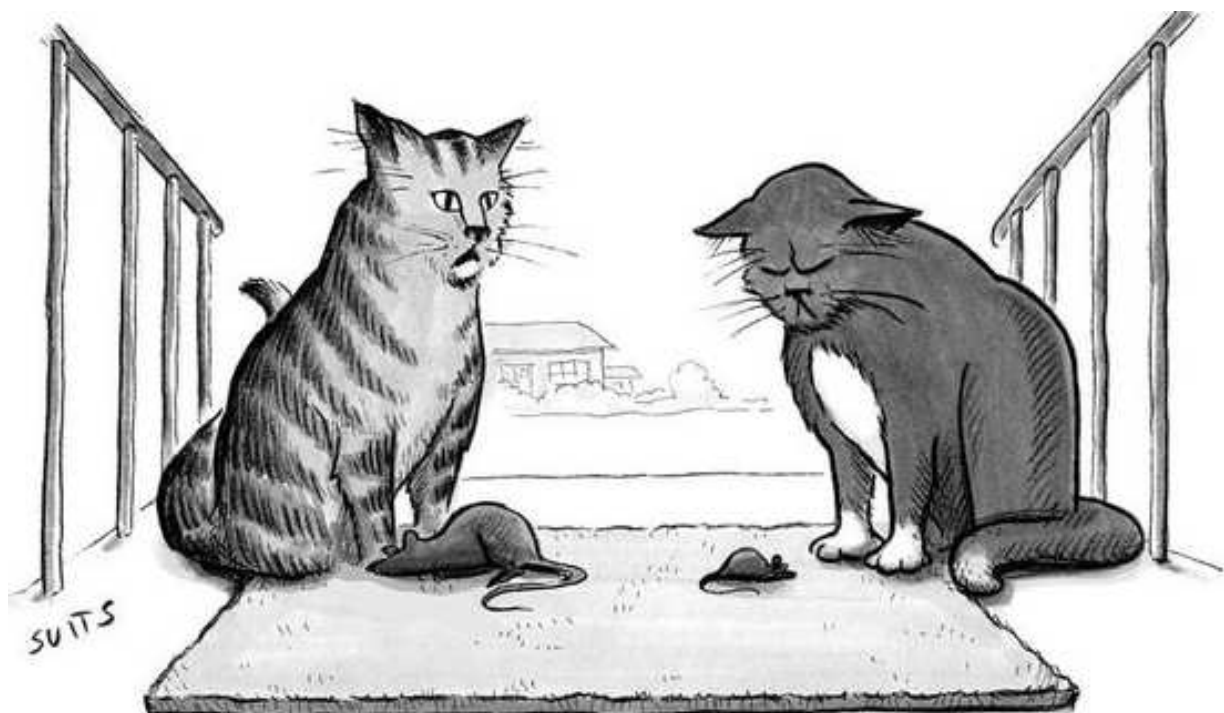
I'm still not able to swim due to my hip injury. I hope to be back in the water in June so please do an extra swim for me. I'm really missing being in the water

Over and out for now. Keep up the great work.

...Denise DeCarlo  
Endurance Coordinator



Top points, Wendy !



*"Comparison is the thief of joy, Mittens."*



## 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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