

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

MAY 2025

**BREAKING
NEWS**

Great Barrier Reef Masters Games 2025

Swimming -Tobruk Memorial Pool Cairns- 29, 30 & 31 May 2025

OWS – Lake Barrine – 1 June 2025



Team Noosa
Rear : Rob Jolly, Linda Hogg, LQ Hussey
Front : Jo Matthews, Jacky Shields



Day 1 Jo Matthews starred winning Gold in both her 400m IM and 400m Fly. LiQun was delighted to receive her much travelled MSA anniversary cap. It travelled from Melbourne to Noosa to Cairns, so she was very appreciative to receive it. Linda did a very creditable 7.17 for her 400m freestyle but was disappointed with her turns and is determined to do better on Day 2.

Day 2 Jo Matthews swam her fastest time since 2022 to win a Silver in the 50m Back and managed another Gold in the 100m Fly, only .5sec short of her Nationals winning time. Pretty happy. Rob Jolly was pleased with his 3rd placing in the 200 Breast.

Day 3 Final day of competition. Jo added three more Golds to her tally, 200 IM, 50 Fly and 200 Butterfly, which was heavy going being the last event. Definitely en route to the World Championships in Singapore in August.

Ed ... Only able to publish results to hand. There's sure to be a more comprehensive report on all swims later.



Day 3

"Cheers to being a Masters Swimmer" !!

With this attitude these girls are 'the winners of the day'





A rude 5am start saw a decent size school of Noosa Masters swimmers dribbling in to the Noosa Beach car park on Sunday 25th to volunteer at the 2025 Swim Noosa event.

The event, has Swims over four distances, the longest being 3.8 kilometres. The Bay was calm and welcoming and the temperature, balmy. A perfect Noosa day!

Our vollies were tasked with checking in over 1,000 athletes. As each swimmer was checked in we applied their competition number.

We were also guiding spectators and competitors down on the beach.

Over the years our club has gained a reputation with the organisers as cheerful efficient and reliable. This year was no exception!

A special thanks to Studley who, on behalf of the club, volunteered to lead the Women's 10km road race the day before. I'm led to believe none of the girls caught him!!

Also a great effort by Studley and Peter McGahan who volunteered as well as completing the 2k event and another great effort by Cristinlee who overcame her nerves to swim the 500m race. Cristinlee is a newcomer to the sport. A great effort!

Twenty of our members stepped up today to help ease the burden on the increasing costs incurred in running the Club.

Thank you all !!

Our next volunteering event, Noosa Gravel Enduro, will be on the 6th of July 2025. It's a long distance mountain bike race.

Can you help?

I look forward to receiving your friendly reply, in the affirmative.

😊... Shane Walsh
Volunteer Coordinator



NOOSA SWIM RESULTS, thanks Yvonne

PETER MCGAHAN		
(#738)		
FINISHED		
GUN TIME: 00:35:02		
PLACE	MALE	60-69
132 OF 385	71 OF 181	3 OF 23

YVONNE MAHAR (#256)		
FINISHED		
GUN TIME: 01:03:30		
PLACE	FEMALE	60-69
62 OF 239	21 OF 112	1 OF 8



Yvonne placed 1st out of 8 women in her age group 60 - 69 and Peter McGahan came a brave 3rd in his event

STUDLEY MARTIN		
(#467)		
FINISHED		
GUN TIME: 00:36:55		
PLACE	MALE	60-69
186 OF 385	98 OF 181	8 OF 23

CRISTINLEE HANGAD		
(#1200)		
FINISHED		
GUN TIME: 00:15:29		
PLACE	FEMALE	17+
93 OF 96	58 OF 60	30 OF 31

Noosa Masters fielded only 4 swimmers in this year's swim.

It was such a beautiful day, but the ocean still proved a little challenging and choppy further out ... nature!

Here are the results - altho' unfortunately there were a few issues with the timing of both Studley (2km) and Christinlee (500m).

... Ed



Sacré Bleu !!

Marlene - welcome to the OBE club
- Over Bloody Eighty -
the photos say it all.
You certainly celebrated in fine style!!

Congratulations from us all !!

The Robsons are both good and have a couple of trips planned, next week to the Camargue in southern France with our walking group - hoping to see the flamingos!

Then off to Normandy to see an art exhibition by a guy from Vichy - any excuse to travel.

After Normandy we have family coming over to Vichy. The town is looking beautiful and upgraded as a tourist venue, so please come and see us in France

Our main chat was the celebration of my 80th birthday. We hired a small chateau near Fontainebleau and 16 from both families came in April, from Sydney, Glasgow, Aberdeen, London. It was such fun. Self catering, so lots of lovely food. Beautiful grounds, walks, deer, and April blossom.

Calm just now...

We gather Noosa has had a very wet summer. Here it has been a dry spring so rain needed!

Best wishes to all from Marlene and Tom !!



YVONNE MUTTON SWIMS IN THE “BLUE ADRIATIC”

As I headed off to Croatia on 29th April for my Swimtrek Marathon Training Coaching adventure the only worry I had was the water temperature. 17 - 19C was going to be cold & I really didn't know how I'd go as I hadn't experienced this temperature for longer distances.

Thankfully I'd done a couple of ice baths prior to going which helped my mindset.

On the first afternoon we met the coaches & had a safety orientation before heading off for a short swim to acclimatise to the cold water followed by a group dinner at our accommodation at Maestral Hotel on the Island of Prvic Luka, Croatia.

Each morning after breakfast at the hotel we headed off by boat to our swim location which was generally 20 - 30 minutes from our hotel.

Most days we had a delicious lunch on the boat and headed to a village close by for a walk, coffee and chat with new found friends.

The swim distances varied each day with a 4km + 2km, 5km + 2km, 4km and the fourth day being 10km.

Most people achieved their daily kilometres but best of all everyone was very supportive of each other.

Besides the daily swims we had open water education sessions on feeding, sighting, rounding the buoys etc.



We were also filmed above and below the water to see where to improve and ask any questions you wished .

The coaches were incredibly generous with their time in giving you feedback, guidance and imparting their knowledge.

It truly was a fabulous group of 3 coaches and 14 swimmers from Ireland, UAE, UK, Netherlands, New York and, of course, Australia.

Day six was a relaxation morning swim with photos, breakfast and goodbyes with the friends we'd made over the six days.

We're all still in contact on our group chat sharing the amazing adventures they're doing and going to do over the next several months.

I'm certainly looking forward to heading back to Europe again in 2026 to catch up with some of them to participate in more open water swims.

A great time was had by all and I'd certainly recommend this trip if you're interested in swimming up to 10km.

If you'd like more information please feel free to chat anytime after Masters training.

... Yvonne

WINERY WEEKEND AT DUSTY HILL VILLAGE

The weekend of 10th and 11th May, saw nine of us travel to Dusty Hill Village & Vineyard which is between Goomeri and Murgon approximately 2 hours from Noosa ... Bob & Wendy Morse, Geoff and Jacky Shields, Lois and Richard Hill, John Simonidis, Helen Malar and Trev Mathews.

After checking in to our various accommodations, we all met up for our first wine tasting at Moffatdale Ridge Winery. Quite a number of whites and reds were sampled followed by a lovely lunch on the deck.

Another wine tasting back at Dusty Hill Vineyard was followed by a game of billiards at the Irish Tavern ... a very hilarious event with Trev organising partners and everyone instructing previous non-players on how to play. Took quite a while for four games to be played with much laughter and we then had dinner at the Tavern with pints of Guinness and more local wines.

Another round of billiards followed (we were much improved ... or was it just the alcohol?) with Helen & Jeff the winners of the evening.

The day finished off with a quiz at John's cosy cottage complete with information we had at Moffatdale Ridge earlier in the day. I think Bob was the winner closely followed by Jeff. They were obviously paying attention!

Wendy & Helen failed miserably as we were more interested in "drinking" the wines!!! John supplying us with a bottle of Baileys to finish up the evening didn't help either!

Sunday morning we drove into Goomeri to the cafe and bakery for breakfast, then on to Nuova Scuola Winery for more wine tasting with Italian Style Charcuterie boards of delicious nibbles and a walk amongst the vines.

Overall, a fabulous weekend of wine tasting, more wine tasting and lots of laughter.
... Helen Malar



COACH'S TIPS

A few general tips this month

Don't just focus on technique and not enough on the actual need for swim fitness.

Ultimately, to endure at higher speeds you must develop muscular strength and endurance.

Each swim session should address swim fitness and technique.

Swim with paddles sometimes, it is like bringing the gym into the water with you.

Focus on high stroke turnover with paddles on, keep air in lungs as long as possible before exhaling prior to the breath.

The more buoyant we are with air in our lungs, the higher we are in the water with less frontal drag.

Keep the feet close together when we kick and build up some long slow swims for endurance.

Try to swim 3 times a week.

Have fun!!

... Cheers, Jan



2025 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
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	Belgraveia Masters Swim Meet	QCD	Sunshine	Q13/25	TBA	BRAIC Cancelled
26-27	OWS	WA Masters Championships - OWS	WA				Singapore
AUGUST							
7-14	LC	WA Masters Championships - Swimming	WA				Singapore
16	SC	Cairns Mudcrabs SC Meet	QCN	North	Q19/25	Yes	Gordonvale Aquatic Centre
SEPTEMBER							
6	SC	Brisbane Northside Masters	QBN	Sunshine	Q19/25	Yes	Valley Pool, Brisbane
13-14	LC	North Queensland Championships	MSQ	North	Q10/25	Yes	Townsville Long Tan Pool
OCTOBER							
4	SC	Toowoomba Masters Meet	QTW	South	Q7/25	Yes	Glennie Aquatics, Toowoomba
5	OWS	Whitehaven OWS	MSQ	Central	Q11/25	n/a	Whitehaven Beach
18	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q8/25	Yes	Hervey Bay Aquatic Centre
NOVEMBER							
2	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q17/25	n/a	Pioneer River, Balnagowan
6-8	LC	MSQ LC State Championships	MSQ	South	Q4/25	Yes	Brisbane Aquatic Centre
DECEMBER							
6	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/25	Yes	Kawana Aquatic Centre

2025 MSQ State Championships – Brisbane

Dates: 6–8 November 2025

- Volunteer teams are forming, including new faces.
- Event will serve as a Nationals trial run.
- Open Water event likely to be held at Suttons Beach with an external provider.
- Fun relay proposed as the final event.



QSC Mini Meet

On Saturday, May 3 Sunshine Coast Masters Swimming Club hosted Noosa Masters Swimming and Glasshouse Mountains Masters swimmers at Kawana Aquatic Centre for a "mini" meet. A couple of hours of racing, followed by lunch. A great time was had by all, even if the wind was a little chilly!





This month, Greg Bott was recognised as as "Member of the Month" being one of Coolum Beach Life Saving Club's most dedicated and accomplished members.

A familiar and respected figure on Coolum beach, Greg has served as Patrol Captain for multiple seasons, leading with firm knowledge, the desire to mentor and a deep commitment to safety. He brings a thoughtful and strategic approach to operations.

Besides his beach leadership, Greg takes a stretched and strategic approach to club operations and has also stepped up to take on committee and official roles in the past, including Surf Sports Officer.

Greg was recognised as an all-rounder, committed to many positions and holding multiple awards; Bronze Medallion, Crewie, IRBD, ART, First Aid, and Patrol Captain Beach Management.



They went on to say that, as well as being passionate about staying healthy and fit, Greg continues to train regularly, participating as a Surf Sports competitor and volunteers his time as an Official at carnivals, He is committed to both personal excellence and the broader lifesaving movement.

Kicking off his lifesaving at Coolum from the 2014/2015 season, Greg has clocked up more than 725 beach patrols and over 92 already just this season, including Christmas Day. He's also a go-to volunteer at club events like Bay to Beach, B2B, and he also fosters strong connections with other community clubs with which he is involved.



A big thank you was extended to Greg, for the time, knowledge, dedication, and energy he brings to Coolum Beach Surf Lifesaving Club. They are are very gratified to have him on their team (just as we at Noosa Masters Swimming Club are!!).

... Ed

Sandy Says ...

NOOSA SWIMMING MASTERS ARE LEGENDS !

Sandy Bolton visited the Noosa Aquatic Centre to congratulate the Noosa Masters Swimming Club on its remarkable achievement. In celebrating their 11th consecutive win of the National Vorgee Endurance 1000 Award, they accumulated over 1005 points in all 62 designated swims. Sandy said it was fabulous to join us at the [Noosa Aquatic Centre](#) to celebrate and congratulate!

With lane fees being increased, she provided the [Noosa Masters Swimming](#) with a Helping Hand grant to continue their great swimming program in the Masters tradition of fitness, friendship, fun and, of course, to win their 12th consecutive Award.

Sandy expressed gratitude to all club members for their contributions, as well the endurance team featuring Ian, Jo, Denise and Brian for our incredible win!

With a wry smile Sandy remarked how lovely it was to showcase how badly she sings the many 'Happy Birthdays'!



For more information on the Noosa Masters Swimming Club, and how to join a really cool crew, visit

<https://noosamastersswimming.com.au/>

... thanks to Sandy Bolton's Facebook page for this great 'wrap'





Bunbury Stingers 2025 Winter 3 x 400m Postal Swim

Sanction PS 01/2025



3 x 400m Winter Postal Swim

Welcome to the 29th annual Bunbury Stingers Postal Swim.

If you are not a regular endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps!

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a two-month period. Each 400m swim can be Freestyle, Backstroke, Breaststroke, Butterfly or an Individual Medley. Encourage your club members to join you in improving your personal best times.

Competitors are required to be financial Masters Swimming Australia members or financial members of another country's official Masters Swimming National Body.

We look forward to hearing from you and happy swimming!

All results, certificates and medals will be forwarded to the nominated club address on the entry form within 8 weeks of the completion of the Postal Swim.

- Certificates are awarded to everyone who completes the swims.
- Medals (both females and male) to the most improved swimmers, the fastest overall swimmers and the fastest senior swimmers.
- Entries need to be on the nomination form and signed by the club event supervisor or preferably sent electronically in the Excel spreadsheet provided.
- Every competitor must sign the accompanying waiver form to show they accept the conditions of the postal swim.
- Age groups as per Masters Swimming Australia (age at 31st December each year).
- Extra copies of the forms and the entry spreadsheet are available from our club website at <https://www.bunburymasters.asn.au/postal-swim/>

Please post your entry to the address below **before Friday 11th July, 2025**

Postal Swim Coordinator - PO Box 273, Bunbury WA 6231
or email : secretary@bunburymasters.asn.au



June 2025

Zana Dare	10/6
Denise McCart	13/6
Clinton Stanley	15/6
Sally Johnson	22/6
Stephanie Jones	25/6 (Big 70)

*Age and glasses of wine
should never be counted !*

NOOSA RIVER UPDATE

Stage 5 – from 31 May 2025:
Boats over 5 metres are not allowed to anchor within 30 metres of the northern shoreline of the Noosa River. Exemptions currently apply for boats between 5 and 7.5 metres who are allowed to anchor in this area for up to 2 hours per day.

👉 **Stage 6** – from 1 Oct 2025:
A limit of 28 days per year for anchoring vessels over 5 metres in length on the Noosa River system below Lake Cooroibah.



Australia's longest-running Masters Games, the Alice Springs Masters Games, returns to the Red Centre with its signature spirit of competition and camaraderie from 10–17 October 2026.

Adding to the excitement is the introduction of new sports and the continued roles of esteemed Games Ambassador Nathan Buckley and legendary Games Patron Dawn Fraser.

Registrations for participation open on Friday, 10 October 2025.

Entries for Brisbane Southside Masters Short Course Meet close on 17 June 2025.

Terry C left for Europe on 20 May returning on 15 June 2025, She's entered!!

In the meantime our Male Captain, Robert Ashwell, has agreed to enter any relays in Swim Central. So, nearer the time could you please let Robert know if you would like to swim in one of the following relays:

4 x 50m Men's Freestyle Relay

4 x 50m Women's Freestyle Relay

4 x 25m Mixed Freestyle Relay

4 x 25m Mixed Medley Relay

I dare say we'll have a good response to the 4 x 25m relays in particular, at the end of the meet. If so, we can enter more than one relay in each age group. Yeah!

Hopefully we'll get a good turnout.

Those that do plan to go maybe you could discuss car-pooling or offering someone a lift that's not keen to drive.

Many thanks, TC

Ed: reminder of info emailed to members by Terry C

Noosa Masters social gathering at NHSLSC

The air was warm with the salt-sweet scent of the ocean as Noosa Masters members gathered on the verandah of the Noosa Heads Surf club on 30 April, their laughter rising and falling with the breeze.

Below, the beach stretched out in golden stillness, the last swimmers trailing through the water like glints of silver.

Sunset painted the sky in layers of amber, rose, and deepening blue. Someone uncorked a bottle of wine; someone else passed around a plate of calamari.

It was not like being at a meeting - no races, no times, just stories and the quiet comfort of shared company.

As the sun slipped below the horizon, casting long shadows over the dunes, the gathering enjoyed the feeling of easy companionship. It was so good to have Dee Mooney with us once more!

Thanks to our social co-ordinators for organising this great get together. Let's drink to the next one!!

... Ed



ENDURANCE 1000 REPORT : May 2025



Greetings from Ecuador!

I miss the team, but I must admit, swimming with sea lions, penguins, sharks and marine iguana is quite impressive. They are much better swimmers than me!!

Meanwhile back on the home front, Endurance is ticking along despite all the rain.

Winter is the perfect time to get in some longer swims which many of you are taking advantage of.

Our twilight swim on 17May had a good turnout as well.

Well done to Alex Baker and Julie Tierney for doing some swims. And the Tuckers, Jo Matthews and Brian Hoepper did many swims, some being "out of hours".

Wendy Ivanusec continues to outdo many of us by completing a 1500m and a 45-minute swim. She's like a Galapagos turtle gliding gently through the water!

Remember to take advantage of the Endurance Buddy WhatsApp group to find a timer. A swim on Saturday arvo is perfect this time of year!

Good news, my hip has finally healed. I look forward to doing shorter endurance swims in June.

Happy swimming,

...Denise DeCarlo
Endurance Coordinator

Twilight Swim : 17 May 2025

by Terry Parker

On a beautiful Saturday afternoon some of our intrepid Endurance Swimmers added to this year's Vorgee 1000 Endurance tally.

Adele and Ian Tucker were the highlight swimmers with Adele comfortably finishing a 45 minute breaststroke for maximum points and Ian Tucker showing what it takes to get 1005 points in a year smashing through an 800m IM and doubling up with an 800m backstroke.

Many thanks to our fantastic timekeepers, pictured, who make this all possible, week in week out.

Of course, every Twilight Swim finishes with a happy ending and a twilight gathering at the Reef Hotel where, this time, 18 members and partners enjoyed a great meal, good company and a few refreshments to top off the evening!

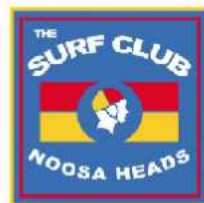
... See you all in the Swim





**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.

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809

