

NEWSLETTER

"Challengers Chatter"

JUNE 2025



Time to celebrate L-R :

Linda Hogg, Rob Jolly, Jacky Shields, LQ Hussey, Jo Matthews

The Great Barrier Reef Masters Games were held in Cairns from the 28th to 30th June 2025. There had been quite a bit of interest from the Noosa Masters members however ill health and injury reduced our numbers to four swimmers (Jo Matthews, Linda, Hogg Li Qun Hussey and Rob Jolly) and two supporters. (Jacky Shields and John Hussey).

Jacky, Linda and Rob J had all booked on the same Jetstar flight direct from Maroochydore to Cairns. Although we had separate bookings we ended up seated next to each other on the flight. The swimming gods must have been smiling! Jo was lucky enough to find an Airbnb within walking distance to the pool.

GBR Masters Games 2025

a full report thanks to ...

Linda Hogg

We all met up on the first day of competition with LQ swimming three 400m events (IM, Fly and Breast) and Jo doing the 400 IM and Fly. LQ won gold in the fly and Jo achieved two golds and a PB in the fly. Linda swam the 400 free but was challenged by turns at the bulkhead end of the pool. Rob sat out the 400s to save his shoulder for the 200 breaststroke where he won bronze.

Jo provided the following report:

Day 2 saw me swimming a 50 back not a usual event for me, but I blasted down the pool to achieve another PB and a silver medal, next was Gold in the 100 Fly. Day 3 was busy with three events, 200 IM, 50 Fly and 200 Fly all Golds. I was pleased with my times that were only just outside my times from Nationals. The sixth of us enjoyed a lovely meal on the final night, thank you to John Hussey who acted as my chauffeur, it was good to catch up with LQ.

Of course there was also plenty of socialising. Jacky's brother and sister -n-law just happened to arrive in Cairns, on a road trip from WA, an hour or so before our flight landed.

We taxied to our accommodation, to be met by them on our doorstep. We dropped our bags and adjourned to the closest hotel (about 50 meters away) for a catch up and a wine. Alf and Sue's other travelling companions soon joined us for dinner and a good night was had by all. Lucky there was no swimming the next day!

We sampled a few Italian restaurants and caught up with John and LQ one night as well. As mentioned by Jo, we had a lovely dinner on the final night to wrap things up.

Thanks to John and Jacky for assisting with the timekeeping and to Jacky for getting me into my fast suit. It doesn't get any easier!

... Cheers, Linda

Great Barrier Reef Games - 29-31 May 2025

Linda Hogg (63)			LiQun Hussey (54)		
50m Free	10	41.22	50m Back	13	55.02
100m Free	8	1:34.03	200m Back	9	4:44.62
200m Free	9	3:28.44	200m Breast	4	4:32.34
400m Free	7	7:17.00	400m Breast	4	9:27.51
50m Breast	10	1:03.02	100m Fly	7	2:12.76
			200m Fly	3	4:42.62
			400m Fly	1	9:49.52
			400m IM	6	9:10.85
Jo Matthews (70)			Rob Jolly (78)		
50m Back	2	50.92	50m Breast	4	52.09
50m Fly	1	43.22	100m Breast	4	2:00.29
100m Fly	1	1:48.18	200m Breast	3	4:34.21
200m Fly	1	4:15.46			
400m Fly	1	9:27.09			
200m IM	1	3:56.38			
400m IM	1	8:32.80			



Brisbane Southside Short Course Carnival

28 June 2025 — by Terry Carter

Chandler's reputation for being the coldest swimming complex in Qld didn't disappoint with cold pool water and air temperature.

But it didn't deter our 9 brave Noosa swimmers from competing, with some fantastic results.

Linda Hogg swam faster than she did in Cairns, which makes me think that she's a "cold" water baby!

Jim Travers, Shane Walsh and Robert Pugh swam really well with some PBs and entry times smashed.

Clinton Stanley swam really well too, executing his freestyle and butterfly events with precision and high arm turnover rate I could only dream of.

Madam Butterfly, Jo Matthews, was sensational with PBs in all her events. Here are her stats:

- 200m Fly she swam 4.02.34 an improvement of 4.14 secs and only 1.94 off the QLD record;
- 25m Fly 17.98 a 0.32sec improvement and 0.24 off the QLD record:

- 50m Fly 42.28 sec, a 1.04sec improvement and 0.26 sec off QLD record;
- 100m Fly 1.42.13, a 2.44 sec improvement and 1.8 sec off QLD record;
- She also won the 25 Back with a 0.3 improvement and second in the 25 Breast a 0.4 improvement.
- So, in total, she had 6 PB's, 5 1sts, 1 second and a total of 59 points out of 60 winning her age group in convincing style.

Clearly her "special" training for the Worlds is already paying dividends.

Jo Matthews, Helen Malar, Robert and Terry Carter all medalled in their respective age group as follows:

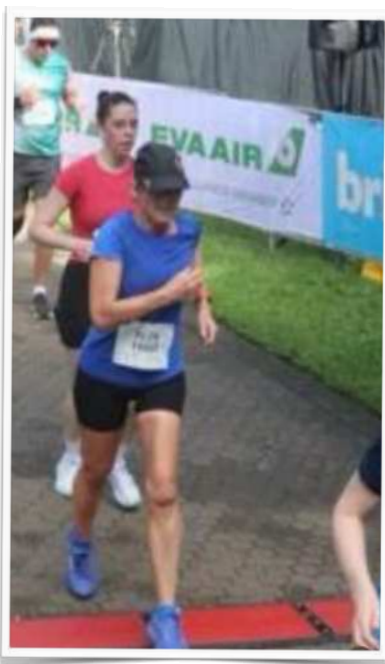
- Jo Matthews, 1st 70-74;
- Helen Malar, 2nd 70-74;
- Terry Carter, 3rd 75-79;
- Robert Jolly, 75-79.

Below is a table of the results courtesy of Wendy

Brisbane Southside - 28-06-2025					
Terry Carter (75)			Jo Matthews (70)		
100m Free	2	1:57.63	25m Back	1	23.29
25m Back	3	26.98	25m Breast	2	22.78
50m Back	3	58.28	25m Fly	1	17.98
100m Back	2	2:09.56	50m Fly	1	42.28
200m Back	1	4:31.03	100m Fly	1	1:42.13
25m Breast	1	27.56	200m Fly	1	4:02.34
Linda Hogg (63)			Clinton Stanley (49)		
25m Free	6	18.21	25m Free	10	19.31
50m Free	4	40.59	50m Free	10	42.80
100m Free	3	1:32.31	100m Free	9	1:34.12
200m Free	2	3:15.62	25m Fly	7	22.99
25m Fly	6	21.95	50m Fly	5	53.02
Mixed Free Relay - 5th			100m Fly	3	1:56.81
Robert Jolly (78)			Mixed Free Relay - 5th		
25m Free	6	18.21	Jim Travers (65)		
25m Breast	1	21.40	25m Free	9	16.91
50m Breast	1	51.63	50m Free	7	37.81
100m Breast	2	1:53.93	100m Free	3	1:20.70
200m Breast	1	4:13.63	200m Free	3	3:03.37
25m Fly	2	21.00	25m Fly	6	20.12
Helen Malar (71)			100m IM	5	1:50.41
25m Free	2	17.49	Mixed Free Relay - 5th		
25m Breast	1	21.84	Shane Walsh (72)		
50m Breast	1	48.93	25m Free	4	16.73
100m Breast	1	1:50.21	50m Free	4	36.80
25m Fly	3	21.47	100m Free	3	1:29.15
100m IM	1	1:49.37	200m Free	2	3:24.80
Robert Pugh (44)			25m Back	3	24.55
25m Free	3	12.03	25m Fly	4	24.67
50m Free	6	26.56			



NOOSA SWIM RESULTS, thanks Yvonne Mutton



FELICITY HAWKINS		
(#641)		
FINISHED		
GUN TIME: 00:34:44		
PLACE	FEMALE	60-69
127 OF 385	60 OF 201	5 OF 22

How did we miss Flick last month ??
And not a bad result either !

... Ed



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

This month in Noosa, you can enjoy the "Floating Land: Escape Making" exhibition from June 28th to July 27th. Additionally, the Noosa Enduro will be held on July 5th and 6th. The "NOOSA Alive!" festival also takes place this month from July 18th to 27th, featuring various events and performances. You can also find local markets like the Noosa Farmers Market every Sunday.

A more detailed breakdown:

Exhibitions:

Floating Land: Escape Making:
An exhibition exploring themes of escape and making, running from June 28th to July 27th.

Sports:

Noosa Enduro: A cycling event happening on July 5th and 6th.

Festivals:

NOOSA Alive!: This festival, running from July 18th to 27th, features a range of events, performances, and activities.

Markets:

Noosa Farmers Market: Every Sunday, you can find local farmers, gourmet producers, and food stalls at this market.

Other:

Noosa Concours d'Elegance:
This event is scheduled for July 19th.

Noosa Masters joins the MSA Birthday Bash!

Noosa Masters Swimmers celebrated the 50th Anniversary of Masters Swimming Australia (MSA) with a very special squad on Sunday 22nd June. Club Coach, Wendy Nothdurft put together a fun yet challenging MSA 50 laps x 50m (50 x50) program which was enthusiastically attacked by over 30 members.

Wendy is one of our five club coaches, whose long career in teaching shows through in her regular sessions. She is an expert at explaining swimming techniques and drills and also makes her sessions fun and memorable. When our Management Committee approached Wendy to run our own 50 x 50 MSA session, she didn't hesitate to agree.

Wendy's two differing programs catered to our members' varying diverse abilities and allowed everyone to be a part of the one and half hour swim session.

Wendy also created special awards for every participant which were most enthusiastically received.

To round off the morning's in-water activities, all members present contributed towards a lovely brunch which was co-ordinated by club members, Jo Edwards and Julie Bott.

We shared fresh muesli, tasty slices, savoury and sweet treats, donuts, muffins as well as beverages from the NAC Café and our laden table was beautifully adorned with fresh flowers from the garden of club member and horticulturalist, Akira Kada.

Many thanks to everyone who participated in the MSA 50 x 50 program at the Noosa Aquatic Centre and for your generous contributions towards the after-swim celebrations. We are all very fortunate to be a part of this tremendous organisation.

... Jullie Bott



Noosa Masters joins the MSA Birthday Bash!



24 May – 30 May 2025 BestFest Open Water Swimming Festival

It's 6 years since I last swam in the BestFest Open Water Swimming Festival in Colonia de Sant Jordi, Majorca, Spain. Luckily, I was able to make it this year, meeting up with my twin sister, Gail, at Palma Airport. It's only a short taxi ride from there to Colonia de Sant Jordi.

The BestFest is a well know open water swimming festival held every year and well attended by avid open water swimmers from around the World. In Olympic years, many of the Olympic teams enter.

It's a great fun holiday, swimming in crystal clear water in events ranging from 1.5kms to 10 kms.

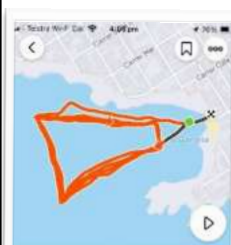
25 May 2025

My first swim was the 5km Colonia Classic 1 for which I was a bit under trained. It turned out to be a bit of slog, swimming across the bay, due to choppy conditions with a strong cold head wind. Although, my wetsuit kept me nice and warm finishing in a time of 1:56.16.

I picked up this hunk at the start and drafted behind him for a while but then he took off, a pity! Gail was at the finish, having caught the coach to Port Ràpita.

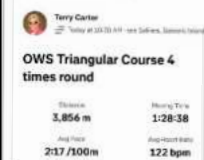


26 May 2025



It was super weather for Day 2 for the 220 Carberana Tri Distance swim.

Gail did the 1.9kms, 2 laps around the course. While did 4 laps to make 3.8kms. The conditions were good until the last lap when the wind picked up. There were lots of fish to look at as we swam.



27 May 2025

Day 3 was the Colonial Classic 2 - 1500mm Sprint.

A bit of wind was sweeping across the leg before the last turning buoy, otherwise conditions were perfect.



Terry, Gail and Mark Johnson from Montana, USA.

28 May 2025

Day 4 had us walking nearly 4 kms to the start for the 3kms ES Carbo Italian Volcano Challenge. I was in my wetsuit, so I was buggered before I swam.

It was sheer bliss swimming back in the cool crystal clear ocean, along an interesting zig-zag course.

This was my last long swim in 2025, only the 4x500m relay remained on Friday.



28 May 2025

Something different this arvo, which didn't include swimming



We caught the bus from Colònia de Sant Jordi to St Ràpita Port marina. The place where I swam across the bay to on Sunday.



24 May – 30 May 2025 BestFest Open Water Swimming Festival - cont'd

We had to change buses in Campos, an inland town where all buses in the area seem to stop and start, like the hub of a wheel. The bus took just over an hour.

The fantastic blue sea and white sand is the back drop to the marina, making it look like a millionaires paradise.

Wow, there was some very expensive boats and yachts. If only!



29 May 2025

We opted out of the 7km or 10km swims for some sight seeing and retail therapy in Palma. From all account both the 7kms and 10kms swims were both easier than the 5kms as the wind had dropped, the sea temperature warmed and the 2.5 kms course was located in a sheltered bay.

Balance ...

When we think about balance, we often picture staying upright and avoiding falls. But true balance is about so much more—it's about confidence, independence, and enjoying life without second-guessing your movements.

But here's the thing—balance isn't just about preventing a fall. It's about feeling confident, steady and free to enjoy life.

Whether it's walking your dog, playing with your grandkids, reaching that top kitchen shelf, or simply going for a walk without thinking twice—balance plays a quiet but powerful role in our everyday life.

The Slow Fade We Don't Always Notice

Sometimes, we don't even realise it's happening.

Maybe you've stopped walking on uneven paths. You don't carry things up stairs anymore. You hold onto furniture a little more. These small changes might seem harmless at first, but over time, they add up.

This decline can come from different places—recovering from an illness or injury, staying inactive for a while, or just the natural effects of getting older.

It's not just about strength either. A drop in balance or mobility can lead to a drop in confidence. You start second-guessing yourself. Or worse, not doing things you once loved because you're afraid of hurting yourself.

The Real Risk: Losing More Than Just Your Balance

When your balance, mobility, or strength goes, so can your independence.

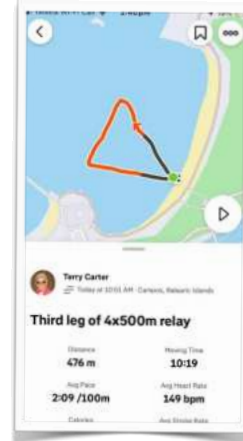
Palma is steeped in history as the photos show. We got back to our hotel after a great day out. Leaving plenty of time for a siesta before going to the BestFest Presentation Party.



30 May 2025

BestFest swimming was over for 2025 following the 4x500m relay. Our team comprised: Gail, Claudia who swam the first and last leg, and myself. Conditions were perfect.

What a fantastic holiday we had, promising to return again in 2026. Anyone interested in joining us?



Falls are one of the leading reasons people end up in hospital as they get older. And it's not just the fall itself—it's what comes after. Broken bones, long recoveries, time away from the things you love... it can feel like a domino effect.

But it doesn't have to be that way.

You Can Rebuild Strength, Stability and Confidence

Join a Balance, Strength and Mobility programme designed to help you stay on your feet and keep doing the things that matter.

What's caused your change in balance or movement? What do you want to get back to doing? Your programme needs to address your current ability, goals and any challenges you may have.

It's Not About Being "Perfect" – It's About Progress

No need to aim for tightrope-walking levels of balance. Aim for *real-life strength and stability*—enough to let you garden again, enjoy your daily walk, or feel steady on your feet getting out of bed. Because in the end, balance isn't just about *not falling*.

It's about living fully.

... courtesy Tewanin Physio & Sports Injury

COACH'S TIPS

Just read an article written by super coach Wayne Goldsmith who many years ago ran a clinic for our club ... 4 of his top tips were ... soft hands, loose feet, head and hip alignment and control under pressure – great tips!

Okay this month a few tips on hand entry mistakes every swimmer should avoid.

1. Crossing over happens when hand enters water in front of your head. Doing this is a complete waste of time and energy since you will have to push water out of the way from your body before your hand is in a position to push water back behind you. Imagine a line going straight from your head to your toes. Remember the fastest way from point A to B is a straight line. Doing shoulder width catch-up will correct this.

2. Don't enter too close to your head.

3. Don't enter with your thumb. That causes your shoulder to turn in. Enter finger-tips first.

4. One last mistake is bending your wrist as your hand hits the water. Your forearm is essentially your paddle. Instead, keep your wrist relaxed when you enter the water. Focus on turning finger-tip down to the bottom of pool as you begin pulling with an early vertical forearm.

... Cheers, Jan



2025 MASTERS SWIMMING QLD EVENTS CALENDAR

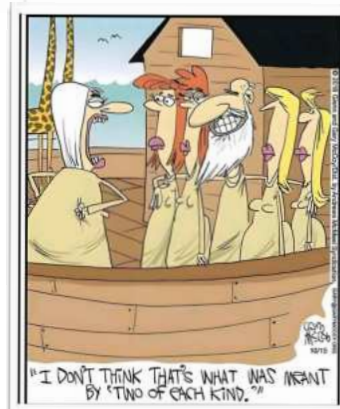


DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JULY							
13	LC	Belgravia Masters Swim Meet	QCD	Sunshine	Q13/25	TBA	BRALC Cancelled
26-27	OWS	WA Masters Championships - OWS	WA				Singapore
AUGUST							
7-14	LC	WA Masters Championships - Swimming	WA				Singapore
16	SC	Cairns Mudcrabs SC Meet	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.





Walking the French Way!

No it's not a funny walk! It's an ancient pathway beginning in France that winds across northern Spain to the town of Santiago on the Atlantic coast. Walking the Camino Francés, or French Way during April and May was a wonderful experience. Dating from the 12th century, this path takes pilgrims from France across spectacular Spanish countryside. With my travel companion Libby, I joined a small group, to walk a section of The Way over a period of two weeks. Our travel company Andaspain, provided two wonderful Spanish guides and two vehicles which fortunately carried all the main bags, meaning we only had to carry light day packs.

The Camino is open to everyone of course; you don't have to be an official Catholic pilgrim. There are many opportunities for quiet reflection and spiritual meaning on the journey to Santiago de Compostela. For pilgrims, this destination is significant as the final resting place of Saint James, one of Christ's apostles. Along the Way, everyone I met was friendly and the greeting 'Buon Camino' rings out between walkers of all nationalities and creeds as they pass each other on the track.

We began in the lower Pyrenees mountains, in a medieval village Saint Jean Pied de Port. The first walk was testing. After walking under the old French gate and through the Spanish gate and into Spain the path became steep. It was raining and cold and we walked up hill for hours. We followed cobblestone paths through towns, past rolling hills in many shades of green, and a mist that was almost a whiteout in places. Horses and houses were strange silhouettes.

It was a relief to reach the longed-for destination where we jumped into the vans and headed to our accommodation, warm showers, then off to dinner in a noisy vibrant bar restaurant.

The next day, there seemed to be only one way - up, up, up. The mountainside fell steeply away from the road, at times with eerie shapes appearing in the white haze. The destination was Roncevalles a converted monastery, an important centre in medieval times with a hospital of sorts since the 1100s. Interesting they said the English word 'hospitality' comes from 'hospital'. The accommodation was very comfortable and the ambiance charming and peaceful.

The sun shone brightly the following morning and we set off in frosty temperatures through deep-green forests. We crossed little streams via stone bridges, or with the help of our walking poles, stone hopped across. The path evened out to wheat fields with lavender, wild flowers and poppies. Cows and horses had bells around their necks, making hillsides quite musical at times.

I was grateful that some initial trouble with my left knee cleared up and I was able to keep up with everyone and get into the daily rhythm. As the days rolled on each brought spectacular scenery and the camaraderie of the walkers. Once we got lost not taking the right turn after leaving Pamplona. I learnt you must watch out carefully for the Camino signs to keep on the path! We were rescued by our lovely guide and placed back on track. On any day if you'd had enough, you could jump in the van and get taken to the next meet-up, or the next accommodation. For evening meals, we usually dined as a group, sampling delicious local specialties and the 'vino' of the region.

Each day, we stopped for morning coffee in little villages, enjoyed walking with different group members, and met walkers from many countries.

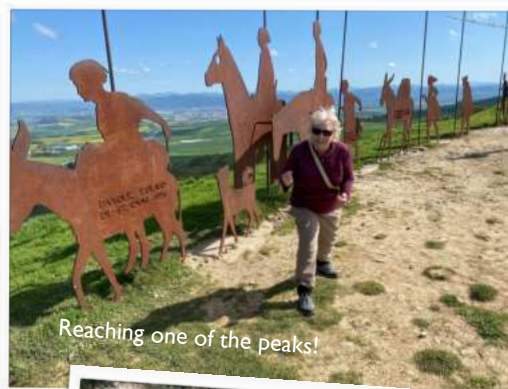
I achieved my main goal, completing my journey in the medieval town of Burgos. As some left, others arrived and the group continued for the next section.

There are several Camino pathways across Spain ending at Santiago, I walked about 200 of the nearly 800 kilometres Camino Francés.

Although no swimming pools were involved, no doubt I've improved my general fitness.

Perhaps I can feel the Camino luring me back to complete the rest of the Way one day

... Zana Dare



NOOSA MASTERS 25th ANNIVERSARY T-SHIRTS



Linda Hogg organised a gathering of the club's spunks and hunks to show off and record the club's white (& grey) t-shirts which were arranged as part of the club's 25th Anniversary last year!!

Front L-R

Yvonne Mutton, Anne Besser, Jo Matthews, Jan Croft, Linda Hogg, Wendy Ivanusec, Viv Merrill

2nd row L-R

Denise McCart, Wendy Nothdurft, Julie Bott, Lois Hill, Terry Carter

3rd row L-R

Dianne Scott-Davies, Robyn Selby, Sandra Lyons, Denise DeCarlo, Jacky Shields

Back row

Chris Cooper, Helen Malar, Bob McGannon, Terry Parker, Trevor Mathews, Tony Frost, Adrian Wilson, Grant Scotcher, Greg Bott



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.



July 2025

Christinlee Hangdad	2/7 (Big 50)
Siriluk Moonthiya	10/7
John Havilah	14/7
LiQun Hussey	17/7

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



Honeycomb treats after squad
... thanks Ivan & Wendy !!

ENDURANCE 1000 REPORT : June 2025



Wow, is it mid-year already?

Our Endurance points for June had a direct correlation to the lower temperatures. Eek! Let's hope July is a bit more normal and additional swimmers will show up and get in some longer swims.

Brave Endurance swimmers who showed up (repeatedly) in June were:

Wendy Ivanusec, Terry Parker, Terry Carter (when she's not travelling), Peter McGahan (wow, he's smashing it right now!), Julie Tierney, Brian Hoepper and Denise DeCarlo (behind the scenes putting in the laps), Lynette Clemitsen, Jo Matthews, Greg Bott, Ian Tucker, Jim Travers (getting pumped for Worlds), Chris Cooper, and Rod Alfredson.

Great effort by all for making it to Endurance in June. Hopefully it was well worth it to you.

And an extra big thanks to the deckies and timers. It's not as much fun being on the deck with it being cooler. But the coffee is then extra nice!

As you can imagine we are behind in our points compared to last year at this time. If you've been THINKING about coming to Endurance, now would be a super time to take action. You still have time to complete your five swims for the year in the 400's and 800's. We do have five Tuesdays in July so an opportunity to grab a few extra points. However, make sure you don't swim TWO of the same events in the same month.

It's hard to remember what we swam several weeks prior, so keep your Summary Page in your binder up-to-date to avoid duplicate swims. Not sure what to swim? Ask the deckie – but they will probably suggest a 45-minute swim ;o)

I hope you've been able to watch some of the whales going by. It's always fun to watch the gentle creatures glide through the water. Say 'hello' to them for me.

... Cheers, Denise DeCarlo
Endurance Coordinator

5th Sunday Endurance 29 May 2025

On a chilly Sunday morning Julie T. impressed with her first ever 1 hour swim of 2875m gaining an equally impressive 80pts for her efforts. Meanwhile Peter McGahan powered through 1550m in a 30 mins backstroke swim. He is looking at breaking the 3000m mark for the hour in backstroke. Studley Martin churned through 1725m for 30min freestyle which will set him up to exceed the coveted 3000m for the hour. Jo Matthews chalked up a comfortable 2250m for the 45 min freestyle which points to another 3000m within the hour swim as well. Sue Silburn finally back from shoulder injury also obtained maximum points for her 45min breaststroke. Ashley Dinning made his first foray into endurance swimming with a comfortable 800m freestyle for maximum points and is now eyeing off top points for the 1500m swim. A big thank you to Jo Edwards who gave up her time just to time-keep this morning. Big thanks also to Terry Carter, Wendy Ivanusec and Sally Johnson for timekeeping and then swimming for their points this morning. See you all 7:30am at the Tuesday Endurance session.

... Terry the Deckie

Rules refresher

1. no watches
2. no jewellery
3. no heart monitors
4. no wetsuits
5. swimmers doing a timed swim (that is 30, 45, 60 minutes) should swim until the time limit is reached.

The swim result can be based on 25m of completion, even in the 50 meter pool.

Timers should ask the deckie for assistance, if needed, on when to stop a swimmer.



9/6/2025

Brrrrrr ... a balmy 9.6 deg at 7.30 this morning!

Peter McGahan flying through his 800 IM and 800m free.

Jim Travers mastering his turns and getting faster every swim.

Thankfully Liz and Rod and Grant arrived early to time keep.

... Terry Parker

Containers for Change Recycling Scheme : Located in Action Street, Noosaville.

More info at <https://expressrecycling.com.au/>

Please consider donating your recycling refund to the Noosa Masters swim club. Our scheme number is C10147883. This scheme will show 'Mick Jones' as the nominated rep for our club when you claim the money. All money raised is transferred directly to the Noosa Masters club bank account by the scheme.



**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 & Torres Strait Islander peoples today.

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