

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

AUGUST 2025



WORLD AQUATICS
CHAMPIONSHIPS

SINGAPORE 2025

7 August – 14 August 2025

The following QNA swimmers went to the World Masters Games, in Singapore, Jo Matthews, Jim Travers, Rob Jolly and myself. Below are the experiences of three swimmers.

... Terry Carter

Jim Travers

I achieved two goals.... I didn't come last, and I got PBs. Next time I will aim to finish in the top half of the rankings (almost got there)! All except the 50M which I missed the race completely.

My best memory is the 400M where I got a good PB and finally learned how to

take it out slowly on the first lap and then enjoyed the rest of the race.

Overall, it was a great experience. Being in Singapore for more than a transit was a new experience. The city is great and the SG60 celebrations were amazing.

Melissa and I got to do a bit of touring...





WORLD AQUATICS CHAMPIONSHIPS SINGAPORE 2025

Jo Matthews

Accreditation and finding the pools went well, luckily, I was with a group of Queensland swimmers, so it was a lot easier. The first couple of days were taken up with training, relaxing at the hotel pool and in a local spa.

I was also privileged to spend my 70th Birthday at Ye restaurant at Raffles Hotel. I went back the following day to spend the voucher from my youngest daughter, which included a Singapore Sling in the long bar.

Day 1 - 400 IM a 7.26 second PB and 4th in the World. 50 Butterfly a 1.59 PB a Queensland record and 6th in the World. I also did a 2.82 PB in the fly component of the medley.

Day 2 - 100 Butterfly Bronze medal plus a 4.7 second PB. Only 0.15 off the Queensland record.

Day 3 - 200 Butterfly a 5.57 PB came 4th and nearly caught the girl in 3rd place

Sightseeing included the Botanic Gardens and Gardens by the Bay. Lovely gluten free meals with Terry Carter and her twin sister and Rob Jolly.



Yvonne Mahar/Mutton, spearheaded our QNA medal tally by coming 3rd in the women's 3 kms Open Water Swim, 65-69 age group. What a fantastic achievement!

MASTER 65-69 WOMEN				
RK	Bib	Name	Time	
1	240	TRUSLER Ingrid COELACANTH MSC	54:45.6	+
2	241	ISEPPI Esther SPENCER SWIM TEAM	59:22.0 +4:36.4	+
3	247	MUTTON Yvonne NOOSA MASTERS SWIMMING CLUB	59:38.7 +4:53.1	+





WORLD AQUATICS CHAMPIONSHIPS SINGAPORE 2025

Terry Carter

I am still reflecting on my experiences at the World Masters Championships. To say it was a great experience is an understatement ... I could never have imagined I'd be part of a Championship Record making relay.

I got a call from QMM just before entrees closed to see if I could stand in for Carole Simpson, who had a freak accident, and badly damaged her shoulder and couldn't swim.

Of course, I said yes having been a member of QMM for many years.

On arriving at Changi International Airport, I literally bumped into my twin sister, Gail, at the baggage carousel. She had just arrived from the UK to swim as well. It was wonderful to see her again!

Now to swimming!

My individual swims were not that crash hot but I made the Top 10 in four of the five events. Gail made 5 top 10s.

The biggest buzz 🐝 by far was the relays on the last day, with a great day of racing as part of the QMM relays.

Results below:

4th in the 280+ Women's Medley.

Gold Medal 🏆, in a new Championship Record time in the 320+ Mixed Freestyle relay.

Silver Medal 🥈 in the 320+ Mixed Medley relay.

In additional, we did lots of sightseeing to many iconic places including Raffles, Garden by the Bay and many others.

What a wonderful experience!!



Link to MSQ Tribute to Georgina Kovacs - 3rd in 45-49 OWS (on MSQ instagram)

<https://www.instagram.com/p/DMo93GSyCxx/?igsh=am5ocnZiODA5bnl6>





WORLD AQUATICS CHAMPIONSHIPS SINGAPORE 2025

Rob Jolly - Top 10 - Wow!



Rob Jolly

Every year I think I will just do one more big swim meet and then ease off competing a bit ...until the next big one is announced!

As a breaststroker I was surprised and pleased to place ninth in the 100m freestyle in Singapore at the world championships.

It has ignited my competitive spirit again and now I'm planning to compete as one of the youngest lads in the 80-84 age group at my third Worlds being held in Budapest in 2027.

A cardiologist wrote on my report KEEP SWIMMING and I intend to.

... Cheers, Rob

Thanks Wendy N for this interesting info.

Men - 100m Freestyle		
Gold Medalists	Winning time	10th place time
...	DSQ	...
Karl Donoghue	1:36.00	...
Akira Takakura	1:23.44	...
Rick Walker	1:09.09	1:41.34
Robert Bulchar	1:05.33	1:13.04
Johann Daniel	1:01.58	1:07.77
Guy Farrow	58.58	1:02.72
Valter Kaiaus	55.90	1:00.16
Frederic Tonus	55.54	58.34
Martin Bennell	54.58	59.72
Agirrr.... Bidosola	52.01	55.18

Women - 100m Freestyle		
Gold Medalists	Winning time	10th place time
Elena Placchi	2:47.58	...
Anne Walker	2:08.69	...
Georgina Lopez	1:34.71	02:12.8
Eleanor Pinford	1:27.69	01:57.8
Paula Giles	1:16.85	01:26.8
Ingrid Trusler	1:12.05	01:22.1
Anette Philipsson	1:05.88	01:16.5
Maria V- Belmonte	1:03.07	01:10.7
Malin Nilsson	1:02.51	01:06.3
Kirkalo Shauna	1:00.74	01:04.5
Sally Hunter	59.00	01:03.6

Yvonne Mutton

Worlds 3km OWS

Yvonne - Bronze !!



What an experience it was to participate in the Singapore World Masters Open Water event on the 26th July 2025.

We were the first event of the World Masters with the pool events starting on the 7th August. The ocean water temperature was 30.4C at Palawan Beach, Sentosa Island which was quite exhausting.

The race was well organised by the officials who constantly emphasised safety first as there were always more races to come. This was mainly due to the water quality, conditions and temperature. Officials also changed the course to 3 rounds of 1km to allow swimmers to hydrate if required.

There was a technical

meeting on the Friday evening prior to the races commencing just confirming the race circuit, eligible bathers, start times and rules.

This was to keep everyone as relaxed as possible prior to their swim..

Once the race started thankfully it wasn't as physically rough as expected. There were several official boats out to keep an eye on safety and swimmer etiquette. You certainly didn't want the whistle to be blown as a warning. My 3km race started at 9.15am in wave four with approximately 65 swimmers with ages 60yrs - 84yrs.

There was a 30 minute time limit given for the first & second km and if you did not reach the 1km marker within that time you were removed from the race. This was done for safety reasons and also to allow the front swimmers to proceed safely. I always say the best part of the race is when you're finished as open water swimming is always hard no matter the conditions.

Training for the 3km swim was just making sure that my pool sessions were consistent with Jan and Nick Croft as my main coaches. The 7.30am NAC sessions plus the Masters sessions prepared me for speed and endurance. Keeping injury free is always a bonus and following up with strength, stretch and pilates classes at the NLC (Noosa Leisure Centre) were all part of the journey.

I always appreciate that you never achieve good results as a solo. So it's always important to appreciate those around you for getting you to the end point. Saying that it's a big thank you to the coaches - both NAC and Masters - your training partners, friends and family and Masters family for their support and encouragement.

Do your best, have fun and enjoy swimming!!



One day you're 20 in the 70s ...
The next you're 70 in the 20s !!

On 24 August Club members celebrated Jo Matthews' 70th birthday with flowers (thanks Akira!), GF pav and cakes after she returned from the World Masters in Singapore where she also celebrated with team mates.

So, Jo, as you blew out 70 candles, we're sure you knew that each one represents a year filled with love, laughter, and cherished memories. "70 years of being a shining example of strength and resilience. You inspire us all."

... Ed



Stephanie



Stef Jones ... another inspiration !! It must be something about the 50s? Although her birthday was on 25 June, Stef was not able to celebrate with her club members until about a month later - 31 July, but the celebration was just as much fun! Stef is probably like a lot of us ... probably can't do Snapchat or TikTok, but can write in cursive, do maths without a calculator and tell the time on a clock with hands !! Here's to many more happy healthy birthdays Stef!!

... Ed



QNA Ukers gig at Arcare



What fun !

Last week, Noosa's Soggy Strummers had a gig at Noosa Arcare.

It was a small but enthusiastic group who entertained about thirty residents at Noosa Arcare.

The songs played ranged through some of the oldies like *White Sport Coat, Shake, Rattle and Roll* and *Five Foot Two* medley to the Beatles *Maxwell's Silver Hammer* and *Leaving on a jet Plane* by John Denver.

Mick Jones featured on kazoo and Julie Tierney on the shaker.

The Arcare residents all seemed to enjoy the concert with foot tapping, hand clapping and singing!

The Soggy Strummers played extremely well and also had fun 🎵🎵🎵🎵🎵

... Christine Cooper

STOP PRESS

QNA Ukers to perform with their Mens' Shed Bands



Coolum Men's Shed Band, Shed Groves is hosting a Musical Weekend at the Coolum Beach RSL on Saturday 6th and Sunday 7th September. This weekend is a collaboration of local, state and national Men's Shed bands as well as some individual musicians, aimed at raising awareness and funds in support of Men's Mental Health initiatives. Entry is by a Gold Coin Donation.

QNA is fortunate to have two club members who are performing with their respective bands on Saturday 6th and all club members are encouraged to come along to enjoy some great music and to support this great cause.

Greg Bott and the Coolum Shed Groves will perform at 10 am on Saturday 6th

And Brian Hoepper and the Noosa Men's Shed Band – The Hip Replacements will perform at 2.30 pm on that same day.

So come along, hear some great music and rock on with our two club members, Greg and Brian.



LQ at Cairns Mudcrabs Meet

thanks to John Hussey for story and photos

LQ represented Noosa at the swim meet hosted by the Cairns Mud Crabs on Saturday 16th August.

Here are a couple of photographs, one of her doing the fly and the other with Bert Collyer of Townsville LongTan club.

She was the only entrant in the 200m butterfly so gave a lone exhibition style swim to the cheering throng!

Overall LQ came second in her age group and, since medals were not

handed out, she was presented with a chocolate bar for her effort.

A 50m breaststroke handicap race was held at the end of the afternoon in which LQ held off stiff opposition over the last few metres to come home the winner and collect a \$50 prize.

It was a very small but well organised meet.

... All the best, John



COACH'S TIPS

Tips from Peter Reaburn author of "The Masters' Athlete"

Once you have developed Cardiovascular, Musculoskeletal and nervous systems progressively, the absolute key to better performance and PBs is intensity of training.

Research has shown that Masters athletes tend to train lower intensity as they age.

You need to train fast to race fast. Sprint sets develop speed, HR sets develop endurance, no short cuts, just hard work - but if you do these too often or too hard over a period of time you will overtrain or injure yourself, progressively overload.

Recovery is equally important. As we age we appear longer to recover and longer to adapt to training. Recovery strategies that work and are rated very highly are ice baths, stretching and nutrition such as high glycemic foods like

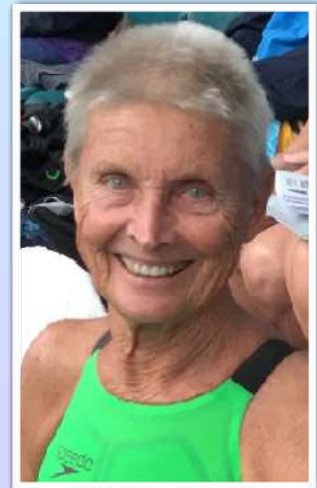
carbohydrate protein drinks after training,

Research has shown that as we age we get less flexible. Swimming is a sport that demands a good range of movement around the shoulders, hips, knees and ankles. Poor flexibility combined with poor technique can lead to injury. Stretch after every swim session.

Try to swim at least twice a week, get to the gym, get stronger in the tummy and lower back, get more flexible. Keep the heart and lungs moving by cycling, walking or jogging. Stay active for life. Remember - exercise is medicine!

In his past life Peter was a University lecturer in Sports Science, a great athlete over many sports and long term member of Miami Masters Swim Club.

... Cheers, Jan



A paraprosdokian is a sentence or statement with an unexpected ending.

It means "against expectations" in Greek, and typically puts the first part of the sentence in a new & humorous context -

I wasn't originally going to get a brain transplant ... but then I changed my mind.

Son: "Dad, can you tell me what a solar eclipse is?" ... Dad: "No sun."

I tried to sue the airline for losing my luggage ... I lost my case.

FIFTH SUNDAY - E1000 + BREAKFAST

Thanks to all those who attended this morning at the NAC .Terry Carter handled the Deckie responsibilities for the Endurance swimming whilst coaches Bob Morse and Wendy Nothdurft videoed us for stroke correction purposes.Thank you to all those who did the timekeeping. It was great to see Sue Silburn looking strong in the water once again . Rod Alfredson gets the Clarence the Clocker award for a double timekeeping failure on Julie T's 400m freestyle. Julie and Rod persevered to chalk up a good result in the end.

Many thanks are due to Julie Tierney who catered and Jo Edwards and Ivan Ivanusec who took on the BBQ duties. The BBQ area was a pleasant sun trap on a clear but coolish morning.We attempted to take in the wise words of our coaches without dribbling egg yolk and BBQ Sauce on our clothes (quite a feat for me!) .

For my own part Wendy N and Bob pointed out the not so astounding dissimilarity between Katy Ledেকে's Freestyle stroke and my own. I have plenty to work on it seems.

My Confucius learnings from today.... I reckon it's much easier for a person to eat a bacon and egg roll than to swim 800m. However, when you consider that some of our better swimmers can complete 4 x800m in an hour , could they as easily eat 4 bacon and egg rolls in that time?...indeed one of life's conundrums.

Thanks everyone who came along and helped to make this such a pleasant morning.

See you in the pool.

... Cheers,Terry P



ENDURANCE 1000 REPORT : August 2025



August has been a good month for Endurance, considering it's winter and a bit cooler.

Some impressive longer swims from Sue Silburn, Bob Morris, Studley Martin, Sue Morris, Rod Alfredson, Terry Parker, Peter McGahan, Helen Malar, Jo Matthews and Denise DeCarlo.

A huge thanks to our "winter timers". Of note are Rod Alfredson, Chris Cooper, Wendy Ivanusec, Linda Hogg and probably a few others that I have missed!

Sadly, one of our key endurance volunteers, Terry Carter, is moving back to the Gold Coast in October (how dare she!!). Terry has been pivotal to the program including recording of swims, deckie, audits, and administrative help too. I will really miss Terry and want to thank her for her significant contributions to the program. When you get a chance, please thank Terry for her dedication to the program (and give her a hard time for going to our competition!).

You will see me back at the pool 21 Sept. I'm looking forward to swimming outdoors and seeing all my swimming mates.

Yes, I'll be looking for volunteers to replace Terry Carter. If you're interested in being a Deckie and/or entering swim results online, please let me know. The Deckie role is a once a month commitment and the Recorder role requires about 30 minutes of data entry each week (with Denise handling the data entry for a few months as well).

Reminder, Sunday 31 August is the 5th Sunday of the month. Instead of squad there will be endurance swims and a coached stroke correction clinic in lane 0. Choose which activity you want to participate in (or both!). Timers will be needed too.

After Endurance, a cooked bacon and egg roll will be available for everyone in the pool BBQ area. We are requesting a \$2 donation to cover costs. Purchase your coffee and enjoy the breakfast roll.

... Cheers, Denise
Endurance Coordinator

Did you know ?

That "sugar-free" snack comes with hidden risks. New research links a common sugar substitute to blood vessel damage. A widely used sugar substitute may not be as safe as once thought.

New research from the University of Colorado Boulder has found that erythritol—a common ingredient in sugar-free, keto, and low-carb foods—can damage the delicate cells that line the brain's blood vessels.

In laboratory tests, just a single dose of erythritol, similar to what's found in one diet beverage, caused brain blood vessel cells to produce less nitric oxide (a molecule that relaxes vessels) and more endothelin-1 (which constricts them). This shift toward tighter, less flexible vessels raises the risk of clots and stroke. The cells also lost their ability to release enough clot-busting t-PA when needed, further amplifying stroke risk.

These findings support earlier large-scale studies that linked higher blood levels of erythritol to significantly increased rates of heart attacks and strokes, even after accounting for other risk factors. The damage appears to result from oxidative stress and disrupted signalling inside the vessel-lining cells. While erythritol has long been considered safe due to its low calorie count and minimal impact on blood sugar, this study suggests it may come with serious cardiovascular downsides—especially when consumed frequently.

Experts now urge consumers to moderate their intake of sugar substitutes like erythritol until more human-based trials confirm long-term safety.

Source

Berry, A. R., Ruzzene, S. T., Ostrander, E. I., Wegerson, K. N., et al. (2025). The non-nutritive sweetener erythritol adversely affects brain microvascular endothelial cell function. *Journal of Applied Physiology*.



September 2025

Peter McGahan	2/9
Studley Martin	3/9
Ross Kee	16/9
Ian Mitchell	23/9
Gillian Bensted	26/9 (Big 80)

You know you are getting old when everything either dries up or leaks !





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PLATINUM



GOLD



SILVER



BRONZE



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