

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JULY 2025

Noosa Gravel Enduro 2025

The Noosa Enduro is a mountain biking event held each year in the Noosa hinterland. Self described as an Epic gravel and mountain biking festival, it attracts riders from all parts of the country. The main races are a 100, 60, and 30 kilometre as well as a Gravel Adventure. Over one thousand riders participated this year. Gina Ricardo from Surfers Paradise won the women's 100 kilometre in 4 hours 19 minutes and Daniel McConnell won the men's 100 in 3 hours 30 minutes.

Seventeen of our members came out to help on the Sunday, after meeting at the Noosa Sports Ground on Saturday morning for a pre race briefing and to collect their event T-shirt.

We each had a marshal point on various sections of the course, some in Cooran, most scattered between Noosaville and Cooroy. While overall the sites were reasonably easy to manage, a couple kept volunteers "on their toes". In particular thanks to Carmel and Julie B on a busy section where Coveys Rd met the Noosa Cooroy Rd. Bob Morse had a busy time as well out at Cooran.

Riders on the day were compliant and appreciative of our efforts. Everyone from the Club who volunteered on the day had positive comments regarding the event and the riders.

All going well we will make over \$1,000 for the Club thanks to our contribution on the day.

I have written before that Volunteering has become part of the fabric of this Club and every Club member will benefit from the money we raise by volunteering for events like this.

Our next, and biggest fund raiser will be at the end of October, the Noosa Triathlon. We will have the opportunity to volunteer at a number of events during the week long Festival. The more volunteers we can provide, the more money we get for YOUR Club!

Thank you to Our people who turned out to help at the Noosa Enduro. Shaye from NX Sports, the group that organised the event, was very pleased with our contribution. Shaye writes ...

"Thanks so much for your contribution and support over the weekend! It was so lovely to meet you and your fabulous Swim Club members and I certainly hope that you all enjoyed the experience!"

Well Shaye, we did! Working on these events with our Club mates and helping people participate in their sport is good for the soul!

... Shane Walsh
Volunteer Coordinator

NB. Note Greg's effort to improve the on course signage! I think he commandeered Julie's yellow kick board.

Swimming helps create ingenuity!!



Captain's Report

July 2025 — by Terry Carter

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

Entries for the World Aquatics Masters Championships 2025 closed on June 26, 2025. The following five Noosa swimmers have entered, good luck, and have a great time in Singapore.

1. Terry Carter (pool)
2. Jo Matthews (pool)
3. Robert Jolly (pool)
4. Jim Travers (pool)
5. Yvonne Mahar (open water)

STOP PRESS

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! Pool swimming starts on the 7th August 2025.



Entries are now open for four MSQ events listed below
— it's time to plan your next competition!

Saturday 16 August 2025 - Cairns Mudcrabs SC Meet.

Saturday 6 September 2025 - Brisbane Northside SC Meet at the Valley Pool, Fortitude Valley.

Saturday 13 – Sunday 14 September 2025 - North Queensland Championships at Long Tan Memorial Pool, Townsville.

Sunday 5 October 2025 - Whitehaven Ocean Swim at Whitehaven Beach, Whitsundays.

Further details can be found at <https://mastersswimmingqld.org.au/>

Saturday 4 October 2025 - 10:00 am - 4:00 pm
Toowoomba Masters Meet 2025 at Glennie Aquatics – Entries open on 19 August 2025.



HALF THE DISTANCE ... DOUBLE THE EXCITEMENT!

The 2025 Australian Short Course Championships are hitting Melbourne's Sports & Aquatic Centre for three action-packed days from **1 - 3 October**.

As a Swim Central member, you can access the exclusive ticket presale window today from 3:00pm AEST with the code **SHORTcourse25**

****Please note, SwimmingVictoria Members will receive a separate email with a pre-sale link and code****

Tickets will go on sale to the general public at 3:00pm on Monday 28 July.

The 2024 Short Course Championships saw **Dolphin #786 and Olympic Champion Kaylee McKeown** claim a new world record in the women's 100m backstroke to win by more than a second.

Australian records were also broken by **Josh Yong (Dolphin #841)** in the men's 100m breaststroke; and young gun **Ed Sommerville (Dolphin #867)**, who came back from a dislocated shoulder to upset Olympic medallist **Max Giuliani (Dolphin #857)** and claim the Australian men's 200m freestyle record, previously set by Australian swimming royalty **Cam McEvoy (Dolphin #719)**.

And that was just the first night ...

**Don't miss all the excitement of the Sprints!
Get your tickets to the 2025 Australian Short Course Championships ...**

Use code
SHORTcourse25
to access the presale
Access presale

An Heirloom Event to Remember

On Wednesday 9th July, approx. 15 Noosa Masters Members and some partners enjoyed a lovely lunch at Heirloom Wholefoods at Peregian.

Delicious acai bowls, tasty toasted sandwiches and copious cups of coffee as well as smoothies and milkshakes kept everyone well fed and watered. The staff were most attentive and ensured very little wait time between orders and delivery – not easy when so many people are eating together.

It's easy to socialise in a sunny setting with fine food readily provided, and the laughter and lively conversation coming from the two tables we occupied testified to a successful get together.

Our Club is very grateful for the generous financial support given by Heirloom Wholefoods management and always enjoys the opportunity to thank them by eating as a group at their café.

... Julie Bott



What's on in Noosa

EXPERIMENTA EMERGENCE

14 JUN - 17 AUG | Noosa REGIONAL GALLERY
Discover the future of art and technology at Noosa Regional Gallery with Experimenta Emergence, a free interactive media arts exhibition running until 17 August. Featuring VR experiences, installations, and local artist Leah Barclay's immersive Tidal Motion that transforms Sunshine Coast underwater data into sound and visuals, this internationally touring exhibition explores climate change, biodiversity, and our changing world through an accessible and thought-provoking lens.

NOOSA JUNCTION | LANEWAYS COME ALIVE!

EVERY FRIDAY NIGHT FROM 5PM

The good times roll at everyone's favourite local, Noosa Junction, as the streets and laneways come alive under the fairy lights with the sweet sounds of talented local musos.

Markets:

NOOSA FARMERS MARKET | Weyba Road,

Noosaville | Every Sunday, 6am - midday
Local farmers, gourmet producers, food stalls every Sunday.

POMONA COUNTRY MARKET | Stan Topper Park | Every

Saturday, 7 - 11.30am
Locally made arts, crafts, produce, natural products and more.

EUMUNDI MARKET | Memorial Drive | Every Saturday, 7am - 2pm and every Wednesday, 8am-2pm
Locally made, baked, sewn and grown art, furniture, fashion, gifts, skincare, food and more.

EUMUNDI SQUARE MARKET | Napier Road | Every Friday 8:30am - 1pm, Wednesday & Saturday 7:30am - 2pm

Find more than 80 boutique shops with fashion, gifts, food, art, treasures and live music at Eumundi Square Markets.

PEREGIAN BEACH MARKETS | Kingfisher Drive | First

and third Sunday of each month, 7am - 12.30pm

By the seaside, live music, great food, ethical fashion, handcrafted gifts, puppy friendly.

KIN KIN MARKETS | Kin Kin Oval | First Sunday of

each month, 8am - noon
Focusing on locally grown and crafted artisan products, the Kin Kin Markets in the Noosa hinterland have organic skincare, hemp and vintage clothing, plants, preserves, fresh produce, crystals, jewellery, handcrafted woodwork, ceramics and more.

TERELLA BREWING TWILIGHT MARKETS | North Arm

| Friday 4pm - 8pm

More than 50 local stall holders with clothes, food, snacks, handmade crafts and jewellery; animal farm open from 4.30pm – dark; live music; 2 bars open; food trucks; dog-friendly; lawn games. Bring the kids, bikes and a picnic blanket and set up on the lawn for a fun afternoon.

MISSCHU TUCKSHOP NOW OPEN!

18 HASTINGS STREET, NOOSA HEADS

The much-loved modern Vietnamese tuckshop Miss Chu has officially opened, bringing fresh, fast, and flavour-packed street food to Hastings Street. Known for signature rice paper rolls and nourishing bowls, this vibrant addition offers authentic Vietnamese cuisine in a prime upstairs location overlooking the street, just above Gelatissimo. Miss Chu's arrival adds exciting new energy to Noosa's dining scene with its modern take on traditional Vietnamese flavours.

All Translink public transport buses around Noosa and the Sunshine Coast are just 50c per trip. Leave the car behind and travel to Hastings St, Noosa's Main Beach, the restaurants and shops along Gympie Tce in Noosaville, to Sunshine and Peregian Beaches, Tewantin, the Eumundi Markets, Noosa Civic Shopping Centre, and Cooroy, Pomona and Cooran in the Noosa hinterland. Timetable information at [Translink.com.au](https://www.translink.com.au) or call 13 12 30.

Noosa Masters coaches and swimmers love the MSA 50th Anniversary Coaches' Shirts!

Best of luck and happy swimming to all our Noosa Masters swimmers heading off to help make up the 408 competitors at the upcoming 2025 World Aquatics Masters Championships in Singapore.



Jan Croft - Head Coach



Greg Bott

Viv Merrill



Ian Tucker,

Wendy Nothdurft,

Bob Morse

Motivational Swim Quotes

- "In swimming, the journey is just as thrilling as the destination."
- "Every stroke brings me closer to my goals."
- "Swim your worries away, one lap at a time."
- "Water, my sanctuary; swimming, my escape."
- "Stroke by stroke, building strength."
- "Through water, I find peace."
- "Let the waves guide your adventure."
- "Perseverance: the key to every perfect lap."
- "Dive in: success is waiting beneath the surface."
- "Wave after wave, I conquer my fears."
- "Fluid motion is the rhythm of life."
- "Determination: the secret behind every dive."

'Tis the Season to be Jolly!

On Saturday 26th July approx. 12 QNA members and their partners gathered for Christmas lunch at Robyn Selby's home in Noosa. With the weather looking a bit threatening, the group was able to mingle in Robyn's cosy dining/kitchen area, keeping warm and very well fed.

The fare was delicious from tasty entrées to chicken delights, scrumptious salads. A traditional plum pudding, made by Geoff Merrill, was the highlight of the feast!

The relaxed and jovial atmosphere was testament to Robyn's welcoming and laid-back hostessing style with everyone having ample opportunity to catch up, chat and

share a drink with all who were lucky enough to attend.



Many thanks to Robyn for sharing her home and for all those who came along with their festive food and Christmas spirit, ensuring that this was a fun-filled Noosa Masters occasion.



... Julie Bott



NEWS FROM ZERO EMISSIONS NOOSA (ZEN)

Dr Saul Griffith — renowned energy expert and founder of Rewiring Australia — in Sunshine Beach on **Monday 11 August** as part of his *Faster and Fairer* national tour.

Saul will be launching his new book, ***Plug In: The Electrification Handbook***, and sharing practical, inspiring ways that Australian households and small businesses can save thousands by switching to electric — all while speeding up climate action (even if that's not their priority!).

This event isn't just for the usual sustainability crowd — we're really hoping to attract **homeowners, tradies, business operators, and renters** who may not think of themselves as "green," but **want to save on their energy bills** and provide both inspiration and implementation for immediate action ability.

Event details:

Sunshine Beach SLSC, Duke Street

6PM, Monday August 11

Free tickets via: rewiringaustralia.org/events

You're invited to

THE FASTER AND FAIRER TOUR

With Dr Saul Griffith,
Rewiring Australia



Supported by
 NOOSA
Council
 ZERO
EMISSIONS
NOOSA

Join Dr Saul Griffith as he launches his latest book '**Plug In: The Electrification Handbook**' and hear how we can ensure electrification happens fairer and faster.

Sunshine Beach SLSC
Duke St
Sunshine Beach QLD

6PM Monday August 11

rewiringaustralia.org/events



Reserve your
FREE ticket



Mick the Hero of Lane Zero

Mick recently had a mishap after coffee one Thursday. Being diligent by taking his empty coffee mug back to the café, what could possibly go wrong!! What ensued could not have been avoided. Mick will attest to his now being elderly and with a thin skin as a side effect. The damn mug ... coffee not Mick ... slipped from his grasp creating chaos by smashing on the hard floor and causing pandemonium!

It definitely got the attention it deserved. Mick is not known for doing anything quietly ... you would understand if you knew him as well as his lane zero buds.

To mitigate the danger of him fainting, someone got him to a chair. A quick thinking Julie Bott rushed to the scene grasping a small Band-Aid. Well done Julie !! However, the severely lacerated ankle required much more according to Mick. He was looking rather pale, and I'm certain I heard him calling for a tourniquet to stop the flow of blood. In reality it was but a mere trickle ... he is a man after all this was monumental.

Just one or two minutes had passed before all at the NAC were aware of the accident ... Triage personnel attended the hapless Mick. First-aid personnel were also on hand. Squad's first responder Kevin was not first at the chaotic scene but made it in time to offer heart compressions and monitoring Mick's vitals. No ... Mick hadn't lost consciousness, this was his normal composure.

Mick hardly noticed his injury while quietly lapping up the attention. Oh, that's right, at least 2 lifeguards also attended the scene ... his life may have been at risk ... one can't be too careful!

Photos attached tell the tale.

PS, Mick wasn't at squad the following Sunday, we wish him a speedy recovery.

... Alex Baker

Ed: Thanks Alex for this entertaining contribution



Welcome ... Marvellous Malvern Marlins !!

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.



Viv Merrill introduced her friends Trevor and Carol visiting from Melbourne. Visiting Masters swimmers are always warmly welcomed to swim and socialise with Noosa Masters.

COACH'S TIPS

This month a few tips on hand entry mistakes every swimmer should avoid !

Fist

Use fist to find out how much water you actually pull.

Fist also teaches swimmers to use forearms as well as hand to pull through the water, it also forces you to use your core instead of your hands for balance.

Hand speed

The biggest difference between fast swimmers and slow swimmers is the change in hand speed.

In slow swimmers the hand is the same speed all the way through.

In fast swimmers the hands are almost stopping in front of, then speeding up.

Best tip I ever had came from highly decorated American swimmer Karlyn Pipes ...

... it was to RELAX.

... Cheers, Jan



MSQ is pleased to share that entries are now open for four exciting events – it's time to plan your next competition and encourage your members to get involved!

Cairns Mudcrabs SC Meet

 **Saturday 16 August 2025**

 Gordonvale Aquatic Centre

Join the Cairns Mudcrabs for a fantastic day of short course racing in the tropics.

 [Event details & entries](#)

Brisbane Northside SC Meet

 **Saturday 6 September 2025**

 Valley Pool, Fortitude Valley

Always a favourite on the calendar – be sure to get your entries in early!

 [Event details & entries](#)

North Queensland Championships

 **Saturday 13 – Sunday 14 September 2025**

 Long Tan Memorial Pool, Townsville

This is the premier championship meet for northern clubs – don't miss it!

 Raffle tickets for this event are now on sale – grab yours to support the event and win some great prizes!

 [Event details & entries](#)

Whitehaven Ocean Swim – Sunday 5 October 2025

 Whitehaven Beach, Whitsundays

This one-of-a-kind ocean swim is fast approaching! Invite your members to take part in this stunning event in paradise.

 Don't forget to purchase your Whitehaven OWS raffle tickets – all details and links are on the event page.

 [Whitehaven OWS details](#)

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.

Entries will soon open for the Toowoomba Masters Short Course Meet, on Saturday 4 October 2025.

We invite you to stay and take in a breathtaking month of flowers, flavours and sounds, as the Toowoomba Carnival of Flowers transforms Toowoomba. The meet flyer is attached, and the Meet Guide will be published shortly.

 [Toowoomba Masters Meet 2025](#)

ENDURANCE 1000 REPORT : July 2025



July has been a good month for endurance, but we had a rough start. On 1 July there was a chlorine leak in the 50m pool. So, we had to grab the one available 25m lane. Flexibility is the name of the game. Jo Matthews managed to get in a few swims.

Tuesday attendance has been strong with several longer swims. And the endurance buddy WhatsApp group has been quite active with swimming on Saturday afternoons. We continue to add more people to the group. Please email Denise at endurance@swimqna.com.au if you'd like to be added.

The WhatsApp group enables endurance swimmers to find a time for endurance swims that suit the individual swimmers who then swim and time one another. Works great!

Clearly the team is rising to the occasion to get in their endurance swims. Woohoo! Our July points total will likely exceed 1000 points which is respectable for a winter month. Well done everyone.

Warning : always make sure you don't swim an event that you completed earlier in the month.

If you don't swim Endurance, you can still come to the pool to be a much-needed timer. If you have a moment to pop over to the pool on a Tuesday morning (7:30-9) to time, that would be great!

Even just 30 minutes of your time can be extremely helpful. Thanks to Wendy Ivanusec, Grant Scotcher, and Liz Alfredson for timing FREQUENTLY! Timers are especially needed on colder days as swimmers need to shower right after their swim.

Mark your calendar: 31 Aug is the 5th Sunday of the month. As you've probably heard, there will be stroke correction in lane 0 with Bob Morse and Endurance swims in the remaining three lanes. Something for everyone!

After our swims there will be a bacon and egg BBQ in the pool BBQ area. Doesn't get much better than that! If food doesn't entice you, nothing will !

Denise continues to record swimming results, so she is able to see everyone's progress. Some impressive times are coming in!

Three swimmers will likely finish the full program by October. Can you guess who they are? The answer will be revealed next month.

... Cheers, Denise DeCarlo
Endurance Coordinator



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.



August 2025

Kerry Blackwell	2/8	Sandra Lyons	16/8
Mick Jones	4/8	Terry Carter	26/8
Jo Matthews	7/8 (Big 70)	Rob Lucas	29/8
Brian Hoepper	8/8		

Age and glasses of wine should never be counted !

A nurse walks into a bank, exhausted after a 20 hour shift. She pulls a rectal thermometer out of her pocket and tries to write a check with it. She looks at the cashier and says, "Well, that's just great! Some asshole has got my pen!"



**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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