

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

NOVEMBER 2025

**Celebrating Jan Croft's 20 Years as Coach of the
Over 50s Swim Squad at the NAC
18 October 2025**
by Ian Jobling



Eventually, Jan had enough swimmers for the class to become an 'official' NAC squad. And three of that 'original squad' were present at the luncheon - Gilly and Ken Bensted, and Dorothy Marlow.

As can be seen in the photograph taken in the NAC pool last Friday, there are now 6 lanes of the Over-50s Squad, with the record complement in any single lane being 18 swimmers; they include Dorothy and Gilly.

Renowned Master's swimmer and coach at the Noosa Aquatic Centre (NAC) Jan Croft most likely would have been an Olympian had the 800m Freestyle event for women been held in the early 1960s. It was not introduced until the 1968 Mexico City Olympic Games.

In July 1959, sportswriter from the Melbourne Herald Ken Knox, wrote that as a 15-year-old Jan (nee Paine) of Ayr was in the first twenty in the world over 880 yards or 800 metres freestyle swimming. She was Queensland Open Champion over 220, 440, and 880 yards, and was so close to being in the Australian team at the 1960 Rome Games. Over the next few years, Jan dominated the longest distances then available for female swimmers. She was first at the Australian Championships in the 880 yards in 1961 and 1962

Jan has resided in Noosa since 1996 and in Masters Swimming has been the most successful distance Australian and international distance events for many years. She has also been acknowledged as Queensland Masters Swimming Coach of the Year on two occasions.

How fortunate Jan introduced an Over-50s Squad at the Noosa Aquatic Centre in October 2005 - but it was not without difficulty as she related at the 20th Over-50s Swim Squad celebratory luncheon at Noosa Springs Golf Club last Friday. Jan told the 50+ past and current 'squad swimmers' that she began teaching adults to swim 'privately at the NAC. However, she was advised by then NAC Manager Stephen James that it was against Council policy to run private lessons ... "because that's our business."

Gilly started with Jan after friends gave her stroke correction lessons; she said *"with endless encouragement and stroke enhancing drills, I came to enjoy and look forward to squad"*. *"My husband Ken joined as well and it became a commitment for us both."*

"Twenty years later I still look forward to my sessions because of Jan's encouragement, commitment to detail, and her love for the squad that keeps me coming back. Keep coaching you good thing."

Carla Airey, who joined 'squad' about two years ago after swimming in the ocean at Laguna Bay stated, *"I joined Jan's squad to become more 'swim-fit'.*

"My swimming style, ability and fitness has improved so much under Jan's patient guidance. She's a wonderful coach and inspiration."

... cont'd

Celebrating Jan Croft's 20 Years as Coach of the Over 50s Swim Squad at the NAC (cont'd)

by Ian Jobling

As a world champion swimmer, her knowledge of technique and ergonomics is amazing. The squad lanes are very friendly and inclusive. Some of the participants have been swimming with Jan for 20 years, which is a testament to how much this is a valued activity. Jan's humour and determination keeps everyone on task ... It would be like herding sheep for anyone else."

For Howard Peters swimming was always something he 'intended to do' ... "but it wasn't until I was helping some children with disabilities with their swimming that I really became hooked. Joining Jan's squad turned boring swimming into something that was fun and social. Jan is a gem".

Earlier this year, Jan's son Nick, a former international Triathlete and swimming coach at the NAC (he actually started several years before Jan!) came on the pool deck to help with the burgeoning numbers in the six lanes.

Together they are a great team. Dorothy Marlowe stated "I've been coming to squad now since day one for health reasons and am still here splashing in the lanes. Jan's encouragement and special qualities inspires you to just keep coming back, and it is terrific she now has Nick be alongside her."

In conclusion, Stephen James commented: "Jan has woven herself into the fabric of the NAC and will be here coaching as long as she desires."

Dr Ian Jobling was the Founding Director of the UQ Centre of Olympic Studies and is now Honorary Patron of the Queensland Centre of Olympic and Paralympic Studies at the University of Queensland

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Three original Members Ken and Gilly Bensted, and the Dorothy Marlowe dash of the Over -50 Squad

[Photo Ian Jobling]



Jan Croft with her 20th Anniversary gift from grateful Over-50 Swim Squad swimmers - the very special T-shirt reminding her swimmers what to do

[Photo: Ian Jobling]

2026 Bunbury OWS

BUNBURY'S large population of bottlenose dolphins is set to be joined by the green and gold of Australia's open water swimmers following today's announcement the 2026 Australian Open Water Championships and OceanSwim festival will be held in Bunbury, Western Australia.

The four-day festival in January is Australia's premier event for open water swimming, featuring the Open and Junior National Championships alongside vibrant community participation events.

Taking place in Koombana Bay from 22-25 January, hundreds of elite athletes – including an international field – will vie for a \$50,000 prize purse on offer for the Top Eight finishers of the men's and women's 10km.

The men's field is set to be headlined by proud Bunbury Olympian Kyle Lee ([Dolphin #828](#)) who broke through for his maiden national open water title in January and then went home with the triple crown.

The 2026 Open Water Championships are a key milestone event on the qualification pathway to international competition, including the 2026 Pan Pacific Championships in California.

Keep your eye on Swimming Australia's website and socials for information on entries and accreditation.

2025 Queensland State Championships

Noosa Mastery in the Masters Swimming Queensland 2025 State Championships.

Well done to our 3 Noosa Masters competitors at the MSQ State Championships.

Some outstanding results from Jo Matthews, Anne Besser and Robert Pugh in their respective age groups. Jo Matthews almost pulling off a clean sweep winning 6 of her 7 events.

This was a much smaller team compared with Noosa Masters' usual contingency but, nevertheless, provided some outstanding results. A special mention to Anne for placing in all 4 of the events she swam, Jo for getting 6 firsts out of seven races and finally to Rob P for swimming some very impressive times.

Jo Matthews almost pulled off a clean sweep winning 6 of her 7 events in the 70-74 yrs age group. Jo is our very own Madame Butterfly, taking out the 50m, 100m, 200m and 400m Butterfly 400m IM 400m Backstroke and 2nd in the 200m IM. What an amazing swimmer.

Robert Pugh set a blistering pace in all his events in a very highly competitive field in the 40-44 age group Taking 1st place in the 50m Breaststroke in 32.71 seconds and a 2nd place in the 100m Breaststroke while clocking a sub 60 second 100m freestyle to take out 3rd place.

Anne Besser proved that she is the perennial stayer in the 70-79 age group with a 1st place in the 400m Backstroke along with two 2nd places a 3rd place.

... Terry Parker

Anne Besser			Jo Matthews		
200 back	5.51.53	2nd	100 fly	1.46.49	1st
100 free	2.25.51	3rd	400 IM	8.34.67	1st
200 free	5.13.94	2nd	400 fly	9.52.72	1st
400 back	12.10.62	1st	200 fly	4.14.40	1st
			200 IM	3.55.84	2nd
Rob Pugh			50 fly	42.90	1st
50 free	26.02	4th	400 back	8.33.63	1st
100 free	59.46	3rd			
100 breast	1.18.40	2nd			
50 breast	1.32.71	1st			
50 fly	27.81	3rd			



Congratulations Clinton Stanley

Pictured is Clinton flanked by Life members Bob Morse and Ian Tucker.

Clinton was awarded 6 MSQ Branch records for S14 Multi-class male 45-49 Short course event at the Brisbane Southside Masters in June this year.

25 Butterfly 22.99, 50m Butterfly 53.02, 100m Butterfly 1:56.31m, Freestyle 19.31, 50m, Freestyle 42.80 100m Freestyle 1:34.12

Clinton is a stellar performer in the pool of course and this adds to his multitude of State, National and World Records.

Thank you for swimming with us Clinton, you are a source of great pride within our club.

... Terry Parker

Life's big questions

- At a cinema, which armrest is yours?
- If people evolved from monkeys, why are monkeys still around?
- Why is there a D in fridge, but not in refrigerator?
- Who knew what time it was when the first clock was made?
- When does it stop being partly cloudy and start being partly sunny?



Noosa Masters celebrate Melbourne Cup in style

Any excuse for a social event !

The 1st Tuesday in November holds a special place in the hearts of most Aussies and within the Noosa Masters Swimming Community our club has long celebrated together the Race Which Stops a Nation!!!

Our generous 2025 Melbourne Cup host Robyn Selby has, for many, many years, kindly opened her home to our members to gather, gamble and graze away the Day. Whilst our numbers were down on past years this did not come as a surprise as many of our regular attendees were away on holidays so therefore unable to join in the annual equine festivities.

Those that did make it this year commented that the smaller numbers made it possible for all to gather together to both chat and enjoy the race.

We managed to run two sweeps with Adrian and Fran Wilson sweeping the floor with first place in both!! It was certainly a profitable afternoon for them. Fran also won the best dressed lady whilst, *El Presidente* Terry Parker looked the part in his racing attire and took away the men's 'fashions on the field' award.

This year, as always, the food was in abundance, and the variety was very well received. We certainly have some talented cooks amongst our members!

Thanks again Robyn for making this QNA day possible – you are a gem.

... Julie Bott



Hotel established in 1880s reopens after transformation

An historic hotel has been revitalised with an extensive renovation, including a new bistro, expansive beer garden and refreshed boutique accommodation.

The Royal Mail Hotel at Tewantin officially reopened on Tuesday after a months-long transformation.

Manager, Dan Cocks, said the pub which was first established in the 1880s, had been renewed as a vibrant social hub that blends historic charm and coastal vibes.

"The Royal Mail has always been at the heart of Tewantin, and this renovation brings new life to a true local icon," he said.

"We've kept the familiar community spirit the locals love but reimagined the spaces for everyone to come together, from family dinners in the bistro to long afternoons in the beer garden or game day sessions in the sports bar."

The bistro features timber tones and seating areas that open onto a large north-facing deck and a beer garden with picnic tables and market umbrellas overlooking the Noosa River.

The Corner Bar serves up pub meals and midweek lunches, while the new sports bar is a hub featuring big screens and cold beers.

There are 13 boutique accommodation rooms upstairs. Bright and spacious, they offer contactless check-in, ensuites and plush bedding.

The new menu celebrates modern pub dining with a beachfront twist, designed for sharing, grazing and long lunches.

Classic pub favourites like burgers and calamari are served alongside new dishes like the prawn and lobster roll with



The new-look Royal Mail Hotel has indoor & outdoor eating areas.

citrus aioli and brioche, burrata with blistered grapes and cherry tomatoes, lemon chicken with roast kipfler potatoes and olives, and oven-baked barramundi with dukkah potatoes and caper beurre blanc.

Ten types of wood-fired pizzas and dedicated seniors' and kids' menus round out the offering.

Behind the bar, there are cold tap beers, spritzes and a wine list.

There are weekly specials and entertainment including on Tuesday (\$25 steak night from 5pm), Wednesday (\$25 parmi night, trivia from 7pm), Thursday (kids eat free), Friday (raffles from 6pm, acoustic tunes from 4pm to 8pm, bands from 8pm), Saturday (acoustic tunes from 3pm to 7pm, DJ from 7pm and Sunday (\$29 Sunday roast, free kids entertainment from 12pm, to 2pm, acoustic tunes from 3pm to 6pm).

The opening celebrations included live music, DJs, kids' entertainment, roaming pizza, raffles, a mega tradie club barbecue and giveaways from November 21-23.

(courtesy Sunshine Coast Daily)



Victorian PowerPointing visiting Noosa - old and new Pointers catch up

As usual we welcome many visitors to our club sessions, especially from cold old Melbourne.

This month Anna Lucchesi joined in the squad sessions. Anna is a relatively new Power Pointer (well since Lois escaped to QLD), and swam at the recent Worlds in Singapore.

After the squad, Lois heard the magic words and as an old PowerPointing, quickly joined Anna for a gossip session.

This is a photo of Anna, Lois and Wendy I- more connections, both Lois (till 2014) and Wendy (tho a long time ago, before Masters Swimming) used to live about 3-4 km from Anna's house!

We look forward to Anna's visits in 2026!

... Lois Hill

The Ocean King

Having achieved the ripe old age of Seventy I decided that in this new phase of life, many more adventures lay ahead and very soon after the actual birthday celebrations subsided, serious challenges became the immediate focus - including the fantastic Noosa Triathlon series of events like the 2XU 1000 swim along the iconic Noosa Main Beach.

For those who are unfamiliar with the event, it comprises an "M" shape course with a beach run in the middle creating two off the beach water entries and two swim outs adding to the intensity and wave skills required.

Those of you who are familiar also know that the event conditions are notoriously and consistently choppy, windy, sometimes stormy and challenging.

Noosa Masters also volunteer for this and many other Tri week events, so spectator support is never far away from registration to start and course marshalling, a friendly 'get going lan' or 'hurry up there are people in front of you' shouted from the sand.

This year, due to a thunderstorm and lightning, the delayed start didn't make too much difference although I think I achieved some advantage this year from an apparent shortened course and a rolling start which meant my time of 15m 38 sec was my fastest ever!! A rewarding 1st place in the over 70 age group ... maybe 70 is the new 50??

Congratulations also to other Noosa Masters Swimmers Robert Pugh 13m 49 sec, 10th in very competitive age group and Greg Bott 19m 07 sec for a 13th in age group Always a well-attended and competitive event as part of the Noosa Tri week. I would encourage many to have a go at this iconic event in an iconic arena. Thanks to all the vollies.

Not to lie back and bask in glory, the annual Bay to Beach (B2B) ocean swim followed two weeks later on the 15th November at Coolum Beach, swimming from 1st Bay around the headland to the Coolum Beach Surf Club. 2025 was the 6th time this event has been held and the 5th time a swim was completed.



Last year a postponement and final cancellation happened due to unfavourable sea conditions resulting in unsafe swimming conditions, hence the rescheduling to this year. The event organisers now have a back up venue at the Coolum Ski Park should the sea misbehave next year. Greg Bott and past member Sam Tucker were part of the organising committee and Coolum Surf Club Members.



Some suggested that Greg (Unable to Swim due to water safety duties) wanted to make sure the event was a challenge and labelled as the course set-out captain?? On arrival and viewing the last turning buoy off Coolum Beach, comments were heard to suggest it was closer to swim to NZ than to go around the last buoy?. Similar comments were also heard at 1st Bay entry beach. In fact the first wave I understand swam almost 2.2km instead of the scheduled 1.2km. Greg was dismissed after the first wave and the course reset to a more accurate distance. Greg allegedly weighted the marker buoys with a bag of rice and the buoys were drifting further offshore the closer you got to them. Heavy blocks of concrete were found and attached to the revised course. Fortunately the first swimmers were under 35 years so the additional distance didn't impact on the older age groups.

I was again lucky to finally get away in near perfect conditions out through the surf, around the turning buoys and back onto the beach in the second pack of swimmers. Luckily a first place was awarded for the over 65 years age group; I sense some faster swimmers will join this age group next year? Noosa Masters was again represented with Shane Walsh swimming strongly in the same age group, well done Shane who commented that the swim was enjoyable and in great conditions.

So come on Noosa Masters, set the challenge for an open water swim based on pool training endurance, then get some beach swims in to practise sighting and no black line to follow and enjoy the extra buoyancy and salty taste in the new year at Noosa and Mooloolaba events plus many others. Thanks again to the Coolum surf club for organising this event.

... Ian Tucker

I told my boss I needed a pay rise as 3 other companies were after me ...
He asked which ones ...
I said "gas, water and electricity!"

B2B Ocean Swim

Ian Tucker, our coach, Life Member, Open water and Endurance swimmer took out first place in his age group in the open water swim at Coolum Beach on Saturday 15th November.

Ian recounted how swimmers in the earlier 'waves' had to swim around 2.1km instead of the stated 1.5km because of the marker buoys drifting out to sea due to incorrect anchor setup. Fortunately for Ian, Greg Bott, Rescue boat driver extraordinaire, rectified his earlier blooper with the buoy placement. Ian's age group only had to swim the expected 1500m for which they were very thankful. Shane Walsh said he would have preferred the much longer course (11 jett) and finished in a creditable 6th place.

... Terry Parker



TONY FROST celebrates 65 years as an active Lifesaver

At our Noosa Masters Swim Club 25 Year celebration, our club also celebrated the 25 year anniversary membership of our living legend, Tony Frost.

Not to be outdone by our Masters Swim Club, the Sunshine Beach Surf Club recently celebrated Tony's 65-year contribution to the Surf Lifesaving Association. From earning his Bronze medallion in Sydney in 1960, to still patrolling at Sunshine Beach, Tony's dedication and passion for surf lifesaving are truly inspiring.

Terry and Maree Parker as well as Greg and I were honoured to be included in the wonderful evening celebration shared with Tony's friends, Surf Club life members and dignitaries, who all gathered to celebrate Tony's outstanding contribution to the Surf Lifesaving community including travelling the world to compete as well as mentoring numerous generations of lifesavers.

Seeing his family beaming with pride was a highlight for all attending as was the number of young and more senior lifesavers thanking Tony for all he has done for the Sunshine Beach Club and Surf lifesaving as well

... Julie Bott



2025 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
DECEMBER							
6	LC	Sunshine Coast Masters Meet	CSC	Sunshine	Q16/25	Yes	Kawana Aquatic Centre

COACH'S TIPS

Most swimmers think they are pulling water but they are not.

The high elbow catch is the foundation of fast freestyle.

If the elbow drops, you slip water and drop speed. If the elbow stays high you hold water and move forward. Your elbow can only hinge, it cannot rotate. So, if your hand enters flat or twisted, it is already set to drop.

Rotate the arm slightly inwards so elbow points out and up, that gets

the elbow out of the way so the forearm can work .

THE CATCH : You are not pulling water, you are anchoring your hand and forearm in the water and moving your body past it. That's how you create real propulsion.

Patience before Power. If you rush the catch, water slips through. Set the catch first, then drive straight back with the whole arm and body.

... Cheers, Jan



Jan's latest t-shirt
see front page story



DECEMBER 2025

Liz Alfredson	14/12
Barrie Bedding	31/12

*Like cheese and fine wine,
you're only getting better with time!!*



*Boy Oh Boy!! They sure start young these days!
Jo and Adele show the way.*

2026 AUSTRALIAN OPEN WATER CHAMPIONSHIPS & OCEANSWIM FESTIVAL

Entries are now open for the 2026 Australian Open Water Championships and OceanSwim Festival, 22-25 Jan 2026 in Bunbury, WA.

Distances include 10km, 7.5km and 5km and are open to men, women, boys and girls aged 14 and up, with multi-class events for swimmers with a disability.

In addition to the above, the 2026 event will also include a 3km knockout race with a faster, exciting format.

Perfect for long distance swimmers looking to go to the next level.

For full entry requirements, visit the event page on our website :

<https://www.swimming.org.au/events-results/events/2026-australian-open-water-championships-and-oceanswim-festival>

2026 Australian Open Water Swimming Championships
& OceanSwim Festival
22 - 25 January 2026
Bunbury, WA

Social Roundup for November 2025

Social Events

Melbourne Cup Day Party

An enjoyable event was kindly hosted at Robyn's Selby's home on the traditional first Tuesday in November. The Assembled punters, enjoyed fine food, fashion and the excitement of the big race. I believe Adrian and Fran Wilson "scooped the pools" by winning both sweeps. ... check out Julie Bott's report elsewhere in the Chatter.

Twilight Endurance

Endurance Twilight swim on Saturday 25Oct was followed by dinner at the Reef Hotel. This was Terrie Carter's last 'Deckie Duty' before moving on to Miami.

A group of 25 attended and gave her a fitting farewell. Thanks to Denise for organising.

Fifth Sunday of the Month Endurance and Bob's Backstroke clinic

A great turnout this Sunday. Lots of Endurance points and some new faces ... (yay!! Robyn and Mick) clocking up the points! Denise, as always, did a great job as deckie.

Bob's backstroke clinic was very well attended and participants displayed significant commitment and skill. I overheard a comment that there was "quite a bit of talent" on display. Congrats to all who took part and thanks to Bob Morse for the hard yakka of preparing and coaching.

These serious swimming endeavours were followed by a not so serious brekky, very kindly organised by Julie Tierney.

What a protein feast ... Home grown eggs, bacon, gluten free sausages, onions on a bun ...Delish!

Apologies to Brian ... he didn't swim fast enough and missed out 😞.

Thanks to the Committee for providing for the event and to Julie T for judiciously purchasing the necessities.

A final note of caution ... "Beware the multi-pocketed swim bag"

What's coming up ?

Date Claimers

Noosa Chorale at the J ... the traditional concert will be held on Friday 12th at 7.30pm and Sat 13th at 2.00pm.

Several people have bought their tickets so will no doubt catch up before the Show.

As Noosa RSPCA had closed we won't have the usual "four furry friends hamper".

After a brief discussion at Sunday swimming, there was support for making a donation to Katie Rose Cottage, the local palliative care service.

This could be changed each year.

New year BBQ hosted by Wendy and Ivan Ivanusec Sunday, Jan 11th details will be circulated.

... Chris Cooper, Social Coordinator



I told my boss I needed a pay rise as 3 other companies were after me ...
He asked which ones ...
I said "gas, water and electricity!"

ENDURANCE 1000 REPORT : November 2025



November has been **another** very good month for Endurance and we have had heaps of big and small swims – whoo-hoo! We have completed 51 smashing swims this month, and we still have another endurance event on Sunday 30 November. We are making huge efforts to finish strong and to go for the Top Scoring Club – again!

Highlights include:

- 1) On 4 November we had to swim in a 25m configuration in the 50m pool. Ian Tucker completed his 1-hour free in 3550 metres. That a lot of flip turns!
- 2) Ian Tucker and LiQun Hussey have completed the full program with Top Points!
- 3) On 11 November we had 11 swimmers who managed to complete:
 - ✓ Five 1-hours swims, 1500m swim, 30-minute swim and four “shorter” swims. I think we got our money’s worth that morning.
 - ✓ 1-hour swims were completed by Terry Parker, Susie Morris, Studley Martin, Shane Walsh and Lynette Clemitson. Plus Julie Rowe completed a 1500m.
- 4) Cristinlee Hangad completed her first 400 Fly – Holy Toledo!
- 5) Robert Ashwell completed his first longer swim after many months of rehab for his shoulder. Coming back is always sweet.

- 6) Chris Cooper and Wendy Ivanusec continue to represent Lane 0 as the Endurance Queens!
- 7) Brian Hoepper is doing his usual year end push. He only has 15 swims remaining for the year. That’s a cakewalk for Brian.
- 8) It’s super to see people swimming who typically don’t do many Endurance swims. Your efforts are noticed and appreciated, and I hope it compliments your squad training.

Susie Morris completed her first deckie role and has recorded several entries as well. It’s great to add another dedicated member to the Endurance Operational Squad!

I’m so glad to be HOME. We went on a cruise and played ping-pong trying to dodge the cyclone in Darwin. Ended up in Timor Leste. That’s quite the detour but ultimately made it home safely.

I would like to thank the generous person(s) who nominated me for the Australian Masters Swimming Unsung Heroes Award. I am humbled and honoured to receive the award. Running the Endurance program for the team is a privilege and EVERYONE contributes to the success of the program. Thank you for your dedication to swim, help with timing, being deckies, recording, audits, and showing up for a good time!

Happy Swimming,
Denise – Endurance Coordinator
endurance@swimqna.com.au

PS ... We had a HUGE turnout at the pool today. As deckie I was racking my brain to fit in all 19 swims. Mick Jones and Robin Selby made good on their promise and each swam 30 minutes. How good is that?! ... Denise



Noosa Masters surreptitiously nominated Denise DeCarlo and Wendy Ivanusec for an “MSQ Unsung Heroes” Award - so they were taken completely by surprise at the MSQ publication of this honour and special award. I’m sure I speak for Denise when I say we are truly thankful for even being considered for this honorary award!

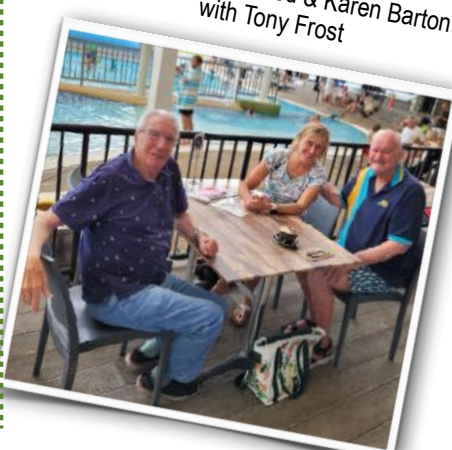
Thanks so much everyone!

... Wendy

4 Nov ~ E1000 - Master & Apprentice



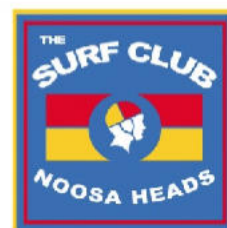
4 Nov ~ E1000 - Rod & Karen Barton with Tony Frost





Noosa Masters Swimming Club thanks its
generous sponsors for their support

PLATINUM



GOLD



SILVER



BRONZE



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