

NEWSLETTER

"Challengers Chatter"

OCTOBER 2025



Hervey Bay's unique trophies

Saturday October 18th saw the annual Hervey Bay swim meet hosted by the Hervey Bay Humpbacks Masters swim club.

A glorious summer day greeted sixty-four competitors from across southeast Queensland for the annual Hervey Bay Humpbacks long course swim meet, held at the beautifully refurbished Hervey Bay Aquatic Centre. The weather could not have been better with the temperature in the mid thirties and a gentle breeze.

The meet was officially opened by the Mayor of Hervey Bay, George Seymour, who graciously gave up his time and stayed on for the first few events to assist with timekeeping.

Hervey Bay Swim Meet 18 October 2025

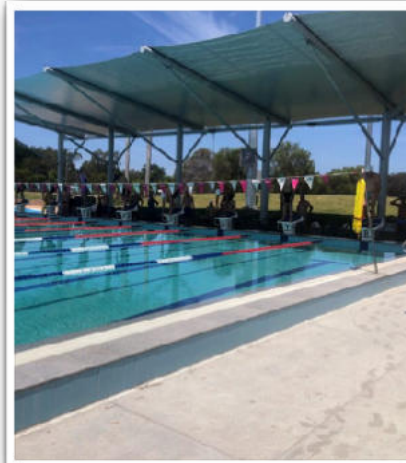
As always the event was very well run with all events on time and running smoothly. Officials and competitors alike went about their business with a cheery disposition, that made for a very pleasant day.

There was a total of sixty-four competitors travelling from as far as Coffs Harbour in the South and Mackay in the North. This number would be much less than previous years. In keeping with what seemed to be the general trend, Noosa Masters was represented by only two swimmers, Robert Pugh and Shane Walsh.

Both swimmers acquitted themselves well in competition. Robert's sizzling 26.91 seconds in the 50m free eased him into first place in his age group. He followed that up with another first in the 50m breaststroke.

Shane placed first in the 800m Free done as a postal swim and he managed to place in his other four freestyle events.

Hervey Bay Humpbacks offered cash prizes in five events for swimmers who swam closest to their



nominated entry times, creating a fantastic and dynamic challenge. The end of the individual competition made way for the frantic club relays, which produced some very intense racing as clubs vied for relay bragging rights!

As always, the culmination of the day's events saw the club trophies awarded. After tallying the points, Belgravia Masters Swim Club won the Largest Club Trophy, while the Smallest Club Trophy was presented to Brisbane Northside Masters Swim Club. Congratulations to both clubs on their outstanding performances!

Hopefully next year Noosa Masters will be back to Hervey Bay in sufficient numbers to conquer the competition!!

... Shane Walsh

WORTH MENTIONING ... New QLD State Records ... PLEASE NOTE THE AGE GROUPS

400m Butterfly - MARSHA REDDIE - 010:25.95 SC - F - 80-84 - 400m - Butterfly
400m Breaststroke - ANGUS VON DOUGLAS - 009:58.90 SC - M - 85-89 - 400m - Breaststroke
200m Breaststroke - ANGUS VON DOUGLAS - 004:48.46 SC - M - 85-89 - 200m - Breaststroke

2025 Australian Masters Games, Canberra

by Jo Matthews

Two Noosa Masters Swimmers scored twelve gold medals between them

Having never been to Canberra before, I thought attending the Australian Masters Games would be a good opportunity to take in the sights. Karen Martin, a former Noosa Masters Swimmer, kindly met me at the airport and took me to collect my pack, do some food shopping and help me to find my Airbnb. We also enjoyed a lovely lunch, catching up on the gossip ... of course we talked about you all !!

I had booked an apartment within walking distance of the pool, which was great. I sat poolside with Sue and Clinton Stanley. Clinton was the only other swimmer from Noosa to attend. As well as competing, he was raising funds for the Dementia Society, to date - a massive \$6,600. Congratulations Clinton!

Day One was the 200m Fly and 50m Fly. It was not the greatest organisation on this day and, at the last minute, I was told they had combined two heats of the 200m Fly. So, before my pre swim stretches, I was forced onto the blocks at the last second. I finished 3.15 off my PB ... not too bad considering. The 50m Fly was also eventful, when one of the male timekeepers, tried to pull off my FINA tab from my suit, saying I had a sticker attached!!!! I will leave you to imagine my reply !! I was 0.48 off my PB.

By then I was over it, so decided to finish for the day in the hope that Day Two would have more to offer. (Yes, Jo gave up on the chance of more medals!).

Day Two arrived with a new determination and pleased to see that instead of being behind the timeline, they were in front. I believe a lot of comments had been made the day before. 25m Fly was first with a PB of 0.48, 00.05 off the Queensland record! It was swiftly followed by the 100m Fly, 2.41 off my PB, and the 25m Breast, 1.52 off my PB.

Clinton by this stage had finished competing and had earned 6 Gold Medals. Not to be outdone, I stayed and achieved a massive PB in the 100 IM taking off 13.05 seconds. A good swim to finish on. All six events gained me first place in my age group and thus 6 Gold Medals!

Days Three and Four were taken up with sightseeing. The Old and New Parliament Houses, the War Memorial, the Rose Garden and the Canberra Zoo and Aquarium.

Putting up with the cold weather was OK, with the hope I would return to sunshine. No such luck, the Bruce Highway was awash. I was pleased to get home to my cosy apartment!



Clinton & Jo

Memories



Parliament House



House of Representatives



War Memorial

2025 Australian Masters Games, Canberra ... cont'd



COOROY'S SUPERFISH SWIMS FOR HIS DAD

Noosa Masters swimmer Clinton Stanley, who has been a member for the past 22 years, has recently competed at the Australian Masters Championships in Canberra.

The championships hold special significance for Clinton as they were fundraising for Dementia Australia. Clinton's Dad, Chris, has been in care at Arcare Perigian Springs for the past 19 months with Alzheimer's.

Clinton stated, ***"I will swim for my dad and raise much needed funds."*** Clinton visits his dad every Monday and he finds it very hard knowing that his dad is losing the wonderful memories they have shared over the past 49 years together. In 2025

around 433,300 Australian's live with dementia, with numbers expected to almost double in the next 30 years.

He participated in six events over the two-day championships and achieved three personal best times. He has raised \$6,600 so far and came home with 6 Gold medals. Thank you to everyone who supported Clinton by donating to Dementia Australia

... Sue Stanley

... Ed - Clinton is still fundraising until next Sunday 2/11/25
fundraising.dementia.org.au/fundraisers/clintonstanley





***Ian Tucker celebrated his 70th on 21 October
with his Noosa Masters friends at
Sunshine Beach Surf Club !!***



Celebrating Ian Tucker's 70th Birthday ...

A lot to celebrate ...

It's a long time to be on this earth and to have achieved so much and made such a positive contribution to the wellbeing of many people.

We at Noosa Master Swimmers know Life Member Ian Tucker to be part of the fundamental glue that maintains this club as such a friendly, well run, cooperative, high achieving group of older swimmers who keep striving to improve. He is the ideal role model for Masters Swimming

Since my time QNA, I've known Ian as an expert and encouraging coach, an inspiring, accomplished Master swimmer, a leader, a sage head in challenging times, a calm presence when troubles arise and always ready with a laugh and a joke. He embodies fitness, fun and friendship.

So, it was indeed a joyful celebration, on Tuesday 21st October at the Sunshine Beach Surf Club when 50 plus

people came along to eat drink and be merry and celebrate Ian's 70th birthday.

This was final event in the 'Festival of Ian' so no doubt he and Adele deserve a bit of a rest. Past friends from Brisbane and many current members and partners came along to be treated to birthday bubbles and cake in the glorious setting looking out to sea.

After a rousing chorus of "Happy Birthday," Ian related ups and downs of getting to this milestone with his usual humour. The gathered group raised glasses and wished him many more years of good health, friendship and swimming fun.

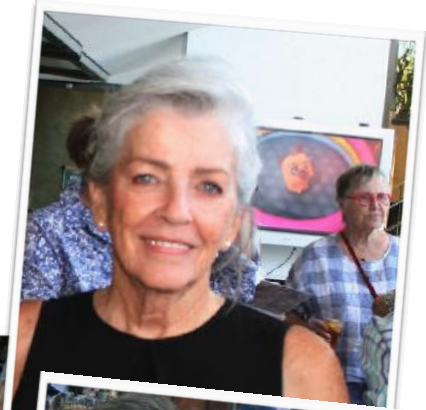
"Happy Birthday Ian", may the festival of life continue for a long time yet.

... Chris Cooper





Celebrating Ian Tucker's 70th Birthday ...



**At my age, a trail of clothes leading to the bedroom means
I dropped them on the way from the dryer!**

Following the recent AGM of our Club we welcome our new Committee & Appointments



2025-26 Appointments

Minutes Secretary 2026	Julie Bott
Head Coach	Jan Croft
Assistant Coaches	Bob Morse, Greg Bott, Ian Tucker, Viv Merrill and Wendy Nothdurft
Endurance 1000 Recorders	Susie Morris
Endurance 1000 Co-ordinator	Denise DeCarlo
5th Sunday Breakfast Organiser	Julie Tierney
Newsletter Design & Production	Wendy Ivanusec and Brian Hoepper
Publicity Officer & Media	TBA
MSA & MSQ Reporting	Julie Bott
Merchandise Committee	Linda Hogg and Jacky Shields
First Aid & Safety Officer	Kevin Alford
Welfare Officers	Chris Cooper & Robyn Selby
Website & social media	Melissa Travers & Sandra Lyons
Volunteer Coordinator	Shane Walsh
Funding & Sponsorship	Sponsorship coordinator needed
Swim Meet Director 2026	Julie Bott
Grants Officer	Greg Bott
Video Officer	Bob Morse

2025-26 Committee Members

President	Terry Parker
Vice President	Ashley Dinning
Secretary	Helen Malar
Treasurer	Studley Martin
Club Captain (M)	Robert Ashwell
Club Captain (F)	TBA
Endurance 1000	Denise DeCarlo
Social Co-ordinator	Chris Cooper
Viv Merrill	Registrar

Farewell Ian Burvill ...

Clearly swimming is in Ian's veins. I know he hails from Vancouver and swims with the Nanaimo Ebbtides. It appears that Ian is a very quiet achiever. In Aug 2012 he scored 3 Gold medals (was it the London Olympics?) and on 27.4.2018 he was one of a team that set a Canadian record of 2.27.44 for a S.C. 200m Free Mixed Relay for the 280-319 age group which still stands 7 years later!

Ian has donated generously to our club as did Karen and Rod Barton from Southport in the UK. With the recently added burden of lane hire fees, this thoughtful gesture is warmly welcomed.

Karen is a great backstroker ... I realised this as she easily kept pace with some of us freestylers in Lane 2.

It is very gratifying to see how much our overseas regulars enjoy the coaching and feel right at home swimming with our local crew. We look forward to the pleasure of their company again next year!

... Terry Parker



Dining Out

A Boomer couple went to breakfast at a restaurant where the Seniors special was 2 eggs, Bacon, Hash Browns, and toast for \$5.99 "Sounds great" said the wife "but I do not want the eggs!"

"Then I will have to charge you \$6.99 because you are choosing A la Carte", the waiter warned her,

"You mean I would have to pay more for not taking the eggs?" asked the wife incredulously. "Yes" said the waiter,

"I will take the special then". "Great", said the waiter "how do you want your eggs? "

"Raw and in the shell" the wife replied She took the two eggs home and baked a cake!

... Don't mess with Seniors - we have been round the block more than once!

2025 NOOSA TRIATHLON

A quick search of the internet reveals the following on the subject of volunteering.

"Volunteering is good for your health and offers several benefits, including:

- Enhanced Mental Wellbeing
- Increased Social Connections
- Active Lifestyle
- Improved Physical Health

Vollies from Noosa Masters to this year's Noosa triathlon week events experienced all of that plus ;

- A severe storm cell accompanied by dramatic lightning
- A significant drenching
- Record crowds
- A hot and humid morning on the Beach and lots and lots of Fun and Friendship

While the number of participants in the main event was a staggering 8,500. The many associated sporting events over the week mean a total of 12,500 adults and children will have "had a go" and our Club has helped them!!

The Noosa Triathlon week brings an enormous injection of funds into the area which would not be possible without a large contingent of volunteers.

Noosa Masters members have made a massive social contribution to the Sunshine Coast community in helping out for the week.

As a Club we had 27 members contribute their time, many showing up for several, or all, of the five events that we covered:

Wednesday Morning: Run Swim Run

Check in & marshalling. 10 Masters

Friday morning: Fun Run for Glen McGrath Foundation

Check in & marshalling. 10 Masters

Friday afternoon: 2XU Ocean Swim

Check in & marshalling. 12 Masters

Saturday morning: Superkids Triathlon

Check in & marshalling.

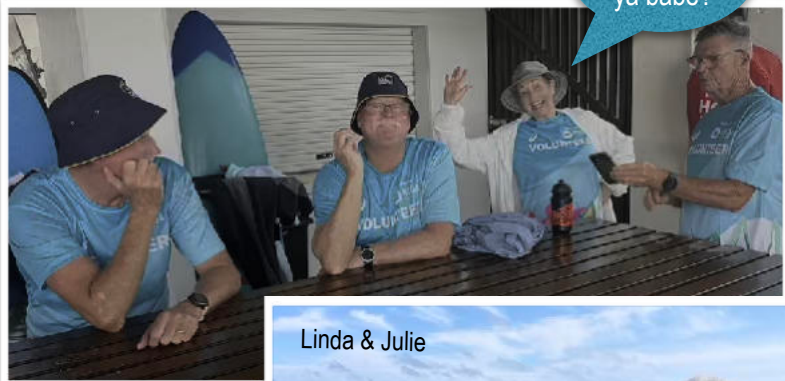
4 Masters & Marie

Sunday morning: The Noosa Triathlon

Marshalling

8 Masters plus Ian Burvill and Iona from Canada.

To the guys and gals who crawled out of bed to be on site at 5am and who understood that sometimes you have to wait around patiently and who then executed their roles



quietly and efficiently with good humour
... you have done your Club a great service and you have every right to be proud of yourselves!

To the members who would have been there if not for other things happening in their lives - thank you ... next time??

Also, a big 'thanks' to those who have made a donation to the Club in lieu of helping.

To Ian and Iona visiting from Canada and Marie Parker, my heartfelt thanks for helping our Club.

In particular, following what will be a significant boost to our financial position, a big "thank you" to our President Terry who has been so supportive and always enthusiastic and who has spent much more time volunteering this week than he should have!

... Shane Walsh
Volunteer Coordinator

2025 NOOSA TRIATHLON

Thanks QNA Veggies !!

From Fiona - Ironman Volunteer Co-ordinator
To: Noosa Masters Volunteers, 2XU Swim,
Black Friday

Oh my goodness you guys are
SUPERSTARS!

You are the best bunch to hangout with during a supercell storm! It was quite fun! Thank you all for your patience and understanding this afternoon and for going over and above to keep the 2XU swim event going when the heavens opened. Wowza!!

I'll check you all in for 1.30pm and all out at 6pm.

I'll also request a special additional bonus for exceeding all expectations from a volunteer group.

You guys were truly amazing! Thanks again Shane for all your organising today! It was a huge day for you and you really worked hard keeping everything moving! Congratulations team for all that you did today!

We would not have survived without you!

See you tomorrow! 🤗🤗🙏🙏...

With warm and dry regards! ... Fiona

Run Swim Run



QNA Veggies



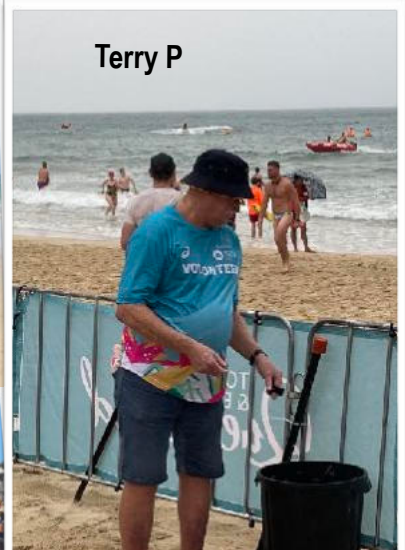
Christin



Mick



Terry P



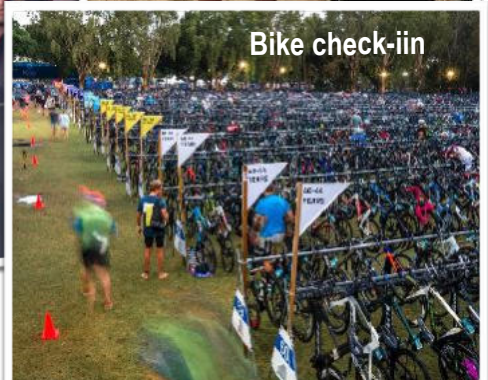
Iona



Greg



Bike check-in



2025 NOOSA TRIATHLON



A few Witticisms to brighten your day ... or make you groan

- 1 I tried to walk like an Egyptian but I needed to see a Cairo practor.
- 2 Why can't you hear a psychiatrist going to the toilet? Because the P is silent.
- 3 My brother makes bicycle wheels, he is the factory's spokesman.
- 4 I accidentally rubbed ketchup in my eyes, now I have Heinzsight.
- 5 I tried to come up with a carpentry pun that woodwork, I thought I nailed it but nobody saw it.
- 6 How much does a chimney cost? Nothing, it's on the house.
- 7 She said she wouldn't eat a cow's tongue because it came out of its mouth, so I gave her an egg.
- 8 Once there was a king who was only 12 inches tall, he made a great ruler

COACH'S TIPS

Some basic swim tips & drills ...

Distance swimming ... Key to distance swimming is to do as much short rest work at race pace as possible. Successful sprint training is built on a foundation of endurance conditioning.

The kick should complement the stroke, not dominate it. Remember, it only accounts for 10 % of the power and is mainly for balance and rotation.

Technique is most important.

All the training in the world will not give optimal performance. Under fatigue and pressure you will revert to inefficient technique.

This is why drills are marvellous.

Try to relax as much as you can in your freestyle. Keep the hands soft, not tight. You can't feel anything with tight hands. Relaxed swimmers are good swimmers!

... Cheers, Jan



A blast from the past - Jan in her 2008 AUSSI Masters Nationals t-shirt



2025 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
NOVEMBER							
2	QWS	Sinkers-QWS at Balmagowan	QNS	Central	Q17/25	n/a	Pioneer River, Balmagowan Cancelled
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



November 2025

Diane Scott-Davies	4/11
Julie Bott	5/11
Kevin Alford	7/11
Kathleen Gordon	8/11
Anne Besser	9/11
Corals D'Ott	15/11
Sue Silburn	17/11
Graham Douglas	18/11 (Big 70)
Akira Kada	30/11

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

Kevin was brave enough to wear this T-shirt to the pool recently. We all had a good laugh!! Thanks Kevin. What next we wonder ...?



Denise made me do it ... 🤩

Seven years in the making

When I joined Noosa's Masters seven and a bit years ago, forever grateful to Jacky Shields, I could just manage to splash down the lane, (zero naturally), gasp at the deep end before launching out again, back to the shallow end for another bout of gasping before attempting the mammoth 100m feat yet again.

A couple of years later, an encouraging coach and other fellow 'lanees', (Wendy, Quentin and Grant I suspect) suggested having a go at the Endurance Program and coming to the pool on Tuesdays. The thought of seriously swimming for an entire 400 metres filled me with horror.

Having never engaged in any serious sporty activities, other than the occasional 'FunRun' in my twenties..... emphasis on fun, and the team swim leg of the tri back in 2006 (which was the result of a dare), such a feat was something I thought beyond me. Anyway, I gave it a go. With the genuine encouragement, coaching and support of the Endurance swimmers, I managed to do most of the 400m swims over that first Endurance year. Phew!

What spurred me on was the thought that the minuscule points I accrued could certainly have been the critically important points that got our team over the line. So I stuck with that thought which motivated me to keep going.

Mine was the winning point. 🍌🍌🍌

Over the next few years I tried 800m, I tried form strokes with much ongoing frustration, and attempted to practise what Jan, Bob, Ian, Viv, Greg, and Wendy were teaching, much to their bemused encouragement. I will always remember when Ian was attempting to explain "the breaststroke kick" only to remark after we all had a go "I've got no idea what Chris was doing, but well done for trying" I still can't do it..... but I can try for a slow 400 m. (it could be the winning point!)

The Endurance Program gave me the most amazing opportunity to practise strokes, get help, encouraging support and slowly improve

over time ... from a pretty low baseline.

And now to 2025 ...

Denise DeCarlo, our dedicated Endurance Coordinator, is a great motivator, exemplar and tireless encourager of the 'go for it... you can do it' attitude that keeps us enduring.

Unfortunately, her current, frustrating injuries have curtailed her participation in the Endurance program this year. So, she put out the challenge to all members to do longer swims on her behalf, so we could accrue points and hopefully defend the club's winning record. What an opportunity!!!!

Today I managed to complete a 1500m freestyle swim. A first for little 'ole lane zero' me ... And top points!!

Who'd-a-thought?????

Huge thanks to every QNA member who has encouraged, coached, timed, shared a coffee and made the Endurance Program such a great experience. Just shows you can go from zero to hero with a little bit of help from your friends. 🎵

... Cheers, Chris Cooper



Post Endurance Dine-out & Farewell to Terry Carter : Saturday 25 November, 2025



ENDURANCE 1000 REPORT : October 2025



October has been another very good month for Endurance.

In addition to our four Tuesday swims, we also had a Twilight swim with 14 swimmers and over 25 people going to Reef's hotel for dinner afterwards – do we like to socialise or what?!

I'm so proud of the team right now. We have completed 53 swims this month, and we still have another endurance swim on 28 October. It's been a great effort by so many people. Highlights include:

- 1) Chris Cooper is smashing it in the pool doing longer swims (see the article she's written about Endurance)
- 2) Anne Besser reduced her 800 Free time by two minutes! – What on earth is she eating?!
- 3) Jo Matthews finished the whole program with top points. Congratulation Jo!
- 4) Greg Bott has been gutting it out doing some long swims. He completed 2975 in his 1-hour swim. Rumour has it, he's going to do it again to hit the 3k mark!
- 5) The following swimmers have been putting in some long swims:
 - ✓ Peter McGahan, Adele Tucker, Ian Tucker, Susie Morris, Corals D'Ott, Julie Rowe, Lynette Clemitson, Sue Silburn, Melissa Travers and Terry Carter. *My goodness what a huge effort!!*
- 6) Our fearless President is back in the pool after spending way too much time in medical offices – great to have you back Terry!

- 7) Kerry Blackwell did her first endurance swim of the year – great to see you Kerry
- 8) Several swimmers are well on the way to finishing the whole program.

We completed the audit of the swimmer binders in October. Common mistakes were missing information such as the date of the swim, short or long course swim, and timekeeper signature. All-in-all very minor errors so well done to everyone for keeping your binders in good order.

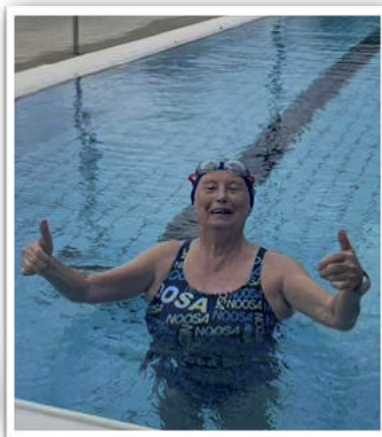
Mark your calendar: Sunday 30 Nov is the 5th Sunday of the month, so we get to squeeze in an extra Endurance swim, along with an egg sandwich afterwards. Come for the stroke clinic and some endurance swimming too!

We remain behind our 2024 accumulative total by about 2,000 points. If we finish strong, we can make another go at the illustrious Top Scoring Club. Not sure if we will pull it off, but I know we will have fun trying. That's all that really matters.

And I now say farewell to Terry Carter. She's been an instrumental part of the Endurance program. Participating as a swimmer, deckie, recorder, auditor, and back-up to me as the Endurance Coordinator. All the best to you Terry, we will miss you heaps – but we wish you all the best. Just don't beat us next year, ok?!

Happy swimming,

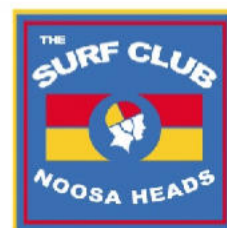
... Denise – Endurance Coordinator
endurance@swimqna.com.au





Noosa Masters Swimming Club thanks its
generous sponsors for their support

PLATINUM



GOLD



SILVER



BRONZE



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