

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"



DECEMBER 2025

Sunshine Coast Masters LC Meet : December 6, 2025

by Robert Pugh - Club Captain



Noosa had 10 swimmers representing the club at this final meet for the year. I think that is the biggest representation we have had for the year - so well done team.

Four of these swimmers swam the maximum of five individual swims plus two relays - so "well done" to Greg, Wendy, Helen and Susan.

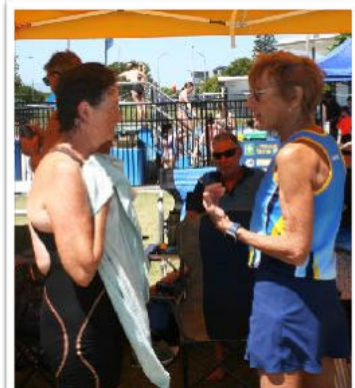
A special mention to Ashley Dinning and Susan Morris who both had their first meet representing Noosa at this event.

Also to Rob Pugh who swam a blistering 50m freestyle in a time of 25.95!

Congratulations to Wendy, Helen, Susan and Shane who all came second in their respective age groups and Greg and Rob Pugh who managed third in their age groups.



Sunshine Coast Masters LC Meet : Winners are Grinners



Quamby Place Tennis Courts Get an Exciting Addition - Pickleball!

The Sport and Active Lifestyles team are excited to announce that the tennis courts at Quamby Place, Noosa Heads are now available for the community to enjoy pickleball!

This fantastic project was a collaboration between the Noosa Pickleball Club volunteers and Noosa Council. Under the expert guidance of Woody Das, Duncan Macfarlane, and David Armstrong, from the Noosa Pickleball Club, two courts were taped out on a humid Friday morning.

Despite the looming storm, John Lamb and Lindsey Alexander from the Infrastructure Services team coordinated with Sunshine Coast Road Markers to paint the courts, and they look amazing!

courtesy Noosa Today



Cantique de Noël: Christmas from Around the World

An enthusiastic group of Noosa Masters descended upon 'The J' to enjoy the delightful harmonies of the Noosa Chorale and the antics of its Conductor, Kim Kirkman. Accompanying pianist Janet Brewer excelled on piano as the Chorale presented their annual Christmas Cheer concert comprising songs and carols from around the world, many sung in their original languages.

Amongst them were songs performed by individual choristers and small groups: Jonathan Anstock, Lorraine Bates, Paige Allen, Belinda Griffiths, Debra Schneider,

Fran Wilson, Debbie Boyles, Pamela Turnbull, Olena Kruta, Susi Fox, and Cal Webb.

Bass Jeremy Martin read the John McCutcheon poem "Christmas in the Trenches" while the choir sang "Stille Nacht" ("Silent Night" in German) in the background. Tenor Mark Taylor compered the ever-popular raffle.

All who attended agreed it was thoroughly enjoyable and uplifting evening. Roll on Christmas 2026!!

... Ed

Photography: Ann Milland
& Wendy Ivanusec



Archangel Adrian Wilson



Soprano, Fran Wilson



Left and above : Kim Kirkman,
Conductor



An idyllic scene, sun shining, folks
swimming, eating, drinking ...

Boxing Day at the Noosa River mouth is usually a vibrant, busy spot with families enjoying the calm, clear water, picnicking at the Spit, boating, and swimming in the sheltered areas like Dog Beach, a classic summer scene for locals and visitors celebrating the festive season with boat hire, fishing, and sunshine, often using free local buses to avoid parking hassles.



Driftwood sculpture on
the sandbank

Xmas in the Park 2025

A balmy river breeze, fine food and wine, chatting comfortably with swimming mates in the shade of the beautiful well-established treesWhat a pleasant way to celebrate the end of another successful year of Noosa Masters Swimming.

Our annual Xmas in the Park was well supported, despite this being a busy time of year with many competing social commitments. It was great to see some old faces such as Barrie Bedding making the effort to come along. It's always so pleasant to catch up with members' partners we only see on such social occasions.

This year we decided to support Katie Rose Cottage, the local Hospice, with a charitable donation. QNA members gave generously and we collected \$500 with the options of donating with cash, eft or bank deposit.

A very pleasing result, so many thanks to our generous members who donated to this worthy cause. This will be deposited in Katie Rose Cottage Donation account.

Huge thanks to Shane Walsh who kindly transported the tables and club gazebos from the pool to the park and back again on Thursday. They magically seemed to appear in the right place at the right time. Also a big thank you to Carmel, Mick, Julie T and Terry who helped set the tents and tables up. A note of congratulations to Terry who managed some creative construction techniques with a dodgy table ... well done Terry!

After conducting an informal survey to nominate the **'Most Festively Attired'** partygoer, the field was narrowed down to three worthy recipients who went into a draw.

Lois, in coordinating red white and green Xmas hat, tee shirt, earrings, **Wendy I** in Xmas shirt and fabbo hat and **Julie** Bott in pristine white with a very flashy green and white festoon necklace.

Julie was drawn as the lucky prize winner. Good on everyone who got into the Xmas spirit and dressed with a nod to the festive season in some shape or form.

As the sun began to set, it was time to pack up the tents and tables.

It seemed such a shame to break up the last of the revellers as they chatted enthusiastically, wine in hand, under the yellow gazebo. But alas it was time to go and it was all hands on deck as we all helped, (sort of), to get things back in Shane's truck.

Thanks again to everyone who came along to make this another enjoyable Xmas in the Park.

Let's do it again next year.!

... Cheers 🍷
report compiled by Chris Cooper,
Social Co-ordinator

Next Social event 🎉🎊

New Years BBQ, Sunday 11 Jan, hosted by Wendy and Ivan Ivanusec.

Further details will be circulated by email.





Katie Rose Cottage Hospice



65 years Service to Surf Lifesaving



Early November, Sunshine Beach SLSC organised a function, presenting Tony Frost with a plaque from Surf Life Saving Australia, recognising that he had been an active patrolling member since receiving his bronze medallion on 17 January, 1960.

Greg & Julie Bott and Terry & Maree Parker attended and Julie provided a story about Tony's singular achievement for the November Chatter. However, a couple of important photos were omitted - here they are ...

1. Tony, Sandy Bolton, Bob Cameron & Johnny Gooderham (President of Sunshine Beach SLSC).
2. Tony's proud family: Petrina, Kay ,Tim, Tony,Amanda & Carrie.
3. The Certificate (above)



2026 MSQ Calendar of Events

The MSQ (Masters Swimming Queensland) Calendar for 2026 features major events like the [2026 MSA National Championships](#) (April 28 - May 2 in Brisbane), the MSQ State LC Championships & 50th Anniversary (July 16-18 in Townsville), and the [Pan Pacific Masters Games Swimming](#) (November 12-14 on the Gold Coast)

January 2026

Sat 17

January 17, 2026 @ 2:30 pm - 5:00 pm
[Ipswich Grammar Masters LC Meet 2026](#)

Ipswich Grammar Pool Waghorn Street, Ipswich, QLD, Australia
Sanctioned Swim Meet

February 2026

Sat 21

February 21, 2026 @ 8:00 am - 4:00 pm
[Miami Masters Meet 2026](#)

Miami Aquatic Centre 80 Pacific Ave, Miami, Gold Coast, QLD
Sanctioned Swim Meet

March 2026

Sat 28

March 28, 2026 @ 8:30 am - 1:00 pm
[Belgravia Masters Marathon Relay Challenge](#)

Burpengary Regional Aquatic Leisure Centre (BRALC) 1 Aquatic Centre Drive, Burpengary, Qld, Australia

Other Events

April 2026

Sat 11

April 11, 2026 @ 8:15 am for 9am start - 4:00 pm
[Noosa Masters Meet 2026](#)

Noosa Aquatic Centre 6 Girraween Court, Sunshine Beach, Queensland, Australia
Sanctioned Swim Meet

April 2026

Tue 28

April 28, 2026 @ 8:00 am - May 2, 2026 @ 5:00 pm
[2026 MSA National Championships](#)

Brisbane Aquatic Centre Sleeman Sports Complex, Old Cleveland Road & Tilley Road, Chandler, QLD, Australia
Sanctioned Swim Meet

July 2026

Thu 16

July 16, 2026 @ 8:00 am - July 18, 2026 @ 5:00 pm
[MSQ State LC Championships 2026](#)

Long Tan Memorial Pool Cnr. Fulham Rd & Lindeman Ave, Heatley, Townsville, Queensland, Australia
Sanctioned Swim Meet

Sun 19

July 19, 2026 @ 7:00 am - 9:00 am
[MSQ State Championships OWS 2026](#)

Open Water Swim

November 2026

Thu 12

November 12, 2026 @ 8:00 am - November 14, 2026 @ 5:00 pm
[Pan Pacific Masters Games 2026](#)

Gold Coast Aquatic Centre Marine Parade, Southport, Queensland, Australia
Featured Event

Australia vs The World

[Swimming Australia](#) hosted its inaugural "Australia vs The World" swimming event in Brisbane in December 2025, a new, fast-paced format featuring top Aussie Dolphins (like McKeown, O'Callaghan, McEvoy) against international stars (like Duncan Scott, Thomas Ceccon) in a thrilling, fan-focused competition, culminating in Australia winning the overall event despite strong challenges from Team World in unique skins and sprint events.

... reprinted with permission of SwimAus.



I'm still laughing ...

Overheard in Lane Zero this morning ...

"Geez you're a show off ... I'd like to take your pants off and see how good you are then!"

I **assume** they were talking about Mick's buoyancy shorts !!!!

... Ed

Hello from Canberra !!

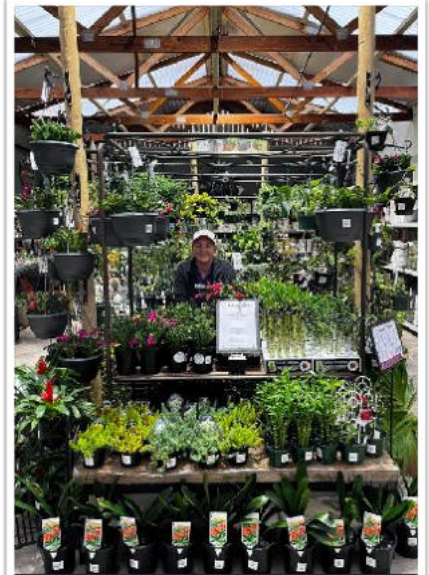
by Karen Martin

Hi from Canberra ...

I've been here for 18 months now. I have a good job that I like, working in a Garden Centre near to home in Yarralumla. I mainly work on the till and look after the shop area and indoor plants and pots. I get to be creative by doing displays. In August I was chosen to go to Melbourne trade fair to buy for the shop, loved it, then shortly after that I flew to England and had my first two-week paid holiday since a very long time ago. I went to Brighton to see brother Paul, his family and Mum and Dad. The highlight of the trip was going to the top of St Paul's Cathedral; it was unreal.



Canberra has lots of opportunities, plenty of jobs, well paid public servants, defence people, office people and they have money to spend in the community. They spend in the Garden Centre and then there's some tourism too.



There are hundreds of apartments (you can still buy for under \$500,000), more townhouses. With this type of accommodation it caters for younger people, students and the lower paid jobs. Quite interesting observing life here.

Earlier in the year, encouraged by a work colleague, I decided to enter a 10km run (trail running) in Mount Stromlo, Sunday 16th November. However, I got held back in training because my hips started hurting.

I went through with it, walked up the hills and ran on the flat and downhill. I finished in one hour 37 mins, didn't come last and was really pleased with how I paced it and had enough in me to run the last 2km at a quicker pace. The day after I had sore thighs and glutes, went to work still on a high that I completed it!



I miss you all, the best club in the whole wide world

.... Karen



COACH'S TIPS

Some basic tips this month

Kick :

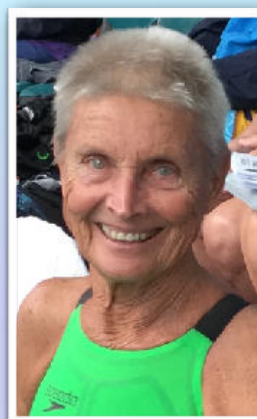
Many beginners kick too much and too big, ruins body position and slows you down. Try to keep legs almost straight, slight bend in the knees. Power and strength comes from your hips. Kick short and quick. Big kicks take too much energy and ruin your streamline position.

The catch in freestyle :

Enter water with fingertips, after the catch, angle fingertips toward bottom of pool.

This sets you up for a strong pull phase turning your entire hand and forearm into one large paddle and it is also much easier on your shoulders than pulling with a straight arm. Pull straight back towards your feet, keeping hand relaxed with your fingertips slightly apart. Try to keep your elbow above your hand for most of the pull, extending your arm until it gets past your hips.

... Cheers, Jan



JANUARY 2026

Trevor Matthews	06/01
Robert Ashwell	20/01
Jacky Shields	22/01
Carola Henderson	23/01
Viv Merrill	27/01

Birthdays are like golfing — it's a lot more fun if you don't keep count!!



Stephanie Jones & Jan Croft finally received their Top 10 Awards for 2024 !!



THE CHINESE YEAR OF THE FIRE HORSE

The Chinese Year of the Fire Horse begins on February 17, 2026 and lasts until February 5th, 2027. This year is considered good for career advancement and taking bold steps, especially for people born in the Horse year, who are encouraged to embrace change. For Western zodiac, there isn't a single lucky sign for the entire year, but sources suggest that signs like Capricorn, Taurus, Leo, and Virgo may experience financial growth, while Virgo, Sagittarius, Cancer and Aquarius might be ready for career and financial breakthroughs

Chinese people believe that what you do at the beginning of a new year will affect your luck in the coming year. Staying up on Chinese New Year's Eve (February 16, 2026) and saying good words to your family/friends like Happy New Year after the clock strikes 12 will certainly bring good luck.

Giving out red packets to kids and elders will help cast away the bad luck (demon Nian) and bring good luck in.

Besides, decorating your house with kumquat trees (symbolising wealth & good luck), wearing your lucky colour (yellow, red), and eating lucky food like rice dumplings (family togetherness), fried flour-coated peanuts (vitality), walnut cookies (happiness), etc. are popular ways to get lucky.

Ed. note : This article describes the good fortune that some (many?) Chinese people hope for at the time of the Chinese New Year'.



E1000 - 2026 folders

On behalf of
us all ...

A big
"Thank you"

to the willing workers who
volunteered to put folders
together for each member of our
club in preparation for the start of
a new Endurance year in January
2026.

"Your blood is worth bottling!!"



30th November 2025 - a challenge !!

The Challenge ... Denise, our Endurance Co-ordinator, talked Mick Jones and Robyn Selby into having a 'match race' and after a little 'persuasion' they agreed to swim a ½ hour! Robyn timed Mick (see photo) and Mick timed Robyn ... their first swim in the Endurance Programme. It proved to be a Dead Heat - they both swam the same distance!! No winner ... but rumour has it that now, having 'broken the ice', they'll probably continue the programme in 2026. How good is that?? There was a great turn-out for the 5th Sunday, no doubt encouraged by the promise of a bacon & egg roll breakfast afterwards. Thanks Julie Tierney for catering! By doing a big swim, Jim Travers left his run a bit late, missing out on a bun - but managed the egg and bacon OK (see photo).

... Ed



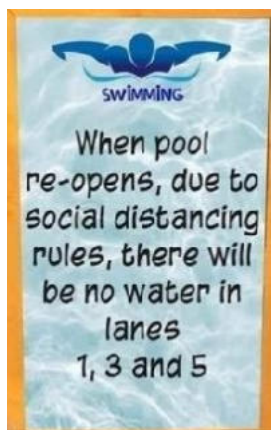
December E1000 ... the last gasp!

Tue, 9th December 2025 - a great effort ...

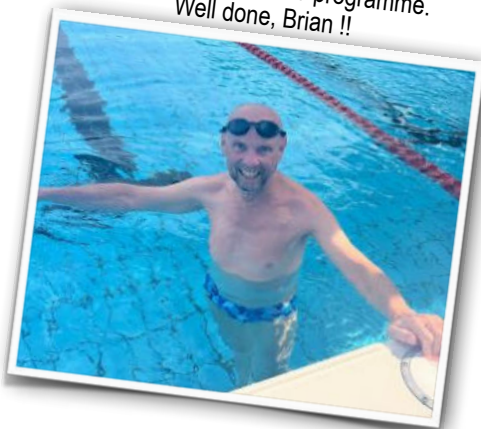


Tue, 23rd December 2025 - some big swims ...

23 Dec ~ Peter McGahan completes the E1000 programme for the first time - congratulations, Peter !!



23 Dec ~ Brian Hoepper continues to challenge himself and has yet again completed the E1000 programme. Well done, Brian !!



Paddy's in the bathroom and Murphy shouts to him. "Did you find the shampoo?"

Paddy says, "Oi did, but it's for dry hair and I've just wet mine."

ENDURANCE 1000 REPORT : December 2025



December has been **another** excellent month for Endurance. We completed 25 “big swims” plus heaps of 400’s and 800’s. We have one remaining Endurance event on Tuesday 30 December. Last chance to grab some points for the team. We’ve made a great push to the finish line. We will find out in January if we won the Top Scoring Club – **again!** Regardless, we tried hard and pushed ourselves, so that’s what matters.

Big swims included

- Susie Morris 1500 back
- Brian Hoepper completed 60-minute back, 1500m, 30, 45 and 60-minute breast, and 1500m back (that’s 6 huge swims)
- Kerry Blackwell 30-minute free
- Corals D'Ott 45-minute **and** 60-minute free
- Julie Rowe 60-minute free **and** breast
- Peter McGahan squeezed in 3600m in his 60-minute free
- Terry Parker 1500m, 45 **and** 60-minute back – holy smoke!
- Lynette Clemitsen 30-minute free **and** 1500m back **and** 30-minute breast
- Sue Silburn 1500m free **and** back
- Adrian Wilson 60-minute **and** 1500m free
- Rod Alfredson 60-minute breast
- Wendy Nothdurft 60-minute free clocking 3400 metres

Congratulations to Brian Hoepper and Peter McGahan for completing the full program with top points. A massive achievement!!

2026 binders are prepped and ready for the new year. Please keep your 2025 binder until I let you know it’s time to hand them back in (for use in 2027). Make sure you use your 2026 binder in January (it’s the blank one, ha!). I had tons of Santa helpers putting the binders together ... thanks heaps!

If you want to check your swims – here’s the portal link

<https://e1000.msarc.org.au/results.php>

Step 1 – Select the “History” tab

Step 2 – Select the year and type in your MSA ID where indicated and press ‘show’.

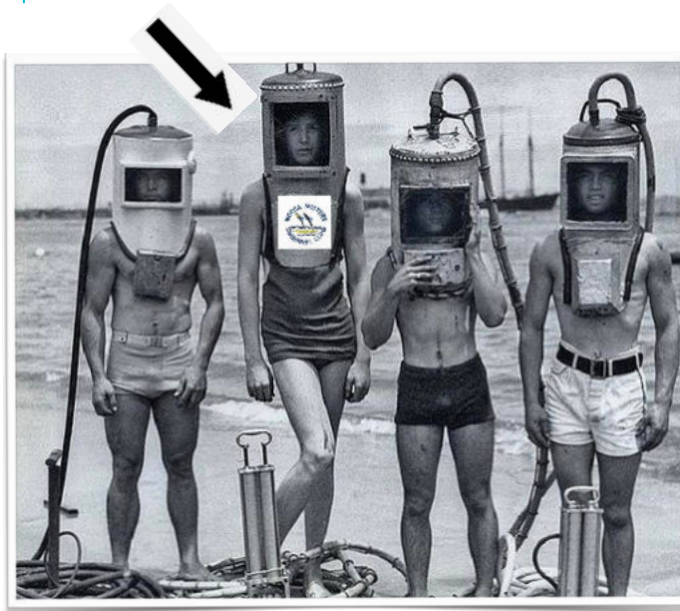
This will display your Endurance swim results for the selected year

I HIGHLY recommend you check your swims to ensure everything is correct. If something is not right, please let me know ASAP.

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



Diving anyone?
Spotted one of ours on
Noosa Beach ...



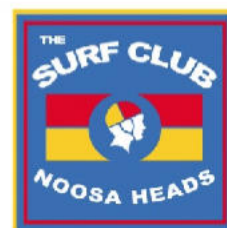
Paddy says to Mick, "Christmas is on a Friday this year"

Mick says "Let's hope it's not the 13th."



Noosa Masters Swimming Club thanks its
generous sponsors for their support

PLATINUM



GOLD



SILVER



BRONZE



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