

The Chatter

Noosa Masters Swimming Club Newsletter –
The Challengers Chatter

February 2026

Noosa in Miami: Ten Golds & a State Record

...Contributed by Yvonne Mutton

Robert Pugh (45) set a State Record for the 50m Breaststroke (45-49), swimming an amazing 31.80. I'm sure we'd all like to be able to swim our 50m freestyle in that time! A big congratulations to Robert. He also swam amazing times in the 50m Fly (27.94) and 50m Free (25.93). Wow!

Gold Medal swims were also logged by Ashley Dinning (66) & Linda Hogg (64) in the 200m Freestyle; Helen Malar (72) in the 50m and 100m Breaststroke, Julie Tierney (67) in 50m Backstroke & Jennifer Watson (77) in 50m Fly.

Anne Besser (80) donned her AUS Swim Team cap, as 17 years ago she had promised herself that if she was still swimming at 80, she would wear it. It must have given her motivation for the meet, as she swam 5 races from 50m backstroke to 400m freestyle, including 3 first places. Her husband, Michael, was there giving great support.

Trevor Mathews (81) competed in 3 races, also showing that age is no barrier to success.

Congratulations, Trevor, on a first-place finish in the 50m backstroke. This was followed by 50m and 100m freestyle races, coming 3rd in both.

Racing is hard but when you swim a 400m IM you know you've raced. A mammoth effort by Greg Bott (70), who not only swam the 400 IM but also the 200 IM. Plus 50m, 100m & 200m backstroke. Great work, Greg!

Sandra Lyons (66) swam her first meet outside of last year's Noosa meet. Another first for Sandra was swimming the 200 IM in great style, coming 4th with a time of 5:30.81. She steamed home in the freestyle leg with legs kicking hard. Congratulations and more to come, I'm sure.

Shane Walsh (73) had a big day with 5 races, including coming 3rd in the 400m Free with a time of 7:21.95. He followed up by swimming the 50m, 100m, and 200m Free plus a 50m Backstroke. Jennifer Watson (77) swam three 50m events: Free, Back & Fly. Well done to you both. Rodney Alfredson (76) had 4 races, coming 2nd in all of them. Terry Parker also swam 4 races, competing well in both Free and Back.



Robert Pugh - State Record!



Anne Besser - Going Strong!

VISIT OUR WEBSITE: <http://noosamastersswimming.com.au>

A Community Affair in Miami

Miami was the first meet for 2026 with 13 QNA swimmers participating, accompanied by a fabulous group of non-swimmers & supporters. Most swimmers stayed for two or three nights to enjoy the area and enjoy the team dinners. Both Greg Bott and Ashley Dinning missed our after dinner catch-up due to their commitments to Lifesaving duties which were on Sunday morning. They had a long drive home from the Gold Coast after a day of racing. Well done! It was lovely to see Jennifer Watson who lives at Kingscliff. Hope to see you again soon.



Sandra Lyons – Steaming home

Without the volunteers and officials, the meet does not go on, so a big shout out to our Liz Alfredson for her efforts officiating the meet. Time keeping was well represented with Jacky, Wendy I & Yvonne doing a majority of the allocated time. QNA were in lane 4, which allowed us to view the speedy swimmers and be involved in the timing of an official National Record relay swim. No pressure!

Many thanks for a great weekend of swimming and friendship! Keep training hard and working on your technique & fitness. Go Noosa!



Jacky and Yvonne - Dedicated Timers



Shane and Ashley - Medal Winners!



Michael and Wendy I - Timers Extraordinaire

More Scenes from Miami





Cheers galore after Squad as the Club celebrated Julie Tierney's and Rob Jolly's birthdays

Hee Hee from Alex Baker



March Birthdays

<i>Lois Hill</i>	<i>9 March</i>
<i>Bruce Hammond</i>	<i>12 March</i>
<i>Chris Cooper</i>	<i>13 March</i>
<i>Bob Morse</i>	<i>15 March</i>
<i>Brian Cairns</i>	<i>16 March</i>
<i>Adrian Wilson</i>	<i>19 March</i>
<i>Shane Walsh</i>	<i>20 March</i>
<i>Jan Croft</i>	<i>24 March</i>
<i>Denise DeCarlo</i>	<i>26 March</i>

From the Editor

I want to thank the many club members who provided feedback and encouraging words after receiving the first edition of the Chatter that I edited. I'm grateful for the viewpoints, enthusiasm, and ideas for items I can include in future editions.

Multiple people mentioned captions naming the people in photos. I look forward to doing that more often as I gain experience with the word-processing and formatting functions required to put the newsletter together. This role has a learning curve in many ways!

I have added links to our sponsors. If you place your cursor on a sponsor logo and click on it, you will be taken to the sponsor's web page.

Whenever possible, the same applies to entries on any event calendar. Click on the entry name - such as the name of a swim meet - and you will be taken to that meet's page so you can get more details. (Don't forget to come back and finish reading our Chatter!)

Special thanks to so many club members who shared photos with me. That makes the newsletter SO much easier to lay out, and it helps make the newsletter engaging.

Enjoy this edition, and please keep the feedback coming!

Celebrating Milestones and Keeping Connected

Noosa Masters certainly embraces everything our motto stands for: fun, fitness, and friendship.

Over the last couple of years, Robyn and I have served as “welfare officers”. Welfare is a broad term that can encompass many tasks. For us at QNA, this means celebrating members’ milestones, acknowledging their difficult times, and being friendly.

Mostly, the role involves **Cards, Cakes, and Cheerios**, which is mostly fun and a bit of a giggle. As far as cards go, it must be noted that we have a hero in our midst.

Without fail, over the last few years, Melissa Travers has ensured that all our members receive a special, personalised birthday e-card. I know it’s a delight to be acknowledged, and it’s always appreciated.



So, thank you so much, Melissa, for taking the time to make everyone’s birthday just that little bit more special.

To maintain the level of support we have delivered over the years, we need to organise a few other things.

Due to our increasing financial demands, last year we decided that buying cakes was getting expensive. So, asking members to bake cakes was a winning approach to save money. Several people said they were willing, but it’s time to commit so we can align milestones, birthdays, and special events with “willing

cake makers.”

If you are a “willing cake maker,” please let Chris or Robyn know so we can plan accordingly.



Use the social email address to let Chris know. social@swimqna.com

Thinking about Cards and Cheerios, if you know that one of our members is unwell or going through a tough time and needs a bit of cheering up, please let us know so we can send a card or a “Cheerio Video” from the pool or at coffee time. We want to let them know we are thinking of them. Often, someone is missing from your lane for a while and might appreciate a “G’day, how are you going?”

“Cheerio Videos” or photo texts from lane mates could be an opportunity to be creative at no cost and stay connected without intruding on people’s privacy. Just let Robyn or Chris know so we can coordinate.



If you have any other thoughts about this, we would be very happy to chat.

Cheers, Chris and Robyn.

An Appeal From Shane Walsh – Our Volunteer Coordinator

Once again, our Club has been invited to support the Noosa Ultra, an annual trail event featuring race



distances up to 100 km. We've been tasked to staff a Water Station on the course, providing encouragement and handing out water to the runners as they pass.

Volunteering at events like this plays a big part in helping to cover Club costs and keep membership fees down—so your time really makes a difference.

Shift details:

- Shifts run for about 3–4 hours, depending on how many volunteers we get.

- The event is on March 21st and runs

from 8:00 am until around 11:00 pm, so the more hands we have, the shorter the stints for everyone.

If you're available to help, please contact me by phone or email. Let me know if you prefer a morning or afternoon shift.

<https://www.noosaultratrail.com.au/>

Mobile: 0400 127 828

Email: shanewalsh848@gmail.com

**It's a great day
out, not a big
commitment, and
always good fun!**

Jan Croft – Coach's Tips

The tips for this month are from well-known Australian coach Wayne Goldsmith

Seven things to focus on, no matter what the stroke or the age of the swimmer:

- 1) Soft Hands
- 2) Loose feet
- 3) Watch your head and hips relationship
- 4) Breathing
- 5) Slow to Fast
- 6) Relax. Relax. Relax.
- 7) Feel. Connect. Pull.



Upcoming events

Event Date	Event	Location	Entries Close
07 March 2026	Goodlife Community Masters SC Meet https://mastersswimmingqld.org.au/event/goodlife-community-masters-sc-meet-2026/	Buderim, QLD	25 Feb
22 March 2026	Swim Fast Masters Twilight Prep Meet 2026 https://mastersswimmingqld.org.au/event/swim-fast-masters-twilight-prep-meet-2026/	South Brisbane, QLD	10 Mar
28 March 2026	Belgravia Masters Marathon Relay Challenge https://mastersswimmingqld.org.au/event/belgravia-masters-marathon-relay-challenge/	Burpengary, QLD	21 Mar
11 April 2026	Noosa Masters Meet https://mastersswimmingqld.org.au/event/noosa-masters-meet-2026/	Noosa, QLD	21 Mar
28 April 2026	MSA National Championships https://mastersswimmingsa.org.au/event/2026-msa-national-championships/	Brisbane, QLD	6 April

Save the Date!

Please attend the All Members Meeting on Sunday March 15th in the creche after squad

We Are Invited...



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BY ARIA

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**JOIN US AS WE CELEBRATE 70 YEARS
OF OLYMPIC LEGACY**

THURSDAY 12TH MARCH
4:00 – 7:00 PM in the
Ocean View Room
FREE EVENT

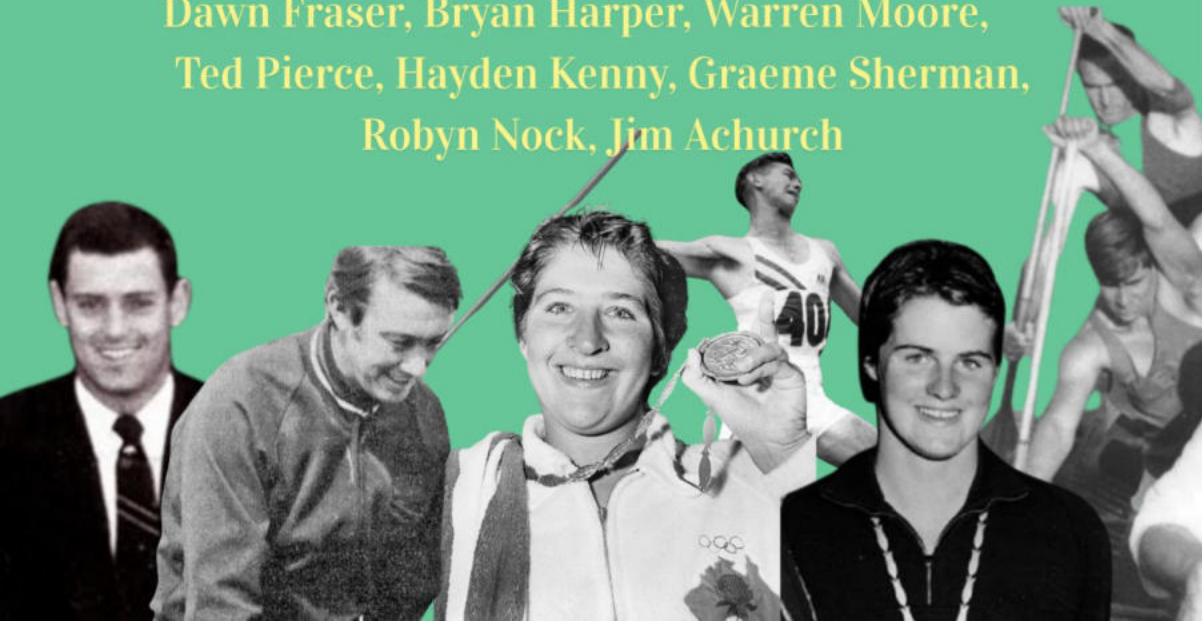


X



SUNSHINE
BEACH
SURF CLUB

FEATURING:
Dawn Fraser, Bryan Harper, Warren Moore,
Ted Pierce, Hayden Kenny, Graeme Sherman,
Robyn Nock, Jim Achurch



A valuable reminder...

Lane Etiquette

Contributed by Wendy Nothdurft

Given the number of swimmers in each lane, we need to demonstrate respect and common sense. Please read over these guidelines, so our Noosa Masters' training sessions continue in an atmosphere of friendship and goodwill.



From time to time, an issue might arise, or someone might accidentally be smacked by a hand or a foot. Please apologise as soon as possible and try to prevent a recurrence. We all want to enjoy our swimming, so keep those communication lines open within your group. If you have previously experienced any issues not covered below, please let one of our coaches know. - Jan Croft, Ian Tucker, Viv Merrill, Wendy Nothdurft, Greg Bott, Bob Morse.

Here are elements of good manners when in our lanes:

1. Strokes

We regularly have people swimming different strokes in the one lane. Please discuss this with the other members of your lane. In general, freestylers swim first, then fly, backstroke, then breaststroke.

2. Lane Position

When possible, avoid positioning yourself behind someone who will hold you up and prevent you from swimming at your best pace. It is **not** rude to ask someone if you may go ahead of them. Remember that the person leading is working a lot harder than the person sitting behind them. When people have similar abilities, it is good to take turns leading.

Always swim on the **left side** of the black line.

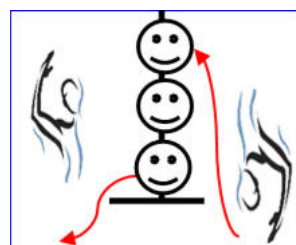
3. Timing

There are pacing clocks at both ends of the pool. Please check the clock before starting

your set. Leave **AT LEAST 5 seconds** after the previous swimmer has pushed off. If you are in the appropriate order in your lane, you won't catch the person in front, and all swimmers will be able to complete a good turn or finish. It is also okay if you wish to leave 10 seconds after the previous swimmer.

4. Finishing

When you reach the end of the lane, touch the



End of pool

wall on the left side, but then move across to the middle of the lane so that the following swimmer can also finish on the wall.

5. Time Bases

The times will be given to you at the beginning of the set(s) AND written on the board. If in doubt, ask someone else in your lane.

All swimmers should be aware of the TIME BASES for their lane – not just the lead swimmer. For example, if you are in lane 0, you will usually be told to do 50s on a 1:30 time base. The 1:30 refers to the time you leave for each 50m lap – not the time it will take you to swim it. So ... If you can swim 50m in 1 minute, you will have 30 seconds of rest.

You can set your own times by checking the clock when you push off. If your 50m time base is 1:30, and you start on the red top, you will start your next 50m on the black top.

Sign seen at the entrance to a car wash:

"We don't damage your cars with machines...WE DO IT BY HAND!" 🤖

From our Social Coordinator – Chris Cooper

The Twilight Endurance swim and meal at The Reef was very successful on the food and drinks front, with a turnout of almost thirty members and mates, despite the decidedly inclement weather. However, on the swim side, the numbers were, shall we say, “somewhat thin.” Check out Denise’s Endurance report for all the details.

For some good news, we have an opportunity too good to pass up!

Thanks to Julie Bott, in her capacity as social coordinator last year, Noosa Masters Swimming Club has been selected as a **Silver Community Partner with the Noosa Sports Club** (formerly known as Tewantin Bowls Club or Noosa Lawns.)

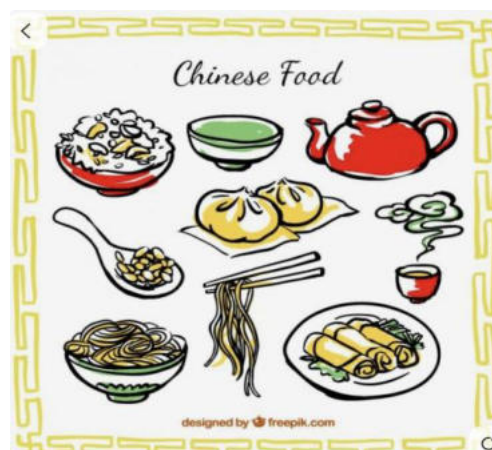
This gives us the opportunity to support our club's fundraising at the Noosa Sports Club Community Raffle Night.

Our part of the deal is to book a table of six for a meal and sell raffle tickets on our allocated night, share on social media posts, and tag Noosa Sports Club.

How easy is that?!!

DATES TO NOTE FOR YOUR DIARY

Our allocated dates are **Wednesday 29th April and Wednesday 6th May**



If you would like to have a bit of fun, a yummy Chinese meal, socialize with your swim mates, have a drink or two and sell raffle tickets, (or not) let Chris Cooper know by emailing social.qnaswim.com.au so we can get organized. Several people have done this in the past thanks to Wendy I and it's been a bit of a giggle. So don't miss out.

Sydney Apartment Swap Opportunity

Former Club member Dyanna Benny would like to spend July and August on the Sunshine Coast and is wondering if any Masters Swimmers would like to swap houses/apartments for that period.

There is flexibility regarding exact dates.

They live in the Inner West, close to Newtown and the Annette Kellerman pool

and gym. The apartment has two bedrooms and two car parks.

If there is interest, they can provide further details. In addition, if anyone would like them to house or pet-sit, they could offer to do so.

If interested, please contact Dyanna at dyannabenny@gmail.com

Responses from the Social Survey - February 2026

Response rate

The social survey was distributed by email to 65 current members.

Total responses were 36 giving a 55% response rate. This is not a high response rate, however, it is most likely a reflection of the members who take part in organized social activities. Over the years, we have generally had around 35-40 members who participate in club social events.

There seems to be high interest in a special night during the year, but minimal interest in a river cruise. So let's see what we can come up with for 2026. We've got lots of ideas to work on!

Response to how often we should conduct a club social activity

Not many people responded to this question. There were 23 responses, or 35% of the membership

Other Comments

- Do we need to have separate Xmas and New Year event so close together?
- Not keen on a river cruise from a few people.

Suggestions shared in the survey

- Handicap race day or night, possibly as a regular event
- Sunday social breakfast after squad
- Winter picnic and cricket game, tennis, perhaps involving canoeing or kayaking
- Sunset drinks "on the river"
- Lunch group on a regular basis eg bi monthly or occasionally, at different places around town (we already have a volunteer to organise)
- Mini golf and golf day at the Par Three Noosa Hills course
- Add a humorous awards component to a presentation night (if we have one), maybe next year. A themed night

out, self-catered at the Bicentennial Hall or a similar venue.

- Bike ride and or walk in the area, e.g., part of the Noosa Trail
- Information event with guest speaker and lunch

Summary

Huge thanks to everyone who contributed and shared great ideas. I'm hoping some of these will take off during the year.

The responses indicate that a significant group in our club enjoys getting together to socialize, engage in activities, chat, mingle, eat, and have a drink. What a surprise!!!!

Results showed **high interest** in Xmas in the park, New Year BBQ, a big night out, sunset drinks, post-twilight endurance meal at a pub/club, and outdoor activities with food and drink. So, we will continue to organize these events throughout the year, but not every month.

There was **low interest** in the no-alcohol BBQ and event at the pool, and an excursion to Brisbane, and a somewhat equal level of interest in house party activities and cultural events at The J or Arts Theatre.

This indicates that there is room for Members to initiate and organize an event of interest on their own, and send out an invitation to other members via Helen, the club secretary, and then act as the contact person for coordination. This would cater for the diverse interests of club members who may be looking for company to attend an event or get a group together.

Social Survey Questionnaire

Responses were collapsed into 2 categories for tallying.

INTERESTED 3+4. NOT INTERESTED 1+2

Question	Tally of responders	Summary and percentages		
• Big night out for the year, such as a specialty meal out at a restaurant, an awards night, or river cruise.	4. Quite interested.....22 3. Interested..... 9 2. Indifferent.....4 1. Not interested.....1	INTERESTED.	31	86%
		NOT INTERESTED.	5.	14%
• Sunset drinks, nibbles or lunch at local club or pub... an informal chat and mingle event.	4. Quite interested.....18 3. Interested.....13 2. Indifferent.....4 1. Not interested.....1	INTERESTED.	31	86%
		NOT INTERESTED.	5.	14%
• House party BYO, e.g., food theme night, cup day, music fun night, games night.	4. Quite interested.....9 3. Interested.....10 2. Indifferent.....10 1. Not interested.....7	INTERESTED.	19	53%
		NOT INTERESTED.	17	47%
• A fun outdoor activity and food. e.g., Barefoot bowls, golf, and mini golf event.	4. Quite interested.....14 3. Interested.....10 2. Indifferent.....6 1. Not interested.....6	INTERESTED.	24	67%
		NOT INTERESTED.	12	33%
• Twilight endurance swim with a meal afterward at a pub or club	4. Quite interested.....16 3. Interested.....8 2. Indifferent.....8 1. Not interested.....4	INTERESTED.	24	67%
		NOT INTERESTED.	12	33%
• A fun swimming event followed by BBQ at the pool - a non alcohol event	4. Quite interested.....6 3. Interested.....7 2. Indifferent.....9 1. Not interested.....14	INTERESTED.	13	36%
		NOT INTERESTED.	23	64%
• Cultural night out, e.g., event in Brisbane or 'the J' involving dinner together	4. Quite interested.....10 3. Interested.....9 2. Indifferent.....9 1. Not interested.....8	INTERESTED.	19	53%
		NOT INTERESTED.	17	47%
• Weekend away or day excursion to Brisbane using 50 cent train trip	4. Quite interested.....6 3. Interested.....8 2. Indifferent.....9 1. Not interested.....13	INTERESTED.	14	39%
		NOT INTERESTED.	22	61%
• Traditional events like Xmas in the Park and the New Year BBQ	4. Quite interested.....24 3. Interested.....6 2. Indifferent.....6 1. Not interested.....3	INTERESTED.	30	83%
		NOT INTERESTED.	6	17%

ENDURANCE 1000 REPORT – February 2026

...Contributed by Denise DeCarlo – Endurance Coordinator

February has been a month of highs and lows for Endurance.

Our low was the twilight swim on 13 Feb. The weather was ordinary, and so was the turnout – only 6 swimmers. But we got in three 30-minute swims, which was great. Well done to Terry Parker, Sue Silburn, Trevor Matthews, The Tuckers, and me for giving it a go! The good news is the turnout at the Reef was huge. Clearly, we like to socialise and eat!

The highlight of the month was a huge swim by Alex Baker. She swam her first-ever 30-minute timed swim. Before her swim, she wondered whether she would need to stop and rest. Trust me, she did not rest. She swam great, pacing herself well, and ended up just 25 metres short of top points! We were all so pumped. Well done Alex – a huge achievement. This is what Endurance is all about. Challenging yourself and doing things you're not so sure you can achieve.



The year's first 5th Sunday Endurance swim (and coaching clinic) will be on **29 March**. Come to SWIM and have a bacon & egg roll afterwards. Should be heaps of fun.

We've had a slow start to the year relative to points, but many people are swimming their 400s and 800s due to the warmer water temperature – hence the fewer points. Each swim matters!

The WhatsApp Endurance Buddy group remains popular. If you're looking for a timer so you can swim at your convenience, send a text message to the WhatsApp group. Contact Denise to be added to the group.

For those who are new to Endurance, the rules are at the front of your Endurance binder. This will tell you how many times you can swim an event between January and December. Have a read if you're not familiar with the program. Deckies are happy to answer questions, too. Please reach out to Denise if you have any questions regarding the Endurance Program or ideas for improvement.

Endurance@swimqna.com.au.



Ian Tucker's excellent backstroke

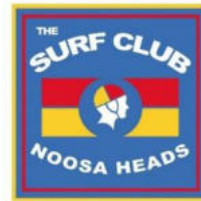


Well Done Alex Baker!



**Noosa Masters Swimming Club thanks its
generous sponsors for their support**

PLATINUM



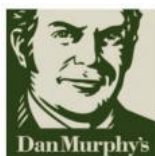
GOLD



SILVER



BRONZE



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