

The Chatter

Noosa Masters Swimming Club Newsletter –
The Challengers Chatter

March 2026

Recognising Our Best – Club's Annual Awards Presented

The 15 March All Members meeting was a day to celebrate the Club and its members. Over 30 members came together to hear the latest and greatest as the Committee members reviewed their reports. The meeting then turned to recognising people who have made significant contributions to the Club or accomplished significant feats in the pool. It was a meeting full of gratitude and camaraderie!

The most notable awards for contributions to the Club were:

- **The McCausland Award** – presented to **Chris Cooper** for her dedication and commitment to the Endurance program
- **The Challenger of the Year Award** – presented to **Brian Hoepper** for his Club Newsletter contributions and the massive effort he has put into the Club's 25 Year Anniversary publication.



Terry Parker and Brian Hoepper

- **The President's Award** – presented to **Shane Walsh** for all his work coordinating the Club's Volunteering Program.



Terry Parker and Shane Walsh

- **The Most Improved Award** – presented to **Mick Jones** by the Club's coaches



Head Coach Jan Croft and Mick Jones

Denise DeCarlo also presented many awards for Club members who accomplished great feats in the pool. See the Endurance report on page 8 for details and photos!

Club Members Celebrate 70 Years of Olympic Legacy

Members of the Club joined in the festivities as Australian Olympic legends were celebrated at an event at the Sunshine Beach Surf Club on 15 March.

The event featured attendees Dawn Fraser, Bryan Harper, Warren Moore, Ted Pierce,

Hayden Kenny, Graeme Sherman, Robyn Nock, and Jim Achurch. Our own Tony Frost, as a former Olympic torchbearer, was also part of the event!

It was a great afternoon of interviews, reminiscing, and sharing stories.



Tony Frost - torchbearer!



Our own Head Coach Jan Croft gets into the interview fun!



Helen Malar and Tony Front enjoying the festivities



Club legend Clinton Stanley hob knobbing with Olympic legend Hayden Kenny

Hee hee.....

Notice Printed in a church bulletin:

For those people who have children and don't know it (!!), day care is provided in the choir room.

Ultra Volunteerism for the Noosa Ultra

...Contributed by Shane Walsh

Once again, Noosa Masters members generously gave their time to support long-distance runners in the Noosa Ultra.

As in previous years, we set up and managed Water Station 4, located at the corner of McKinnon Drive and Old Tewantin Road. Noosa Ultra 2026 attracted more than 2,000 runners across the 15, 25, 30, 80, and the signature 100-kilometre events — one of the largest turnouts in Australia.



Lynette Clemitson and Chris Cooper supporting an Ultra runner while Wendy Nothdurft and Melissa Travers organise supplies.

After several years of involvement, Noosa Masters have built a well-earned reputation as a reliable and



Noosa Masters Tent set up proudly on the course for all to see



Cold water was a treasure for Ultra participants, here being shared by Susie Morris and Chris Cooper.

efficient team. Our station sits about 7 kilometres from the finish line, a point where many competitors need more than water to keep going. As always, our team offered encouragement, plenty of energy, and a few laughs to help the tired, sweaty, and determined runners reach the end.

This year's 100k men's winner was Blane Bourke in an impressive 9 hours and 26 minutes, with Elisa Brewer the fastest female, finishing in 10 hours and 45 minutes. It's a real privilege to help athletes achieve their hard-won goals.

A huge thank you to our setup team and all members of the morning, afternoon, evening and late-night crews. The Club not only benefits financially from our participation but also strengthens its proud contribution to the local community.

Dates to Note

Swim Meet Calendar

Event Date	Event (Click on event name for more info)	Location	Entries Close
11 April 2026	Noosa Masters Meet	Noosa, QLD	31 Mar
28 April 2026	MSA National Championships	Brisbane, QLD	Check site, dates changing
3 May 2026	MSA National Open Water Swim	Raby Bay, QLD	24 April
16-17 May 2026	Return of the Rats Meet 2026	Townsville, QLD	5 May
30 May	Toowoomba Masters SC Meet	Toowoomba, QLD	19 May
6 June	Cairns Mudcrabs Meet	Cairns, QLD	26 May
27 June	Brisbane Southside Meet	Brisbane, QLD	16 June
16-18 July	MSQ State Championships	Townsville, QLD	TBA
19 July	MSQ Open Water Championships	Townsville, QLD	TBA
29 August	Brisbane Northside Masters Meet (link not yet available)	Fortitude Valley, QLD	TBA
4 October	Whitehaven Open Water Meet	Whitsunday Island, QLD	20 Sept
17 October	Hervey Bay Masters Meet (link not yet available)	Torquay, QLD	6 October
12-14 November	Pan Pacific Masters Games	Southport, QLD	29 October
5 December	Sunshine Coast Masters Meet	Kawana, QLD	24 November

April birthdays

Linda Hogg...April 6

Tony Frost...April 12

Wendy Ivanusec...April 18

Ashley Dinning...April 21

Jerry Parker...April 23 (70 !)

Kevin Jickle...April 25

Melissa Travers...April 25

Yvonne Alford...April 30



Musgrave Park Twilight Meet Report

...Contributed by Linda Hogg

SwimFast Masters Club held its nationals preparation meet on Sunday afternoon, 22 March. It was an unusual start time. Warm up at 1.30 pm for a 2.30 start. The bulkhead was raised for some fast and furious short-course racing.

Jacky Shields, Linda Hogg, and Rob Pugh braved the traffic on the M1 only to be further challenged by the lack of parking at the venue. We all made it, though Rob had little time to prepare.



Linda Hogg, Rob Pugh, and Jacky Shields at the Musgrave meet

Rob was at his scintillating best with a third in the 50 free (25.48) and first in the

50 breaststroke (31.12), despite being hindered by a hip injury. Apparently, too much breaststroke can do that!

Jacky was just happy to be swimming and wearing her new race suit. This has been in the wardrobe for 2 years. We would have received a few laughs on YouTube if we had recorded the changing-room antics. Four of Jacky's swims were close to or better than the entry time. One was a bit slow. That happens. Good to see her back in the pool.

Linda was very happy with her times. They are heading in the right direction. Her 200 free was 4 seconds faster than the GoodLife meet a couple of weeks ago, coming in at 3:17.77.

Sadly, Rob will be moving on to swim with the Gympie Gold Fins before Nationals, so this was his last swim for Noosa. He is training with members of this squad at the Cooroy pool and they are looking to break National and maybe even World relay records. We wish him luck.

Brian Hoepper – Renaissance Man!

Our resident historian and Chatter Assistant Editor is a man of many talents! Here he is playing guitar at the Men's Shed with The Hip Replacements on March 28th! (Oh, and he sings too!)



A health note:

Athletes and Slow Heart Rates

By Martta Kelly

Endurance athletes often have low resting heart rates due to intense training, but a new study published in *Circulation* suggests that a predisposition to prominent bradycardia (slow heart rate) may be encoded in their genes.

In the study, André La Gerche, MBBS, PhD, from the Department of Medicine at The University of Melbourne in Parkville, Australia, and colleagues used a heart rate-associated risk score to assess genetic susceptibility to bradycardia. They found that low scores were more common among endurance athletes than in the general population.

“This raises the possibility that a tendency of low heart rate in athletes may be an inherited trait rather than a fully acquired phenomenon,” he said.

La Gerche said studies show bradycardia, defined in the study as a heart rate ≤ 40 beats/min, and sinus pauses of 2-3 seconds are present in a significant proportion of endurance athletes and are well tolerated in this population.

“Our data suggest that both fitness and genetic variation contribute to sinus node function in endurance athletes,” he said, adding that the heart rate-associated

polygenic risk score differed between athletes and nonathletes.

The finding, La Gerche noted, suggests genetics may be a determinant of athleticism. “This turns previous theories on their head, where the assumption was that athletes merely train harder.”

“Our study team, however, was interested in investigating very low heart rates that may

be considered a red flag,” he said. “Since most clinicians regard a heart rate lower than 40 bpm [beats/min] as a ‘grey zone’ of uncertain significance and uncertain

long-term outcome, our study defined bradycardia as a resting heart rate lower than 40 bpm.” In a cohort of 465 endurance athletes, the researchers found that athletes with bradycardia were younger and fitter and, compared with those without bradycardia, showed greater athletic cardiac reshaping and resizing to accommodate the workload. Mean heart rate-associated risk score was notably lower in all athletes and athletes with bradycardia compared with nonathletes and athletes without bradycardia.

“[Athletes with bradycardia] also showed more profound heart changes that we find in well-trained athletes, such as larger hearts with good function,” La Gerche said.



Jan Croft – Coach's Tips

A few basic tips...

Relax: You will never swim a long distance in a pool or open water if you do not relax.

The catch is about setting your arm in the right position. The real propulsion is in the pull phase. Remember... fingertips first, then your wrist, followed by your elbow, which should enter the water in line with your shoulders.



Don't look straight down; look a couple of tiles ahead - your body position determines your speed.

The most common faults in kicking are kicking too big and letting your legs swing wide. The kick is to balance your stroke. But when sprinting, increase the power of your kick. And finally, kick from the hips, not from your knees.

Club Uniform Items Available

We hope everyone is enjoying their new team T-shirt. A second order is on its way.

There are, however, other Club uniform items available, and we have decided to showcase a different one each month for the next few editions of the Chatter.

This month, we have the Noosa Masters long sleeve shirt, modelled beautifully by Linda, poolside at Musgrave Park Aquatic Centre.



It is a lightweight polyester that's perfect for swim meets and the change of season. It dries quickly and is great for between swims when you need to keep warm. In stock: ladies' sizes 10, 12, 14, and 16; men's small, medium, and XL.

If you are interested, please see Jacky or Linda after squad, preferably on Sunday.

Jo Matthews Receives 50x50x50 Recognition

Jo Matthews was recognized for swimming 50x50 metres for 50 weeks as part of Masters Swimming Australia's celebration of its 50th anniversary. What consistency! Congratulations Jo!



Endurance Report – March 2026

...Contributed by Denise DeCarlo - Endurance Coordinator

We've had a very big month for March. Many swimmers did Endurance postal swims for the Noosa swim meet in April. We now have 43 Endurance swimmers out of 80 members.

The highlight of the month was the member meeting on 15 March, when I was able to hand out awards for outstanding achievements:

- Five swimmers completed the whole program
- Nine swimmers swam 3km or more in their one-hour swims
- 13 swimmers achieved 400 points or more. This group makes up 47% of our points!
- Chris Cooper was given the McCausland award for her outstanding commitment to the Endurance program

Our newsletter is sprinkled with photos of the award recipients. In addition, flyers in the trophy cabinet at the NAC list all the swimmer achievements for 2025.

Some significant swims this month:

- Julie Rowe completed her first-ever 800 IM
- Robert Ashwell is doing really well post-op – completing a 1500 free
- Anne Besser smashed a 1500 backstroke
- Terry Parker is also getting stronger, completing 1500 back and breaststroke
- 27 postal swims were completed (as of 25 March)
- It's also good to see Jacky Shields back in the water – welcome back!

As you can imagine, our point total for March will be healthy. However, we remain

behind our 2025 cumulative total. The good news is that 37 members haven't had a chance to do an Endurance swim. By year's end, hopefully, many of you will give it a go.

We completed the binder audit on 26 March. An email will be sent to recap the audit results. We are happy to report that there were minimal errors.



Linda Hogg, Denise DeCarlo, Jacky Shields, Jo Matthews, and Susie Morris taking a break from their Endurance Audit activities

Finally...congratulations to Rod Alfredson as he has 305 points – the most for any swimmer right now. He's leading the pack!

Happy Swimming ;o)



Denise is proud of Grant Scotcher's "stopwatch care" approach - Can't we all do it this way?

Endurance Awards

Triple Award Winner!



Denise DeCarlo with Peter McGahan - Recognised for 3000-metre plus one-hour swims in both Freestyle and Backstroke, and for completing every event in the Endurance program

3000 Metre Swimmers



Denise celebrating swimmers whose one-hour swims were greater than 300 metres - Jo Matthews, Susie Morris, Jim Travers, Adrian Wilson. Awarded but not pictured: Studley Martin, Wendy Nothdurft, and Ian Tucker

Full Endurance Program Finishers

400 Point Earners



Swimmers who earned 400 Endurance points or more contributed 47% of the Club's Endurance points. Recognized for this contribution were Denise DeCarlo, Terry Parker, Wendy Ivanusec, Rod Alfredson and Susie Morris. Not pictured: Adele Tucker, Terry Carter, Studley Martin, Lynette Clemitsen, Greg Bott, Susan Silburn, Julie Rowe, and Bob Morse



Denise recognised swimmers who completed every event in the 2025 Endurance Program. Pictured with Denise are Jo Matthews and Brian Hoepper. Also awarded, but not pictured: LiQun Hussey and Ian Tucker

Successful Fifth Sunday Endurance and BBQ

...Contributed by Terry Parker – Club President

A job well done to Denise and the deck crew for completing many postal swims for the upcoming swim meet. What a team! Thanks to Jo Edwards, Wendy Ivanusec, Trevor Mathews, Julie Bott and Linda Hogg for timing. We completed 14 swims due to having dedicated timers.



A great, dedicated group of timers made it a notable day for Endurance swims!

Sandra Lyons comfortably completed her first 1500m swim. What a great personal achievement!



Sandra Lyons completed her first 1500 metre Endurance swim. Woohoo!



Denise McCart (and everyone else) had a ball at Wendy Nothdurft's Freestyle Clinic

Wendy Nothdurft is to be congratulated for holding a very successful coaching clinic. I received numerous very positive comments from our members about Wendy's session.

Big thanks also to Julie Tierney and Chris Cooper for organising a successful BBQ following the swims. Chris Cooper, Wendy Ivanusec, Trevor Mathews, Greg and Julie Bott helped make the BBQ a reality whilst I swanned about in my usual fashion.

It was great to see so many members participating, socialising and working together, embodying the spirit of Noosa Masters Swimming Club.



It was a large, enthusiastic turnout at the Fifth Sunday BBQ

Thanks to Our New Sponsors

The Club is very fortunate to have four new Gold Sponsors who have recently come on board. Exercise Matters – Exercise Physiology Clinic (who have a number of Club members as clients), Noosa Sports Club (check out their extensive Asian menu!), Laguna Massage (who also have

Club members as clients), and Noosa Web Services, who have been supporting the Club's website.

Please support our sponsors! If you want more info on these or any of our sponsors, click on the logos on our sponsor page to be taken to their website.



Melissa Travers, Viv Merrill, Linda Hogg, Julie Rowe, Denise DeCarlo, Wendy Nothdurft and Bob McGannon with Dr Sven Rees, Owner - Exercise Matters who is holding the Certificate of Thanks for sponsoring our Club



Bob McGannon, Denise DeCarlo and Wendy Nothdurft enjoying dinner at the Noosa Sports Club. Below: The Noosa Sports Club menu board



Thorn Between the Roses



On 21 March, Terry Parker (self-proclaimed thorn), Hillary Geers and Wendy Nothdurft swam out to Boiling Pot Point in great conditions. Hillary and Wendy powered ahead while Terry "drafted" (Hillary's term) 50 or 60m behind. Hillary was ready to do another lap, but was eventually convinced that coffee at the Providore was a better idea.

Another Endurance Award!

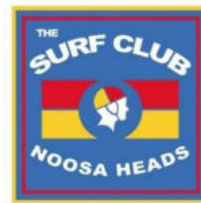


Wendy Ivanusec presents Lynette Clemitson with an Endurance 400 point award



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

PLATINUM



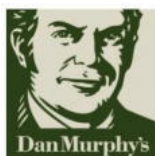
GOLD



SILVER



BRONZE



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