

The Chatter

Noosa Masters Swimming Club Newsletter –
The Challengers Chatter

April 2026

A Masterful Noosa Swim Meet

...Contributed by Julie Bott

Pool - tick. Swimmers – tick. Officials – tick. Volunteers – tick. Food – tick. Raffles – tick. Shade Shelters - tick and Sunshine - double tick.

Saturday, 11 April saw Noosa Masters Swim Club host its 25th annual swim meet at the Noosa Aquatic Centre. With fewer competitors than in recent years, the day ran smoothly in a professional and friendly manner.



And they're off! One of many heats in a successful Nossa Master's Meet

We are indebted to our two club members, Viv Merrill and Liz Alfredson, who acted as the officials for our meet, with special mention to two other members, Trevor Matthews and Kevin Alford, who stepped up as Starters for the day. Without their assistance, we couldn't have hosted this event. Our Meet Recorder, David Finlay, provides invaluable experience and support each year and ensures our results are

quickly made available to all. Thanks to David, too, for a great job.

Our club is very fortunate to have such dedicated members and partners who looked after everything from pre-event planning through to the dismantling of the tents after the meet.



Kerry Blackwell and Wendy Ivanusec staffing the raffle table

There are too many to mention individually, but all the roles were managed with commitment and good humour. Our Timekeepers, Announcer, First Aid Officer, Results Team, Venue Set Up Group, Marshalling Team, Chief Timekeepers, Check Starters, Caterers, both morning/lunch and BBQ teams, Raffle Ticket Sellers, Presentation Team, Photographer and Warm Up Supervisor all ensured the smooth running of our sun-filled Meet Day.

Trophies and a National Record!

A National record was set at our Noosa Masters Swim meet. We are delighted to report that one swimmer, Shelley Devers from Commercial Swim Club, achieved a National Record for her Long Course 400m Breaststroke event in the 40-44 age group.



Congratulations, Shelley Devers!

The Large Group Trophy for clubs with more than seven (7) swimmers was won by Cotton Tree Masters, who swam with enthusiasm and commitment. Congratulations to this very deserving Sunshine Coast-based team.



Cotton Tree Masters - Large Group Trophy winners

The Small Group Trophy for teams with three to six (3 – 6) swimmers was won by Toowoomba Masters. Well done!



Toowoomba Masters - winners of the Small Group Trophy

Noosa Masters swimmers also made a splash at the event, with Jim Barnes, Ashley Dinning and Robert Ashwell taking home the top three tallies in the 65-69 Men's Individual Scoring. This sweep was almost matched by Noosa Masters Swimmers in the 60-64 Men's Individual Scoring, who took first and second, followed by James Moran from Aqualicious Masters.



Robert Ashwell, Jim Barnes and Ashley Dinning - 65-69 Men's Individual Scoring Trophy winners

Noosa Meet Smiles!



Studley Martin - All smiles after placing second in the 60-64 age group individual point standings



Susie Morris - Second place in the 60-64 Women's Individual point standings



Kevin and Yvonne Alford



Kathleen Gordon and Brian Hoepper



Event announcer Jo Matthews



Jo Edwards and Denise McCart

NOOSA LC MEET - 11 April, 2026

Rodney Alfredson (77)

200m Back	2	5:18.32
1500 Back	2	43:06.90
100m Breast	2	2:28.34
400m Breast	1	10:59.50
1500m Breast	1	43:47.78

Robert Ashwell (66)

200m Free	1	3:02.73
400m Free	1	6:28.35
800m Free	1	13:48.47
1500m Free	1	26:14.15

Alex Baker (74)

800m Free	4	23:04.75
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Jim Barnes (69)

50m Free	3	39.17
50m Breast	2	51:40
50m Fly	1	49.43
100m Breast	1	2:02.89
200m Breast	1	4:31.34

Anne Besser (80)

1500m Back	1	51:48.93
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Greg Bott (70)

100m Back	1	1:52.78
400m Back	1	8:05.86
800m Back	1	17:54.34
1500m Back	1	34:17.40
50m Fly	1	43.35

Julie Bott (68)

800m Free	3	25:15.91
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Lynette Clemitson (79)

50m Free	1	1:14.33
200m Free	2	5:49.20
800m Free	2	24:07.41
1500m Free	1	53:50.51

Christine Cooper (79)

100m Free	1	2:21.39
200m Free	1	5:07.73
400m Free	1	10:40.12
800m Free	1	22:03.82
50m Back	1	1:21.48

Ashley Dinning (66)

50m Free	1	35.87
100m Free	1	1:23.92
200m Free	3	3:17.99
400m Free	2	7:15.13
1500m Free	2	28:38.14

Peter Fidler (70)

50m Free	2	36.15
100m Free	2	1:24.51
50m Breast	1	45.14
100m Breast	1	1:48.05

Denise DeCarlo (62)

800m Free	2	15:31.63
800m Back	2	19:20.66

Felicity Hawkins (64)

800m Free	1	14:20.09
1500m Free	1	25:50.65

Linda Hogg (64)

200m Free	3	3:35.18
400m Free	2	7:33.54
800m Free	3	16:03.59
1500m Free	3	30:49.39

Sally Johnson (85)

800m Free	1	26:00.68
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Sandra Lyons (66)

50m Free	4	54.30
800m Free	2	21:45.86
1500m Free	2	45:56.99
50m Fly	2	1:02.15
200m IM	3	5:32.66

Helen Malar (72)

800m Free	3	18:49.17
50m Breast	1	51.02
100m Breast	2	2:02.57

Peter McGahan (64)

50m Free	1	34.54
100m Free	1	1:17.75
200m Free	1	2:51.37
1500m Free	1	24:08.27
1500m Back	1	27:52.78

Susan Morris (63)

100m Free	1	1:24.53
200m Free	1	3:13.48
1500m Free	2	28:13.68
50m Breast	1	52.41
800m Breast	1	19:40.61

Wendy Nothdurft (72)

50m Free	1	37.67
100m Free	1	1:25.40
200m Free	1	3:06.31
800m Free	1	13:50.85
1500m Free	1	25:43.28

Terry Parker (70)

50m Free	3	37.29
100m Free	1	1:24.47
50m Back	1	49.59
1500m Back	2	37:42.13
1500m Breast	1	42:11.25

Julie Tierney (67)

800m Free	1	15:33.00
1500m Free	1	30:00.27
50m Back	1	51.40
50m Breast	2	54.37
200m IM	1	4:09.03

This table includes the results of all Noosa Masters swimmers, including postal swims.

The centre column represents the swimmer's place in that particular event against all participants.

Woo
-
hoo
!

GREAT
JOB
EVERY
ONE

*well done,
all of you.*



A Learning Moment

...Contributed by Wendy Nothdurft

Mick Jones has shared some great photos from our meet this month. This one provides a great teaching moment.

Diving:

- Look at what is visible in the four dives in this picture.
- What do you see? (Hint: look at hands, head, chin, shoulders, knees ...)
- What do you think will be the outcome?
- Who will achieve maximum advantage from their dive?



In the photo of our Noosa swimmers ...

1. The person closest has a really good dive. Improvements could be a tighter streamline. i.e. head lower, chin tucked, and one hand clasped over the top of the other. However, this swimmer will enter the water further out than the others, her dive will not be as deep, and she will be in a streamlined position to gain maximum underwater benefit from the dive.
2. The second person has good height and hands correctly positioned, but the head is also a bit high, and the arms are pointing down rather than out.
3. The third swimmer still has hips bent and hands are pointing down very close to the blocks. This will mean a short dive and less speed benefit.
4. The fourth swimmer (barely visible) has his head up high and not tucked in between his arms.



Mooloolaba Mile Delivers Perfect Ocean Swim

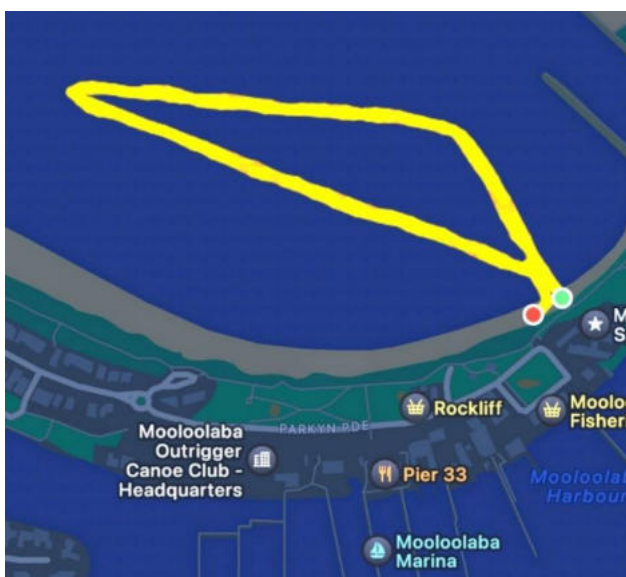


The Mooloolaba Mile on April 19 was held in spectacular conditions, with a calm sea, bright sunshine, and a great atmosphere. It was an ideal day for open water racing, and four of our Noosa Masters made the most of it, with some impressive performances in the 6km and 3km swims. Other options included an 800m swim, the 'Mile' or 1.6km swim and a 4.5km swim.

Our sole competitor in the 6km event was Hilary Geers, who demonstrated her ocean swimming skills in a standout performance, claiming first

place in her age group, in an impressive time of 1:55.

The remaining three swimmers participated in the 3km event, with excellent results across the board. Greg Bott finished in second place in his division, in a time of 1:01.15. Studley Martin swam well, earning third place in 58:05, and Wendy Nothdurft finished first in her division with a time of 54:59.



Wendy's swim according to her Apple watch.



Wendy Nothdurft, here with Terry Parker receiving her recognition for a 3000m hour-long swim, was the winner of the 3km Ocean Swim for her age group.

Dates to Note

Swim Meet Calendar

Event Date	Event (Click on event name for more info)	Location	Entries Close
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

9 May Twilight Endurance Swim and Dinner

3:00 pm for Endurance Swims / 5:00 pm for dinner

NAC 50m pool for the swims.
Reef Hotel for dinner –partners/friends most welcome.

PLEASE RSVP to endurance@swimqna.com.au for catering purposes – or let Denise know when you're at the pool. We already have a lot of interest – whoop!

BONUS – there will be two raffle prizes (thanks to our Sponsors)

- \$50 Noosa Sports Club voucher
- 30 Minute massage at Laguna Massage
- Each swimmer will receive ONE raffle ticket per swim event
- Each swimmer will also receive a raffle ticket for each 100m completed. The more you swim, the more tickets you get!



You do NOT need to be present for the draw at the Reef Hotel, but you must swim to enter the raffle!

The BIG April Birthday Page

May Birthdays

Susie Morris.....May 4

Jennifer Watson.....May 10

Adele Tucker.....May 12

Rod Alfredson.....May 15

Alex Baker.....May 15

Jim Travers.....May 20

Jim Barnes.....May 27

Grant Scotcher.....May 31



This month, we celebrated the birthday of Tony Frost, who turned 84. Here with Club President Terry Parker



There was a large turnout to celebrate Terry Parker's 70th birthday. Below: Terry blows out his candles



Fundraising Raffle Night Out at Noosa Sports Club

*(Formerly Tewantin Bowls, fondly known as The Bowl
65 Hilton Terrace, Tewantin)*

Many thanks to all those who have volunteered to come along to have a meal and take part in the second Raffle Night on Wednesday, 6 May.

We have quite a few people coming so far, but we can always use more people to swell the ranks and come along, have a meal, and enter into the spirit of the Raffle Night by purchasing tickets.

And there's more...As an added attraction, we can also have a game of barefoot bowls before the meal, which is a lot of fun. Friends and family are most welcome to come along.

Our club is allocated funds from the takings pool on the night, so it's up to us to participate with gusto and enthusiasm and make it a successful night for QNA.

Raffle tickets will be on sale from 5.30 pm, and the restaurant is open from 5.00 pm until 8.00 pm.

Raffles will be drawn at 7.30. The restaurant menu is available at noosasportsclub.com.au, featuring an extensive Chinese menu alongside Aussie pub favourites.

I have booked a table for 20 on each night, so hopefully we can make up a group on each of the allocated evenings. If you are able to come along on either or both nights, please respond to me at social@swimqna.com.au. I will also send around a 'Count Me In' sheet at the pool over the next week so you can sign on at your leisure. Let's make it a successful fun and fundraising venture for our club

Cheers
Chris Cooper, QNA Social Coordinator

Jan Croft – Coach's Tips

Freestyle: Recover the arm with the least amount of energy as possible and exhale emphatically. Your fingertips should just skim the water, with a good body roll. Your body will be long and clean, keep it low.

Closed Fists: Use your fist to find out how much water you actually pull. Swimming with closed fists teaches swimmers to use their forearms as well as their hands to pull through the water. It also forces you to use your core, not just your hands, for balance.

Hand Speed: The biggest difference between fast and slow swimmers is a change in hand speed. In slow swimmers, the hand moves at the same speed all the

way through. In fast swimmers, the hand almost stops in front before speeding up.



the 25/100 and 200 m freestyle. She is presently swimming for the Marlins Club. Well done, Steph!

Special note: To conclude my entry for this month, I want to recognise long-term Noosa club member **Steph Jones**, who is living in Melbourne for a year. Two weeks ago, at the Victorian titles, she broke 3 short-course national records in

More Gatherings and Recognition!



Easter Sunday Squad was well attended and included some Easter party hats (and Terry sporting bunny ears!)



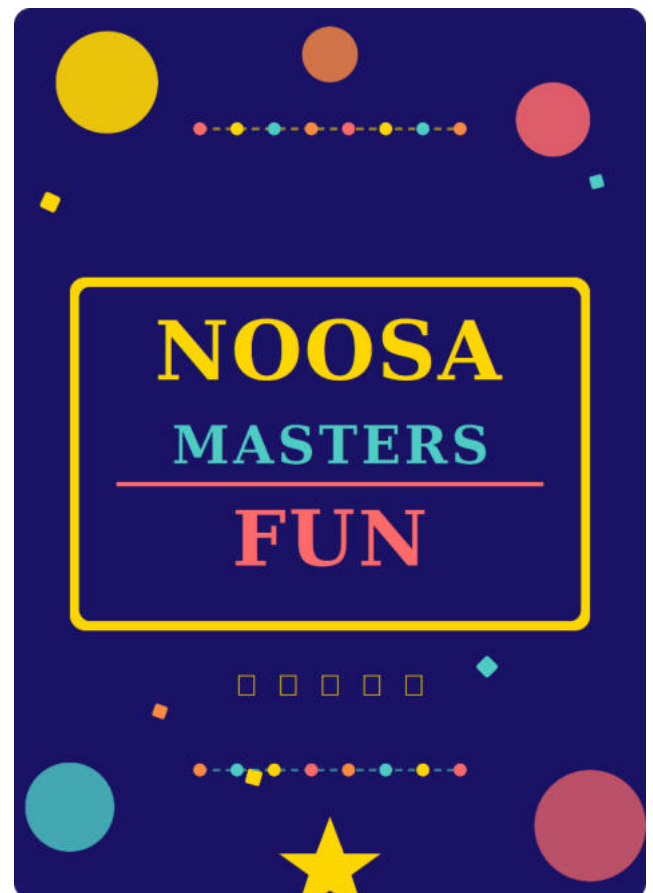
Sue Silburn with her 400 Endurance points award certificate. Great work, Sue!



We celebrated Wendy Ivanusec's 83rd birthday on a gorgeous day!



Huge turnout at Squad the day after our meet - celebrating success!



Remembering Rosie Sinkora

Former Club member Rosie (Longstaff) Sinkora passed away on 24 February after a battle with cancer. Rosie's family are planning to scatter her ashes on 24 May at the end of the Noosa River mouth car park, at approximately 7 to 7:30 in the morning. Rosie's kids and their families will be flying in for the occasion. Club members have been invited to take part.

Should anyone have any questions, Rosie's husband, Chris, has said we could reach out to him at chriss579@gmail.com or 0458 775 519.



Recognising Our Meet Sponsors

Thank You!

The success of our swim meet would never have come to pass if it weren't for our generous sponsors, who provided either financial support or prizes for our raffles and/or age group award recipients. These 2026 sponsors include: The Noosa Aquatic Centre, Ironman Australia, Vorgee, Funky Trunks & Funkita, Noosa Web Services, Noosa Sports Club, Exercise Matters, Laguna Massage, Market Garden Fruit Shop at Tewantin, Bunnings Warehouse, Springers Solar and the Poolside Café at the Noosa Aquatic Centre.

From the Editor...

I owe Club members a big thank you for the contributions I've received for the Chatter over the past few months. I'm very grateful. Those contributions will become more important for the next several months, as Denise DeCarlo and I will be leaving on 15

May to help our family in the US. Photos are particularly needed, as I won't be in the area to take photos myself. A great big thank you in advance to everyone for sending things my way as events unfold. Articles, photos and ideas are all appreciated!

Endurance Report – April 2026

...Contributed by Denise DeCarlo - Endurance Coordinator

April was another very good month for Endurance. We now have 45 endurance swimmers out of 79 members. Maybe by next month, we will have 50 endurance swimmers?

A big list of achievements in the last 30-days

- Kerry Blackwell improved her 400 free time by 14 seconds
- Sandra Lyons had a very impressive 1500-free
- Sue Silburn took advantage of the school holidays, squeezing in six swims on two Tuesdays – and some were very long swims
- Greg Bott completed 3050 in his 1-hour free – just two days after the Mooloolaba 3k ocean swim!
- New to the team – Sandra Johnson swam her first-ever timed 400 and 800-free
- Julie Rowe completed her first 400-fly
- Sally Johnson is back at it, completing a 30-minute free
- Hillary Geers completed 3400 in her 1-hour free
- Peter McGahan had a smoking 1500 free
- Bob McGannon improved his 30m free distance by 150 metres compared to last year
- Susie Morris swam her first-ever 400 fly

A big thanks to Liz Alfredson, who continues to help with timing and writing down swim results. It's nice having an extra pair of (dry) hands!

At the end of April, we will be very close to our cumulative 2025 April totals. That's very impressive considering we were down by

500 points in February. Hopefully, we can keep the momentum going into the cooler weather. The temps are decreasing, and the water is perfect right now.

We will have a Twilight swim **on Saturday, 9 May, from 3-4:30**, followed by dinner at 5:00 at the Reef Hotel. Please RSVP to endurance@swimqna.com.au for catering purposes. We already have many who have RSVP'd. Should be a great evening of swimming and dinner out.

And thanks to everyone for your cooperation in using only three lanes for endurance. We are now maximising our allocated lanes and completing Endurance swims around 9 am. It's been challenging for the deckies, so please be patient as they figure out how to complete all the desired swims.

One final note...Make sure you bring a light jacket to wear whilst timing, as it is getting cooler!



Susie Morris, who swam her first ever 400 fly this month, with Sandra Johnson, who swam her first endurance swims – 400 and 800 free. Congratulations, Susie and Sandra!

A Memory - Pat Mooney

...Contributed by Bob Morse

In August of 2010, I travelled to Sweden to compete in the FINA World Championships. Pat Mooney and his wife, Dee, had left Australia earlier to meet their son and spend some time together.

The swim events were being held at the only Olympic-standard pools at Goteborg and Boras (a ten-minute train journey apart). The program called for the ladies' and men's events to alternate days at the two venues.

I had entered the 3 backstroke events (50, 100, and 200m) and swam well enough in the 200m to finish 10th, satisfying my goal of a top-10 finish (first one). Sadly, I could only manage 12th and 15th in the other two. Pat had entered the 50 and 100m freestyle, not necessarily for the win but as he said: "If I am there, I might as well have a swim."



This photo was taken the day after Pat swam the 50m free; he elected not to contest the 100m event. We were chatting and laughing about just how awful Pat felt after the 50m swim, blaming the poor performance on the excesses of good Swedish food and European wine that he had been consuming for the weeks before the event. I suggested that maybe the lack of training might have also contributed as well.

The cheeky teddy bear between is called NACRS (the international club mascot), who, upon questioning, agreed that all the indulgences mentioned above were to blame and that Pat was simply a victim of being in the wrong place at the wrong time. NACRS stands for Noosa Aquatic Centre Reserve Swimmer. He was awarded a medal by the Swedish girls at the check-in desk, which can be seen around NACRS' neck in the display cabinet at the pool.

Pat was our President from 2009 until he was unable to continue in the role because of the onset of cancer, which eventually took his life. I recall travelling to the Hervey Bay swim meet in 2008 with Pat, when I encouraged him to consider the role as President and stand in 2009.

As a club, we had expanded at an exponential rate over the few years up to then, and I suggested that what the club needed was to consolidate what we had before expanding any further. We had expanded from less than 20 members to more than 70, and we were funded through external Grants, several "Come and Try days. We had engaged the permanent services of an excellent coach in Jan Croft.

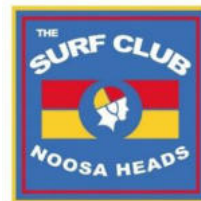
Pat loved the camaraderie in the club, and being a very personable fellow fitted perfectly into the President's shoes and set his sights on expanding the members' involvement in the Aerobics Program. Over a period of less than 18 months, Pat, through encouragement and his own example, expanded involvement in the program from about 10% of club members to more than 50%. We won our first award soon after and haven't been topped since.

Well done, Pat. We miss you.



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

PLATINUM



GOLD

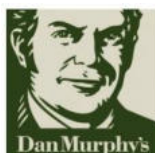


Contact petrasmassage@bigpond.com

SILVER



BRONZE



Editor

Bob McGannon

0447255382

Challengers Chatter

PO Box 21

Noosaville, 4566

Assistant Editor

Brian Hoepper

0421884809