

Conquering the Nationals!

...contributed by Terry Parker

A small but determined team from Noosa Masters Swimming Club has delivered standout performances at the recent Australian Short Course National Swimming Championships, bringing home medals, personal bests and new Queensland records.

Leading the charge was Jo Matthews, who dominated the butterfly events with gold medals in the 100m, 200m and 400m butterfly, along with silver in the 50m butterfly. Jo also set new Queensland



Jo and her medals!

to training and preparation.

records in both the 50m and 100m butterfly events.

Described by teammates as the club's "Madam Butterfly," Jo's success was credited to her dedication and commitment

Jacky Shields also impressed, securing a silver medal in the 400m backstroke in a



Jacky Shields and Linda Hogg

personal best time while finishing in the top 10 in four additional events.

The strong result marked a successful comeback. Yay Jacky!

Greg Bott produced a major personal best in his favoured 400m backstroke event in a highly competitive age group before surprising many with a silver medal performance in the demanding 400m individual medley. Meanwhile, Linda Hogg celebrated a personal best in the 100m freestyle, with club members praising her dedication and preparation leading into the championships.

Club representatives said they were proud of the performances by the Noosa swimmers on the national stage, particularly given the team's small size.

More on the Nationals on page 4.

Successful Noosa Sports Club Nights

...Contributed by Chris Cooper - Social Coordinator

Thanks to everyone who came along to the fundraiser nights at the Noosa Sports Club (formerly Tewantin Bowls Club), and, in particular, thanks to the Noosa Sports Club for giving us this opportunity.

As a result of our very enjoyable efforts, the amount raised from raffles was \$636. Both evenings were quite well supported, although the rain did put a dampener on the first evening, and there were no takers for barefoot bowls! Surprise!

The second evening was a lot more balmy, and most people tried their hand at bowls.



Helen Mahar showing off her bowling skills, with Noel Tierney looking on

The raffles were well supported by both regular club goers and QNA Members. Julie Bott won a breakfast tray, and Rod Alfredson scored a substantial-looking roast chicken tray.

With lots to choose from, the meals were tasty with very

generous serves. Consequently, lots of take-home containers were used.

Terry was in his element, encouraging raffle sales and spruiking the joys of Masters Swimming. That boy loves a microphone.

The ticket-selling process was automated, and we only had to sit at a table and press a couple of buttons...challenging for some, all the same.

Thanks to everyone who came along, bought or sold raffle tickets, played bowls,

bought a drink or two, had a meal, and put photos on social media.

This turned out to be a really enjoyable social get-together, and the bonus is that we raised some money for the club coffers.

Thanks to club staff, Sam and Dakota, who made it very easy for us to run the evening.

Thanks also to Vanessa, marketing manager, who also made sure things ran smoothly for us on the nights.

A bit of background...QNA was selected as a Silver Community Partner with the Noosa Sports Club as part of their community program to build connections with local sports clubs.

This gives us the opportunity to take part in fundraising for our club at the Noosa Sports Club Community Raffle Nights. Our part of the deal is to book a table for six for a meal, sell raffle tickets on our allocated night, share on social media posts, and tag Noosa Sports Club. Our ever-resourceful life member Wendy Ivanusec, an ace bowler herself, was instrumental in creating our connection with "the Bowlo" in years past, which has now culminated in this opportunity.

Thank you, Wendy.

Let's hope we can do this again and make Studley, our treasurer, smile!



A dinner was enjoyed by all!

Dates to Note

Swim Meet Calendar

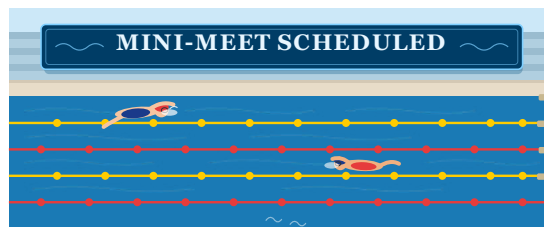
Event Date	Event (Click on event name for more info)	Location	Entries Close
30 May	Toowoomba Masters SC Meet	Toowoomba, QLD	19 May
6 June	Cairns Mudcrabs Meet (SC)	Cairns, QLD	26 May
27 June	Brisbane Southside Meet (SC)	Brisbane, QLD	16 June
16-18 July	MSQ State Championships (LC)	Townsville, QLD	TBA
19 July	MSQ Open Water Championships	Townsville, QLD	TBA
29 August	Brisbane Northside Masters Meet (SC)	Fortitude Valley, QLD	TBA
4 October	Whitehaven Open Water Meet	Whitsunday Island, QLD	20 Sept
17 October	Hervey Bay Masters Meet (SC)	Torquay, QLD	6 October
12-14 November	Pan Pacific Masters Games (LC)	Southport, QLD	29 October
5 December	Sunshine Coast Masters Meet (LC)	Kawana, QLD	24 November

Sunshine Coast Masters Mini Meet – 20 June

The Sunshine Coast Masters Swimming Club (QSC) is hosting a fun morning of racing, followed by lunch. All Sunshine Coast clubs are invited, but to keep the meet short and sweet, entries will be limited to 35 people on a first come, first served basis.

The event is now open on Swim Central for registration. Details below:

- Name: Sunshine Coast Masters Mini-Meet 20.06.26
- Pool: Kawana Aquatic Centre
- Entry fee: \$10.40 incl. charges
- Start time: 9am, warm up in public lanes beforehand
- 3 lanes will be used for racing
- Events are 200m, 100m and 50m of all strokes (incl. the fun 50m and 100m IM's)!
- Times are not official and won't be posted to the MSQ website, but we will be using our electronic timing equipment and results will be



available on Meet Mobile after the meet (as well as via email)

- Max. 4 races per swimmer
- Non-members are able to compete, just email your Name, DOB and events you wish to compete in to: claresomerville@bigpond.com
- Non-members are welcome to come and spectate and assist with timekeeping
- Lunch afterwards (pay your own way) is at Kawana Bowls Club (Club Kawana)

Any queries; please email claresomerville@bigpond.com.

Perspectives on the Nationals

... Contributed by Linda Hogg

The Masters Swimming Australia 50th National Championship was recently held at the Chandler Pool in Brisbane. Noosa Masters had a small but dedicated group in attendance, including Greg Bott, Jo Matthews, Jacky Shields, Linda Hogg, and Liz Alfredson as an official.

Jacky and Linda had the pleasure of sharing their Airbnb with Liz while Greg stayed with family close to the pool. This is one of the best parts of travelling for swim meets. The friendship and camaraderie, the celebrations and commiserations once the swimming is done. Needless to say, we thoroughly enjoyed our week away.

Jo stayed close to the pool and performed magnificently, earning a stash of medals. Her report on the Nationals is included on page 5.



Medal winner Greg Bott with Linda Hogg

Greg's hard work in training came to fruition with a Silver medal in the 400IM on day one. The hardest race of all!

Jacky really put on a performance to win Silver in the 400 Backstroke. We all know how much training she had done prior to the



meet! She has been heard saying, "she might do some training for Perth next year."

Although I didn't medal in any event, I was very happy with her times. She swam below her entry time in each event and was very happy to post a 1.28.5 in the 100 free. She has not been under 1.29 for at least four years.

Liz did the hardest work of all, as an official for all five days of the meet. She was at the pool by 7am and did not arrive home until after 4pm each day. She was welcomed each afternoon with "tea or wine, Liz?". No prizes for guessing her answer!



A beautiful venue for the Nationals

The meet was very well run by a great team from MSQ. The atmosphere at the pool was friendly and it was great to catch up with so many other swimmers. I feel the need to add another "F" to the Masters motto – Fitness, Fun, Friendship and Family.

More Perspectives on the Nationals

... Contributed by Jo Matthews

I was very lucky to secure an Airbnb only five minutes from the pool. My first day was a bit of a mission having three events, the 400m Individual medley, 25m Butterfly and 400m Butterfly. I was very pleased with my personal best time in the 400m Individual medley, a time not achieved since 2024. Unfortunately, one of my oppositions swam thirty-eight seconds faster than her entry time and I was pushed back to fourth, the 25 Butterfly was in quick succession, and I was a little off pace 0.24 off my PB, so again was placed fourth. Luckily, I had a break before the 400m Butterfly, so I managed to take the Gold.



Jo Matthews

Day two was far more leisurely with only the 50 Butterfly, I knew I could not beat Leigh Rodgers, the World Champion, but I wanted to beat Suzanne Hollis, where we always have a close battle. I was so determined that after the dive, I started breathing every four strokes for the first 25 metres, as I turned, I hoped I could keep up a good pace breathing every two. As I touched the pad and looked at my time, I could not believe

that at last I had got under 42 seconds, with a time of 41.95, a 0.33 personal best and a Queensland record, not beaten since 2019.

Day three saw the 200m Butterfly, and as I nervously walked to marshalling, Suzanne called me over and said the Gold is yours, Leigh has pulled out. I wasn't convinced, Suzanne does not normally swim the 200m Butterfly, so I felt sure she had been doing some secret training. At each turn I could not see her and luckily, I finished 5 seconds ahead. So, her prediction came true.

Day four and my final event the 100m Butterfly. This is an event that Suzanne usually takes and she joked about following my feet again. Again, I wasn't convinced; she looked pumped. I was rapt to breathe every two strokes for the whole race and beat her Queensland record achieved in 2024 by one-hundredth of a second and gained another personal best.

Chandler is a great pool to compete at, the organisation was second to none, it was wonderful to watch Cam McEvoy swim his nine second PB in the 25m Freestyle and to watch Greg and Jacky achieve their silver medals.



Jacky Shields and Greg Bott

This table includes the results of present and past Noosa Masters swimmers.

2026 NATIONAL CHAMPIONSHIPS (SC)

Brisbane - 28 April - 2 May 2026

Greg Bott (70)			Jo Matthews (71)		
25m Free	18	16.12	25m Fly	4	18.03
25m Back	10	21.82	50m Fly*Qld Record	2 8	41.95
100m Back	9	1:41.87	100m Fly*Qld Record	1 8	1:40.32
200m Back	11	3:40.24	200m Fly	1 8	4:03.14
400m Back	4	7:22.94	400m Fly	1 8	9:06.70
50m Fly	11	43.59	400m IM	4	8:15.92
100m IM	15	1:40.16			
200m IM	8	4:00.95			
400m IM	2 8	8:24.81			
Linda Hogg (64)			Jacky Shields (72)		
50m Free	25	39.81	50m Free	14	43.87
100m Free	18	1:28.58	100m Free	13	1:39.49
200m Free	13	3:15.91	200m Free	11	3:39.95
400m Free	11	6:59.54	400m Free	12	7:46.47
800m Free	13	14:27.80	800m Free	9	15:40.34
25m Fly	25	22.31	50m Back	7	56.11
			100m Back	6	2:02.50
			200m Back	4	4:30.73
			400m Back	2 8	9:25.01
Not quite our swimmers - but you may be interested			Robert Pugh (45)		
Stephanie Jones (71)			25m Free	3 8	11.74
25m Free	2 8	15.36	50m Free	3 8	25.54
100m Free	1 8	1:12.81	25m Breast	1 8	13.73
200m Free	1 8	2:38.25	50m Breast	1 8	31.29
400m Free	1 8	5:40.08	100m Breast	2 8	1:11.28
800m Free	1 8	11:35.28	25m Fly	2 8	12.54
25m Back	3 8	19.42	50m Fly	3 8	28.26
50m Back	2 8	41.12			
Mixed 100m Medley Relay - 2nd			Men's 200m Free Relay - 1st		
Mixed 100m Free Relay - 3rd			Men's 100m Free Relay - 1st		
Mixed 200m Medley Relay - 2nd			Men's 200m Medley Relay - 1st		
Mixed 200m Free Relay - 2nd					
Women's 100m Medley Relay - 1st			Ian Robinson (63)		
Women's 100m Free Relay - 1st			25m Free	3 8	13.16
Women's 200m Medley Relay - 1st			50m Free	4	28.94
Women's 200m Free Relay - 1st			25m Breast	3 8	15.72
			50m Breast	4	35.41
			100m Breast	4	1:20.59
			25m Fly	4	14.16
			50m Fly	6	31.29

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.



Jan Croft – Coach's Tips

Here are some great tips from **Peter Reaburn**, author of *The Masters Athlete*.

Once you have progressively developed your cardiovascular, musculoskeletal, and nervous systems, the absolute key to



better performance and PBs is training intensity.

Research has shown that Masters athletes tend to train at lower intensity as they age. You need to train fast to race fast. Sprint sets develop speed, HR sets develop endurance. There are no shortcuts, just hard work!

The Big Question from Linda Hogg... Who is Going Next Year?



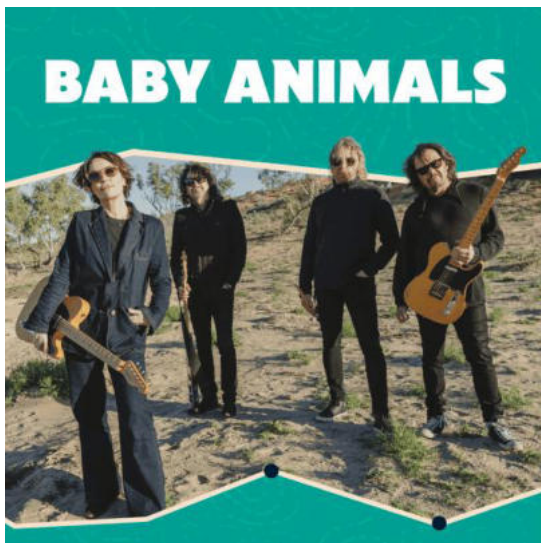
DAY 1 Wed 14.04.27	DAY 2 Thurs 15.04.27	DAY 3 Fri 16.04.27	DAY 4 Sat 17.04.27	DAY 5 Sun 18.04.27
1. 100m Freestyle	8. 100m Individual Medley	15. 200m Freestyle*	19. 100m Individual Medley	25. 100m Open Water Swim
Opening Ceremony	9. 100m Butterfly	16. 100m Backstroke	20. 100m Freestyle	26. 100m Open Water Swim
2. 4 x 100m Relay (1st Stage Relay)	10. 100m Breaststroke	17. 100m Butterfly	21. 100m Backstroke	
3. 100m Backstroke	11. 200m Freestyle	18. 4 x 100m Relay (2nd Stage Relay)	22. 100m Breaststroke	
4. 100m Butterfly	12. 4 x 50m Mixed Medley Relay	19. 100m Backstroke	23. 4 x 50m Women's Freestyle Relay	
5. 100m Freestyle		20. 4 x 100m Mixed Freestyle Relay	24. 4 x 50m Men's Freestyle Relay	
6. 4 x 100m Mixed Freestyle Relay				
7. 4 x 50m Mixed Freestyle Relay				

*400m & 800m events held in two pools concurrently - one swimmer per lane / single gender heats
 *State of Origin Relays - 2 age categories - under 55 / over 55, 6 swimmers per team - 3 men / 3 women



10 - 17 October 2026

Get ready to celebrate a major milestone as the Alice Springs Masters Games marks its 40th year in 2026 — and we're kicking it off in style.



Join us for a huge Opening Ceremony headlined by two iconic Australian rock acts — Baby Animals and Choirboys.

The free, family friendly event will take place at ANZAC Oval on Saturday 10 October, kicking off at 5pm, the participant march begins at 6pm, followed by live entertainment through to 10pm.

A talented local support act will also take the stage (to be announced), setting the tone for an unforgettable Games.

Make sure you secure your spot - register today!

A Swimmer's Journey

...Memories from Tony Frost

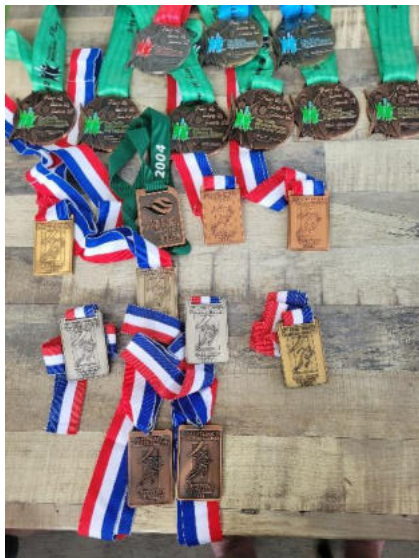
This history is told by Tony and was captured by Terry Parker, who also took the photograph of the medals. Thanks, Tony and Terry!

EARLY PAN PAC DAYS:

Swimming competition was included in an all-sports competition for Masters athletes, promoted as "International Sport for all ." The first Games were held on the Gold Coast in 1998, known as the ASIA PACIFIC MASTERS GAMES.

My swim training was restricted to swimming along Noosa Main Beach in the mornings, swimming around Witta Circle some afternoons, followed by a few sprints across the river.

The occasional trip to Cotton Tree 50 metre Olympic Pool in order to swim 1500 metres, then half a dozen 50 metre sprints.



The Medals:-

1998: Asia Pacific Masters Games

55-59 yrs. male
100 m Freestyle, Bronze
200 m Freestyle, Bronze

2000: 2nd ASPAC Games , 25 October - 5 November

55-59 yrs . male
100 m Freestyle, Bronze
200 m Freestyle, Silver
400 m Freestyle, Silver

2002 - 3rd ASPAC Games, 21-29 September

4 medals

2004 Pan Pacific Masters Games Gold Coast

1 Medal

2012 Pan Pacific Masters Games, 3-11 November

70-74 yrs. male

Gold X 2

Silver X 1

Bronze X 6

Including relays as Noosa Masters:

240+ yrs. 4 x 50 m male freestyle relay

200+ yrs. 4x 50m medley relay

400 m Freestyle, 7:04.14

400 m Backstroke, 10:14.00

100 m Freestyle, 1:26.66

50 m Backstroke, 51.68

At the **2000 ASPAC Games**, Noosa Masters had three swimmers: Joyce Faunce, Kay Frost & Tony Frost.

The organisers announced that future Games were going to alternate between Gold Coast , Australia, and Sacramento, California USA. This never eventuated.

At the third **ASPAC Games in 2002**, Joyce Faunce , Kay Frost , Tony Frost & Sean Riley represented Noosa Masters Club.

In 2012, after the Games were called the PAN PACS, Noosa had quite a few swimmers at this meet: Jan Croft, Joyce Faunce, Bardie Gruber, Helen Malar, Grindley Rudder, Wendy Twidale, Tony Frost, Dyanna Benny, Stephanie Jones, Trevor King, and Brian Hoepper. Heaps of medals. Go NOOSA!

This and That

June Birthdays

Cathy Hunt.....June 6

Zana Dare.....June 10

Gerald Little.....June 13

Denise McCart.....June 13

Clinton Stanley (50!)..June 15

Sally Johnson.....June 22



The merry band of Noosa Masters volunteers at the Swim Noosa event

Thanks to Swim Noosa Volunteers



From Terry Parker –

A big thanks to: Chris Cooper, Wendy Ivanusec, Wendy Nothdurft, Julie Tierney, Adele Tucker, Helen Forsyth, Jo Matthews, Linda Hogg, Sandra Lyons, Maree Parker, Mick Jones, and Ian Tucker

It was a pleasure working with you this morning. Thank you for giving up your valuable time today.

Registrations, numbering, and course marshalling all ran smoothly, and I thank you for your patience and understanding during the hectic periods this morning.

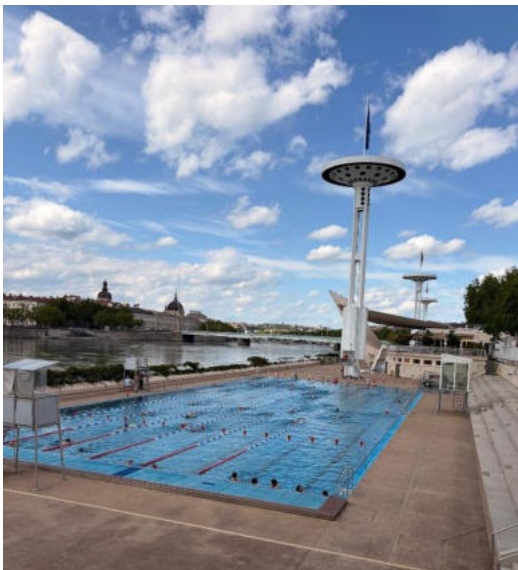
I am very proud to be part of Team Noosa!

Our crew are pictured above putting on brave faces with the early start!

Master...Travellers!

... Contributed by Jim Travers

After almost three weeks travelling through France without a proper opportunity to train, it was a real pleasure to finally get back into the water at the riverside pool complex in Lyon. The session reminded us how much swimmers appreciate both routine and the simple joy of a good pool.



The complex was originally built as part of Lyon's bid for the 1968 Olympic Games and remains an impressive facility today. Set beside the Rhône River, it combines serious lap swimming with a relaxed community atmosphere in a spectacular urban setting.

The outdoor lanes were busy but organised (more or less) and quite wide with swimmers sharing space courteously. Between sets, we could look across to the riverbanks, cafés, cyclists and historic city streets — not your average training backdrop.

For travelling Masters swimmers, experiences like this become one of the best parts of a trip: connecting with local swimming culture while enjoying a memorable session in a unique and historic location.

It's a pity we get home just in time for the 50m pool closure



Jim and Melissa in Aix are about to forsake the Iron Man event for a glass of the local Rosé!

And, from Susie Morris...



Perched high on the side of the Douro Valley, best known for its Port wines, is this gorgeous pool at The Vine House. The water was crisp; outside was crisp too, with a chilly northwesterly. No lines and each end was also not well defined, so I would say a perfect pool for breaststroke.

Notice: 50M Pool Closure

Tim Wilson from the Noosa Aquatic Centre has advised us of the commencement date of the 50M pool closure.

The 50M and Program Pool operations will cease from Monday 8 June 2026, and likely continue until late August or early September 2026

Duration of works will be approximately 10 weeks.

We have been allocated 4 lanes of the 25m pool at the NAC.

During this time Masters will swim under the following schedule

Sunday from 9:15-10:45am

Tuesday from 9:30-11am (Endurance program)

Thursday from 9:30-11am

The Cafe will be open as normal.

Raby Bay Open Water 1.5k Swim Report

...Contributed by Studley Martin

It was an early morning drive to the southern Brisbane beach suburb of Raby Bay. I found a car park easily, unlike Noosa or Mooloolaba. It was part cloudy and part sun. The ocean was calm, no currents or waves, as much like a pool swim as you can get.

You could wear a wetsuit, but if you did you couldn't win a medal. You couldn't wear a watch, I'm sure it was longer than 1.5kms. The ratio of officials, surf lifesavers and first aid to swimmers was high and I think most had a quiet day. That was until the race was over, and a few borrowed time chips caused some confusion about those times swum.

At the start I was thinking no negative thoughts, however looking around they all looked like strong swimmers. This was confirmed as I looked around after 200 metres and I couldn't see anyone. Paul Blackbeard, "The Pirate of Raby Bay" was first overall with a time of 23.03.03. He's in the 65-69 age group. Looking at his times online and he did 100 metres in 1 minute flat this week, wow. I was reading about age



Swimmers at the finish of the 1.5K

group records for older athletes getting better each year, while the Olympic records don't show the same change. Might be interesting to see how Cam McEvoy does when he is 65.

I drank a bit of Moreton Bay, but I was happy to say it looked clean enough. Although someone said that not many swim there and there were dugongs there yesterday, I saw none. I came 2nd in my 60-64 age group, (only 2 in that group) with a time of 29.32, 16th overall out of 28 men. The 47 women who did the 1.5km were also super fast and competitive. I wore my Noosa t-shirt, there were many different coloured uniforms from clubs all over Australia. I was happy to have taken part in a well run event.

Celebrating Rosemary Longstaff Sinkora

...Contributed by Brian Hoepper

On Sunday 24th May Lynette Clemitson and I were the Noosa Masters members who joined a simple but moving celebration of the life of Rosemary Sinkora. As the early morning tide turned at the Noosa River mouth, Rosemary's ashes were cast into the waves, along with rose petals. Just before, husband Chris and two of Rosemary's sons had spoken in some detail of her life, ranging from childhood in the UK, through migration to Canberra and subsequent life in Noosa.

The picture that emerged was of a woman of intelligence, determination and achievement across her professional life and – perhaps more emphatically – her sporting career.

Rosemary – embracing the name 'Longstaff' at the time – swam with Noosa Masters from 2010 to 2013, coinciding with my years as club captain. My most vivid memory was of a club Valentine's Day celebration at Rosie's restaurant on Gympie Terrace, when Rosemary and Chris shared a corner table with me and my partner Kathleen.

Rosemary was animated and irrepressible in conversation and described enthusiastically her sporting passion and athletic successes. In particular, she recalled her commitment to cross-country running during the years she spent in Canberra.

Admittedly, swimming was not Rosemary's forte, but she accepted it as an essential element of her triathlete preparation in the later years of her athletic career. And it stood her in good stead when surfing

emerged as one more element in her sporting repertoire. (Lynette has strong personal recollections of being pitted against Rosemary's awesome competitiveness!)

In 2012, while active in the club, Rosemary posted 543 points in the Endurance program and placed sixth in the W60-64 category in the arduous Noosa Triathlon.

At last Sunday's gathering, I gained a greater appreciation of Rosemary's achievements as a younger woman, particularly her winning the Melbourne, Avon and Australian Championship marathons in the early eighties, placing second four times in Sydney's City-to-Surf race, and competing impressively in the London and Boston

marathons (placing first in her age group in Boston in 1981).

Even as cancer gradually robbed Rosemary of her athletic ability, she refused to 'lie down', instead taking an enthusiastic interest in manageable activities including pickleball.



While Rosemary's time with Noosa Masters spanned only four years, she merits remembrance as one of the most talented athletes to have been in our ranks.

On Sunday, as Lynette and I represented QNA at Rosemary's farewell, it seemed somehow apt that President Terry and many club members were just along from us at Main Beach, volunteering at the Swim Noosa event.

Warmest thoughts go to Chris and family in their loss.

The Passing of Masters Swimming Stalwarts

...Contributed by Tony Frost

Last month brought the sad passing of two swimming buddies who had begun their Masters swimming journey together 35 years ago. They would travel down to Sunshine Coast AUSSI Masters Swimming Club at the Cotton Tree 50 metre Olympic Swimming Pool.

Janet Gemmell & Sandra Hudson would accompany Joe Gilbert a couple of times each week until a 25 metre pool was built in 1991 at the Tewantin State School, where Janet & Sandra established a branch of the Sunshine Coast Masters Swimming Club.

On December 6, 1995, a public meeting was held at the Assembly Hall of the Good Shepherd Lutheran School, attended by some 200 interested persons.

The Noosa Olympic Pool Association was formed, with a Committee elected at this meeting, including Tony Frost (President), Sandra Hudson (Secretary), and Joe Gilbert (Treasurer). Janet Gemmell was elected as a Committee member.

NOPA's goal was a 50 metre pool for Noosa. Following the opening of the NAC on 1 May, 1999, a Masters Swimming Club was

formed, known as NOOSA AUSSI CHALLENGERS.

In the first season, Janet served as Coach and Sandra as Club Secretary.

Janet continued to reside in Noosa after losing her husband, Jock, and living with her son, Jonathon, and family. Sandra returned to the Sutherland Shire, Sydney, to be near her daughter, Kim. Both Janet and Sandra succumbed to health issues in recent years and finally passed away within weeks of each other.

They kept in regular contact with each other,

and when Sandra heard that Janet was hospitalised early this year, she organised for her daughter, Kim, to drive from Sydney to Noosa to visit Janet, as she was unable to fly.

My last conversation with Sandra in March was full of reminiscing and laughter

between these two lifelong masters-swimming buddies.

Thank you, Janet and Sandra, for your contributions to swimming and your passion for a 50-metre Pool for Noosa. It should never be forgotten by all of us who swim our laps in a wonderful 50 metre Olympic Pool at Noosa.



Back row (L-R) Tony Frost, Dave Chapman, Lex Bell, Joe Gilbert, Front (L-R) Janet Gemmell, Sandra Hudson.

Captains' Report May 2026

...Contributed by Robert Ashwell

From 28 April to 2 May four of our swimmers competed in the 2026 MSA National Championships. Jo Matthews, Jacky Shields, Linda Hogg and Greg Bott. Jacky and Greg both had a busy meet competing in nine events each with their best results being a second for Jacky in the 400m free and a second for Greg in the 400m IM. Jo swam in 6 events and not surprisingly all involved butterfly. Jo took out first in the 100m, 200m and 400m butterfly. Linda swam in six events - five freestyle ranging from 50m to 800m and a 25m butterfly sprint.

On 30th May we have a contingent of nine swimmers going to the Toowoomba short course meet. There will be a “strategy” meeting on the Friday evening before the meet and a debrief on the Saturday evening after what will hopefully be a successful day for all involved.

Upcoming meets to prepare for are:

Brisbane Southside 27 June – entries close 16 June

MDQ State LC Championships 16 July – entries open from 1 June

Images of the Swim Noosa Volunteers



Endurance Report – May 2026

...Contributed by Denise DeCarlo - Endurance Coordinator

We are going from strength to strength, having another good month in May. We now have 48 swimmers out of 80 members. Certainly, we can make it to 50, yes?!

Vivian Merrill was presented with the 2025 Top Scoring Club Points trophy for the team at Nationals. A team photo and an article were published in the Noosa Today to brag about our continued success. We truly should be proud of our achievements! But we can't rest on our laurels.

The Twilight swim on 9 May was a highlight. The weather was nice, and we had 14 swims, followed by 22 guests at the Reef hotel. We had two raffle ticket prizes to give away. Ian Tucker won a 30-minute massage (Thanks to Petra at Laguna Massage), and Sandra Johnson won the \$50 gift voucher from the Sports Club. We love our sponsors – please go visit them! In addition, Sandra was awarded a fluffy beach towel for her significant contributions to Endurance since joining the team.

We had 71 swims this month, and 10 of those were 30 minutes or longer. That is a super turnout. We have nearly equalled our May 2025 point total. We are going into winter in good form.

A big list of achievements in the last 30-days

- Terry Parker is swimming tons and smashing his times from last year. He also has 505 points, the most of anyone on the team so far this season
- Welcome back, Bruce Hammond – great to have you on deck again
- Kevin Alford did a 1500 Free shortly after being unwell – that's dedication or insanity

- Mick Jones and Robyn Selby each completed 30-minute swims – whoo-hoo! Certainly, the duo will appear again this year?
- Jo Matthews shows up one morning and does ALL the 400's except the butterfly! Ouch
- LiQun Hussey continues to pile up the points. She has almost finished all breaststroke events
- Denise DeCarlo is consistently swimming endurance and slowly increasing her breaststroke kick distances. Here's to good health

As you know, the NAC is closing the 50m pool for filtration maintenance on 8 June. From 9 June, endurance will be in the 25m pool from 9:30-11 on Tuesdays. I think this could work to our advantage for Endurance. It will be a later start time, so it will be a bit warmer outside, and we have four lanes instead of three. It's a great chance to get in those swims that are harder to complete in the 50m pool. It's also an opportunity to practice improving your turns. We will return to the 50m pool in late August.

Denise is currently overseas and is now doing the Recording each week, so she's watching from behind the scenes. Susie Morris will represent Endurance at the Management meetings and handle on-the-deck responsibilities.



Viv Merrill who received the 2025 E1000 Endurance Trophy on behalf of the Club

QLD'S LARGEST TRANSPORT, HOME AND BUSINESS ELECTRIFY EXPO



FREE ENTRY

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Sunday 21 June 2026, 9am - 1pm
Sunshine Beach Rd, Noosa Junction

- ⚡ See over 30 EV models from over 20 car brands – the largest selection in one place in Queensland!
- ⚡ Visit with over 60 exhibitors and community organisations
- ⚡ Learn how to save money on energy bills by electrifying all aspects of your home and/or business
- ⚡ Check out a wide range of other electric transport options including golf cars, (legal) e-bikes, scooters, skateboards, motor bikes etc.
- ⚡ See simple home energy efficiency systems, solar and battery solutions
- ⚡ Sign up for 1 on 1 time with Giles Parkinson, founder and editor of *Renew Economy & The Driven* and host of Australia's leading podcasts on EV's

- ⚡ Ask our Energy Champions and Business Energy Advisor your home or business energy questions
- ⚡ Test ride an e-bike, e-scooter or even an electric golf car in our trial ride area.
- ⚡ Chat with real EV owners and hear their first-hand insights about daily EV use and ownership experiences
- ⚡ Join celebrated Noosa chefs Luc and Pascal Turschwell live at as they showcase the power and precision of induction cooking in a unique culinary experience
- ⚡ Fun for the whole family - enjoy live entertainment, kids' activities and food in a festival street style event.
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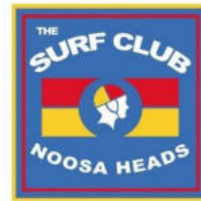
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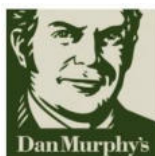


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