

The Chatter

Noosa Masters Swimming Club Newsletter –
The Challengers Chatter

July 2026

Experiencing the State Championships in Townsville

Contributed by Wendy Ivanusec

It was cold but fine for our entire visit. I took only one light jacket, expecting temperatures of 27 degrees, and spent every day wearing it as there was always a very cool breeze.

Lois and I arrived on Thursday 16 July, settled in and dined out. Friday was the start of competition, which ran for three days, always finishing no later than 3 pm each day. There was also an open water swim on Sunday morning. I took a photo from the top of Castle Hill which shows a thin line of swimmers and some safety boats in the far distance.

Lois and I drove up there on the Sunday as well to check out a few other sights around Townsville, including the Queens Park Botanic Gardens and the Jezzine Barracks, where I bought a couple of pieces of artwork as gifts for friends and one scarf to send overseas.

Monday 20 July, Lois, Linda, husband Peter, Jacky & I took the ferry to Magnetic Island. Lois settled into her accommodation to await the arrival of family, while the rest of

us caught up with Helen & Steph over Lunch at “Nourish,” as they had also taken the ferry to the Island for the day.

As he and Linda were staying on to catch up with friends for a few more days, Peter very kindly got up very early on Tuesday morning to drive Helen, Steph, Jacky and me to the airport.

It's good to be home after a very enjoyable week of FUN, fitness and friendship!



View from Castle Hill



A Townsville sunset

Noosa Masters awarded grant

...Contributed by Terry Parker

On Thursday morning 30 July we celebrated the successful grant application from the state government Gambling Community Benefit Fund to the Value of \$19,300 with Sandy Bolton our state MP. We would like to thank Sandy for her ongoing support not only for our club but all the sporting groups in the area.

Greg Bott, our past president and now grants officer, had the vision to seek this grant for a new electronic timing system for Noosa Masters Swimming Club. Greg's persistence finally paid off. This timing system will allow us to integrate our swimming meet times seamlessly into the Masters Swimming Queensland and Masters Swimming Australia record systems. It will also provide us with an opportunity to run mini-meet events to capture a wider swimming audience

within our local community. We are also looking to integrate with the coaching used by the Noosa Aquatic Centre. So, this is a win for the Noosa community.

Sandy also took the opportunity to present Noosa Masters' star recruit Peter Borain with a very special trophy –The Margaret Cunningham Award. Presented at the Queensland State Championships each year, the award celebrates the individual result - male or female in any age group - closest to the World Aquatics Masters World Record for the 200m Individual Medley. At the recent State Championships in Townsville, Peter (57) posted a remarkable time of 2:36.62. The existing World Record for that event is 02:19.03, set by Germany's Frank Gruner on 11 August 2025. Congratulations Peter!



Left Photo: Sandy Bolton (centre) with Clinton Stanley (front) and (L-R) Helen Malar, Tony Frost, Terry Parker, Robert Ashwell, Peter Borain, Heather McLeod, Yvonne Mutton, Brian Hoepper, Julie Tierney and Jan Croft.



Right photo: Sandy Bolton presents Peter with his award. President Terry and Secretary Helen look on.

Meet Results for QNA

MSQ State Championships - Townsville

16 - 18 July 2026

Anne Besser (80)				Jo Matthews (71)		
50m Free	3	1:10.36		50m Back	2	53.91
100m Free	4	2:46.15		50m Breast	3	55.32
200m Free	2	5:28.74		50m Fly	1	45.70
400m Free	2	11:49.06		100m Fly	1	1:54.01
50m Back	3	1:32.12		200m Fly	1	4:24.37
100m Back	4	3:09.95		400m Fly	1	9:35.95
200m Back	2	5:28.74		200m IM	1	4:11.06
800m Back	1	25:51.52		400m IM	1	8:46.79
50m Breast	2	1:43.62		<i>Women 4 x 50m medley relay - 3rd</i>		
<i>Women 4 x 50m free relay - 2nd</i>						
				Jacky Shields (72)		
Peter Borain (57)				50m Free	5	45.42
50m Breast	2	35.31		100m Free	5	1:46.98
50m Fly	3	30.61		200m Free	4	3:47.79
100m Fly	2	1:08.08		400m Free	5	8:16.28
200m IM	1	2:36.62		50m Back	4	56.18
				100m Back	2	2:19.24
Linda Hogg (64)				200m Back	2	4:55.02
50m Free	10	41.08		400m Back	2	10:36.29
100m Free	9	1:34.07		<i>Women 4 x 50m free relay - 2nd</i>		
200m Free	8	3:29.72				
400m Free	5	7:25.41		Lois Hill (83)		
800m Free	5	15:20.66		50m Free	2	59.39
<i>Women 4 x 50m free relay - 2nd</i>				100m Free	3	2:17.83
<i>Women 4 x 50m medley relay - 3rd</i>				200m Free	1	4:43.38
				400m Free	1	10:06.53
Helen Malar (72)				50m Back	2	1:14.11
50m Free	4	43.21		100m Back	2	2:28.15
50m Breast	1	50.23		200m Back	1	5:38.12
100m Breast	2	1:56.66		400m Back	2	11:39.14
200m Breast	2	4:22.88		<i>Women 4 x 50m medley relay - 3rd</i>		
<i>Women 4 x 50m free relay - 2nd</i>						
<i>Women 4 x 50m medley relay - 3rd</i>						

Images from Townsville



Jacky and Jo...or is it?



Have a medal...or 9! Great work, Lois! Matched by Jo Matthews – wow!



Uh, Wendy?



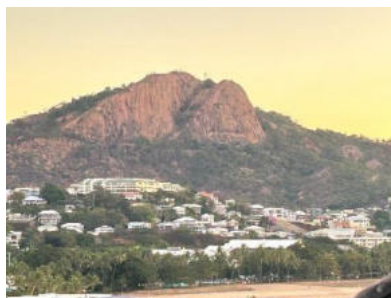
Friends and fun!



It wasn't just swimming!



Beaches and sunshine!



Scenery everywhere!



Where to next?

Endurance Report – July 2026

...Contributed by Denise DeCarlo – (Virtual) Endurance Coordinator

Reminder: the Endurance swim time is from 9:30-11 on Tuesdays in the 25m pool.

We are doing quite well this winter. Maybe you like the 25m pool? Ok, you can stop throwing darts at me right now as I know some of you don't enjoy the 25m pool. Once we return to the 50m pool it will feel like it's soooo long (and cool!)

If you plan to complete all five swims this year for a given 400 or 800 event you **MUST** be swimming them now. We only have five months left in the year. Yep, the year is flying by.

Achievements in the last 30-days

- The following five swimmers each have 500 or more points: Denise DeCarlo, Terry Parker, Adele Tucker, Jo Matthews and Sue Silburn. Very impressive!
- Studley gets the award for the fewest swims with the most points. He's completed eight swims and has accumulated 340 points. He is a finance guru and knows his numbers.
- Lots of longer swims
 - Chris Cooper 30 min free
 - Studley Martin 30 min, 45 min and 60 min back!
 - Shane Walsh 30 min free
 - Sue Silburn 60 min breast
 - Denise DeCarlo 60 min back and 30 min breast (with a wonky hip!)
 - Adele Tucker 45 min free
 - Robert Ashwell 45 min breast
 - Wendy Ivanusec 30 min free
 - Kevin Alford 60 min free
- Heaps of smaller swims from Jo Matthews, Lois Hill, Sally Johnson, Ian Tucker, Peter McGahan, Susie

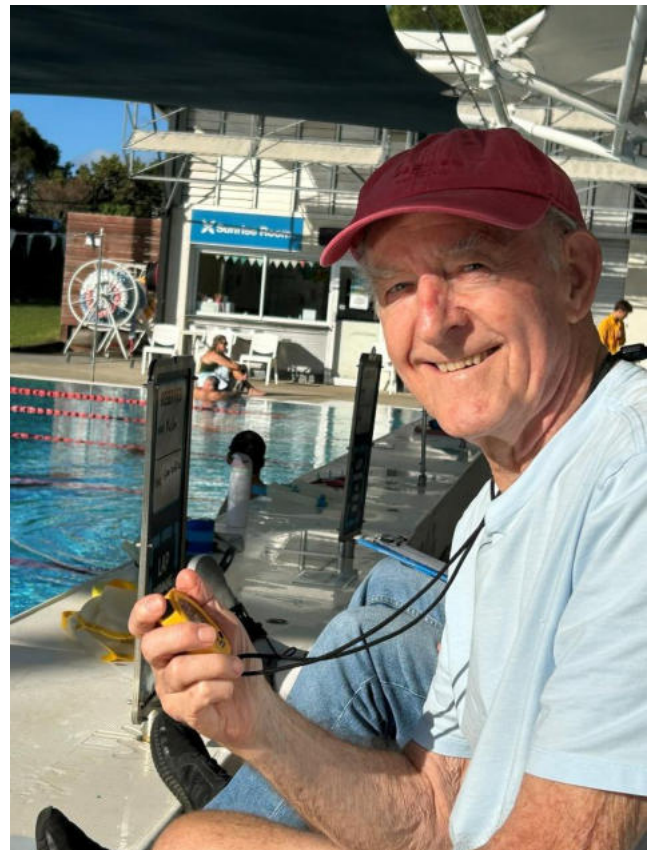
Morris, Corals D'Ott, Rod Alfredson, and Brian Hoepper.

The depth of our Endurance Program is what makes it so successful.

With one more Endurance swim on 28 July, I'll mention those results in the August Chatter.

Mark your calendar – 30 Aug is the 5th Sunday of the month. We will have an Endurance swim and stroke clinic available, plus the yummy egg roll and sausage. Don't miss this fun event! You just may win a door prize too.

Miss you all, keep up the great work.



Super timer Grant Scotcher

Jan Croft – Coach's Tips

Basic fly tips for beginners!
There is no quick fix, it takes time to learn good technique, build strength, get into a rhythm and increase your power.

Tip #1: The dolphin kick is the foundation of your butterfly stroke, stay near the surface, hips out of the water on every kick. You can also kick to the side and back, but it is tougher to do.



Tip #2: Perform a single arm drill, working on your body undulation while incorporating the pull. Pull one arm keeping the non-working out in front of you. Maintain your usual fly rhythm and technique with your legs.

Tip #3: The 2-2-2 drill. Take two strokes with the right arm, two on the left and then two full strokes with both arms.

Registration for the 2026 Masters Games in ON

Don't just watch the action – be part of it!

With the days dwindling until the Alice Springs Masters Games 2026, the countdown is officially on!

Whether you've already secured your spot, or you're still deciding if its time to join the action there's never been a better time to get ready for an unforgettable week in the Red Centre.

For those already registered, the excitement is building as you prepare to reconnect with old friends, meet new ones and take on the challenge ahead. If you're still thinking about joining us, there's still time to be part of the action.

With a huge range of sports on offer, the Games welcome competitors who are young, young at heart and everyone in between. Gather your mates, challenge yourself, make new connections and be part of one of Australia's most iconic sporting events.

The finish line is in sight – register today and join us in Alice Springs!

[CLICK HERE TO REGISTER!](#)

Dates to Note

Swim Meet Calendar

Event Date	Event (Click on event name for more info)	Location	Entries Close
29 August	Brisbane Northside Masters Meet (SC)	Fortitude Valley, QLD	18 August
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

Mark Your Calendars!

Butterfly and Breaststroke
Workshop

with Ian Robinson

24 October 2026 at the NAC

2:00pm - 4:00PM

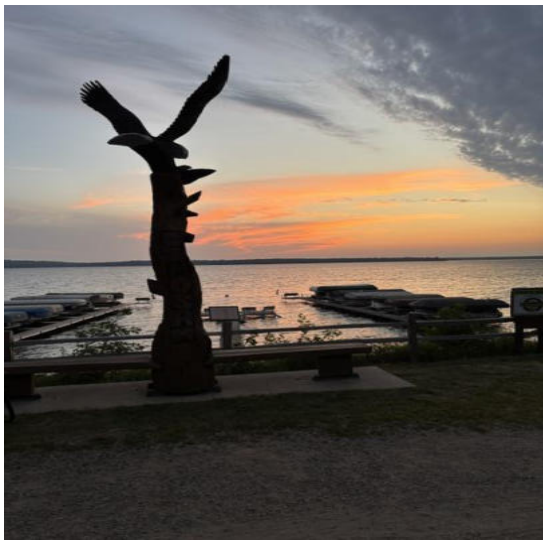
August Birthdays

Kerry Blackwell	2/8
Mick Jones (80!)	4/8
Jo Matthews	7/8
Brian Hoepper	8/8
Sandra Lyons	16/8
Rob Lucas	29/8

Where are Bob and Denise?

It has been an interesting summer so far, with some really cold, rainy days and some very hot, humid days as well. No two days have been the same.

We have enjoyed our time at the cabin in Brainerd, Minnesota, and we have had some beautiful sunsets. One of the prettier ones is pictured below.



A Gull Lake, Minnesota sunset

Recently, we had an interesting adventure in Branson, Missouri, where we took Denise's mom, Bonnie, on a trip. We were able to see a country music show, Chinese acrobats, a 1960s music show, and dinner with music on a riverboat.



Denise, her Mum Bonnie and Bob on the Riverboat in Branson, Missouri

Branson is kind of like a small Las Vegas without much gambling and with lots of shows. It is not quite as glamorous as Las Vegas, but it was still very enjoyable. It was terrific to spend that time with Denise's mom, and we enjoyed it thoroughly.



At Mel's Hard Luck Diner, one of the more interesting places to eat in Branson

In the next few weeks, we will be heading to Colorado to visit Bob's sister, Kathy. We lived in Colorado for 25 years, so we will also get to visit some friends while we are there.

We do miss the NAC, though we know it isn't what it usually is at the moment. Denise has been doing some swimming at the YMCA here in Brainerd, and Bob is doing his best to get in the pool once in a while. He has been pretty caught up playing pickleball with his American mates.

We miss you all and look forward to getting back to Australia in October!



Branson's Titanic Museum with actual artifacts

CAPTAINS REPORT FOR JULY 2026

...Contributed by Robert Ashwell

On 27 June we had four swimmers attend the Brisbane Southside short course meet - Linda, Jacky, Adele and Ian. All four swam well over a total of 23 events between them. That included seven 1st placings!

From 16 to 18 July we had seven swimmers travel north to Townsville for the 2026 MSQ LC championships – Anne Besser, Peter Borain, Lois Hill, Linda Hogg, Helen Malar,

Jo Matthews and Jacky Shields. All swimmers performed admirably. Two relays were swum by our ladies and they achieved a 2nd and 3rd in the freestyle relay and medley relay respectively.

Upcoming meets are: Kawana mini meet on 15 August and Brisbane Northside SC on 29 August. Entries for both those events are open now.

Good to know!

Common appliances and their energy use

A kWh (kilowatt-hour) measures your home's energy use in one hour.*



5 kWh

Water heater
(electric)



4 kWh

Central air con



3.5 kWh

Clothes dryer



3 kWh

Dishwasher



2.5 kWh

Electric Oven



0.55 kWh

Washing Machine



0.15 kWh

TV[#]



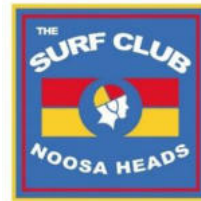
0.01 kWh

LED Light Bulb



**Noosa Masters Swimming Club thanks its
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PLATINUM



GOLD

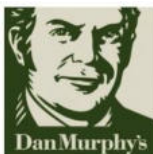


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SILVER



BRONZE



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