

The Chatter

Noosa Masters Swimming Club Newsletter –
The Challengers Chatter

August 2026

Jo Matthews – Record Holder!

Jo Matthews has received two certificates recognizing her Queensland Masters Records in the 50m and 100m Fly short-course events at the National titles in Brisbane.

Jo has impressively gained FINA top ten recognition for placing 9th in the world last year for the 70-74 age group in the 100m Butterfly event (long course).

Jo backed up these outstanding results in the Masters Swimming Queensland Short Course championship recently in Townsville, where she took out the 50m, 100m,

200m, and 400m Gold Medals in the Butterfly event, along with Gold in the 200m and 400m Individual Medley events.

Jo certainly has the "Midas touch," but it is no surprise when you consider her effort and dedication to her swim training in the most grueling stroke, Butterfly, as most swimmers would agree!.

Jo is pictured below with Terry Parker who recognised the two Masters Swimming Queensland records she attained in Brisbane in May this year.



A Timed Boost!

A \$19,300 State Government Community Benefit Fund grant is making a splash for our club, with funding for an electronic timing system that will help us integrate seamlessly with state and national record systems! Thanks to Greg Bott for his efforts to make this happen!

**Yet another Fundraising opportunity....
.... And an enjoyable social night out**



Greetings Members

Noosa Sports Club (aka Tewantin Bowls Club) has offered us three further raffle selling nights at short notice. This is a great chance to raise funds for our club!.

**Wednesday 2 September
Wednesday 9 September**

This was quite successful for us earlier in the year as we raised over \$600 for the two nights. Quite a substantial amount for a few hours input!

In return for the profit from raffle takings, we are asked to sell tickets, book a table for dinner and circulate any photos of our participation on social media.



We need a few volunteers to actually sell the raffle tickets to the assembled throng, as well as make up an enthusiastic cohort to have a meal and enter into the spirit of the Raffles night by purchasing tickets. Prizes range from meat trays, fruit trays, meals, and drinks among other things.

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 5.30pm and the restaurant is open from 5.00pm until 8.00pm. The restaurant menu is available at noosasportsclub.com.au and includes an extensive Chinese menu as well as Aussie pub favourites.

I will book a table for 15 on each night, so hopefully we can make up a reasonable group on each of the allocated evenings and have an enjoyable night out. Friends and family are also welcome. If you are new to the club and haven't had a chance to meet other members, this is your chance. People can also have a game of Barefoot Bowls if the weather is amenable.

If you are able to come along on any of these nights please let Chris Cooper know by email at social@swimqna.com.au

I will also circulate a "Count Me In" sheet at the pool so you won't miss out.

Cheers ,
Chris Cooper, QNA Social Coordinator

Mick's 80th Birthday Celebration is a Big Hit



80!



A Message From Mick

Thank you, members, especially Chris Cooper, for providing a cake to celebrate my departure from the seventies. Your best wishes and hearty song are the things that keep me young at heart. Having now joined the over eighty club, I am looking forward to extended discussions after squad about the pitfalls that await me. Be gentle is all I ask.

Hervey Bay Meet Information

... Contributed by Yvonne Mutton

Our club's fun weekend away at Hervey Bay is only a couple of months away. My apologies if I haven't caught up with you at the pool. At this stage we have 18 members & partners attending. Please read the information below, and if you require any further information, please catch me at the pool or email me. Terry Parker will also be around to answer any questions.

MEET INFORMATION

Nominations Open - 1 September

Nominations close - 6 October

Short Course Meet – 17 October -
10am to 3pm

Location - Hervey Bay Aquatic Centre

Racing is limited to 5 individual entries
+ 2 relays (if you wish to participate).

Relays

If you're keen to participate in a relay or two, please email me with your preferences. I'll try my best to accommodate your wishes.

Event 10 - 100m Mixed F/S Relay

Event 11 - 100m Mixed Medley Relay

Accommodation

Our lovely Lois Hill has booked The Bay Apartments- 4 apartments with 3

bedrooms in each. I've started collecting names and their room preferences, e.g., whether they are willing to share or want a solo room. Partners will room together. If you wish to be added to the team apartments list, please notify me soon, as beds are filling fast. Please state: solo, willing to share, or partner attending. Or let me know if you're booking your own accommodation.

Dinner & Breakfast

Friday night - Italian for a team catch-up meal. (Restaurant & time yet to be decided).

Saturday night - HB Masters have a presentation evening at the HB Surf Club, 448 Esplanade, Torquay. The theme is 'gold.' This event is included in your Meet Fee. More information to follow if you wish to attend.

Sunday breakfast - Enzo's on the Beach. We'll try & book a table or two otherwise we may need to just turn up.

QNA Masters is looking forward to seeing you at Hervey Bay & enjoying each other's company along with some great racing.

Funny Scenes at the Beach



Endurance Report – August 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 will be returning to the 50m pool sometime in September. If you like the shorter pool distance and warmer pool temps, get in your Endurance swims now!

The weather is warming up a bit, as we have had more swimmers this month. It's been a solid month for points, and we also have the 5th Sunday Endurance swim on 30 Aug to snatch some additional points (and a breakfast egg roll!)

Sally Johnson was recently awarded a fluffy beach towel in recognition of her hard work and return to Endurance. Welcome back Sally!

.Special thanks to frequent winter timers Liz Alfredson, Bob Morris, Wendy Ivanusec and Rod Alfredson.

Achievements in the last 30-days

- Adele has hit it hard this month with many swims, including a 60-minute freestyle, 60-minute and 400 breaststroke, and 400 and 800 backstroke.



Endurance swimmers sharing coffee - guess what they are doing! A) Practicing breaststroke B) Sending hearts to Denise or C) Performing to the Village People's YMCA song

- Julie Rowe completed 400 and 800 free, 400, 800 and 1500 breaststroke and 400 IM.
- Lots of longer swims
 - Chris Cooper completed 30-min breaststroke
 - Heather McCloud smashed a 30-min freestyle
 - Terry Parker completed 1650 in his 30-min Freestyle, crushing his prior distance of 1450. Terry has accumulated 650 endurance points!
 - Studley Martin swam 45-min breaststroke, 1500, 30-min free, and 1500 backstroke.
 - Ian Tucker 30-min free
 - Denise DeCarlo completed 1500, 45-min, and 60-min breaststroke. She swam the 1500 in Denver, Colorado at elevation – eek!
- Many smaller swims from Jo Matthews, Linda Hogg, Sandra Johnson, Sue Silburn, Robert Ashwell, Lois Hill, Sally Johnson, Ian Tucker, Peter McGahan, Susie Morris, Rod Alfredson, Lynette Clemitson, Adrian Wilson & Brian Hoepper.

Denise & Bob will be on holiday in Spain and Italy starting mid-September. Susie Morris will be entering Endurance Points and writing the September Chatter report – thanks, Susie! Denise and Bob will return to Noosa mid-October – whoop!

Jan Croft – Coach's Tips

1) Try to swim three times a week; one swim is not enough.

2) Keep air in your lungs as long as possible before exhaling. We are more buoyant when we have air in our lungs so we sit higher in



the water and reduce the frontal drag we create.

3) Build up some long, slow swims and exhale smoothly into the water, which relaxes you

The Tale of the Noosa Mongrels

At squad on 13 August, we had 20 hungry starters after a big swim session in the 25m pool. Afterward, we enjoyed a hearty pub lunch in the open air at the Reef Hotel.

Lane 3 had to work a bit harder at this squad because yours truly left his abacus at home this morning. I was on my 3rd consecutive 50m sprint leading the group when Jan told us to stop and restart the set. I had misread the board to the ire of my lane mates (it was supposed to be 1x50m followed by 5x100m tempo! Duh!)

Jan told me at lunch that this was the first time ever she has restarted the set at Masters Squad. Later in the squad, I was feeling a little tired when I completed my 6th 25m lap of 100 tempo, once again drawing the ire of my lane mates. Hmm, must have been daydreaming or too much "Duff" beer.

Thanks very much to Chris Cooper for organising our mottled crew for a fun lunch.

There was plenty of conversation whilst we awaited our food with the usual "Fawltly Towers" food service.

Anne Besser was heard to quip that we needed to get more "mongrel" in us to

participate and race in swim meets. I suggested we could rename the club to the "Noosa Mongrels Swim Club," which Anne gleefully thought was a great idea. I shan't put that to the next committee meeting as it may not fall within the guidelines of political correctness.

The motto could be "Noosa Mongrels we bite!"

-Contributed by Terry Parker



Soggy Strummers Perform

On Monday 17 August, the "Soggy Strummers" ukulele group from the Noosa Masters Swimming Club performed at the Arcare aged care facility on Goodchap Street. This was the 3rd performance in 3 years for Arcare.

Viv Merrill's mum, Monica, who was in the front row for our performance, turned 102 on Monday 24 August, but surprisingly the lady seated next to her has already turned 103 years young. Our group was well received by a sizeable audience, and we had

excellent feedback from the nursing staff and administration.

Many thanks to Julie Tierney for the song choices and for organising practices at

Robyn's place, and to all the players from the Uke group.

The players (in action, photo below) are, from left to right, Adrian Wilson, Viv Merrill, Mick Jones, Julie Tierney, Melissa Travers, Greg Bott and Terry Parker.



Special thanks go to Fran Wilson for taking the photo.

September Birthdays

Peter McGahan – 2/9

Studley Martin – 3/9

Ian Mitchell – 23/9



Brisbane Aquatic Centre Confirmed to Host 2027 and 2029 Australian Age Championship and Open Events

Swimming Australia has confirmed the Brisbane Aquatic Centre as the host venue for the 2027 and 2029 Australian Age and MC Age Championships and the Australian Open, the largest event on Australia's annual swimming calendar.

The window starts with some of Australia's biggest names taking to the water for the Australian Open from 12 to 14 April, with one of the final major hit-outs before Trials later in May.

From 16 to 23 April the country's best age group swimmers will descend on Brisbane for the Australian Age Championships, and across eight days of racing the age group national champions will be determined alongside a showcase of emerging talent on the path to Brisbane 2032.

Finally, the Australian Age Multi-Class Championships will follow, held over three days from 23 to 25 April. With a 13-lane

warm-up pool, indoor 25m learn-to-swim pool and utility pool, the Brisbane Aquatic Centre provides the space and facilities required for an event of this scale, supporting appropriate preparation for both able-bodied and multi-class swimmers.

Delivered over two weeks, the events will feature approximately 3,000 competitors from more than 200 swimming clubs across Australia, generating more than \$15 million in economic benefits and 70,000 visitor nights in Brisbane.

These events will be supported by the Queensland Government, through Tourism and Events Queensland, and the Brisbane City Council, through the Brisbane Economic Development Agency, long-time supporters of swimming, Australia's largest participation sport



Dates to Note

Swim Meet Calendar

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

The Dee Mile Swim

...Contributed by Karen Barton

Earlier this month, several members of our club took part in the Dee Mile Swim, held in the historic city of Chester.

Chester is a fascinating Roman city with a history stretching back almost 2000 years, and the River Dee runs right through its heart. The Dee Mile Swim has been a fixture here since 1922, making it a truly historic swimming event in its own right. Swimmers can choose between the 1.2 km and 2 km downstream events.

We have been entering this swim for many years. It is always a fun, friendly event, and because it takes place in August, the water temperature is usually quite favourable. This year it was a pleasant 18 degrees.

We have been enjoying an unusually hot and sunny summer, so we were particularly fortunate to have glorious sunshine for the event.

There is a lovely walk along country paths to the point where we enter the river, followed by a 300m swim to the actual start of the 2km race. With so little rain this summer, the river was noticeably shallower than usual and, unfortunately, there seemed to be less assistance from the current.

I always find this swim surprisingly hard. After taking part in longer swims, 2km doesn't seem like much at all, and I inevitably set off too quickly. Sure enough, after about 1km I found myself turning onto my back for some backstroke. I promised myself I would just do 20 strokes before turning to front crawl. As usual, that plan didn't work out! The final kilometre became something of a pattern- approximately 50m of crawl followed by 50m of back, repeated all the way to the finish.

Strangely, this seems to work for me, and I finished in 36.59, first place in my 60-70 age group. With less help from the current this year, everyone was a little slower than usual, so I was happy with my time.

The Dee Mile is always a great event and one we always look forward to. Rod, and the other towel holders were waiting at the finish, ready to provide the obligatory towels and, of course, the obligatory photos.

There was plenty of laughter, good company, and a great atmosphere, as always. All in all, it was another brilliant day out and another memorable Dee Mile swim.



Friend of the Noosa Masters Club, Karen Martin and her clubmates celebrate finishing the Dee Mile Swim

WHAT'S THE POINT?

Understanding “Points” Used in Masters Swimming

Points are awarded for several reasons in Masters Swimming. This can be confusing for new and not-so-new members. The following information should help.

Points at Masters Swim Meets

At Masters swim meets, points are awarded to each swimmer in each event based on the ranking of the times they swim within their age group and gender category. Each swimmer is usually limited to five events in each meet. The points allocated in each event are usually 10 for first, nine for second, eight for third, etc. down to one point for competing.

These points are aggregated across all events to determine the overall positions swimmers achieve in their age groups at that swim meet. For example, a 52-year-old female swimmer who achieves three firsts, one second and one third in her five events would score $(3 \times 10 + 9 + 8 =) 47$ points in that meet. If another 53-year-old female swimmer achieved, say, 46 points in her five events, the former swimmer would be awarded first place in the Female 50-54 age group for that meet.

Usually, points are aggregated for all swimmers in each club. This determines which club wins the champion club trophy. Typically, there are different awards for “large” clubs and “small” clubs and Usually, for “small” clubs, the winner is determined by “average points per swimmer.”

Endurance 1000 points

In the Endurance 1000 program, points are awarded for each eligible swim completed by individual swimmers. The swims in this program are over longer distances and are designed to maintain

ongoing aerobic fitness for participants over a full year. Details of the program can be found on the Masters Swimming Australia (MSA) website (mastersswimming.org.au) or the Masters Swimming Queensland (MSQ) website (www.mastersswimmingqld.org.au).

There are three levels of points available for each swim within each age group/gender/distance (or time)/stroke category, depending on the time (or distance) swum. The program includes swims in each of the four strokes, plus medley, and ranges in distance from 400 to 1500 metres, as well as for distances covered in 30, 45, or 60 minutes. The times and distances required to earn each level of points are determined by MSA. More points are offered for longer swims. For example, up to 80 points (maximum points) are possible for a 60-minute swim, but only five points (maximum) are offered for a 400 metre swim. Details of the times/distances necessary to earn points can be found on the MSA or MSQ websites (see above).

Every eligible swim completed earns points. There are 62 separate swims included in the program. Points are aggregated for the swims completed during each calendar year.

Individual swimmers can earn up to 1,005 points in a year by earning maximum points in all eligible swims. The points for all swimmers in a club are aggregated, with trophies being awarded to the club that achieves the most total points, and to the club that achieves the highest average points across all of its members. Noosa Masters Swimming Club (QNA) has won the national total points trophy for several years.

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Points for competition swims

FINA, the Fédération Internationale de Natation, became World Aquatics (WA) in January 2023. WA is the world governing body for the four aquatic disciplines of swimming, diving, water polo, and artistic swimming. For swimming events, WA (formerly FINA) developed a method to compare times achieved by swimmers of different genders across styles and distances (and separately for short course and long course) by assigning points out of 1000 for designated World Aquatics swims.

MSA has applied the World Aquatics formula to the various Masters age groups, enabling comparisons across age groups. You will have come across these points if you have looked up competition results (see the Competition Results tag on the MSQ website (mastersswimmingqld.org.au)).

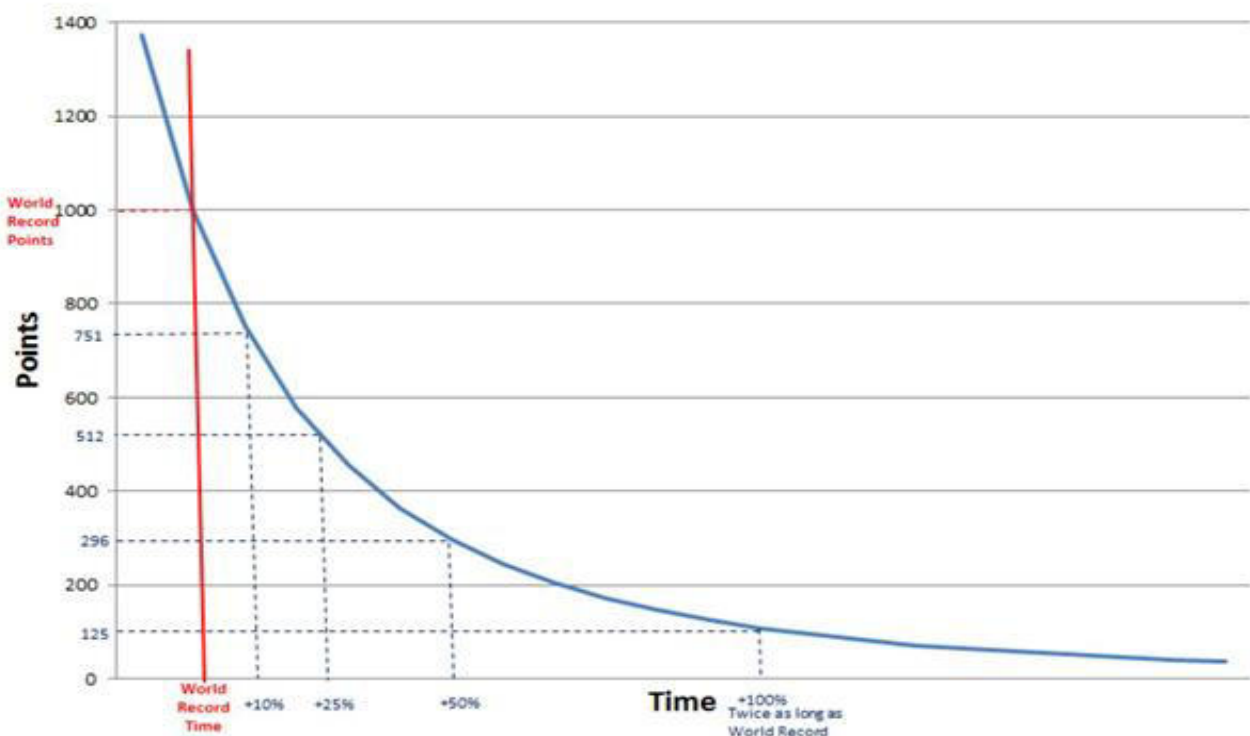
World Aquatics points for Masters are calculated with reference to the current

world record time for each specific gender/age group/distance/stroke event using the formula:

$$\text{Points} = (\text{world record} / \text{time swum})^3 * 1000$$

The (world record / time swum) part of the formula will result in a number between zero and one (unless you break the current world record!!). The cubed (3) part of the formula makes the line on a graph into a curve, so that the number of points increases more quickly the closer you get to the world record. Or to put it another way, the closer you are to the world record time, the more points you get for reducing your time by one second. The * 1000 part of the formula turns the result into a number between zero and 1,000. If you swim faster than the current world record, you will score more than 1,000 points. The way this formula works is best seen in a chart.

Points earned depend on the time swum. They increase more quickly for times closer to the world record time.



Continued on next page

There is no scale on the Time axis because the formula applies to all events from 50 metres to 1500 metres. If you take twice as long as the world record, you will score around 125 points. If you take 50% longer, you will score about 300 points. A swim that takes 25% longer than the world record will score just over 500 points, while a swim that takes only 10% longer than the world record will score about 750 points. So you can see that any swim over 500 points is a very good swim for a club swimmer, while anything over 700 points is outstanding!

So how are these points used? Well, the MSQ website has a portal to the MSA website that includes a list of the top five women and men swimmers based on the points earned in their respective swims. For the rest of us, in addition to a record of our swims at competitions and in Endurance 1000 events, points are shown for all events where we have competed in any of the designated World Aquatics events at Masters swim meets, or completed Endurance 1000 swims, during the year (points are not calculated for 25 metre swims or for form strokes over 200 metres, apart from the 400 metres IM event).

The points awarded to swimmers in swim meet competitions are also used in the MSA Swim Series calculations. To see your own points or make some comparisons with other swimmers, go to the MSQ website (see above), select Competition Results, or select Results And Records on the MSA website. Then click on the History tab to see your own results, or either on the Points tab or the Ranking tab to compare results.

Our Top Swimmers

In our club, Helen Malar, Wendy Nothdurft and Jo Matthews all had swims exceeding 500 points in 2026, while Peter Borain had swims exceeding 700 points. Robert Pugh had several swims exceeding 700 points and one exceeding 800 points. Although she is not swimming for QNA in 2026, Stephanie Jones had a number of swims exceeding 800 points.

Captains Report

...Contributed by Robert Ashwell

It's been a quiet month for competitions in August. We didn't have any representatives at the Kawana mini meet this month, but we have four swimmers heading down to Brisbane on the 29th August for their short course meet: Linda, Terry, Adele, and Ian. Good luck to those four swimmers on Saturday.

We have a good number of swimmers who have expressed interest in attending the Hervey Bay meet on 17th October. This is a short course meet and entries open on the 1st September.

Yvonne is collating a list of those interested in this always-fun weekend, so please see Yvonne if you're interested in going.

The 50 metre pool will be open again soon and some of us are looking forward to the cooler water when we get back in.

Brian Hoepper is Editing the September Issue

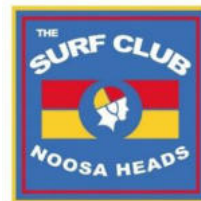
My thanks go to Brian Hoepper, who will be editing next month's edition of the Chatter whilst Denise and I are on holiday in Italy. Please send any items you have for the September edition to Brian at b.hoepper@iinet.net.au.





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

PLATINUM



GOLD

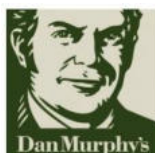


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SILVER



BRONZE



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