The Chatter

Noosa Masters Swimming Club Newsletter –
The Challengers Chatter

October 2026

Noosa Makes a Statement at Hervey Bay Meet

...Contributed by Robert Ashwell and Yvonne Mutton

Well, what a lovely weekend it turned out to be in Hervey Bay. Despite dismal forecasts, the weather held up for a fun weekend of socialising and swimming. Friday night kicked off the weekend with a few swimmers and partners planning their strategy for Saturday's racing. On Saturday, 17 swimmers competed. Hervey Bay's electronic timing system hiccupped, so proceedings were delayed briefly. With most swimmers outside the indoor pool, we all had to stay alert to the swim schedule. Fortunately, everyone arrived at the marshaling area on time for their race. Our swimmers performed well, with 12 placing in their age groups. On Saturday night, Ian, Adele, Jo, and Peter attended the official presentations at 6:00 pm at the surf club, while the rest debriefed at the Torquay hotel.



Wendy Ivanusec with Ian Tucker. Wendy received "Unofficial Swimmer of the Meet" award for her superlative effort!



Medallists Chris Cooper, Lois Hill, Rod Alfredson, Adele Tucker, Terry Carter and Jo Matthews. Missing: Peter McGahan



Jo Matthews, who came closest to a personal best

Great Job Noosa!

More Images from Hervey Bay Masters



Attendees enjoying an Aquaview breakfast



Happy birthday Yvonne!



Robert had a big day!



Jo Mathews, or a relative of Big Bird (?), at the awards presentation



Jacky, Jo, Adele, Ian and Geoff enjoying LaBella Pizza (swimmer power food!)



Well, some of the swimmers assembled for a photo, and some even looked at the camera!



Liz, our wonderful official!

Hervey Bay SC Meet Results – 17 October 2026

Rodney Alfredson (77)		
50m Back	1	1:02.50
25m Breast	2	29.65
50m Breast	2	1:05.50
100m Breast	1	2:21.39
200m Breast	1	5:12.22
Mixed Medley Relay - 3		

Robert Ashwell (66)		
100m Free	3	1:06.47
200m Free	1	2:55.38
100m Breast	1	1:41.38
25m Fly	3	16.97
100m IM	2	1:30.82
Mixed Free Relay - 2		

Chris Cooper (77)		
25m Free	2	26.59
50m Free	1	1:04.47
100m Free	1	2:22.59
200m Free	2	4:58.42
25m Back	3	35.21
Mixed Medley Relay - 3		

Lois Hill (83)		
25m Free	1	25.85
50m Free	1	59.66
100m Free	1	2:13.97
25m Back	3	30.56
50m Back	1	1:03.53

Wendy Ivanusec (83)		
25m Back	4	39.09
50m Back	3	1:29.50
100m Back	2	3:22.82
200m Back	1	7:00.09
100m IM	1	3:22.40
Mixed Medley Relay - 3		

Sandra Lyons (66)		
25m Free	8	24.25
50m Free	4	1:00.66
25m Fly	5	26.47
100m IM	2	2:35.02
Mixed Medley Relay - 3		

Terry Parker (70)		
25m Free	6	16.57
50m Free	4	35.75
100m Free	2	1:21.85
50m Back	5	49.22
100m IM	4	1:50.68
Mixed Medley Relay - 3		
Mixed Free Relay - 4		

Jacky Shields (72)		
50m Free	5	47.34
100m Free	4	1:49.38
50m Back	2	56.22
100m Back	2	2:08.41
200m Back	1	4:44.54
Mixed Medley Relay - 3		

Julie Tierney (67)		
100m Free	2	1:34.31
25m Back	2	24.00
50m Breast	3	54.13
25m Fly	3	20.81
100m IM	1	1:49.94
Mixed Free Relay - 2		

Jim Travers (66)		
25m Free	3	16.42
50m Free	3	36.10
100m Free	2	1:18.32
200m Free	2	2:59.56
25m Back	3	26.85
Mixed Medley Relay - 3		

Melissa Travers (62)		
25m Free	5	21.80
50m Free	4	50.02
Mixed Free Relay - 4		

Adele Tucker (68)		
25m Back	3	25.47
50m Back	2	54.25
100m Back	1	1:59.06
200m Back	1	4:13.21
100m Breast	3	2:24.44
Mixed Free Relay - 4		

Jo Matthews (71)		
25m Fly	2	18.25
50m Fly	1	44.16
100m Fly	1	1:56.01
200m Fly	1	4:17.97
100m IM	1	1:46.79

Peter McGahan (64)		
25m Free	3	17.60
50m Free	1	36.52
100m Free	1	1:23.32
25m Fly	2	19.44
200m IM	1	3:38.19
Mixed Free Relay - 2		

Yvonne Mutton (68)		
25m Free	3	16.84
200m Free	3	3:00.38
50m Back	1	46.16
25m Breast	2	23.21
50m Breast	2	51.37
Mixed Free Relay - 2		

Ian Tucker (71)		
50m Free	7	38.27
100m Free	5	1:25.33
50m Back	4	46.52
100m Back	1	1:43.02
200m Back	1	3:33.59
Mixed Free Relay - 4		

Adrian Wilson (74)		
25m Free	3	15.34
50m Free	3	34.43
100m Free	4	1:24.22
25m Back	3	22.16
25m Fly	3	17.63
Mixed Medley Relay - 3		

Jan Croft – Coach's Tips

KICKING

Keep it simple! Many beginners kick too fast and too big, which ruins body position and slows you down.

Try to keep your legs almost straight, with only a slight bend in your knees.



Let your power and strength come from your hips.

When you kick, kick short and quick. Big kicks take too much energy and ruin the streamlined position that's most efficient.

Octoberfest Fun

Several club members enjoyed fun, food, and friendship at an Oktoberfest lunch organised by Lois Hill. They enjoyed delicious Bavarian beef and pork dishes, with the highlight of the day being Akira (our popular singing diva!) leading the singing of "What a Wonderful World." Our thanks go to Akira for his talent, for supporting the room decorations, and for serving as a fabulous waiter.



Event organiser Lois Hill, apparently enjoying her work!



Do you think Julie missed her mouth?



A great turnout!



Robin and Akira having too much fun!

Dates to Note

Swim Meet Calendar

Event Date	Event (Click on event name for more info)	Location	Entries Close
12-14 November	Pan Pacific Masters Games (LC)	Southport, QLD	29 October
5 December	Sunshine Coast Masters Meet (LC)	Kawana, QLD	24 November

Rescheduled!

Mark Your Calendars!

Butterfly and Breaststroke Workshop with Ian Robinson

7 November 2026 at the NAC

2:00pm - 4:00PM

Endurance Report – October 2026

…Contributed by Denise DeCarlo – Endurance Coordinator

Has the weather been weird or what? Suddenly it feels cool again. However, pool temps are fantastic.

Big thanks to Susie Morris for covering for me whilst I was overseas. I'm very grateful. Susie will keep recording entries until mid-December, when I'll take it over again.

October points are slightly down compared to September (but September was huge!) I think you guys do this to scare me at the end of the year. You only have two months left to gobble up some points (getting ready for the US Thanksgiving, ha!) Please check your binder BEFORE you swim to ensure you have not already completed a swim. It's easy to double up at this time of the year.

The butterfly and breaststroke stroke clinic has been moved to 7 Nov from 2- 4 pm in the 25m pool. $10 per person. Please sign up at the pool with Denise or email endurance@swimqna.com.au.

Achievements to 23 Oct:

- Jacky Shields 1500 free, 45-min breast, 1-hour backstroke and breaststroke (wow!)
- Duane Dalton 30 and 45-minute free
- Adele Tucker has finished her swims – well done Adele!!
- Chris Cooper smashed a 45-minute Free
- Susie Morris 45-minute breast & 30-minute free
- Julie Rowe 30-min & 1500 free
- Terry Parker 45-min free – Terry is rocking it this year
- Wendy Ivanusec 1500 and 45-minute backstroke – is she a role model or what?!
- Denise DeCarlo completed the program with a 400-breaststroke – wow she pulled it off
- Ian Tucker 1-hour backstroke (with one more swim to go!)
- Jim Travers 1500 Free – great to see Jim doing Endurance again
- Jo Matthews 60-minute breaststroke (with one more swim to go!)
- Rod Alfredson 60-minute breaststroke
- Anne Besser 1500 free (ok, it was back/free)
- Helen Malar 30-minute swim
- Many smaller swims from Peter McGahan, Robert Ashwell, Lynette Clemitson and Brian Hoepper too. Brian is just warming up for his year-end push.

Upcoming events:

- Twilight swim Friday 20 Nov from 4-5:30 pm – dinner afterward
- 29 Nov – 5th Sunday endurance swim and stroke clinic 7:30-9 with brekky afterward

It's great to be back, but where on earth did the sun go? Looking forward to catching up over coffee.



The sun is up there somewhere!

A Great Endurance Day

...Words and Photo " ontributed by Terry Parker

Here are photos from a well-deserved coffee after a lot of big swims. Peter looks a little tired after four 400 m swims (might break Brian H's record) and a 50km bike ride! Great work, Peter!

It was a great turnout! To top it off, Deckie Jo squeezed in an 800m Fly. Thanks to everyone for the effort, timing, and swimming, and special thanks to super scribe Liz Alfredson!

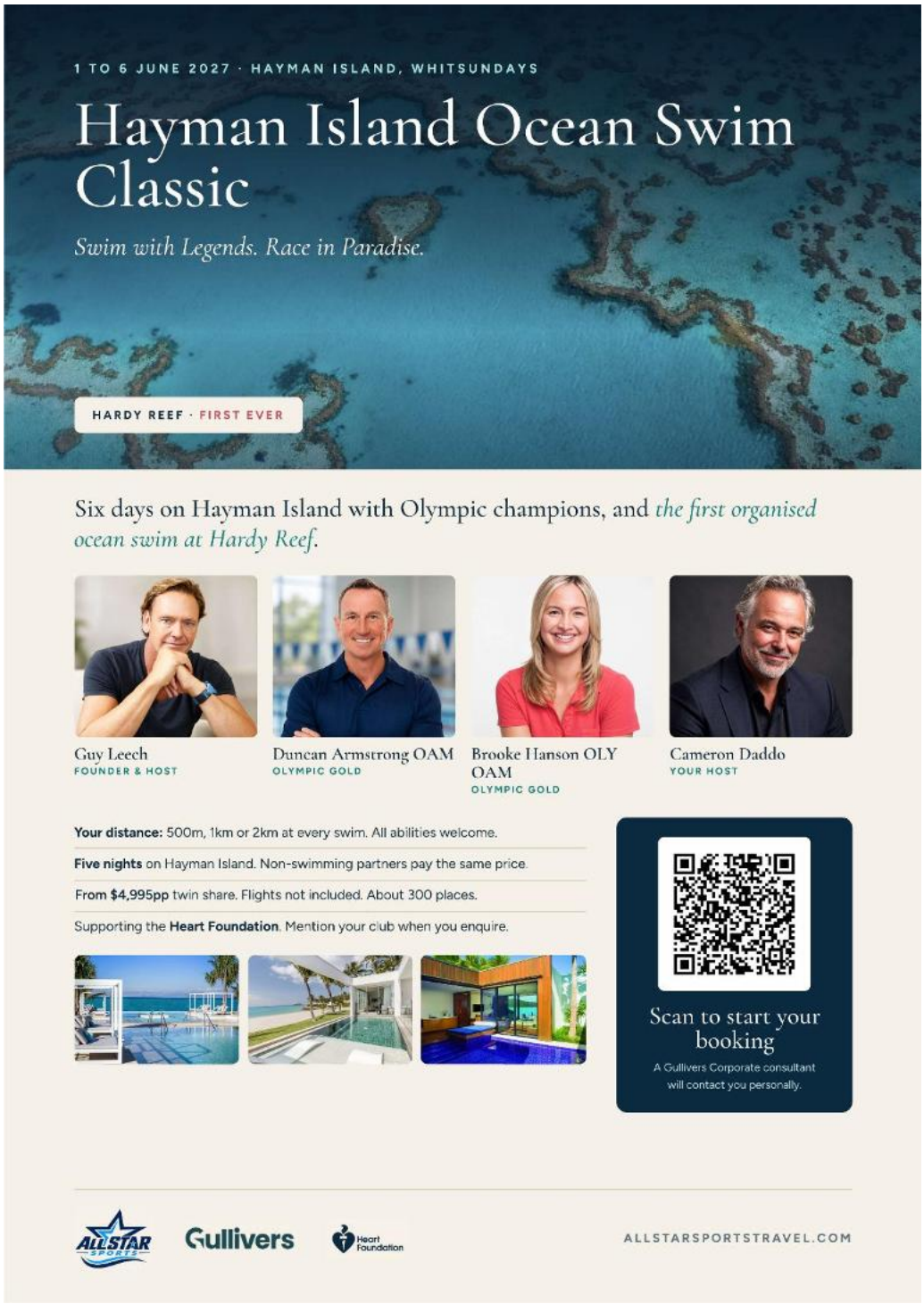


Bob, Ian, Jo, Wendy, Liz, Rod, Trevor, Jacky, Helen, Susie, Adele, Grant and the workhorse Peter enjoying a post Endurance coffee

Hee, Hee, Hee

Scientifically, a raven has 17 primary wing feathers; the large ones at the wingtip are called pinion feathers. A crow has 16. So, the difference between a raven and a crow is only a matter of a pinion.

(Thanks to Wendy Ivanusec for this little nugget!)



November Birthdays

Diane Scott-Davies – 4/11

Julie Bott 5/11

Kevin Alford – 7/11

Ann Besser (80!) – 9/11

Corals D'Ott – 15/11

Sue Silburn – 17/11

Graham Douglas – 18/11

Akira Kada – 30/11

Taking the Long Way Home

…Contributed by Bob McGannon

Denise and I got to tick an item off our bucket list, so we didn't head straight home from the US. Instead, we took the long way home! We visited a friend in Madrid for a few days, and then headed to Italy, which has been on our bucket list for some time. Then, to break up the trip back to AUS, we stopped to visit another friend working in Phuket. It was a wonderful trip full of contrasts, and WAAAY too much food!

Leaving the farmland and lakes of central Minnesota on 17 September, an overnight flight placed us in the middle of the hustle and bustle of Madrid, which is a great metropolitan city.



We were prepared for a food-based culture when we arrived in Italy, but quickly realised that Madrid embraces a similar celebration of food and eating together. Our friend there is a winemaker and has found the best places to share food and boisterous conversation. (I think his wine sharing helped, too!!)

After warming up with the food and drink in Madrid, we headed to Rome, where we spent 3 days. Next came 5 days in Tuscany (Cortona), a day in Florence, then 4 days in Bologna, followed by 4 days each in Sorrento and on the Amalfi Coast. Italy did not disappoint. The food, gelato, and wine were amazing, and the people were extraordinarily welcoming. We loved the architecture in Madrid, but what we saw in Italy was jaw-dropping… except for some impossibly narrow TWO-WAY roads we had to navigate, which were jaw-grinding! It was tricky on foot via the cobblestone streets, not to mention driving a car!



After three weeks in Italy, with smiles on our faces and pants fitting a bit tighter, we headed to Phuket. Again, we met friendly, welcoming people, shared great food (a theme here, ya think?), and took the chance to visit beautiful temples and one Big Buddha!



One BIG Buddha!

If you want to know more about our adventures or see more photos, just track us down! You'll find us enjoying the pool and our Club once again! Yay!

Noosa Masters Swimming Club thanks its generous sponsors for their support

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