

Clinton Stanley receives his OAM!



On Tuesday 15th September, our much-loved Noosa Masters champion Clinton Stanley was presented with his Order of Australia Medal (OAM) by Queensland Governor Her Excellency the Honourable Dr Jeannette Young AC PSM .

The Citation

For service to people with disabilities through swimming.

A world champion swimmer and multiple world record holder.

Through sustained participation and representation in Down syndrome swimming, Special Olympics Australia, Masters and community swimming competitions.

Through fundraising and volunteering for disability health and community organizations.

For service with Scouts and Life Saving and service that has been recognized through multiple sports, community and civic awards.

Family Thoughts on Clinton's OAM

Contributed by Sue Stanley

If only we had known when Clinton was born 50 years ago, it would have saved us a river of tears.

Who would have thought when our beautiful baby boy Clinton was born Down syndrome, we would be sitting here at Government House watching Clinton receiving an Order of Australian Medal from the Governor of Queensland Her Excellency the Honourable Dr Jeannette Young AC PSM.

'Over the years, we have watched Clinton become the man he is today, and our family could not be prouder.'

My 103-year-old mum, Joan, beamed beside me as she watched her grandson receive the award. Clinton's younger brother, Ben, flew up that morning to join us. Ben has always said that having Clinton as his brother has made him a better man and a better father to his four boys.



Clinton, with brother Ben, Grandmother Joan and mum Sue

Clinton has achieved remarkable success in sport as a world champion swimmer and multiple world record holder. He has also raised funds and volunteered for disability, health, and community organizations. His service to Scouts and Life Saving, while continuing to develop his life skills.

As a mum, I could not be prouder. Clinton visits his dad at Arcare every Monday, and although his dad does not remember Clinton's achievements, their love for each other still shines through.

Hey, it's good to be back home again! 🎶

The past few months were challenging, with our squads competing for time and space in the 25m pool during the filtration system upgrade for the 50m pool. The pool didn't suit everyone, being variously described as too short, too warm, too cloudy, too shallow, too wet (!) and too far from the café! Some eccentric members, however, relished the conditions ....

... and against the odds, the Endurance competition flourished, as Susie reports later ...



Wendy's ready to timekeep at the busy changeover period as the departing Aqua Aerobics class makes way for the arriving Noosa squad.



The sparkling 50m pool, a welcome sight after months as a waterless chasm.



The President speaks ...

Report to the QNA Committee

20th September 2026

Our club is travelling well at the moment. In all areas I am pleased with the operations. Despite the inconvenience associated with the 50m pool closure our members have turned up in good numbers over the 3-month upgrade period. Our membership currently stands at 82.

'Our swimmers have competed successfully ... '

Our swimmers have competed successfully at the State Short course championships and more recently Brisbane Northside whilst we have a strong response already looking ahead to the Hervey Bay meet in October.

Our 5th Sunday Stroke clinic in August was well attended and I've received some very favourable responses to our stroke clinic /Endurance swim/BBQ event held a few weeks back.

We also look forward to the Ian Robinson led stroke clinic for Breaststroke and Butterfly on October 24th.

The Endurance program has not been impacted significantly thanks to the support of the deckies and timekeeping volunteers who ensure that it all runs smoothly.

'Socially we enjoyed a night at Noosa Surf Club on 16th September.'

The large number attending was a strong endorsement of our major sponsor. Those numbers underscore the strength of our club socially.

Fund raising at Noosa Sports Club has been a success in the past few weeks for our club in terms of our own participation as well as the potential for monies raised. Gauging by our previous sessions at the Sports Club in May this could be another winner for our club

We look forward as a club to using the recently purchased Autocoach / Immersion software system to host mini meets and indeed our own Swim meet.

..... 

..... The President speaks ... continued

A sub-committee has made recommendations regarding adoption of some clauses from the MSQ guidelines for model rules into our current model rules which will be put to a vote at the AGM on October 25th.

I thank those people on the sub-committee for their commitment to our club, especially Studley Martin who clarified the suggested changes and put his thoughtful and commonsense stamp on proceedings. These rule changes, particularly in the grievance / dispute resolution area will align us even more closely with MSQ direction.

Our big challenge in the short term is filling key committee positions with Secretary, Vice-President, Treasurer and Social positions being available.

Thank you all,

Terry

Terry Parker, President QNA



Dinner at the Noosa Heads SLC – Wednesday 16th September
Jan Croft, Julie Tierney, Jacky Shields, Chris Cooper, Yvonne Alford,
Ceri Weeks (obscured), Geoff Shields (obscured),Loretta McGahan, Peter McGahan,
Yvonne Alford, Bob Morse, Wendy Morse, Sanda Lyons, Hilary Geers, Helen Malar.



QNA sits down to a sociable meal at 'iconic' Noosa Heads Surf Club

Submitted by Chris Cooper, QNA Social Coordinator

As we sat down to sunset drinks, looking down over main beach, out at the expanse of darkening clouds hanging over Laguna Bay, I couldn't help but think that this is indeed a special spot.

At last, we were having a Club get together for a sit-down meal at the Noosa Heads Surf Club. Firstly, to acknowledge the generous support we've had from the Surf Club this past year and the many years before, as well as having the opportunity to chat and mingle. What an excellent and appropriate venue, overlooking the ocean, where several of our members, on that very morning, had been swimming.



Wendy Ivanusec, Carmel Walsh, Shane Walsh, Ian Tucker, Adele Tucker, Sandra Johnson, Melissa Travers, Jim Travers, Ivan Ivanusec, Michael Crouch, Beth Crouch (back to camera)

We were pretty excited to find the area on the eastern deck had been allocated solely to our group. It was ideal as we were able to have a drink, mix and mingle before we sat down to our meals. We had 38 members and partners take the opportunity to come along. It was great to see some new members and meet partners.



Julie Bott, Robyn Selby and Yvonne Mutton

Even though it was a generally "quiet Wednesday", the place was buzzy. The holiday makers were starting to head north. Closer to the holiday period it will be well-nigh impossible to have such a large group for a meal at this venue.

We had been asked to come a little earlier than the original time of 6.00pm as things had already started to get busier.

Continued ...

Amazingly, most people actually read their emails and, despite the late notice, responded by arriving from 5.30 on. Queues to order meals seemed to grow suddenly longer and so ‘order rush’ began. There was a somewhat frenetic buzz in the air. I guess this is the side of living in a popular tourist spot that most locals tend to avoid.

However, we were very promptly rewarded with meals which, from all reports, were delicious, substantial and met individual requirements as ordered.



Malcolm Sullivan, Chris Cooper, Terry Parker, Greg Bott, Julie Bott, Yvonne Mutton, Akira Kada

Feedback from members on the evening was very positive and we certainly look forward to doing this again next year at a time that is well out of the ‘buzzy busy’ times. Next time I reckon we will get an even bigger roll up if we make sure we give plenty of advance notice.



Kevin Alford, Bob Morse, Wendy Morse, Sandra Lyons (obscured), Hilary Geers (obscured), Helen Malar, Jan Croft, Julie Tierney, Jacky Shields, Yvonne Alford, Ceri Weeks, Geoff Shields (back to camera).

Many thanks to Steve, the restaurant manager who organized the space for us and Dave, the duty manager who looked after us so well on the night. We certainly appreciate all the support we get from the Noosa Heads Surf Club.

"On 29th August, at the historic Valley Pool, Noosa came agonisingly close to taking out the small club trophy."

Congratulations must go to Clare and the Sunshine Coast Masters team.

Ian and Adele squeezed Linda and Jacky into the back of the Prado and headed off from Noosa in the early hours of Saturday whilst Maree and I preferred to drive down on Friday at a more leisurely pace, staying at the Kennigo Hotel.

We enjoyed the afternoon sun and a nutritive beverage at the Pig & Whistle Hotel in Brunswick Street followed by tapas at the Baja Bar and Grill to get yours truly in top shape for the day of racing ahead.



'Pipped for first place'
Noosa Masters at the Northside SC Meet

Contributed by Terry Parker

We enjoyed beautiful sunshine at the Valley pool and Brisbane Northside club should be congratulated on such a well-run meet.

Linda achieved first place in the 100m freestyle as well as the 800m freestyle time trial. She thought the pool was a bit cold but that seemed to spur me into action for PBs in all my events.

Ian only narrowly missed out on a third-place medal in the tightly contested 70-74 age group due to a 2-way tie for second.

Adele was surely the leading light for Noosa Masters gaining a maximum 50 points for her swims and sharing the gold for the 65-69 age group with Elaine Sing from Commercial and Lindy Lawrence from Toowoomba. In fact, no one her age group swam anywhere near Adele in her favoured Backstroke events!

A big thank you goes to Jacky for motivating us and time-keeping for lane 1 for the whole carnival and likewise to Ian and Adele for doing their share of timekeeping.

Short course events are a lot of fun and the Hervey Bay meet coming in October promises big things on the racing and social front for our club. Let's keep the momentum going.

Go Team Noosa!

Terry



The weekend of 29-30th August embodied what we do in Masters swimming.

After racing at Northside on the Saturday some of us backed up on Sunday in the pool and on deck for the endurance session where we had in total 16 swims for the morning.

A small number of our members were surprised that we had the Clinic/Endurance/BBQ happening this morning. Perhaps we should send group text messages on top of emails, Chatter, website and calendar of events.

In any case the Freestyle and Backstroke clinic was well attended and thoughtfully prepared by Bob Morse and Wendy Nothdurft, with (Bandage Bear) Greg Bott doing the filming. Bob was doing the Watusi while I photographed the attendees looking on intently. The anecdotal feedback to me was extremely positive for the clinic so I thank Bob and Wendy for putting this together.



Bob Morse deftly demonstrates the value of Watusi dance moves in improving backstroke speed and stamina. Co-coach Wendy Nothdurft seems bemused.

Adele ran a tight ship with the endurance swims, notwithstanding some heavy showers dampening the scene for the deck crew. Thanks especially to Denise McCart, Grant Scotcher, Chris Cooper and Linda Hogg for timekeeping and once again Liz Alfredson for being a wonderful scribe.

What a great team effort!

Continued ...

Our Sunday Best continued ...

Meanwhile Julie Tierney provided the promised BBQ breakfast well supported by Chris Cooper (all-rounder) and Akira Kada who took time off from his solo performing career with Noosa Chorale to swim and help out as always with BBQ preparations. We had a sizeable crew this morning so well done to the providore and chefs for getting it all together.






**Anne Besser and coach Wendy Nothdurft discuss Anne's videoed swims.*
**On deck (L-R) Grant Scotcher, Chris Cooper, Adele Tucker, Wendy Ivanusec.*
**The comic relief: Julie Rowe and Terry Parker*

Bob Morse and Wendy Ivanusec were awarded towels in appreciation of their contributions to the endurance timekeeping this year and yours truly won a massage voucher for his efforts in endurance swims so far this year. I think I definitely needed a massage after this morning's 800m breaststroke.



All In all, the Clinic/Endurance/BBQ event demonstrated the strength of our club and what we are about in Noosa Masters.

See you in the pool .... Terry

Endurance Report – September 2026

Contributed by Susie Morris

September has seen us return to the 50m pool, back to 'normal programming'. Noosa Masters swimmers were committed to continue with our Endurance swims whilst we were in the 25m pool. Our current points tally reflects this, as we sit several hundred points ahead of where we were last year. September started strongly with around 700 points already tallied for the first three Tuesday swims. On the 23rd the team clocked up 510 points. Maybe a record! A fabulous effort by all, but most notable was Terry Parker's 3100m swim for the 60 minutes freestyle. This is the first time he has swum over 3km! Congratulations Terry.





Endurance 22nd September – pleased to be back on deck and on the café terrace too!

There have been some other strong performances this month - Coral completing a 45 minute free for top points, Duane completing 1500m free in 30 minutes (first time he has done this distance), multiple swims from Lynn, one hour breast from Ian plus many others as he and Adele push to finish their accounts before they head off in November and Jo and Peter are also on track to complete the full program with multiple swims this month. Denise, while absent, has also nearly completed the program with just two swims to be ticked off on her return in October - a great achievement with a grumbly hip!

Thanks to all the deckies and the timers, and especially Liz who completes the record book - you were definitely missed last week!

Don't forget the Breast/Fly Clinic that is being held on the 24th October with Ian Robertson. I will be passing a sheet around to gauge interest at the start of October. Cost is $10.

Just keep swimming!

Susie (on behalf of Denise)



Jo Matthews who proudly swims for Noosa Masters Swimming club has impressively gained FINA top ten recognition for her ninth placing last year (2025) in the world for the female 70-74 age group in the100m Butterfly swimming event (long course).

Jo has attained top ten positions in four out of the past six years.



Jo was pipped at the post by 0.47sec in the 200m Butterfly event where she managed an impressive 11th place in the FINA world rankings.

In May this year Jo earned two Queensland records at the Masters Swimming Australia Short Course Championships for the 50m and 100m Butterfly events. Jo backed up these outstanding results in the Masters Swimming Queensland Short Course championship held in July at Townsville .

The gold flowed when 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 gruelling stroke, Butterfly as most swimmers would agree!

Jo is pictured at the Noosa Aquatic Centre sporting her world top 10 cap.

Submitted by Terry Parker

MARK YOUR CALENDARS!

Butterfly and Breaststroke Workshop with Ian Robinson

24th October at the NAC
2PM to 4PM



Supplied by Chris Cooper and Terry Parker

On short notice, Noosa Masters were asked to 'do' the Raffles Night at the Noosa Sports Club on three Wednesday evenings in August-Sept.

We've been deemed Platinum Partners of the Noosa Sports Club, giving us this fundraising opportunity. As I thought this was a pretty easy way to fund-raise, I accepted on the club's behalf. Thanks to everyone who put their hand up to come along and got into the spirit of the night. I explained to Brian and Kathleen, who were somewhat curious about their designated role at this event, that the requirement involved sitting with other QNA bods, having a drink, ordering a meal and buying some raffle tickets, being available to "sell" tickets if needed, but mostly enjoying a social night out.



A table for ten creates a convivial atmosphere in the Noosa Sports Club's dining hall. The menu is strongly Asian-themed, but with a perfunctory nod to more 'Aussie' fare.

Continued ...

Raffles continued ...

Unlike the usual ‘club raffle selling scene’ where ‘sellers’ roam the tables, pressing unsuspecting diners and drinkers to buy tickets, the Noosa Sports Club ‘ticket selling scene’ involves pressing two buttons on an automated ticket generating machine that spits out a large range of numbers, which may include a winning number!!!!!!!! 👏_👏

Raffle devotees come to the designated area to hand over their cash from 5.30 pm, until the winning random numbers are magically generated at 7.00pm. All pretty thrilling for the closet gamblers amongst us when your winning number comes up. Julie, Maree, Lois, Chris and Linda all excelled at finger pressing and greeting the hopeful potential winners. Terry embraced the role of spruiker to drum up business and formed a strong relationship with the microphone.

Jacky, Chris and Helen all won Meat and breakfast trays with Jacky winning an additional $50 voucher to cap it off. Unfortunately the highly coveted Fruit Trays were not among our prizes this time. Chris won a tray on the first night but sadly forgot to pick it up on the way out. (Forgetting seems to be a lifestyle for her these days).



The winners (and their President): Chris Cooper, Jacky Shields, Terry Parker, Helen Malar

On each night we had 8-15 members, partners and friends attend, enjoying a sociable Chinese meal and plenty of banter. It was agreed the jumbo prawn dishes were excellent as was the Mongolian lamb and the special fried rice. The servings were quite generous and most people had enough left over for a take-home pack.

Thanks very much to Chris Cooper and all those who came along in support . I have remarked to a few people how easy this is in terms of fund-raising for our club. Eating, drinking and being merry ….what a great idea to raise money. Even though we do have to spend some dollars to earn some dollars. Hopefully, we will get another opportunity and more QNA members will come along to share in contributing and enjoying a pleasant evening. Many thanks to Noosa Sports Club for providing us with the goose that potentially lays the Golden egg.



The Open Water Swim Group

Submitted by Terry Parker

Noosa Masters has a regular unofficial crew heading down to Main Beach Noosa of a Saturday morning meeting in front of Noosa SLSC. We currently swim at 8am but that will soon switch to 7:30am as the weather warms up and parking gets more difficult.

'Laguna Bay is generally a postcard perfect stretch
of water ideal for open water swimming.'

We enjoy the calm conditions and clear warm water. You might be lucky and see turtles or dolphins. Water temperature is currently 20-21deg and getting warmer as the Summer approaches.

We tend to swim from the flagged area to somewhere along the National Park foreshore usually to 'The car park steps' or 'Two Trees' or the 'Boiling Pot'. Anyone who is comfortable swimming in the ocean is welcome to Join in and buddy up with someone of similar ability. Fins, floaties, wetsuits are all optional.

Swim time is typically 45min to 1 hour depending on the distance undertaken and your own swimming speed. I tend to get into a relaxed rhythm at about 65-70% pace.

'We spend as much time drinking coffee and chatting as we do swimming.'

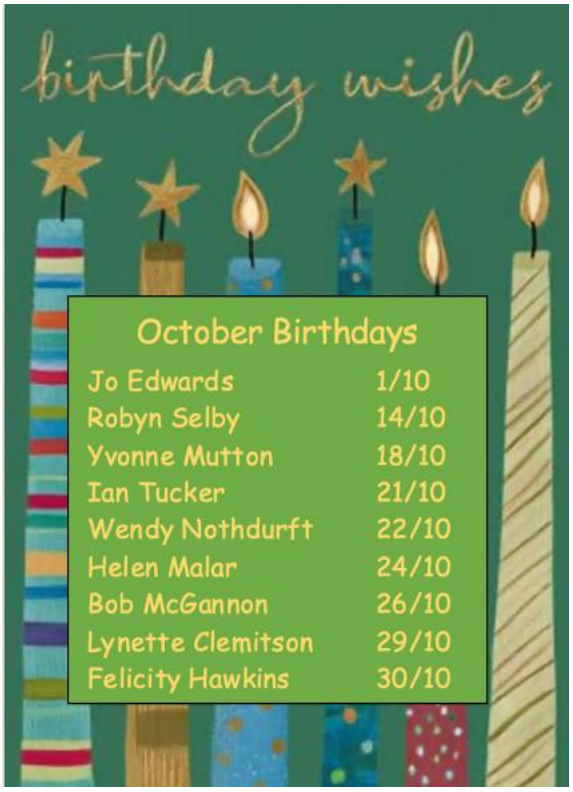
So all you need is your enthusiasm cozzies goggles suncream and any other needs (a way to purchase coffee). We have a WhatsApp group to let you know what is happening as we may also swim on Mondays and Fridays.



The 15th August group.
Adele Tucker, Ian Tucker, Bruce Hammond, Kevin Alford ,
Wendy Nothdurft, Jim Travers, Sue Potts (Victoria)



Nine October birthdays on nine different days



Upcoming Events

OCT 4	7:00 am - 5:00 pm	Whitehaven OWS 2026
OCT 4	9:00 am - 11:30 pm	Commercial Sprint Series Swim Meet Valley Pool
OCT 17	10:00 am - 3:00 pm	Hervey Bay Masters SC Meet 2026 Hervey Bay Aquatic Centre
NOV 12	November 12 @ 8:00 am - November 14 @ 5:00 pm	Pan Pacific Masters Games 2026 Gold Coast Aquatic Centre
DEC 5	9:00 am - 4:00 pm	Sunshine Coast Masters LC Meet 2026 Kawana Aquatic Centre
JAN 16	2:30 pm - 5:00 pm	Ipswich Grammar Masters LC Meet 2027 Ipswich Grammar Pool
FEB 13	8:00 am - 3:00 pm	Miami Masters Meet 2027 Miami Aquatic Centre

Details at
https://mastersswimmingqld.org.au

Jan Croft – Coach's Tips

How many kicks?

Swimming coaches talk about developing a strong six-beat Kick. It is not necessary for everyone. I swam my whole life with a two-beat kick. Works well.



In open water and the pool, you need a good catch and pull to make it work effectively.

Spend the time working on your catch. It is most important



OKTOBERFEST

In the spirit of Munich Oktoberfest, Lois has organised a "fun, fabulous food and frolics" event at Laguna Estate, to which QNA members are invited.

We had intended that this could be a QNA social event. Unfortunately, however, this falls on the same day as our butterfly and breaststroke clinic with Ian Robertson on 24th October.

Here's a flyer with further details and Lois welcomes members to come along for a fun afternoon. Use the link below to let Lois know that you would like to come and kick up your heels and enjoy the fine fare.

https://forms.gle/qRrSzGvoYwDSY6DXA

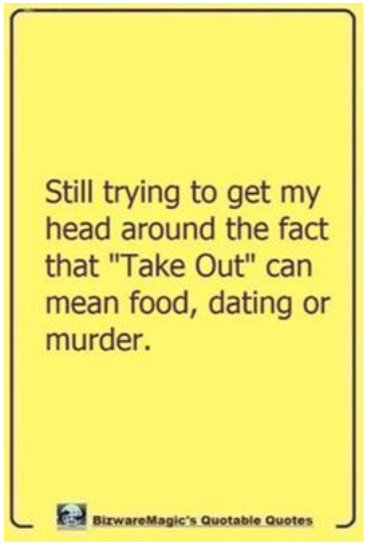
Chris Cooper, Social Coordinator



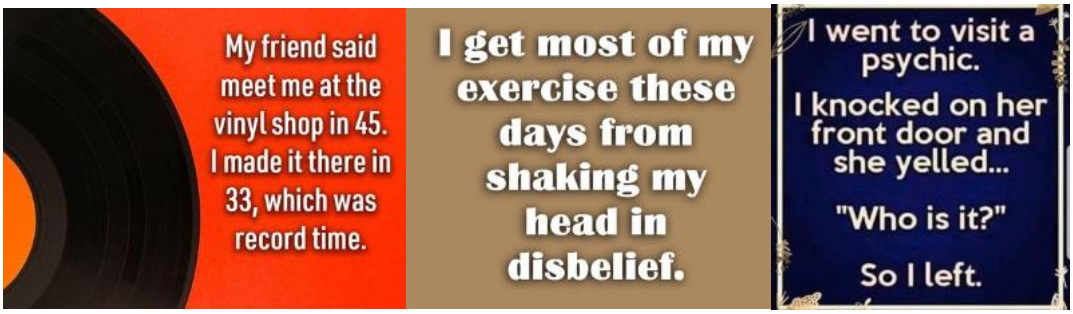
Akira thrills the audience at the Noosa Chorale concert at the 'J'



Greg B. and Brian H. will perform with Osmosis and The Misfits



The beautiful idiosyncrasy Of the English language



Humour contributed by Wendy Ivanusec.

Noosa Masters Swimming Club thanks its generous sponsors for their support

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