

WESTS AUBURN MASTERS SWIMMING CLUB

5000m POSTAL SWIM 2009 SUMMARY

A better response this year. Enough entrants to provide some fun and competition for long distance aerobic swimmers. We welcome swimmers from NSW, Northern Territory, Queensland, Western Australia and the ACT. Congratulations to all those who took part - and the swimmers who keep on coming back year after year try to convince a few more members to make the long dash in 2010 !

Terry Gainey - Postal Swim Co-ordinator

SUMMARY OF ENTRIES

5000m INDIVIDUAL

MEN: 10

WOMEN: 18

RELAYS

2 x 2500m: 14

5 x 1000m: 8 (including 1 x back, 1 x breast stroke)

10 x 500m 1

5000m SWIMMERS - WOMEN

| | | | | | |
|-----|---|--------|--------|-----|---|
| 1. | Jeanette Sheather NTN Tuggeranong (ACT) | 48 yrs | female | 50m | 82:33.12 |
| 2. | Angela Cahill QIP Ipswich (QLD) | 42 yrs | female | 50m | 92:33.39 |
| 3. | Sarah Cullenane CAS Alice Springs (NT) | 48 yrs | female | 50m | 94:13.89 <i>2007 99:33.25</i> <i>2005 100:13.55</i> |
| 4. | Jillian Pateman NBM Blue Mtns (NSW) | 50 yrs | female | 50m | 95:23.03 <i>2008 102:20.80</i> <i>2007 100:27.76</i> <i>2006 101:18.06</i> <i>2005 105:07.26</i> |
| 5. | Emily Procopis CAS Alice Springs (NT) | 24 yrs | female | 50m | 96:51.40 |
| 6. | Sandy Grant NTR Trinity (NSW) | 54 yrs | female | 25m | 97:27.31 <i>2008 96:13.46</i> <i>2007 108:47.00</i> |
| 7. | Kay Bailey CAS Alice Springs (NT) | 54 yrs | female | 50m | 99:51.40 |
| 8. | Lynn Bartlett QIP Ipswich (QLD) | 60 yrs | female | 50m | 102:48.09 |
| 9. | Barbara Wilson WAB Albany (WA) | 58 yrs | female | 25m | 103:02.30 <i>2006 127:07.00</i> <i>2005bk127:51.02</i> |
| 10. | Yvette Cotton NRY Ryde (NSW) | 38 yrs | female | 50m | 105:02.74 <i>2008 108:06.06</i> <i>2007 115:15.05</i> |
| 11. | Heather Bunting CAS Alice Springs (NT) | 46 yrs | female | 50m | 107:02.86 <i>2007 116:26.73</i> |
| 12. | Susan Bellamy NWS Wests Auburn (NSW) | 51 yrs | female | 50m | 109:07.26 <i>2008 105:34.95</i> <i>2007 106:08.07</i> <i>2005 106:13.82</i> |
| 13. | Jenny Meredith QCN Cairns (QLD) | 51 yrs | female | 50m | 112:03.10 |

| | | | | | |
|-----|--|--------|--------|---------------------------|------------------|
| 14. | Patricia Copping NCS Cronulla S'land (NSW) | 65 yrs | female | 50m | 113:01.00 |
| 15. | Chris Deans QIP Ipswich (QLD) | 48 yrs | female | 50m | 114:11.11 |
| 16. | Dawn Thompson NPN Penrith (NSW) | 59 yrs | female | 50m | 117:25.70 |
| 17. | Lesa Hansen QCN Cairns (QLD) | 41 yrs | female | BRST 50m | 124:01.02 |
| 18. | Anita Saviane NCS Cronulla S'land (NSW) | 66 yrs | female | BACK 50m | 127:04.69 |
| | | | | <i>breast stroke</i> 2008 | 134:28.42 |
| | | | | <i>breast stroke</i> 2005 | 125:30.96 |
| | | | | <i>back stroke</i> 2004 | 124:04.72 |

WOMEN 20-24 years

| | | | | | |
|----|---|--------|--------|-----|-----------------|
| 1. | Emily Procopis CAS Alice Springs (NT) | 24 yrs | female | 50m | 96:51.40 |
|----|---|--------|--------|-----|-----------------|

WOMEN 35-39 years

| | | | | | |
|----|--|--------|--------|-----|------------------|
| 1. | Yvette Cotton NRY Ryde (NSW) | 38 yrs | female | 50m | 105:02.74 |
|----|--|--------|--------|-----|------------------|

WOMEN 40-44 years

| | | | | | |
|----|---|--------|--------------------|-----|------------------|
| 1. | Angela Cahill QIP Ipswich (QLD) | 42 yrs | female | 50m | 92:33.39 |
| 2. | Lesla Hansen QCN Cairns (QLD) | 41 yrs | female BRST | 50m | 124:01.02 |

WOMEN 45-49 years

| | | | | | |
|----|---|--------|--------|-----|------------------|
| 1. | Jeanette Sheather NTN Tuggeranong (ACT) | 48 yrs | female | 50m | 82:33.12 |
| 2. | Sarah Cullenane CAS Alice Springs (NT) | 48 yrs | female | 50m | 94:13.89 |
| 3. | Heather Bunting CAS Alice Springs (NT) | 46 yrs | female | 50m | 107:02.86 |
| 4. | Chris Deans QIP Ipswich (QLD) | 48 yrs | female | 50m | 114:11.11 |

WOMEN 50-54 years

| | | | | | |
|----|--|--------|--------|-----|------------------|
| 1. | Jillian Pateman NBM Blue Mtns (NSW) | 50 yrs | female | 50m | 95:23.03 |
| 2. | Sandy Grant NTR Trinity (NSW) | 54 yrs | female | 25m | 97:27.31 |
| 3. | Kay Bailey CAS Alice Springs (NT) | 54 yrs | female | 50m | 99:51.40 |
| 4. | Susan Bellamy NWS Wests Auburn (NSW) | 51 yrs | female | 50m | 109:07.26 |
| 5. | Jenny Meredith QCN Cairns (QLD) | 51 yrs | female | 50m | 112:03.10 |

WOMEN 55-59 years

| | | | | | |
|----|---|--------|--------|-----|------------------|
| 1. | Barbara Wilson WAB Albany (WA) | 58 yrs | female | 25m | 103:02.30 |
| 2. | Dawn Thompson NPN Penrith (NSW) | 59 yrs | female | 50m | 117:25.70 |

WOMEN 60-64 years

| | | | | | |
|----|---|--------|--------|-----|------------------|
| 1. | Lynn Bartlett QIP Ipswich (QLD) | 60 yrs | female | 50m | 102:48.09 |
|----|---|--------|--------|-----|------------------|

WOMEN 65-69 years

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|----|--|--------|--------|-----------------|------------------|
| 1. | Patricia Copping NCS Cronulla S'land (NSW) | 65 yrs | female | 50m | 113:01.00 |
| 2. | Anita Saviane NCS Cronulla S'land (NSW) | 66 yrs | female | BACK 50m | 127:04.69 |

WOMEN's BACK STROKE

| | | | | | |
|----|---|--------|--------|-----------------|------------------|
| 1. | Anita Saviane NCS Cronulla S'land (NSW) | 66 yrs | female | BACK 50m | 127:04.69 |
|----|---|--------|--------|-----------------|------------------|

5000m SWIMMERS - MEN

| | | | | | |
|-----|---|--------|------|-----|--|
| 1. | Bruce Wilson WAB Albany (WA) | 59 yrs | male | 25m | 74:29.67 <i>2007br 105:47.00</i> <i>2006 74:48.00</i> |
| 2. | Michael Parkinson NWS Wests Auburn (NSW) | 39 yrs | male | 50m | 87:37.36 <i>2007 84:36.44</i> |
| 3. | Clive Griffin QIP Ipswich (QLD) | 51 yrs | male | 50m | 91:15.42 |
| 4. | Frank Funibaldi NTR Trinity (NSW) | 56 yrs | male | 25m | 92:15.48 <i>2008 90:36.62</i> <i>2007 88:19.00</i> <i>2006 87:18.82</i> |
| 5. | Colin Cliff NWS Wests Auburn (NSW) | 74 yrs | male | 50m | 95:15.13 <i>2008 95:43.83</i> <i>2007 95:19.37</i> <i>2006 93:08.87</i> <i>2005 93:08.49</i> |
| 6. | John Reugebrink QIP Ipswich (QLD) | 51 yrs | male | 50m | 96:46.12 |
| 7. | Tim Cahill QIP Ipswich (QLD) | 50 yrs | male | 50m | 98:12.22 |
| 8. | Andrew Sugerman NCS Cronulla S'land (NSW) | 47 yrs | male | 50m | 115:36.19 <i>2008 111:19.91</i> <i>2007 113:18.00</i> <i>2006 115:57.00</i> <i>2005 126:02.00</i> |
| 9. | John Kulhan NTR Trinity (NSW) | 57 yrs | male | 25m | 117:13.20 <i>2008 115:03.59</i> <i>2007 112:52.02</i> |
| 10. | Malcolm Heath NWS Wests Auburn (NSW) | 74 yrs | male | 50m | 143:17.88 <i>2008 128:31.20</i> <i>2005 121:50.18</i> |

MEN 35-39 years

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|----|--|--------|------|-----|-----------------|
| 1. | Michael Parkinson NWS Wests Auburn (NSW) | 39 yrs | male | 50m | 87:37.36 |
|----|--|--------|------|-----|-----------------|

MEN 45-49 years

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|----|---|--------|------|-----|------------------|
| 1. | Andrew Sugerman NCS Cronulla S'land (NSW) | 47 yrs | male | 50m | 115:36.19 |
|----|---|--------|------|-----|------------------|

MEN 50-55 years

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|----|---|--------|------|-----|-----------------|
| 1. | Clive Griffin QIP Ipswich (QLD) | 51 yrs | male | 50m | 91:15.42 |
| 2. | John Reugebrink QIP Ipswich (QLD) | 51 yrs | male | 50m | 96:46.12 |
| 3. | Tim Cahill QIP Ipswich (QLD) | 50 yrs | male | 50m | 98:12.22 |

MEN 55-59 years

- | | | | | | |
|----|---|--------|------|-----|------------------|
| 1. | Bruce Wilson WAB Albany (WA) | 59 yrs | male | 25m | 74:29.67 |
| 2. | Frank Funibaldi NTR Trinity (NSW) | 56 yrs | male | 25m | 92:15.48 |
| 3. | John Kulhan NTR Trinity (NSW) | 57 yrs | male | 25m | 117:13.20 |

MEN 70-74

- | | | | | | |
|----|--|--------|------|-----|------------------|
| 1. | Colin Cliff NWS Wests Auburn (NSW) | 74 yrs | male | 50m | 95:15.13 |
| 2. | Malcolm Heath NWS Wests Auburn (NSW) | 74 yrs | male | 50m | 143:17.88 |

5000m RELAYS

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|-----|---|------------------------------------|-----|--|
| 1. | NWS Wests Auburn (NSW) Michael Parkinson (39) 2500m Daryl Slade (54) 2500m | 93 yrs men | 50m | 87:30.61 2008 86:20.07 2007 83:42.28 2006 87:20.53 |
| 2. | QCN Cairns (QLD) Gabby Donnelly (32) 1000m Adam Fletcher (35) 1000m Kim Seccafien (32) 1000m Michael Porta (44) 1000m Lyza Welsh (40) 1000m | 183 yrs mixed | 50m | 88:41.50 |
| 3. | NWS Wests Auburn (NSW) Susan Bellamy (51) 1000m Maureen Hall (69) 1000m Daryl Slade (54) 1000m Michael Parkinson (39) 1000m Colin Cliff (74) 1000m | 287 yrs mixed | 50m | 95:42.11 2008 95:46.77 2007 94:39.11 |
| 4. | WAB Albany (WA) Esther Marklew (45) 2500m Sandy Laurens (45) 2500m | 90 yrs female | 50m | 99:65.21 |
| 5. | QCN Cairns (QLD) Brian Broadribb (63) 500m Cheryl Broadribb (63) 500m Barbara Williamson (71) 500m Lynne Smith (66) 500m Graham McCallum (73) 500m Graham Collins (52) 500m Adrian Mole (62) 500m Tim Doyle (43) 500m Kevin Murgatroyd (78) 500m Doug Stallard (53) 500m | 624 yrs mixed | 50m | 106:39.39 |
| 6. | QTT Twin Towns (QLD) Ron Crowther (62) 1000m David Haynes (76) 1000m David Maynard (73) 1000m Michael Lynch (68) 1000m David Mission (70) 1000m | 349 yrs men | 50m | 106:59.57 |
| 7. | NWS Wests Auburn (NSW) Susan Bellamy (51) 2500m Kerryn Blanch (36) 2500m | 87 yrs women | 50m | 109:55.53 |
| 8. | NWS Wests Auburn (NSW) Susan Bellamy (51) 2500m Maureen Hall (69) 2500m | 120 yrs women | 50m | 111:41.04 2008 110:55.72 2007 118:54.42 |
| 9. | NWS Wests Auburn (NSW) Colin Cliff (74) 2500m Malcolm Heath (74) 2500m | 148 yrs men | 50m | 112:52.39 2008 105:27.19 2007 108:42.30 |
| 10. | QCN Cairns (QLD) Thelma Bryan (79) 2500m Jan Penny (49) 2500m | 128 yrs female | 50m | 113:15.72 |
| 11. | QCN Cairns (QLD) Clem Taft (54) 2500m Shaun Collins (28) 2500m | 82 yrs men Breast Stroke | 50m | 114:44.05 |

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|-----|---|----------------------|------|------------------|
| 12. | CAS Alice Springs (NT) Krystine Pace-Brown (42) 2500m Lucy Griffiths (29) 2500m | 71 yrs female | 50m | 122:55.45 |
| 13. | CAS Alice Springs (NT) Wayne Kirk (54) 2500m Anne Pye (45) 2500m | 99 yrs mixed | 50m | 123:52.81 |
| 14. | CAS Alice Springs (NT) Loretta Wagner (68) 2500m Chris Simpson (46) 2500m | 114 yrs female | 50m | 126:43.16 |
| 15. | NWG Warringah (NSW) Roydon Muir (83) 2500m Jim Reynolds (68) 2500m | 151 yrs men | 50m | 127:07.39 |
| 16. | NWS Wests Auburn (NSW) Kerryn Blanch (36) 1000m Hillary Morrison (63) 1000m Roger Montgomery (64) 1000m Terry Gainey (52) 1000m Malcolm Heath (74) 1000m | 289 yrs mixed | 50m | 129:50.99 |
| 17. | NWS Wests Auburn (NSW) Allan Harris (61) 1000m Hillary Morrison (63) 1000m Roger Montgomery (64) 1000m Beth Clothier (52) 1000m Hilsary Morrison (63) 1000m | 309 yrs mixed | 50m | 130:20.89 |
| 18. | NWS Wests Auburn (NSW) Susan Bellamy (51) 1000m Kerryn Blanch (36) 1000m Maureen Hall (69) 1000m Colin Cliff (74) 1000m Terry Gainey (52) 1000m | 282 yrs mixed | 50m | 131:49.10 |
| | | Back Stroke | 2008 | 130:48.82 |
| | | | 2007 | 131:15.40 |
| 19. | NWG Warringah (NSW) Roydon Muir (83) 2500m Graham Campbell (65) 2500m | 148 yrs men | 50m | 139:18.47 |
| 20. | NWS Wests Auburn (NSW) Colin Cliff (74) 1000m Maureen Hall (69) 1000m Malcolm Heath (74) 1000m Hillary Morrison (63) 1000m Kerryn Blanch (36) 1000m | 297 yrs mixed | 50m | 140:09.27 |
| | | Breast Stroke | 2008 | 137:14.21 |
| 21. | NWS Wests Auburn (NSW) Hillary Morrison (63) 2500m Terry Gainey (52) 2500m | 115 yrs men | 50m | 141:41.05 |
| | | | 2008 | 134:13.71 |
| | | | 2007 | 135:38.33 |
| 22. | QTT Twin Towns (QLD) Freda Shaw (74) 1000m Barbara Maynard (75) 1000m Patricia Scott-Glasscock (81) 1000m Val Smith (81) 1000m Dihana Poulsen (75) 1000m | 386 yrs female | 50m | 164:53.92 |
| 23. | WAB Albany (WA) Yvette Wolsfold (51) 2500m Maureen Hanna (64) 2500m | 115 yrs female | 50m | 171:62.32 |

2 x 2500m RELAYS

| | | | | |
|-----|--|------------------------------------|-----|------------------|
| 1. | NWS Wests Auburn (NSW) Michael Parkinson (39) 2500m Daryl Slade (54) 2500m | 93 yrs men | 50m | 87:30.61 |
| 2. | WAB Albany (WA) Esther Marklew (45) 2500m Sandy Laurens (45) 2500m | 90 yrs female | 50m | 99:65.21 |
| 3. | NWS Wests Auburn (NSW) Susan Bellamy (51) 2500m Kerryn Blanch (36) 2500m | 87 yrs female | 50m | 109:55.53 |
| 4. | NWS Wests Auburn (NSW) Susan Bellamy (51) 2500m Maureen Hall (69) 2500m | 120 yrs female | 50m | 111:41.04 |
| 5. | NWS Wests Auburn (NSW) Colin Cliff (74) 2500m Malcolm Heath (74) 2500m | 148 yrsmen | 50m | 112:52.39 |
| 6. | QCN Cairns (QLD) Thelma Bryan (79) 2500m Jan Penny (49) 2500m | 128 yrs female | 50m | 113:15.72 |
| 7. | QCN Cairns (QLD) Clem Taft (54) 2500m Shaun Collins (28) 2500m | 82 yrs men Breast Stroke | 50m | 114:44.05 |
| 8. | CAS Alice Springs (NT) Krystine Pace-Brown (42) 2500m Lucy Griffiths (29) 2500m | 71 yrs female | 50m | 122:55.45 |
| 9. | CAS Alice Springs (NT) Wayne Kirk (54) 2500m Anne Pye (45) 2500m | 99 yrs mixed | 50m | 123:52.81 |
| 10. | CAS Alice Springs (NT) Loretta Wagner (68) 2500m Chris Simpson (46) 2500m | 114 yrs female | 50m | 126:43.16 |
| 11. | NWG Warringah (NSW) Roydon Muir (83) 2500m Jim Reynolds (68) 2500m | 151 yrs men | 50m | 127:07.39 |
| 12. | NWG Warringah (NSW) Roydon Muir (83) 2500m Graham Campbell (65) 2500m | 148 yrs men | 50m | 139:18.47 |
| 13. | NWS Wests Auburn (NSW) Hillary Morrison (63) 2500m Terry Gainey (52) 2500m | 115 yrsmen | 50m | 141:41.05 |
| 14. | WAB Albany (WA) Yvette Wolsfold (51) 2500m Maureen Hanna (64) 2500m | 115 yrs female | 50m | 171:62.32 |

5 x 1000m RELAYS

| | | | | |
|----|--|----------------|-----|--|
| 1. | QCN Cairns (QLD) Gabby Donnelly (32) 1000m Adam Fletcher (35) 1000m Kim Seccafien (32) 1000m Michael Porta (44) 1000m Lyza Welsh (40) 1000m | 183 yrs mixed | 50m | 88:41.50 |
| 2. | NWS Wests Auburn (NSW) Susan Bellamy (51) 1000m Maureen Hall (69) 1000m Daryl Slade (54) 1000m Michael Parkinson (39) 1000m Colin Cliff (74) 1000m | 287 yrs mixed | 50m | 95:42.11 |
| 3. | QTT Twin Towns (QLD) Ron Crowther (62) 1000m David Haynes (76) 1000m David Maynard (73) 1000m Michael Lynch (68) 1000m David Mission (70) 1000m | 349 yrs men | 50m | 106:59.57 |
| 4. | NWS Wests Auburn (NSW) Kerryn Blanch (36) 1000m Hillary Morrison (63) 1000m Roger Montgomery (64) 1000m Terry Gainey (52) 1000m Malcolm Heath (74) 1000m | 289 yrs mixed | 50m | 129:50.99 |
| 5. | NWS Wests Auburn (NSW) Allan Harris (61) 1000m Hillary Morrison (63) 1000m Roger Montgomery (64) 1000m Beth Clothier (52) 1000m Hilary Morrison (63) 1000m | 309 yrs mixed | 50m | 130:20.89 |
| 6. | NWS Wests Auburn (NSW) Susan Bellamy (51) 1000m Kerryn Blanch (36) 1000m Maureen Hall (69) 1000m Colin Cliff (74) 1000m Terry Gainey (52) 1000m | 282 yrs mixed | 50m | 131:49.10 Back Stroke |
| 7. | NWS Wests Auburn (NSW) Colin Cliff (74) 1000m Maureen Hall (69) 1000m Malcolm Heath (74) 1000m Hillary Morrison (63) 1000m Kerryn Blanch (36) 1000m | 297 yrs mixed | 50m | 140:09.27 Breast Stroke |
| 8. | QTT Twin Towns (QLD) Freda Shaw (74) 1000m Barbara Maynard (75) 1000m Patricia Scott-Glasscock (81) 1000m Val Smith (81) 1000m Dihana Poulsen (75) 1000m | 386 yrs female | 50m | 164:53.92 |

10 x 500m RELAYS

| | | | | |
|----|------------------------------|---------------|-----|------------------|
| 1. | QCN Cairns (QLD) | 624 yrs mixed | 50m | 106:39.39 |
| | Brian Broadribb (63) 500m | | | |
| | Cheryl Broadribb (63) 500m | | | |
| | Barbara Williamson (71) 500m | | | |
| | Lynne Smith (66) 500m | | | |
| | Graham McCallum (73) 500m | | | |
| | Graham Collins (52) 500m | | | |
| | Adrian Mole (62) 500m | | | |
| | Tim Doyle (43) 500m | | | |
| | Kevin Murgatroyd (78) 500m | | | |
| | Doug Stallard (53) 500m | | | |