

WESTS AUBURN MASTERS SWIMMING CLUB

5000m POSTAL SWIM 2010 SUMMARY

A disappointing response this year. Just enough entrants to provide some fun and competition for long distance aerobic swimmers. We welcome swimmers from NSW, Northern Territory and Queensland. 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 2011 !

Terry Gainey - Postal Swim Co-ordinator

SUMMARY OF ENTRIES

5000m INDIVIDUAL

MEN: 6

WOMEN: 10

RELAYS

2 x 2500m: 10

5 x 1000m: 9 (including 1 x back, 1 x breast stroke)

5000m SWIMMERS - WOMEN

WOMEN 25-29 years

- | | | | | | |
|----|-------------------------------------------------|--------|--------|------|-----------------|
| 1. | Emily Procopis
CAS Alice Springs (NT) | 26 yrs | female | 50m | 94:39.81 |
| | | | | 2009 | 96:51.40 |

WOMEN 35-39 years

- | | | | | | |
|----|------------------------------------------------|--------|--------|------|------------------|
| 1. | Yvette Cotton
NRY Ryde (NSW) | 39 yrs | female | 50m | 98:32.00 |
| | | | | 2009 | 105:02.74 |
| | | | | 2008 | 108:06.06 |
| | | | | 2007 | 115:15.05 |
| 2. | Kerryn Blanch
NWS Wests Auburn (NSW) | 37 yrs | female | 50m | 119:58.69 |

WOMEN 40-44 years

- | | | | | | |
|----|----------------------------------------|--------|--------|------|------------------|
| 1. | Lesa Hansen
QCN Cairns (QLD) | 42 yrs | female | 50m | 103:56.70 |
| | | (brst) | | 2009 | 124:01.02 |

WOMEN 45-49 years

- | | | | | | |
|----|--------------------------------------------------|--------|--------|------|------------------|
| 1. | Sarah Cullenane
CAS Alice Springs (NT) | 48 yrs | female | 50m | 101:37.30 |
| | | | | 2009 | 94:13.89 |
| | | | | 2007 | 99:33.25 |
| | | | | 2005 | 100:13.55 |

WOMEN 50-54 years

- | | | | | | |
|----|------------------------------------------------|--------|--------|------|------------------|
| 1. | Jillian Pateman
NBM Blue Mtns (NSW) | 51 yrs | female | 50m | 92:38.78 |
| | | | | 2009 | 95:23.03 |
| | | | | 2008 | 102:20.80 |
| | | | | 2007 | 100:27.76 |
| | | | | 2006 | 101:18.06 |
| | | | | 2005 | 105:07.26 |
| 2. | Susan Bellamy
NWS Wests Auburn (NSW) | 52 yrs | female | 50m | 107:41.26 |
| | | | | 2009 | 109:07.26 |
| | | | | 2008 | 105:34.95 |
| | | | | 2007 | 106:08.07 |
| | | | | 2005 | 106:13.82 |
| 3. | Sally Luchich
CAS Alice Springs (NT) | 53 yrs | female | 50m | 108:32.92 |
| | | | | 2007 | 125:09.80 |
| | | | | 2005 | 104:29.87 |

WOMEN 55-59 years

1. Kay Bailey CAS Alice Springs (NT)	55 yrs female	50m	98:02.01
		2009	99:51.40
2. Sandy Grant NTR Trinity (NSW)	55 yrs female	25m	101:30.01
		2009	97:27.31
		2008	96:13.46
		2007	108:47.00

5000m SWIMMERS - MEN

MEN 25-29 years

1.	Shaun Collins QCN Cairns (QLD)	29 yrs	male	50m	100:48.27
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MEN 40-44 years

1.	Michael Parkinson NWS Wests Auburn (NSW)	40 yrs	male	50m	86:44.00
				2009	87:37.36
				2007	84:36.44

MEN 45-49 years

1.	Andrew Sugerman NCS Cronulla S'land (NSW)	48 yrs	male	50m	118:57.25
				2009	115:36.19
				2008	111:19.91
				2007	113:18.00
				2006	115:57.00
				2005	126:02.00

MEN 55-59 years

1.	John Kulhan NTR Trinity (NSW)	58 yrs	male	25m	116:37.92
				2009	117:13.20
				2008	115:03.59
				2007	112:52.02

MEN 75-79

1.	Colin Cliff NWS Wests Auburn (NSW)	75 yrs	male	50m	95:02.87
				2009	95:15.13
				2008	95:43.83
				2007	95:19.37
				2006	93:08.87
				2005	93:08.49
2.	Malcolm Heath NWS Wests Auburn (NSW)	75 yrs	male	50m	133:12.84
				2009	143:17.88
				2008	128:31.20
				2005	121:50.18

5000m RELAYS

1.	NWS Wests Auburn (NSW) Michael Parkinson (40) 2500m Daryl Slade (55) 2500m	95 yrs male	50m		85:56.87 <i>2009 87:30.61</i> <i>2008 86:20.07</i> <i>2007 83:42.28</i> <i>2006 87:20.53</i>
2.	CAS Alice Springs (NT) Emily Knott (30) 2500m Liz Swift (45) 2500m	85 yrs female	50m		87:17.84 MOTHER & DAUGHTER
3.	NWS Wests Auburn (NSW) Susan Bellamy (52) 1000m Maureen Hall (70) 1000m Daryl Slade (55) 1000m Michael Parkinson (40) 1000m Colin Cliff (75) 1000m	292 yrs mixed	50m		95:30.80 <i>2009 95:42.11</i> <i>2008 95:46.77</i> <i>2007 94:39.11</i>
4.	NWS Wests Auburn (NSW) Loxley Roberts (52) 1000m Lise Snell (34) 1000m Colin Cliff (75) 1000m Michael Parkinson (40) 1000m Daryl Slade (55) 1000m	256 yrs mixed	50m		100:13.18
5.	CAS Alice Springs (NT) Lois Sharp (57) 2500m Heather Bunting (47) 2500m	104 yrs female	50m		101:45.32
6.	CAS Alice Springs (NT) Sally Bolton (31) 1000m Ryan Bailey (29) 1000m Sarah Cullenane (49) 1000m Kay Bailey (55) 1000m Heather Bunting (47) 1000m	211 yrs mixed	50m		104:40.38
7.	CAS Alice Springs (NT) Mick Dalby (48) 1000m Lesley Newey (51) 1000m Marj Larkin (48) 1000m Julie Collins (50) 1000m Wayne Kirk (55) 1000m	252 yrs mixed	50m		105:36.83
8.	NWS Wests Auburn (NSW) Susan Bellamy (52) 2500m Kerryn Blanch (37) 2500m	89 yrs female	50m		106:26.53 <i>2009 109:55.53</i>
9.	NWS Wests Auburn (NSW) Colin Cliff (75) 2500m Malcolm Heath (75) 2500m	150 yrs male	50m		108:26.34 <i>2009 112:52.39</i> <i>2008 105:27.19</i> <i>2007 108:42.30</i>
10.	CAS Alice Springs (NT) Kay Bailey (55) 2500m Sarah Cullenane (49) 2500m	104 yrs female	50m		111:16.90 BACKSTROKE

11.	NWS Wests Auburn (NSW) Susan Bellamy (52) 2500m Maureen Hall (70) 2500m	122 yrs female	50m	114:16.12 2009 111:41.04 2008 110:55.72 2007 118:54.42
12.	CAS Alice Springs (NT) Alison Foster (50) 2500m Loretta Wagner (69) 2500m	119 yrs female	50m	114:32.96
13.	QCN Cairns (QLD) Graham Collins (53) 2500m Brian Broadribb (64) 2500m	117 yrs male	50m	115:56.55
14.	QTT Twin Towns (QLD) Michael Lynch (69) 1000m Neil Burden (52) 1000m David Maynard (75) 1000m David Mission (72) 1000m Dihana Poulsen (76) 1000m	344 yrs mixed	50m	116:57.57
15.	NWS Wests Auburn (NSW) Kerryn Blanch (37) 1000m Hillary Morrison (64) 1000m Roger Montgomery (65) 1000m Terry Gainey (53) 1000m Malcolm Heath (75) 1000m	294 yrs mixed	50m	123:56.49 2009 129:50.99
16.	NWS Wests Auburn (NSW) Susan Bellamy (52) 1000m Kerryn Blanch (37) 1000m Maureen Hall (70) 1000m Colin Cliff (75) 1000m Terry Gainey (53) 1000m	287 yrs mixed BACKSTROKE	50m	131:05.57 2009 131:49.10 2008 130:48.82 2007 131:15.40
17.	QTT Twin Towns (QLD) Lyn May (61) 1000m Janet Henry (76) 1000m Freda Shaw (75) 1000m Maaike Spinks (76) 1000m Barbara Maynard (76) 1000m	364 yrs female	50m	136:40.94
18.	NWS Wests Auburn (NSW) Colin Cliff (75) 1000m Maureen Hall (70) 1000m Malcolm Heath (75) 1000m Hillary Morrison (64) 1000m Kerryn Blanch (37) 1000m	302 yrs mixed BREAST STROKE	50m	139:58.76 2009 140:09.27 2008 137:14.21
19.	NWS Wests Auburn (NSW) Hillary Morrison (64) 2500m Terry Gainey (53) 2500m	117 yrs male	50m	140:06.57 2009 141:41.05 2008 134:13.71 2007 135:38.33

2 x 2500m RELAYS

1.	NWS Wests Auburn (NSW) Michael Parkinson (40) 2500m Daryl Slade (55) 2500m	95 yrs men	50m		85:56.87 <i>2009 87:30.61</i> <i>2008 86:20.07</i> <i>2007 83:42.28</i> <i>2006 87:20.53</i>
2.	CAS Alice Springs (NT) Emily Knott (30) 2500m Liz Swift (45) 2500m	85 yrs female	50m		87:17.84 MOTHER & DAUGHTER
3.	CAS Alice Springs (NT) Lois Sharp (57) 2500m Heather Bunting (47) 2500m	104 yrs female	50m		101:45.32
4.	NWS Wests Auburn (NSW) Susan Bellamy (52) 2500m Kerryn Blanch (37) 2500m	89 yrs women	50m		106:26.53 <i>2009 109:55.53</i>
5.	NWS Wests Auburn (NSW) Colin Cliff (75) 2500m Malcolm Heath (75) 2500m	150 yrs men	50m		108:26.34 <i>2009 112:52.39</i> <i>2008 105:27.19</i> <i>2007 108:42.30</i>
6.	CAS Alice Springs (NT) Kay Bailey (55) 2500m Sarah Cullenane (49) 2500m	104 yrs female	50m		111:16.90 BACKSTROKE
7.	NWS Wests Auburn (NSW) Susan Bellamy (52) 2500m Maureen Hall (70) 2500m	122 yrs women	50m		114:16.12 <i>2009 111:41.04</i> <i>2008 110:55.72</i> <i>2007 118:54.42</i>
8.	CAS Alice Springs (NT) Alison Foster (50) 2500m Loretta Wagner (69) 2500m	119 yrs female	50m		114:32.96
9.	QCN Cairns (QLD) Graham Collins (53) 2500m Brian Broadribb (64) 2500m	117 yrs male	50m		115:56.55
10.	NWS Wests Auburn (NSW) Hillary Morrison (64) 2500m Terry Gainey (53) 2500m	117 yrs men	50m		140:06.57 <i>2009 141:41.05</i> <i>2008 134:13.71</i> <i>2007 135:38.33</i>

5 x 1000m RELAYS

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|----|-------------------------------|-------------------|-----|------------------|
| 1. | NWS Wests Auburn (NSW) | 292 yrs mixed | 50m | 95:30.80 |
| | Susan Bellamy (52) 1000m | | | 2009 95:42.11 |
| | Maureen Hall (70) 1000m | | | 2008 95:46.77 |
| | Daryl Slade (55) 1000m | | | 2007 94:39.11 |
| | Michael Parkinson (40) 1000m | | | |
| | Colin Cliff (75) 1000m | | | |
| 2. | NWS Wests Auburn (NSW) | 256 yrs mixed | 50m | 100:13.18 |
| | Loxley Roberts (52) 1000m | | | |
| | Lise Snell (34) 1000m | | | |
| | Colin Cliff (75) 1000m | | | |
| | Michael Parkinson (40) 1000m | | | |
| | Daryl Slade (55) 1000m | | | |
| 3. | CAS Alice Springs (NT) | 211 yrs mixed | 50m | 104:40.38 |
| | Sally Bolton (31) 1000m | | | |
| | Ryan Bailey (29) 1000m | | | |
| | Sarah Cullenane (49) 1000m | | | |
| | Kay Bailey (55) 1000m | | | |
| | Heather Bunting (47) 1000m | | | |
| 4. | CAS Alice Springs (NT) | 252 yrs mixed | 50m | 105:36.83 |
| | Mick Dalby (48) 1000m | | | |
| | Lesley Newey (51) 1000m | | | |
| | Marj Larkin (48) 1000m | | | |
| | Julie Collins (50) 1000m | | | |
| | Wayne Kirk (55) 1000m | | | |
| 5. | QTT Twin Towns (QLD) | 344 yrs mixed | 50m | 116:57.57 |
| | Michael Lynch (69) 1000m | | | |
| | Neil Burden (52) 1000m | | | |
| | David Maynard (75) 1000m | | | |
| | David Mission (72) 1000m | | | |
| | Dihana Poulsen (76) 1000m | | | |
| 6. | NWS Wests Auburn (NSW) | 294 yrs mixed | 50m | 123:56.49 |
| | Kerryn Blanch (37) 1000m | | | 2009 129:50.99 |
| | Hillary Morrison (64) 1000m | | | |
| | Roger Montgomery (65) 1000m | | | |
| | Terry Gainey (53) 1000m | | | |
| | Malcolm Heath (75) 1000m | | | |
| 7. | NWS Wests Auburn (NSW) | 287 yrs mixed | 50m | 131:05.57 |
| | Susan Bellamy (52) 1000m | BACKSTROKE | | 2009 131:49.10 |
| | Kerryn Blanch (37) 1000m | | | 2008 130:48.82 |
| | Maureen Hall (70) 1000m | | | 2007 131:15.40 |
| | Colin Cliff (75) 1000m | | | |
| | Terry Gainey (53) 1000m | | | |

8.	QTT Twin Towns (QLD)	364 yrs female	50m	136:40.94
	Lyn May (61) 1000m			
	Janet Henry (76) 1000m			
	Freda Shaw (75) 1000m			
	Maaike Spinks (76) 1000m			
	Barbara Maynard (76) 1000m			
9.	NWS Wests Auburn (NSW)	302 yrs mixed	50m	139:58.76
	Colin Cliff (75) 1000m	BREAST STROKE	2009	140:09.27
	Maureen Hall (70) 1000m		2008	137:14.21
	Malcolm Heath (75) 1000m			
	Hillary Morrison (64) 1000m			
	Kerryn Blanch (37) 1000m			