



State – Long Distance (Short Course)

proudly hosted by

Masters Swimming NSW

Peninsula Leisure Centre, Woy Woy – [Comments]

Masters Swimming NSW
State – Long Distance (Short Course)
Peninsula Leisure Centre, Woy Woy

Sunday 19 July 2026
Warm Up – 8:00am, Start – 8:30am

Event

- | | |
|---|------------------------|
| 1 | 1500m Butterfly |
| 2 | 1500m Backstroke |
| 3 | 1500m Breaststroke |
| 4 | 800m Freestyle |
| 5 | 400m Butterfly |
| 6 | 400m Backstroke |
| 7 | 400m Breaststroke |
| 8 | 400m Individual Medley |
| 9 | 400m Freestyle |

Swimmer Count: 111

Estimated Finish Time – 430pm

Swimmers should consider the above estimated times to be the minimum time that events will take. Note that they are based on the assumption that there will be a 60 second interval between heats.



Masters Swimming NSW
'Sunsmart' Policy and **'No Smoking'** policy
will apply at this meet.

Officials

Meet Director:	Jane Noake
Meet Referee:	Ruth Fitzpatrick
Referee:	Di Partridge, Cameron Jones, Peter McGee, Gordon Ferguson, Kerry Blanch, Mark McDonald , Jane Noake
Inspector of Turns:	Nigel Van Reyk, Suzie Haddad, Ailsa Jeanes, Owen Sinden, Annika Skulander, Kerry Ann Michels
Starter:	Tony Tooher, Lauren Bradley, Charmaine Groppler
Chief Timekeeper:	Helen Campbell, Julia Atkins, Megan Blamires, Rosie Wu
Check Starter:	Noel Partridge, Ray Bennet, Lawrence Powderly, Kimberlee Currell, Graham Campbell, Jillian Pateman
Recorder:	Craig Smith
Medals:	Jillian Pateman
Medical:	Pool Staff



All Hands on Deck! 🌊 We win together, train together, and time together! Timekeeping is the heart of the meet, so we expect everyone to jump in and grab a watch. Don't worry if you've never done it before—it's easy to learn, full of hype, and honestly the most fun place to hang out during the races. NOTE: Lollies may be provided

Heats / Lanes / Race-cards

Heats, lanes, race cards will be provided by the Check Starters during each event...

Race card example:



NSW Long Distance Championships

1. 1500m Butterfly SC

Peninsula Leisure Centre

19/07/2026

Craig Smith

times (min : sec . hund)

Seaside Pirates

watch 1 _____ : _____ . _____

nom. time: age: sex:

15:12.34

58

M

watch 2 _____ : _____ . _____

heat:

lane:

official time

_____ : _____ . _____

Online Programme/Results

- Meet Mobile (from your app store) - Programme/Heats (FREE),
 - o Results - for people that have a Meet Mobile subscription (approx. \$30 per year).
- Results website (Programme/Heats/Results):
 - o <http://liveresults.mastersswimmingnsw.org.au/>
 - o Or scan the QR code with your phone to access



Swimmers

Name	Sex/Age	Events
BLACKTOWN		
1 Megan Blamires	F 57	2, 7
2 Aaron Cleland	M 52	3, 9
3 David Grant	M 42	8
4 Bradley Halicek	M 53	6, 8
5 Madeleine Hand	F 22	7, 8
6 Andrew Howlett	M 59	4, 9
7 Ally Jalvo	F 32	4, 9
8 Don McArthur	M 65	4, 9
9 Mark McDonald	M 39	2, 6
10 Kerry-Ann Michels	F 59	4, 8
11 Clary Munns	F 82	2
12 Lauren Privitera	F 32	6, 7
13 Annika-Lee Skulander	F 36	3, 6
Total Individual Entries: 24		

BLUE MOUNTAINS PHOENIX		
1 Sally Hatcher	F 70	3, 7
2 Sue Wiles	F 86	6, 9
Total Individual Entries: 4		

BUSH RANGERS		
1 Jenny Banks	F 53	4, 9
2 Michelle Kurp	F 44	2, 6
3 Jillian Pateman	F 67	4, 9
Total Individual Entries: 6		

CAMPBELLTOWN		
1 Micah Edwards	M 26	4, 9
2 Derek Garland	M 61	3, 6
3 Donna Garland	F 61	7
4 Suzie Haddad	F 41	4, 7
5 Joanna Lill	F 23	4, 9
6 Russell McLeod	M 76	6, 8
7 Owen Sinden	M 71	3, 7
Total Individual Entries: 13		

CASTLE HILL RSL		
1 Todd Bryant	M 63	4, 9
2 Deb De Ridder	F 64	6, 9
3 Karen Di Bona	F 56	3, 7
4 Kassandra Di Bona	F 27	3, 7
5 Katherine Di Bona	F 24	3, 7
6 David Hagan	M 59	7, 9
7 Daryll Roquid	M 25	4, 9
8 Wendy Sheppard	F 66	4, 5
9 Anita Stewart	F 48	4, 8
Total Individual Entries: 18		

CITY OF SYDNEY		
1 Emmanuel Sandino	M 39	4, 9
Total Individual Entries: 2		

Name	Sex/Age	Events
GOSFORD SEAGULLS		
1 Aaron Mineo	M 28	9
2 Todd Pearson	M 43	7, 9
Total Individual Entries: 3		
HARLEE ELITE		
1 Belinda Meek	F 37	4, 8
2 Alexandra Southern	F 21	1, 6
Total Individual Entries: 4		
HORNSBY		
1 Lachlan West	M 25	6, 8
Total Individual Entries: 2		
LAKE MACQUARIE CROCS		
1 Robert Swan	M 80	7, 9
Total Individual Entries: 2		
LANE COVE		
1 Michael Ferguson	M 78	4, 9
2 Ian Pike	M 80	3, 7
3 Philippa Sawyer	F 70	4, 7
4 Hyun Soo Seo	M 52	9
5 David Tarran	M 76	4, 9
6 Nigel Van Reyk	M 74	3, 7
7 Ruosi Wu	F 35	2, 7
8 Leigh-Anne Zanolli-Rip	F 38	6
Total Individual Entries: 14		
MAITLAND		
1 Michelle Campbell	F 55	4, 9
2 Naomi Watson	F 54	4, 8
Total Individual Entries: 4		
MANLY		
1 Tony Goodwin	M 89	3, 6
2 Suzanne Macdonald	F 64	7, 9
3 Virginia Macleod	F 78	3
4 Benjamin McVean	M 29	2, 6
5 Katherine Woodburn	F 53	4, 9
Total Individual Entries: 9		
MERRYLANDS		
1 Alison Sakurovs	F 41	4, 8
Total Individual Entries: 2		
MINGARA PELICANS		
1 Lauren Bradley	F 42	2, 9
2 Kaitlyn Chaffey	F 36	9
3 Anthony Curran	M 73	6
4 Marion Dreyer	F 79	4, 7
5 Jade McDonald	F 42	2, 6
Total Individual Entries: 8		

Swimmers

Name	Sex/Age	Events	Name	Sex/Age	Events
NORTH SHORE			TUGGERANONG		
1 Lachlan Pearce	M 36	8, 9	1 Diane Adams	F 83	4, 9
Total Individual Entries: 2			2 Katrina Burgess	F 59	2, 5
OAK FLATS			3 Donna Campbell	F 64	7, 8
1 Jodie Bennett	F 53	4, 9	4 Brenda Day	F 77	2, 8
Total Individual Entries: 2			5 Greg Gourley	M 70	2
PENRITH			6 Kylie Lane	F 49	1, 7
1 Stuart Mackay	M 51	1	7 Caz Makin	F 58	4, 6
Total Individual Entries: 1			8 Atsuko McGowan	F 47	6
PHOENIX			9 Anne Smyth	F 66	4, 5
1 David Bryce	M 51	2, 7	Total Individual Entries: 16		
Total Individual Entries: 2			WARRINGAH		
RYDE			1 Julia Atkins	F 63	4, 9
1 Mark Cooper	M 56	3, 7	2 Abel Bornstein	M 77	3
2 Ailsa Jeanes	F 59	2, 8	3 Graham Campbell	M 82	2, 6
3 Maureen Pollock	F 68	7, 9	4 Sue Chalmers	F 63	4, 9
4 Helen Rubin	F 74	4, 6	5 Hugh Devaux	M 53	7
5 Aimee Sutton	F 33	6, 9	6 Anthony Gallagher	M 71	6
Total Individual Entries: 10			7 Charmaine Groppler	F 53	6, 7
SAPPHIRE COAST			8 Michel Le Vieux	M 51	4, 9
1 Ailie McKendrick	F 45	4, 9	Total Individual Entries: 13		
2 Gail Milroy	F 72	4, 9	WATERWORX		
Total Individual Entries: 4			1 Roland Barrett	M 41	2, 5
SEASIDE PIRATES			Total Individual Entries: 2		
1 Jane Noake	F 69	7, 9	WESTS AUBURN		
2 Heidi Roche	F 54	1	1 Cassie Anderson	F 46	3, 6
3 Jacqui Russell	F 55	4	2 Kerry Blanch	F 53	5, 6
4 Craig Smith	M 58	6, 9	3 Cameron Jones	M 44	2, 8
5 Sue Tompkins	F 63	1	Total Individual Entries: 6		
Total Individual Entries: 8			WETT ONES		
SUTHERLAND SANDBERN			1 Alice Batts	F 39	4, 6
1 Anita Saviane	F 83	3, 8	2 Kimberlee Currell	F 32	3, 9
2 Min Wang	F 64	7, 8	3 Liz Daly	F 41	6
Total Individual Entries: 4			4 Taylor Dorn	M 32	4, 7
TATTERSALLS CLUB			5 Ryan Hanson	M 36	4, 8
1 Chris McDermott	M 48	9	6 Peter McGee	M 76	2
Total Individual Entries: 1			7 Martin Pappas	M 34	8
TEAM VETERAN			8 Campbell Timu	M 31	6, 9
1 Hannah Jacobson	F 27	4, 9	Total Individual Entries: 13		
Total Individual Entries: 2					

Events

Name	Sex/Age	Club	Time
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Event 1 1500m Butterfly

1	Heidi Roche	W54	NSP	40:00.00
2	Sue Tompkins	W63	NSP	34:00.00
3	Kylie Lane	W49	NTN	33:00.00
4	Alexandra Southern	W21	NHE	30:00.00
5	Stuart Mackay	M51	NPN	24:00.00

Event 2 1500m Backstroke

1	Ruosi Wu	W35	NLC	50:00.00
2	Graham Campbell	M82	NWG	47:00.00
3	Peter McGee	M76	NWO	39:12.00
4	Brenda Day	W77	NTN	38:13.00
5	Ailsa Jeanes	W59	NRY	37:08.00
6	Cameron Jones	M44	NWS	32:00.00
7	Megan Blamires	W57	NBT	29:00.00
8	Clary Munns	W82	NBT	28:58.29
9	Mark McDonald	M39	NBT	28:50.00
10	Greg Gourley	M70	NTN	28:33.00
11	Katrina Burgess	W59	NTN	27:30.00
12	David Bryce	M51	SPM	27:10.07
13	Jade McDonald	W42	NET	25:30.00
14	Lauren Bradley	W42	NET	25:00.00
15	Benjamin McVean	M29	NML	24:30.00
16	Michelle Kurp	W44	NBR	23:10.00
17	Roland Barrett	M41	QWX	20:41.90

Event 3 1500m Breaststroke

1	Sally Hatcher	W70	NBM	56:55.46
2	Cassie Anderson	W46	NWS	56:09.00
3	Anita Saviane	W83	NSA	51:00.00
4	Nigel Van Reyk	M74	NLC	48:00.00
5	Karen Di Bona	W56	NCL	46:05.00
6	Ian Pike	M80	NLC	45:00.00
7	Virginia Macleod	W78	NML	42:00.00
8	Tony Goodwin	M89	NML	40:00.00
9	Derek Garland	M61	NCA	36:00.00
10	Abel Bornstein	M77	NWG	35:00.00
11	Annika-Lee Skulander	W36	NBT	34:35.00
12	Kassandra Di Bona	W27	NCL	33:30.00
13	Katherine Di Bona	W24	NCL	30:35.10
14	Owen Sinden	M71	NCA	30:28.00
15	Kimberlee Currell	W32	NWO	26:31.61
16	Mark Cooper	M56	NRY	26:16.68
17	Aaron Cleland	M52	NBT	21:00.00

Name	Sex/Age	Club	Time
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Event 4 800m Freestyle

1	Marion Dreyer	W79	NET	27:40.31
2	Diane Adams	W83	NTN	24:49.83
3	Helen Rubin	W74	NRY	23:43.49
4	Micah Edwards	M26	NCA	18:32.20
5	Wendy Sheppard	W66	NCL	18:30.00
6	Jillian Pateman	W67	NBR	17:46.93
7	Philippa Sawyer	W70	NLC	17:33.67
8	Gail Milroy	W72	NSR	16:47.00
9	Anita Stewart	W48	NCL	16:20.00
10	David Tarran	M76	NLC	15:45.00
11	Naomi Watson	W54	NMT	15:00.76
12	Todd Bryant	M63	NCL	14:30.00
13	Katherine Woodburn	W53	NML	14:28.00
14	Jenny Banks	W53	NBR	14:28.00
15	Julia Atkins	W63	NWG	14:20.05
16	Sue Chalmers	W63	NWG	14:15.00
17	Michael Ferguson	M78	NLC	14:00.00
18	Kerry-Ann Michels	W59	NBT	13:50.25
19	Don McArthur	M65	NBT	13:10.00
20	Hannah Jacobson	W27	NTV	13:09.00
21	Jodie Bennett	W53	NOF	13:00.00
22	Daryll Roquid	M25	NCL	13:00.00
23	Taylor Dorn	M32	NWO	12:48.00
24	Michelle Campbell	W55	NMT	12:18.00
25	Suzie Haddad	W41	NCA	12:16.51
26	Joanna Lill	W23	NCA	12:15.55
27	Anne Smyth	W66	NTN	12:13.57
28	Alison Sakurovs	W41	NMR	12:11.99
29	Emmanuel Sandino	M39	NCY	12:11.00
30	Ailie McKendrick	W45	NSR	12:05.97
31	Caz Makin	W58	NTN	11:55.04
32	Alice Batts	W39	NWO	11:30.00
33	Jacqui Russell	W55	NSP	11:00.00
34	Belinda Meek	W37	NHE	10:39.05
35	Andrew Howlett	M59	NBT	10:28.01
36	Ally Jalvo	W32	NBT	10:09.88
37	Michel Le Vieux	M51	NWG	10:05.09
38	Ryan Hanson	M36	NWO	9:15.00

Event 5 400m Butterfly

1	Wendy Sheppard	W66	NCL	13:00.00
2	Kerryn Blanch	W53	NWS	8:31.47
3	Anne Smyth	W66	NTN	8:30.00
4	Katrina Burgess	W59	NTN	8:30.00
5	Roland Barrett	M41	QWX	6:45.00

Events

Name	Sex/Age	Club	Time
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Event 6 400m Backstroke

1	Sue Wiles	W86	NBM	13:30.40
2	Helen Rubin	W74	NRY	12:53.39
3	Cassie Anderson	W46	NWS	12:20.00
4	Graham Campbell	M82	NWG	11:37.59
5	Charmaine Groppler	W53	NWG	11:05.35
6	Anthony Gallagher	M71	NWG	9:43.12
7	Liz Daly	W41	NWO	9:31.00
8	Russell McLeod	M76	NCA	9:09.81
9	Kerryn Blanch	W53	NWS	9:08.33
10	Annika-Lee Skulander	W36	NBT	9:01.55
11	Tony Goodwin	M89	NML	9:00.00
12	Deb De Ridder	W64	NCL	8:50.00
13	Anthony Curran	M73	NET	8:11.00
14	Lauren Privitera	W32	NBT	7:39.00
15	Craig Smith	M58	NSP	7:32.00
16	Leigh-Anne Zanolli-Rip	W38	NLC	7:15.00
17	Alexandra Southern	W21	NHE	6:59.00
18	Caz Makin	W58	NTN	6:48.56
19	Derek Garland	M61	NCA	6:40.00
20	Atsuko McGowan	W47	NTN	6:40.00
21	Alice Batts	W39	NWO	6:30.00
22	Lachlan West	M25	NHR	6:30.00
23	Aimee Sutton	W33	NRY	6:17.68
24	Mark McDonald	M39	NBT	6:13.95
25	Jade McDonald	W42	NET	6:11.88
26	Michelle Kurp	W44	NBR	5:50.00
27	Benjamin McVean	M29	NML	5:30.13
28	Campbell Timu	M31	NWO	5:17.56
29	Bradley Halicek	M53	NBT	5:00.36

Name	Sex/Age	Club	Time
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Event 7 400m Breaststroke

1	Marion Dreyer	W79	NET	18:41.00
2	Nigel Van Reyk	M74	NLC	13:00.00
3	Charmaine Groppler	W53	NWG	12:48.00
4	Robert Swan	M80	NMS	12:30.00
5	Philippa Sawyer	W70	NLC	11:54.89
6	Sally Hatcher	W70	NBM	11:53.93
7	Ian Pike	M80	NLC	11:39.74
8	Ruosi Wu	W35	NLC	10:16.39
9	Karen Di Bona	W56	NCL	10:11.05
10	Maureen Pollock	W68	NRY	9:37.00
11	Donna Campbell	W64	NTN	9:32.26
12	Jane Noake	W69	NSP	9:30.73
13	Donna Garland	W61	NCA	9:19.00
14	Min Wang	W64	NSA	9:04.96
15	David Hagan	M59	NCL	8:39.74
16	Kassandra Di Bona	W27	NCL	8:32.00
17	Kylie Lane	W49	NTN	8:30.00
18	Lauren Privitera	W32	NBT	8:27.00
19	Suzanne Macdonald	W64	NML	8:23.29
20	Megan Blamires	W57	NBT	8:15.00
21	Madeleine Hand	W22	NBT	8:05.00
22	Suzie Haddad	W41	NCA	7:53.65
23	Hugh Devaux	M53	NWG	7:46.00
24	Katherine Di Bona	W24	NCL	7:34.05
25	Todd Pearson	M43	NGS	7:21.00
26	Owen Sinden	M71	NCA	7:11.12
27	Taylor Dorn	M32	NWO	7:01.00
28	Mark Cooper	M56	NRY	6:35.64
29	David Bryce	M51	SPM	6:35.17

Event 8 400m IM

1	Anita Saviane	W83	NSA	11:04.86
2	Brenda Day	W77	NTN	11:02.11
3	Anita Stewart	W48	NCL	11:00.00
4	Donna Campbell	W64	NTN	9:49.46
5	Russell McLeod	M76	NCA	9:38.34
6	Min Wang	W64	NSA	9:15.85
7	Naomi Watson	W54	NMT	8:16.88
8	Kerry-Ann Michels	W59	NBT	8:11.38
9	Cameron Jones	M44	NWS	7:21.34
10	Ailsa Jeanes	W59	NRY	7:15.00
11	Madeleine Hand	W22	NBT	6:50.00
12	Lachlan West	M25	NHR	6:47.48
13	Belinda Meek	W37	NHE	6:35.64
14	Alison Sakurovs	W41	NMR	6:30.90
15	David Grant	M42	NBT	6:25.00
16	Martin Pappas	M34	NWO	5:40.00
17	Lachlan Pearse	M36	NHS	5:36.00
18	Ryan Hanson	M36	NWO	5:30.00
19	Bradley Halicek	M53	NBT	5:28.25

Events

Name	Sex/Age	Club	Time
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Name	Sex/Age	Club	Time
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Event 9 400m Freestyle

1	Diane Adams	W83	NTN	12:08.42
2	Sue Wiles	W86	NBM	11:20.00
3	Robert Swan	M80	NMS	10:01.41
4	Maureen Pollock	W68	NRY	8:30.00
5	Aaron Mineo	M28	NGS	8:30.00
6	Kaitlyn Chaffey	W36	NET	8:07.57
7	David Hagan	M59	NCL	8:05.00
8	Deb De Ridder	W64	NCL	7:55.00
9	Jillian Pateman	W67	NBR	7:51.03
10	Gail Milroy	W72	NSR	7:40.64
11	David Tarran	M76	NLC	7:40.00
12	Katherine Woodburn	W53	NML	7:39.23
13	Suzanne Macdonald	W64	NML	7:38.00
14	Jane Noake	W69	NSP	7:26.02
15	Todd Bryant	M63	NCL	7:15.00
16	Hannah Jacobson	W27	NTV	7:07.00
17	Micah Edwards	M26	NCA	7:00.39
18	Sue Chalmers	W63	NWG	6:49.44
19	Julia Atkins	W63	NWG	6:41.41
20	Aimee Sutton	W33	NRY	6:38.76
21	Michael Ferguson	M78	NLC	6:31.28
22	Craig Smith	M58	NSP	6:30.00
23	Hyun Soo Seo	M52	NLC	6:25.00
24	Jenny Banks	W53	NBR	6:12.90
25	Michelle Campbell	W55	NMT	6:08.41
26	Daryll Roquid	M25	NCL	6:05.00
27	Joanna Lill	W23	NCA	6:01.40
28	Jodie Bennett	W53	NOF	6:00.00
29	Don McArthur	M65	NBT	6:00.00
30	Ailie McKendrick	W45	NSR	5:52.27
31	Lauren Bradley	W42	NET	5:43.91
32	Todd Pearson	M43	NGS	5:41.00
33	Kimberlee Currell	W32	NWO	5:37.16
34	Chris McDermott	M48	NTS	5:32.00
35	Ally Jalvo	W32	NBT	5:20.00
36	Andrew Howlett	M59	NBT	5:00.58
37	Emmanuel Sandino	M39	NCY	4:58.20
38	Michel Le Vieux	M51	NWG	4:51.96
39	Campbell Timu	M31	NWO	4:45.00
40	Lachlan Pearse	M36	NHS	4:41.35
41	Aaron Cleland	M52	NBT	4:28.16