

# **WESTS AUBURN MASTERS SWIMMING CLUB**

## **5000m POSTAL SWIM 2016 SUMMARY**

Another slightly disappointing response this year. Just enough entrants to provide some fun and competition for our long distance endurance swimmers. This year we recognise swimmers from NSW, Northern Territory, Queensland and Victoria.

Congratulations to all those who took part – the swimmers who keep on coming back year after year , the newbies, *and especially the magnificent 4 x 1250m individual medley swimmers* .... PLEASE try to convince a few more members to do the long yards in 2017 !

Terry Gainey - Postal Swim Co-ordinator

## **SUMMARY OF ENTRIES**

### **5000m INDIVIDUAL**

MEN:           6       (including one 4 x 1250m Individual Medley, one Breaststroke and one Backstroke)

WOMEN:       13       (including two 4 x 1250m Individual Medleys)

### **RELAYS**

2 x 2500m:       12

5 x 1000m:       11       (including one breast stroke and one backstroke)

4 x 1250m:       4

10 x 500m:       3

## 5000m SWIMMERS - WOMEN

1.	<b>Karina Horton</b> QAC Albany Creek (Qld)	58 yrs	female	25m	<b>89:41.84</b> 2013 97:13.73 2012 97:02.54
2.	<b>Fran Moroney</b> QGS Gladstone (Qld)	54 yrs	female	50m	<b>89:45.30</b> 2015 92:02.99
3.	<b>Jane Lawrence</b> NCM Clarence River (NSW)	57 yrs	female	50m	<b>93:35.00</b> 2014 93:05.00 2013 94:49.11 2012 96:09.20
4.	<b>Alison Green</b> QGS Gladstone (Qld)	43 yrs	female	50m	<b>96:11.63</b>
5.	<b>Jillian Pateman</b> NBM Blue Mtns (NSW)	57 yrs	female	50m	<b>97:54.54</b> 2015 96:51.15 2014 93:30.16 2013 96:26.50 2012 97:33.78 2011 93:50.87 <u><i>TWELVE YEARS IN A ROW !!!</i></u> 2010 92:38.78 2009 95:23.03 2008 102:20.80 2007 100:27.76 2006 101:18.06 2005 105:07.25
6.	<b>Sarah Cullenane</b> CAS Alice Springs (NT)	55 yrs	female	50m	<b>104:47.11</b> 2015 99:16.61 2014 102:57.51 2011 96:46.42 2010 101:37.30 2009 94:13.89
7.	<b>Kay Bailey</b> CAS Alice Springs (NT)	61 yrs	female	50m	<b>105:52.30</b> 2013 102:58.78 2012 105:00.66 2010 98:02.01 2009 99:51.40

8.	<b>Susan Bellamy</b> NWS Wests Auburn (NSW)	58 yrs	female	50m	<b>109:44.95</b>
				2015	110:14.10
				2014	110:52.26
				2013	110:04.85
				2012	111:36.38
				2011	110:20.78
				2010	107:41.26
				2009	109:07.26
				2008	105:34.95
				2007	106:08.07
				2005	106:13.82
				2004	108:78.25
	<b><i>TWELVE YEARS OF SWIMS !!!</i></b>				
9.	<b>Dee Greenwood</b> VSP Surrey Park (Vic)	52 yrs	female	open	<b>113:28.30</b>
				2014	109:12.97
10.	<b>Sue Lyon</b> VSP Surrey Park (Vic)	52 yrs	female	50m	<b>117:28.90</b>
				2015	106:50.29
11.	<b>Freya Shearer</b> NHL Hills (NSW)	32 yrs	female	25m	<b>126:23.68</b>
12.	<b>Susan Henderson</b> CAS Alice Springs (NT)	53 yrs	female	50m	<b>138:05.43</b>
					<b>INDIVIDUAL MEDLEY</b>
				2015	I/M 131:07.28
				2014	I/M 132:37.19
				2013	free 128:43.77
				2012	breast 129:52.48
13.	<b>Cassie Anderson</b> NWS Wests Auburn (NSW)	36 yrs	female	50m	<b>155:58.64</b>
					<b>INDIVIDUAL MEDLEY</b>
				2015	165:58.20
				2014	162:33.26
				2013	174:46.79

## **WOMEN 30-34 years**

1.	<b>Freya Shearer</b> NHL Hills (NSW)	32 yrs	female	25m	<b>126:23.68</b>
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## **WOMEN 30-34 years**

1.	<b>Cassie Anderson</b> NWS Wests Auburn (NSW)	36 yrs	female	50m	<b>155:58.64</b>
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**INDIVIDUAL MEDLEY**

## **WOMEN 40-45 years**

1.	<b>Alison Green</b> QGS Gladstone (Qld)	43 yrs	female	50m	<b>96:11.63</b>
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## **WOMEN 50-54 years**

1.	<b>Fran Moroney</b> QGS Gladstone (Qld)	54 yrs	female	50m	<b>89:45.30</b>
2.	<b>Dee Greenwood</b> VSP Surrey Park (Vic)	52 yrs	female	open	<b>113:28.30</b>
3.	<b>Sue Lyon</b> VSP Surrey Park (Vic)	52 yrs	female	50m	<b>117:28.90</b>
4.	<b>Susan Henderson</b> CAS Alice Springs (NT)	53 yrs	female	50m	<b>138:05.43</b>

**INDIVIDUAL MEDLEY**

## **WOMEN 55-59 years**

1.	<b>Karina Horton</b> QAC Albany Creek (Qld)	58 yrs	female	25m	<b>89:41.84</b>
2.	<b>Jane Lawrence</b> NCM Clarence River (NSW)	57 yrs	female	50m	<b>93:35.00</b>
3.	<b>Jillian Pateman</b> NBM Blue Mtns (NSW)	57 yrs	female	50m	<b>97:54.54</b>
4.	<b>Sarah Cullenane</b> CAS Alice Springs (NT)	55 yrs	female	50m	<b>104:47.11</b>
5.	<b>Susan Bellamy</b> NWS Wests Auburn (NSW)	58 yrs	female	50m	<b>109:44.95</b>

## **WOMEN 60-64 years**

1.	<b>Kay Bailey</b> CAS Alice Springs (NT)	61 yrs	female	50m	<b>105:52.30</b>
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## **WOMEN 5000m INDIVIDUAL MEDLEY**

1.	<b>Susan Henderson</b> CAS Alice Springs (NT)	53 yrs	female	50m	<b>138:05.43</b>
					<b>INDIVIDUAL MEDLEY</b>
2.	<b>Cassie Anderson</b> NWS Wests Auburn (NSW)	36 yrs	female	50m	<b>155:58.64</b>
					<b>INDIVIDUAL MEDLEY</b>

## 5000m SWIMMERS - MEN

- |    |  |        |      |                          |                  |
|----|--|--------|------|--------------------------|------------------|
| 1. | <b>James Wheeler</b><br>NCM Clarence River (NSW) | 48 yrs | male | 50m                      | <b>84:20.12</b>  |
| 2. | <b>Allan Harris</b><br>Wests Auburn (NSW)        | 68 yrs | male | 50m                      | <b>95:54.75</b>  |
| 3. | <b>Michael Parkinson</b><br>Wests Auburn (NSW)   | 44 yrs | male | 50m                      | <b>105:05.34</b> |
|    |  |        |      | <b>INDIVIDUAL MEDLEY</b> |                  |
|    |  |        |      | 2015                     | 103:36.53        |
|    |  |        |      | 2014                     | 104:35.81        |
|    |  |        |      | 2013                     | 101:10.97        |
|    |  |        |      | 2012                     | 102:54.55        |
| 4. | <b>Allan Harris</b><br>Wests Auburn (NSW)        | 68 yrs | male | 50m                      | <b>113:11.60</b> |
|    |  |        |      | <b>BACKSTROKE</b>        |                  |
| 5. | <b>Helmut Klein</b><br>NCM Clarence River (NSW)  | 75 yrs | male | 50m                      | <b>134:02.00</b> |
|    |  |        |      | 2015                     | 120:14.38        |
|    |  |        |      | 2014                     | 134:22.56        |
| 6. | <b>Brian Smith</b><br>QTT Twin Towns (Qld)       | 56 yrs | male | 50m                      | <b>152:57.78</b> |

## **MEN 40-44 years**

- |    |  |        |      |     |                  |
|----|--|--------|------|-----|------------------|
| 1. | <b>Michael Parkinson</b><br>Wests Auburn (NSW) | 44 yrs | male | 50m | <b>105:05.34</b> |
|----|--|--------|------|-----|------------------|

**INDIVIDUAL MEDLEY**

## **MEN 45-49 years**

- |    |  |        |      |     |                 |
|----|--|--------|------|-----|-----------------|
| 1. | <b>James Wheeler</b><br>NCM Clarence River (NSW) | 48 yrs | male | 50m | <b>84:20.12</b> |
|----|--|--------|------|-----|-----------------|

## **MEN 55-59 years**

- |    |  |        |      |     |                  |
|----|--|--------|------|-----|------------------|
| 1. | <b>Brian Smith</b><br>QTT Twin Towns (Qld) | 56 yrs | male | 50m | <b>152:57.78</b> |
|----|--|--------|------|-----|------------------|

## **MEN 65-69 years**

- |    |   |        |      |     |                  |
|----|---|--------|------|-----|------------------|
| 1. | <b>Allan Harris</b><br>Wests Auburn (NSW) | 68 yrs | male | 50m | <b>95:54.75</b>  |
| 2. | <b>Allan Harris</b><br>Wests Auburn (NSW) | 68 yrs | male | 50m | <b>113:11.60</b> |

**BACKSTROKE**

## **MEN 70-74 years**

- |    |   |        |      |     |                  |
|----|---|--------|------|-----|------------------|
| 1. | <b>Helmut Klein</b><br>NCM Clarence River (NSW) | 75 yrs | male | 50m | <b>134:02.00</b> |
|----|---|--------|------|-----|------------------|

**BREASTSTROKE**

## **MEN 5000m BREASTSTROKE**

- |    |   |        |      |     |                  |
|----|---|--------|------|-----|------------------|
| 1. | <b>Helmut Klein</b><br>NCM Clarence River (NSW) | 75 yrs | male | 50m | <b>134:02.00</b> |
|----|---|--------|------|-----|------------------|

**BREASTSTROKE**

## **MEN 5000m INDIVIDUAL MEDLEY**

- |    |  |        |      |     |                  |
|----|--|--------|------|-----|------------------|
| 1. | <b>Michael Parkinson</b><br>Wests Auburn (NSW) | 44 yrs | male | 50m | <b>105:05.34</b> |
|----|--|--------|------|-----|------------------|

**INDIVIDUAL MEDLEY**

## 5000m RELAYS

1. **NCM Clarence River (NSW)** 101 yrs male 50m **78:54.57**  
James Wheeler (48) 2500m  
Stephen Burton (53) 2500m
2. **NWS Wests Auburn (NSW)** 114 yrs male 50m **87:37.07**  
Michael Parkinson (46) 2500m  
Alan Harris (68) 2500m
3. **NCM Clarence River (NSW)** 116 yrs mixed 50m **89:31.03**  
John Morton (58) 2500m  
Jane Lawrence (58) 2500m
4. **QGS Gladstone (Qld)** 96 yrs female 50m **91:51.22**  
Alison Green (43) 2500m  
Fran Moroney (53) 2500m
5. **NBM Blue Mountains (NSW)** 245 yrs mixed 50m **95:09.95**  
Russell Merrick (47) 1250m  
Sue Wiles (76) 1250m  
Robin Griffiths (62) 1250m  
Penny Rossiter (60) 1250mz
6. **NCM Clarence River (NSW)** 291 yrs male 50m **96:12.04**  
James Wheeler (48) 1000m  
Stephen Burton (53) 1000m  
Alan Lawrence (65) 1000m  
Kieran Lynch (50) 1000m  
Helmut Klein (75) 1000m
7. **NCM Clarence River (NSW)** 96 yrs mixed 50m **96:31.84**  
Joanne Worboys (47) 2500m  
Simon Worboys (49) 2500m
8. **NCM Clarence River (NSW)** 121 yrs female 50m **97:30.90**  
Jane Lawrence (58) 2500m  
Bobby Winger (63) 2500m
9. **NWS Wests Auburn (NSW)** 213 yrs female 50m **98:22.09**  
Susan Bellamy (58) 1250m  
Kerryn Blanch (43) 1250m  
Maureen Hall (76) 1250m  
Cassie Anderson (36) 1250m
10. **CAS Alice Springs (NT)** 272 yrs mixed 50m **101:52.53**  
Julie Collins (57) 1000m  
Alison Foster (56) 1000m  
William Willis (50) 1000m  
Richard Austin (54) 1000m  
Sarah Cullenane (55) 1000m
11. **NCM Clarence River (NSW)** 120 yrs female 25m **102:59.68**  
Leonie Daley (65) 2500m  
Sue-Ellen Hynes (55) 2500m
12. **NCM Clarence River (NSW)** 310 yrs mixed 25m **104:47.12**  
Tim Cashman (61) 1000m  
Judy King (68) 1000m  
Matthew Eke (60) 1000m  
Karen Urquhart (60) 1000m  
Jillian Ennever (61) 1000m

13.	<b>CAS Alice Springs (NT)</b> Richard Austin (54) 500m Kay Bailey (61) 500m William Willis (50) 500m Amanda Doyle (54) 500m Clare Hand (35) 500m Julie Collins (57) 500m Susan Henderson (53) 500m Jill Brew (63) 500m Aileen Lakey (55) 500m Alison Foster (56) 500m	538 yrs mixed	50m	<b>107:34.70</b>
14.	<b>CAS Alice Springs (NT)</b> Richard Austin (54) 2500m Kay Bailey (61) 2500m	95 yrs mixed	50m	<b>107:38.98</b>
15.	<b>NHL Hills (NSW)</b> Sarnia Rusbridge (42) 1000m Tony Howe (70) 1000m James Walker (65) 1000m Phillip Smillie (48) 1000m John Wendt (74) 1000m	299 yrs mixed	25m	<b>108:10.01</b>
16.	<b>NCM Clarence River (NSW)</b> Phillip Holmes (66) 2500m Belinda Chant (49) 2500m	115 yrs mixed	25m	<b>108:23.95</b>
17.	<b>NWS Wests Auburn (NSW)</b> Maureen Hall (76) 1000m Michael Parkinson (46) 1000m Kerryn Blanch (43) 1000m Susan Bellamy (58) 1000m Cassie Anderson (36) 1000m	259 yrs mixed	50m	<b>113:45.06</b>
18.	<b>NWS Wests Auburn (NSW)</b> Terry Gainey (59) 1000m Michael Parkinson (46) 1000m Alan Harris (68) 1000m Daryl Slade (61) 1000m Hillary Morrison (70) 1000m	304 yrs male	50m	<b>119:43.08</b>
19.	<b>NWS Wests Auburn (NSW)</b> Susan Bellamy (58) 2500m Maureen Hall (76) 2500m	134 yrs female	50m	<b>123:19.10</b>
				<i>2015 116:21.85</i>
				<i>2014 116:27.18</i>
				<i>2013 116:19.22</i>
				<i>2012 119:49.86</i>
				<i>2011 115:37.88</i>
				<i>2010 114:16.12</i>
				<i>2009 111:41.04</i>
				<i>2008 110:55.72</i>
				<i>2007 118:54.42</i>
				<b><i><u>TEN YEARS IN A ROW !!!</u></i></b>
20.	<b>NCM Clarence River (NSW)</b> Janet Pickup (60) 500m Lyn Eke (59) 500m Susan Imeson (63) 500m Julie Henry (59) 500m Jillian Ennever (61) 500m Gai Pritchett (61) 500m Linda Horton (59) 500m Donald Lee (73) 500m Pam Smith (71) 500m Robyn Wattus (62) 500m	628 yrs mixed	25m	<b>124:41.93</b>

- |     |   |                |     |                  |
|-----|---|----------------|-----|------------------|
| 21. | <b>NCM Clarence River (NSW)</b><br>Claire Ogle (64) 1000m<br>Jan Klein (71) 1000m<br>Pamela Bates (59) 1000m<br>Lou Headon (56) 1000m<br>Lynne Johnston (67) 1000mb                                 | 317 yrs female | 50m | <b>129:41.71</b> |
| 22. | <b>NWS Wests Auburn (NSW)</b><br><b>BACK STROKE</b><br>Terry Gainey (59) 1000m<br>Kerryn Blanch (43) 1000m<br>Maureen Hall (76) 1000m<br>Michael Parkinson (46) 1000m<br>Alan Harris (68) 1000m     | 292 yrs mixed  | 50m | <b>129:41.82</b> |
| 23. | <b>NCM Clarence River (NSW)</b><br>Mary Saul (63) 1000m<br>Jillian Ennever (61) 1000m<br>Barry Serjeant (63) 1000m<br>Bobby Winger (63) 1000m<br>Helmut Klein (75) 1000m                            | 325 yrs mixed  | 50m | <b>130:33.40</b> |
| 24. | <b>CAS Alice Springs (NT)</b><br>Lindy Renton (62) 1000m<br>Jill Montgomery (54) 1000m<br>Susan Henderson (53) 1000m<br>Aileen Lakey (55) 1000m<br>Amanda Doyle (54) 1000m                          | 278 yrs female | 50m | <b>141:50.52</b> |
| 25. | <b>NWS Wests Auburn (NSW)</b><br>Kerryn Blanch (43) 2500m<br>Cassie Anderson (36) 2500m   | 79 yrs female  | 50m | <b>145:25.48</b> |
| 26. | <b>NTR Trinity (NSW)</b><br>Hoe Tong (63) 1250m<br>Lawrence Chen (37) 1250m<br>George Constanti (58) 1250m<br>John Kulhan (65) 1250m  | 223 yrs mixed  | 25m | <b>149:48.00</b> |
| 27. | <b>NTR Trinity (NSW)</b><br>Francis Hanna (69) 1250m<br>Monica Murphy (24) 1250m<br>Cathy Burney (57) 1250m<br>Eddy Lange (59) 1250m  | 209 yrs mixed  | 25m | <b>155:42.65</b> |
| 28. | <b>NWS Wests Auburn (NSW)</b><br><b>BREAST STROKE</b><br>Daryl Slade (61) 1000m<br>Susan Bellamy (58) 1000m<br>Cassie Anderson (36) 1000m<br>Maureen Hall (76) 1000m<br>Hillary Morrison (70) 1000m | 301 yrs mixed  | 50m | <b>156:29.70</b> |

29.	<b>NWS Wests Auburn (NSW)</b>	129 yrs male	50m	<b>158:23.27</b>
	Terry Gainey (59) 2500m		2015	145:36.48
	Hilary Morrison (70) 2500m		2014	144:05:30
			2013	141:55.58
30.	<b>CAS Alice Springs (NT)</b>	616 yrs mixed	50m	<b>183:17.32</b>
	Bill Willis (78) 500m			
	Annie Godwin (54) 500m			
	Jill Montgomery (54) 500m			
	Jayne Stinton (57) 500m			
	Pauline Walsh (56) 500m			
	Krystine Paice-Brown (50) 500m			
	Lindy Renton (62) 500m			
	Ann Dunn (58) 500m			
	Bev Ellis (70) 500m			
	Barb McIlvain (77) 500m			

## 2 x 2500m RELAYS

1.	<b>NCM Clarence River (NSW)</b> James Wheeler (48) 2500m Stephen Burton (53) 2500m	101 yrs male	50m	<b>78:54.57</b>
2.	<b>NWS Wests Auburn (NSW)</b> Michael Parkinson (46) 2500m Alan Harris (68) 2500m	114 yrs male	50m	<b>87:37.07</b>
3.	<b>NCM Clarence River (NSW)</b> John Morton (58) 2500m Jane Lawrence (58) 2500m	116 yrs mixed	50m	<b>89:31.03</b>
4.	<b>QGS Gladstone (Qld)</b> Alison Green (43) 2500m Fran Moroney (53) 2500m	96 yrs female	50m	<b>91:51.22</b>
5.	<b>NCM Clarence River (NSW)</b> Joanne Worboys (47) 2500m Simon Worboys (49) 2500m	96 yrs mixed	50m	<b>96:31.84</b>
6.	<b>NCM Clarence River (NSW)</b> Jane Lawrence (58) 2500m Bobby Winger (63) 2500m	121 yrs female	50m	<b>97:30.90</b>
7.	<b>NCM Clarence River (NSW)</b> Leonie Daley (65) 2500m Sue-Ellen Hynes (55) 2500m	120 yrs female	25m	<b>102:59.68</b>
8.	<b>CAS Alice Springs (NT)</b> Richard Austin (54) 2500m Kay Bailey (61) 2500m	95 yrs mixed	50m	<b>107:38.98</b>
9.	<b>NCM Clarence River (NSW)</b> Phillip Holmes (66) 2500m Belinda Chant (49) 2500m	115 yrs mixed	25m	<b>108:23.95</b>
10.	<b>NWS Wests Auburn (NSW)</b> Susan Bellamy (58) 2500m Maureen Hall (76) 2500m	134 yrs female	50m	<b>123:19.10</b>
11.	<b>NWS Wests Auburn (NSW)</b> Kerryn Blanch (43) 2500m Cassie Anderson (36) 2500m	79 yrs female	50m	<b>145:25.48</b>
12.	<b>NWS Wests Auburn (NSW)</b> Terry Gainey (59) 2500m Hilary Morrison (70) 2500m	129 yrs male	50m	<b>158:23.27</b>

## 5 x 1000m RELAYS

1. **NCM Clarence River (NSW)** 291 yrs male 50m **96:12.04**  
James Wheeler (48) 1000m  
Stephen Burton (53) 1000m  
Alan Lawrence (65) 1000m  
Kieran Lynch (50) 1000m  
Helmut Klein (75) 1000m
2. **CAS Alice Springs (NT)** 272 yrs mixed 50m **101:52.53**  
Julie Collins (57) 1000m  
Alison Foster (56) 1000m  
William Willis (50) 1000m  
Richard Austin (54) 1000m  
Sarah Cullenane (55) 1000m
3. **NCM Clarence River (NSW)** 310 yrs mixed 25m **104:47.12**  
Tim Cashman (61) 1000m  
Judy King (68) 1000m  
Matthew Eke (60) 1000m  
Karen Urquhart (60) 1000m  
Jillian Ennever (61) 1000m
4. **NHL Hills (NSW)** 299 yrs mixed 25m **108:10.01**  
Sarnia Rusbridge (42) 1000m  
Tony Howe (70) 1000m  
James Walker (65) 1000m  
Phillip Smillie (48) 1000m  
John Wendt (74) 1000m
5. **NWS Wests Auburn (NSW)** 259 yrs mixed 50m **113:45.06**  
Maureen Hall (76) 1000m  
Michael Parkinson (46) 1000m  
Kerryn Blanch (43) 1000m  
Susan Bellamy (58) 1000m  
Cassie Anderson (36) 1000m
6. **NWS Wests Auburn (NSW)** 304 yrs male 50m **119:43.08**  
Terry Gainey (59) 1000m  
Michael Parkinson (46) 1000m  
Alan Harris (68) 1000m  
Daryl Slade (61) 1000m  
Hillary Morrison (70) 1000m
7. **NCM Clarence River (NSW)** 317 yrs female 50m **129:41.71**  
Claire Ogle (64) 1000m  
Jan Klein (71) 1000m  
Pamela Bates (59) 1000m  
Lou Headon (56) 1000m  
Lynne Johnston (67) 1000m
8. **NWS Wests Auburn (NSW)** 292 yrs mixed 50m **129:41.82**  
**BACK STROKE**  
Terry Gainey (59) 1000m  
Kerryn Blanch (43) 1000m  
Maureen Hall (76) 1000m  
Michael Parkinson (46) 1000m  
Alan Harris (68) 1000m
9. **NCM Clarence River (NSW)** 325 yrs mixed 50m **130:33.40**  
Mary Saul (63) 1000m  
Jillian Ennever (61) 1000m  
Barry Serjeant (63) 1000m  
Bobby Winger (63) 1000m  
Helmut Klein (75) 1000m
10. **CAS Alice Springs (NT)** 278 yrs female 50m **141:50.52**  
Lindy Renton (62) 1000m  
Jill Montgomery (54) 1000m  
Susan Henderson (53) 1000m  
Aileen Lakey (55) 1000m  
Amanda Doyle (54) 1000m
11. **NWS Wests Auburn (NSW)** 301 yrs mixed 50m **156:29.70**  
**BREAST STROKE**  
Daryl Slade (61) 1000m  
Susan Bellamy (58) 1000m  
Cassie Anderson (36) 1000m  
Maureen Hall (76) 1000m  
Hillary Morrison (70) 1000m

## 4 X 1250m RELAYS

- |    |   |                |     |                  |
|----|---|----------------|-----|------------------|
| 1. | <b>NBM Blue Mountains (NSW)</b><br>Russell Merrick (47) 1250m<br>Sue Wiles (76) 1250m<br>Robin Griffiths (62) 1250m<br>Penny Rossiter (60) 1250mz | 245 yrs mixed  | 50m | <b>95:09.95</b>  |
| 2. | <b>NWS Wests Auburn (NSW)</b><br>Susan Bellamy (58) 1250m<br>Kerryn Blanch (43) 1250m<br>Maureen Hall (76) 1250m<br>Cassie Anderson (36) 1250m    | 213 yrs female | 50m | <b>98:22.09</b>  |
| 3. | <b>NTR Trinity (NSW)</b><br>Hoe Tong (63) 1250m<br>Lawrence Chen (37) 1250m<br>George Constanti (58) 1250m<br>John Kulhan (65) 1250m              | 223 yrs mixed  | 25m | <b>149:48.00</b> |
| 4. | <b>NTR Trinity (NSW)</b><br>Francis Hanna (69) 1250m<br>Monica Murphy (24) 1250m<br>Cathy Burney (57) 1250m<br>Eddy Lange (59) 1250m              | 209 yrs mixed  | 25m | <b>155:42.65</b> |

# 10 X 500m RELAYS

- |    |   |               |     |                  |
|----|---|---------------|-----|------------------|
| 1. | <b>CAS Alice Springs (NT)</b><br>Richard Austin (54) 500m<br>Kay Bailey (61) 500m<br>William Willis (50) 500m<br>Amanda Doyle (54) 500m<br>Clare Hand (35) 500m<br>Julie Collins (57) 500m<br>Susan Henderson (53) 500m<br>Jill Brew (63) 500m<br>Aileen Lakey (55) 500m<br>Alison Foster (56) 500m     | 538 yrs mixed | 50m | <b>107:34.70</b> |
| 2. | <b>NCM Clarence River (NSW)</b><br>Janet Pickup (60) 500m<br>Lyn Eke (59) 500m<br>Susan Imeson (63) 500m<br>Julie Henry (59) 500m<br>Jillian Ennever (61) 500m<br>Gai Pritchett (61) 500m<br>Linda Horton (59) 500m<br>Donald Lee (73) 500m<br>Pam Smith (71) 500m<br>Robyn Wattus (62) 500m            | 628 yrs mixed | 25m | <b>124:41.93</b> |
| 3. | <b>CAS Alice Springs (NT)</b><br>Bill Willis (78) 500m<br>Annie Godwin (54) 500m<br>Jill Montgomery (54) 500m<br>Jayne Stinton (57) 500m<br>Pauline Walsh (56) 500m<br>Krystine Paice-Brown (50) 500m<br>Lindy Renton (62) 500m<br>Ann Dunn (58) 500m<br>Bev Ellis (70) 500m<br>Barb McIlvain (77) 500m | 616 yrs mixed | 50m | <b>183:17.32</b> |