



## HILLS MASTERS

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Katrina Bennett**

Townsville Aquaholics

<b>4 x 400m</b>	15/10/2019	Freestyle	SC 25m	6:29.28
	15/10/2019	Breaststroke	SC 25m	8:00.40
	15/10/2019	Freestyle	SC 25m	6:39.28
	15/10/2019	Individual Medley	SC 25m	7:55.82
<b>3 x 800m</b>	23/10/2019	Freestyle	SC 25m	13:12.24
	23/10/2019	Breaststroke	SC 25m	16:52.76
	26/10/2019	Breaststroke	SC 25m	16:01.84
<b>2 x 1000m</b>	22/10/2019	Freestyle	SC 25m	16:52.76
	20/11/2019	Freestyle	SC 25m	16:45.24
<b>1 x 1500m</b>	19/11/2019	Freestyle	SC 25m	25:24.47



## HILLS MASTERS

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Andrea O'Shea**

Cairns Mudcrabs

<b>4 x 400m</b>	18/10/2019	Freestyle	LC 50m	7:37.03
	18/10/2019	Freestyle	LC 50m	7:41.09
	18/10/2019	Freestyle	LC 50m	7:46.15
	18/10/2019	Freestyle	LC 50m	7:57.30
<b>3 x 800m</b>	26/11/2019	Freestyle	LC 50m	14:54.17
	26/11/2019	Freestyle	LC 50m	15:13.04
	26/11/2019	Freestyle	LC 50m	15:54.01
<b>2 x 1000m</b>	23/11/2019	Freestyle	LC 50m	19:25.03
	23/11/2019	Freestyle	LC 50m	21:24.01
<b>1 x 1500m</b>	12/10/2019	Freestyle	LC 50m	29:21.59



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Joanne Maher**

Cairns Mudcrabs

<b>4 x 400m</b>	18/10/2019	Freestyle	LC 50m	7:29.04
	18/10/2019	Freestyle	LC 50m	7:20.60
	18/10/2019	Freestyle	LC 50m	7:23.59
	18/10/2019	Freestyle	LC 50m	7:32.47
<b>3 x 800m</b>	26/11/2019	Freestyle	LC 50m	15:14.74
	26/11/2019	Freestyle	LC 50m	15:29.82
	26/11/2019	Freestyle	LC 50m	15:48.02
<b>2 x 1000m</b>	19/11/2019	Freestyle	LC 50m	19:26.01
	19/11/2019	Freestyle	LC 50m	20:07.01
<b>1 x 1500m</b>	12/10/2019	Freestyle	LC 50m	28:58.79



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**David McIvor**

Devonport Devils

<b>4 x 400m</b>	13/10/2019	Freestyle	SC 25m	6:28.39
	13/10/2019	Freestyle	SC 25m	6:27.31
	27/10/2019	Freestyle	SC 25m	6:20.41
	10/11/2019	Freestyle	LC 50m	7:02.48
<b>3 x 800m</b>	25/11/2019	Freestyle	LC 50m	14:03.69
	26/11/2019	Freestyle	LC 50m	13:56.20
	28/11/2019	Freestyle	LC 50m	14:05.11
<b>2 x 1000m</b>	14/11/2019	Freestyle	LC 50m	17:24.46
	17/11/2019	Freestyle	LC 50m	17:45.77
<b>1 x 1500m</b>	12/10/2019	Freestyle	SC 25m	25:53.22



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Jessica Last**

Devonport Devils

<b>4 x 400m</b>	<b>22/09/2019</b>	<b>Freestyle</b>	<b>SC 25m</b>	<b>6:59.29</b>
	<b>30/09/2019</b>	<b>Freestyle</b>	<b>SC 25m</b>	<b>6:50.79</b>
	<b>08/10/2019</b>	<b>Freestyle</b>	<b>SC 25m</b>	<b>7:06.03</b>
	<b>20/10/2019</b>	<b>Freestyle</b>	<b>SC 25m</b>	<b>6:53.57</b>
<b>3 x 800m</b>	<b>27/10/2019</b>	<b>Freestyle</b>	<b>SC 25m</b>	<b>14:17.41</b>
	<b>03/11/2019</b>	<b>Freestyle</b>	<b>LC 50m</b>	<b>15:00.08</b>
	<b>21/11/2019</b>	<b>Freestyle</b>	<b>LC 50m</b>	<b>14:58.92</b>
<b>2 x 1000m</b>	<b>10/11/2019</b>	<b>Freestyle</b>	<b>LC 50m</b>	<b>18:16.34</b>
	<b>14/11/2019</b>	<b>Freestyle</b>	<b>LC 50m</b>	<b>18:37.81</b>
<b>1 x 1500m</b>	<b>12/10/2019</b>	<b>Freestyle</b>	<b>SC 25m</b>	<b>27:10.08</b>



## HILLS MASTERS

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Philip Smillie**

Hills AUSSI

<b>4 x 400m</b>	24/11/2019	Freestyle	SC 25m	7:00.41
	08/10/2019	Backstroke	SC 25m	8:37.45
	26/11/2019	Backstroke	SC 25m	9:41.13
	28/11/2019	Backstroke	SC 25m	9:29.27
<b>3 x 800m</b>	10/09/2019	Freestyle	SC 25m	15:23.11
	10/09/2019	Freestyle	SC 25m	15:46.76
	19/11/2019	Freestyle	SC 25m	15:52.61
<b>2 x 1000m</b>	28/11/2019	Freestyle	SC 25m	22:16.18
	08/10/2019	Freestyle	SC 25m	19:29.52
<b>1 x 1500m</b>	26/11/2019	Freestyle	SC 25m	30:29.62



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Marilyn Brack**

Devonport Devils

<b>4 x 400m</b>	22/09/2019	Breaststroke	SC 25m	9:57.78
	30/09/2019	Breaststroke	SC 25m	10:01.46
	20/10/2019	Breaststroke	SC 25m	9:54.09
	27/10/2019	Breaststroke	SC 25m	9:52.93
<b>3 x 800m</b>	03/11/2019	Breaststroke	LC 50m	19:54.62
	11/11/2019	Breaststroke	LC 50m	19:35.60
	24/11/2019	Breaststroke	LC 50m	19:41.49
<b>2 x 1000m</b>	10/11/2019	Freestyle	LC 50m	21:01.58
	25/11/2019	Breaststroke	LC 50m	25:25.09
<b>1 x 1500m</b>	19/11/2019	Breaststroke	LC 50m	37:17.01



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Jillian Pateman**

Blue Mountains Phoenix

<b>4 x 400m</b>	24/11/2019	Freestyle	SC 25m	7:20.10
	07/11/2019	Breaststroke	LC 50m	12:11.12
	08/09/2019	Freestyle	SC 25m	7:25.76
	26/10/2019	Butterfly	SC 25m	13:41.44
<b>3 x 800m</b>	12/09/2019	Backstroke	LC 50m	22:32.07
	01/09/2019	Butterfly	SC 25m	26:28.59
	26/10/2019	Individual Medley	SC 25m	22:08.45
<b>2 x 1000m</b>	29/10/2019	Breaststroke	LC 50m	34:38.89
	31/10/2019	Freestyle	LC 50m	20:40.59
<b>1 x 1500m</b>	23/10/2019	Freestyle	LC 50m	30:48.26





## HILLS MASTERS

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

# Penny Flowers

Devonport Devils

<b>4 x 400m</b>	22/09/2019	Freestyle	SC 25m	9:01.03
	30/09/2019	Freestyle	SC 25m	8:51.73
	08/10/2019	Breaststroke	SC 25m	10:50.18
	13/10/2019	Freestyle	SC 25m	8:42.90
<b>3 x 800m</b>	20/10/2019	Freestyle	SC 25m	18:08.18
	27/10/2019	Freestyle	LC 50m	18:02.85
	29/10/2019	Freestyle	SC 25m	18:11.17
<b>2 x 1000m</b>	10/11/2019	Freestyle	LC 50m	22:42.92
	11/11/2019	Freestyle	LC 50m	23:02.32
<b>1 x 1500m</b>	19/11/2019	Freestyle	LC 50m	35:34.30



**HILLS MASTERS**

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Christina Hanley**

Redlands Bayside

<b>4 x 400m</b>	11/09/2019	Freestyle	LC 50m	9:42.94
	18/09/2019	Backstroke	LC 50m	10:34.76
	22/09/2019	Freestyle	LC 50m	9:39.65
	25/09/2019	Backstroke	LC 50m	10:26.91
<b>3 x 800m</b>	29/09/2019	Freestyle	LC 50m	20:10.30
	02/10/2019	Backstroke	LC 50m	21:50.02
	09/10/2019	Freestyle	LC 50m	19:54.56
<b>2 x 1000m</b>	30/10/2019	Freestyle	LC 50m	25:24.71
	13/11/2019	Backstroke	LC 50m	27:21.70
<b>1 x 1500m</b>	24/11/2019	Freestyle	LC 50m	37:58.93



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Julie Boxsell**

Townsville Aquaholics

<b>4 x 400m</b>	15/10/2019	Freestyle	SC 25m	7:27.01
	15/10/2019	Freestyle	SC 25m	7:29.85
	15/10/2019	Freestyle	SC 25m	7:38.23
	15/10/2019	Freestyle	SC 25m	7:49.00
<b>3 x 800m</b>	23/10/2019	Freestyle	SC 25m	15:06.21
	22/10/2019	Freestyle	SC 25m	15:12.30
	26/10/2019	Freestyle	SC 25m	15:05.31
<b>2 x 1000m</b>	29/10/2019	Freestyle	SC 25m	18:55.30
	05/11/2019	Freestyle	SC 25m	19:12.61
<b>1 x 1500m</b>	19/11/2019	Freestyle	SC 25m	27:53.69



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Jan Bradshaw**

Manly

<b>4 x 400m</b>	08/09/2019	Freestyle	SC 25m	6:42.28
	08/09/2019	Backstroke	SC 25m	7:33.67
	05/10/2019	Freestyle	SC 25m	6:55.31
	05/10/2019	Backstroke	SC 25m	7:45.23
<b>3 x 800m</b>	25/10/2019	Backstroke	SC 25m	14:27.42
	03/11/2019	Freestyle	SC 25m	13:58.56
	11/11/2019	Backstroke	SC 25m	14:53.40
<b>2 x 1000m</b>	03/11/2019	Freestyle	SC 25m	17:30.69
	12/10/2019	Backstroke	SC 25m	20:36.36
<b>1 x 1500m</b>	21/11/2019	Freestyle	LC 50m	27:14.59



# HILLS MASTERS

## Swimming Up Hills 2019 postal swim

Certificate of Recognition  
awarded to:

**Brian Smith**

Twin Towns

<b>4 x 400m</b>	07/11/2019	Freestyle	LC 50m	8:48.53
	14/11/2019	Freestyle	LC 50m	8:29.81
	14/11/2019	Freestyle	LC 50m	8:29.04
	21/11/2019	Freestyle	LC 50m	8:06.06
<b>3 x 800m</b>	19/09/2019	Freestyle	LC 50m	18:25.85
	03/10/2019	Freestyle	LC 50m	17:44.21
	17/10/2019	Freestyle	LC 50m	16:57.15
<b>2 x 1000m</b>	24/10/2019	Freestyle	LC 50m	21:42.07
	31/10/2019	Freestyle	LC 50m	21:37.03
<b>1 x 1500m</b>	12/09/2019	Freestyle	LC 50m	35:06.84



## HILLS MASTERS

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Kylie Lane**

Tuggeranong Vikings

<b>4 x 400m</b>	09/09/2019	Butterfly	SC 25m	8:30.26
	14/09/2019	Individual Medley	SC 25m	7:51.44
	14/09/2019	Backstroke	SC 25m	7:27.81
	26/10/2019	Freestyle	SC 25m	6:38.36
<b>3 x 800m</b>	18/09/2019	Breaststroke	SC 25m	16:00.32
	16/10/2019	Backstroke	SC 25m	14:45.38
	19/10/2019	Backstroke	SC 25m	15:48.61
<b>2 x 1000m</b>	02/10/2019	Breaststroke	SC 25m	19:42.68
	21/09/2019	Backstroke	SC 25m	20:18.84
<b>1 x 1500m</b>	09/09/2019	Backstroke	SC 25m	29:45.03



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Helen Rainnie**

Long Tan Legends

<b>4 x 400m</b>	15/10/2019	Freestyle	SC 25m	6:44.63
	15/10/2019	Freestyle	SC 25m	6:36.24
	15/10/2019	Freestyle	SC 25m	6:39.26
	15/10/2019	Freestyle	SC 25m	6:42.81
<b>3 x 800m</b>	22/10/2019	Freestyle	SC 25m	13:39.50
	22/10/2019	Freestyle	SC 25m	13:36.02
	22/10/2019	Backstroke	SC 25m	16:30.59
<b>2 x 1000m</b>	29/10/2019	Freestyle	SC 25m	16:37.35
	05/11/2019	Freestyle	SC 25m	16:34.53
<b>1 x 1500m</b>	19/11/2019	Freestyle	SC 25m	25:09.75



## HILLS MASTERS

# Swimming Up Hills 2019 postal swim

Certificate of Recognition  
awarded to:

**Sue Lyon**

Surrey Park Seahorses

<b>4 x 400m</b>	03/11/2019	Individual Medley	SC 25m	8:53.94
	08/09/2019	Butterfly	SC 25m	9:13.08
	10/11/2019	Backstroke	SC 25m	8:25.05
	10/11/2019	Freestyle	SC 25m	7:03.05
<b>3 x 800m</b>	13/10/2019	Freestyle	SC 25m	17:07.18
	13/10/2019	Breaststroke	SC 25m	20:45.34
	10/11/2019	Butterfly	SC 25m	18:52.33
<b>2 x 1000m</b>	11/10/2019	Freestyle	SC 25m	18:38.26
	05/11/2019	Freestyle	SC 25m	18:13.50
<b>1 x 1500m</b>	05/11/2019	Freestyle	SC 25m	28:20.29





**HILLS MASTERS**

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Richard Phillips**

Tuggeranong Vikings

<b>4 x 400m</b>	08/09/2019	Breaststroke	SC 25m	7:17.97
	24/09/2019	Backstroke	SC 25m	7:55.88
	15/10/2019	Backstroke	SC 25m	7:44.05
	22/10/2019	Freestyle	SC 25m	6:06.39
<b>3 x 800m</b>	24/09/2019	Breaststroke	SC 25m	15:30.79
	15/10/2019	Individual Medley	SC 25m	15:15.43
	22/10/2019	Breaststroke	SC 25m	15:17.19
<b>2 x 1000m</b>	29/09/2019	Freestyle	SC 25m	16:33.45
	12/11/2019	Freestyle	SC 25m	15:59.34
<b>1 x 1500m</b>	16/11/2019	Breaststroke	SC 25m	29:36.25



**HILLS MASTERS**

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Johanna Kingma**

Ettalong Pelicans

<b>4 x 400m</b>	02/09/2019	Freestyle	SC 25m	8:52.25
	06/09/2019	Backstroke	SC 25m	9:10.28
	02/09/2019	Breaststroke	SC 25m	13:54.47
	09/09/2019	Individual Medley	SC 25m	11:00.35
<b>3 x 800m</b>	06/09/2019	Freestyle	SC 25m	17:27.08
	28/10/2019	Freestyle	SC 25m	17:40.00
	09/09/2019	Backstroke	SC 25m	19:13.10
<b>2 x 1000m</b>	26/09/2019	Freestyle	SC 25m	22:18.12
	07/10/2019	Freestyle	SC 25m	23:27.97
<b>1 x 1500m</b>	10/11/2019	Freestyle	SC 25m	34:02.22



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Marion Dreyer**

Ettalong Pelicans

<b>4 x 400m</b>	02/09/2019	Freestyle	SC 25m	10:44.77
	02/09/2019	Breaststroke	SC 25m	15:11.49
	08/09/2019	Backstroke	SC 25m	12:28.11
	07/10/2019	Breaststroke	SC 25m	16:01.57
<b>3 x 800m</b>	08/09/2019	Freestyle	SC 25m	20:14.18
	09/09/2019	Backstroke	SC 25m	25:03.03
	07/10/2019	Freestyle	SC 25m	22:10.10
<b>2 x 1000m</b>	26/09/2019	Freestyle	SC 25m	26:47.68
	03/11/2019	Backstroke	LC 50m	34:29.84
<b>1 x 1500m</b>	10/11/2019	Freestyle	SC 25m	41:54.12



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Lauren Bradley**

Ettalong Pelicans

<b>4 x 400m</b>	05/09/2019	Freestyle	SC 25m	6:51.50
	05/09/2019	Freestyle	SC 25m	6:54.56
	05/09/2019	Freestyle	SC 25m	6:52.09
	05/09/2019	Freestyle	SC 25m	6:44.19
<b>3 x 800m</b>	12/09/2019	Freestyle	SC 25m	13:41.42
	12/09/2019	Individual Medley	SC 25m	16:29.41
	19/09/2019	Freestyle	SC 25m	13:38.59
<b>2 x 1000m</b>	19/09/2019	Freestyle	SC 25m	17:23.14
	26/09/2019	Freestyle	SC 25m	17:23.90
<b>1 x 1500m</b>	10/11/2019	Freestyle	SC 25m	26:58.51



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Margaret Rein**

Redlands Bayside

<b>4 x 400m</b>	11/09/2019	Freestyle	LC 50m	9:47.26
	29/09/2019	Freestyle	LC 50m	10:20.08
	09/10/2019	Freestyle	LC 50m	9:44.60
	13/11/2019	Freestyle	LC 50m	10:04.10
<b>3 x 800m</b>	16/10/2019	Freestyle	LC 50m	20:27.92
	20/10/2019	Freestyle	LC 50m	20:34.58
	27/10/2019	Freestyle	LC 50m	20:52.54
<b>2 x 1000m</b>	30/10/2019	Freestyle	LC 50m	25:41.72
	03/11/2019	Freestyle	LC 50m	25:14.90
<b>1 x 1500m</b>	10/11/2019	Freestyle	LC 50m	38:46.30



# HILLS MASTERS

## Swimming Up Hills 2019 postal swim

Certificate of Recognition  
awarded to:

**Linda Gunzburg**

Surrey Park Seahorses

<b>4 x 400m</b>	29/09/2019	Individual Medley	SC 25m	8:32.15
	15/09/2019	Freestyle	SC 25m	7:39.00
	10/11/2019	Breaststroke	SC 25m	8:57.37
	10/11/2019	Backstroke	SC 25m	8:54.29
<b>3 x 800m</b>	29/09/2019	Backstroke	SC 25m	17:44.15
	06/10/2019	Individual Medley	SC 25m	17:48.70
	15/09/2019	Freestyle	SC 25m	15:32.21
<b>2 x 1000m</b>	20/10/2019	Freestyle	SC 25m	19:09.09
	05/11/2019	Backstroke	SC 25m	21:51.54
<b>1 x 1500m</b>	13/10/2019	Breaststroke	SC 25m	33:04.53



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Anne Birt**

Ettalong Pelicans

<b>4 x 400m</b>	02/09/2019	Freestyle	SC 25m	10:58.14
	09/09/2019	Breaststroke	SC 25m	17:48.78
	02/09/2019	Backstroke	SC 25m	13:27.99
	07/10/2019	Freestyle	SC 25m	10:11.40
<b>3 x 800m</b>	09/09/2019	Freestyle	SC 25m	21:22.93
	07/10/2019	Freestyle	LC 50m	21:44.11
	06/11/2019	Freestyle	LC 50m	22:02.22
<b>2 x 1000m</b>	21/10/2019	Freestyle	SC 25m	27:08.61
	03/11/2019	Freestyle	LC 50m	27:31.31
<b>1 x 1500m</b>	10/11/2019	Freestyle	SC 25m	38:57.50



**HILLS MASTERS**

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Katrina Burgess**

Tuggeranong

<b>4 x 400m</b>	07/09/2019	Freestyle	SC 25m	5:52.25
	21/09/2019	Backstroke	SC 25m	6:43.83
	26/10/2019	Breaststroke	SC 25m	7:23.52
	26/10/2019	Individual Medley	SC 25m	7:13.38
<b>3 x 800m</b>	05/10/2019	Backstroke	SC 25m	14:27.67
	03/09/2019	Breaststroke	SC 25m	15:29.22
	15/10/2019	Individual Medley	SC 25m	13:56.88
<b>2 x 1000m</b>	28/09/2019	Backstroke	SC 25m	17:15.97
	09/11/2019	Backstroke	SC 25m	17:26.31
<b>1 x 1500m</b>	08/09/2019	Breaststroke	SC 25m	27:54.71





**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Heather Robinson**

Redlands Bayside

<b>4 x 400m</b>	11/09/2019	Freestyle	LC 50m	8:41.50
	18/11/2019	Freestyle	LC 50m	8:37.79
	22/11/2019	Breaststroke	LC 50m	10:26.40
	25/11/2019	Freestyle	LC 50m	8:25.60
<b>3 x 800m</b>	02/10/2019	Freestyle	LC 50m	17:13.60
	09/10/2019	Freestyle	LC 50m	17:06.80
	13/10/2019	Freestyle	LC 50m	17:24.49
<b>2 x 1000m</b>	23/10/2019	Freestyle	LC 50m	21:37.50
	03/11/2019	Freestyle	LC 50m	22:12.40
<b>1 x 1500m</b>	06/11/2019	Freestyle	LC 50m	33:18.20



**HILLS MASTERS**

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Kristine Kennedy**

Tuggeranong

<b>4 x 400m</b>	29/10/2019	Freestyle	SC 25m	7:10.65
	29/10/2019	Breaststroke	SC 25m	8:19.31
	24/09/2019	Backstroke	SC 25m	8:07.59
	03/09/2019	Individual Medley	SC 25m	8:18.31
<b>3 x 800m</b>	03/09/2019	Freestyle	SC 25m	14:46.84
	17/09/2019	Backstroke	SC 25m	16:44.00
	22/10/2019	Individual Medley	SC 25m	17:36.52
<b>2 x 1000m</b>	24/09/2019	Freestyle	SC 25m	19:02.69
	01/10/2019	Backstroke	SC 25m	20:37.45
<b>1 x 1500m</b>	15/10/2019	Freestyle	SC 25m	29:18.30



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Nicola Davies-Cooke**

Ettalong Pelicans

<b>4 x 400m</b>	08/09/2019	Breaststroke	SC 25m	11:40.00
	09/09/2019	Freestyle	SC 25m	9:26.93
	09/09/2019	Backstroke	SC 25m	11:45.75
	09/09/2019	Freestyle	SC 25m	9:34.22
<b>3 x 800m</b>	08/09/2019	Freestyle	SC 25m	18:33.08
	14/10/2019	Breaststroke	SC 25m	22:58.03
	14/10/2019	Freestyle	SC 25m	19:46.16
<b>2 x 1000m</b>	23/09/2019	Freestyle	SC 25m	24:40.38
	07/10/2019	Freestyle	LC 50m	25:26.75
<b>1 x 1500m</b>	02/09/2019	Freestyle	SC 25m	38:05.54



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Ann Reid**

Tuggeranong

<b>4 x 400m</b>	08/09/2019	Butterfly	SC 25m	9:38.83
	08/09/2019	Backstroke	SC 25m	7:43.12
	14/09/2019	Breaststroke	SC 25m	9:41.58
	14/09/2019	Freestyle	SC 25m	6:53.00
<b>3 x 800m</b>	21/09/2019	Backstroke	SC 25m	15:59.51
	21/09/2019	Breaststroke	SC 25m	20:06.98
	28/09/2019	Backstroke	SC 25m	16:38.26
<b>2 x 1000m</b>	05/10/2019	Butterfly	SC 25m	25:17.63
	19/10/2019	Butterfly	SC 25m	24:31.21
<b>1 x 1500m</b>	27/10/2019	Breaststroke	SC 25m	36:44.68



## HILLS MASTERS

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

# Lyndall Wilson

Blue Mountains Phoenix

<b>4 x 400m</b>	04/09/2019	Backstroke	SC 25m	9:49.48
	04/09/2019	Breaststroke	SC 25m	9:50.53
	11/09/2019	Freestyle	LC 50m	7:48.85
	16/10/2019	Individual Medley	LC 50m	9:44.36
<b>3 x 800m</b>	11/09/2019	Breaststroke	LC 50m	20:23.62
	25/09/2019	Individual Medley	LC 50m	19:45.53
	30/10/2019	Freestyle	LC 50m	15:53.27
<b>2 x 1000m</b>	18/09/2019	Breaststroke	SC 25m	25:13.69
	23/10/2019	Backstroke	LC 50m	26:47.87
<b>1 x 1500m</b>	02/10/2019	Freestyle	LC 50m	30:48.53



## HILLS MASTERS

# Swimming Up Hills

2019 postal swim

Certificate of Recognition  
awarded to:

**Donna Campbell**

Tuggeranong Vikings

<b>4 x 400m</b>	03/09/2019	Freestyle	SC 25m	8:08.28
	03/09/2019	Backstroke	SC 25m	9:29.05
	07/09/2019	Individual Medley	SC 25m	9:11.25
	08/09/2019	Breaststroke	SC 25m	8:54.92
<b>3 x 800m</b>	08/09/2019	Freestyle	SC 25m	16:28.03
	10/09/2019	Breaststroke	SC 25m	18:39.41
	14/09/2019	Backstroke	SC 25m	18:15.17
<b>2 x 1000m</b>	24/09/2019	Breaststroke	SC 25m	24:00.47
	28/09/2019	Freestyle	SC 25m	21:12.10
<b>1 x 1500m</b>	17/09/2019	Backstroke	SC 25m	35:55.46



**HILLS MASTERS**

# Swimming Up Hills

## 2019 postal swim

Certificate of Recognition  
awarded to:

**Catherine Alexander**

Tuggeranong Vikings

<b>4 x 400m</b>	09/09/2019	Freestyle	SC 25m	8:19.17
	03/09/2019	Backstroke	SC 25m	9:24.41
	17/09/2019	Freestyle	SC 25m	7:59.56
	17/09/2019	Backstroke	SC 25m	9:29.58
<b>3 x 800m</b>	10/09/2019	Freestyle	SC 25m	16:25.33
	10/09/2019	Breaststroke	SC 25m	19:19.35
	10/09/2019	Backstroke	SC 25m	18:32.26
<b>2 x 1000m</b>	09/09/2019	Backstroke	SC 25m	22:39.98
	13/09/2019	Freestyle	SC 25m	20:48.11
<b>1 x 1500m</b>	03/09/2019	Freestyle	SC 25m	32:24.10



## HILLS MASTERS

# Swimming Up Hills 2019 postal swim

Certificate of Recognition  
awarded to:

## Sally Hatcher

Blue Mountains Phoenix

<b>4 x 400m</b>	16/10/2019	Freestyle	LC 50m	11:10.85
	06/11/2019	Freestyle	LC 50m	10:46.02
	16/10/2019	Backstroke	LC 50m	13:17.15
	24/11/2019	Individual Medley	SC 25m	11:42.52
<b>3 x 800m</b>	04/09/2019	Breaststroke	SC 25m	24:52.23
	30/10/2019	Breaststroke	LC 50m	25:02.95
	04/09/2019	Individual Medley	SC 25m	23:35.24
<b>2 x 1000m</b>	25/09/2019	Freestyle	LC 50m	27:04.46
	10/09/2019	Freestyle	LC 50m	25:24.16
<b>1 x 1500m</b>	23/10/2019	Freestyle	LC 50m	40:48.07