



**masters  
swimming**  
NEW SOUTH  
WALES

## **Long Distance Championships (SC)**

Knox Grammar  
7 Woodville Ave, Wahroongah  
Sunday September 25, 2022

Masters Swimming NSW  
Long Distance Championships  
Knox Grammar

Sunday 25/9/2022

Warm Up – 8:00am, Start –8:30am

	<i>Estimated Start Time</i>
1 1500m Freestyle	08:30 AM
2 800m Butterfly	11:18 AM
3 800m Backstroke	11:48 AM
4 800m Breaststroke	12:09 PM
5 800m Individual Medley	12:29 PM
6 400m Freestyle	12:55 PM
7 400m Butterfly	01:37 PM
8 400m Backstroke	01:47 PM
9 400m Breaststroke	02:22 PM
10 400m Individual Medley	02:52 PM
Finish Time	03:14 PM
Swimmer Count: 79	

Swimmers should consider the above estimated times to be the minimum time that events will take. Note that they are based on 1 swimmer per lane, no staggered starts, and a 45 second interval between heats.

Events will be seeded fastest to slowest. Heats of some events may be combined.



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

## Officials

Meet Director:	Jane Noake
Meet Referee:	Di Partridge
Referee:	Kerryn Blanch, Ruth Fitzpatrick, Sue Johnstone, Neil Keele, Peter McGee, Jane Noake,
Inspector of Turns:	Kerry Anne Michels, Ann Reid, Helen Rubin, Sue Wiles
Starter:	Greg Lewin, Mark McDonald, Ben Taylor, Tony Tooher
Chief Timekeeper:	Julia Atkins, Paul Bailey, Megan Blamires, Helen Campbell
Check Starter:	Graham Campbell, Noel Partridge, Heather Rouen, Jamie Turner, Lawrence Powderly
Recorder:	Mark Hepple
SAT:	Craig Smith
Medical:	pool staff

## Timekeeping

Allowing for an average number of no-shows, and excluding the above listed technical officials, the **average time** that each competitor should timekeep is:

**1 hr 23 min**

Any competitor that cannot fulfil their obligations may ask their club members, friends or family to do so on their behalf. In the case of extenuating circumstances you may appeal to the Meet Director for exclusion.

	Club	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	Warringah				7	2			
	Blacktown City					5			
	Tuggeranong Vikings			6					
	Campbelltown Collegians						5		
	Ryde		2						
	Blue Mountains Phoenix							4	
	North Shore	3							
	Sutherland Sandbern								4
	Manly		3						
	Ettalong							2	
	Wests Auburn			1					
	Seaside Pirates						1		
	Wyong Wobbygongs	2							
	Lane Cove								2
	North Sydney		2						
	Marion	1							
	Merrylands						1		
	Penrith							1	
	Coogee-Randwick	1							

## Swimmers

Name	Sex	Age	Events	Name	Sex	Age	Events	
<b>BLACKTOWN CITY</b>				<b>MERRYLANDS</b>				
1	Megan Blamires	F	53	3, 7	1	Alison Sakurovs	F 37	6, 10
2	Jay Burston	F	41	2, 6	<b>Total Individual Entries: 2</b>			
3	Aaron Cleland	M	48	5, 9	<b>NORTH SHORE</b>			
4	Alex Hardy	F	32	4, 6	1	Paul Bailey	M 61	2, 7
5	Jordan Henry	M	26	1, 6	2	Brandon Fraser	M 23	6
6	Mark McDonald	M	35	2, 8	3	Bec Sheppherd	F 44	8, 9
7	Kerry-Ann Michels	F	55	1, 6	4	Lachlan West	M 21	6, 9
8	Rylee Wood	F	30	1, 8	<b>Total Individual Entries: 7</b>			
<b>Total Individual Entries: 16</b>				<b>NORTH SYDNEY</b>				
<b>BLUE MOUNTAINS PHOENIX</b>				<b>NORTH SYDNEY</b>				
1	Sandy Freeman	F	26	1, 6	1	Hiroyuki Asahi	M 38	1
2	Murray Garlan	M	65	1, 6	2	Darren Beilby	M 61	6
3	Robin Griffiths	F	68	6, 10	<b>Total Individual Entries: 2</b>			
4	Sally Hatcher	F	66	2, 10	<b>PENRITH</b>			
5	Sue Wiles	F	82	6	1	Stephen de Lorenzo	M 66	1, 6
<b>Total Individual Entries: 9</b>				<b>Total Individual Entries: 2</b>				
<b>BUSH RANGERS</b>				<b>RYDE</b>				
1	David Fraser	M	54	6	1	Mark Cooper	M 52	4, 6
<b>Total Individual Entries: 1</b>				<b>RYDE</b>				
<b>CAMPBELLTOWN COLLEGIANS</b>				<b>RYDE</b>				
1	Kelly Bowden	F	28	3, 8	2	Annalisa Hope	F 61	10
2	Suzie Haddad	F	37	1, 8	3	Helen Rubin	F 70	1, 8
3	Laura Lawrence	F	43	2, 6	4	Jamie Turner	F 81	1, 8
4	Belinda Meek	F	33	2, 6	5	Jenny Whiteley	F 64	1
5	Heather Rouen	F	66	1, 6	<b>Total Individual Entries: 8</b>			
6	Owen Sinden	M	67	4, 9	<b>SEASIDE PIRATES</b>			
<b>Total Individual Entries: 12</b>				<b>SEASIDE PIRATES</b>				
<b>COOGEE-RANDWICK</b>				<b>SEASIDE PIRATES</b>				
1	Carol Russell	F	70	4, 10	1	TJ Gokcen	M 51	1, 6
<b>Total Individual Entries: 2</b>				<b>Total Individual Entries: 6</b>				
<b>ETTALONG</b>				<b>SUTHERLAND SANDBERN</b>				
1	Shelley Barlin	F	34	5, 9	1	Anita Saviane	F 79	5, 8
2	Lauren Bradley	F	38	5, 10	2	Belinda Soszyn	F 68	1, 6
3	Paul Lemmon	M	55	3, 8	3	Stephen Thompson	M 63	5, 9
<b>Total Individual Entries: 6</b>				<b>Total Individual Entries: 8</b>				
<b>LANE COVE</b>				<b>TATTERSALLS</b>				
1	Michael Ferguson	M	74	1	1	Andrew Davis	M 63	4, 9
2	Nigel van Reyk	M	70	9	<b>Total Individual Entries: 2</b>			
<b>Total Individual Entries: 2</b>				<b>TUGGERANONG VIKINGS</b>				
<b>MANLY</b>				<b>TUGGERANONG VIKINGS</b>				
1	Ruth Fitzpatrick	F	74	1	1	Lesley de Lorenzo	F 66	6
2	Tony Goodwin	M	85	4, 9	2	Kylie Lane	F 45	2, 8
3	Stephen Lamy	M	73	3, 9	3	Atsuko McGowan	F 43	3, 8
4	Barry Seymour	M	75	1, 6	4	Joseph Pascall	M 22	1, 6
<b>Total Individual Entries: 7</b>				<b>Total Individual Entries: 13</b>				
<b>MARION</b>				<b>MARION</b>				
1	Maryanne Heffernan	F	66	1, 10				

## Swimmers (cont'd)

Name	Sex	Age	Events	Name	Sex	Age	Events
<b>WARRINGAH</b>							
1	Julia	Atkins	F 59	1, 6			
2	Graham	Campbell	M 78	1, 8			
3	Helen	Campbell	F 74	6, 8			
4	John	De Vries	M 64	3, 8			
5	Stephen	Ford	M 61	1, 10			
6	Anthony	Gallagher	M 67	6, 9			
7	Christine	Geftakis	F 76	6			
8	Cameron	Jones	M 40	1, 6			
9	Phil	Lindsay	M 47	1, 6			
10	John	Pagden	M 81	6			
11	Tony	Toohar	M 60	6, 8			
12	Helen	White	F 72	6, 9			
13	Wai Sze	Vinnci Wu	F 39	1			
<b>Total Individual Entries: 23</b>							
<b>WESTS AUBURN</b>							
1	Cassie	Anderson	F 42	1, 8			
2	Kerryn	Blanch	F 49	2, 7			
3	Ben	Taylor	M 54	4, 9			
<b>Total Individual Entries: 6</b>							
<b>WETT ONES</b>							
1	Rachelle	Johnston	F 41	1, 10			
2	Peter	McGee	M 72	3, 10			
<b>Total Individual Entries: 4</b>							
<b>WYONG WOBBYGONGS SWIMMING CLUB</b>							
1	Bradley	Halicek	M 49	1, 8			
2	Byron	O'Loughlin	M 52	1, 9			

## Event Seeding

Name	Sex/Age	Club	Time
<b>Event 1 1500m Freestyle</b>			
1 Joseph Pascall	M22	NTN	18:05.00
2 Jordan Henry	M26	NBT	18:50.00
3 Ado van Rensburg	M46	NSP	20:00.00
4 TJ Gokcen	M51	NSP	21:00.00
5 Bradley Halicek	M49	NWY	21:15.00
6 Maryanne Heffernan	W66	SMR	21:20.00
7 Hiroyuki Asahi	M38	NNS	22:00.00
8 Phil Lindsay	M47	NWG	22:00.00
9 Jenny Whiteley	W64	NRV	22:05.00
10 Stephen Ford	M61	NWG	22:30.00
11 Stephen de Lorenzo	M66	NPN	23:00.00
12 Richard Phillips	M54	NTN	24:00.00
13 Belinda Soszyn	W68	NSA	24:30.00
14 Rylee Wood	W30	NBT	25:00.00
15 Byron O'Loughlin	M52	NWY	25:00.00
16 Suzie Haddad	W37	NCT	25:00.00
17 Barry Seymour	M75	NML	25:30.00
18 Sandy Freeman	W26	NBM	26:00.00
19 Ann Reid	W60	NTN	26:30.00
20 Wai Sze Vinnici Wu	W39	NWG	26:30.00
21 Heather Rouen	W66	NCT	27:35.00
22 Murray Garlan	M65	NBM	27:35.00
23 Michael Ferguson	M74	NLC	28:00.00
24 Julia Atkins	W59	NWG	28:00.00
25 Rachelle Johnston	W41	NWO	28:00.00
26 Cameron Jones	M40	NWG	28:00.00
27 Kerry-Ann Michels	W55	NBT	28:00.00
28 Liesl Peters	W52	NTN	28:10.00
29 Ruth Fitzpatrick	W74	NML	37:00.00
30 Cassie Anderson	W42	NWS	40:00.00
31 Helen Rubin	W70	NRV	40:00.00
32 Graham Campbell	M78	NWG	44:00.00
33 Jamie Turner	W81	NRV	45:00.00
<b>Event 2 800m Butterfly</b>			
1 Jay Burston	W41	NBT	15:30.00
2 Mark McDonald	M35	NBT	15:45.00
3 Belinda Meek	W33	NCT	15:47.00
4 Paul Bailey	M61	NHS	18:00.00
5 Kerryn Blanch	W49	NWS	18:01.00
6 Kylie Lane	W45	NTN	19:30.00
7 Laura Lawrence	W43	NCT	22:00.00
8 Sally Hatcher	W66	NBM	29:30.00
<b>Event 3 800m Backstroke</b>			
1 Paul Lemmon	M55	NET	10:20.00
2 John De Vries	M64	NWG	12:00.00
3 Kelly Bowden	W28	NCT	12:40.00
4 Atsuko McGowan	W43	NTN	13:20.00
5 Stephen Lamy	M73	NML	14:15.00
6 Megan Blamires	W53	NBT	16:15.00
7 Peter McGee	M72	NWO	20:00.00

Name	Sex/Age	Club	Time
<b>Event 4 800m Breaststroke</b>			
1 Mark Cooper	M52	NRV	12:45.00
2 Alex Hardy	W32	NBT	14:00.00
3 Ben Taylor	M54	NWS	15:00.00
4 Owen Sinden	M67	NCT	16:00.00
5 Carol Russell	W70	NCR	18:00.00
6 Andrew Davis	M63	NTS	19:00.00
7 Tony Goodwin	M85	NML	19:00.00
<b>Event 5 800m IM</b>			
1 Aaron Cleland	M48	NBT	11:00.00
2 Stephen Thompson	M63	NSA	13:00.00
3 Lauren Bradley	W38	NET	13:45.00
4 Shelley Barlin	W34	NET	14:30.00
5 Anita Saviane	W79	NSA	25:00.00
<b>Event 6 400m Freestyle</b>			
1 Brandon Fraser	M23	NHS	4:24.00
2 Jordan Henry	M26	NBT	4:46.00
3 Ado van Rensburg	M46	NSP	4:50.00
4 Phil Lindsay	M47	NWG	5:00.00
5 Joseph Pascall	M22	NTN	5:01.00
6 TJ Gokcen	M51	NSP	5:15.00
7 Lachlan West	M21	NHS	5:30.00
8 Tony Tooher	M60	NWG	5:39.00
9 Alison Sakurovs	W37	NMR	5:40.00
10 Belinda Meek	W33	NCT	5:40.00
11 Jay Burston	W41	NBT	5:45.00
12 Stephen de Lorenzo	M66	NPN	5:45.00
13 Mark Cooper	M52	NRV	6:00.00
14 Barry Seymour	M75	NML	6:10.00
15 David Fraser	M54	NBR	6:20.00
16 Julia Atkins	W59	NWG	6:30.00
17 Cameron Jones	M40	NWG	6:30.00
18 Sandy Freeman	W26	NBM	6:40.00
19 Belinda Soszyn	W68	NSA	6:40.00
20 Heather Rouen	W66	NCT	6:45.00
21 Murray Garlan	M65	NBM	7:00.00
22 Darren Beilby	M61	NNS	7:10.00
23 Kerry-Ann Michels	W55	NBT	7:10.00
24 Alex Hardy	W32	NBT	7:30.00
25 Min Wang	W60	NSA	7:30.00
26 Jane Noake	W65	NSP	7:50.00
27 Anthony Gallagher	M67	NWG	8:00.00
28 John Pagden	M81	NWG	8:00.00
29 Laura Lawrence	W43	NCT	8:05.00
30 Robin Griffiths	W68	NBM	8:06.00
31 Helen White	W72	NWG	8:30.00
32 Helen Campbell	W74	NWG	8:35.00
33 Lesley de Lorenzo	W66	NTN	9:00.00
34 Christine Geftakis	W76	NWG	10:00.00
35 Sue Wiles	W82	NBM	10:30.00

## Event Seeding (cont'd)

Name	Sex/Age	Club	Time	Name	Sex/Age	Club	Time		
<b>Event 7      400m Butterfly</b>				<b>Event 10      400m IM</b>					
1	Megan Blamires	W53	NBT	8:25.00	1	Alison Sakurovs	W37	NMR	6:20.00
2	Paul Bailey	M61	NHS	9:00.00	2	Stephen Ford	M61	NWG	6:30.00
3	Kerryn Blanch	W49	NWS	9:15.00	3	Lauren Bradley	W38	NET	6:31.00
<b>Event 8      400m Backstroke</b>				4 Maryanne Heffernan					
1	Paul Lemmon	M55	NET	5:05.00	5	Carol Russell	W70	NCR	8:00.00
2	Bec Sheppherd	W44	NHS	5:55.00	6	Liesl Peters	W52	NTN	8:15.00
3	John De Vries	M64	NWG	6:00.00	7	Annalisa Hope	W61	NRY	8:30.00
4	Bradley Halicek	M49	NWY	6:00.00	8	Rachelle Johnston	W41	NWO	8:30.00
5	Kelly Bowden	W28	NCT	6:10.00	9	Peter McGee	M72	NWO	9:30.00
6	Tony Tooher	M60	NWG	6:19.00	10	Robin Griffiths	W68	NBM	9:50.00
7	Atsuko McGowan	W43	NTN	6:25.00	11	Sally Hatcher	W66	NBM	11:30.00
8	Mark McDonald	M35	NBT	6:30.00					
9	Rylee Wood	W30	NBT	7:30.00					
10	Suzie Haddad	W37	NCT	7:50.00					
11	Kylie Lane	W45	NTN	8:00.00					
12	Ann Reid	W60	NTN	8:10.00					
13	Anita Saviane	W79	NSA	9:40.00					
14	Helen Campbell	W74	NWG	10:10.00					
15	Cassie Anderson	W42	NWS	11:30.00					
16	Graham Campbell	M78	NWG	12:00.00					
17	Helen Rubin	W70	NRY	12:00.00					
18	Jamie Turner	W81	NRY	13:00.00					
<b>Event 9      400m Breaststroke</b>									
1	Aaron Cleland	M48	NBT	5:30.00					
2	Owen Sinden	M67	NCT	5:50.00					
3	Lachlan West	M21	NHS	6:00.00					
4	Bec Sheppherd	W44	NHS	6:30.00					
5	Stephen Thompson	M63	NSA	6:50.00					
6	Ben Taylor	M54	NWS	7:30.00					
7	Richard Phillips	M54	NTN	7:45.00					
8	Byron O'Loughlin	M52	NWY	8:00.00					
9	Shelley Barlin	W34	NET	8:30.00					
10	Min Wang	W60	NSA	9:00.00					
11	Tony Goodwin	M85	NML	9:00.00					
12	Stephen Lamy	M73	NML	9:20.00					
13	Andrew Davis	M63	NTS	9:30.00					
14	Jane Noake	W65	NSP	9:30.00					
15	Helen White	W72	NWG	9:45.00					
16	Nigel van Reyk	M70	NLC	10:00.00					
17	Anthony Gallagher	M67	NWG	10:20.00					