



**masters
swimming**
NEW SOUTH
WALES



Christmas 2022 @ Cabarita

proudly hosted by

Masters Swimming NSW

Cabarita Swimming Centre
Cabarita Park, Cabarita Rd, Concord
11/12/2022

Note, as part of our Covid safety measures:

- NO printed programmes will be provided at the meet - all competitors and officials are advised to print a copy of this programme for themselves.
- NO printed results will be posted at the meet
- Entry details as well as Live Results will be available on the mobile 'app'.

Scan this QR code with your phone or tablet:



Masters Swimming NSW
Christmas @ Cabarita
Cabarita Swimming Centre

Sunday 11/12/2022

Warm Up – 10:00am, Start – 10:30am

Estimated Start Time

1	200m Freestyle	10:30 AM
2	100m Butterfly	11:04 AM
3	100m Backstroke	11:09 AM
4	100m Breaststroke	11:23 AM
5	100m Freestyle	11:35 AM
6	50m Choice of Stroke	11:49 AM
7	100m Kick – with board & fins	12:02 PM
8	4x50m Medley Relay (<i>Mixed/Men's/Women's</i>)	12:13 PM
	Finish Time	12:25 PM
	Swimmer Count: 59	

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 40 second interval between heats.



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

Swimmers

Name	Sex Age	Events	Name	Sex Age	Events
BLACKTOWN			PORT MACQUARIE		
1 Aaron Cleland	M 48	1, 4, 6, 7	1 Paul Farrell	M 56	1, 4, 5, 6
2 Mark McDonald	M 35	1, 2, 4, 6, 7	RYDE		
3 Elizabeth McLoughlin	F 58	1, 5, 6	1 Stephen Black	M 65	1, 5, 6
4 Kerry-Ann Michels	F 55	1, 2, 6, 7	2 Alan Burgess	M 71	1, 5, 6
5 Zara Tai	F 51	1, 3, 4, 5, 6	3 Barbara Capellini	F 36	1, 4, 7
6 Rylee Wood	F 30	1, 2, 6, 7	4 Mark Cooper	M 52	1, 4, 6
BLUE MOUNTAINS PHOENIX			5 Diana Hill	F 76	1, 5, 6
1 Susan Leech	F 59	1, 6, 7	6 Ailsa Jeanes	F 55	1, 3, 6
2 Nerida Murray	F 77	1, 3, 6	7 Kaaren Latham	F 53	5, 6
3 Sue Wiles	F 82	3, 5	8 Joe Rosenfels	M 65	3, 5, 6
4 Clarissa Wilkes	F 68	3, 6	9 Helen Rubin	F 70	1, 3, 4, 5, 6, 7
BUSH RANGERS			10 Jamie Turner	F 81	1, 5, 6
1 Jillian Pateman	F 63	1, 3, 4, 5, 6, 7	SEASIDE PIRATES		
CASTLE HILL RSL			1 Amy Dickinson	F 44	1, 2, 7
1 Karen di Bona	F 52	1, 4, 6, 7	2 Jane Noake	F 65	1, 3, 5, 6, 7
2 Kassandra di Bona	F 23	1, 2, 3, 4, 5, 6, 7	3 Craig Smith	M 54	4, 5, 6, 7
3 Katherine di Bona	F 20	1, 2, 3, 4, 5, 6, 7	SUTHERLAND SANDBERN MASTERS SW		
4 Colin Murray	M 59	1, 3, 6	1 Min Wang	F 60	1, 4, 5, 6
5 Chris Nothling	M 59	1, 3, 6	WARRINGAH		
COFFS HARBOUR			1 Graham Campbell	M 78	1, 3, 4, 5, 6
1 Paul Edwards	M 55	1, 2, 5, 6	2 Helen Campbell	F 74	1, 3, 6
2 Michael Morton	M 30	1, 3, 6, 7	3 John De Vries	M 64	1, 2, 3, 5, 6, 7
ETTALONG PELICANS			4 Christine Geftakis	F 76	1, 5, 6
1 Anne Birt	F 76	1, 3, 5, 6	5 Paul Johnson	M 55	1, 5, 6, 7
2 Marion Dreyer	F 75	1, 3, 5, 6	6 John Pagden	M 81	1, 5, 6
LANE COVE			7 Richard Peterson	M 51	1, 5, 6, 7
1 Philippa Sawyer	F 66	5, 6	8 Helen White	F 72	1, 3, 4, 5, 6, 7
2 Nigel van Reyk	M 70	1, 4, 6	9 Violet Wilkinson	F 76	3, 5, 6
MANLY			WESTS AUBURN		
1 Katherine Ahern-Sharpe	F 59	1, 3, 6	1 Susan Bellamy	F 64	1, 5, 6
2 Julie Orr	F 58	1, 4, 7	2 Kerryn Blanch	F 49	5, 6, 7
3 Marie Taylor	F 69	1, 4, 6, 7	3 Terry Gainey	M 65	1, 3, 6
NORTH SHORE			WYONG WOBBYGONGS		
1 Lesley Buchanan	F 71	2, 4, 6, 7	1 Bradley Halicek	M 49	3, 5, 6, 7
2 Mark Dowling	M 65	4, 6			
3 Lachlan Hinds	M 27	1, 2, 4, 6, 7			
4 Cameron Reynolds	M 34	2, 4, 7			
NORTH SYDNEY					
1 Damian Asprey	M 64	1, 5			
2 Darren Beilby	M 61	1, 3, 5			

Event Seeding

Name	Sex/Age	Club	Time	Name	Sex/Age	Club	Time
Event 1				Event 2			
200m Freestyle				100m Butterfly			
1	Terry Gainey	M65 NWS	5:30.00	1	Kerry-Ann Michels	W55 NBT	2:15.00
2	Helen Rubin	W70 NRY	5:25.00	2	Lesley Buchanan	W71 NHS	2:07.00
3	Marie Taylor	W69 NML	5:03.00	3	Rylee Wood	W30 NBT	1:59.00
4	Nerida Murray	W77 NBM	5:00.00	4	Kassandra di Bona	W23 NCL	1:36.00
5	Nigel van Reyk	M70 NLC	4:52.00	5	Mark McDonald	M35 NBT	1:30.00
6	Anne Birt	W76 NET	4:50.00	6	Katherine di Bona	W20 NCL	1:30.00
7	Karen di Bona	W52 NCL	4:50.00	7	Amy Dickinson	W44 NSP	1:30.00
8	Marion Dreyer	W75 NET	4:48.00	8	John De Vries	M64 NWG	1:30.00
9	Christine Geftakis	W76 NWG	4:40.00	9	Paul Edwards	M55 NCH	1:12.00
10	Graham Campbell	M78 NWG	4:35.00	10	Lachlan Hinds	M27 NHS	1:10.00
11	Katherine Ahern-Sharpe	W59 NML	4:33.00	11	Cameron Reynolds	M34 NHS	1:10.00
12	Zara Tai	W51 NBT	4:25.00	Event 3			
13	Diana Hill	W76 NRY	4:20.00	100m Backstroke			
14	Elizabeth McLoughlin	W58 NBT	4:15.00	1	Helen Rubin	W70 NRY	3:00.00
15	Jamie Turner	W81 NRY	4:10.00	2	Marion Dreyer	W75 NET	2:51.00
16	Helen Campbell	W74 NWG	4:10.00	3	Anne Birt	W76 NET	2:45.00
17	Min Wang	W60 NSA	4:01.00	4	Sue Wiles	W82 NBM	2:45.00
18	Susan Leech	W59 NBM	4:00.00	5	Katherine Ahern-Sharpe	W59 NML	2:39.00
19	Susan Bellamy	W64 NWS	4:00.00	6	Terry Gainey	M65 NWS	2:35.00
20	Rylee Wood	W30 NBT	3:55.00	7	Graham Campbell	M78 NWG	2:35.00
21	Jane Noake	W65 NSP	3:52.00	8	Helen White	W72 NWG	2:30.00
22	Chris Nothling	M59 NCL	3:50.00	9	Helen Campbell	W74 NWG	2:30.00
23	Helen White	W72 NWG	3:50.00	10	Zara Tai	W51 NBT	2:30.00
24	Kassandra di Bona	W23 NCL	3:45.00	11	Jane Noake	W65 NSP	2:25.00
25	Jillian Pateman	W63 NBR	3:40.00	12	Jillian Pateman	W63 NBR	2:20.00
26	John Pagden	M81 NWG	3:35.00	13	Nerida Murray	W77 NBM	2:20.00
27	Colin Murray	M59 NCL	3:30.00	14	Clarissa Wilkes	W68 NBM	2:15.00
28	Ailsa Jeanes	W55 NRY	3:30.00	15	Darren Beilby	M61 NNS	2:15.00
29	Stephen Black	M65 NRY	3:30.00	16	Violet Wilkinson	W76 NWG	2:00.00
30	Mark McDonald	M35 NBT	3:30.00	17	Chris Nothling	M59 NCL	1:55.00
31	Alan Burgess	M71 NRY	3:27.00	18	Joe Rosenfels	M65 NRY	1:50.00
32	Darren Beilby	M61 NNS	3:27.00	19	Kassandra di Bona	W23 NCL	1:39.00
33	Barbara Capellini	W36 NRY	3:23.00	20	Colin Murray	M59 NCL	1:38.00
34	Kerry-Ann Michels	W55 NBT	3:20.00	21	Katherine di Bona	W20 NCL	1:35.00
35	Katherine di Bona	W20 NCL	3:15.00	22	Ailsa Jeanes	W55 NRY	1:32.00
36	Julie Orr	W58 NML	3:13.00	23	John De Vries	M64 NWG	1:30.00
37	Paul Farrell	M56 NPM	3:10.00	24	Bradley Halicek	M49 NWY	1:20.00
38	Damian Asprey	M64 NNS	3:00.00	25	Michael Morton	M30 NCH	1:12.00
39	John De Vries	M64 NWG	3:00.00	Event 4			
40	Richard Peterson	M51 NWG	2:57.00	100m Breaststroke			
41	Paul Johnson	M55 NWG	2:56.00	1	Helen Rubin	W70 NRY	3:20.00
42	Amy Dickinson	W44 NSP	2:48.00	2	Marie Taylor	W69 NML	3:07.00
43	Mark Cooper	M52 NRY	2:30.00	3	Graham Campbell	M78 NWG	3:00.00
44	Aaron Cleland	M48 NBT	2:22.00	4	Zara Tai	W51 NBT	2:26.00
45	Paul Edwards	M55 NCH	2:20.00	5	Jillian Pateman	W63 NBR	2:20.00
46	Lachlan Hinds	M27 NHS	2:15.00	6	Karen di Bona	W52 NCL	2:10.00
47	Michael Morton	M30 NCH	2:10.00	7	Helen White	W72 NWG	2:10.00
				8	Lesley Buchanan	W71 NHS	2:07.00

Event Seeding (cont'd)

Name	Sex/Age	Club	Time
Event 4 100m Breaststroke (cont'd)			
9	Nigel van Reyk	M70 NLC	2:06.00
10	Min Wang	W60 NSA	2:00.00
11	Paul Farrell	M56 NPM	1:55.00
12	Julie Orr	W58 NML	1:50.00
13	Kassandra di Bona	W23 NCL	1:49.00
14	Katherine di Bona	W20 NCL	1:45.00
15	Craig Smith	M54 NSP	1:45.00
16	Barbara Capellini	W36 NRY	1:39.00
17	Mark Dowling	M65 NHS	1:35.00
18	Mark McDonald	M35 NBT	1:35.00
19	Aaron Cleland	M48 NBT	1:25.00
20	Cameron Reynolds	M34 NHS	1:25.00
21	Mark Cooper	M52 NRY	1:22.00
22	Lachlan Hinds	M27 NHS	1:20.00

Event 5 100m Freestyle

1	Sue Wiles	W82 NBM	2:30.00
2	Helen Rubin	W70 NRY	2:30.00
3	Philippa Sawyer	W66 NLC	2:20.00
4	Marion Dreyer	W75 NET	2:15.00
5	Christine Geftakis	W76 NWG	2:12.00
6	Anne Birt	W76 NET	2:11.00
7	Graham Campbell	M78 NWG	2:10.00
8	Diana Hill	W76 NRY	2:10.00
9	Kaaren Latham	W53 NRY	2:10.00
10	Jamie Turner	W81 NRY	2:05.00
11	Elizabeth McLoughlin	W58 NBT	2:00.00
12	Zara Tai	W51 NBT	1:56.00
13	Susan Bellamy	W64 NWS	1:55.00
14	Violet Wilkinson	W76 NWG	1:53.00
15	Jane Noake	W65 NSP	1:52.00
16	Kerryn Blanch	W49 NWS	1:50.00
17	Min Wang	W60 NSA	1:45.00
18	Helen White	W72 NWG	1:45.00
19	Jillian Pateman	W63 NBR	1:41.00
20	John Pagden	M81 NWG	1:35.00
21	Alan Burgess	M71 NRY	1:32.00
22	John De Vries	M64 NWG	1:30.00
23	Kassandra di Bona	W23 NCL	1:30.00
24	Darren Beilby	M61 NNS	1:30.00
25	Joe Rosenfels	M65 NRY	1:30.00
26	Stephen Black	M65 NRY	1:28.00
27	Katherine di Bona	W20 NCL	1:25.00
28	Paul Farrell	M56 NPM	1:20.00
29	Richard Peterson	M51 NWG	1:18.00
30	Damian Asprey	M64 NNS	1:17.00
31	Paul Johnson	M55 NWG	1:17.00
32	Craig Smith	M54 NSP	1:10.00
33	Bradley Halicek	M49 NWY	1:05.00
34	Paul Edwards	M55 NCH	1:03.00



Event 6 50m Choice of Stroke

1	Marion Dreyer (BR)	W75 NET	1:35.00
2	Kaaren Latham (BA)	W53 NRY	1:20.00
3	Terry Gainey (BA)	M65 NWS	1:15.00
4	Helen Rubin (FR)	W70 NRY	1:15.00
5	K. Ahern-Sharpe (BA)	W59 NML	1:10.00
6	Philippa Sawyer (FR)	W66 NLC	1:10.00
7	Graham Campbell (BA)	M78 NWG	1:10.00
8	Helen Campbell (BA)	W74 NWG	1:05.00
9	Diana Hill (FR)	W76 NRY	1:05.00
10	Christine Geftakis	W76 NWG	1:05.00
11	Jamie Turner (FR)	W81 NRY	1:05.00
12	Kerry-Ann Michels (BF)	W55 NBT	1:02.00
13	Violet Wilkinson (BA)	W76 NWG	1:00.00
14	Karen di Bona (BR)	W52 NCL	1:00.00
15	Elizabeth McLoughlin (BA)	W58 NBT	1:00.00
16	Kerryn Blanch (BA)	W49 NWS	1:00.00
17	Helen White (BR)	W72 NWG	59.00
18	Nerida Murray (BF)	W77 NBM	58.00
19	Lesley Buchanan (BR)	W71 NHS	58.00
20	Clarissa Wilkes (FR)	W68 NBM	58.00
21	Nigel van Reyk (BR)	M70 NLC	57.00
22	Anne Birt (FR)	W76 NET	57.00
23	Rylee Wood (BA)	W30 NBT	55.00
24	Zara Tai (FR)	W51 NBT	55.00
25	Mark Dowling (BA)	M65 NHS	50.00
26	Kassandra di Bona (BR)	W23 NCL	50.00
27	Min Wang (BF)	W60 NSA	50.00
28	Marie Taylor (FR)	W69 NML	48.00
29	Jane Noake (FR)	W65 NSP	46.00
30	Susan Bellamy (FR)	W64 NWS	46.00
31	Jillian Pateman (FR)	W63 NBR	42.00
32	Chris Nothling (FR)	M59 NCL	41.00
33	Paul Edwards (BR)	M55 NCH	40.00
34	Alan Burgess (FR)	M71 NRY	39.00
35	John Pagden (FR)	M81 NWG	39.00
36	Ailsa Jeanes (FR)	W55 NRY	38.00
37	Stephen Black (FR)	M65 NRY	38.00
38	Susan Leech (FR)	W59 NBM	37.00
39	Richard Peterson (FR)	M51 NWG	36.00
40	Mark Cooper (BR)	M52 NRY	36.00
41	Joe Rosenfels (FR)	M65 NRY	35.00
42	Paul Farrell (FR)	M56 NPM	35.00
43	John De Vries (BF)	M64 NWG	34.00
44	Colin Murray (FR)	M59 NCL	34.00
45	Katherine di Bona	W20 NCL	33.00
46	Mark McDonald (FR)	M35 NBT	32.00
47	Paul Johnson (FR)	M55 NWG	32.00
48	Lachlan Hinds (BF)	M27 NHS	32.00
49	Aaron Cleland (BF)	M48 NBT	31.00
50	Craig Smith (FR)	M54 NSP	30.00
51	Bradley Halicek (FR)	M49 NWY	27.00
52	Michael Morton (FR)	M30 NCH	26.00

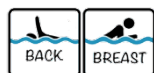
Event Seeding (cont'd)

Name	Sex/Age	Club	Time	Name	Sex/Age	Club	Time
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Event 7 50m Kick with Board & Fins

1	Marie Taylor	W69	NML	2:15.00
2	Helen Rubin	W70	NRV	2:15.00
3	Rylee Wood	W30	NBT	2:14.00
4	Kerryn Blanch	W49	NWS	2:11.00
5	Jane Noake	W65	NSP	2:10.00
6	Karen di Bona	W52	NCL	2:00.00
7	Paul Johnson	M55	NWG	2:00.00
8	Helen White	W72	NWG	1:50.00
9	Susan Leech	W59	NBM	1:50.00
10	Jillian Pateman	W63	NBR	1:50.00
11	Julie Orr	W58	NML	1:50.00
12	Mark McDonald	M35	NBT	1:45.00
13	Lesley Buchanan	W71	NHS	1:43.00
14	Richard Peterson	M51	NWG	1:40.00
15	Kerry-Ann Michels	W55	NBT	1:32.00
16	Kassandra di Bona	W23	NCL	1:30.00
17	John De Vries	M64	NWG	1:30.00
18	Amy Dickinson	W44	NSP	1:30.00
19	Katherine di Bona	W20	NCL	1:30.00
20	Aaron Cleland	M48	NBT	1:23.00
21	Barbara Capellini	W36	NRV	1:23.00
22	Michael Morton	M30	NCH	1:20.00
23	Cameron Reynolds	M34	NHS	1:15.00
24	Lachlan Hinds	M27	NHS	1:10.00
25	Bradley Halicek	M49	NWY	1:10.00
26	Craig Smith	M54	NSP	1:10.00



Event 8 4x50m Relay – Back & Breast