



NSW Long Distance Championships

Proudly hosted by

Masters Swimming NSW

31/08/2025

Knox Grammar School

Note:

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

Please scan the QR code, or click through to the new app at <https://msnsw-live-results.glide.page>.

You may be required to login again with your email address, and once downloaded, don't forget to save it to your device.



Timekeeping Roster

For this meet, each competitor should allocate an average of **60 minutes** to timekeep for your fellow members.

This meet will be manually timed and ALL swimmers are expected to timekeep, or bring a family member or friend to timekeep in lieu.

It is part of the Masters Swimming culture that all competitors are expected to do their share of timekeeping. If you want to be timed, you should return the favour by timing for others. Often this is forgotten, leaving others to do more than their fair share, and delaying the meet while timekeepers are sought.

All participating clubs are requested to draw up an individual timekeeping roster of their members.

Events

	<i>estimated start time</i>
Warm-up	08:00
1. 1500m Freestyle	08:30
2. 800m Butterfly	11:05
3. 800m Backstroke	11:55
4. 800m Breaststroke	12:45
5. 800m Medley	13:15
6. 400m Freestyle	13:45
7. 400m Butterfly	14:45
8. 400m Backstroke	14:55
9. 400m Breaststroke	15:45
10. 400m Medley	16:30
Finish	16:50
Swimmer count: 114	

Swimmers should note that for this type of meet, the above estimated times are a guestimate only.

For seeding purposes, where a competitor has a NT entry from Swim Central, and the opportunity offered to add a time through the Live Results app has not been taken, a default time has been entered, calculated from a comparison of the competitor's times for other events and average times for the age group from the MSA Results Portal in 2024. This assists us with the timely running of the meet and ensures, as far as practicable, that you swim with others of similar ability.

Estimated start times are based on 1 swimmer per lane, with no staggered starts, and heats of some events may be combined.

All events will be deck-seeded, generally fastest to slowest.

All swimmers should arrive in plenty of time for their events, or they may miss out.



Officials

Meet Director: Jane Noake

Chief Referee: Jane Noake

Referee: Kerry Blanch, Marilyn Earp, Sue Johnstone, Cameron Jones,
Mark McDonald, Peter McGee, Diane Partridge

Check Starter: Shane Batchelor, Raymond Bennett, Donna Campbell,
Noel Partridge, Jillian Pateman

Inspector of Turns: Suzie Haddad, Kerry-Ann Michels, Ann Reid, Nigel Van Reyk

Starter: Stuart Ellicott, Thomas Micallef, Tony Tooher

Chief Timekeeper: Julia Atkins, Megan Blamires, Helen Campbell, Felicity Gordon,
James Watson

Recorder: Mark Hepple, Craig Smith

Medical: pool staff

Swimmers

BLACKTOWN CITY

1 Megan Blamires	F 56	3,6
2 Patrick Castelletti	M 19	6,10
3 Aaron Cleland	M 51	1,9
4 David Grant	M 41	6,9
5 Bradley Halicek	M 52	8,10
6 Alex Hardy	F 35	4,6
7 Andrew Howlett	M 58	1,6
8 Ally Jalvo	F 31	1,6
9 Don McArthur	M 64	1,6
10 Mark McDonald	M 38	1,10
11 Thomas Micallef	M 22	6,10
12 Kerry-Ann Michels	F 58	1,6
13 Nathan Moffitt	M 24	1,7
14 Clary Munns	F 81	2,8
15 Annika-Lee Skulander	F 35	1,8
16 Peter Starzynski	M 51	6

BLUE MOUNTAINS PHOENIX

1 Sally Hatcher	F 69	8,9
2 Sue Wiles	F 85	6,8

BUSH RANGERS

1 Cheree Dodkin	F 46	4,8
2 Jillian Pateman	F 66	1,6

CAMPBELLTOWN

1 Kelly Bowden	F 31	5,8
2 Annie Cooke	F 81	3,6
3 Suzie Haddad	F 40	4,6
4 Joanna Lill	F 22	3,6
5 Belinda Meek	F 36	6,10
6 Alexandra Southern	F 20	2,10

CASTLE HILL

1 Katherine Di Bona	F 23	4,9
2 David Hagan	M 58	6,9

COOGEE-RANDWICK

1 Romaan Parker-lida	M 32	1
2 Emily Swinburn	F 27	1,8

ET TALONG

1 Paul Lemmon	M 58	3,8
2 Jade McDonald	F 41	3,6
3 Ian Morgan	M 70	1,8

GOSFORD SEAGULLS SWIMMING CLUB

1 Elissa McGregor	F 45	4,9
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HORNSBY MASTERS SWIMMING

1 Lachlan West	M 24	1,10
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LAKE MACQUARIE CROCS MASTERS

1 Sallyann Collins	F 52	1
2 Libby Waters	F 64	1
3 Greg Watts	M 57	1

LANE COVE

1 Michael Ferguson	M 77	1,6
2 Elizabeth Harvey	F 52	1,6
3 Ian Pike	M 79	4,9
4 Philippa Sawyer	F 69	6,9
5 David Tarran	M 75	1,6
6 Nigel Van Reyk	M 73	4,9
7 Ruosi Wu	F 34	1,10

LEICHHARDT MASTERS SWIMMING CL

1 Amy Dickinson	F 47	5,6
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MAITLAND AUSSI MASTERS

1 Michelle Campbell	F 54	1,6
2 Naomi Watson	F 53	8,10

MANLY

1 Bernard Buncle	M 69	1
2 Robert Butcher	M 70	1
3 Cassie Clark	F 22	8
4 Leandro Gama	M 51	6
5 Ross Hall	M 72	6
6 Suzanne Macdonald	F 63	5,9
7 Carolyn Samojlowicz	F 49	3,6

MERRYLANDS MASTERS SWIMMING CL

1 Alison Sakurovs	F 40	1,6
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Swimmers

NORTH SHORE

1 Stuart Ellicott	M 73	6,9
2 David Fraser	M 57	1
3 Lachlan Pearse	M 35	6,10
4 Kevin Willoughby	M 79	6,9

NORTH SYDNEY

1 Hiroyuki Asahi	M 41	1
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PENRITH

1 Sandeep Gulia	M 52	2,7
2 Stuart Mackay	M 50	2,7

PHOENIX MASTERS SWIMMING CLUB

1 David Bryce	M 50	2,6
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PORT MACQUARIE

1 Margaret Jopling	F 90	3,8
2 Wendy McMurtrie	F 58	4,9

RYDE

1 Mark Cooper	M 55	7,10
2 Nicole Creighton	F 41	6
3 Annalisa Hope	F 64	9,10
4 Helen Rubin	F 73	1,6
5 Aimee Sutton	F 32	8,9
6 Jamie Turner	F 84	1,8

SEASIDE PIRATES

1 Tim Batt	M 64	6,9
2 Jean Edge	F 59	6,8
3 Jane Noake	F 68	6,9
4 Jacqui Russell	F 54	1,10
5 Craig Smith	M 57	9
6 Sue Tompkins	F 62	1,9
7 James Watson	M 51	1,8

SUTHERLAND SANDBERN

1 Helen Grinter	F 38	6,9
2 Anita Saviane	F 82	1,9
3 Min Wang	F 63	9,10

TUGGERANONG VIKINGS

1 Katrina Burgess	F 58	3,9
2 Donna Campbell	F 63	9,10
3 Brenda Day	F 76	3,6
4 Julia Gorham	F 29	5,6
5 Kylie Lane	F 48	5,7
6 Caz Makin	F 57	1,6
7 Atsuko McGowan	F 46	4,8
8 Liam McHugh	M 30	1,8
9 Liesl Peters	F 55	6,10
10 Ann Reid	F 63	3,6

WARRINGAH

1 Julia Atkins	F 62	1,6
2 Jay Burston	F 44	2,6
3 Graham Campbell	M 81	1,8
4 Helen Campbell	F 77	6,8
5 Pamela Dawes	F 67	8,9
6 Anthony Gallagher	M 70	8,9
7 Charmaine Groppler	F 52	5,8
8 Cameron Jones	M 43	1,10
9 John Pagden	M 84	6
10 Tony Tooher	M 63	6,8
11 Stephen Towner	M 68	9
12 Deny Zancanaro	M 66	4,9

WATERWORX MASTERS

1 Roland Barrett	M 40	3,6
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WESTS AUBURN

1 Cassie Anderson	F 45	1,10
2 Kerry Blanch	F 52	2,8

WETT ONES

1 Kat Asterova	F 31	3,6
2 Sally Barber	F 42	1
3 Alice Batts	F 38	1,6
4 Kimberlee Currell	F 31	4,7
5 Peter McGee	M 75	3,8
6 Kseniia Torshilova	F 28	6,8

WYONG WOBBYGONGS

1 Byron O'Loughlin	M 55	1,9
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Seedings

Event 1 1500m Freestyle

1	Liam McHugh	M30 NTN	17:08.75
2	Aaron Cleland	M51 NBT	18:01.40
3	Lachlan West	M24 NHR	18:05.00
4	James Watson	M51 NSP	18:37.00
5	Romaan Parker-Iida	M32 NCR	20:00.00
6	Emily Swinburn	W27 NCR	20:00.00
7	Mark McDonald	M38 NBT	21:30.00
8	Ally Jalvo	W31 NBT	21:30.00
9	Andrew Howlett	M58 NBT	21:36.55
10	Robert Butcher	M70 NML	21:41.99
11	Hiroyuki Asahi	M41 NNS	21:54.25
12	Jacqui Russell	W54 NSP	22:00.00
13	Greg Watts	M57 NMS	22:30.00
14	Caz Makin	W57 NTN	22:37.57
15	Alison Sakurovs	W40 NMR	23:21.37
16	Sally Barber	W42 NWO	24:00.00
17	Ian Morgan	M70 NET	24:00.00
18	Alice Batts	W38 NWO	24:00.00
19	Nathan Moffitt	M24 NBT	24:05.00
20	Michelle Campbell	W54 NMT	24:22.61
21	Elizabeth Harvey	W52 NLC	24:35.64
22	Sue Tompkins	W62 NSP	24:47.81
23	Byron O'Loughlin	M55 NWY	25:00.00
24	Don McArthur	M64 NBT	26:00.00
25	David Fraser	M57 NHS	26:02.32
26	Sallyann Collins	W52 NMS	27:19.00
27	Julia Atkins	W62 NWG	27:30.00
28	Michael Ferguson	M77 NLC	27:41.25
29	Bernard Buncle	M69 NML	27:55.00
30	Cameron Jones	M43 NWG	28:09.23
31	Libby Waters	W64 NMS	28:26.80
32	David Tarran	M75 NLC	29:43.28
33	Annika-Lee Skulander	W35 NBT	30:53.24
34	Ruosi Wu	W34 NLC	30:59.00
35	Jillian Pateman	W66 NBR	31:28.73
36	Kerry-Ann Michels	W58 NBT	31:37.00
37	Anita Saviane	W82 NSA	34:44.94
38	Helen Rubin	W73 NRY	43:57.10
39	Graham Campbell	M81 NWG	46:41.79
40	Jamie Turner	W84 NRY	46:59.00
41	Cassie Anderson	W45 NWS	49:08.11

Event 2 800m Butterfly

1	Stuart Mackay	M50 NPN	11:55.00
2	David Bryce	M50 SPM	14:45.90
3	Alexandra Southern	W20 NCA	15:15.00
4	Sandeep Gulia	M52 NPN	17:13.65
5	Jay Burston	W44 NWG	17:17.00
6	Kerryn Blanch	W52 NWS	19:50.84
7	Clary Munns	W81 NBT	19:59.00

Event 3 800m Backstroke

1	Paul Lemmon	M58 NET	10:15.00
2	Roland Barrett	M40 QWX	10:49.21
3	Kat Asterova	W31 NWO	11:30.00
4	Katrina Burgess	W58 NTN	14:15.00
5	Joanna Lill	W22 NCA	14:30.00
6	Jade McDonald	W41 NET	15:00.00
7	Megan Blamires	W56 NBT	15:08.83
8	Ann Reid	W63 NTN	17:00.00
9	Brenda Day	W76 NTN	19:58.00
10	Annie Cooke	W81 NCA	20:56.52
11	Peter McGee	M75 NWO	21:06.20
12	Carolyn Samojlowicz	W49 NML	21:15.00
13	Margaret Jopling	W90 NPM	28:03.69

Event 4 800m Breaststroke

1	Atsuko MCGowan	W46 NTN	12:06.00
2	Kimberlee Currell	W31 NWO	13:20.00
3	Alex Hardy	W35 NBT	14:40.31
4	Katherine Di Bona	W23 NCL	16:20.00
5	Suzie Haddad	W40 NCA	16:48.76
6	Wendy McMurtrie	W58 NPM	17:41.00
7	Elissa McGregor	W45 NGS	18:30.00
8	Ian Pike	M79 NLC	24:21.60
9	Nigel Van Reyk	M73 NLC	26:00.00
10	Deny Zancanaro	M66 NWG	28:28.00
11	Cheree Dodkin	W46 NBR	34:35.00

Event 5 800m IM

1	Kelly Bowden	W31 NCA	12:00.00
2	Amy Dickinson	W47 NLH	14:00.00
3	Kylie Lane	W48 NTN	15:10.00
4	Suzanne Macdonald	W63 NML	16:40.79
5	Charmaine Groppler	W52 NWG	22:30.00
6	Julia Gorham	W29 NTN	NT

Event 6 400m Freestyle

1	Lachlan Pearce	M35 NHS	4:41.35
2	Roland Barrett	M40 QWX	4:48.68
3	Andrew Howlett	M58 NBT	5:02.65
4	Ally Jalvo	W31 NBT	5:07.37
5	Kat Asterova	W31 NWO	5:15.00
6	Thomas Micallef	M22 NBT	5:24.59
7	Julia Gorham	W29 NTN	5:25.00
8	Belinda Meek	W36 NCA	5:35.00
9	Patrick Castelletti	M19 NBT	5:36.00
10	Amy Dickinson	W47 NLH	5:37.52
11	Alison Sakurovs	W40 NMR	5:41.87
12	Caz Makin	W57 NTN	5:42.00
13	Stuart Ellicott	M73 NHS	5:45.00
14	Joanna Lill	W22 NCA	5:50.00

Seedings

Event 6 400m Freestyle (cont'd)

15	Alice Batts	W38 NWO	5:50.00
16	Peter Starzynski	M51 NBT	5:51.00
17	Nicole Creighton	W41 NRY	5:58.98
18	Tony Tooher	M63 NWG	6:00.00
19	Suzie Haddad	W40 NCA	6:03.00
20	Megan Blamires	W56 NBT	6:04.26
21	Jay Burston	W44 NWG	6:07.00
22	Elizabeth Harvey	W52 NLC	6:09.42
23	Jade McDonald	W41 NET	6:11.88
24	Alex Hardy	W35 NBT	6:18.00
25	Michelle Campbell	W54 NMT	6:18.36
26	Don McArthur	M64 NBT	6:20.00
27	Kerry-Ann Michels	W58 NBT	6:24.21
28	Jean Edge	W59 NSP	6:27.60
29	Michael Ferguson	M77 NLC	6:31.28
30	Julia Atkins	W62 NWG	6:33.43
31	David Grant	M41 NBT	6:36.00
32	Ann Reid	W63 NTN	6:39.43
33	Leandro Gama	M51 NML	7:00.00
34	David Bryce	M50 SPM	7:00.88
35	Kseniia Torshilova	W28 NWO	7:16.00
36	Liesl Peters	W55 NTN	7:16.60
37	David Tarran	M75 NLC	7:30.00
38	Tim Batt	M64 NSP	7:36.65
39	Jillian Pateman	W66 NBR	7:40.95
40	Jane Noake	W68 NSP	7:44.87
41	David Hagan	M58 NCL	7:52.00
42	Helen Grinter	W38 NSA	8:02.00
43	Helen Campbell	W77 NWG	8:30.00
44	Carolyn Samojlowicz	W49 NML	8:33.78
45	Brenda Day	W76 NTN	8:49.00
46	John Pagden	M84 NWG	9:09.43
47	Philippa Sawyer	W69 NLC	9:45.33
48	Ross Hall	M72 NML	9:57.88
49	Kevin Willoughby	M79 NHS	10:00.00
50	Helen Rubin	W73 NRY	10:26.59
51	Annie Cooke	W81 NCA	10:30.00
52	Sue Wiles	W85 NBM	11:45.00

Event 7 400m Butterfly

1	Stuart Mackay	M50 NPN	5:12.46
2	Mark Cooper	M55 NRY	6:00.00
3	Kimberlee Currell	W31 NWO	7:00.00
4	Kylie Lane	W48 NTN	8:00.00
5	Nathan Moffitt	M24 NBT	8:00.00
6	Sandeep Gulia	M52 NPN	8:14.09

Event 8 400m Backstroke

1	Paul Lemmon	M58 NET	5:03.00
2	Bradley Halicek	M52 NBT	5:09.84

Event 8 400m Backstroke (cont'd)

3	Emily Swinburn	W27 NCR	5:17.15
4	Kelly Bowden	W31 NCA	5:18.00
5	Liam McHugh	M30 NTN	5:20.42
6	Cassie Clark	W22 NML	5:35.00
7	James Watson	M51 NSP	6:00.00
8	Aimee Sutton	W32 NRY	6:59.38
9	Tony Tooher	M63 NWG	7:01.67
10	Ian Morgan	M70 NET	7:10.00
11	Kseniia Torshilova	W28 NWO	7:30.00
12	Clary Munns	W81 NBT	7:32.26
13	Jean Edge	W59 NSP	8:17.60
14	Annika-Lee Skulander	W35 NBT	8:18.00
15	Naomi Watson	W53 NMT	8:21.00
16	Anthony Gallagher	M70 NWG	9:45.62
17	Sally Hatcher	W69 NBM	10:05.00
18	Kerryn Blanch	W52 NWS	10:30.00
19	Peter McGee	M75 NWO	10:37.72
20	Charmaine Groppler	W52 NWG	11:48.00
21	Helen Campbell	W77 NWG	12:02.00
22	Margaret Jopling	W90 NPM	13:13.52
23	Graham Campbell	M81 NWG	13:16.49
24	Sue Wiles	W85 NBM	13:50.00
25	Pamela Dawes	W67 NWG	13:54.00
26	Cheree Dodkin	W46 NBR	15:43.56
27	Jamie Turner	W84 NRY	17:00.00
28	Atsuko McGowan	W46 NTN	NT

Event 9 400m Breaststroke

1	Aaron Cleland	M51 NBT	6:15.00
2	Stuart Ellicott	M73 NHS	6:30.00
3	David Grant	M41 NBT	7:36.00
4	Katrina Burgess	W58 NTN	7:49.01
5	Aimee Sutton	W32 NRY	7:50.00
6	Katherine Di Bona	W23 NCL	8:10.00
7	Sue Tompkins	W62 NSP	8:12.00
8	Byron O'Loughlin	M55 NWY	8:15.00
9	Suzanne Macdonald	W63 NML	8:23.29
10	Wendy McMurtrie	W58 NPM	8:24.99
11	Tim Batt	M64 NSP	8:28.53
12	Elissa McGregor	W45 NGS	8:30.00
13	Annalisa Hope	W64 NRY	8:50.00
14	Craig Smith	M57 NSP	8:59.00
15	Stephen Towner	M68 NWG	9:09.00
16	Pamela Dawes	W67 NWG	9:13.00
17	Min Wang	W63 NSA	9:14.10
18	Helen Grinter	W38 NSA	9:33.00
19	Donna Campbell	W63 NTN	9:55.00
20	Jane Noake	W68 NSP	10:15.00
21	David Hagan	M58 NCL	10:25.00
22	Anthony Gallagher	M70 NWG	10:46.88

Seedings

Event 9 400m Breaststroke (cont'd)

23	Kevin Willoughby	M79 NHS	11:03.39
24	Anita Saviane	W82 NSA	11:20.00
25	Ian Pike	M79 NLC	11:39.74
26	Nigel Van Reyk	M73 NLC	12:00.00
27	Philippa Sawyer	W69 NLC	12:00.00
28	Sally Hatcher	W69 NBM	12:10.73
29	Deny Zancanaro	M66 NWG	13:44.00

Event 10 400m IM

1	Lachlan West	M24 NHR	4:47.00
2	Lachlan Pearce	M35 NHS	5:36.00
3	Bradley Halicek	M52 NBT	5:45.00
4	Mark Cooper	M55 NRY	5:54.32
5	Thomas Micallef	M22 NBT	5:56.45
6	Mark McDonald	M38 NBT	6:01.79
7	Alexandra Southern	W20 NCA	6:14.32
8	Jacqui Russell	W54 NSP	6:37.00
9	Belinda Meek	W36 NCA	6:40.00
10	Annalisa Hope	W64 NRY	7:40.00
11	Cameron Jones	M43 NWG	7:54.93
12	Naomi Watson	W53 NMT	8:21.79
13	Liesl Peters	W55 NTN	8:42.31
14	Patrick Castelletti	M19 NBT	9:00.00
15	Min Wang	W63 NSA	9:15.00
16	Ruosi Wu	W34 NLC	9:41.00
17	Donna Campbell	W63 NTN	9:50.00
18	Cassie Anderson	W45 NWS	12:00.00