



39th Summer Long Course Championships

2023

Programme of events

Saturday 18 February

–1.30pm warmup - 2.10pm start

Sunday 19 February

–8.00am warmup for 8.40am start

Welcome

MST welcomes all competitors, their families and friends to the 39th Tasmanian Summer Long Course Championships.

We thank all our officials and volunteers at these championships as without them it would not be possible to conduct this event.

Acknowledgments

Meet Director and Convenor – Philip Tyrell

Entries, Race Program and Recording – Pauline Samson

Meet Referee – Ray Brien

Officials from Masters Swimming Tasmania and Swimming Tasmania



39th Summer Long Course Championships

Saturday 18 & Sunday 19 February
2023

Doone Kennedy Hobart Aquatic Centre

PROGRAMME OF EVENTS

Saturday 18 February 1.30pm Warm Up 2.10pm Start	Sunday 19 February 8.00am Warm Up 8.40am Start
1. Mixed 4x50m Medley Relay	11. Mixed 4x50m Free Relay
2. 50m Freestyle	12. 200m Breaststroke
3. 50m Butterfly	13. 100 Freestyle
4. 100m Breaststroke	14. 200m Backstroke
<i>10 min break</i>	<i>10 min break</i>
5. 100m Backstroke	15. 200m Ind Medley
6. 400m Ind Medley	16. 100m Butterfly
<i>10 min break</i>	<i>10 min break</i>
7. 200m Freestyle	17. 400m Freestyle
8. 200m Butterfly	18. 50m Breaststroke
<i>10 min break</i>	19. 50m Backstroke
9. Men's 4x50m Freestyle Relay	<i>10 min break</i>
10. Women's 4x50m Freestyle Relay	20. Women's 4x50m Medley Relay
	21. Men's 4x50m Medley Relay

TIMEKEEPING

Electronic timekeeping will be used. Clubs are asked to provide backup timekeepers for the duration of the meet.

SELF MARSHALLING will be used at this event.

RESULTS

Results will be available throughout the meet:

- Displayed on the window near the Recording Room
- On Swimphone [SwimPhone - MST 39th Summer Long Course Championships](#)
- On Meet Mobile
- On the MSA Records/Results Portal at the conclusion of the Sunday session

AWARDS

Individual:

- Medals will be awarded to first, second and third highest male and female **aggregate** point scorers in each age group. Medal points are awarded on a scale of 10 to 1 for placings per event.
- Male and Female Swimmer of the Meet trophies are awarded based on aggregate FINA points.

Club:

- Summer Championship Trophy (based on the total individual and relay points per club).
- New Norfolk Trophy (based on the total points per club divided by the number of registered members at the end of the previous year).

PRESENTATION LUNCH

The presentation lunch will be held on **Sunday 19th February** at the The Old Woolstore, 1 Macquarie Street (a short walk from the pool) commencing at 12:00 noon.

MST 39th Summer LC Championships 2023 - 18/02/2023 to 19/02/2023
Meet Program

Event 1	Mixed 200 LC Metre Medley Relay		
Lane	Team	Relay	Seed Time
Heat 1 of 1			
1			
2	THB	X120A	NT
	1) Castelyn, Donovan M32	2) Cousins, Annaliese W48	
	3) McMillan, Elisa W30	4) Hodges, Cedric M35	
3	THB	X200A	NT
	1) Richards, Steve M60	2) Walsham, Linda W53	
	3) Sampson, Michelle W49	4) Tucker, Peter M68	
4	TAC	X200A	NT
	1) Lain, Jennifer W53	2) Rickwood, Donna W61	
	3) Mctye, Bradley M28	4) Tyrell, Philip M71	
5	THV	X120A	NT
	1) Wilson, Victoria W22	2) Belstead, James M25	
	3) van der Reest, Heidi W42	4) Ley, Adrian M46	
6	THB	X240A	NT
	1) Van Ommen, Mark M63	2) Daft, Katherine W64	
	3) Redgrove, Fiona W67	4) Almeida, Auro M63	
7			
8			

Event 2	Mixed 50 LC Metre Freestyle		
Lane	Name	Age	Team
Heat 1 of 6			
1			
2			
3	Speed, Anne	W88	THB
4	Mulligan, Beth	W72	THB
5	Spencer, Jacquie	W43	TLC
6			
7			
8			
Heat 2 of 6			
1			
2	Adams, Judith	W70	THB
3	Weeks, Ceri	W64	TLC
4	Tucker, Peter	M68	THB
5	Hocking, Siska	M63	THB
6	Cousins, Mary	W74	THB
7	Pugh, John	M85	TLC
8			
Heat 3 of 6			
1	Walsham, Linda	W53	THB
2	Peterson, Pia	W68	THB
3	Smith, Sharon	W63	THV
4	Van Ommen, Mark	M63	THB
5	Watkinson, Marcia	W66	TBU
6	Stronach, Megan	W71	THB
7	Bradley, Janet	W73	TTL
8	Nichols, Allan	M70	THB
Heat 4 of 6			
1	Chalmers, Mick	M72	TTL
2	Cousins, Annaliese	W48	THB
3	Woodworth, Bill	M60	TLC
4	Perndt, Diane	W67	TAC
5	Lane, Anne Maree	W56	TAC
6	Cocks, John	M87	VMV
7	Wilson, Victoria	W22	THV
8	Ziegeler, Fiona	W62	THB

Heat 5 of 6	Age	Team	Seed Time
1	Lucas, Penny	W61	TAC
2	Duggan, Amanda	W63	THB
3	van der Reest, Heidi	W42	THV
4	Hodges, Cedric	M35	THB
5	Almeida, Auro	M63	THB
6	Tyrell, Philip	M71	TAC
7	Groom, Jim	M72	TTL
8	Briggs, David	M62	TTL
Heat 6 of 6			
1	Smith, Nathan	M43	THV
2	Lancaster, Andrew	M45	TLC
3	Mctye, Bradley	M28	TAC
4	Thompson, Mark	M54	VPP
5	Belstead, Timothy	M27	TVA
6	Bucknell, Jennie	W57	VPP
7	Osborne, Gabrielle	W54	TAC
8	Cochrane, Lucy	W32	TDP

Event 3	Mixed 50 LC Metre Butterfly		
Lane	Name	Age	Team
Heat 1 of 4			
1			
2			
3	McMahon, Alwynne	W68	TLC
4	Grey, Melanie	W42	TDP
5	Horner, Anne	W71	TTL
6			
7			
8			
Heat 2 of 4			
1	Hill, Lou	M65	TTL
2	Nichols, Allan	M70	THB
3	Montague, Rosa	W76	VPP
4	Ziegeler, Fiona	W62	THB
5	Lain, Jennifer	W53	TAC
6	Stronach, Megan	W71	THB
7	Rickwood, Donna	W61	TAC
8			
Heat 3 of 4			
1	Lane, Anne Maree	W56	TAC
2	Perndt, Diane	W67	TAC
3	Mctye, Bradley	M28	TAC
4	McMillan, Elisa	W30	THB
5	Brocklesby, Andrew	M63	TTS
6	Almeida, Auro	M63	THB
7	van der Reest, Heidi	W42	THV
8	Bennett, Jodie	W50	TAC
Heat 4 of 4			
1	Osborne, Gabrielle	W54	TAC
2	Laurie, Rod	M65	VVM
3	Walker, Brent	M52	TAC
4	Belstead, Timothy	M27	TVA
5	Magnussen, Costan	M42	TVA
6	Castelyn, Donovan	M32	THB
7	Bucknell, Jennie	W57	VPP
8	Lancaster, Andrew	M45	TLC

MST 39th Summer LC Championships 2023 - 18/02/2023 to 19/02/2023
Meet Program

Event 4 Mixed 100 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 3				
1	Smith, Sharon	W63	THV	2:36.00
2	Smithurst, Terry	M87	TTL	2:27.00
3	Tucker, Peter	M68	THB	2:20.00
4	McHenry, Diana	W68	TLC	2:06.00
5	McMahon, Alwynne	W68	TLC	2:10.00
6	Cousins, Mary	W74	THB	2:20.37
7	Reynolds, Anita	W42	THV	2:30.00
8	Tillema, Mendelt	M76	TTL	2:40.00

Heat 2 of 3

1	Sampson, Michelle	W49	THB	2:05.00
2	Redgrove, Fiona	W67	THB	1:53.00
3	Nichols, Allan	M70	THB	1:50.00
4	Cousins, Annaliese	W48	THB	1:48.14
5	Wilson, Victoria	W22	THV	1:49.85
6	Wylie, Leisl	W52	THB	1:50.00
7	Lopez, Claudia	W31	THB	1:57.00
8	Weeks, Ceri	W64	TLC	2:05.00

Heat 3 of 3

1	Woodworth, Bill	M60	TLC	1:40.00
2	Slugocki, Maciej	M71	TTS	1:35.40
3	Osborne, Gabrielle	W54	TAC	1:33.81
4	Belstead, James	M25	THV	1:15.32
5	Edwards, Nina	W39	TDP	1:30.00
6	Osborn, Kathryn	W61	THB	1:35.37
7	Smith, Nathan	M43	THV	1:37.56
8	Daft, Katherine	W64	THB	1:47.00

**** 10 Minute Break****

Event 5 Mixed 100 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4				
1				
2				
3	Speed, Anne	W88	THB	3:30.00
4	Horner, Anne	W71	TTL	2:30.00
5	Timperon, Ruth	W75	TLC	2:34.00
6				
7				
8				

Heat 2 of 4

1				
2	Shuey, Ian	M74	TAC	2:20.00
3	Adams, Judith	W70	THB	2:11.53
4	Tillema, Mendelt	M76	TTL	2:05.00
5	Peterson, Pia	W68	THB	2:10.00
6	Richards, Steve	M60	THB	2:15.00
7	Pugh, John	M85	TLC	2:30.00
8				

Heat 3 of 4

1	Bailey, Kay	W68	TLC	1:56.89
2	Ley, Adrian	M46	THV	1:50.00
3	Wilson, Victoria	W22	THV	1:50.00
4	Montague, Rosa	W76	VPP	1:48.83
5	Hill, Lou	M65	TTL	1:50.00
6	Lain, Jennifer	W53	TAC	1:50.00
7	Ziegeler, Fiona	W62	THB	1:50.00
8	Van Ommen, Mark	M63	THB	2:00.00

Heat 4 of 4

1	Daft, Katherine	W64	THB	1:45.00
2	Bennett, Jodie	W50	TAC	1:35.00
3	Brown, Christine	W65	TLC	1:32.00
4	Walker, Brent	M52	TAC	1:11.67
5	Cochrane, Lucy	W32	TDP	1:24.31
6	Lucas, Penny	W61	TAC	1:33.14
7	Cousins, Annaliese	W48	THB	1:43.79
8	Grey, Melanie	W42	TDP	1:47.00

Event 6 Mixed 400 LC Metre IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 1				
1	Richards, Steve	M60	THB	8:28.00
2	Cocks, John	M87	VMV	7:56.23
3	Castelyn, Donovan	M32	THB	6:30.00
4	Belstead, James	M25	THV	5:33.50
5	Laurie, Rod	M65	VVM	6:20.00
6	Lopez, Claudia	W31	THB	7:40.00
7	Redgrove, Fiona	W67	THB	8:20.00
8	McMahon, Alwynne	W68	TLC	9:15.00

**** 10 Minute Break****

Event 7 Mixed 200 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 5				
1				
2	Pugh, John	M85	TLC	5:20.00
3	Spencer, Jacquie	W43	TLC	4:40.00
4	Walsham, Linda	W53	THB	4:10.00
5	Timperon, Ruth	W75	TLC	4:32.00
6	Mulligan, Beth	W72	THB	5:00.00
7				
8				

Heat 2 of 5

1	Van Ommen, Mark	M63	THB	3:55.00
2	Weeks, Ceri	W64	TLC	3:45.00
3	Sampson, Michelle	W49	THB	3:30.00
4	Lain, Jennifer	W53	TAC	3:20.00
5	Chalmers, Mick	M72	TTL	3:20.00
6	Bradley, Janet	W73	TTL	3:40.00
7	Grey, Melanie	W42	TDP	3:55.00
8	Hocking, Siska	W63	THB	4:00.00

Heat 3 of 5

1	Montague, Rosa	W76	VPP	3:17.11
2	Briggs, David	M62	TTL	3:10.00
3	van der Reest, Heidi	W42	THV	3:00.00
4	Bennett, Jodie	W50	TAC	3:00.00
5	Rickwood, Donna	W61	TAC	3:00.00
6	Wylie, Leisl	W52	THB	3:10.00
7	Daft, Katherine	W64	THB	3:15.00
8	Watkinson, Marcia	W66	TBU	3:20.00

Heat 4 of 5

1	Ley, Adrian	M46	THV	2:55.00
2	Brocklesby, Andrew	M63	TTS	2:50.00
3	Almeida, Auro	M63	THB	2:48.00
4	Tyrell, Philip	M71	TAC	2:40.00
5	Hodges, Cedric	M35	THB	2:40.00
6	Brown, Christine	W65	TLC	2:50.00
7	Groom, Jim	M72	TTL	2:55.00
8	Lane, Anne Maree	W56	TAC	2:55.00

MST 39th Summer LC Championships 2023 - 18/02/2023 to 19/02/2023
Meet Program

Heat 5 of 5 (#7 Mixed 200 LC Metre Freestyle)

1	Duggan, Amanda	W63 THB	2:38.00
2	Cochrane, Lucy	W32 TDP	2:30.00
3	Mctye, Bradley	M28 TAC	2:15.00
4	Thompson, Mark	M54 VPP	2:05.00
5	Belstead, Timothy	M27 TVA	2:10.00
6	Bucknell, Jennie	W57 VPP	2:25.00
7	Slugocki, Maciej	M71 TTS	2:37.08
8	Edwards, Nina	W39 TDP	2:40.00

Event 8 Mixed 200 LC Metre Butterfly

Lane Name Age Team Seed Time

Heat 1 of 1

1			
2	Lopez, Claudia	W31 THB	3:35.00
3	Laurie, Rod	M65 VVM	3:00.00
4	Magnussen, Costan	M42 TVA	2:40.00
5	Castelyn, Donovan	M32 THB	2:50.00
6	McMillan, Elisa	W30 THB	3:08.45
7	Richards, Steve	M60 THB	4:25.00
8			

**** 10 Minute Break****

Event 9 Men 200 LC Metre Freestyle Relay

Lane Team Relay Seed Time

Heat 1 of 1

1			
2			
3	THB	M160	ANT
	1) Almeida, Auro M63	2) Hodges, Cedric M35	
	3) Van Ommen, Mark M63	4) Castelyn, Donovan M32	
4	TTL	M240	ANT
	1) Briggs, David M62	2) Chalmers, Mick M72	
	3) Hill, Lou M65	4) Groom, Jim M72	
5	TAC	M200	ANT
	1) Mctye, Bradley M28	2) Shuey, Ian M74	
	3) Tyrell, Philip M71	4) Walker, Brent M52	
6			
7			
8			

Event 10 Women 200 LC Metre Freestyle Relay

Lane Team Relay Seed Time

Heat 1 of 1

1	THB	W280	ANT
	1) Adams, Judith W70	2) Mulligan, Beth W72	
	3) Cousins, Mary W74	4) Stronach, Megan W71	
2	TAC	W200	ANT
	1) Osborne, Gabrielle W54	2) Lucas, Penny W61	
	3) Perndt, Diane W67	4) Lain, Jennifer W53	
3	THB	W200	ANT
	1) McMillan, Elisa W30	2) Osborn, Kathryn W61	
	3) Ziegeler, Fiona W62	4) Duggan, Amanda W63	
4	THV	W160	ANT
	1) Reynolds, Anita W42	2) Smith, Sharon W63	
	3) Wilson, Victoria W22	4) van der Reest, Heidi W42	
5	THB	W240	ANT
	1) Daft, Katherine W64	2) Hocking, Siska W63	
	3) Peterson, Pia W68	4) Redgrove, Fiona W67	
6	THB	W160	ANT
	1) Lopez, Claudia W31	2) Cousins, Annaliese W48	
	3) Sampson, Michelle W49	4) Wylie, Leisl W52	
7	TLC	W240	ANT
	1) Weeks, Ceri W64	2) Timperon, Ruth W75	
	3) McMahan, Alwynne W68	4) Brown, Christine W65	
8			

MST 39th Summer LC Championships 2023 - 18/02/2023 to 19/02/2023
Meet Program

Event 11	Mixed 200 LC Metre Freestyle Relay		
Lane Team	Relay	Seed Time	
Heat 1 of 1			
1 THB	X200A	NT	
1) Duggan, Amanda W63	2) Osborn, Kathryn W61		
3) Almeida, Auro M63	4) Castelyn, Donovan M32		
2 TAC	X240A	NT	
1) Bennett, Jodie W50	2) Lane, Anne Maree W56		
3) Shuey, Ian M74	4) Tyrell, Philip M71		
3 THV	X160A	NT	
1) Ley, Adrian M46	2) van der Reest, Heidi W42		
3) Smith, Sharon W63	4) Smith, Nathan M43		
4 THB	X240A	NT	
1) Richards, Steve M60	2) Peterson, Pia W68		
3) Mulligan, Beth W72	4) Tucker, Peter M68		
5 TTL	X280A	NT	
1) Bradley, Janet W73	2) Briggs, David M62		
3) Horner, Anne W71	4) Tillema, Mendelt M76		
6 THB	X160A	NT	
1) Lopez, Claudia W31	2) Wylie, Leisl W52		
3) Hodges, Cedric M35	4) Van Ommen, Mark M63		
7 TLC	X240A	NT	
1) Weeks, Ceri W64	2) Woodworth, Bill M60		
3) Brown, Christine W65	4) Bryan, Glenn M63		
8 TLC	X280A	NT	
1) McMahon, Alwynne W68	2) Pugh, John M85		
3) Timperon, Ruth W75	4) Kilov, Errol M70		

Heat 2 of 6		
1 Hocking, Siska	W63 THB	2:00.00
2 Tillema, Mendelt	M76 TTL	2:00.00
3 Walsham, Linda	W53 THB	1:50.00
4 Tucker, Peter	M68 THB	1:45.00
5 McHenry, Diana	W68 TLC	1:47.00
6 Timperon, Ruth	W75 TLC	1:58.00
7 Shuey, Ian	M74 TAC	2:00.00
8 Pugh, John	M85 TLC	2:05.00

Heat 3 of 6		
1 Van Ommen, Mark	M63 THB	1:45.00
2 Smith, Sharon	W63 THV	1:40.52
3 Stronach, Megan	W71 THB	1:35.00
4 Chalmers, Mick	M72 TTL	1:29.00
5 Watkinson, Marcia	W66 TBU	1:35.00
6 Sampson, Michelle	W49 THB	1:40.00
7 Bradley, Janet	W73 TTL	1:42.00
8 Peterson, Pia	W68 THB	1:45.00

Heat 4 of 6		
1 Briggs, David	M62 TTL	1:25.00
2 Lane, Anne Maree	W56 TAC	1:20.00
3 Groom, Jim	M72 TTL	1:18.00
4 van der Reest, Heidi	W42 THV	1:15.00
5 Duggan, Amanda	W63 THB	1:15.00
6 Brown, Christine	W65 TLC	1:19.00
7 Perndt, Diane	W67 TAC	1:25.00
8 Hill, Lou	M65 TTL	1:28.00

Event 12	Mixed 200 LC Metre Breaststroke		
Lane Name	Age	Team	Seed Time
Heat 1 of 2			
1			
2			
3 Tillema, Mendelt	M76 TTL		5:25.00
4 McHenry, Diana	W68 TLC		4:30.00
5 Smithurst, Terry	M87 TTL		5:25.00
6			
7			
8			
Heat 2 of 2			
1 Redgrove, Fiona	W67 THB		4:10.00
2 Cocks, John	M87 VMV		4:03.73
3 Woodworth, Bill	M60 TLC		3:40.00
4 Belstead, James	M25 THV		2:49.76
5 Osborn, Kathryn	W61 THB		3:32.46
6 Nichols, Allan	M70 THB		3:50.00
7 Wylie, Leisl	W52 THB		4:05.00
8			

Heat 5 of 6		
1 Lucas, Penny	W61 TAC	1:14.56
2 Tyrell, Philip	M71 TAC	1:13.00
3 Edwards, Nina	W39 TDP	1:12.00
4 Osborne, Gabrielle	W54 TAC	1:10.31
5 Smith, Nathan	M43 THV	1:11.13
6 Almeida, Auro	M63 THB	1:12.00
7 Slugocki, Maciej	M71 TTS	1:13.03
8 Ley, Adrian	M46 THV	1:15.00

Heat 6 of 6		
1 Lancaster, Andrew	M45 TLC	1:08.80
2 Bucknell, Jennie	W57 VPP	1:04.00
3 Mctye, Bradley	M28 TAC	1:00.00
4 Thompson, Mark	M54 VPP	57.00
5 Belstead, Timothy	M27 TVA	59.00
6 Walker, Brent	M52 TAC	1:01.95
7 Cochrane, Lucy	W32 TDP	1:08.18
8 Hodges, Cedric	M35 THB	1:10.00

Event 13	Mixed 100 LC Metre Freestyle		
Lane Name	Age	Team	Seed Time
Heat 1 of 6			
1			
2 Speed, Anne	W88 THB		3:01.00
3 Spencer, Jacquie	W43 TLC		2:20.00
4 Cousins, Mary	W74 THB		2:05.28
5 Kilov, Errol	M70 TLC		2:10.00
6 Mulligan, Beth	W72 THB		2:30.00
7			
8			

Event 14	Mixed 200 LC Metre Backstroke		
Lane Name	Age	Team	Seed Time
Heat 1 of 2			
1 Speed, Anne	W88 THB		7:13.00
2 Timperon, Ruth	W75 TLC		5:17.00
3 Shuey, Ian	M74 TAC		4:40.00
4 Richards, Steve	M60 THB		4:23.00
5 Tillema, Mendelt	M76 TTL		4:34.00
6 Horner, Anne	W71 TTL		5:00.00
7 Adams, Judith	W70 THB		5:44.44
8			

Heat 2 of 2		
1 Hill, Lou	M65 TTL	4:00.00
2 Lain, Jennifer	W53 TAC	3:45.00
3 Lopez, Claudia	W31 THB	3:30.00
4 Castelyn, Donovan	M32 THB	2:55.00
5 Lucas, Penny	W61 TAC	3:15.00
6 Ley, Adrian	M46 THV	3:40.00
7 Redgrove, Fiona	W67 THB	4:00.00
8 Bailey, Kay	W68 TLC	4:04.92

MST 39th Summer LC Championships 2023 - 18/02/2023 to 19/02/2023
Meet Program

**** 10 Minute Break****

Event 15 Mixed 200 LC Metre IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2

1	McMahon, Alwynne	W68	TLC	4:20.00
2	Wylie, Leisl	W52	THB	4:10.00
3	Magnussen, Costan	M42	TVA	4:00.00
4	Woodworth, Bill	M60	TLC	3:40.00
5	Grey, Melanie	W42	TDP	4:00.00
6	Weeks, Ceri	W64	TLC	4:10.00
7	Bailey, Kay	W68	TLC	4:15.00
8				

Heat 2 of 2

1	Bennett, Jodie	W50	TAC	3:20.00
2	Smith, Nathan	M43	THV	3:15.00
3	McMillan, Elisa	W30	THB	3:03.96
4	Belstead, James	M25	THV	2:31.99
5	Laurie, Rod	M65	VVM	2:50.00
6	Slugocki, Maciej	M71	TTS	3:07.40
7	Osborn, Kathryn	W61	THB	3:19.75
8	Rickwood, Donna	W61	TAC	3:30.00

Event 16 Mixed 100 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2

1				
2				
3	Richards, Steve	M60	THB	2:05.00
4	Montague, Rosa	W76	VPP	2:00.25
5	Sampson, Michelle	W49	THB	2:05.00
6	McMahon, Alwynne	W68	TLC	2:15.00
7				
8				

Heat 2 of 2

1	Lopez, Claudia	W31	THB	1:40.00
2	McMillan, Elisa	W30	THB	1:20.00
3	Walker, Brent	M52	TAC	1:09.39
4	Belstead, Timothy	M27	TVA	1:04.00
5	Magnussen, Costan	M42	TVA	1:07.00
6	Castelyn, Donovan	M32	THB	1:10.00
7	Brocklesby, Andrew	M63	TTS	1:25.00
8	Perndt, Diane	W67	TAC	1:40.00

**** 10 Minute Break****

Event 17 Mixed 400 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 5

1				
2	Smithurst, Terry	M87	TTL	11:20.00 Br
3	Spencer, Jacquie	W43	TLC	10:00.00
4	Kilov, Errol	M70	TLC	9:50.00
5	Wilson, Victoria	W22	THV	10:00.00 Ba
6	Pugh, John	M85	TLC	10:24.00
7				
8				

Heat 2 of 5

1	Timperon, Ruth	W75	TLC	8:50.00
2	Edwards, Nina	W39	TDP	8:00.00
3	McHenry, Diana	W68	TLC	8:00.00
4	Peterson, Pia	W68	THB	7:40.00
5	Cocks, John	M87	VMV	7:46.67
6	Bailey, Kay	W68	TLC	8:00.00
7	Hocking, Siska	W63	THB	8:15.00
8	Horner, Anne	W71	TTL	9:02.00

Heat 3 of 5

1	Montague, Rosa	W76	VPP	6:46.30
2	Briggs, David	M62	TTL	6:45.00
3	Wylie, Leisl	W52	THB	6:40.00
4	Magnussen, Costan	M42	TVA	6:15.00 Bu
5	Groom, Jim	M72	TTL	6:30.00
6	Chalmers, Mick	M72	TTL	6:45.00
7	Sampson, Michelle	W49	THB	6:45.00
8	Watkinson, Marcia	W66	TBU	6:55.00

Heat 4 of 5

1	Rickwood, Donna	W61	TAC	6:00.00
2	Brown, Christine	W65	TLC	6:00.00
3	Almeida, Auro	M63	THB	5:48.00
4	McMillan, Elisa	W30	THB	5:45.00
5	Tyrell, Philip	M71	TAC	5:45.00
6	Brocklesby, Andrew	M63	TTS	5:50.00
7	van der Reest, Heidi	W42	THV	6:00.00
8	Bennett, Jodie	W50	TAC	6:05.00

Heat 5 of 5

1	Slugocki, Maciej	M71	TTS	5:34.53
2	Ley, Adrian	M46	THV	5:20.00
3	Belstead, James	M25	THV	4:50.00
4	Thompson, Mark	M54	VPP	4:30.00
5	Mctye, Bradley	M28	TAC	4:50.00
6	Laurie, Rod	M65	VVM	5:20.00
7	Duggan, Amanda	W63	THB	5:25.00
8	Lane, Anne Maree	W56	TAC	5:45.00

Event 18 Mixed 50 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4

1				
2				
3	Mulligan, Beth	W72	THB	1:50.00
4	Adams, Judith	W70	THB	1:21.17
5	Spencer, Jacquie	W43	TLC	1:35.00
6				
7				
8				

Heat 2 of 4

1	Smith, Sharon	W63	THV	1:11.00
2	Tucker, Peter	M68	THB	1:10.00
3	Reynolds, Anita	W42	THV	1:10.00
4	Bradley, Janet	W73	TTL	1:03.00
5	Smithurst, Terry	M87	TTL	1:05.00
6	Walsham, Linda	W53	THB	1:10.00
7	Cousins, Mary	W74	THB	1:10.45
8				

Heat 3 of 4

1	Ziegeler, Fiona	W62	THB	1:00.00
2	Rickwood, Donna	W61	TAC	55.00
3	Stronach, Megan	W71	THB	54.00
4	Wilson, Victoria	W22	THV	50.42
5	Redgrove, Fiona	W67	THB	52.00
6	Weeks, Ceri	W64	TLC	54.44
7	McHenry, Diana	W68	TLC	58.00
8	Watkinson, Marcia	W66	TBU	1:00.00

MST 39th Summer LC Championships 2023 - 18/02/2023 to 19/02/2023
Meet Program

Heat 4 of 4 (#18 Mixed 50 LC Metre Breaststroke)

1 Cousins, Annaliese	W48 THB	48.32
2 Osborn, Kathryn	W61 THB	43.92
3 Hodges, Cedric	M35 THB	40.00
4 Osborne, Gabrielle	W54 TAC	38.18
5 Woodworth, Bill	M60 TLC	40.00
6 Smith, Nathan	M43 THV	42.39
7 Lancaster, Andrew	M45 TLC	45.00
8 Nichols, Allan	M70 THB	50.00

Event 19 Mixed 50 LC Metre Backstroke

Lane Name Age Team Seed Time

Heat 1 of 5

1			
2 Speed, Anne	W88 THB	1:29.00	
3 Smith, Sharon	W63 THV	1:11.00	
4 Horner, Anne	W71 TTL	1:10.00	
5 Cousins, Mary	W74 THB	1:10.28	
6 Hocking, Siska	W63 THB	1:15.00	
7 Mulligan, Beth	W72 THB	1:40.00	
8			

Heat 2 of 5

1 Tucker, Peter	M68 THB	1:10.00
2 Peterson, Pia	W68 THB	1:05.00
3 Bradley, Janet	W73 TTL	1:02.00
4 Ziegeler, Fiona	W62 THB	55.00
5 Adams, Judith	W70 THB	1:00.74
6 Walsham, Linda	W53 THB	1:05.00
7 Smithurst, Terry	M87 TTL	1:06.00
8 Shuey, Ian	M74 TAC	1:10.00

Heat 3 of 5

1 Van Ommen, Mark	M63 THB	52.00
2 Grey, Melanie	W42 TDP	50.00
3 Stronach, Megan	W71 THB	48.00
4 Lain, Jennifer	W53 TAC	47.00
5 Briggs, David	M62 TTL	47.00
6 Chalmers, Mick	M72 TTL	50.00
7 Hill, Lou	M65 TTL	52.00
8 Bailey, Kay	W68 TLC	54.22

Heat 4 of 5

1 Cousins, Annaliese	W48 THB	45.83
2 Duggan, Amanda	W63 THB	45.00
3 Groom, Jim	M72 TTL	43.00
4 Brown, Christine	W65 TLC	42.00
5 Tyrell, Philip	M71 TAC	42.00
6 Osborn, Kathryn	W61 THB	43.10
7 Cocks, John	M87 VMV	45.24
8 Perndt, Diane	W67 TAC	46.00

Heat 5 of 5

1 Hodges, Cedric	M35 THB	40.00
2 Edwards, Nina	W39 TDP	40.00
3 Cochrane, Lucy	W32 TDP	36.63
4 Walker, Brent	M52 TAC	32.13
5 Bucknell, Jennie	W57 VPP	35.00
6 Bryan, Glenn	M63 TLC	39.00
7 Lancaster, Andrew	M45 TLC	40.00
8 Lucas, Penny	W61 TAC	41.89

**** 10 Minute Break****

Event 20 Women 200 LC Metre Medley Relay

Lane Team Relay Seed Time

Heat 1 of 1

1 THB	W280	ANT	
1) Speed, Anne	W88	2) Cousins, Mary	W74
3) Stronach, Megan	W71	4) Peterson, Pia	W68
2 TLC	W240	ANT	
1) Brown, Christine	W65	2) McMahon, Alwynne	W68
3) McHenry, Diana	W68	4) Weeks, Ceri	W64
3 THB	W200	ANT	
1) Osborn, Kathryn	W61	2) Wylie, Leisl	W52
3) Ziegeler, Fiona	W62	4) Duggan, Amanda	W63
4 TAC	W200	ANT	
1) Bennett, Jodie	W50	2) Rickwood, Donna	W61
3) Osborne, Gabrielle	W54	4) Lane, Anne Maree	W56
5 THV	W160	ANT	
1) Wilson, Victoria	W22	2) Reynolds, Anita	W42
3) van der Reest, Heidi	W42	4) Smith, Sharon	W63
6 THB	W120	ANT	
1) Lopez, Claudia	W31	2) Cousins, Annaliese	W48
3) McMillan, Elisa	W30	4) Sampson, Michelle	W49
7 THB	W240	ANT	
1) Adams, Judith	W70	2) Walsham, Linda	W53
3) Redgrove, Fiona	W67	4) Hocking, Siska	W63
8			

Event 21 Men 200 LC Metre Medley Relay

Lane Team Relay Seed Time

Heat 1 of 1

1			
2			
3			
4 TAC	M200	ANT	
1) Walker, Brent	M52	2) Tyrell, Philip	M71
3) Mctye, Bradley	M28	4) Shuey, Ian	M74
5 THB	M200	ANT	
1) Castelyn, Donovan	M32	2) Richards, Steve	M60
3) Almeida, Auro	M63	4) Van Ommen, Mark	M63
6			
7			
8			