

**MST 29th SCLD Championships 2024 - 18/05/2024**  
**Results - Session 1**

**Event 1 Women 30-34 1500 SC Metre Freestyle**

Name	Age	Team	Finals Time			
1 Cochrane, Lucy	33	Devonport Devils	29:13.73			
	49.71	1:45.90 (56.19)	2:44.52 (58.62)	3:42.70 (58.18)		
	4:40.80 (58.10)	5:39.32 (58.52)	6:37.77 (58.45)	7:36.56 (58.79)		
	8:35.68 (59.12)	9:34.44 (58.76)	10:33.52 (59.08)	11:32.12 (58.60)		
	12:30.56 (58.44)	13:30.26 (59.70)	14:29.51 (59.25)	15:28.04 (58.53)		
	16:26.86 (58.82)	17:26.59 (59.73)	18:25.24 (58.65)	19:25.20 (59.96)		
	20:23.73 (58.53)	21:23.45 (59.72)	22:23.80 (1:00.35)	23:23.36 (59.56)		
	24:23.26 (59.90)	25:22.26 (59.00)	26:21.50 (59.24)	27:21.62 (1:00.12)		
	28:19.22 (57.60)	29:13.73 (54.51)				

**Event 1 Women 65-69 1500 SC Metre Freestyle**

1 McMahon, Alwynne	69	Launceston	29:21.38			
	52.87	1:50.15 (57.28)	2:49.45 (59.30)	3:48.66 (59.21)		
	4:46.65 (57.99)	5:45.45 (58.80)	6:44.37 (58.92)	7:41.82 (57.45)		
	8:40.41 (58.59)	9:38.96 (58.55)		11:38.07 ( )		
	12:36.86 (58.79)	13:35.41 (58.55)		16:31.87 ( )		
	17:31.57 (59.70)	18:29.85 (58.28)	19:29.20 (59.35)	20:27.35 (58.15)		
	21:26.35 (59.00)	22:26.67 (1:00.32)	23:26.59 (59.92)	24:26.09 (59.50)		
	25:25.59 (59.50)		27:24.33 ( )	28:23.37 (59.04)		
	29:21.38 (58.01)					
2 Bailey, Kay	69	Launceston	32:23.60			
	1:00.62	2:03.98 (1:03.36)	3:07.73 (1:03.75)	4:11.93 (1:04.20)		
	5:16.85 (1:04.92)	6:21.44 (1:04.59)	7:25.84 (1:04.40)	8:29.76 (1:03.92)		
	9:34.91 (1:05.15)	10:39.94 (1:05.03)	11:44.87 (1:04.93)	12:49.35 (1:04.48)		
	13:55.02 (1:05.67)	15:00.59 (1:05.57)	16:05.65 (1:05.06)	17:11.53 (1:05.88)		
	18:16.00 (1:04.47)	19:20.74 (1:04.74)	20:26.32 (1:05.58)	21:32.02 (1:05.70)		
	22:37.67 (1:05.65)	23:43.10 (1:05.43)	24:48.71 (1:05.61)	25:54.59 (1:05.88)		
	27:00.18 (1:05.59)	28:05.68 (1:05.50)	29:11.24 (1:05.56)	30:16.79 (1:05.55)		
	31:21.56 (1:04.77)	32:23.60 (1:02.04)				

**Event 1 Women 70-74 1500 SC Metre Freestyle**

1 Stronach, Megan	72	Hobart Dolphins	29:41.00			
	52.43		3:44.92 ( )			
	5:42.44 ( )		7:38.37 ( )			
	8:40.16 ( )					
	13:39.70 ( )		15:39.76 ( )			
		18:41.93 ( )				
				24:42.46 ( )		
	29:41.00 (4:58.54)					

**Event 1 Men 25-29 1500 SC Metre Freestyle**

1 Belstead, James	26	Huon Valley Maste	23:03.24			
	35.92	1:17.36 (41.44)	1:59.63 (42.27)	2:42.32 (42.69)		
	3:25.18 (42.86)	4:09.15 (43.97)	4:52.60 (43.45)	5:37.21 (44.61)		
	6:26.87 (49.66)	7:16.00 (49.13)	8:04.75 (48.75)	8:52.43 (47.68)		
	9:41.21 (48.78)	10:28.74 (47.53)	11:17.00 (48.26)	12:04.36 (47.36)		
	12:52.95 (48.59)	13:40.95 (48.00)	14:28.97 (48.02)	15:17.11 (48.14)		
	16:04.16 (47.05)	16:52.16 (48.00)	17:39.95 (47.79)	18:26.72 (46.77)		
	19:14.15 (47.43)	20:01.53 (47.38)	20:47.82 (46.29)	21:33.93 (46.11)		
	22:19.26 (45.33)	23:03.24 (43.98)				

**MST 29th SCLD Championships 2024 - 18/05/2024**  
**Results - Session 1**

**Event 1 Men 50-54 1500 SC Metre Freestyle**

1 Walker, Brent	53 Hobart Aquatic			18:49.69
	1:45.40 ( )		3:00.28 ( )	
3:37.76 (37.48)	4:15.75 (37.99)		5:31.33 ( )	
6:08.85 (37.52)	6:46.88 (38.03)	7:25.47 (38.59)	8:02.84 (37.37)	
8:40.42 (37.58)	9:18.30 (37.88)			
11:51.59 ( )				
13:45.82 ( )	14:24.67 (38.85)		15:41.49 ( )	
16:19.11 (37.62)	18:49.69 (2:30.58)			

**Event 1 Men 60-64 1500 SC Metre Freestyle**

1 Harding, Lawson	62 Launceston			27:57.61
43.70	1:34.02 (50.32)	2:26.63 (52.61)	3:21.00 (54.37)	
4:15.70 (54.70)	5:11.63 (55.93)	6:07.63 (56.00)	7:03.45 (55.82)	
7:59.06 (55.61)	8:54.99 (55.93)	9:49.71 (54.72)	10:45.09 (55.38)	
11:41.49 (56.40)	12:38.05 (56.56)	13:34.33 (56.28)	14:30.60 (56.27)	
15:27.03 (56.43)	16:23.83 (56.80)	17:22.01 (58.18)	18:20.20 (58.19)	
19:18.44 (58.24)	20:16.27 (57.83)	21:14.27 (58.00)	22:14.09 (59.82)	
23:12.45 (58.36)	24:09.96 (57.51)	25:09.75 (59.79)	26:06.76 (57.01)	
27:04.31 (57.55)	27:57.61 (53.30)			
2 Richards, Steve	61 Hobart Dolphins			33:30.64
			15:27.46 ( )	
16:34.53 (1:07.07)	17:41.16 (1:06.63)	18:48.81 (1:07.65)		
			32:21.27 ( )	
33:30.64 (1:09.37)				

**Event 1 Men 70-74 1500 SC Metre Freestyle**

1 Slugocki, Maciej	72 Tomatoes Swim			21:47.97
41.38	1:25.10 (43.72)	2:09.10 (44.00)	2:53.50 (44.40)	
3:37.58 (44.08)	4:21.38 (43.80)	5:05.47 (44.09)	5:49.65 (44.18)	
6:33.98 (44.33)	7:17.88 (43.90)	8:01.41 (43.53)	8:45.38 (43.97)	
9:29.70 (44.32)	10:13.82 (44.12)	10:57.70 (43.88)	11:41.16 (43.46)	
12:24.37 (43.21)	13:07.51 (43.14)	13:50.73 (43.22)	14:34.16 (43.43)	
15:17.48 (43.32)	16:00.92 (43.44)	16:44.37 (43.45)	17:27.92 (43.55)	
18:11.45 (43.53)	18:55.37 (43.92)	19:39.24 (43.87)	20:22.37 (43.13)	
21:05.50 (43.13)	21:47.97 (42.47)			

**Event 1 Men 80-84 1500 SC Metre Freestyle**

1 Forman, Tony	80 Hobart Aquatic			27:53.74
45.32	1:37.95 (52.63)	2:31.39 (53.44)	3:25.54 (54.15)	
4:20.96 (55.42)	5:15.46 (54.50)	6:11.48 (56.02)	7:07.62 (56.14)	
8:03.70 (56.08)	9:00.28 (56.58)	9:56.63 (56.35)	10:52.78 (56.15)	
11:48.91 (56.13)	12:45.63 (56.72)	13:42.62 (56.99)	14:38.80 (56.18)	
15:36.03 (57.23)	16:33.03 (57.00)	17:30.05 (57.02)	18:27.16 (57.11)	
19:24.28 (57.12)	20:21.19 (56.91)	21:18.54 (57.35)	22:16.33 (57.79)	
23:13.84 (57.51)	24:11.46 (57.62)	25:08.10 (56.64)	26:05.09 (56.99)	
27:01.57 (56.48)	27:53.74 (52.17)			

**Event 2 Women 30-34 800 SC Metre Freestyle**

1 McMillan, Elisa	31 Hobart Dolphins			11:08.47
34.69	1:13.38 (38.69)	1:54.54 (41.16)	2:36.09 (41.55)	
3:17.41 (41.32)	4:00.16 (42.75)	4:42.88 (42.72)	5:25.97 (43.09)	
6:09.48 (43.51)	6:52.39 (42.91)	7:35.09 (42.70)	8:18.51 (43.42)	
9:01.27 (42.76)	9:44.46 (43.19)	10:27.70 (43.24)	11:08.47 (40.77)	

**MST 29th SCLD Championships 2024 - 18/05/2024****Results - Session 1****(Event 2 Women 30-34 800 SC Metre Freestyle)**

2	Cochrane, Lucy	33	Devonport Devils	13:05.09
	46.36	1:35.31 (48.95)	2:24.80 (49.49)	3:14.22 (49.42)
	4:04.03 (49.81)	4:53.29 (49.26)	5:42.60 (49.31)	6:32.36 (49.76)
	7:21.87 (49.51)	8:11.07 (49.20)	9:00.89 (49.82)	9:51.23 (50.34)
	10:41.30 (50.07)	11:31.07 (49.77)	12:21.15 (50.08)	13:05.09 (43.94)

**Event 2 Women 40-44 800 SC Metre Freestyle**

1	Spencer, Jacquie	44	Launceston	21:03.39
	1:20.16	2:44.42 (1:24.26)	4:06.38 (1:21.96)	5:27.52 (1:21.14)
	6:47.28 (1:19.76)	8:06.87 (1:19.59)	9:26.36 (1:19.49)	10:44.67 (1:18.31)
	12:02.90 (1:18.23)	13:21.44 (1:18.54)	14:38.97 (1:17.53)	15:57.23 (1:18.26)
	17:14.92 (1:17.69)	18:30.98 (1:16.06)	19:46.20 (1:15.22)	21:03.39 (1:17.19)

**Event 2 Women 50-54 800 SC Metre Freestyle**

1	James, Claire	51	Van Diemens	16:09.68
	50.87	1:47.34 (56.47)	2:49.59 (1:02.25)	3:52.09 (1:02.50)
	4:53.85 (1:01.76)	5:56.57 (1:02.72)	7:00.79 (1:04.22)	8:03.49 (1:02.70)
	9:05.45 (1:01.96)	10:07.19 (1:01.74)	11:09.11 (1:01.92)	12:10.79 (1:01.68)
	13:10.90 (1:00.11)	14:13.28 (1:02.38)	15:13.85 (1:00.57)	16:09.68 (55.83)

2	McMahon, Adrienne	53	Launceston	16:54.48
	49.43	1:51.56 (1:02.13)	2:58.19 (1:06.63)	4:05.09 (1:06.90)
	5:10.97 (1:05.88)	6:15.68 (1:04.71)	7:20.42 (1:04.74)	8:24.78 (1:04.36)
	9:29.21 (1:04.43)	10:33.35 (1:04.14)	11:37.91 (1:04.56)	12:41.39 (1:03.48)
	13:45.77 (1:04.38)	14:50.02 (1:04.25)	15:55.86 (1:05.84)	16:54.48 (58.62)

**Event 2 Women 55-59 800 SC Metre Freestyle**

1	Walker, Dienneke	59	Power Points	12:58.39
	43.52	1:32.51 (48.99)	2:21.69 (49.18)	3:10.68 (48.99)
	3:59.01 (48.33)	4:46.98 (47.97)	5:35.57 (48.59)	6:23.85 (48.28)
	7:13.01 (49.16)	8:02.01 (49.00)	8:50.72 (48.71)	9:39.83 (49.11)
	10:28.77 (48.94)	11:18.81 (50.04)	12:09.10 (50.29)	12:58.39 (49.29)

**Event 2 Women 60-64 800 SC Metre Freestyle**

1	Duggan, Amanda	64	Hobart Dolphins	13:15.52
	47.78	1:37.64 (49.86)	2:27.45 (49.81)	3:16.58 (49.13)
	4:07.68 (51.10)	4:57.37 (49.69)	5:47.30 (49.93)	6:35.53 (48.23)
	7:27.33 (51.80)	8:17.77 (50.44)	9:08.09 (50.32)	9:58.44 (50.35)
	10:48.40 (49.96)	11:38.30 (49.90)	12:27.78 (49.48)	13:15.52 (47.74)

**Event 2 Women 65-69 800 SC Metre Freestyle**

1	Redgrove, Fiona	68	Hobart Dolphins	17:09.39
	55.04	1:55.94 (1:00.90)	2:58.50 (1:02.56)	3:59.58 (1:01.08)
	5:02.74 (1:03.16)	6:04.42 (1:01.68)	7:06.41 (1:01.99)	8:08.98 (1:02.57)
	9:19.66 (1:10.68)	10:28.70 (1:09.04)	11:35.96 (1:07.26)	12:42.87 (1:06.91)
	13:47.98 (1:05.11)	14:53.93 (1:05.95)	16:02.09 (1:08.16)	17:09.39 (1:07.30)

**Event 2 Women 75-79 800 SC Metre Freestyle**

1	Timperon, Ruth	76	Launceston	19:04.47
	1:02.55	2:11.41 (1:08.86)	3:22.05 (1:10.64)	4:33.28 (1:11.23)
	5:45.05 (1:11.77)	6:57.54 (1:12.49)	8:10.91 (1:13.37)	9:22.38 (1:11.47)
	10:34.28 (1:11.90)	11:46.15 (1:11.87)	12:59.89 (1:13.74)	14:12.86 (1:12.97)
	15:27.53 (1:14.67)	16:41.32 (1:13.79)	17:54.34 (1:13.02)	19:04.47 (1:10.13)

MST 29th SCLD Championships 2024 - 18/05/2024

Results - Session 1

Event 2 Men 25-29 800 SC Metre Freestyle

1	Belstead, James	26	Huon Valley Maste	9:25.13
	30.31	1:03.84 (33.53)	1:39.03 (35.19)	2:14.71 (35.68)
	2:50.24 (35.53)	3:25.72 (35.48)	4:01.59 (35.87)	4:37.81 (36.22)
	5:13.65 (35.84)	5:49.64 (35.99)	6:26.08 (36.44)	7:02.02 (35.94)
	7:38.61 (36.59)	8:14.76 (36.15)	8:51.81 (37.05)	9:25.13 (33.32)

Event 2 Men 30-34 800 SC Metre Freestyle

1	Lopez Pinto, Andres Guillerm	30	Van Diemans	11:41.40
		7:21.70 ( )	8:06.74 (45.04)	8:52.46 (45.72)
	10:19.28 (1:26.82)	11:03.01 (43.73)	11:41.40 (38.39)	

Event 2 Men 40-44 800 SC Metre Freestyle

1	Beattie, Tim	43	Launceston	17:00.66
	1:01.84		3:11.44 ( )	4:16.49 (1:05.05)
			7:30.77 ( )	
	10:43.72 ( )	11:47.25 (1:03.53)	12:51.07 (1:03.82)	13:54.99 (1:03.92)
		16:01.73 ( )	17:00.66 (58.93)	

Event 2 Men 60-64 800 SC Metre Freestyle

1	Richards, Steve	61	Hobart Dolphins	16:48.11
		1:02.29 ( )	2:07.61 (1:05.32)	3:14.80 (1:07.19)
		5:36.18 ( )	6:44.94 (1:08.76)	9:01.74 (2:16.80)
	10:06.72 (1:04.98)	11:11.84 (1:05.12)	12:14.96 (1:03.12)	13:20.74 (1:05.78)
	14:13.73 (52.99)	15:05.44 (51.71)	15:58.38 (52.94)	16:48.11 (49.73)
2	Woodworth, Bill	61	Launceston	17:09.62
	53.11	1:51.10 (57.99)	2:52.54 (1:01.44)	3:55.77 (1:03.23)
	4:59.56 (1:03.79)	6:04.47 (1:04.91)	7:10.41 (1:05.94)	8:16.28 (1:05.87)
	9:22.61 (1:06.33)	11:37.87 (2:15.26)		
	16:04.63 ( )	17:09.62 (1:04.99)		

Event 2 Men 65-69 800 SC Metre Freestyle

1	Hill, Lou	66	Talays Masters	22:20.10
		1:03.75 ( )	2:15.49 (1:11.74)	3:33.14 (1:17.65)
	4:57.68 (1:24.54)	6:14.54 (1:16.86)	7:39.68 (1:25.14)	
	10:36.09 ( )	12:02.68 (1:26.59)		
		21:05.03 ( )	22:20.10 (1:15.07)	

Event 2 Men 70-74 800 SC Metre Freestyle

1	Tucker, Robert	72	Launceston	13:15.90
	43.44	1:31.68 (48.24)	2:21.78 (50.10)	3:12.22 (50.44)
	4:02.99 (50.77)	4:53.68 (50.69)	5:43.47 (49.79)	6:34.07 (50.60)
	7:24.80 (50.73)	9:06.90 (1:42.10)	9:57.35 (50.45)	10:47.96 (50.61)
	11:38.85 (50.89)		12:29.06 ( )	13:15.90 (46.84)

Event 2 Men 85-89 800 SC Metre Freestyle

1	Pugh, John	86	Launceston	26:57.72
	1:25.99	3:00.47 (1:34.48)	4:38.73 (1:38.26)	6:17.61 (1:38.88)
	7:56.89 (1:39.28)	9:36.62 (1:39.73)	11:14.79 (1:38.17)	12:56.47 (1:41.68)
	14:41.92 (1:45.45)	16:28.08 (1:46.16)	18:15.55 (1:47.47)	20:00.74 (1:45.19)
	21:44.91 (1:44.17)		25:20.28 ( )	26:57.72 (1:37.44)

Event 3 Women 30-34 400 SC Metre Freestyle

1	McMillan, Elisa	31	Hobart Dolphins	5:22.09
	34.15	1:12.56 (38.41)		2:33.98 ( )
			5:22.09 ( )	5:22.09 ( )

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1	Wylie, Leisl	53	Hobart Dolphins	7:41.65
	49.30	1:44.79 (55.49)	2:43.03 (58.24)	3:41.47 (58.44)
	4:41.60 (1:00.13)	5:41.37 (59.77)	6:42.67 (1:01.30)	7:41.65 (58.98)
2	James, Claire	51	Van Diemans	7:44.79
	49.60	1:48.35 (58.75)	2:48.22 (59.87)	3:47.56 (59.34)
	4:48.11 (1:00.55)	5:48.93 (1:00.82)	6:49.56 (1:00.63)	7:44.79 (55.23)

**Event 3 Women 60-64 400 SC Metre Freestyle**

1	Duggan, Amanda	64	Hobart Dolphins	7:24.46
	49.86	1:45.50 (55.64)	2:41.55 (56.05)	3:37.62 (56.07)
	4:34.05 (56.43)	5:30.69 (56.64)	6:28.25 (57.56)	7:24.46 (56.21)

**Event 3 Women 75-79 400 SC Metre Freestyle**

1	Timperon, Ruth	76	Launceston	11:06.10
	1:18.31		4:05.74 ( )	5:31.14 (1:25.40)
	6:57.32 (1:26.18)	8:20.37 (1:23.05)	9:43.65 (1:23.28)	11:06.10 (1:22.45)

**Event 3 Men 30-34 400 SC Metre Freestyle**

1	Lopez Pinto, Andres Guillerm	30	Van Diemans	5:40.26
	34.12	1:16.65 (42.53)	1:59.85 (43.20)	2:44.82 (44.97)
	3:31.06 (46.24)	4:15.54 (44.48)	5:00.64 (45.10)	5:40.26 (39.62)

**Event 3 Men 60-64 400 SC Metre Freestyle**

1	Bryan, Glenn	64	Launceston	7:45.93
	52.23	1:48.93 (56.70)	2:47.61 (58.68)	3:46.93 (59.32)
	4:46.25 (59.32)	5:47.19 (1:00.94)	6:48.50 (1:01.31)	7:45.93 (57.43)

**Event 3 Men 70-74 400 SC Metre Freestyle**

1	Tucker, Robert	72	Launceston	6:31.52
	45.52	1:33.18 (47.66)	2:24.26 (51.08)	3:13.22 (48.96)
	4:04.76 (51.54)	4:53.92 (49.16)	5:44.97 (51.05)	6:31.52 (46.55)

**Event 3 Men 75-79 400 SC Metre Freestyle**

1	Merridew, George	76	Launceston	10:15.81
	59.40	2:12.42 (1:13.02)	3:34.59 (1:22.17)	4:55.36 (1:20.77)
	6:18.05 (1:22.69)	7:41.64 (1:23.59)	10:15.81 (2:34.17)	

**Event 3 Men 85-89 400 SC Metre Freestyle**

1	Pugh, John	86	Launceston	13:07.89
	1:34.36	3:19.39 (1:45.03)		6:43.34 ( )
	8:23.58 (1:40.24)	10:03.54 (1:39.96)	11:37.52 (1:33.98)	13:07.89 (1:30.37)

**Event 4 Women 65-69 400 SC Metre IM**

1	Redgrove, Fiona	68	Hobart Dolphins	8:04.66
	57.38	2:00.89 (1:03.51)	3:05.34 (1:04.45)	4:09.40 (1:04.06)
	5:11.50 (1:02.10)	6:14.97 (1:03.47)	7:10.53 (55.56)	8:04.66 (54.13)

**Event 4 Men 70-74 400 SC Metre IM**

1	Slugocki, Maciej	72	Tomatoes Swim	6:43.69
	49.34	1:41.99 (52.65)		3:24.66 ( )
	4:21.55 (56.89)	5:17.51 (55.96)	6:02.68 (45.17)	6:43.69 (41.01)