

ONTARIO MASTERS - Fourth Annual 5 km Provincial Swimming Championships

10th September 1989 - St Marys Quarry, Ontario
University of Western Ontario Aquatic Masters

LADIES

25-29

Heather DAVIES	NYMAC	1:44:29
Sarah NASH	SCY	2:03:16

30-34

Debbie GOLOB	SCY	1:26:57
Margaret LEFFERS	EOMAC	1:40:39
Brenda FORRESTER	NYMAC	1:43:06

35-39

Rosemary COOKE	MAAA	1:57:48
Terry POOK	SYM	2:04:03

40-44

Susan GUSTAVISON	EOMAC	1:28:17
Patty THOMPSON	ATB	1:34:20
Jan McINNES	ROW	1:57:19

45-49

Kathryn RATTRAY	CHUR	2:04:29
Joan PUSKAS	BURL	Retired

MEN

25-29

Ken LEHNER	SELECT	1:22:37
David BURTT	BYM	2:11:35

30-34

Geoff CAMP	EOMAC	1:20:56
Ross DOYLE	BRM	1:31:15
Bob SICA	UWOAM	1:36:46
Rick WOOD	EOMAC	1:39:31

35-39

Richard ZAJCHOWSKI	UWOAM	1:19:28
Mike CAREY	KWM	2:27:16
Jake PETERS	DSC	Retired

40-44

Chris WILSON	EOMAC	1:30:47
Jim McINNES	ROW	1:33:38
Douglas PARKER	BYM	1:54:03

45-49

Vincent BOYLE	ATB	1:38:26
Ronald BURNS	OKM	1:41:35
Bryan FINLAY	UWOAM	1:57:22

50-55

John CONVEY	NSM	1:51:55
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55-59

George MILNE	UNON	1:31:14
Bruce CRAFT	BYM	2:09:37

60-64

Ken MARCHANT	CAM	1:58:30
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ONTARIO MASTERS - Fourth Annual 5 km Provincial Swimming Championships

LAP SPLITS

	1	2	3	4	5	6	7	8	9	10	11
LADIES 25-29											
Heather DAVIES	7:54	16:40	25:55	35:00	44:30	54:20	1:03:45	1:13:50	1:23:55	1:35:15	1:44:29
Sarah NASH	9:25	20:00	31:00	41:41	52:45	1:03:52	1:15:33	1:27:20	1:39:05	1:50:57	2:03:16
LADIES 30-34											
Debbie GOLOB	7:24	15:14	23:09	31:02	39:05	46:59	54:55	1:02:58	1:10:57	1:18:56	1:26:57
Margaret LEFFERS	8:46	17:45	26:50	35:49	44:55	54:05	1:03:26	1:12:28	1:22:46	1:31:13	1:40:39
Brenda FORRESTER	8:07	17:05	26:30	35:30	??	53:40	1:03:07	1:12:38	1:22:15	1:32:27	1:43:06
LADIES 35-39											
Rosemary COOKE	9:42	19:53	30:12	40:41	51:19	1:02:20	1:13:17	1:24:16	1:35:33	1:46:47	1:57:48
Terry POOK	10:04	20:39	31:35	43:00	54:25	1:05:39	1:17:28	1:29:13	1:40:57	1:52:26	2:04:03
LADIES 40-44											
Susan GUSTAVISON	7:31	15:17	23:06	30:58	39:00	47:03	55:07	1:03:19	1:11:36	1:19:57	1:28:17
Patty THOMPSON	7:48	15:55	24:12	32:32	41:06	49:44	58:24	1:07:17	1:16:19	1:25:15	1:34:20
Jan McINNES	9:09	18:51	28:53	38:58	49:04	59:36	1:10:36	1:21:56	1:33:37	1:45:35	1:57:19
LADIES 45-49											
Kathy RATTRAY	10:47	21:46	32:32	43:26	54:21	1:06:20	1:17:05	1:28:45	1:40:35	1:52:42	2:04:29
Joan PUSKAS	10:50	21:51									
MENS 25-29											
Ken LEHNER	6:48	14:04	21:17	28:35	36:00	43:35	51:06	58:44	1:06:29	1:14:24	1:22:37
David BURTT	10:27	21:20	32:34	44:16	56:01	1:08:11	1:20:10	1:32:30	1:45:20	1:57:53	2:11:35
MENS 30-34											
Geoff CAMP	6:52	14:08	21:29	29:01	36:27	43:54	51:16	58:45	1:06:09	1:13:47	1:20:56
Ross DOYLE	7:38	15:53	24:10	32:27	40:45	49:13	57:41	1:06:23	1:14:33	1:22:51	1:31:15
Bob SICA	7:47	15:49	24:07	32:25	41:03	49:48	58:42	1:07:47	1:17:12	1:26:59	1:36:46
Rick WOOD	7:38	16:37	25:48	34:38	43:42	52:53	1:01:38	1:10:49	1:20:25	1:29:54	1:39:31
MENS 35-39											
Richard ZAJCHOWSKI	6:36	13:36	20:43	27:57	35:14	42:38	49:49	57:19	1:04:48	1:12:08	1:19:28
Mike CAREY	11:01	23:44	35:14	48:57	1:02:23	1:15:53	1:28:54	1:42:19	1:56:47	2:11:54	2:27:16
Jake PETERS	12:25	25:40	39:30	54:15	1:10:45	1:26:40	1:43:30				
MENS 40-44											
Chris WILSON	7:40	15:44	23:57	31:51	40:02	48:11	56:28	1:04:44	1:13:13	1:21:50	1:30:47
Jim McINNES	7:24	15:20	23:27	31:43	40:00	48:14	56:41	1:05:28	1:14:24	1:23:45	1:33:38
Douglas PARKER	9:35	19:59	30:35	41:10	51:43	1:02:12	1:12:23	1:22:14	1:32:20	1:42:47	1:54:03
MENS 45-49											
Vincent BOYLE	8:14	16:48	25:27	34:19	43:15	52:03	1:01:06	1:10:14	1:19:14	1:28:37	1:38:26
Ronald BURNS	7:53	16:46	25:38	34:46	44:02	53:18	1:02:58	1:12:24	1:22:08	1:31:35	1:41:35
Bryan FINLAY	9:47	20:07	30:27	40:52	51:20	1:01:12	1:12:38	1:23:41	1:35:00	1:46:08	1:57:22
MENS 50-54											
John CONVEY	10:01	19:59	30:18	40:45	51:28	1:01:55	1:11:53	1:22:00	1:32:01	1:41:49	1:51:55
MENS 55-59											
George MILNE	8:03	16:12	24:36	32:40	41:50	49:16	57:47	1:06:12	1:14:32	1:22:50	1:31:14
Bruce CRAFT	10:37	21:40	32:57	44:20	55:55	1:07:40	1:19:54	1:32:26	1:44:31	1:56:11	2:09:37
MENS 60-64											
Ken MARCHANT	10:02	20:24	30:57	41:36	52:22	1:03:10	1:14:00	1:25:00	1:36:05	1:47:12	1:58:30