

London Silver Dolphins - Twenty-Second Annual 5 km St Marys Swimming Championships

2003 Masters Swimming Ontario 5 km Championship

7th September 2003 - St Marys Quarry, Ontario - water 23°C - air 28°C.

Clear blue sky, No wind.

LADIES			MEN		
25-29			25-29		
Tamara FLANNIGAN 27	OSAC	1:29:06	Adam BENT 29	UXB	1:26:25
Carolyn MacLEOD 27	NYG	1:45:30			
30-34			30-34	No swimmers in this age group.	
Amanda ATKINSON 33	ETOB	1:30:20	35-39		
Heather WARDELL 31	UNON	1:58:59 BR ☺	Richard BEACROFT 35	UNON	1:16:52
35-39			Rob TEASDALE 39	STRY	1:25:09
Jane BANCROFT 39	DSC	1:40:25	Rob PARDY 38	UNON	1:40:07
Sharyn SMITH 37	STRY	1:53:52	40-44		
Sara Naomi GLADSTONE 39	NYG	1:54:48	Doug VANDERBY 44	NT	1:13:19
40-44			Sandor MATHÉ 43	VVV	1:34:04
Lynn MARSHALL 42	CAPS	1:09:32	Geoff CAMP 44	ETOB	1:45:41
Kelly LYONS 40	NYG	1:30:48	Andrew LEE 40	EYH	2:09:29
Jenny TSCHARKE 41	MASC	1:41:31	45-49		
Kimberley McGOWAN 42	DAM	1:55:35	Robert MILLER 46	NT	1:50:12 BR
45-49			50-54		
Jean QUILTER 49	NYG	1:35:52	John POTOCSKA 52	ETOB	1:38:58 BA ☺
Kim LUMSDON 46	NT	1:38:04	55-59		
Marilyn KORZEKWA 46	UNON	1:40:07	James McINNES 57	UNON	1:38:15
Keary FULTON-WALLACE 45	STRY	2:06:05	Brian HURLBURT 59	NYG	1:42:18
Mijja LYKOUREZOS 49	DAM	DNF - 5 Laps	60-64		
50-54			Russ DONALDSON 64	VCSS	1:41:28
Wendy CIMARNO 50	AURO	1:28:02 ☺	Bryan FINLAY 60	LSD	1:44:22 BR ☺
Rosemary COOKE 51	WYM	2:15:40	65-69		
55-59			John CONVEY 65	BRCK	1:44:02
Wendy WAGLAND 56	BURL	1:32:50 ☺	Charlie LANE 65	ETOB	1:46:06
Jan McINNES 57	UNON	1:53:13	70-74		
60-64			George MILNE 71	TYMS	1:34:03
Kathy RATTRAY 63	BURL	2:00:20	75-79		
Barrie MALLOCH 62	ETOB	2:11:37	Ken MARCHANT 76	CAM	2:20:57
65-69					
Beverley TUCKER 68	TYMS	2:03:07 ☺			
70-74					
Sylvia EISELE 74	ETOB	2:12:28 ☺			
75-79	No Swimmers in this Age Group.				

☺ Denotes a new Course Record for the age-group.
 BA Denotes Backstroke.
 BR Denotes Breaststroke.

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1.	Lynn MARSHALL 42	CAPS	1:09:32	
2.	Doug VANDERBY 44	NT	1:13:19	
3.	Richard BEACROFT 35	UNON	1:16:52	
4.	Rob TEASDALE 39	STRY	1:25:09	
5.	Adam BENT 29	UXB	1:26:25	
6.	Wendy CIMARNO 50	AURO	1:28:02	☉
7.	Tamara FLANNIGAN 27	OSAC	1:29:06	
8.	Amanda ATKINSON 33	ETOB	1:30:20	
9.	Kelly LYONS 40	NYG	1:30:48	
10.	Wendy WAGLAND 56	BURL	1:32:50	☉
11.	George MILNE 71	TYMS	1:34:03	
12.	Sandor MATHÉ	VVV	1:34:04	
13.	Jean QUILTER 49	NYG	1:35:52	
14.	Kim LUMSDON 46	NT	1:38:04	
15.	James McINNES 57	UNON	1:38:15	
16.	John POTOCSKA 52	ETOB	1:38:58	BA ☉
17.	Rob PARDY 38	UNON	1:40:07	
17.	Marilyn KORZEKWA 46	UNON	1:40:07	
19.	Jane BANCROFT 39	DSC	1:40:25	
20.	Russ DONALDSON 64	VCSS, BC	1:41:28	
21.	Jenny TSCHARKE 41	MASC	1:41:31	
22.	Brian HURLBURT 59	NYG	1:42:18	
23.	John CONVEY 65	BRCK	1:44:02	
24.	Bryan FINLAY 60	LSD	1:44:22	BR ☉
25.	Carolyn MacLEOD 27	NYG	1:45:30	
26.	Geoff CAMP 44	ETOB	1:45:41	
27.	Charlie LANE 65	ETOB	1:46:06	
28.	Robert MILLER 46	NT	1:50:12	BR
29.	Jan McINNES 57	UNON	1:53:13	
30.	Sharyn SMITH 37	STRY	1:53:52	
31.	Sara Naomi GLADSTONE 39	NYG	1:54:48	
32.	Kimberley McGOWAN 42	DAM	1:55:35	
33.	Heather WARDELL 31	UNON	1:58:59	BR ☉
34.	Kathy RATTRAY 63	BURL	2:00:20	
35.	Beverley TUCKER 68	TYMS	2:03:07	☉
36.	Keary FULTON-WALLACE 45	STRY	2:06:05	
37.	Andrew LEE 40	EYH	2:09:29	
38.	Barrie MALLOCH 62	ETOB	2:11:37	
39.	Sylvia EISELE 74	ETOB	2:12:28	☉
40.	Rosemary COOKE 51	WYM, QC	2:15:40	
41.	Ken MARCHANT 76	CAM	2:20:57	

LONDON SILVER DOLPHINS - 22nd Annual 5 km St Marys Swimming Championships
2003 Masters Swimming Ontario 5 km Championship
7th September 2003 - St Marys Quarry, Ontario

LAP SPLITS											
Name	1	2	3	4	5	6	7	8	9	10	11
LADIES 25-29											
Tamara FLANNIGAN 27	7:12	14:44	22:26	30:20	38:18	46:19	54:26	1:02:46	1:11:26	1:20:18	1:29:06
Carolyn M ^{rs} LEOD 27	8:03	16:55	26:02	35:37	45:00	54:42	1:04:25	1:14:41	1:24:56	1:35:15	1:45:30
LADIES 30-34											
Amanda ATKINSON 33	7:30	15:20	23:23	31:34	39:49	48:16	56:46	1:05:11	1:13:39	1:22:00	1:30:20
Heather WARDELL 31	10:11	20:45	31:34	42:20	53:23	1:04:18	1:15:05	1:26:03	1:37:14	1:48:26	1:58:59
LADIES 35-39											
Jane BANCROFT 39	8:59	17:58	27:17	36:56	45:33	54:34	1:03:40	1:12:48	1:22:02	1:31:15	1:40:25
Sharyn SMITH 37	8:40	18:43	28:33	38:37	48:53	59:28	1:10:10	1:21:04	1:31:45	1:42:48	1:53:52
Sara Naomi GLADSTONE 39	9:56	19:57	30:02	40:09	50:23	1:00:52	1:11:31	1:22:03	1:32:45	1:44:00	1:54:48
LADIES 40-44											
Lynn MARSHALL 42	5:43	12:13	18:25	24:39	30:57	37:18	43:43	50:12	56:41	1:03:10	1:09:32
Kelly LYONS 40	7:32	15:40	23:28	31:39	39:53	48:12	56:27	1:04:54	1:13:28	1:22:05	1:30:48
Jenny TSCHARKE 41	8:18	17:43	26:44	35:54	45:11	54:19	1:03:38	1:13:08	1:22:38	1:32:08	1:41:31
Kimberley McGOWAN 42	8:12	18:25	28:24	38:42	49:14	59:45	1:10:44	1:21:51	1:32:45	1:44:16	1:55:35
LADIES 45-49											
Jean QUILTER 49	7:47	16:05	24:34	33:09	41:42	50:24	59:20	1:08:20	1:17:27	1:26:49	1:35:52
Kim LUMSDON 46	---	16:45	25:29	34:19	43:13	52:16	1:01:19	1:10:30	1:19:36	1:28:59	1:38:04
Marilyn KORZEKWA 46	8:24	17:04	25:51	34:54	44:10	52:25	1:02:43	1:12:06	1:21:30	1:31:00	1:40:07
Keary FULTON-WALLACE 45	9:44	20:21	31:27	42:45	54:25	1:05:53	1:17:37	1:29:47	1:41:52	1:53:51	2:06:05
Mijja LYKOUREZOS 49	11:52	24:48	38:13	52:32	1:07:25	DNF					
LADIES 50-55											
Wendy CIMARNO 50	7:17	15:03	22:53	30:44	38:36	46:40	54:42	1:02:51	1:11:15	1:19:36	1:28:02
Rosemary COOKE 51	10:18	21:29	32:03	45:14	57:35	1:10:16	1:23:00	1:36:03	1:49:29	2:02:52	2:15:40
LADIES 55-59											
Wendy WAGLAND 56	7:53	16:05	24:22	32:46	41:09	49:40	58:14	1:06:50	1:15:32	1:24:10	1:32:50
Jan McINNES 57	8:58	18:32	28:11	37:53	47:57	58:20	1:08:46	1:19:32	1:30:52	1:42:07	1:53:13
LADIES 60-64											
Kathy RATTRAY 63	10:04	20:41	31:21	42:14	53:09	1:04:07	1:15:17	1:26:33	1:37:53	1:49:10	2:00:20
Barrie MALLOCH 62	10:41	21:29	32:39	44:04	55:56	1:05:40	1:20:41	1:34:13	1:46:42	1:59:19	2:11:37
LADIES 65-69											
Beverley TUCKER 68	10:33	21:17	32:10	43:20	54:28	---	1:17:03	1:28:44	1:40:05	1:51:39	2:03:07
LADIES 70-74											
Sylvia EISELE 74	10:53	22:13	34:08	46:04	58:13	1:10:45	1:23:01	1:35:09	1:47:49	2:00:26	2:12:28
LADIES 75-79	No Swimmers in this Age Group										

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LAP SPLITS											
Name	1	2	3	4	5	6	7	8	9	10	11
MEN 25-29 Adam BENT 28	6:56	14:15	---	29:10	36:55	44:54	52:55	1:01:34	1:09:48	1:18:15	1:26:25
MEN 30-34	No Swimmers in this Age Group										
MEN 35-39 Richard BEACROFT 39 Robert TEASDALE 39 Rob PARDY 38	6:53 7:41 7:42	14:09 15:20 15:44	21:33 23:10 23:44	29:10 31:06 31:48	36:41 38:59 39:58	44:07 46:57 48:13	51:47 54:54 56:34	59:37 --- 1:04:56	1:07:23 1:11:03 1:13:22	1:15:10 --- 1:21:49	1:22:55 1:26:37 1:30:07
MEN 40-44 Doug VANDERBY 44 Sandor MATHÉ 43 Geoff CAMP 44 Andrew LEE 40	6:18 7:19 8:35 10:04	12:52 15:04 17:39 20:54	19:24 22:50 26:52 32:01	25:58 30:47 36:32 43:04	32:38 38:50 46:24 54:10	39:17 47:05 56:14 1:05:49	46:03 55:49 1:06:06 1:18:19	52:52 1:04:56 1:16:05 1:31:21	59:45 1:14:30 1:26:06 1:44:09	1:06:37 1:24:25 1:36:07 1:56:54	1:13:19 1:34:04 1:45:41 2:09:29
MEN 45-49 Robert MILLER 46	9:09	---	28:18	38:00	48:00	57:48	1:07:34	1:17:36	1:27:54	1:38:40	1:50:12
MEN 50-54 John POTOCSKA 52	8:32	17:26	26:16	35:09	44:05	53:07	1:02:15	1:11:20	1:20:25	1:29:42	1:38:58
MEN 55-59 James McINNES 57 Brian HURLBURT 59	8:08 8:23	16:42 17:17	25:22 26:11	34:14 35:03	43:18 44:14	52:13 53:40	1:01:25 1:03:02	1:10:29 1:12:48	1:19:43 1:22:37	1:29:06 1:32:31	1:38:15 1:42:18
MEN 60-64 Russ DONALDSON 64 Bryan FINLAY 60	--- 8:50	17:24 18:05	26:22 27:14	35:42 36:44	44:51 46:10	54:09 55:39	1:03:29 1:05:14	1:13:06 1:14:57	1:22:45 1:24:43	1:32:15 1:34:37	1:41:28 1:44:22
MEN 65-69 John CONVEY 65 Charlie LANE 65	--- 8:15	18:37 17:35	27:59 26:38	37:25 36:56	46:48 46:44	56:12 56:07	1:05:26 1:05:45	1:15:01 1:15:40	1:24:33 1:25:40	1:34:15 1:36:05	1:44:02 1:46:06
MEN 70-74 George MILNE 71	7:56	16:25	24:50	33:04	41:27	49:52	58:27	1:07:13	1:16:11	1:25:10	1:34:03
MEN 75-79 Ken MARCHANT 76	11:05	22:52	35:13	47:40	1:00:25	1:13:30	1:26:45	1:41:41	1:55:09	2:08:49	2:20:57