

# Official Program



## MARION MARLINS MASTERS **Swimming Club**



## **State Masters OWS Championships**

## **Sunday 14th January** 2024

At Somerton SLSC from 8.30 am

1km & 3km State Championship Events

## **Major Event Sponsor:** Sammy's on the Marina

Other main sponsors:

Marion Outdoor Pool Centre, Asian Flavour House, Elattè, Ellenika, Esti, Europa at the Bay, Mediterranean Cafe Ristorante, Beach Burrito Co. Glenelg, Thai Orchid Restaurant, and Watermark Glenelg

Full listing of supporting sponsors at the end of the program

## <u>Marion Masters Open Water Swim</u> <u>Principal Officials 2024</u>

**Event Manager: Ben Warr** 

Registrar / Clerk of the Course: Mike Perkins / Ben Warr

Referee: Penni O'Shea

## **Race Instructions & Conditions**

The Committee of the Marion Marlins Masters Swimming Club has the discretion to cancel the event at any time. Details on the Refund policy can be found here: Masters-Swimming-SA-Refund-Policy-Final-28-August-2020.pdf (mastersswimmingsa.org.au)

#### **All OWS Competitors**

- Both races are open to any competitor 18 years and over.
- All entrants must complete the online entry form prior to midnight 12 January 2024
- No entry will be accepted without payment of the entry fee.
- The Club committee reserves the right to refuse entry to any competitor at its complete discretion and will refund any entry fee paid.

#### **Competitors in State Masters OWS Championship**

- All entrants will be eligible to win the title of Fastest Male/Female in either the 1km or 3km events.
- Only registered SA Masters Swimmers will be eligible for age group awards.

#### **Registration**

- Registration will occur on the beach in front of the Somerton SLSC between 8.30 am and 9.30 am.
- Swimmers will be grouped according to their starting time as decided by the Race Director prior to the day.
- Swimmers will be issued with a swim cap at registration. Swimmers will also be numbered. The swim cap must be worn throughout the race as a safety precaution.
- Please assist the race officials by wearing your cap in the marshalling area.

#### **The Start**

- The 3km OWS will commence at 10am and the 1km OWS at 10:05 am.
- Air cover is generally available from 10am onwards.
- Swimmers who cross the starting line before the sounding device is heard may be liable to disqualification.
- The Race Director may vary the start times prior to the commencement of each race.

#### **The Course**

- Swimmers will be required to swim a rectangular course marked by buoys, from the beach at Somerton SLSC and return to the finish on the beach at Somerton SLSC. Swimmers in the 3km race will complete a 1000m rectangle three times and the swimmers in the 1km race will complete the same 1000m rectangle as shown on the course map.
- In the interest of your safety please swim carefully around the buoys. Course officials will be requested to warn swimmers of any potential collision.
- A map of the course is displayed in the registration area.

#### THE VENUE

Event will be conducted over a 1km course for both the 1km and 3km events. The published course may be amended in length and direction by the OWS Coordinator for the safety of swimmers.

- 1. All turns or alterations of course shall be clearly indicated by large coloured buoys in contrast to local markers.
- 2. The course shall be in salt water that is subject only to minor current or tidal flow.
- 3. The course shall be safe for swimmers in that:
  - a. Sea conditions allow swimmers of all abilities to complete the event and to be sighted by surf life savers at all times. As a guide- line winds exceeding 30kph if directed from the south or southwest and/or breaking waves exceeding 0.6 meters may be grounds for cancellation. There should be no strong currents or rips on the course.
  - b. There is minimal or no turbidity on the course associated with a significant rainfall event and storm water or pollutant discharge in the three days preceding the event.
  - c. The average water temperature (measured at a depth of approximately 400mm) shall not be less than 18°C.
- 4. In normal circumstances the minimum depth of water at any point on the course shall be greater than two meters.

#### PRE-RACE PREPARATION

- 1. Entrants holding a current Medicalert registration may provide their Medicalert Registration Number to the Registrar at the time of Registration.
- 2. Swimmers shall have their competition number clearly applied in waterproof ink on their upper back or arms, and/or displayed on swim caps. It is compulsory for all swimmers to wear highly visible coloured caps provided by the Race Organiser throughout the race.
- 3. Goggles, up to two caps, nose clip and earplugs may be used. No swimmer shall be permitted to use or wear any device that may be an aid to speed, endurance or buoyancy (wetsuits, swim fins, paddles, snorkels etc.).

- 4. The wearing of jewelry and watches except for Medic Alert supplied registration disc, is not allowed to avoid cuts and scratches to other swimmers resulting in blood in the water on the course.
- 5. Wetsuits and FINA non-compliant swimwear may be allowed at the discretion of the Event Manager, but the swimmer then becomes ineligible for prizes, trophies or championship honours. Any published results or records will clearly indicate swimmers who wore wetsuits.
- 6. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Event Manager, excessive or contravene any law.
- 7. Swimmers Entered but not Registered by the published "Close of Registration Time" on race day will be disqualified.
- 8. All swimmers Registered for the event shall attend the "Swimmer Briefing" to be held within 30 minutes of the published Race Start Time.

#### THE START

- The Marshall shall keep swimmers and officials informed of the time before the start, eg. five
  minutes to go, a verbal command will be given that swimmers may enter the water and move
  toward the Start Line. The Marshall shall then hand over to the Starter by verbal advice or prearranged signal.
- 2. The start line shall be clearly defined by removable equipment at water level, ie. *between two buoys*. With one minute to go swimmers shall assume their start positions at the start line as directed by the Starter.
- 3. The event shall start with all swimmers standing or treading water in a depth sufficient for them to commence swimming on the start signal.
- 4. The Starter shall be positioned to be clearly visible to all swimmers.
- 5. The Starter shall indicate, by a flag held upright and verbal command, when the start is imminent.
- 6. The Starter shall start the race by dropping a flag and sounding an air horn. The flag drop is the sign for the Timekeepers to start watches; the air horn is the sign for the competitors to start their race.

#### THE RACE

- 1. All swimmers must swim freestyle where possible. Backstroke or Breaststroke kick in congested areas, (starts and turns), may be considered 'unsporting interference' and lead to disqualification.
- 2. Obstructing, interfering with or making intentional contact with another swimmer shall, if deemed by the Referee as "unsporting interference", lead to disqualification.
- 3. Swimmers shall maintain a reasonable clearance from other swimmers. At the start, finish and turns swimmers shall take every possible action to avoid contact with another swimmer.
- 4. Swimmers shall not receive support from any fixed or floating object and shall not be touched by an escort craft or crew therein or paddler unless the swimmer requests assistance. Such assistance shall be deemed as a Withdrawal.
- 5. The pacing of a swimmer by a craft, paddler or another person entering the water is not permitted.
- 6. If a swimmer is unable to complete the swim they shall raise their arm and wait for assistance from support craft.

7. A cut-off time for all events shall be determined and announced with the race details. After expiry of the designated time limit, the Event Manager may order any or all swimmers still on the course to leave the water.

#### THE FINISH OF THE RACE

- 1. The final approach to the finish shall be clearly defined with markers of a distinctive colour.
- 2. The finish shall be a clearly defined line including the waters edge. The race finishes when a swimmer can no longer swim and stands up to approach the finish line.
- 3. Swimmers shall swim/walk across a defined finish line and be placed in order of finish, and or given a numbered place biscuit. If a swimmer cannot stand or walk to a finish line, they may be assisted or use a representative to collect their place biscuit to walk it to the official finish. Swimmers running past walking swimmers may be disqualified.
- 4. Swimmer shall collect their place biscuit to walk it to the official finish in the order of the swimmer's finish.

#### **APPEALS**

- 1. Any swimmer disqualified by a Referee may appeal the disqualification to the Referee within 30 minutes of the last swimmer finishing.
- 2. The Event Manager and Referee must consider the appeal with the disqualified swimmer prior to any results being published.
- 3. The decision of the OWS Coordinator on any appeal including any time or place penalty or disqualification is final and no further avenues of appeal are open to a disqualified swimmer.

#### **Swim Rules**

The Masters Swimming Australia *Open Water Swimming* rules and policy applies to this race. The full text can be found at; <a href="https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-OWS-Rules-May-2022.pdf">https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-OWS-Rules-May-2022.pdf</a>

Please note in particular that;

- No extraneous aids are allowed. Goggles are allowed and recommended.
- Wet suits, if used will disqualify the swimmer from any prizes or awards.
- Swimmers will be required to have an official swim cap issued at registration which must be worn at all times.
- Race Officials reserve the right to withdraw competitors at any time preceding or during the race. The Race Officials will consider water and air temperature and weather conditions prior to each race and may vary the event accordingly.
- Race Officials shall have the authority to remove a competitor from the race if the
  competitor is judged to be physically incapable of continuing the race without the risk of
  injury to them or others or the time limit has, or will, expire.
- A spirit of friendly competition should be maintained throughout the race. Any unsportsman like conduct will be grounds for immediate disqualification.
- Decisions of the Race Officials are final and are not subject to appeal.
- Water cover personnel are considered as Race Officials.

#### **Time Limits**

- There will be time limits applied to all races for safety reasons:
  - 3 km 90 mins
  - 1 km 40 mins
- Swimmers may be asked to withdraw from a race if it becomes evident to the Race Officials that a competitor is unlikely to complete the race within the time limit set.

#### **Safety**

- To ensure the safety of all swimmers, the Race organisers have engaged the Somerton SLSC to maintain a high presence in the water. If you require help do not hesitate to call on safety personnel – ski, rescue board or power boat by raising your arm.
- You must leave the water if requested by any official or if a shark warning (siren or other signal) is given.
- The Race Officials may determine that a competitor should be asked to leave the water
  if they are of the opinion that the competitor's safety is at risk. This decision is at the
  complete discretion of the Race Officials who may consider all factors including the
  water temperature and the condition of the competitor.
- A medical officer will be present in the Somerton Patrol tent.

#### **The Finish**

- All competitors must proceed across the finish line, which will be located at the water's edge. As soon as you cross the finish line your time will be recorded.
- Please place your swimming cap in the bin provided just near the competitors' area.

#### **Non-Finishers**

 All registered competitors who fail to complete the course for any reason are required to notify the recorders at the finish line.

#### **Results and Prizes**

- Your final position will then be determined by the official timekeeper. Official results will be announced at the presentation ceremony in the Somerton SLSC at approximately 12.30pm.
- Prizes will be awarded to the first 3 males and females in each race. Age Group prizes will also be awarded.
- Any swimmer may wear a wetsuit or non-FINA approved suit but will not receive an
  official placing or be eligible for an award or prize.
- Numerous door prizes will be awarded to competitors during the presentation ceremony.
- Over \$6,000.00 worth of prizes

#### **State Masters OWS Championships**

- Placings in the 1km and 3km events will be determined in 5-year age groups (Male & Female) in accordance with MSSA policy and the first three place winners in each group will be recognised.
- Results in both the1km and 3km OWS will be used to determine the 2024 Club Champions (Total Points and Points/Swimmer).

### 10 Year Award

• The Club recognises long time supporters of the Marion OWS. From the records held by the organisers those competitors who have completed 10 or 20 events up to and including the 2024 event will receive an award at the presentation ceremony.

### With thanks to our sponsors:

Sammy's on the Marina	8376 8211	SAMMUS ON THE MARINA
Marion Outdoor Pool Centre	8276 4939	MARION
Luciano's on the Marina	8294 5544	LUCIANO'S ON THE MARINA
Asian Flavour House	8295 6409	ASIAN FLAVOUR HOUSE
Beach Burrito Co. Glenelg	8376 3772	Burito
Chalkers Eightball Centre Glenelg	8376 0202	Chalkers
Elattè	8294 1045	Elatte  Mediterranean & Greek Cuisine
Ellenika	8376 7688	ELLENIKA OCEAN GRILL
Mediterranean Cafe Ristorante	8295 8333	Mediterranean
Europa at the Bay	8376 3995	EUROPA at the Bay
Thai Orchid Restaurant	8353 4686	THAI ORCHID RESTAURANT

Hogs' Breath Cafe	8376 7713	HOGS BREATH
Watermark Glenelg	8294 2300	Watermark
Bacchus Bar	8356 2644	BACCHUS
Estia	8353 2875	ESTIA
Carbone's Seafood & Grill	8376 8333	Cardone's
Seafire on the Marina	8350 9574	SEAFIRE ON THE MARINA STEAK-FUNCTIONS-WINE
Mamma Carmela	8295 4477	Mamma Cafe Pizzeria Est. 1974
Glenelg Pier Hotel	8350 3188	THE PIES
Sunset Bar	8350 0091	Sunset
Thai Orchard	8353 4686	THAI ORCHID RESTAURANT
Cardone's	8376 8333	Cardone's
Blue Rose	8117 7816	Blue Rose
Rosa Mexicano Glenelg	8294 9892	RÖSA MEXÍCANÖ Essence of Mexico
Tomiko Japanese Steak House	8295 5995	JAPANESE TOMIKO STEAK HOUSE
The Warf	8376 6266	wharf

SheShells Restaurant	0424 649 077	
Junipers on the Marina	7078 6400	Junipers on the Marina

## **SA State Masters Championships -Overall Winners**

#### **3km Fastest Female**

Year	State Champion	1st Runner-up	2nd Runner-up	
2012	Steph Palmer-White (SAM)	ph Palmer-White (SAM)   Joanne Sutcliffe (SHB)   SI		
2013	Steph Palmer-White (SAM)	Leila Nazimi (SHB)	Cassie Lindsay (SAT)	
2014	Leila Nazimi (SHB)	Cassie Lindsay (SAT)	Julie Astley (SAM)	
2015	Leila Nazimi (SHB)	Steph Palmer-White (SAM)	Georgy Falster (SMR)	
2016	Georgy Falster (SMR)	Steph Palmer-White (SAM)	Cassie Lindsay (SAT)	
2017	Cassie Lindsay (SAT)	Steph Palmer-White (SAM)	Ahlanna Hayes (SAT)	
2018	Leila Nazimi (SHB)	Steph Palmer-White (SAM)	Josephine Varney (SHB)	
2019	Steph Palmer-White (SAM)	Cassie Lindsay (SAT)	Madeleine Wood	
2020	Leila Nazimi (SHB)	Lauren Christian	Sharon Beaver (SHB)	
2021	Leila Nazimi (SHB)	Eve Caton	Cassie Lindsay (SAT)	
2022	Leila Nazimi (SHB)	Eve Caton	Julie Bowman (SAM)	
2023	Leila Nazimi (SHB)	Josephine Varney (SHB)	Sharon Beaver (SAM)	

### **3km Fastest Male**

Year	State Champion	1st Runner-up	2nd Runner-up
2012	Mark Smedley (SAM)	Ian Young (SMR)	Grant Simpson (SHB)
2013	Craig Jones (STT)	Ian Young (SMR)	Grant Simpson (SHB)
2014	James Fennel	Damion Burrage (SAM)	Michael Carter (SAM)
2015	Michael Carter (SAM)	Tom Currie (SAM)	Ian Young (SMR)
2016	Garth Tierney (SHB)	Simon Mulligan (SMR)	Ian Young (SMR)
2017	Grant Simpson (SHB)	Chris Velliaris (SWD)	Paul White (SAT)
2018	Grant Simpson (SHB)	Chris Velliaris (SWD)	Simon Mulligan (SMR)
2019	Mark Preiss (SAO)	Simon Mulligan (SMR)	Chris Velliaris (SWD)
2020	Sam Tebeck	Simon Mulligan (SMR)	Scott Goldie (SAM)
2021	Christopher Deegan	Justin Clark	Scott Goldie (SAM)
2022	Liam McHugh (SUS)	Justin Clark	Chris Velliaris (SWD)
2023	Luke Bell	Liam McHugh (SUS)	Justin Clark

#### **1km Fastest Female**

Year	State Champion	nampion 1st Runner-up		
2015	Sharon Beaver (SAM)	Joanne Sutcliffe (SHB)	Robyn Falster (SMR)	
2016	Leila Nazimi (SHB)	Sharon Beaver (SAM)	Natalie Hann (SAT)	
2017	Joanne Sutcliffe (SHB)	Leila Nazimi (SHB)	Lauren Christian (SAM)	
2018	Briny Mcarthur (SMR)	Leonie O'Connell (SAM)	Maryanne Heffernen (SMR)	
2019	Joanne Sutcliffe (SHB)	Sarah Wilkins	Gemma Desmond	
2020	Leonie O'Connell (SAM)	Emily Goldie (SAM)	Maryanne Heffernen (SMR)	
2021	Steph Palmer-White (SAM)	Joanne Sutcliffe (SPM)	Emily Goldie (SAM)	
2022	Steph Palmer-White (SAM)	Joanne Sutcliffe (SPM)	Amanda Carne (SPM)	
2023	Steph Palmer-White (SAM)	Joanne Sutcliffe (SPM)	Emily Goldie (SAM)	

#### **1km Fastest Male**

Year	State Champion	1st Runner-up	2nd Runner-up
2015	Mark Smedley (SAM)	Philipp Djang (SAM)	Mark Preiss (SAQ)
2016	Grant Simpson (SHB)	Chris Valliaris (SWD)	Mark Smedley (SAM)
2017	Ian Young (SMR)	Mathew Cranley (SNO)	Marin Slunjski (SHB)
2018	Tom Liubinas	Ian Young (SMR)	Norm Collins (SHB)
2019	Ian Young (SMR)	Grant Simpson (SHB)	Ace Lewis (SMR)
2020	Mark Preiss (SAO)	Ian Young (SMR)	Ben Warr (SMR)
2021	Ian Young (SMR)	Grant Simpson (SPM)	Dean Shard (SMR)
2022	Mark Preiss (SAO)	Dean Shard (SMR)	Ace Lewis (SMR)
2023	Mark Preiss (SAO)	lan Young (SMR)	Ace Lewis (SMR)

Note: Both Masters Members and Non-members eligible for Fastest Male and Female placings. The 1km event attained Championship status in 2015.

## **Team Trophies**

## **Club Champion (Aggregate Points)**

Year	Winner	2nd	3rd	
2012	Marion (SMR)	Adelaide (SAM)	Henley Beach (SHB)	
2013	Marion (SMR)	Adelaide (SAM)	Henley Beach (SHB)	
2014	Marion (SMR)	Adelaide (SAM)	Henley Beach (SHB)	
2015	Marion (SMR)	Adelaide (SAM)	Tea Tree Gully (STT)	
2016	Marion (SMR)	Tea Tree Gully (STT)	Adelaide (SAM)	
2017	Marion (SMR)	Tea Tree Gully (STT)	Henley Beach (SHB)	
2018	Marion (SMR)	Henley Beach (SHB)	Adelaide (SAM)	
2019	Marion (SMR)	Henley Beach (SHB)	Atlantis (SAT)	
2020	Marion (SMR)	Tea Tree Gully (STT)	Adelaide (SAM)	
2021	Marion (SMR)	Adelaide (SAM)	Atlantis (SAT)	
2022	Marion (SMR)	Atlantis (SAT)	Phoenix Masters (SPM)	
2023	Marion (SMR)	Adelade (SAM)	Phoenix Masters (SPM)	

## **Club Champion (Average Points / Swimmer)**

Year	Winner	2nd	3rd		
2012	Atlantis (SAT)	Atlantis (SAT) Adelaide (SAM) N			
2013	Atlantis (SAT)	Marion (SMR)	Henley Beach (SHB)		
2014	Henley Beach (SHB)	Adelaide (SAM)	Tea Tree Gully (STT)		
2015	Henley Beach (SHB)	Adelaide (SAM)	Marion (SMR)		
2016	Atlantis (SAT)	Tea Tree Gully (STT)	Henley Beach, Marion, Western Districts, Onkaparinga		
2017	Atlantis (SAT)	Adelaide (SAM)	Henley Beach (SHB)		
2018	Western Districts (SWD)	Noarlunga (SNO)	Adelaide (SAM)		
2019	Aquadome Otters (SAO)	Marion (SMR)	Atlantis (SAT)		
2020	Western Districts (SWD)	Tea Tree Gully (STT)	Atlantis (SAT)		
2021	Phoenix Masters (SPM)	Aquadome Otters (SAO)	Henley Beach (SHB)		
2022	Uni SA (SUS)	Aquadome Otters (SAO), Phoenix (SPM)			
2023	Henley Beach (SHB)	Phoenix (SPM)	Uni SA (SUS)		

Note: Points for SA Branch club trophies awarded on basis of 4pts for Age Group winner,
3pts for 2nd, 2pts for third and 1 pt for all other placings. Trophy for Aggregate Points is
the point total while the Trophy based on Average Points per Swimmer is the sum of
all points divided by the number of swimmers (minimum 3) from each club. Results from the 1km
and 3km races are included (3km only from 2012-14). Only SA Master swimmers and clubs eligible.

015 016 017 018 019 020 021 022 023 015 016 017 018 019	Age Group 18-24	1st	ge Group (SA Master	3rd	Year	Age Group	1st	e Group (SA Maste	3rd
016 017 018 019 020 021 022 023 015 016 017 018						Group	Ĭ	I	1
016 017 018 019 020 021 022 023 015 016 017 018	10-24				2015	18-24			
018 019 020 021 022 023 015 016 017 018		Alexandra Carter (SAM)			2015	18-24			
019 020 021 022 023 015 016 017 018					2017				
020 021 022 023 015 016 017 018					2018 2019				
022 023 015 016 017 018		Sarah Wilkins (SMR)			2020				-
023 015 016 017 018					2021				
015 016 017 018		Elinor Teo (SUS)			2022 2023		Samuel Sztolc (SUS)		
017 018	25-29	Katherine Whaites (STT)			2015	25-29			
018		(6444)			2016		0		
		Lauren Christian (SAM) Briny Mcarthur (SMR)	Georgia Walter (SMR)		2017 2018		Ryan McMurtrie (SAO)		-
		Dhara Amin (SMR)			2019				
020		Alexandra Carter (SAM)	Stephaie Walker (SNO)	Justine Buchler (SMR)	2020 2021				
022		Alexandra Carter (SAIVI)	Stephale Walker (SNO)	Justine Buchier (Sivik)	2022		Alex Ljamin (SUS)	Andrew Truong (SUS)	Paul Marsden (SHB)
					2023		Albert Sztolc (SUS)	Andrew Truong (SUS)	
015	30-34	Leila Nazimi (SHB)	Justine Marum (SAM)		2015 2016	30-34			
017		Leila Nazimi (SHB)	Jemma Bowker (SMR)	Wendy Wilkinson (STT)	2017				
018		Jemma Bowker (SMR)			2018		Ben Warr (SMR)		
019 020		Katherine Waites (STT)			2019 2020		Ben Warr (SMR)		
021					2021		,		
022 023		Briny Mcarthur (SPM)	I acces Alabia (CLID)		2022 2023		Hai Navora (CAAA)		
015	35-39	Danielle Hatzimihail (SPM)	Laura Alchin (SHB)		2023	35-39	Hai Nguyen (SAM) John Baranoff (SAM)	Banjamin Lewis (STT)	lain Wright (SAM)
016		Debbie Gross (STT)			2016				
017 018		Karen Mentha (STT) Karen Mentha (STT)	Renae Hajek (SNO)		2017 2018				
019		Eva Alvarez de Eulate (SPS)			2019		Ace Lewis (SMR)		
020					2020				
021 022		Anna Tate (SPM)			2021 2022		Craig Zubrinich (SAO) Kim Le (SUS)		}
023					2023				
015 016	40-44	Samantha Jacobs (STT)	Rachael Thorpe (STT)	Deborah Brown (SAQ)	2015 2016	40-44	Mark Preiss (SAQ) Chris Valliaris (SWD)	Mark Preiss (SAO)	John Baranoff (SAM)
016 017		Jennifer Heath (SMR) Rachael Thorpe (STT)	Rachael Thorpe (STT)	Claire McCaffrey (SMR)	2016 2017		Mathew Cranley (SNO)	Mark Preiss (SAO) Michael Gaibinger (SMR)	Andrew Cranley (SAM)
018					2018				,
019 020		Rachael Thorpe (STT) Karen Mentha (STT)	Sonya Montgomerie (SAM)		2019 2020		Evan Hayes SAT)		-
021					2021		Ace Lewis (SMR)		
022		Joanne Bowen (SPM)	Bernadette Williams (STT)		2022		Ace Lewis (SMR)		
023 015	45-49	Joanne Bowen (SPM) Sharon Beaver (SAM)	Helen Tucker (SNO)	Ruth Zeigler (STT)	2023 2015	45-49	Ace Lewis (SMR) Gavin Rowell (SMR)	Mathew Scholar (SMR) Roman Zaika (SAM)	Kim Le Darryl Wallis (STT)
016		Sharon Beaver (SAM)	Natalie Hann (SAT)	Samantha McKinlay (SHB)	2016		Gavin Rowell (SMR)	Darryl Wallis (STT)	
017		Jennifer Heath (SMR)	Joanne Bros (SMR)	Deborah Brown (SAM)	2017		Michael Hughes (STT)	Gavin Rowell (SMR)	Mark Francis (SMR)
018 019		Suzanne Pinyon (SHB) Vanessa Tricker (STT)	Deborah Brown (SAM) Jennifer Heath (SMR)	Heather Anderson (SAT) Meredith Ryan (SMR)	2018 2019		Andrew Cranley (SNO) Troy Williams (SAT)	Andrew Cranley (SNO)	Darryl Wallis (STT)
020		Emily Goldie (SAM)	Meredith Ryan (SMR)	Rachel Thorpe (STT)	2020		Mark Preiss (SAO)	David Bryce (SHB)	Andrew Cranley (SN
021 022		Emily Goldie (SAM) Emily Goldie (SAM)	Jennifer Heath (SMR)	Cloe Steveson (SAT)	2021 2022		Dean Shard (SMR) Dean Shard (SMR)	John Baranoff (SPM) Brad Gauvin (SPM)	Andrew Cranley (SNO
023		Emily Goldie (SAM)			2022		John Baranoff (SAM)	Evan Hayes (SAT)	Remin Nath (SAM)
015	50-54	Anita Blackmore (STT)	Chimene O'Rafferty	Susan Lacey (SAQ)	2015	50-54	Michael Perkins (SMR)	John Dundon (SHB)	Mark Constable (SWI
016 017		Leanne Markey (SNO)	Dodie Smith (STT)	Barbara Burnet (SAM)	2016 2017		Norm Collins (SHB)	Mark Trenwith (SMR)	Rodney French (SAO) Andrew Smith (SMR)
018		Sharon Beaver (SAM) Helen Tucker (SNO)	Helen Tucker (SNO) Leanne Markey (SNO)	Anita Blackmore (STT) Wendy Lewis (SHB)	2017		Scott Jones (SNO) Kent Nelson (SAM)	Rodney French (SAO) Grant Tucker (SNO)	Andrew Smith (Sivik)
019		Helen Tucker (SNO)	Melinda Lutton (SNO)	Yumi Brown (SAO)	2019		Stephen Osborne (SHB)	Gavin Rowell (SMR)	Tim Pexton (SAT)
020		Helen Tucker (SNO)	Helen Hayes (SNO)	Melinda Lutton (SNO)	2020 2021		Michael Hughes (STT) Gavin Rowell (SMR)	Darryl Wallis (STT)	Guillermo Cuesta (SN
022		Maggie Evans (SMR) Amanda Carne (SPM)	Sarah Langsford (SMR) Chloe Steveson (SAT)	Jennifer Heath (SMR)	2021		Mark Preiss (SAO)	Darryl Wallis (STT) Gavin Rowell (SMR)	Darryl Wallis (STT)
023		Jennifer Heath (SMR)	Claudia Chavez (SMR)	Kim Lau (SAM)	2023		Mark Preiss (SAO)	Darryl Wallis (STT)	
015 016	55-59	Joanne Sutcliffe (SHB) Robyn Falster (SMR)	Robyn Falster (SMR) Sue Filmer (SMR)	Deborah Waering (SMR) Penelope O'Shea (SAO)	2015 2016	55-59	Mark Smedley (SAM) Mark Smedley (SAM)	Barry Payne (SHB) Barry Payne (SHB)	Christopher Carter (S Peter Cleary (SAM)
017		Joanne Sutcliffe (SHB)	Robyn Falster (SMR)	Sue Filmer (SMR)	2017		Marin Slunjski (SHB)	John Dundon (SHB)	Brian Morris (SAM)
018		Robyn Falster (SMR)	Rosemary White (SHB)	Helen Walsh (SMR)	2018		Norm Collins (SHB)	Mark Smedley (SAM)	Nigel Skeates (SHB)
019 020		Joanne Sutcliffe (SHB) Eimer Muir-Cochrane (SWD)	Robyn Falster (SMR) Yumi Brown (SAO)	Sally Blenkinsop (SAT)	2019 2020		Mark Smedley (SAM) John Dundon (SHB)	John Dundon (SHB) Mark Trenwith (SMR)	Nigel Skeates (SHB) Andrew Smith (SMR)
021		Stephanie Palmer-White (SAM)	Eimer Muir-Cochrane (SWD)	Anita Blackmore (STT)	2021		John Dundon (SHB)	Norm Collins (SPM)	Tim Burfield (SAT)
022		Stephanie Palmer-White (SAM)	Carol Holden (SAT)	Yumi Brown (SAO)	2022		Norm Collins (SPM)	Nicholas Bigiolli (SPM)	John Clancy (SAT)
023 015	60-64	Stephanie Palmer-White (SAM) Robyn Brown (SMR)	Natalie Hann (SAT) Judith Groves (SMR)	Helen Tucker (SNO) Mary Lane (STT)	2023 2015	60-64	Brian McKenny (SAT) Philipp Djang (SAM)	Marc Loader (SMR) Tony Fowler (SMR)	John Clancy (SAT) Geoff McConachy
016	00-04	Leonie O'Connell (SAM)	Janice Gill (STT)	Betty Reinboth (SAM)	2015	00.04	Grant Simpson (SHB)	Tony Fowler (SMR)	Michael Harry (SAM)
017		Leonie O'Connell (SAM)	Robyn Brown (SMR)	Pam Gunn (SAM)	2017		Michael Walker (SHB)	Tony Fowler (SMR)	Peter Cragen (SMR)
018 019		Leonie O'Connell (SAM) Maryanne Heffernan (SMR)	Maryanne Heffernan (SMR) Heather Carbone (SMR)	Heather Carbone (SMR) Helen Walsh (SMR)	2018 2019		Barry Payne (SHB) Grant Simpson (SHB)	Michael Walker (SHB) Tony Fowler (SMR)	Tony Fowler (SMR) Peter Cragen (SMR)
020		Leonie O'Connell (SAM)	Maryanne Heffernan (SMR)	Heather Carbone (SMR)	2020		Mark Smedley (SAM)	Barry Payne (SHB)	Joe Bayer (SHB)
021		Joanne Sutcliffe (SPM)	Rosemary White (SHB)	Heather Carbone (SMR)	2021		Christopher Carter (SAM)	Neil Anderson (SMR)	Joe Bayer (SHB)
022 023		Joanne Sutcliffe (SPM) Joanne Sutcliffe (SPM)	Rosemary White (SHB) Mathea Malcom (SPM)	Bernadette Shears (STT)	2022 2023		Mark Trenwith (SMR) John Dundon (SHB)	Andrew Minns (SAM) Tim Burfield (SAT)	Robert Ferguson (SA Mark Trenwith (SMR)
015	65-69	Terry Carter (SMR)	Jenny Mulqueen (STT)	Judy Vowles (SMR)	2015	65-69	Stephen Carthew (SMR)	Bob O'Brien (STT)	Douglas Mason (SAN
016 017		Jan Simons (SAT) Terry Carter (SMR)	Terry Carter (SMR) Maddy Edgely-Smith (STT)	Maddy Edgely-Smith (STT) Judy Vowles (SMR)	2016 2017		Stephen Carthew (SMR) Ian Young (SMR)	Dennis Hay (SMR) John Middleton (SMR)	Neal Bertram (SMR) Dennis Hay (SMR)
018		Robyn Brown (SMR)	Eithne Mayton (STT)	Terry Carter (SMR)	2017		Ian Young (SMR)	John Middleton (SMR)	Keith Reid (SAT)
019		Eithne Mayton (STT)	Robyn Brown (SMR)	Maddy Edgely-Smith (STT)	2019		Ian Young (SMR)	Michael Harry (SAM)	Greg Cooper (SAM)
020 021		Eithne Mayton (STT) Maryanne Heffernan (SMR)	Pam Gunn (SAM) Leonie O'Connell (SAM)	Susan Graebner (SAM) Robyn Brown (SMR)	2020 2021		Ian Young (SMR) Ian Young (SMR)	Tony Fowler (SMR) Grant Simpson (SPM)	Peter Cragen (SMR) Tony Fowler (SMR)
022		Leonie O'Connell (SAM)	Maryanne Heffernan (SMR)	Robyn Brown (SMR)	2022		Andrew Lanyon (SPM)	Tony Fowler (SMR)	Max Yates (SMR)
023	70 7.	Maryanne Heffernan (SMR)	Leonie O'Connell (SAM)	Heather Carbone (SMR)	2023	70	Andrew Lanyon (SPM)	Tony Fowler (SMR)	Brian Morris (SAM)
015 016	70-74	Joy Page (STT) Joy Page (STT)	Maureen Starrs (SMR) Jenny Mulqueen (STT)	Janice Langan (SMR)	2015 2016	70-74	Brian Robinson (STT) Ron Hardy (SMR)	Denys Smith SHB) Tim Calver (SAT)	Len Mayton (STT) Robert Harris (SOP)
017		Jenny Mulqueen (STT)	,	J. (******)	2017		Stephen Carthew (SMR)	Len Mayton (STT)	
018 019		Jenny Mulqueen (STT) Jenny Mulqueen (STT)	Judy Vowles (SMR)		2018 2019		Tim Calver (SAT) Ron Hardie (SMR)	Stephen Carthew (SMR) Tim Calver (SAT)	Len Mayton (STT) Trevor Sheehan (SW
020		Jenny Mulqueen (STT)	Janice Langan (SMR)	Judy Vowles (SMR)	2019		Keith Reid (SAT)	John Middleton (SAT)	Stephen Carthew (SI
021		Eithne Mayton (STT)	Christine Walsh (SNO)	Madeline Edgley-Smith (STT)	2021		Stephen Carthew (SMR)	John Gamlen (STT)	John Middleton (SAT
022 023		Eithne Mayton (STT)	Judy Vowles (SMR)	Christine Walsh (SNO)	2022 2023		Ian Young (SMR) Ian Young (SMR)	Michael Harry (SAM) Michael Harry (SAM)	Trevor Sheehan (SW Dennis Hay (SMR)
)15	75-79	Barbara Pearce (SMR)			2015	75-79			2, (5/4/10)
016		Barbara Pearce (SMR)			2016		Rab Blair (STT)	Raymond Ham (SWD)	
)17 )18		Maureen Starrs (SMR) Pauline Smith (SHB)			2017 2018		Rab Blair (STT) Denys Smith (SHB)	Denys Smith SHB) Brian Robinson (STT)	Brian Robinson (STT) Raymond Hamm (SW
)19		Pauline Smith (SHB)	Maureen Starrs (SMR)		2018		Alan Suskin (SAT)	Laurie Brett (SAT)	Brian Robinson (STT)
020					2020		Alan Suskin (SAT)	Len Mayton (STT)	
)21 )22		Jenny Mulqueen (STT) Jan Langan (SMR)	Janice Langan (SMR)	Pauline Smith (SHB)	2021 2022		Ron Hardie (SMR) Ron Hardie (SMR)	Laurie Brett (SAT) Laurie Brett (SAT)	Alan Suskin (SAT) Robert Harris (SAT)
023		Jan Simmons	Jennifer Mulqueen (STT)		2022	L	Stephen Carthew (SMR)	Ron Hardie (SMR)	John Gamlen (STT)
017	80-84	Barbara Pearce (SMR)	,		2017	80-84		. ,	, ,
018 019		Barbara Pearce (SMR) Barbara Pearce (SMR)			2018 2019		Rab Blair (STT)	Darryl Hawkes (SMR)	
020		Barbara Pearce (SMR)			2019		Rab Blair (STT)	Sorry Howkes (SIVIK)	
021		Barbara Pearce (SMR)			2021		Denys Smith (SHB)	Rab Blair (STT)	
022 023		Joy Page (SAT) Pauline Smith (SHB)	Pauline Smith (SHB)		2022 2023		Alan Suskin (SAT) Alan Suskin (SAT)	Tony Ward (SAM) Brian Axton (SNO)	Denys Smith (SHB) Denys Smith (SHB)
023	85-89	Barbara Pearce (SMR)			2023	85-89			Jillia (JDD)
023		Barbara Pearce (SMR)			2023				

3km Female Age Group (SA Masters) 3 km Male Age Group (SA Masters) 3rd 3rd ear Age 1st 2nd ear Age 1st 2nd orgy Falster (SMR) nathan Plattan (SAT) ak Johnson (SAT) Vichael Carter (SAM) Vichael Carter (SAM) Tom Currie (SAM) Rhiannon Aldridge (SMR) Emily Lewis (SAT) Rhainnon Aldridge (SMR) Annalise Nicholls (SAM) Georgy Falster (SMR)
Georgy Falster (SMR)
Georgy Falster (SMR)
Dhara Amin (SMR)
Lauren Christian (SAM) Adam Spratt (SMR) Adam Spratt (SMR) Kieran Blair (SAM) 201 Ohara Amin (SMR) Betahny Smith (SAO) Colleen Szeto (SAT) am McHugh (SUS) Liam McHugh (SUS) Karsten Oelkers (SAM) Ryan Cox (SAM) Fracey Tolari (SHB) odie Summer (SAT) obert Suggate (SMR) Sonya Battersby (SAT) Michael Raymond (STT) Craig Zubrinich (SAO) Craig Zubrinich (SAO) Elliot Duncan (SPS) Mardi Brain (SUS) Meredith Ryan (SMR) Serena Murphy (SMR) Mika Peace (SAT) Rachael Thorpe (STT) Sarah Goodwin (SHB) Jen Sturm (SMR) Sebastian Carboncini (SAM) Christopher Velliaris (SWD) Christopher Velliaris (SWD) Darrell Staight (SAM) Darrell Staight (SAM) 'aul Bogacki (SMR) Paul Bogacki (SMR) John Baranoff (SAM) Ian Wright (SAM) Lisa McGlade (SAT) Serena Murphy (SMR) Jen Sturm (SMR) en Sturm (SMR) Rebecca O'Loughlin (SMR) Rebecca O'Loughlin (SMR) Ahlanna Hayes (SAT)
Leila Nazimi (SHB)
Erin Brown (SAM)
Leila Nazimi (SHB) tebecca O'Loughlin (SMR) essica Frost (SMR) Alistair Walsh (SHB) Duncan Elliott (SHB) raig Zubrinich (SAO) Tess Lang (SHB) Gerard Gassol (SHB) ayton Waters (SAN feredith Ryan (SMR) Lindsay Cassie (SAT) Amanda Carne (SNO) Michael Hughes (STT) ndrew Cranley (SNO) Rick Stephaniak (SST) Serena Murphy (SMF anessa Tricker (STT iona Lawrence (SMR) Damion Burrage (SAM Michael Hughes (STT) roy Williams (STT) Meredith Ryan (SMR) erena Murphy (SMR /anessa Tricker (STT) ren Pollock (SAM) mon Mulligan (SMR) Vanessa Tricker (STT) erena Murphy (SMR) ristan Herbert (STT ick Belfer (SHB) ndrew Cranley (SNO) Serena Murphy (SMR en Sturm (SMR ck Belfer (SHB) 018 Rebecca O'Loughlin (SMR) erena Murphy (SMR) en Sturm (SMR) Christopher Velliaris (SWD) athew Cranley (SNO lichael Gaibinger (SMR) Jen Sturm (SMR) Christopher Velliaris (SWD) athew Cranley (SNO) o Knolder (SMR Erin Brown (SAM) en Sturm (SMR) Michael Gaibinger (SMR) van Hayes (SAT) in Wright (SAM) tebecca O'Loughlin (SAT) Jo Knolder (SPM Evan Hayes (SAT) Erin Brown (SAM) Rebecca O'Loughlin (SAT) Jo Knolder (SPM) van Hayes (SAT) Leila Nazimi (SHB) ernadette Williams (STT) Meryl Churchill (SMR) Roman Zaika (SAM) Steph Palmer-White (SAM) cott Jones (SNO) Michael Perkins (SMR) Steph Palmer-White (SAM haron Beaver (SHB) Leanne Markey (SNO) Sharon Beaver (SHB) Brian Coppin (SAM) (ent Nelson (SAM) cott Jones (SNO) Kent Nelson (SAM) 2014 Lindsay Cassie (STT) ulie Astley (SAM) Sarth Tierney (SHB) Roman Zaika (SAM) Amanda Hayes (SAM) Melinda Lutton (SNO) toralind Gumbys (STT) Michael Hughes (STT) Simon Mulligan (SMR Barry Clarke (SMR) Rodney French (SAQ) Lindsay Cassie (STT) Shelly Mik (SAO) cott Healy (SOP) Lindsay Cassie (STT) Josephine Varney (SHB) am McKinley (SHB) Rosalind Gumbys (STT) Vanessa Tricker (STT) 2017 Simon Mulligan (SMR) Simon Mulligan (SMR) ristan Herbert (STT) rren Giersch (SAO) Sam McKinley (SHB) Michael Hughes (STT) lack Belfer (SHB) imon Mulligan (SMF Serena Murphy (SMR) Serena Murphy (SMR) oanne Maher (SMR) Mark Preiss (SAO lack Belfer (SHB) anessa Tricker (STT Simon Mulligan (SMR) ristopher Velliaris (SWI Mathew Cranley (SNO) Serena Murphy (SPM) Brigetta Palmer (SAO) Meredith Ryan (SMR /anessa Tricker (STT) 2021 Christopher Velliaris (SWD) Mathew Cranley (SNO Andrew Cranley (SNO) John Baranoff (SPM) Meredith Ryan (SMR) Serena Murphy (SPM hristopher Velliaris (SWD) athew Cranley (SNO Brigetta Palmer (SAO) oanne Knolder (SPM) losemary White (SHB) Serena Murphy (SPM) Helen Walsh (SMR) Christopher Velliaris (SWD) Wark Smedley (SAM) Mathew Cranley (SNO Michael Gaibinger (SMR) Neil Clarke (SAT) Sutdiffe (SHB rk Drew (SAN Joanne Sutcliffe (SHB losemary White (SHB) Helen Haberfield (STT) 2013 Craig Jones (STT) Mark Smedley (SAM) Alistair Baird (SHB) Marin Slunjski (SHB)
Paul White (SAT)
Paul White (SAT)
Charles Roberts (SMR) oanne Sutcliffe (SHB anne Markey (SNO Anita Blackmore (STT) air Baird (SHB) icott Jones (SNO) Mark Morelli (SAT) Joanne Sutdiffe (SHB)
Steph Palmer-White (SAM)
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Cassie Lindsay (SAO)
Sharon Beaver (SAM)
Cassie Lindsay (SAO) eanne Markey (SNO) lelen Haberfield (STT) ulie Astley (SAM) Maggie Dowling (SHB) Anita Blackmore (STT) Lindsay Martin (SMR) Garth Tierney (SHB) Garth Tierney (SHB) Tim Burfield (SAT) Stephen Strachan (S Stephen Lind (SAO) Roman Zaika (SAM) haron Beaver (SAM) am McKinley (SHB) Natalie Hann (SAT) Rosalind Gumbys (STT) Scott Jones (SNO) Darren Giersch (SAO) harles Roberts (SMR) oman Zaika (SAM) aye Kittel (SAT) Scott Goldie (SAM) Scott Goldie (SAM) er (SAM) Save Kittel (SAT) harles Robert (SMR fichael Hughes (SAT) Sharon Beaver (SAM)
Gaye Kittel (SAT)
Amanda Carne (SPM)
Amanda Carne (SPM)
Amanda Carne (SPM)
Lee O'Connell (SAM)
Maryanne Heffernan (SMR)
Maryanne Heffernan (SMR)
Maryanne Heffernan (SMR)
Hellen Walsh (SMR)
Hellen Walsh (SMR)
Mathea Malcolm (SMR)
Mathea Malcolm (SMB)
Lindsay Martin (SMR)
Hellen Haberfield (STT)
Sharon Beaver (SAM)
Lindsay Martin (SMR)
Han Simons (SAT)
Robyn Brown (SMR)
Pamela Gunn (SAM)
Maryanne Heffernan (SMR) Sam McKinley (SPM)
Josephine Varney (SHB)
Lee O'Connell (SAM)
Maryanne Heffernan (SN
Lee O'Connell (SAM)
Joanne Sutcliffe (SHB)
Joanne Su ave Kittel (SAT ott Goldie (SAM Kirsty Amos (SAO) Sam McKinley (SPM) Pamela Gunn (SAM) Heather Carbone (SMR) Belinda Balfour (SNO) Helen Walsh (SMR) ott Goldie (SAM) adic Sztolc (SUS) Andrew Cranley (SNO)
Tony Fowler (SMR)
Chris Wendelborn (SAO)
Chris Wendelborn (SAO)
Alistair Baird (SHB)
Alistair Baird (SHB)
Alistair Baird (SHB)
Alistair Baird (SHB)
Tim Burfleid (SAT)
Marin Slunjski (SHB)
Stephen Strachan (SAT)
Charles Robert (SMR)
Mathew Kerrish (SAM)
Keith Reid (SMR)
Keith Reid (SMR)
Keith Reid (SMR) Grant Simpson (SHB)
Mark Morelli (SAT)
Paul White (SAT)
Paul White (SAT)
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Paul White (SAT)
Alistair Baird (SHB)
Mark Morelli (SAT)
Marin Slunjski (SHB)
Tim Burifield (SAT)
Marin Slunjski (SHB)
Ian Young (SMR)
Ian Young Mathea Malcolm (SHB) Julie Bowman (SAM)
Sharon Beaver (SAM)
Eithne Mayton (STT)
Eithne Mayton (STT)
Eithne Mayton (STT)
Eithne Mayton (STT)
Deborah Wareing (SMR)
Deborah Wareing (SMR)
Deborah Wareing (SMR)
Deborah Wareing (SMR)
Mathea Malcolm (SPM)
Mathea Malcolm (SPM)
Raren Candler (SAT)
Rosemany White (SHB) Maddi Edgley-Smith (ST Gillian Doyle (SNO) Pamela Gunn (SAM) Sue Graebner (SAM) Pamela Gunn (SAM) John Middleton (SMR) John Middleton (SMR) John Middleton (SMR) Geoff Fuller (SWD) ohn Hughes (SPA) rant Forrest (SMM) cott Rowlands (SHB) irant Morris (SMA) tosemary White (SHB) dernadette Shears (STT) delen Muir-Cochrane (SWD) delen Haberfield (STT) Norm Collins (SPM)
Stephen Carthew (SMR)
Charlie Richards (SAM)
Russel Wood (STT)
Charlie Richards (SAM)
John Middleton (SMR) Bernadette Shears (STT) semary White (SHB) Peter Holley (SAM) Ron Hardie (SMR) Trevor Sheehan (SWD) Trevor Sheehan (SWD) Marin Slunjski (SHB) Maureen Starrs (SMR) Ian Simons (SAT) aureen Starrs (SMR) 2019 2016 Keith Reid (SAT) Keith Reid (SAT) John Middleton (SMR) Eithne Mayton (STT) ussell Wood (STT) Phillip Gray (SWD) Michael Harry (SAM) Keith Reid (SAT) Geoff Fuller (SHB) Eithne Mayton (STT) 2017 2018 Keith Reid (SAT) Phillip Gray (SWD) Alec Townsend (SHB) Stewart Taylor (SWD) Glen Hannond (SMR) Grant Simpson (SPM) Terry Carter (SAT) 2019 ilen Hammond (SMR) Michael Harry (SAM) Deborah Wareing (SMR) amela Gunn (SAM) Deborah Wareing (SMR) Barbara Pearce (SMR) Denys Smith (SHB 2013 Denys Smith (SHB) Denys Smith (SHB) irbara Pearce (SMR) 2015 2016 2016 2017 2018 Janette Symons (SAT) 2018 2019 Charlie Richards (SAM) 2019 Dennis Hay (SMR) Phillip Gray (SWD) Seoff Fuller (SWD) (SAT) nette Symons (SAT) 02: Robert Scammel (SNO) Janette Symons (SAT) Keith Reid (SAT) Phillip Gray (SWD) Keith Reid (SAT) Glen Hammond (SMR) Geoff Fuller (SWD) 2012 2013 Darryl Hawkes (SMR) Note: Only SA Masters members who are financial are eligible for placings Gamlen (STT)