

ONTARIO MASTERS - Fifth Annual 5 km Provincial Swimming Championships

9th September 1990 - St Marys Quarry, Ontario

University of Western Ontario Aquatic Masters

LADIES

20-24

Robin COOPER 20 UNON 1:21:10*

25-29

Lynn MARSHALL 29 CAPS 1:09:07*
Carolyn STEWART 28 UNON 1:24:47
Leanne McCONNELL 25 CHUR 1:26:17

30-34

Debra GOLOB 33 BM 1:23:42
Leslie GRIESINGER 31 EOM 1:32:14
Margaret LEFFERS 34 EOM 1:41:51
Brenda FORRESTER 34 NYM 1:44:28

35-39

Rosemary COOKE 38 MAAA 1:56:36*

45-49

Susan GUSTAVISON 45 EOM 1:24:47*

50-54

Jacqueline ODLUM 50 UNON 1:51:26
Joan PUSKAS 50 BURL 1:57:43

* Denotes a new Course Record for the age-group.

+ Denotes a new Breaststroke Course-Record for the age-group.

MEN

25-29

Andy PARKER-NANCE 29 BSA 1:15:51
Ken LEHNER 26 UNON 1:19:38
Tony TOLEDO 28 UNON 1:32:06
Steve RABE 27 BM 1:51:00

30-34

Chris STONELAKE 31 EOM 1:16:21*
Geoff CAMP 31 EOM 1:20:37
Bill EADIE 34 DSC 1:23:40
Ross DOYLE 34 BM 1:32:57

35-39

Tim LAFFERTY 35 EOM 1:16:33*
Chris ZAJCHOWSKI 36 LIN 1:21:57
Jim WRIGHT 38 CAPS 1:29:26
David BALCH 36 UNON 1:39:24
Mike CAREY 36 KWM 2:16:37

40-44

Richard ZAJCHOWSKI 40 UWO 1:17:43*
Chris WILSON 43 EOM 1:28:30

45-49

Bryan FINLAY 47 UWO 1:34:19
Mike LITTLE 46 BM 1:41:51
Jim SISLEY 49 BM 2:06:44

50-54

Vincent BOYLE 50 ATB 1:37:29
Ralph CHOWN 52 ARN 1:39:58
Charles LANE 51 EOM 1:43:02

55-59

George MILNE 57 UNON 1:27:58*
Jack GALVIN 59 NYM 1:43:59

60-64

Ken MARCHANT 63 ARN 1:51:47
John MONNÉ 60 AMSC 2:05:28+

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LAP SPLITS

	1	2	3	4	5	6	7	8	9	10	11
LADIES 20-24											
Robin COOPER 20	6:49	14:03	21:18	28:45	36:16	43:52	51:15	58:48	1:06:15	1:13:52	1:21:10
LADIES 25-29											
Lynn MARSHALL 29	6:00	12:16	18:30	24:45	31:00	37:29	43:50	50:08	56:40	1:02:03	1:09:07
Carolyn STEWART 28	7:19	14:55	22:00	30:13	37:56	45:46	53:43	1:01:34	1:09:17	1:17:08	1:24:47
Leanne McCONNELL 25	7:00	14:14	21:37	29:10	37:04	45:00	53:14	1:01:33	1:09:38	1:17:54	1:26:17
LADIES 30-34											
Debbie GOLOB 33	7:04	14:20	21:57	29:20	37:00	44:45	52:30	1:00:17	1:08:12	1:16:04	1:23:42
Leslie GRIESINGER 31	7:08	14:49	22:26	30:32	38:40	47:04	55:44	1:04:43	1:13:43	1:22:54	1:32:14
Margaret LEFFERS 34	8:38	17:46	26:50	36:00	45:07	54:51	1:04:22	1:13:53	1:23:09	1:32:33	1:41:51
Brenda FORRESTER 34	8:40	17:50	26:57	36:05	45:12	54:40	1:04:10	1:13:50	1:23:29	1:33:37	1:44:28
LADIES 35-39											
Rosemary COOKE 38	9:40	19:47	30:01	40:26	51:08	1:01:56	1:12:43	1:23:10	1:34:24	1:45:36	1:56:36
LADIES 45-49											
Susan GUSTAVISON 45	7:00	14:35	22:11	29:30	37:42	45:31	53:24	1:01:14	1:09:09	1:17:01	1:24:47
LADIES 50-54											
Jacqueline ODLUM 50	9:23	19:06	29:15	39:19	49:30	59:56	1:10:21	1:20:40	1:30:51	1:40:59	1:51:26
Joan PUSKAS 50	9:22	19:16	29:30	40:12	50:58	1:02:05	1:12:50	1:23:50	1:35:13	1:46:26	1:57:43

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LAP SPLITS

	1	2	3	4	5	6	7	8	9	10	11
MENS 25-29											
Andy PARKER-NANCE 29	6:31	13:31	20:31	27:34	34:38	41:31	48:29	55:26	1:02:16	1:09:02	1:15:51
Ken LEHNER 26	6:45	13:55	21:05	28:25	35:49	43:08	50:25	57:45	1:05:07	1:12:26	1:19:38
Tony TOLEDO 28	7:23	14:53	22:29	30:19	38:02	45:53	53:49	1:02:08	1:11:15	1:21:42	1:32:06
Steve RABE 27	9:09	18:41	28:28	38:31	48:43	59:05	1:09:33	1:19:57	1:30:17	1:40:44	1:51:00
MENS 30-34											
Chris STONELAKE 31	6:06	12:48		26:42	33:37	40:31	47:31	54:45	1:01:54	1:08:57	1:16:21
Geoff CAMP 31	7:04	14:14	21:39	28:59	36:27	43:50	51:15	58:41	1:06:07	1:13:35	1:20:37
Bill EADIE 34	6:49	14:09		28:50	36:25	43:58	51:26	59:30	1:07:22	1:15:23	1:23:40
Ross DOYLE 34	7:45	15:51	24:07	32:34	40:59	49:43	58:12	1:06:56	1:15:56	1:24:39	1:32:57
MENS 35-39											
Tim LAFFERTY 35	6:18	12:58	19:55		33:39	40:48	47:50	55:00	1:02:15	1:09:20	1:16:33
Chris ZAJCHOWSKI 36	6:32	13:43	20:48	28:06	35:38	42:54	50:27	58:08	1:05:48	1:13:40	1:21:57
Jim WRIGHT 38	7:01	15:06	22:59	31:03	39:20	47:55	56:26	1:05:12	1:13:08	1:21:15	1:29:26
David BALCH 36	7:50	16:34	25:07	33:50	42:47	51:43	1:01:09	1:10:10	1:19:42	1:29:23	1:39:24
Mike CAREY 36	10:17	22:11	34:06	45:40	57:30	1:09:40	1:21:33	1:34:38	1:48:06	2:02:04	2:16:37
MENS 40-44											
Richard ZAJCHOWSKI 40	6:37	13:26	20:23	27:26	34:33	41:47	49:03	56:19	1:03:32	1:10:45	1:17:43
Chris WILSON 43	7:42	15:40	23:38	31:43	39:42	47:30	55:56	1:03:56	1:12:02	1:20:12	1:28:30
MENS 45-49											
Bryan FINLAY 47	8:19	16:32	24:58	33:34	42:15	50:53	58:04	1:08:24	1:16:55	1:25:50	1:34:19
Mike LITTLE 46	8:16	16:38	25:04	33:59	42:50	52:08	1:01:25	1:11:30	1:21:25	1:31:56	1:41:51
Jim SISLEY 49	10:21	21:27	32:43	44:14	55:58	1:08:20	1:20:20	1:31:45	1:43:23	1:55:22	2:06:44
MENS 50-54											
Vincent BOYLE 50	8:25	17:04	25:28	34:03	42:40	51:34	1:00:20	1:09:32	1:18:35	1:28:11	1:37:29
Ralph CHOWN 52	8:20	17:00	25:39	34:40	43:43	52:50	1:02:08	1:11:32	1:20:48	1:30:29	1:39:58
Charles LANE 51	8:42	17:46	26:55	36:10	45:20	54:44	1:04:09	1:13:40	1:23:26	1:33:05	1:43:02
MENS 55-59											
George MILNE 57	7:52	15:44	23:39	31:34	39:44	47:44	55:53	1:03:52	1:12:03	1:19:55	1:27:58
Jack GALVIN 59	8:52	17:59	27:05	36:29	45:56	55:22	1:04:55	1:14:36	1:24:32	1:34:25	1:43:59
MENS 60-64											
Ken MARCHANT 63	9:33	19:12	29:04	38:57	48:59	59:16	1:09:43	1:20:09	1:50:41	1:41:25	1:51:47
John MONNÉ 60	10:11	20:38	31:33	42:29	53:46	1:05:13	1:17:04	1:29:13	1:40:56	1:53:07	2:05:28