

**London Silver Dolphins - Twenty-Fourth Annual 5 km St Marys Swimming Championships**  
**2005 Masters Swimming Ontario 5 km Championship**

11<sup>th</sup> September 2005 - St Marys Quarry, Ontario - water 23°C - air 29°C  
 Clear blue sky, No wind.

<b>LADIES</b>	<b>18-24</b>				<b>MEN</b>	<b>18-24</b>	No swimmers in this age-group.			
	Laura MacPHERSON 24	BRCK	1:33:05			<b>25-29</b>	Jason SINGER 28	NT	1:08:03	Rec
	<b>25-29</b>						Daniel SZAMOSI 28	ETOB	1:35:16	
	Barbi CARROLL 29	LSD	1:16:35			<b>30-34</b>	Ken CHEUNG 30	NYG	1:22:26	
	Carolyn M <sup>ac</sup> LEOD 29	NYG	1:27:36				Michael HARVEY 30	UNON	1:25:11	
	Jeannie DOIG 29	TYMS	1:58:32			<b>35-39</b>	Keith BARRETT 35	NT	1:18:33	
	<b>30-34</b>						Michael MANDEL 36	NT	1:18:57	
	Lisa NEIDRAUER 33	TMU	1:16:06				Scott GIBSON 39	BRCK	1:19:13	
	Janet MAYVILLE 31	NT	1:17:34				Jake NESOVIC 38	TYMS	1:22:11	
	Tara NORTON 34	TMU	1:28:02				Scott ARMSTRONG 38	NYG	1:34:06	
	Carolyn PREBBLE 30	BRCK	1:31:27	BR Rec		<b>40-44</b>	Tony FROST 44	LSD	1:22:45	
	Heather WARDELL 33	UNON	1:54:33				Kelvin LANDOLT 41	OANN	1:24:47	
	Charlene BROOKE 32	UNON	2:03:28				Robert TEASDALE 41	STRY	1:25:16	
	<b>35-39</b>						Rob PARDY 40	UNON	1:31:10	
	Kathy HEARD 37	NT	1:17:42				Mark BONNEVILLE 43	ATB	1:43:56	
	Jennifer NESTOR 36	Ireland	1:32:48				Jeff KOCINS 40	LSD	1:45:13	BR
	<b>40-44</b>						<b>45-49</b>			
	Lynn MARSHALL 44	CAPS	1:08:23				Wes MUSIAL 48	TYMS	1:11:54	Rec
	Dianne FORSEY 40	NYG	1:33:44				Doug VANDERBY 46	NT	1:15:34	
	Jenny TSCHARKE 43	MASC	1:44:05				Ralph RIEPER 46	NYG	1:19:57	
	<b>45-49</b>						Bill CROSON 47	DSC	1:33:59	
	Genevieve MACKWOOD 45	TECH	1:24:16				Geoff CAMP 46	ETOB	1:44:39	
	Debra GOLOB 48	BRCK	1:33:05				<b>50-54</b>			
	Marilyn KORZEKWA 48	UNON	1:41:28				Dan LEFEBVRE 50	UNON	1:32:12	
	<b>50-54</b>						Roy ALBON 54	UNON	1:39:10	
	Jill VANDERFLEET-SCOTT 51	GMM	1:24:52	Rec			John POTOCSKA 54	ETOB	1:44:43	BA
	Wendy CIMARNO 52	AURO	1:31:27				Brian McFARLANE 53	NYG	1:52:58	
	Jean QUILTER 51	NYG	1:39:57				<b>55-59</b>			
	<b>55-59</b>						Jim McINNES 59	UNON	1:37:39	
	Jan McINNES 59	UNON	1:50:47				Simon BEN-DAVID 55	NYG	1:49:29	
	<b>60-64</b>						Laurence ALEXANDER 55	NYG	1:53:12	BA Rec
	Elaine HINES 62	BARR	1:54:15	Rec			<b>60-64</b>			
	Alison STONEHOUSE 64	GMM	1:56:58				Bryan FINLAY 62	LSD	1:40:58	BR Rec
	Barrie MALLOCH 64	ETOB	DNF - 3 Laps				Luis RUIZ 62	UNON	2:12:24	
	<b>65-69</b>						<b>65-69</b>			
	Kathy RATTRAY 65	BURL	2:09:18				John CONVEY 67	BRCK	1:39:37	
	<b>70-74</b>						<b>70-74</b>			
	Beverley TUCKER 70	TYMS	2:05:32	Rec			George MILNE 73	TYMS	1:37:04	
							Christopher SMITH 73	TYMS	1:39:48	
	BA denotes Backstroke						<b>75-79</b>			
	BR denotes Breaststroke						Jack GALVIN 75	NYG	2:10:36	Rec
	Rec denotes a new Record						Ken MARCHANT 78	CAM	2:25:51	

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1	Jason SINGER 28	NT	1:08:03	Rec
2	Lynn MARSHALL 44	CAPS	1:08:23	
3	Wes MUSIAL 48	TYMS	1:11:54	Rec
4	Doug VANDERBY 46	NT	1:15:34	
5	Lisa NEIDRAUER 33	TMU	1:16:06	
6	Barbi CARROLL 29	LSD	1:16:35	
7	Janet MAYVILLE 31	NT	1:17:34	
8	Kathy HEARD 37	NT	1:17:42	
9	Keith BARRETT 35	NT	1:18:33	
10	Michael MANDEL 36	NT	1:18:57	
11	Scott GIBSON 39	BRCK	1:19:13	
12	Ralph RIEPER 46	NYG	1:19:57	
13	Jake NESOVIC 38	TYMS	1:22:11	
14	Ken CHEUNG 30	NYG	1:22:26	
15	Tony FROST 44	LSD	1:22:45	
16	Genevieve MACKWOOD 45	TECH	1:24:16	
17	Kelvin LANDOLT 41	OANN	1:24:47	
18	Jill VANDERFLEET-SCOTT 51	GMM	1:24:52	Rec
19	Michael HARVEY 30	UNON	1:25:11	
20	Robert TEASDALE 41	STRY	1:25:16	
21	Carolyn MacLEOD 29	NYG	1:27:36	
22	Tara NORTON 34	TMU	1:28:02	
23	Rob PARDY 40	UNON	1:31:10	
24	Carolyn PREBBLE 30	BRCK	1:31:27	
25	Wendy CIMARNO 52	AURO	1:31:27	
26	Dan LEFEBVRE 50	UNON	1:32:12	
27	Jennifer NESTOR 36	Ireland	1:32:48	
28	Laura MacPHERSON 24	BRCK	1:33:05	
29	Debra GOLOB 48	BRCK	1:33:05	
30	Dianne FORSEY 40	NYG	1:33:44	
31	Bill CROSON 47	DSC	1:33:59	
32	Scott ARMSTRONG 38	NYG	1:34:06	
33	Daniel SZAMOSI 28	ETOB	1:35:16	
34	George MILNE 73	TYMS	1:37:04	
35	Jim McINNES 59	UNON	1:37:39	
36	Roy ALBON 54	UNON	1:39:10	
37	John CONVEY 67	BRCK	1:39:37	
38	Christopher SMITH 73	TYMS	1:39:48	
39	Jean QUILTER 51	NYG	1:39:57	
40	Bryan FINLAY 62	LSD	1:40:58	BR Rec
41	Marilyn KORZEKWA 48	UNON	1:41:28	
42	Mark BONNEVILLE 43	ATB	1:43:56	
43	Jenny TSCHARKE 43	MASC	1:44:05	
44	Geoff CAMP 46	ETOB	1:44:39	
45	John POTOCSKA 54	ETOB	1:44:43	BA
46	Jeff KOCINS 40	LSD	1:45:13	BR
47	Simon BEN-DAVID 55	NYG	1:49:29	
48	Jan McINNES 59	UNON	1:50:47	
49	Brian McFARLANE 53	NYG	1:52:58	
50	Laurence ALEXANDER 55	NYG	1:53:12	BA Rec
51	Elaine HINES 62	BARR	1:54:15	Rec
52	Heather WARDELL 33	UNON	1:54:33	BR Rec
53	Alison STONEHOUSE 64	GMM	1:56:58	
54	Jeannie DOIG 29	TYMS	1:58:32	
55	Charlene BROOKE 32	UNON	2:03:28	
56	Beverley TUCKER 70	TYMS	2:05:32	Rec
57	Kathy RATTRAY 65	BURL	2:09:18	
58	Jack GALVIN 75	NYG	2:10:36	Rec
59	Luis RUIZ 62	UNON	2:12:24	
60	Ken MARCHANT 78	CAM	2:25:51	

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<b>LAP SPLITS</b>											
<b>Name</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>LADIES 18-24</b>											
Laura MacPHERSON 24	0:07:51	0:16:05	0:24:28	0:32:46	0:41:15	0:49:47	0:58:25	1:07:03	1:15:51	1:24:38	1:33:05
<b>LADIES 25-29</b>											
Barbi CARROLL 29	0:06:18	0:13:02	0:20:00	0:26:54	0:33:51	0:40:46	0:47:48	0:54:56	1:02:07	1:09:15	1:16:35
Carolyn M <sup>ac</sup> LEOD 29	0:07:04	0:14:42	0:22:33	0:30:33	0:38:37	0:46:50	0:54:56	1:02:56	1:11:12	1:19:32	1:27:36
Jeannie DOIG 29	0:08:50	0:18:24	0:28:27	0:38:33	0:49:00	0:59:57	1:10:57	1:22:23	1:34:46	1:46:34	1:58:32
<b>LADIES 30-34</b>											
Lisa NEIDRAUER 33	0:06:31	0:13:15	0:20:09	0:27:04	0:34:05	0:41:00	0:48:00	0:55:02	1:02:03	1:09:03	1:16:06
Janet MAYVILLE 31	0:06:22	0:13:09	0:20:06	0:26:59	0:34:01	0:41:09	0:48:13	0:55:24	1:02:48	1:10:22	1:17:34
Tara NORTON 34	0:06:54	0:14:12	0:21:39	0:29:11	0:36:50	0:44:39	0:52:38	1:00:57	1:09:32	1:18:33	1:28:02
Carolyn PREBBLE 30	0:07:38	0:15:43	0:23:49	0:32:56	0:40:00	0:48:37	0:56:57	1:05:23	1:14:00	1:22:45	1:31:27
Heather WARDELL 33	0:09:39	0:19:42	0:29:53	0:40:00	0:50:37	1:00:57	1:11:27	1:22:00	1:33:00	1:43:40	1:54:33
Charlene BROOKE 32	0:10:06	0:20:58	0:32:00	0:43:25	0:54:42	1:05:52	1:17:12	1:28:36	1:40:06	1:51:47	2:03:28
<b>LADIES 35-39</b>											
Kathy HEARD 37	0:06:30	0:13:15	0:20:08	0:27:02	0:34:01	0:41:12	0:48:11	0:55:21	1:02:41	1:10:15	1:17:42
Jennifer NESTOR 36	0:07:30	0:15:33	0:23:33	0:31:45	0:40:00	0:48:38	0:57:10	1:05:57	1:15:06	1:23:53	1:32:48
<b>LADIES 40-44</b>											
Lynn MARSHALL 44	0:05:53	0:11:56	0:18:05	0:24:16	0:30:25	0:36:39	0:43:03	0:49:21	0:55:40	1:02:00	1:08:23
Dianne FORSEY 40	0:07:46	0:15:57	0:24:04	0:32:26	---	0:49:14	0:57:50	1:06:40	1:15:40	1:24:40	1:33:44
Jenny TSCHARKE 43	0:08:47	0:18:03	0:27:17	0:36:30	0:45:41	0:55:23	1:05:05	1:14:39	1:24:19	1:34:02	1:44:05
<b>LADIES 45-49</b>											
Genevieve MACKWOOD 45	0:06:42	0:14:05	0:21:31	0:29:03	0:36:39	0:44:27	0:52:20	1:00:18	1:08:05	1:16:03	1:24:16
Debra GOLOB 48	0:07:35	0:15:46	0:24:06	0:32:27	0:40:52	0:49:33	0:58:10	1:06:48	1:15:34	1:24:19	1:33:05
Marilyn KORZEKWA 48	0:08:25	0:17:29	0:26:35	0:35:51	0:45:06	0:54:17	1:03:24	1:12:45	1:22:13	1:31:40	1:41:28
<b>LADIES 50-54</b>											
Jill VANDERFLEET-SCOTT 51	0:07:01	0:14:22	0:21:53	0:29:25	~36:00	~43:00	0:52:47	1:00:51	1:08:56	1:16:51	1:24:52
Wendy CIMARNO 52	0:07:21	0:15:16	0:23:15	0:31:22	0:39:39	0:47:55	0:56:20	1:04:53	1:13:42	1:22:33	1:31:27
Jean QUILTER 51	0:08:04	0:16:51	0:25:38	0:34:29	0:43:28	0:52:35	1:01:55	1:11:09	1:20:31	1:30:11	1:39:57
<b>LADIES 55-59</b>											
Jan McINNES 59	0:08:59	0:18:45	0:28:28	0:38:14	0:48:19	0:58:28	1:08:31	1:18:52	1:29:29	1:40:13	1:50:47
<b>LADIES 60-64</b>											
Elaine HINES 62	0:09:24	0:19:24	0:29:49	0:40:04	0:50:24	1:00:54	1:11:15	1:21:41	1:32:25	1:43:20	1:54:15
Alison STONEHOUSE 64	0:09:34	0:19:29	0:29:44	0:40:02	0:50:49	1:01:40	1:12:37	1:23:33	1:34:41	1:45:49	1:56:58
Barrie MALLOCH 64	0:11:04	0:22:36	0:33:50								
<b>LADIES 65-69</b>											
Kathy RATTRAY 65	0:10:55	0:22:28	0:33:54	0:45:33	0:57:08	1:08:56	1:20:43	1:32:49	1:44:55	1:57:02	2:09:18
<b>LADIES 70-74</b>											
Beverley TUCKER 70	0:10:48	0:21:57	0:32:47	0:44:04	0:55:20	1:06:42	1:18:15	1:30:03	1:41:55	1:53:42	2:05:32

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LAP SPLITS											
Name	1	2	3	4	5	6	7	8	9	10	11
<b>MEN 25-29</b>											
Jason SINGER 28	0:05:51	0:11:58	0:18:07	0:24:08	0:30:25	0:36:37	0:42:59	0:48:44	0:55:23	1:01:02	1:08:03
Daniel SZAMOSI 28	0:07:44	0:16:02	0:24:19	0:32:35	0:41:00	0:49:29	0:58:21	1:07:33	1:16:42	1:26:01	1:35:16
<b>MEN 30-34</b>											
Ken CHEUNG 30	0:06:55	0:14:07	0:21:24	0:28:39	0:35:35	0:43:23	0:50:46	0:58:18	1:06:00	1:14:00	1:22:26
Michael HARVEY 30	0:06:51	0:14:18	0:21:43	0:29:18	0:36:57	0:44:43	0:52:33	1:00:43	~1:09:00	1:16:59	1:25:11
<b>MEN 35-39</b>											
Keith BARRETT 35	0:06:24	0:13:20	0:20:20	0:27:27	0:34:40	~0:40:00	0:49:00	0:56:33	1:03:00	1:11:33	1:18:33
Michael MANDEL 36	0:06:30	0:13:35	0:20:44	0:27:50	0:35:00	0:42:49	0:49:30	0:56:40	1:04:00	1:11:33	1:18:57
Scott GIBSON 39	0:06:43	0:13:50	0:20:54	0:28:30	0:35:20	~0:42:00	0:49:55	0:57:00	1:04:30	1:11:45	1:19:33
Jake NESOVIC 38	0:06:52	0:14:14	0:21:50	0:29:20	0:36:45	0:44:11	0:51:44	0:59:00	1:07:00	1:14:32	1:22:11
Scott ARMSTRONG 38	0:07:30	0:15:30	0:23:50	0:32:15	0:40:45	0:49:22	0:58:00	1:06:44	1:16:00	1:25:20	1:34:06
<b>MEN 40-44</b>											
Tony FROST 44	0:06:40	0:13:30	0:20:35	0:27:35	0:34:50	~0:42:00	0:49:41	0:57:24	~1:05:00	1:13:48	1:22:45
Kelvin LANDOLT 41	0:07:02	0:14:24	0:21:51	0:29:30	~0:37:00	~0:42:00	0:52:49	1:00:09	1:08:37	1:16:39	1:24:47
Robert TEASDALE 41	0:07:20	0:14:50	0:22:31	0:30:11	0:38:01	0:45:38	0:53:36	1:01:04	1:09:28	1:17:24	1:25:16
Rob PARDY 40	0:07:05	0:14:44	0:22:41	0:30:45	0:38:57	0:47:23	0:55:54	1:04:33	1:13:16	1:22:15	1:31:10
Mark BONNEVILLE 43	0:07:50	0:16:45	0:26:20	0:35:35	0:45:00	0:54:30	1:04:20	1:13:40	1:23:48	1:33:44	1:43:56
Jeff KOCINS 40	0:09:01	0:18:20	0:27:55		0:46:56	0:56:35	1:06:24	1:16:02	1:25:50	1:35:40	1:45:13
<b>MEN 45-49</b>											
Wes MUSIAL 48	0:06:04	0:12:29	0:19:02	0:25:29	0:32:18	0:38:42	0:45:24	0:51:52	0:58:31	1:05:00	1:11:54
Doug VANDERBY 46	0:06:00	0:12:26	0:19:00		0:32:15	0:39:05	0:46:00	0:53:00	1:00:13	1:07:44	1:15:34
Ralph RIEPER 46	0:06:33	0:13:28	0:20:33	0:27:32	0:34:51	0:42:06	0:49:27	0:56:54	1:04:30	1:12:08	1:19:57
Bill CROSON 47	0:07:52	0:16:11	0:24:29	0:32:51	0:41:12	0:49:39	0:58:17	1:07:01	1:15:47		1:33:59
Geoff CAMP 46	0:08:28	0:17:40	0:26:58	0:36:19	0:45:51	0:55:35	1:05:18	1:15:01	1:24:58	1:34:50	1:44:39
<b>MEN 50-54</b>											
Dan LEFEBVRE 50	0:07:31	0:15:28	0:23:34	0:32:05	0:40:43	0:49:04	0:57:23	1:05:43	1:14:18	1:23:10	1:32:12
Roy ALBON 54	0:07:54	0:16:28	0:25:08	0:34:00	0:42:56	0:52:00	1:01:21	1:10:40	1:20:14	1:29:49	1:39:10
John POTOCSKA 54	0:08:31	0:17:31	0:26:45	0:35:57	0:45:15	0:55:45	1:05:29	1:15:23	1:25:15	1:35:05	1:44:43
Brian McFARLANE 53	0:07:58	0:18:10	0:27:51	0:37:37	0:47:54	0:58:11	1:09:01	1:19:55	1:30:29	1:41:46	1:52:58
<b>MEN 55-59</b>											
Jim McINNES 59	0:08:00	0:16:25	0:25:01	0:33:40	0:42:30	0:51:29	1:00:20	1:09:28	1:18:48	1:28:12	1:37:39
Simon BEN-DAVID 55	0:08:58	0:18:39	0:28:24	0:38:06	0:47:49	0:57:46	1:07:51	1:18:16	1:28:47	1:39:23	1:49:29
Laurence ALEXANDER 55	0:09:16	0:19:11	0:28:46	0:38:49	0:49:04	0:59:20	1:09:38	1:20:14	1:30:57	1:42:01	1:53:12
<b>MEN 60-64</b>											
Bryan FINLAY 62	0:08:27	0:17:18	0:26:14	0:35:15	0:44:25	0:53:41	1:03:03	1:12:28	1:21:58	1:31:33	1:40:58
Luis RUIZ 62	0:11:05	0:22:25	0:34:20	0:46:20	0:58:35	1:11:00	1:23:15	1:35:50	1:48:05	2:00:30	2:12:24
<b>MEN 65-69</b>											
John CONVEY 67	0:08:45	0:17:50	0:26:55	0:36:00	0:45:00	0:53:50	1:02:45	1:11:40	1:20:50	1:30:15	1:39:37
<b>MEN70-74</b>											
George MILNE 73	0:08:30	0:17:05	0:25:35	0:34:00	0:42:40	0:51:25	1:00:15	1:09:20	1:18:30	1:27:50	1:37:04
Christopher SMITH 73	0:08:10	0:16:55	0:25:45	0:34:35	0:43:45	0:53:00	1:02:20	1:11:50	1:21:10	1:30:40	1:39:48
<b>MEN 75-79</b>											
Jack GALVIN 75	0:10:50	0:22:05	0:33:30	0:45:20	0:57:10	1:09:20	1:21:15	1:33:30	1:45:50	1:58:20	2:10:36
Ken MARCHANT 78	0:12:05	0:24:25	0:36:50	0:50:00	1:03:25	1:17:00	1:31:00	1:45:00	1:59:00	2:13:00	2:25:51