

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

## 2008 Masters Swimming Ontario 5 km Championship

7<sup>th</sup> September 2008 - St Marys Quarry, Ontario - water 21°C - air 19°C

Cloudy. Cool. Slight breeze. Very rainy morning.

**LADIES 18-24** No swimmers in this age-group.

### 25-29

Lisa CHIN 27	LSD	1:15:32	
Ryan HUTCHINS 29	NYG	1:51:35	

### 30-34

Carolyn M <sup>ac</sup> LEOD 32	NYG	1:32:11	
Jennifer MARTIN 30	GRAN	1:52:02	
Carolyn PREBBLE 33	BRCK	DNF	

### 35-39

Fiona JOHNSTON 39	ETOB	1:56:26	
-------------------	------	---------	--

### 40-44

Suzanne LONG 44	NYG	2:03:26	
-----------------	-----	---------	--

### 45-49

Lynn MARSHALL 47	CAPS	1:07:47	TR1
Cathy URQUHART 47	LSD	1:37:23	

### 50-54

Debbie GOLOB 51	BRCK	1:37:13	
Jane Rae DOWD 53	ARN	1:49:01	
Jackie STADNYK 51	ARN	2:21:28	

### 55-59

Gail MacDOWALL 56	ARN	2:19:48	TR2
-------------------	-----	---------	-----

**60-64** No swimmers in this age-group.

**65-69** No swimmers in this age-group.

**BA** denotes Backstroke

**BR** denotes Breaststroke

**FL** denotes Butterfly

**Rec** denotes a new Course Record

**TR1** - Trophy for Fastest Lady

**TR2** - Trophy for Oldest Lady

**TR3** - Trophy for Fastest Man

**TR4** - Trophy for Oldest Man

**MEN 18-24** No swimmers in this age-group.

**25-29** No swimmers in this age-group.

**30-34** No swimmers in this age-group.

**35-39** No swimmers in this age-group.

### 40-44

Scott GIBSON 42	BRCK	1:17:25	
Bud SEAWRIGHT 42	ETOB	1:17:30	
Len van GRUENING 41	NYG	1:17:42	

### 45-49

Gary LABINE 47	DSC	1:15:05	
Tony FROST 47	LSD	1:17:20	
George GABBER 46	UNON	1:41:27	
Vincent RICHER 48	TECH	3:09:32	

### 50-54

Wieslaw MUSIAL 51	TYMS	1:13:20	TR3
Lawrie OLIPHANT 51	LAUR	1:30:05	
Dan LEFEBVRE 53	UNON	1:32:14	

### 55-59

Laurence ALEXANDER 58	NYG	1:52:26	BA
John POTOCSKA 57	ETOB	1:30:02	
Peter SOHIER 56	SIM	2:17:17	

**60-64** No swimmers in this age-group.

### 65-69

Michael HEATH-EVES 66	TECH	1:37:03	
Bryan FINLAY 65	LSD	1:47:03	BR Rec

### 70-74

Ralph CHOWN 70	ARN	1:46:13	
John CONVEY 70	BRCK	1:48:00	

### 75-79

Chris SMITH 76	TYMS	1:44:58	TR4
Alan MacKINNON 76	USMS-GC	1:48:10	
George MILNE 76	TYMS	DNF	

### 80-84

Ken MARCHANT 81	UNON	DNF	
-----------------	------	-----	--

**London Silver Dolphins - Twenty-Seventh Annual 5 km St Marys Swimming Championships**  
**2008 Masters Swimming Ontario 5 km Championship**

7th September 2008 - St Marys Quarry, Ontario - water 21°C - air 19°C

---

1	Lynn MARSHALL 47	CAPS	1:07:47	TR1
2	Wieslaw MUSIAL 51	TYMS	1:13:20	TR3
3	Gary LABINE 47	DSC	1:15:05	
4	Lisa CHIN 27	LSD	1:15:32	
5	Tony FROST 47	LSD	1:17:20	
6	Scott GIBSON 42	BRCK	1:17:25	
7	Bud SEAWRIGHT 42	ETOB	1:17:30	
8	Len van GRUENING 41	NYG	1:17:42	
9	John POTOCSKA 57	ETOB	1:30:02	
10	Lawrie OLIPHANT 51	LAUR	1:30:05	
11	Carolyn M <sup>ac</sup> LEOD 32	NYG	1:32:11	
12	Dan LEFEBVRE 53	UNON	1:32:14	
13	Michael HEATH-EVES 66	TECH	1:37:03	
14	Debbie GOLOB 51	BRCK	1:37:13	
15	Cathy URQUHART 47	LSD	1:37:23	
16	George GABBER 46	UNON	1:41:27	
17	Chris SMITH 76	TYMS	1:44:58	TR4
18	Ralph CHOWN 70	ARN	1:46:13	
19	Bryan FINLAY 65	LSD	1:47:03	BR Rec
20	John CONVEY 70	BRCK	1:48:00	
21	Alan MacKINNON 76	USMS-GC	1:48:10	
22	Jane Rae DOWD 53	ARN	1:49:01	
23	Ryan HUTCHINS 29	NYG	1:51:35	
24	Jennifer MARTIN 30	GRAN	1:52:02	
25	Laurence ALEXANDER 58	NYG	1:52:26	BA
26	Fiona JOHNSTON 39	ETOB	1:56:26	
27	Suzanne LONG 44	NYG	2:03:26	
28	Peter SOHIER 56	SIM	2:17:17	
29	Gail MacDOWALL 56	ARN	2:19:48	TR2
30	Jackie STADNYK 51	ARN	2:21:28	
31	Vincent RICHER 48	TECH	3:09:32	
32	Carolyn PREBBLE 33	BRCK	DNF	3 Laps
33	George MILNE 76	TYMS	DNF	3 Laps
34	Ken MARCHANT 81	UNON	DNF	2 Laps

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

**2008 Masters Swimming Ontario 5 km Championship**

7th September 2008 - St Marys Quarry, Ontario - water 21°C - air 19°C

<b>LAP TIMES</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 25-29</b>											
Lisa CHIN 27	0:06:34	0:13:10	0:19:50	0:26:40	0:33:25	0:40:20	0:47:20	0:54:25	1:01:20	1:08:25	1:15:32
Ryan HUTCHINS 29	0:09:15	0:18:40	0:28:10	0:38:05	0:48:05	0:58:00	1:08:15	1:18:45	1:29:30	1:40:25	1:51:35
<b>LADIES 30-34</b>											
Carolyn MacLEOD 32	0:07:40	0:15:50	0:24:15	0:32:40	0:41:00	0:49:25	0:57:55	1:06:30	1:15:00	1:23:35	1:32:11
Jennifer MARTIN 30	0:09:00	0:18:45	0:28:20	0:38:15	0:48:15	0:58:35	1:09:05	1:19:40	1:30:35	1:41:30	1:52:02
Carolyn PREBBLE 33	0:07:55	0:16:10	0:24:45								
<b>LADIES 35-39</b>											
Fiona JOHNSTON 39	0:09:50	0:20:00	0:30:20	0:41:00	0:51:50	1:02:15	1:13:05	1:23:50	1:34:50	1:45:45	1:56:26
<b>LADIES 40-44</b>											
Suzanne LONG 44	0:09:30	0:19:40	0:29:45	0:40:20	0:51:10	1:02:30	1:14:20	1:26:25	1:38:30	1:50:50	2:03:26
<b>LADIES 45-49</b>											
Lynn MARSHALL 47	0:05:58	0:12:00	0:18:00	0:24:07	0:30:19	0:36:31	0:42:46	0:49:02	0:55:15	1:01:33	1:07:47
Cathy URQUHART 47	0:08:22	0:16:49	0:25:24	0:34:05	0:42:49	0:51:19	1:00:41	1:09:51	1:19:00	1:28:09	1:37:23
<b>LADIES 50-54</b>											
Debbie GOLOB 51	0:08:12	0:16:44	0:25:20	0:34:00	0:42:44	0:51:14	1:00:38	1:09:48	1:18:56	1:28:05	1:37:13
Jane Rae DOWD 53	0:09:14	0:18:25	0:27:48	0:37:31	0:47:13	0:57:10	1:07:20	1:17:48	1:27:50	1:38:43	1:49:01
Jackie STADNYK 51	0:11:25	0:23:30	0:35:51	0:48:32	1:01:00	1:15:02	1:28:08	1:40:54	1:54:24	2:07:39	2:21:28
<b>LADIES 55-59</b>											
Gail MacDOWALL 56	0:11:12	0:22:49	0:35:11	0:47:50	1:00:45	1:14:02	1:27:22	1:40:32	1:53:36	2:06:38	2:19:48

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

**2008 Masters Swimming Ontario 5 km Championship**

7th September 2008 - St Marys Quarry, Ontario - water 21°C - air 19°C

<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 25-29</b>											
Lisa CHIN 27	0:06:34	0:06:36	0:06:40	0:06:50	0:06:45	0:06:55	0:07:00	0:07:05	0:06:55	0:07:05	0:07:07
Ryan HUTCHINS 29	0:09:15	0:09:25	0:09:30	0:09:55	0:10:00	0:09:55	0:10:15	0:10:30	0:10:45	0:10:55	0:11:10
<b>LADIES 30-34</b>											
Carolyn MacLEOD 32	0:07:40	0:08:10	0:08:25	0:08:25	0:08:20	0:08:25	0:08:30	0:08:35	0:08:30	0:08:35	0:08:36
Jennifer MARTIN 30	0:09:00	0:09:45	0:09:35	0:09:55	0:10:00	0:10:20	0:10:30	0:10:35	0:10:55	0:10:55	0:10:32
Carolyn PREBBLE 33	0:07:55	0:08:15	0:08:35								
<b>LADIES 35-39</b>											
Fiona JOHNSTON 39	0:09:50	0:10:10	0:10:20	0:10:40	0:10:50	0:10:25	0:10:50	0:10:45	0:11:00	0:10:55	0:10:41
<b>LADIES 40-44</b>											
Suzanne LONG 44	0:09:30	0:10:10	0:10:05	0:10:35	0:10:50	0:11:20	0:11:50	0:12:05	0:12:05	0:12:20	0:12:36
<b>LADIES 45-49</b>											
Lynn MARSHALL 47	0:05:58	0:06:02	0:06:00	0:06:07	0:06:12	0:06:12	0:06:15	0:06:16	0:06:13	0:06:18	0:06:14
Cathy URQUHART 47	0:08:22	0:08:27	0:08:35	0:08:41	0:08:44	0:08:30	0:09:22	0:09:10	0:09:09	0:09:09	0:09:14
<b>LADIES 50-54</b>											
Debbie GOLOB 51	0:08:12	0:08:32	0:08:36	0:08:40	0:08:44	0:08:30	0:09:24	0:09:10	0:09:08	0:09:09	0:09:08
Jane Rae DOWD 53	0:09:14	0:09:11	0:09:23	0:09:43	0:09:42	0:09:57	0:10:10	0:10:28	0:10:02	0:10:53	0:10:18
Jackie STADNYK 51	0:11:25	0:12:05	0:12:21	0:12:41	0:12:28	0:14:02	0:13:06	0:12:46	0:13:30	0:13:15	0:13:49
<b>LADIES 55-59</b>											
Gail MacDOWALL 56	0:11:12	0:11:37	0:12:22	0:12:39	0:12:55	0:13:17	0:13:20	0:13:10	0:13:04	0:13:02	0:13:10



