

TOTAL AEROBIC POINTS - 2003 SEASON

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BRISBANE SOUTHSIDE

NATIONAL AEROBIC SCHEME

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Total Female Points =	965
Total Male Points =	161
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Total Club Points =	1126
No. of Registered Members =	61
	-----
Average Points per Member =	18.46
	=====
No. of Swimmers =	17
No. of Registered Members =	61
	-----
Participation Rate =	27.87 %

AEROBIC POINTS - 2003 SEASON

National Aerobics Scheme

BRISBANE SOUTHSIDE

Name	Sex	Age		FREESTYLE						BACKSTROKE						BREASTSTROKE						BUTTERFLY		I.M.		Total Points
		Age	Group	400	800	1500	30min	45min	60min	400	800	1500	30min	45min	60min	400	800	1500	30min	45min	60min	400	800	400	800	
Narelle BALNAVE	F	60	60-64	10	20	15	15		30	10	20		15								10	20	10	20	240	
Jane CHARUBA	F	48	45-49	10						10	20		15								10	20	10	20	75	
Karyn CLARK	F	36	35-39			15																			15	
Carolyn COLLINS	F	48	45-49						18																18	
Anne FITZPATRICK	F	44	40-44	10																					10	
Margaret-Ann FLOOD	F	56	55-59	10	20	15																			45	
Helen HOLMES	F	69	65-69	8	20	15	15	20	30	8	16										10	20	15	15	30	230
Wendy KINGMA	F	42	40-44	10	20	15	15		30												10	20	10	20	130	
Katalin MORDEN	F	61	60-64	8	20		15		30																73	
Rachel POULTER	F	35	35-39	8						8											10				26	
Jen THOMASSON	F	60	60-64			15																			15	
Eileen WATSON	F	40	40-44	10	20	15	15			8													10		78	
Susan WILDER	F	46	45-49																		10				10	
																							FEMALE TOTAL =		965	
David HALEY	M	47	45-49	2																	6				17	
Stan JACOBS	M	75	75-79			15	15	20	30																80	
Ian REDPATH	M	79	75-79						24																24	
Brian TREVETHAM	M	58	55-59	10	20																10				40	
																							MALE TOTAL =		161	
																							CLUB TOTAL =		1126	

NATIONAL AEROBIC SWIMS - 2003 SEASON

Narelle BALNAVE  
BRISBANE SOUTHSIDE

Rego. No.: 410500  
Club: QSM

Sex: Female  
Age: 60

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L 04/02/2003	08:00.86		800m	L 17/02/2003	16:44.08	
	L 08/03/2003	07:54.02			L 30/03/2003	16:16.05	
	L 01/04/2003	07:54.79			L 16/04/2003	16:25.18	
	L 09/05/2003	07:54.75			S 05/05/2003	15:19.01	
	L 20/06/2003	08:00.28			L 20/06/2003	16:29.62	
		<u>07:56.94</u>	10			<u>16:14.79</u>	20
1500m	L 21/12/2003	31:35.36	15	30min	L 19/09/2003	1425	15
45min				60min	L 21/12/2003	2900	30
<b>Backstroke</b>							
400m	L 17/02/2003	09:25.40		800m	L 24/02/2003	18:36.14	
	L 03/03/2003	08:57.49			L 15/03/2003	18:27.58	
	L 16/04/2003	09:38.42			L 09/05/2003	18:40.31	
	S 03/05/2003	09:06.25			L 20/06/2003	18:49.51	
	S 14/06/2003	08:41.65			L 05/07/2003	18:16.11	
		<u>09:09.84</u>	10			<u>18:33.93</u>	20
1500m				30min	L 26/09/2003	1400	15
45min				60min			
<b>Breaststroke</b>							
400m	L 17/02/2003	09:12.59		800m	L 15/08/2003	22:01.14	
	L 10/08/2003	10:05.08			L 05/09/2003	20:26.71	
	L 03/09/2003	10:12.47			L 08/10/2003	19:11.65	
	L 08/10/2003	09:24.25			L 12/11/2003	18:21.86	
	L 12/11/2003	09:11.08			L 03/12/2003	18:15.57	
		<u>09:37.09</u>	10			<u>19:39.39</u>	20
1500m				30min	L 22/11/2003	1250	15
45min				60min			
<b>Butterfly</b>							
400m	L 15/03/2003	08:55.43		800m	L 15/08/2003	19:07.11	
	S 04/05/2003	08:50.16			L 29/09/2003	18:52.81	
	L 18/07/2003	09:09.10			L 19/10/2003	19:02.26	
	L 02/08/2003	08:49.35			L 28/11/2003	18:50.54	
	L 05/09/2003	08:59.51			L 04/12/2003	19:22.80	
		<u>08:56.71</u>	10			<u>19:03.10</u>	20
<b>Individual Medley</b>							
400m	L 09/01/2003	08:41.06		800m	L 22/02/2003	17:36.29	
	L 09/05/2003	09:11.23			L 08/03/2003	18:19.00	
	L 05/07/2003	08:52.11			L 20/08/2003	18:27.47	
	L 02/08/2003	08:54.71			L 30/09/2003	18:01.76	
	L 05/09/2003	08:52.72			L 16/10/2003	17:56.58	
		<u>08:54.37</u>	10			<u>18:04.22</u>	20

Total Points = 240





NATIONAL AEROBIC SWIMS - 2003 SEASON

Jane CHARUBA  
BRISBANE SOUTHSIDE

Rego. No.: 430171  
Club: QSM

Sex: Female  
Age: 48

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	05/01/2003	06:50.87	800m	L	09/05/2003	13:59.22
	L	19/03/2003	06:19.50		L	02/08/2003	13:49.82
	L	19/05/2003	06:37.65				
	S	20/07/2003	06:16.14				
	L	06/12/2003	06:28.82				
			<u>06:30.60</u>			<u>&lt;5 swims</u>	
			10				
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m	L	30/03/2003	08:02.95	800m	L	09/05/2003	17:58.06
	L	09/05/2003	08:41.50		L	10/08/2003	16:34.92
	L	10/08/2003	08:03.83				
	L	14/09/2003	08:21.26				
	L	16/11/2003	08:23.52				
			<u>08:18.61</u>			<u>&lt;5 swims</u>	
			10				
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m	L	08/03/2003	07:14.91	800m	L	22/02/2003	14:59.97
	S	03/05/2003	07:03.61		L	30/03/2003	14:57.36
	S	14/06/2003	07:03.79		S	05/05/2003	14:31.06
	S	20/07/2003	07:01.98		L	05/07/2003	15:30.80
	L	18/10/2003	07:11.03		L	15/08/2003	15:12.91
			<u>07:07.06</u>			<u>15:02.42</u>	20
			10				
1500m	L	15/08/2003	29:09.85	30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m	L	08/03/2003	07:29.91	800m			
	S	04/05/2003	07:03.05				
	L	05/07/2003	07:22.43				
	L	02/08/2003	07:14.09				
	L	01/11/2003	07:19.04				
			<u>07:17.70</u>				
			10				

Total Points = 75



NATIONAL AEROBIC SWIMS - 2003 SEASON

Carolyn COLLINS  
BRISBANE SOUTHSIDE

Rego. No.: 401905  
Club: QSM

Sex: Female  
Age: 48

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m				800m			
		=====				=====	
1500m				30min			
45min				60min	L 21/12/2003	2350	18
<b>Backstroke</b>							
400m				800m			
		=====				=====	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
		=====				=====	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
		=====				=====	
<b>Individual Medley</b>							
400m				800m			
		=====				=====	

Total Points = 18













NATIONAL AEROBIC SWIMS - 2003 SEASON

David HALEY  
BRISBANE SOUTHSIDE

Rego. No.: 401947  
Club: QSM

Sex: Male  
Age: 47

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L 06/08/2003	09:00.23		800m			
	L 03/09/2003	09:28.04					
	L 08/10/2003	09:31.19					
	L 15/11/2003	09:12.01					
	L 03/12/2003	09:10.61					
		<u>09:16.42</u>	2				
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m				800m			
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m	L 05/03/2003	10:02.10		800m			
	L 03/09/2003	11:21.26					
	L 08/10/2003	10:04.09					
	L 19/11/2003	10:09.11					
	L 03/12/2003	10:05.73					
		<u>10:20.46</u>	6				
1500m				30min	L 21/12/2003	1100	9
45min				60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m				800m			

Total Points = 17







NATIONAL AEROBIC SWIMS - 2003 SEASON

Stan JACOBS  
BRISBANE SOUTHSIDE

Rego. No.: 410758  
Club: QSM

Sex: Male  
Age: 75

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	S 03/05/2003	06:34.85		800m	L 22/02/2003	14:07.65	
	L 05/02/2003	07:08.05			L 08/03/2003	14:08.55	
	L 15/11/2003	07:07.78			S 30/08/2003	13:54.40	
		-----				-----	
		<5 swims				<5 swims	
1500m	S 05/05/2003	26:11.23	15	30min	L 29/09/2003	1625	15
45min	L 29/09/2003	2375	20	60min	L 26/01/2003	3200	30
<b>Backstroke</b>							
400m				800m			
		-----				-----	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
		-----				-----	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
		-----				-----	
<b>Individual Medley</b>							
400m				800m			
		-----				-----	

Total Points = 80

NATIONAL AEROBIC SWIMS - 2003 SEASON

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David KERR  
BRISBANE SOUTHSIDE

Rego. No.: 439517  
Club: QSM

Sex: Male  
Age: 66

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
<u>400m</u>				<u>800m</u>			
		<u>        </u>				<u>        </u>	
		<u>        </u>				<u>        </u>	
1500m				30min			
45min				60min			
<b>Backstroke</b>							
<u>400m</u>				<u>800m</u>			
		<u>        </u>				<u>        </u>	
		<u>        </u>				<u>        </u>	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
<u>400m</u>	L	05/02/2003	09:37.53	<u>800m</u>			
	L	05/03/2003	09:47.39				
	L	09/04/2003	09:30.39				
		<u>        </u>				<u>        </u>	
		<u>        </u>				<u>        </u>	
		<5 swims				<u>        </u>	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
<u>400m</u>				<u>800m</u>			
		<u>        </u>				<u>        </u>	
		<u>        </u>				<u>        </u>	
<b>Individual Medley</b>							
<u>400m</u>				<u>800m</u>			
		<u>        </u>				<u>        </u>	
		<u>        </u>				<u>        </u>	

Total Points = 0

NATIONAL AEROBIC SWIMS - 2003 SEASON

Wendy KINGMA  
BRISBANE SOUTHSIDE

Rego. No.: 424982  
Club: QSM

Sex: Female  
Age: 42

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	19/01/2003	06:14.40	800m	L	22/02/2003	12:43.26
	L	05/02/2003	06:14.24		L	30/03/2003	12:56.49
	L	15/03/2003	06:07.46		S	05/05/2003	12:29.02
	S	03/05/2003	06:02.08		L	19/10/2003	12:39.64
	L	02/08/2003	06:10.27		L	03/11/2003	12:31.07
			<u>06:09.69</u>			<u>12:39.90</u>	20
1500m	L	02/08/2003	26:27.44	30min	L	24/08/2003	1750
45min			15	60min	L	18/07/2003	3425
							30
<b>Backstroke</b>							
400m	L	30/03/2003	08:07.81	800m			
	L	05/09/2003	08:36.25				
			<u>&lt;5 swims</u>			<u>&lt;5 swims</u>	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m	S	15/08/2003	08:53.02	800m			
	L	29/09/2003	09:06.16				
			<u>&lt;5 swims</u>			<u>&lt;5 swims</u>	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m	L	08/03/2003	07:31.23	800m	L	20/06/2003	16:20.34
	S	04/05/2003	07:07.54		S	20/07/2003	15:24.66
	L	15/08/2003	08:02.64		L	02/08/2003	15:47.42
	L	05/09/2003	07:37.81		L	29/09/2003	16:17.36
	L	15/11/2003	07:24.75		L	03/12/2003	16:06.32
			<u>07:32.79</u>			<u>15:59.22</u>	20
			10				
<b>Individual Medley</b>							
400m	L	08/03/2003	07:35.06	800m			
	S	11/06/2003	07:28.57				
	L	15/08/2003	08:06.18				
	L	05/09/2003	07:51.45				
	L	21/11/2003	08:02.66				
			<u>07:48.78</u>			<u>07:48.78</u>	10

Total Points = 130





NATIONAL AEROBIC SWIMS - 2003 SEASON

Donna MCKAY  
BRISBANE SOUTHSIDE

Rego. No.: 406123  
Club: QSM

Sex: Female  
Age: 41

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L 05/02/2003	05:37.46		800m			
	L 09/04/2003	05:31.07					
	L 25/05/2003	05:59.03					
	L 06/08/2003	05:59.00					
		-----				-----	
		<5 swims				-----	
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m				800m			
		-----				-----	
		-----				-----	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
		-----				-----	
		-----				-----	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
		-----				-----	
		-----				-----	
<b>Individual Medley</b>							
400m				800m			
		-----				-----	
		-----				-----	

Total Points = 0

NATIONAL AEROBIC SWIMS - 2003 SEASON

Katalin MORDEN  
BRISBANE SOUTHSIDE

Rego. No.: 422599  
Club: QSM

Sex: Female  
Age: 61

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	23/03/2003	08:38.56	800m	L	22/02/2003	17:28.48
	S	30/08/2003	08:19.21		L	22/03/2003	17:55.85
	L	02/09/2003	08:38.39		L	02/08/2003	17:38.22
	L	18/10/2003	08:21.55		L	19/10/2003	17:17.53
	L	15/11/2003	08:42.37		L	01/11/2003	17:14.87
		<u>08:32.02</u>	8			<u>17:30.99</u>	20
1500m				30min	L	18/10/2003	1375
45min				60min	L	26/01/2003	2575
45min							30
<b>Backstroke</b>							
400m				800m			
		<u>          </u>				<u>          </u>	
		<u>          </u>				<u>          </u>	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
		<u>          </u>				<u>          </u>	
		<u>          </u>				<u>          </u>	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
		<u>          </u>				<u>          </u>	
		<u>          </u>				<u>          </u>	
<b>Individual Medley</b>							
400m				800m			
		<u>          </u>				<u>          </u>	
		<u>          </u>				<u>          </u>	

Total Points = 73





NATIONAL AEROBIC SWIMS - 2003 SEASON

Margot PONTIN  
BRISBANE SOUTHSIDE

Rego. No.: 439235  
Club: QSM

Sex: Female  
Age: 34

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L 05/02/2003	06:42.89		800m	L 22/02/2003	13:16.58	
	L 05/03/2003	06:28.12					
		-----				-----	
		<5 swims				<5 swims	
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m				800m			
		-----				-----	
		-----				-----	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
		-----				-----	
		-----				-----	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
		-----				-----	
		-----				-----	
<b>Individual Medley</b>							
400m				800m			
		-----				-----	
		-----				-----	

Total Points = 0

NATIONAL AEROBIC SWIMS - 2003 SEASON

Rachel POULTER  
BRISBANE SOUTHSIDE

Rego. No.: 439714  
Club: QSM

Sex: Female  
Age: 35

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	19/03/2003	07:51.23	800m			
	L	09/04/2003	07:30.96				
	L	25/05/2003	07:49.60				
	S	20/07/2003	06:55.11				
	L	15/08/2003	07:42.84				
			<u>07:33.95</u>				8
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m	L	15/08/2003	09:51.87	800m			
	L	03/09/2003	09:01.40				
	L	15/10/2003	08:30.32				
	L	12/11/2003	08:47.42				
	L	03/12/2003	08:17.07				
			<u>08:53.62</u>				8
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m	L	25/05/2003	09:30.01	800m			
	S	11/06/2003	08:54.32				
	L	02/07/2003	08:34.93				
	L	15/11/2003	08:08.07				
	L	30/08/2003	08:10.10				
			<u>08:39.49</u>				10
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m				800m			

Total Points = 26

NATIONAL AEROBIC SWIMS - 2003 SEASON

Ian REDPATH  
BRISBANE SOUTHSIDE

Rego. No.: 433426  
Club: QSM

Sex: Male  
Age: 79

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m				800m			
1500m				30min			
45min				60min	L 26/01/2003	2250	24
<b>Backstroke</b>							
400m				800m			
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m				800m			

Total Points = 24

NATIONAL AEROBIC SWIMS - 2003 SEASON

Carol RYLANCE  
BRISBANE SOUTHSIDE

Rego. No.: 410762  
Club: QSM

Sex: Female  
Age: 56

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
<u>400m</u>				<u>800m</u>			
		_____				_____	
		_____				_____	
1500m				30min			
45min				60min			
<b>Backstroke</b>							
<u>400m</u>				<u>800m</u>			
		_____				_____	
		_____				_____	
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
<u>400m</u>	L	19/03/2003	18:10.18	<u>800m</u>			
						_____	
						_____	
		<5 swims				_____	
1500m				30min			
45min				60min			
<b>Butterfly</b>							
<u>400m</u>				<u>800m</u>			
		_____				_____	
		_____				_____	
<b>Individual Medley</b>							
<u>400m</u>	L	19/03/2003	08:22.38	<u>800m</u>			
						_____	
						_____	
		<5 swims				_____	

Total Points = 0



NATIONAL AEROBIC SWIMS - 2003 SEASON

Jen THOMASSON  
BRISBANE SOUTHSIDE

Rego. No.: 401933  
Club: QSM

Sex: Female  
Age: 60

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m				800m L	22/02/2003	11:33.65	
						<5 swims	
1500m 45min	L 02/08/2003	22:32.06	15	30min 60min			
<b>Backstroke</b>							
400m				800m			
1500m 45min				30min 60min			
<b>Breaststroke</b>							
400m				800m			
1500m 45min				30min 60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m				800m			

Total Points = 15

NATIONAL AEROBIC SWIMS - 2003 SEASON

Brian TREVETHAM  
BRISBANE SOUTHSIDE

Rego. No.: 402004  
Club: QSM

Sex: Male  
Age: 58

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	05/02/2003	06:30.32	800m	L	19/03/2003	14:13.58
	L	19/03/2003	06:40.90		L	25/05/2003	15:00.97
	L	09/04/2003	06:36.14		L	02/08/2003	14:06.60
	L	25/05/2003	07:05.33		L	08/10/2003	14:06.01
	S	20/07/2003	06:32.03				
				L	12/11/2003	14:16.94	
		06:40.94	10			14:20.82	20
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m				800m			
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m	L	02/07/2003	08:49.72	800m			
	L	03/08/2003	08:33.83				
	L	03/09/2003	09:03.80				
	L	15/10/2003	08:36.51				
	L	19/11/2003	08:43.87				
		08:45.55	10				
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m				800m			

Total Points = 40

NATIONAL AEROBIC SWIMS - 2003 SEASON

Jan VASYLI  
BRISBANE SOUTHSIDE

Rego. No.: 439725  
Club: QSM

Sex: Female  
Age: 55

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 09/04/2003	08:08.14		800m			
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0



NATIONAL AEROBIC SWIMS - 2003 SEASON

Eileen WATSON  
BRISBANE SOUTHSIDE

Rego. No.: 433776  
Club: QSM

Sex: Female  
Age: 40

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	05/02/2003	07:07.81	800m	L	02/07/2003	14:22.00
	L	15/11/2003	06:33.82		L	02/08/2003	14:31.12
	L	09/05/2003	06:48.10		L	25/10/2003	13:42.53
	L	02/08/2003	06:50.14		L	21/11/2003	13:50.71
	L	22/10/2003	06:41.02		L	03/12/2003	13:38.99
			<u>06:48.18</u>			<u>14:01.07</u>	
			10				20
1500m	L	06/08/2003	27:18.56	30min	L	28/11/2003	1650
45min			15	60min			15
<b>Backstroke</b>							
400m	L	05/02/2003	08:59.52	800m			
	L	05/03/2003	08:33.07				
	L	09/05/2003	08:56.53				
	L	02/08/2003	08:18.10				
	L	15/10/2003	08:13.25				
			<u>08:36.09</u>				
			8				
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m				800m			
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
<b>Individual Medley</b>							
400m	L	09/04/2003	08:11.18	800m			
	L	09/05/2003	08:28.83				
	S	11/06/2003	08:05.97				
	L	21/11/2003	07:56.77				
	L	04/12/2003	08:00.30				
			<u>08:08.61</u>				
			10				

Total Points = 78





NATIONAL AEROBIC SWIMS - 2003 SEASON

John WOODWARD  
BRISBANE SOUTHSIDE

Rego. No.: 439694  
Club: QSM

Sex: Male  
Age: 26

Course	Date	Result	Pts	Course	Date	Result	Pts
<b>Freestyle</b>							
400m	L	05/03/2003	06:10.90	800m			
	L	09/04/2003	05:58.76				
	L	10/09/2003	06:09.03				
		-----				-----	
		<5 swims					
1500m				30min			
45min				60min			
<b>Backstroke</b>							
400m				800m			
		-----				-----	
		<5 swims					
1500m				30min			
45min				60min			
<b>Breaststroke</b>							
400m	L	05/03/2003	09:24.24	800m			
	L	09/04/2003	09:34.21				
	L	10/09/2003	09:43.76				
		-----				-----	
		<5 swims					
1500m				30min			
45min				60min			
<b>Butterfly</b>							
400m				800m			
		-----				-----	
		<5 swims					
<b>Individual Medley</b>							
400m				800m			
		-----				-----	
		<5 swims					

Total Points = 0