

TOTAL AEROBIC POINTS - 2004 SEASON

BRISBANE SOUTHSIDE

NATIONAL AEROBIC SCHEME

Total Female Points =	649
Total Male Points =	169

Total Club Points =	818
No. of Registered Members =	67

Average Points per Member =	12.21
	=====
No. of Swimmers =	14
No. of Registered Members =	67

Participation Rate =	20.90 %

NATIONAL AEROBIC SWIMS - 2004 SEASON

Narelle BALNAVE
BRISBANE SOUTHSIDE

Rego. No.: 410500
Club: QSM

Sex: Female
Age: 61

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	10/01/2004	08:17.93	800m	L	25/04/2004	16:21.06
	L	01/02/2004	08:02.83		S	15/05/2004	15:28.85
	L	26/03/2004	08:08.64		L	18/07/2004	16:23.97
	L	18/04/2004	08:04.88		S	05/09/2004	15:45.96
	L	16/05/2004	07:55.70		L	24/11/2004	16:20.15
			08:06.00				16:04.00
			10				20
1500m				30min			
45min				60min	L	25/01/2004	2725
							30
Backstroke							
400m	L	01/01/2004	08:47.27	800m	L	25/01/2004	17:59.85
	L	08/03/2004	08:52.22		L	06/02/2004	17:54.02
	L	18/04/2004	08:59.75		L	10/03/2004	18:11.01
	L	26/05/2004	09:00.97		L	03/04/2004	17:49.75
	L	19/06/2004	08:48.90		L	19/06/2004	18:10.11
			08:53.82				18:00.95
			10				20
1500m	L	31/07/2004	34:13.63	30min			
45min				60min			
Breaststroke							
400m	L	26/03/2004	09:06.25	800m			
	L	12/04/2004	09:05.52				
	L	16/05/2004	08:57.32				
	L	14/07/2004	09:21.50				
	L	04/08/2004	09:06.93				
			09:07.50				10
1500m				30min			
45min				60min			
Butterfly							
400m	L	03/04/2004	09:16.87	800m			
	L	02/05/2004	09:31.09				
	L	08/09/2004	09:29.21				
	L	30/11/2004	09:30.75				
	L	08/12/2004	09:24.41				
			09:26.47				10
Individual Medley							
400m	L	18/04/2004	08:42.87	800m	L	31/07/2004	18:03.69
	L	18/06/2004	08:46.14		S	28/08/2004	17:11.29
	L	31/07/2004	08:49.45		S	05/09/2004	17:21.05
	L	03/09/2004	08:41.37		L	28/11/2004	17:49.94
	L	12/11/2004	08:35.49		L	11/12/2004	18:19.94
			08:43.06				17:45.18
			10				20

Total Points = 155

NATIONAL AEROBIC SWIMS - 2004 SEASON

Jenny BENSON
BRISBANE SOUTHSIDE

Rego. No.: 439849
Club: QSM

Sex: Female
Age: 51

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	18/04/2004	08:37.18		800m			
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m L	18/04/2004	10:01.49		800m			
<5 swims							
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
<5 swims							
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Carolyn COLLINS
BRISBANE SOUTHSIDE

Rego. No.: 401905
Club: QSM

Sex: Female
Age: 49

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 20/03/2004	07:22.08		800m	L 03/04/2004	15:34.83	
	L 25/04/2004	07:39.18					
		<5 swims				<5 swims	
1500m				30min			
45min				60min	L 25/01/2004	2775	24
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m	L 10/01/2004	10:29.83		800m			
	L 20/03/2004	09:34.87					
	L 03/04/2004	09:04.55					
		<5 swims					
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 24

NATIONAL AEROBIC SWIMS - 2004 SEASON

John FISHER
BRISBANE SOUTHSIDE

Rego. No.: 430565
Club: QSM

Sex: Male
Age: 55

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m				800m			
1500m				30min			
45min				60min			
Backstroke							
400m L	02/05/2004	08:25.35		800m			
		<5 swims					
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Anne FITZPATRICK
BRISBANE SOUTHSIDE

Rego. No.: 439425
Club: QSM

Sex: Female
Age: 45

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 24/03/2004	06:23.67		800m			
	L 01/05/2004	06:20.97					
	L 25/08/2004	06:27.81					
	L 20/10/2004	06:29.65					
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m	L 11/02/2004	08:08.35		800m			
	L 02/05/2004	08:03.48					
	L 25/08/2004	07:59.96					
	L 20/10/2004	07:50.29					
<5 swims							

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Margaret-Ann FLOOD
BRISBANE SOUTHSIDE

Rego. No.: 422625
Club: QSM

Sex: Female
Age: 57

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	21/01/2004	07:11.93	800m	L	27/01/2004	14:27.90
	L	21/02/2004	06:56.19		L	08/03/2004	14:08.90
	L	03/04/2004	07:02.75		L	03/04/2004	14:16.96
					L	16/05/2004	14:17.07
					L	31/07/2004	14:17.52
		<5 swims				14:17.67	20
1500m	L	31/07/2004	26:49.53	30min			
45min			15	60min	L	25/01/2004	3100
							30
Backstroke							
400m	L	04/03/2004	09:42.38	800m			
	L	05/05/2004	09:43.87				
	L	30/06/2004	10:18.41				
		<5 swims					
1500m				30min			
45min				60min			
Breaststroke							
400m	L	25/02/2004	10:09.73	800m			
	L	31/03/2004	10:14.78				
	L	30/06/2004	10:19.06				
	L	14/07/2004	10:25.64				
		<5 swims					
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 65

NATIONAL AEROBIC SWIMS - 2004 SEASON

David HALEY
BRISBANE SOUTHSIDE

Rego. No.: 401947
Club: QSM

Sex: Male
Age: 48

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	16/05/2004	09:28.40	800m	L	16/05/2004	20:30.44
	S	01/09/2004	08:38.43		L	04/08/2004	18:54.29
	L	06/10/2004	09:07.24		S	22/09/2004	17:50.47
	L	27/11/2004	09:03.96		L	24/11/2004	18:36.38
	L	01/12/2004	09:13.97		L	08/12/2004	18:52.90
		09:06.40	2			18:56.90	9
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m	L	11/02/2004	10:15.91	800m			
	L	16/05/2004	10:25.84				
	L	14/07/2004	11:22.54				
	S	01/09/2004	10:29.91				
	L	06/10/2004	10:40.57				
		10:38.95	6				
1500m	L	11/12/2004	41:40.87	30min	L	25/10/2004	1100
45min			9	60min			9
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 35

NATIONAL AEROBIC SWIMS - 2004 SEASON

Helen HOLMES
BRISBANE SOUTHSIDE

Rego. No.: 425301
Club: QSM

Sex: Female
Age: 70

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	04/02/2004	09:14.53	800m	L	25/02/2004	18:48.47
	L	20/03/2004	08:57.27		L	31/03/2004	18:32.01
	L	25/04/2004	09:04.97		L	18/04/2004	18:55.85
	L	23/06/2004	09:39.97		L	08/09/2004	18:24.63
	L	31/07/2004	09:18.92		L	13/10/2004	18:44.49
			09:15.13				18:41.09
			10				20
1500m	L	03/04/2004	35:18.28	30min	S	05/09/2004	1275
45min	L	16/05/2004	1850	60min	L	25/01/2004	2400
			15				15
			20				30
Backstroke							
400m	L	11/02/2004	12:51.05	800m	L	26/03/2004	24:59.77
	L	24/03/2004	12:39.75		L	30/06/2004	26:42.00
	L	12/04/2004	12:22.73		L	25/08/2004	24:57.77
	L	23/06/2004	13:08.17		S	05/09/2004	25:00.14
	L	04/08/2004	12:35.32		L	20/10/2004	25:23.83
			12:43.40				25:24.70
			8				16
1500m				30min			
45min				60min			
Breaststroke							
400m	L	21/02/2004	11:08.38	800m	L	01/02/2004	23:16.89
	L	20/03/2004	11:15.75		L	08/03/2004	23:38.23
	L	03/04/2004	10:52.03		S	28/08/2004	21:43.08
	L	02/05/2004	10:51.41		L	06/10/2004	23:54.42
	L	14/07/2004	11:40.01		L	17/11/2004	23:56.59
			11:09.52				23:17.84
			10				20
1500m	L	18/01/2004	45:44.57	30min	L	11/12/2004	975
45min	L	25/10/2004	1500	60min	L	18/07/2004	1950
			15				15
			20				30
Butterfly							
400m				800m			
Individual Medley							
400m	L	21/01/2004	11:46.88	800m			
	L	04/03/2004	11:41.66				
	L	18/04/2004	11:58.56				
	S	02/05/2004	11:06.49				
	S	01/09/2004	11:05.89				
			11:31.90				10

Total Points = 254

NATIONAL AEROBIC SWIMS - 2004 SEASON

Stan JACOBS
BRISBANE SOUTHSIDE

Rego. No.: 410758
Club: QSM

Sex: Male
Age: 76

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 18/01/2004	06:57.67		800m	L 25/01/2004	14:28.05	
	L 19/06/2004	07:47.42			L 06/02/2004	14:13.10	
					L 16/05/2004	14:23.35	
					L 04/04/2004	14:15.86	
		<5 swims				<5 swims	
1500m				30min			
45min				60min	L 16/01/2004	3275	30
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 30

NATIONAL AEROBIC SWIMS - 2004 SEASON

Lynda JOACHIM
BRISBANE SOUTHSIDE

Rego. No.: 418450
Club: QSM

Sex: Female
Age: 56

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	16/05/2004	09:58.87		800m			
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Breaststroke							
400m L	16/05/2004	09:33.86		800m L	16/05/2004	20:18.83	
	L	25/08/2004	09:14.15				
	L	08/09/2004	09:25.01				
	L	24/10/2004	09:19.45				
	L	27/11/2004	09:03.92				
		09:19.28	10				<5 swims
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 10

NATIONAL AEROBIC SWIMS - 2004 SEASON

Irene KEEL
BRISBANE SOUTHSIDE

Rego. No.: 422719
Club: QSM

Sex: Female
Age: 64

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	01/05/2004	08:43.84		800m			
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Breaststroke							
400m L	18/04/2004	10:50.95		800m			
<5 swims							
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Wendy KINGMA
BRISBANE SOUTHSIDE

Rego. No.: 424982
Club: QSM

Sex: Female
Age: 43

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	18/01/2004	06:27.05	800m			
	L	01/05/2004	06:21.03				
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Butterfly							
400m	L	02/05/2004	07:49.81	800m			
<5 swims							
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Lilli LARSEN
BRISBANE SOUTHSIDE

Rego. No.: 422519
Club: QSM

Sex: Female
Age: 65

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	01/05/2004	08:11.37		800m			
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Breaststroke							
400m L	02/05/2004	10:20.38		800m			
<5 swims							
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Katalin MORDEN
BRISBANE SOUTHSIDE

Rego. No.: 422599
Club: QSM

Sex: Female
Age: 62

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m L	25/01/2004	17:29.61	
						<5 swims	
1500m 45min				30min 60min L	25/01/2004	2500	30
Backstroke 400m				800m			
1500m 45min				30min 60min			
Breaststroke 400m				800m			
1500m 45min				30min 60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 30

NATIONAL AEROBIC SWIMS - 2004 SEASON

Deanne NOLAN
BRISBANE SOUTHSIDE

Rego. No.: 408234
Club: QSM

Sex: Female
Age: 27

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m				800m			
1500m				30min			
45min				60min			
Backstroke							
400m L	04/02/2004	13:27.63		800m			
		<5 swims					
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Rachel POULTER
BRISBANE SOUTHSIDE

Rego. No.: 439714
Club: QSM

Sex: Female
Age: 36

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	11/02/2004	07:01.04		800m L	18/04/2004	15:14.29	
		<5 swims				<5 swims	
1500m				30min			
45min				60min			
Backstroke							
400m L	18/01/2004	08:14.85		800m			
	L	10/03/2004	08:41.98				
	L	18/04/2004	09:31.87				
	L	20/10/2004	09:21.48				
	L	11/12/2004	09:05.36				
		08:59.11	8				
1500m				30min			
45min				60min			
Breaststroke							
400m				800m L	10/03/2004	17:06.24	
					L	16/05/2004	17:23.85
					L	24/10/2004	18:05.87
					L	17/11/2004	17:22.48
					L	11/12/2004	17:46.38
						17:32.96	20
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m L	18/04/2004	08:44.35		800m			
	L	16/05/2004	08:39.73				
	L	25/10/2004	08:58.03				
	L	30/11/2004	08:22.50				
	L	11/12/2004	08:36.69				
		08:40.26	8				

Total Points = 36

NATIONAL AEROBIC SWIMS - 2004 SEASON

Ian REDPATH
BRISBANE SOUTHSIDE

Rego. No.: 433426
Club: QSM

Sex: Male
Age: 80

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m				800m			
1500m	L 15/05/2004	41:03.81	12	30min	L 15/05/2004	1075	12
45min	L 16/05/2004	1675	20	60min	L 25/01/2004	2325	30
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 74

NATIONAL AEROBIC SWIMS - 2004 SEASON

Alan ROBINSON
BRISBANE SOUTHSIDE

Rego. No.: 401950
Club: QSM

Sex: Male
Age: 56

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	04/02/2004	15:02.50		800m L	04/02/2004	15:02.50	
		<5 swims				<5 swims	
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 - 2004 SEASON

Ian STEWART
BRISBANE SOUTHSIDE

Rego. No.: 422521
Club: QSM

Sex: Male
Age: 69

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m				800m			
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m	L 10/03/2004	08:58.28		800m	L 04/02/2004	18:41.90	
	L 02/05/2004	09:15.04					
		<5 swims				<5 swims	
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2004 SEASON

Jen THOMASSON
BRISBANE SOUTHSIDE

Rego. No.: 401933
Club: QSM

Sex: Female
Age: 61

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min	L 19/06/2004	23:02.54	15	30min 60min			
Backstroke 400m				800m			
1500m 45min				30min 60min			
Breaststroke 400m				800m			
1500m 45min	L 03/04/2004	27:51.44	15	30min 60min			
Butterfly 400m				800m			
Individual Medley 400m	L 02/05/2004	06:48.38		800m			

<5 swims

Total Points = 30

NATIONAL AEROBIC SWIMS - 2004 SEASON

Brian TREVETHAM
BRISBANE SOUTHSIDE

Rego. No.: 402004
Club: QSM

Sex: Male
Age: 59

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 21/01/2004	06:47.87		800m	L 10/03/2004	14:06.07	
	L 11/02/2004	06:47.43					
		<5 swims				<5 swims	
1500m	L 16/05/2004	27:30.77	15	30min			
45min				60min			
Backstroke							
400m	L 25/02/2004	08:18.26		800m			
	L 24/03/2004	08:25.61					
		<5 swims					
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 15

NATIONAL AEROBIC SWIMS - 2004 SEASON

Jan VAUGHAN
BRISBANE SOUTHSIDE

Rego. No.: 433233
Club: QSM

Sex: Female
Age: 52

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	18/01/2004	06:06.36		800m L	04/02/2004	12:19.62	
		<5 swims				<5 swims	
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 - 2004 SEASON

Eileen WATSON
BRISBANE SOUTHSIDE

Rego. No.: 433776
Club: QSM

Sex: Female
Age: 41

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	24/03/2004	06:23.49	800m			
	L	01/05/2004	06:34.35				
	L	30/06/2004	06:36.09				
	L	14/07/2004	06:34.52				
	L	13/11/2004	06:32.82				
			06:32.25				10
1500m	L	20/01/2004	27:18.54	30min			15
45min				60min			
Backstroke							
400m	L	31/07/2004	07:51.80	800m			
	L	04/08/2004	08:29.38				
	L	08/09/2004	08:09.48				
	L	13/10/2004	08:01.00				
	L	27/11/2004	07:28.87				
			08:00.11				10
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m	L	31/07/2004	07:57.96	800m			
	L	31/08/2004	08:08.25				
	S	22/09/2004	07:38.59				
	L	27/10/2004	07:41.66				
	L	17/11/2004	08:09.75				
			07:55.24				10

Total Points = 45

AEROBIC POINTS - 2004 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	61	60-64	10	20				30	10	20	15														155
Carolyn COLLINS	F	49	45-49						24																	24
Margaret-Ann FLOOD	F	57	55-59		20	15			30																	65
Helen HOLMES	F	70	70-74	10	20	15	15	20	30	8	16															254
Lynda JOACHIM	F	56	55-59												10											10
Katalin MORDEN	F	62	60-64						30																	30
Rachel POULTER	F	36	35-39							8						20										36
Jen THOMASSON	F	61	60-64			15											15									30
Eileen WATSON	F	41	40-44	10		15				10																45
																								FEMALE TOTAL =		649
Jonathon DAVEY	M	44	40-44															15								15
David HALEY	M	48	45-49	2	9									6		9		9								35
Stan JACOBS	M	76	75-79						30																	30
Ian REDPATH	M	80	80-84			12	12	20	30																	74
Brian TREVETHAM	M	59	55-59			15																				15
																								MALE TOTAL =		169
																								CLUB TOTAL =		818