

TOTAL AEROBIC POINTS - 2008 SEASON

Brisbane Southside Masters AUSSI Inc.

NATIONAL AEROBIC SCHEME

Total Female Points =	470	
Total Male Points =	88	
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Total Club Points =	558	
No. of Registered Members =	56	
		-----
Average Points per Member =	9.96	=====
No. of Swimmers =	12	
No. of Registered Members =	56	
		-----
Participation Rate =	21.43 %	

AEROBIC POINTS - 2008 SEASON  
National Aerobics Scheme

Place	Points	Name	Sex	Age	Club
1	92	Helen HOLMES	F	74	QSM
2	76	Lynette FOLLENT	F	66	QSM
3	65	Narelle BALNAVE	F	65	QSM
4	60	Katalin MORDEN	F	66	QSM
4	60	Jen THOMASSON	F	65	QSM
6	48	Ian REDPATH	M	84	QSM
7	45	Julie WEIR	F	50	QSM
8	38	Judith JOHNSON	F	50	QSM
9	30	Stan JACOBS	M	80	QSM
10	24	Juliette POFANDT	F	37	QSM
11	10	Kiku MUKAI	M	59	QSM
11	10	Margret WINSOR	F	61	QSM

NATIONAL AEROBIC SWIMS - 2008 SEASON

Narelle BALNAVE  
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 412987  
Club: QSM

Sex: Female  
Age: 65

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	12/01/2008	08:22.13	800m			
	L	06/04/2008	07:52.36				
	L	15/06/2008	08:08.99				
	L	01/07/2008	08:22.28				
	L	01/08/2008	08:13.80				
			08:11.91				10
1500m				30min			
45min				60min			
Backstroke							
400m				800m	L	25/01/2008	18:40.40
					L	29/06/2008	18:32.51
					L	05/10/2008	18:11.29
					L	23/11/2008	19:03.71
					L	03/12/2008	19:50.98
						18:51.78	20
1500m				30min			
45min				60min			
Breaststroke							
400m	L	09/03/2008	09:03.48	800m			
	L	15/06/2008	09:06.86				
	L	01/07/2008	08:58.93				
	L	05/10/2008	08:50.63				
	L	08/11/2008	09:05.18				
			09:01.02				10
1500m	L	26/07/2008	34:23.15	15	30min		
45min					60min		
Butterfly							
400m				800m			
Individual Medley							
400m	L	18/01/2008	08:54.91	800m			
	L	06/03/2008	08:46.75				
	L	18/04/2008	08:38.95				
	L	26/07/2008	08:50.81				
	L	01/08/2008	08:54.35				
			08:49.15				10

Total Points = 65

NATIONAL AEROBIC SWIMS - 2008 SEASON

Lynette FOLLENT  
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 565455  
Club: QSM

Sex: Female  
Age: 66

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 13/01/2008	09:17.35		800m	L 12/01/2008	18:21.31	
	L 06/04/2008	09:02.02			L 06/03/2008	18:11.00	
	L 18/05/2008	09:04.28			L 18/04/2008	18:22.05	
	L 29/06/2008	08:58.31			L 18/05/2008	18:50.11	
	L 23/02/2008	08:22.86			L 23/02/2008	18:04.37	
		08:56.96	8			18:21.77	20
1500m				30min			
45min				60min	L 29/02/2008	2525	30
Backstroke							
400m	L 25/05/2008	12:31.14		800m	L 25/05/2008	25:39.82	
	L 29/06/2008	12:10.07			L 15/06/2008	24:51.98	
	L 01/07/2008	12:18.79			L 15/10/2008	29:30.44	
	L 05/10/2008	12:25.70			L 30/11/2008	25:46.78	
	L 30/11/2008	12:54.16			L 08/12/2008	25:49.61	
		12:27.97	6			26:19.73	12
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 76

NATIONAL AEROBIC SWIMS - 2008 SEASON

Helen HOLMES  
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413000  
Club: QSM

Sex: Female  
Age: 74

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 13/02/2008	09:42.51		800m	L 25/01/2008	20:18.54	
	L 06/04/2008	09:26.07			L 18/04/2008	19:51.46	
	L 04/05/2008	09:37.43			L 25/05/2008	20:27.91	
	L 15/06/2008	09:44.15			L 15/06/2008	20:15.24	
	L 23/11/2008	10:48.43			L 23/11/2008	23:17.74	
		09:51.72	8			20:50.18	16
1500m				30min	L 18/05/2008	1175	15
45min				60min	L 29/02/2008	2400	30
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min	L 25/05/2008	900	15
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m	L 18/01/2008	12:16.05		800m			
	L 06/03/2008	12:06.39					
	L 20/04/2008	12:22.84					
	L 01/05/2008	12:09.43					
	L 23/11/2008	14:24.34					
		12:39.81	8				

Total Points = 92

NATIONAL AEROBIC SWIMS - 2008 SEASON

Stan JACOBS  
 Brisbane Southside Masters AUSSI Inc.

Club: QSM

Age: 80

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min				30min 60min	L 29/02/2008	2825	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 - 2008 SEASON

Judith JOHNSON  
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 780782  
 Club: QSM

Sex: Female  
 Age: 50

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Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L 15/06/2008	07:41.58		800m	L 29/06/2008	15:47.67	
	L 24/08/2008	07:23.06			L 26/07/2008	15:33.80	
	L 05/10/2008	07:41.41			L 23/10/2008	14:57.76	
	L 26/07/2008	07:33.97			L 30/11/2008	14:49.13	
	L 07/11/2008	07:11.48			L 06/12/2008	14:43.05	
		07:30.30	8			15:10.28	20
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
Breaststroke							
400m	L 15/06/2008	09:13.32		800m			
	L 01/08/2008	09:03.34					
	L 26/07/2008	08:57.54					
	L 07/11/2008	08:47.15					
		09:00.51	10				
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 38

NATIONAL AEROBIC SWIMS - 2008 SEASON

Katalin MORDEN  
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413009  
 Club: QSM

Sex: Female  
 Age: 66

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min	L 26/08/2008	35:48.01	15	30min 60min	L 26/08/2008	1450	15
Backstroke 400m				800m			
1500m 45min				30min 60min			
Breaststroke 400m				800m			
1500m 45min				30min 60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 60



NATIONAL AEROBIC SWIMS - 2008 SEASON

Kiku MUKAI  
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413010  
Club: QSM

Sex: Male  
Age: 59

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	06/08/2008	06:45.13	800m			
	L	11/05/2008	06:28.22				
	L	06/06/2008	06:30.65				
	L	15/07/2008	06:33.75				
	L	05/10/2008	06:32.54				
			06:34.06				10
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 10

NATIONAL AEROBIC SWIMS - 2008 SEASON

Juliette POFANDT  
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 674488  
 Club: QSM

Sex: Female  
 Age: 37

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min			30min 60min	L	29/02/2008	2775	24
Backstroke 400m				800m			
1500m 45min			30min 60min				
Breaststroke 400m				800m			
1500m 45min			30min 60min				
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 24

NATIONAL AEROBIC SWIMS - 2008 SEASON

Ian REDPATH  
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413017  
 Club: QSM

Sex: Male  
 Age: 84

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m L	28/08/2008	47:11.75	9	30min L	28/08/2008	975	9
45min L	30/08/2008	1400	12	60min L	29/08/2008	1850	18
Backstroke 400m				800m			
1500m				30min			
45min				60min			
Breaststroke 400m				800m			
1500m				30min			
45min				60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 48

NATIONAL AEROBIC SWIMS - 2008 SEASON

Jen THOMASSON  
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413020  
Club: QSM

Sex: Female  
Age: 65

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	16/02/2008	05:53.21	800m	L	16/02/2008	12:19.58
	L	08/03/2008	05:48.40		L	18/04/2008	11:53.17
	L	24/04/2008	05:43.10		L	26/07/2008	12:00.25
	L	30/08/2008	05:54.34		S	30/08/2008	11:24.13
	L	07/11/2008	05:49.28		L	30/11/2008	12:27.68
			05:49.67				12:00.96
			10				20
1500m	L	30/11/2008	23:36.29	30min	L	05/10/2008	1900
45min			15	60min			15
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 60

NATIONAL AEROBIC SWIMS - 2008 SEASON

Julie WEIR  
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 428935  
Club: QSM

Sex: Female  
Age: 50

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min	L 26/07/2008	26:45.97	15	30min 60min	L 29/02/2008	3225	30
Backstroke 400m				800m			
1500m 45min				30min 60min			
Breaststroke 400m				800m			
1500m 45min				30min 60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 45

NATIONAL AEROBIC SWIMS - 2008 SEASON

Margret WINSOR  
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 716256  
 Club: QSM

Sex: Female  
 Age: 61

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	06/04/2008	07:54.15	800m			
	L	04/05/2008	07:32.06				
	L	08/03/2008	07:41.00				
	L	15/06/2008	07:48.65				
	L	05/10/2008	07:31.46				
			07:41.46				10
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							

Total Points = 10

AEROBIC POINTS - 2008 SEASON  
National Aerobics Scheme

Brisbane Southside Masters AUSSI Inc.

Name	Sex	Age	Age Group	FREESTYLE				BACKSTROKE				BREASTSTROKE				BUTTERFLY		I.M.		Total
				400	800	1500	30min	45min	60min	400	800	1500	30min	45min	60min	400	800	400	800	
Narelle BALNAVE	F	65	65-69	10					20				10	15				10	65	
Lynette FOLLENT	F	66	65-69	8	20					6	12								76	
Helen HOLMES	F	74	70-74	8	16		15								15			8	92	
Judith JOHNSON	F	50	50-54	8	20								10						38	
Katalin MORDEN	F	66	65-69			15	15												60	
Juliette POFANDT	F	37	35-39																24	
Jen THOMASSON	F	65	65-69	10	20	15	15												60	
Julie WEIR	F	50	50-54			15													45	
Margret WINSOR	F	61	60-64	10															10	
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FEMALE TOTAL =																				
470																				
Stan JACOBS	M	80	80-84																30	
Kiku MUKAI	M	59	55-59	10															10	
Ian REDPATH	M	84	80-84			9	9	12	18										48	
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MALE TOTAL =																				
88																				
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CLUB TOTAL =																				
558																				