

AEROBIC POINTS - 2009 SEASON
National Aerobics Scheme

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Place  Points  Name                               Sex  Age  Club
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      1    135   Jen THOMASSON                      F   66   QSM
      2    115   Judith JOHNSON                      F   51   QSM
      3    105   Narelle BALNAVE                     F   66   QSM
      4    104   Helen HOLMES                         F   75   QSM
      5     91   Lynette FOLLENT                     F   67   QSM
      6     45   Stan JACOBS                          M   81   QSM
      7      6   Richard KRISTA                       M   54   QSM
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NATIONAL AEROBIC SWIMS - 2009 SEASON

Narelle BALNAVE
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 412987
Club: QSM

Sex: Female
Age: 66

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	15/02/2009	08:04.35	800m	L	30/04/2009	15:52.38
	L	05/04/2009	08:08.51				
	L	31/05/2009	08:15.98				
	L	14/06/2009	08:09.49				
	L	04/07/2009	08:19.28				
			08:11.52				10
							<5 swims
1500m	L	26/01/2009	30:51.10	30min			15
45min				60min			
Backstroke							
400m	L	24/04/2009	09:01.75	800m			
	L	14/06/2009	08:58.97				
	L	16/05/2009	08:54.06				
	L	12/07/2009	09:27.63				
	L	02/08/2009	08:57.56				
			09:03.99				10
1500m	L	24/09/2009	34:49.89	30min			15
45min				60min			
Breaststroke							
400m	L	15/02/2009	08:58.49	800m			
	L	05/04/2009	08:59.72				
	L	31/05/2009	09:02.03				
	L	14/06/2009	09:07.59				
	L	12/07/2009	09:23.75				
			09:06.32				10
1500m	L	15/02/2009	34:38.63	30min			15
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m	L	26/01/2009	08:56.64	800m	L	24/04/2009	18:14.49
	S	19/02/2009	08:47.52		L	31/07/2009	18:09.46
	L	05/04/2009	08:55.08		S	22/08/2009	18:03.32
	L	01/05/2009	08:45.00		L	06/09/2009	18:14.48
	L	06/09/2009	08:53.00		L	03/10/2009	18:12.43
			08:51.45				10
							18:10.84
							20

Total Points = 105

NATIONAL AEROBIC SWIMS - 2009 SEASON

Carol BRETT
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 577613
Club: QSM

Sex: Female
Age: 61

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	23/01/2009	09:28.97	800m			
	L	12/07/2009	09:13.05				
<5 swims							
1500m				30min			
45min				60min			
Backstroke							
400m	L	19/02/2009	10:09.42	800m			
	L	12/07/2009	10:52.30				
<5 swims							
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
<5 swims							
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2009 SEASON

Robert BRETT
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 577612
 Club: QSM

Sex: Male
 Age: 65

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	23/01/2009	06:25.14	800m			
	L	12/07/2009	06:26.49				
<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 - 2009 SEASON

Lynette FOLLENT
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 565455
 Club: QSM

Sex: Female
 Age: 67

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	08/02/2009	09:08.91	800m	L	08/03/2009	18:10.30
	L	19/03/2009	08:59.76		L	05/05/2009	18:12.31
	L	31/05/2009	08:36.23		L	14/06/2009	17:57.48
	L	14/06/2009	08:50.03		L	30/04/2009	18:09.01
	L	30/04/2009	08:43.98		L	12/07/2009	18:19.24
			08:51.78				18:09.67
			8				20
1500m	L	26/01/2009	35:14.25	30min			
45min			15	60min	L	15/02/2009	2525
							30
Backstroke							
400m	L	26/01/2009	12:51.06	800m	L	19/04/2009	25:02.53
	L	08/03/2009	12:22.81		L	31/05/2009	24:33.15
	L	05/04/2009	12:22.35		L	20/09/2009	27:05.50
	L	14/06/2009	12:13.16		L	29/11/2009	27:50.69
	L	20/09/2009	12:55.78		L	02/12/2009	28:34.29
			12:33.03				26:37.23
			6				12
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 91

NATIONAL AEROBIC SWIMS - 2009 SEASON

Helen HOLMES
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413000
Club: QSM

Sex: Female
Age: 75

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	26/01/2009	10:11.66	800m	L	08/03/2009	20:33.41
	L	05/04/2009	09:45.62		L	30/04/2009	19:47.75
	L	31/05/2009	10:12.33		L	30/05/2009	20:04.25
	L	14/06/2009	09:58.40		L	14/06/2009	20:27.84
	L	12/07/2009	09:50.00		L	10/10/2009	21:55.73
			09:59.60				20:33.80
			8				20
1500m	L	02/08/2009	38:53.81	30min	L	28/06/2009	1125
45min			15	60min	L	15/02/2009	2250
							30
Backstroke							
400m	L	24/04/2009	12:28.40	800m			
	L	31/05/2009	13:39.44				
	L	14/06/2009	14:03.35				
	L	12/07/2009	13:29.59				
	L	02/08/2009	13:21.11				
			13:24.38				8
1500m				30min			
45min				60min			
Breaststroke							
400m	L	23/01/2009	14:38.64	800m			
	L	15/02/2009	13:54.33				
	L	05/04/2009	13:57.18				
	L	31/05/2009	14:21.69				
	L	28/06/2009	14:00.72				
			14:10.51				8
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m	S	18/02/2009	13:08.79	800m			
	L	08/03/2009	13:34.55				
	L	05/04/2009	12:45.28				
	L	01/05/2009	12:24.88				

<5 swims

Total Points = 104

NATIONAL AEROBIC SWIMS - 2009 SEASON

Stan JACOBS
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413001
Club: QSM

Sex: Male
Age: 81

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	26/01/2009	08:14.80		800m			
<5 swims							
1500m L	26/01/2009	31:40.89	15	30min			
45min				60min L	15/02/2009	2625	30
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 45

NATIONAL AEROBIC SWIMS - 2009 SEASON

Judith JOHNSON
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 780782
Club: QSM

Sex: Female
Age: 51

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	26/01/2009	07:14.26	800m	L	31/05/2009	14:51.50
	L	19/04/2009	07:33.34		L	14/06/2009	15:16.91
	L	02/05/2009	07:05.40		L	06/09/2009	15:24.11
	L	14/06/2009	07:22.78		L	04/10/2009	15:08.99
	L	06/09/2009	07:41.73		L	29/11/2009	15:10.60
			07:23.50				15:10.42
			10				20
1500m	L	26/01/2009	28:01.49	30min	L	28/06/2009	1575
45min			15	60min	L	15/02/2009	3075
							15
							30
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m	L	15/02/2009	08:41.43	800m			
	L	19/04/2009	08:42.01				
	L	31/05/2009	08:40.90				
	L	14/06/2009	08:39.75				
	L	12/07/2009	08:41.54				
			08:41.13				10
1500m				30min	L	29/11/2009	1250
45min				60min			15
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 115

NATIONAL AEROBIC SWIMS - 2009 SEASON

Richard KRISTA
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 782807
 Club: QSM

Sex: Male
 Age: 54

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min	L 14/06/2009	36:30.01	6	30min 60min			
Backstroke 400m				800m			
1500m 45min				30min 60min			
Breaststroke 400m				800m			
1500m 45min				30min 60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 6

NATIONAL AEROBIC SWIMS - 2009 SEASON

Sally LOMBARDO
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 550558
 Club: QSM

Sex: Female
 Age: 41

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m L	31/07/2009	13:42.85	
						<5 swims	
1500m 45min				30min 60min			
Backstroke 400m				800m			
1500m 45min				30min 60min			
Breaststroke 400m				800m			
1500m 45min				30min 60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2009 SEASON

Tony PREECE
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 780777
 Club: QSM

Sex: Male
 Age: 60

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m L	26/07/2009	07:27.27		800m			
		<5 swims					
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m L	26/01/2009	08:38.10		800m			
		<5 swims					
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 0

NATIONAL AEROBIC SWIMS - 2009 SEASON

Jen THOMASSON
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413020
Club: QSM

Sex: Female
Age: 66

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	07/02/2009	05:56.58	800m	L	08/03/2009	12:30.00
	L	08/03/2009	06:16.13		L	30/04/2009	12:09.08
	L	24/04/2009	06:26.58		L	31/05/2009	12:34.31
	L	02/05/2009	05:55.15		L	02/08/2009	12:49.88
	L	12/10/2009	06:00.23		L	10/10/2009	12:06.62
			06:06.93			12:25.98	20
1500m	L	23/01/2009	23:41.50	30min	L	06/09/2009	1850
45min				60min	L	15/02/2009	3725
			15				15
							30
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m	L	23/01/2009	07:50.45	800m	L	24/04/2009	15:32.39
	L	15/02/2009	07:51.14		L	02/08/2009	15:44.00
	L	08/03/2009	07:41.99		L	06/09/2009	15:36.76
	L	16/05/2009	07:37.92		L	04/10/2009	15:34.69
	L	02/08/2009	07:45.92		L	29/11/2009	15:32.97
			07:45.48			15:36.16	20
			10				
1500m	S	22/08/2009	27:44.34	30min			
45min				60min			
			15				
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 135

AEROBIC POINTS - 2009 SEASON
National Aerobics Scheme

Brisbane Southside Masters AUSSI Inc.

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	400	800			
Narelle BALNAVE	F	66	65-69	10		15				10		15			10		15			10	20	105
Lynette FOLLENT	F	67	65-69	8	20	15			30	6	12											91
Helen HOLMES	F	75	75-79	8	20	15	15		30	8					8							104
Judith JOHNSON	F	51	50-54	10	20	15	15		30						10			15				115
Jen THOMASSON	F	66	65-69	10	20	15	15		30						10	20	15					135

FEMALE TOTAL =																						550
Stan JACOBS	M	81	80-84			15			30													45
Richard KRISTA	M	54	50-54			6																6

MALE TOTAL =																						51

CLUB TOTAL =																						601