

AEROBIC POINTS - 2010 SEASON
National Aerobics Scheme

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Place  Points  Name                               Sex  Age  Club
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      1      98   Ian REDPATH                       M   86   QSM
      2      66   Lynette FOLLENT                   F   68   QSM
      3      63   Helen HOLMES                       F   76   QSM
      4      30   Stan JACOBS                        M   82   QSM
      4      30   Katalin MORDEN                    F   68   QSM
      6      15   Jen THOMASSON                     F   67   QSM
      7      12   David HALEY                        M   54   QSM
      8      10   Narelle BALNAVE                   F   67   QSM
      9       8   Judith JOHNSON                    F   52   QSM
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NATIONAL AEROBIC SWIMS - 2010 SEASON

Narelle BALNAVE
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 412987
Club: QSM

Sex: Female
Age: 67

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	21/02/2010	09:24.15	800m			
	L	04/07/2010	09:20.22				
	L	21/08/2010	08:45.77				
	L	01/09/2010	09:07.63				
	L	11/11/2010	09:01.40				
			09:07.83				10
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 10

NATIONAL AEROBIC SWIMS - 2010 SEASON

Lynette FOLLENT
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 565455
 Club: QSM

Sex: Female
 Age: 68

Course	Date	Result	Pts	Course	Date	Result	Pts		
Freestyle									
400m				800m					
1500m	L	27/01/2010	36:12.90	15	30min	L	03/02/2010	975	6
45min	L	23/05/2010	1725	15	60min	L	21/02/2010	2450	30
Backstroke									
400m				800m					
1500m				30min					
45min				60min					
Breaststroke									
400m				800m					
1500m				30min					
45min				60min					
Butterfly									
400m				800m					
Individual Medley									
400m				800m					

Total Points = 66

NATIONAL AEROBIC SWIMS - 2010 SEASON

David HALEY
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 412981
 Club: QSM

Sex: Male
 Age: 54

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m				800m			
1500m				30min			
45min				60min			
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m				800m			
1500m				30min	L	10/11/2010	1100
45min				60min			12
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 12

NATIONAL AEROBIC SWIMS - 2010 SEASON

Helen HOLMES
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413000
Club: QSM

Sex: Female
Age: 76

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	23/05/2010	10:24.02	800m	L	21/02/2010	21:31.41
	L	04/07/2010	10:09.12		L	23/05/2010	21:34.50
	L	01/08/2010	10:04.30		L	23/06/2010	20:40.29
	L	27/10/2010	10:11.88		L	04/07/2010	20:53.94
	L	24/11/2010	10:07.28		L	21/08/2010	18:44.48
			10:11.32				20:40.92
			8				20
1500m	L	05/06/2010	39:53.30	30min	L	04/07/2010	1000
45min			15	60min			12
Backstroke							
400m				800m			
1500m				30min			
45min				60min			
Breaststroke							
400m	L	23/05/2010	14:10.76	800m			
	L	01/08/2010	13:26.94				
	L	19/09/2010	13:38.70				
	L	27/10/2010	13:50.69				
	L	11/11/2010	14:12.08				
			13:51.83				8
1500m				30min			
45min				60min			
Butterfly							
400m				800m			
Individual Medley							
400m				800m			

Total Points = 63

NATIONAL AEROBIC SWIMS - 2010 SEASON

Stan JACOBS
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413001
Club: QSM

Sex: Male
Age: 82

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min				30min 60min	L 21/02/2010	2575	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 - 2010 SEASON

Judith JOHNSON
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 780782
 Club: QSM

Sex: Female
 Age: 52

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle							
400m	L	03/02/2010	07:32.81	800m			
	L	23/05/2010	07:30.46				
	L	04/07/2010	08:03.81				
	L	01/08/2010	07:27.89				
	L	05/09/2010	07:33.76				
			07:37.75				8
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 = 8

NATIONAL AEROBIC SWIMS - 2010 SEASON

Katalin MORDEN
Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413009
Club: QSM

Sex: Female
Age: 68

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min			30min 60min	L	25/02/2010	2650	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 - 2010 SEASON

Ian REDPATH
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413017
 Club: QSM

Sex: Male
 Age: 86

Course	Date	Result	Pts	Course	Date	Result	Pts		
Freestyle									
400m	L	01/03/2010	11:10.56	800m	L	01/03/2010	24:54.93		
	L	05/05/2010	11:29.79		L	05/05/2010	24:54.78		
	S	25/06/2010	12:02.04		S	25/06/2010	25:32.05		
	S	29/08/2010	12:09.00		S	29/08/2010	24:47.93		
	S	03/11/2010	11:14.13		S	03/11/2010	24:20.98		
			11:37.10			24:54.13	16		
1500m	L	27/02/2010	44:53.05	12	30min	L	01/03/2010	950	12
45min	L	01/03/2010	1475	20	60min	L	25/02/2010	1975	30
Backstroke									
400m				800m					
1500m				30min					
45min				60min					
Breaststroke									
400m				800m					
1500m				30min					
45min				60min					
Butterfly									
400m				800m					
Individual Medley									
400m				800m					

Total Points = 98

NATIONAL AEROBIC SWIMS - 2010 SEASON

Jen THOMASSON
 Brisbane Southside Masters AUSSI Inc.

Rego. No.: 413020
 Club: QSM

Sex: Female
 Age: 67

Course	Date	Result	Pts	Course	Date	Result	Pts
Freestyle 400m				800m			
1500m 45min				30min 60min			
Backstroke 400m				800m			
1500m 45min	S 21/08/2010	25:43.28	15	30min 60min			
Breaststroke 400m				800m			
1500m 45min				30min 60min			
Butterfly 400m				800m			
Individual Medley 400m				800m			

Total Points = 15

AEROBIC POINTS - 2010 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	1500	30min	45min	60min	400		800	400	800	
Narelle BALNAVE	F	67	65-69												10											10	
Lynette FOLLENT	F	68	65-69			15	6	15	30																	66	
Helen HOLMES	F	76	75-79	8	20	15	12								8											63	
Judith JOHNSON	F	52	50-54	8																						8	
Katalin MORDEN	F	68	65-69						30																	30	
Jen THOMASSON	F	67	65-69								15															15	
																							FEMALE TOTAL =				192
David HALEY	M	54	50-54																	12						12	
Stan JACOBS	M	82	80-84																							30	
Ian REDPATH	M	86	85-89	8	16	12	12	20	30																	98	
																							MALE TOTAL =				140
																							CLUB TOTAL =				332