

## Clarington Masters No Excuses Meet - 2013-11-30

## Results

## #1 Women 20-24 50 Meter Free

Name	Age	Team	Finals Time
1 Van Schepen, Amy	20	OOPS	29.80
2 Kwan, Bonnie	24	THOR	31.08
3 Dilworth, Brittany	20	THOR	42.38

## #1 Women 25-29 50 Meter Free

1 Lawrence, Ashley	29	ATOM	30.68
2 Comerford, Jordan	25	ROCM	33.56
3 Rathwell, Julie	29	LAUR	37.50
4 Galamiyeva, Kate	26	THOR	37.70

## #1 Women 30-34 50 Meter Free

1 Bubenickova, Lenka	34	TYMS	31.97
2 Lawson, Anna	34	TRNT	32.20

## #1 Women 35-39 50 Meter Free

1 Simonetti, Suzy	35	NT	31.97
2 Chvatal, Jana	36	NT	34.73
3 Campbell, Christina	39	ROCM	36.01
4 Isaac, Terra	35	BEAST	38.31
5 Cornberg, Stacey	35	THOR	40.58

## #1 Women 40-44 50 Meter Free

1 Bothwell, Catharine	44	PHM	31.51
2 Stephenson, Heidi	40	ROCM	32.06
3 Kosmerly, Amanda	42	LAUR	33.26
4 Chebott, Kim	41	ROCM	34.78
5 Donato, Sylvia	41	LAUR	36.99
6 Hallowell, Debbie	41	ROCM	38.05
7 Collison, Leah	40	THOR	43.93

## #1 Women 45-49 50 Meter Free

1 Carter, Leslie	46	NT	30.93
2 Diemert, Virginia	49	OSAC	34.89
3 Pammett, Karen	46	TRNT	39.37
4 Ferlatte, Krista	48	THOR	43.51
5 Branton, Suzanne	46	ROCM	43.77

## #1 Women 50-54 50 Meter Free

1 Welds, Karen	50	ROCM	33.27
2 Peacock, Christie	50	PHM	35.43
3 Beaton, Miriam	51	OSAC	36.43
4 Clapham, Glenda	53	PHM	39.44
5 Savaria, Elyse	54	OSAC	42.78

## #1 Women 55-59 50 Meter Free

1 Blanchard, Katherine	58	TRNT	36.81
2 Zelsman, Shelli	57	THOR	39.65

## #1 Women 60-64 50 Meter Free

1 Pankhurst, Deborah	61	ROCM	42.09
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## #1 Women 65-69 50 Meter Free

1 Nishio, Robynn	66	AURO	51.50
2 Moustgaard, Maureen	66	LAUR	1:23.12

## #1 Women 75-79 50 Meter Free

1 Konzelmann, Irene	77	ROCM	1:14.17
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## #1 Women 95-99 50 Meter Free

1 Wilson, Christine	99	UNAT	49.37
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## #2 Men 20-24 50 Meter Free

1 Ho, Andrien	23	THOR	27.67
2 Wong, Cameron	22	THOR	27.96
3 Wong, Jeremy	23	THOR	29.62

## #2 Men 25-29 50 Meter Free

1 Seamone, Andrew	29	ROCM	26.25
2 Matheson, Brad	27	LAUR	26.26
3 Lena, Daniel	29	THOR	29.96
4 Wong, Adrian	28	THOR	30.37
5 Nunes, Michael	27	THOR	32.87

## #2 Men 30-34 50 Meter Free

1 Nightingale, Chris	31	OSAC	27.89
2 St Jean, Paul	32	THOR	29.10

## #2 Men 35-39 50 Meter Free

1 Murphy, Darren	38	TRNT	27.25
2 Tereshchenko, Sergiy	37	THOR	28.26
3 Diaz, Rodolfo	37	TYMS	29.35
4 Kenny, Michael	38	CMAV	31.88
5 Marchant, Kevin	36	ROCM	32.88
6 Becze, Levente	38	TRNT	33.16

## #2 Men 40-44 50 Meter Free

1 Campbell, Mark	40	ROCM	30.25
2 Nagel, Daniel	44	THOR	31.37
3 Churcher, Jed	40	EOMAC	32.44
4 So, Jack	40	AURO	36.89

## #2 Men 45-49 50 Meter Free

1 Branton, Scott	46	ROCM	28.15
2 Williamson, Matthew	49	TYMS	28.62
3 Tselichtchev, Andrei	47	TYMS	31.72
4 Alipanah, Shawn	48	THOR	42.05

## #2 Men 50-54 50 Meter Free

1 Town, Dave	52	OOPS	28.16
2 Matte, Paul	53	LAUR	31.28
3 Mitchell, Andy	52	AURO	31.84
4 Napast, Albert	50	AURO	33.49
5 Gregoris, Robert	51	LAUR	33.75
6 Dawkins, Tim	53	CMAV	35.74

## #2 Men 55-59 50 Meter Free

1 Cudmore, Mike	56	BURL	28.03
2 Musial, Wieslaw	56	UNAT	29.29
3 Obal, Michael	57	TAC	30.53

## #2 Men 60-64 50 Meter Free

1 Twohig, John	63	UNAT	33.58
2 Skain, John	60	NT	34.06
3 Bourgeois, T. Philip	60	ROCM	34.65

## #2 Men 65-69 50 Meter Free

1 Chappell, Terry	67	CMS	36.09
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## #2 Men 70-74 50 Meter Free

1 Chalmers, Jamie	70	CAPS	37.93
2 Wolfel, Gerhard	73	PMS	40.03

## #3 Women 20-24 400 Meter IM

1 McKenna, Tracey	24	THOR	6:46.54
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## #3 Women 35-39 400 Meter IM

1 Flannigan, Tamara	37	LAUR	5:53.99
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## #3 Women 40-44 400 Meter IM

1 Juffermans, Michelle	41	BARR	6:41.94
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## #3 Women 45-49 400 Meter IM

1 Pereira, Heather	49	ROCM	6:18.69
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## #3 Women 50-54 400 Meter IM

1 Young, Laura	50	LAUR	7:16.50
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## #4 Men 40-44 400 Meter IM

1 Murray, Neil	43	ROCM	5:25.94
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## #5 Women 20-24 100 Meter Free

1 Van Schepen, Amy	20	OOPS	1:04.25
2 Dilworth, Brittany	20	THOR	1:36.82

## #5 Women 25-29 100 Meter Free

1 Lawrence, Ashley	29	ATOM	1:07.95
2 Comerford, Jordan	25	ROCM	1:15.97
3 Rathwell, Julie	29	LAUR	1:24.15
4 Galamiyeva, Kate	26	THOR	1:34.00

## #5 Women 30-34 100 Meter Free

1 Bubenickova, Lenka	34	TYMS	1:10.59
2 Lawson, Anna	34	TRNT	1:11.87

## #5 Women 35-39 100 Meter Free

1 Blight, Kathy	39	OSAC	1:10.19
2 Cornberg, Stacey	35	THOR	1:29.73

## #5 Women 40-44 100 Meter Free

1 Bothwell, Catharine	44	PHM	1:09.97
2 Stephenson, Heidi	40	ROCM	1:12.35
3 Kosmerly, Amanda	42	LAUR	1:20.86

## #5 Women 45-49 100 Meter Free

1 Carter, Leslie	46	NT	1:09.51
2 Pammett, Karen	46	TRNT	1:33.71
3 Ferlatte, Krista	48	THOR	1:40.40
4 Branton, Suzanne	46	ROCM	1:43.75

## #5 Women 50-54 100 Meter Free

1 Welds, Karen	50	ROCM	1:17.86
2 Peacock, Christie	50	PHM	1:18.94
3 Beaton, Miriam	51	OSAC	1:21.30

## #5 Women 55-59 100 Meter Free

1 Blanchard, Katherine	58	TRNT	1:24.31
2 Zelsman, Shelli	57	THOR	1:29.77
3 Jones-Skinner, Janet	59	UNAT	1:38.57

## #5 Women 60-64 100 Meter Free

1 Pankhurst, Deborah	61	ROCM	1:38.09
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## #5 Women 65-69 100 Meter Free

1 Nishio, Robynn	66	AURO	2:08.34
2 Moustgaard, Maureen	66	LAUR	3:19.58

## Clarington Masters No Excuses Meet - 2013-11-30

## Results

## #5 Women 95-99 100 Meter Free

1	Gagnon, Adele	99	Laur	1:06.54
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## #6 Men 25-29 100 Meter Free

1	Seamone, Andrew	29	ROCM	59.42
2	Matheson, Brad	27	Laur	59.49

## #6 Men 30-34 100 Meter Free

1	Nightingale, Chris	31	OSAC	1:02.16
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## #6 Men 35-39 100 Meter Free

1	Murphy, Darren	38	TRNT	59.07
2	Ramsey, Joel	37	THOR	1:01.88
3	Johnston, Iain	36	PMS	1:06.97
4	Kenny, Michael	38	CAVAV	1:14.70
5	Marchant, Kevin	36	ROCM	1:24.54

## #6 Men 40-44 100 Meter Free

1	Nagel, Daniel	44	THOR	1:11.94
2	Churher, Jed	40	EOMAC	1:14.20
3	So, Jack	40	AURO	1:29.62

## #6 Men 45-49 100 Meter Free

1	Van Grenning, Len	45	THOR	1:00.25
2	Branton, Scott	46	ROCM	1:03.19
3	Alipanah, Shawn	48	THOR	1:37.87

## #6 Men 50-54 100 Meter Free

1	Matte, Paul	53	Laur	1:12.83
2	Napast, Albert	50	AURO	1:14.37
3	Gregoris, Robert	51	Laur	1:15.29

## #6 Men 55-59 100 Meter Free

1	Musial, Wieslaw	56	UNAT	1:04.56
2	Cudmore, Mike	56	BURL	1:05.88
3	Obal, Michael	57	TAC	1:08.17
4	Manahan, Andy	55	PMS	1:08.57
5	Van Der Linden, Wouter	58	BOGS	1:19.62

## #6 Men 60-64 100 Meter Free

1	Skain, John	60	NT	1:16.33
2	Rutland, Edward	63	PMS	1:50.98

## #6 Men 65-69 100 Meter Free

1	Richards, David	66	BURL	1:19.95
2	Chappell, Terry	67	CMS	1:32.64
3	Rice, Tom	67	OSAC	1:41.03

## #6 Men 70-74 100 Meter Free

1	Haites, Erik	70	TAC	1:20.77
2	Wolfel, Gerhard	73	PMS	1:37.14

## #7 Women 35-39 100 Meter Back

1	Flannigan, Tamara	37	Laur	1:17.29
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## #7 Women 45-49 100 Meter Back

1	Westcott, Denise	46	PHM	1:32.33
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## #7 Women 50-54 100 Meter Back

1	Welds, Karen	50	ROCM	1:31.67
2	Young, Laura	50	Laur	1:37.40

## #7 Women 65-69 100 Meter Back

1	Moustgaard, Maureen	66	Laur	4:05.50
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## #7 Women 95-99 100 Meter Back

1	Wilson, Christine	99	UNAT	2:02.64
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## #8 Men 20-24 100 Meter Back

1	Wong, Jeremy	23	THOR	1:23.28
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## #8 Men 25-29 100 Meter Back

1	Seamone, Andrew	29	ROCM	1:13.51
2	Matheson, Brad	27	Laur	1:14.63

## #8 Men 35-39 100 Meter Back

1	Tereshchenko, Sergiy	37	THOR	1:11.06
2	Johnston, Iain	36	PMS	1:16.25

## #8 Men 45-49 100 Meter Back

1	Tselichtchev, Andrei	47	TYMS	1:15.27
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## #8 Men 50-54 100 Meter Back

1	Town, Dave	52	OOPS	1:08.30
2	Mitchell, Andy	52	AURO	1:29.16

## #8 Men 55-59 100 Meter Back

1	Van Der Linden, Wouter	58	BOGS	1:36.86
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## #8 Men 60-64 100 Meter Back

1	Twohig, John	63	UNAT	1:32.42
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## #9 Women 25-29 400 Meter Free

1	Lawrence, Ashley	29	ATOM	5:28.28
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## #9 Women 35-39 400 Meter Free

1	Simonetti, Suzy	35	NT	5:26.75
2	Campbell, Christina	39	ROCM	6:44.12

## #9 Women 40-44 400 Meter Free

1	Hallowell, Debbie	41	ROCM	7:17.53
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## #9 Women 45-49 400 Meter Free

1	Pereira, Heather	49	ROCM	5:31.50
2	Diemert, Virginia	49	OSAC	6:34.83

## #9 Women 50-54 400 Meter Free

1	Clapham, Glenda	53	PHM	7:10.29
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## #9 Women 95-99 400 Meter Free

1	Gagnon, Adele	99	Laur	5:09.08
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## #10 Men 25-29 400 Meter Free

1	Lena, Daniel	29	THOR	5:30.93
2	Wong, Adrian	28	THOR	6:13.25

## #10 Men 30-34 400 Meter Free

1	Loiselle, Serge	32	Laur	4:45.50
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## #10 Men 35-39 400 Meter Free

1	Kenny, Michael	38	CAVAV	6:16.19
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## #10 Men 45-49 400 Meter Free

1	Kosmerly, Jack	46	Laur	5:47.86
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## #10 Men 50-54 400 Meter Free

1	Dawkins, Tim	53	CAVAV	5:58.94
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2	Farahani, M. Kommy	52	OHM	7:35.43
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## #10 Men 55-59 400 Meter Free

1	Musial, Wieslaw	56	UNAT	4:58.06
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## #10 Men 60-64 400 Meter Free

1	Rutland, Edward	63	PMS	8:37.41
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## #10 Men 65-69 400 Meter Free

1	Gentle, Cliff	67	TYMS	6:16.27
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## #10 Men 70-74 400 Meter Free

1	Chalmers, Jamie	70	CAPS	8:11.78
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## #11 Women 20-24 100 Meter Breast

1	Robson, Anita	21	TRNT	1:28.57
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## #11 Women 25-29 100 Meter Breast

1	Kloosterman, Rachael	25	TRNT	1:29.29
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## #11 Women 30-34 100 Meter Breast

1	Lawson, Anna	34	TRNT	1:33.52
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## #11 Women 35-39 100 Meter Breast

1	Chvatal, Jana	36	NT	1:27.12
2	Blight, Kathy	39	OSAC	1:28.07

## #11 Women 40-44 100 Meter Breast

1	Kosmerly, Amanda	42	Laur	1:38.82
2	Chebbott, Kim	41	ROCM	1:40.72
3	McArthur, Anne-Louise	43	OSAC	1:45.04
4	Donato, Sylvia	41	Laur	1:47.28

## #11 Women 45-49 100 Meter Breast

1	Pereira, Heather	49	ROCM	1:36.25
2	McClenehghan, Jennifer	46	THOR	1:42.08
3	Ferlatte, Krista	48	THOR	2:00.88

## #11 Women 50-54 100 Meter Breast

1	Savaria, Elyse	54	OSAC	1:55.00
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## #11 Women 55-59 100 Meter Breast

1	Blanchard, Katherine	58	TRNT	1:50.89
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## #11 Women 60-64 100 Meter Breast

1	Pankhurst, Deborah	61	ROCM	1:50.56
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## #11 Women 75-79 100 Meter Breast

1	Konzelmann, Irene	77	ROCM	2:32.91
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## #11 Women 95-99 100 Meter Breast

1	Wilson, Christine	99	UNAT	2:39.57
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## #12 Men 25-29 100 Meter Breast

1	Nunes, Michael	27	THOR	1:29.07
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## #12 Men 30-34 100 Meter Breast

1	Nightingale, Chris	31	OSAC	1:17.53
2	St Jean, Paul	32	THOR	1:27.99

## #12 Men 35-39 100 Meter Breast

1	Murphy, Darren	38	TRNT	1:20.06
2	Diaz, Rodolfo	37	TYMS	1:21.80
3	Becze, Levente	38	TRNT	1:35.25

## Clarington Masters No Excuses Meet - 2013-11-30

## Results

<b>#12 Men 40-44 100 Meter Breast</b>	4 THOR A 2:41.70	<b>#20 Men 55-59 800 Meter Free</b>
1 Nagel, Daniel 44 THOR 1:30.74	Wong, Adrian M28 St Jean, Paul M32	1 Swerhun, Richard 55 UTMM 14:11.21
2 Campbell, Mark 40 ROCM 1:32.37	Lena, Daniel M29 Alipannah, Shawn M48	
<b>#12 Men 45-49 100 Meter Breast</b>	<b>#15 Mixed 200 Meter Medley Relay</b>	<b>#20 Men 60-64 800 Meter Free</b>
1 Williamson, Matthew 49 TYMS 1:13.51	1 TYMS A 2:29.60	1 Skain, John 60 NT 12:36.06
	Bubenickova, Lenka W34 Diaz, Rodolfo M37	2 Twohig, John 63 UNAT 12:55.19
<b>#12 Men 50-54 100 Meter Breast</b>	Tselichtchev, Andrei M47	<b>#20 Men 65-69 800 Meter Free</b>
1 Leger, Tom 52 AURO 1:34.77	2 LAUR B 2:51.14	1 Richards, David 66 BURL 13:12.37
2 Napast, Albert 50 AURO 1:36.56	Young, Laura W50 Gregoris, Robert M51	2 Rice, Tom 67 OSAC 16:58.06
<b>#12 Men 60-64 100 Meter Breast</b>	Kosmerly, Amanda W42 Kosmerly, Jack M46	<b>#21 Women 20-24 200 Meter IM</b>
1 Twohig, John 63 UNAT 1:37.64	3 LAUR A 3:15.06	1 Kwan, Bonnie 24 THOR 2:57.99
2 Skain, John 60 NT 1:48.56	Matheson, Brad M27 Loiselle, Serge M32	<b>#21 Women 30-34 200 Meter IM</b>
<b>#12 Men 65-69 100 Meter Breast</b>	Flannigan, Tamara W37 Moustgaard, Maureen W66	1 Lawson, Anna 34 TRNT 3:07.07
1 Richards, David 66 BURL 1:45.06	<b>#17 Women 40-44 100 Meter Fly</b>	<b>#21 Women 35-39 200 Meter IM</b>
2 Chappell, Terry 67 CMS 2:00.17	1 Chebott, Kim 41 ROCM 1:45.13	1 Blight, Kathy 39 OSAC 3:01.12
<b>#12 Men 70-74 100 Meter Breast</b>	<b>#17 Women 45-49 100 Meter Fly</b>	<b>#21 Women 45-49 200 Meter IM</b>
1 Haites, Erik 70 TAC 1:31.32	1 Carter, Leslie 46 NT 1:18.87	1 Pereira, Heather 49 ROCM 3:01.57
2 Wolfel, Gerhard 73 PMS 2:00.49	<b>#18 Men 50-54 100 Meter Fly</b>	<b>#21 Women 50-54 200 Meter IM</b>
<b>#13 Women 72-99 200 Meter Medley Relay</b>	1 Napast, Albert 50 AURO 1:31.52	1 Young, Laura 50 LAUR 3:25.05
1 THOR A 2:41.40	<b>#18 Men 55-59 100 Meter Fly</b>	2 Welds, Karen 50 ROCM 3:29.89
Kwan, Bonnie W24 Shimiza, Gillian W26	1 Manahan, Andy 55 PMS 1:15.63	<b>#22 Men 35-39 200 Meter IM</b>
McKenna, Tracey W24 Dilworth, Brittany W20	<b>#19 Women 20-24 800 Meter Free</b>	1 Murphy, Darren 38 TRNT 3:39.97
<b>#13 Women 200 Meter Medley Relay</b>	1 McKenna, Tracey 24 THOR 12:22.92	<b>#22 Men 40-44 200 Meter IM</b>
2 LAUR A 2:36.81	<b>#19 Women 25-29 800 Meter Free</b>	1 Murray, Neil 43 ROCM 2:30.75
Gagnon, Adele W99 Donato, Sylvia W41	1 Rathwell, Julie 29 LAUR 12:49.50	<b>#22 Men 45-49 200 Meter IM</b>
Flannigan, Tamara W37 Rathwell, Julie W29	<b>#19 Women 35-39 800 Meter Free</b>	1 Van Grenning, Len 45 THOR 2:32.20
<b>#13 Women 200 Meter Medley Relay</b>	1 Flannigan, Tamara 37 LAUR 10:47.90	2 Branton, Scott 46 ROCM 2:46.06
1 ROCM A 2:31.09	2 Simonetti, Suzy 35 NT 11:31.08	<b>#22 Men 50-54 200 Meter IM</b>
Welds, Karen W50 Chebott, Kim W41	<b>#19 Women 40-44 800 Meter Free</b>	1 Town, Dave 52 OOPS 2:26.10
Pereira, Heather W49 Stephenson, Heidi W40	1 Bothwell, Catharine 44 PHM 11:28.02	2 Matte, Paul 53 LAUR 3:11.43
3 PHM A 2:47.44	2 Juffermans, Michelle 41 BARR 11:55.30	<b>#22 Men 55-59 200 Meter IM</b>
Westcott, Denise W46 Bothwell, Catharine W44	3 Kosmerly, Amanda 42 LAUR 12:49.56	1 Musial, Wieslaw 56 UNAT 2:37.14
Peacock, Christie W50 Clapham, Glenda W53	<b>#19 Women 45-49 800 Meter Free</b>	2 Manahan, Andy 55 PMS 2:56.10
4 THOR B 3:13.49	1 Pereira, Heather 49 ROCM 11:30.56	3 Obal, Michael 57 TAC 3:07.19
McCleneghan, Jennifer W4 Cornberg, Stacey W35	<b>#19 Women 50-54 800 Meter Free</b>	4 Van Der Linden, Wouter 58 BOGS 3:17.12
Collison, Leah W40 Zelsman, Shelli W57	1 Swerhun, Kathryn 54 UTMM 13:59.31	<b>#23 Women 20-24 100 Meter IM</b>
--- ROCM B DQ	2 Clapham, Glenda 53 PHM 14:01.44	1 Van Schepen, Amy 20 OOPS 1:14.94
Branton, Suzanne W46 Pankhurst, Deborah W61	<b>#19 Women 55-59 800 Meter Free</b>	2 Robson, Anita 21 TRNT 1:20.08
Comerford, Jordan W25 Hallowell, Debbie W41	1 Jones-Skinner, Janet 59 UNAT 14:58.29	3 McKenna, Tracey 24 THOR 1:28.06
<b>#14 Men 72-99 200 Meter Medley Relay</b>	2 Zelsman, Shelli 57 THOR 15:32.36	4 Dilworth, Brittany 20 THOR 1:51.72
1 THOR B 2:15.54	<b>#20 Men 30-34 800 Meter Free</b>	<b>#23 Women 25-29 100 Meter IM</b>
Wong, Jeremy M23 Wong, Cameron M22	1 Loiselle, Serge 32 LAUR 10:19.00	1 Kloosterman, Rachael 25 TRNT 1:19.21
Ho, Andrien M23 Nunes, Michael M27	<b>#20 Men 35-39 800 Meter Free</b>	<b>#23 Women 30-34 100 Meter IM</b>
<b>#14 Men 200 Meter Medley Relay</b>	1 Kenny, Michael 38 CMAV 12:56.71	1 Bubenickova, Lenka 34 TYMS 1:32.97
1 ROCM A 2:07.26	<b>#20 Men 45-49 800 Meter Free</b>	<b>#23 Women 35-39 100 Meter IM</b>
Seamone, Andrew M29 Murray, Neil M43	1 Kosmerly, Jack 46 LAUR 12:29.92	1 Flannigan, Tamara 37 LAUR 1:19.01
Branton, Scott M46 Campbell, Mark M40	<b>#20 Men 50-54 800 Meter Free</b>	2 Chvatal, Jana 36 NT 1:25.85
2 THOR C 2:11.08	1 Dawkins, Tim 53 CMAV 12:20.10	
Tereshchenko, Sergiy M37 Nagel, Daniel M44		
Van Grenning, Len M45 Ramsey, Joel M37		
3 LAUR A 2:13.34		
Matheson, Brad M27 Matte, Paul M53		
Loiselle, Serge M32 Kosmerly, Jack M46		

## Clarington Masters No Excuses Meet - 2013-11-30

## Results

## #23 Women 40-44 100 Meter IM

1	Juffermans, Michelle	41	BARR	1:23.24
2	Kosmerly, Amanda	42	LAUR	1:32.53
3	Chebott, Kim	41	ROCM	1:34.28
4	McArthur, Anne-Louise	43	OSAC	1:48.44

## #23 Women 45-49 100 Meter IM

1	Westcott, Denise	46	PHM	1:32.17
2	Diemert, Virginia	49	OSAC	1:37.75
3	Pammett, Karen	46	TRNT	1:53.57
---	McCleneghan, Jennifer	46	THOR	DQ

## #23 Women 50-54 100 Meter IM

1	Peacock, Christie	50	PHM	1:35.44
2	Young, Laura	50	LAUR	1:36.04
3	Beaton, Miriam	51	OSAC	1:37.37

## #23 Women 95-99 100 Meter IM

1	Gagnon, Adele	99	LAUR	1:21.01
2	Wilson, Christine	99	UNAT	2:13.78

## #24 Men 20-24 100 Meter IM

1	Ho, Andrien	23	THOR	1:12.37
2	Wong, Cameron	22	THOR	1:15.39
3	Wong, Jeremy	23	THOR	1:18.56

## #24 Men 25-29 100 Meter IM

1	Lena, Daniel	29	THOR	1:17.43
2	Wong, Adrian	28	THOR	1:23.80
3	Nunes, Michael	27	THOR	1:24.19

## #24 Men 30-34 100 Meter IM

1	St Jean, Paul	32	THOR	1:16.94
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## #24 Men 35-39 100 Meter IM

1	Johnston, Iain	36	PMS	1:15.36
2	Ramsey, Joel	37	THOR	1:15.81

## #24 Men 40-44 100 Meter IM

1	Churcher, Jed	40	EOMAC	1:24.80
2	Campbell, Mark	40	ROCM	1:24.94

## #24 Men 50-54 100 Meter IM

1	Gregoris, Robert	51	LAUR	1:29.19
2	Mitchell, Andy	52	AURO	1:30.11
---	Leger, Tom	52	AURO	DQ

## #24 Men 60-64 100 Meter IM

1	Rutland, Edward	63	PMS	2:15.12
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## #24 Men 65-69 100 Meter IM

1	Gentle, Cliff	67	TYMS	1:30.58
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## #24 Men 70-74 100 Meter IM

1	Wolfel, Gerhard	73	PMS	1:51.92
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## #25 Women 20-24 50 Meter Back

1	Van Schepen, Amy	20	OOPS	35.98
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## #25 Women 35-39 50 Meter Back

1	Flannigan, Tamara	37	LAUR	37.98
2	Isaac, Terra	35	BEAST	42.95

## #25 Women 40-44 50 Meter Back

1	Hallowell, Debbie	41	ROCM	52.75
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## #25 Women 45-49 50 Meter Back

1	Westcott, Denise	46	PHM	41.79
2	Pammett, Karen	46	TRNT	52.70

## #25 Women 50-54 50 Meter Back

1	Welds, Karen	50	ROCM	40.80
2	Beaton, Miriam	51	OSAC	46.69

## #25 Women 55-59 50 Meter Back

1	Blanchard, Katherine	58	TRNT	53.17
---	Zelsman, Shelli	57	THOR	DQ

## #25 Women 65-69 50 Meter Back

1	Moustgaard, Maureen	66	LAUR	2:01.50
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## #25 Women 95-99 50 Meter Back

1	Gagnon, Adele	99	LAUR	36.80
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## #26 Men 20-24 50 Meter Back

1	Wong, Jeremy	23	THOR	38.11
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## #26 Men 25-29 50 Meter Back

1	Matheson, Brad	27	LAUR	30.62
2	Seamone, Andrew	29	ROCM	31.49

## #26 Men 35-39 50 Meter Back

1	Tereshchenko, Sergiy	37	THOR	33.44
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## #26 Men 45-49 50 Meter Back

1	Tselichtchev, Andrei	47	TYMS	34.01
2	Alipanah, Shawn	48	THOR	1:05.15

## #26 Men 50-54 50 Meter Back

1	Town, Dave	52	OOPS	31.84
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## #26 Men 55-59 50 Meter Back

1	Obal, Michael	57	TAC	39.75
2	Van Der Linden, Wouter	58	BOGS	44.59

## #26 Men 65-69 50 Meter Back

1	Chappell, Terry	67	CMS	47.12
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## #26 Men 70-74 50 Meter Back

1	Chalmers, Jamie	70	CAPS	50.83
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## #27 Women 200 Meter Free Relay

1	LAUR	A	3:19.62
	Gagnon, Adele W99	Moustgaard, Maureen W66	
	Donato, Sylvia W41	Young, Laura W50	

## #28 Men 200 Meter Free Relay

1	ROCM	A	1:50.92
	Campbell, Mark M40	Murray, Neil M43	
	Branton, Scott M46	Seamone, Andrew M29	
2	THOR	A	1:51.69
	Van Grenning, Len M45	Ramsey, Joel M37	
	St Jean, Paul M32	Tereshchenko, Sergiy M37	

## #28 Men 200 Meter Free Relay

3	LAUR	A	1:57.00
	Loiselle, Serge M32	Matheson, Brad M27	
	Matte, Paul M53	Gregoris, Robert M51	

## #29 Mixed 72-99 200 Meter Free Relay

1	THOR	C	2:01.77
	Kwan, Bonnie W24	Wong, Cameron M22	
	McKenna, Tracey W24	Ho, Andrien M23	
2	THOR	D	2:23.12
	Wong, Adrian M28	Galamiyeva, Kate W26	
	Dilworth, Brittany W20	Wong, Jeremy M23	

## #29 Mixed 200 Meter Free Relay

3	TRNT	A	2:08.81
	Becze, Levente M38	Robson, Anita W21	
	Kloosterman, Rachael W25	Lawson, Anna W34	

## #29 Mixed 200 Meter Free Relay

1	LAUR	A	2:06.59
	Flannigan, Tamara W37	Loiselle, Serge M32	
	Kosmerly, Amanda W42	Kosmerly, Jack M46	
2	LAUR	B	2:08.53
	Matte, Paul M53	Rathwell, Julie W29	
	Matheson, Brad M27	Gagnon, Adele W99	
6	THOR	B	2:28.89
	Lena, Daniel M29	Ferlatte, Krista W48	
	Nunes, Michael M27	Collison, Leah W40	

## #29 Mixed 200 Meter Free Relay

4	ROCM	A	2:13.61
	Comerford, Jordan W25	Bourgeois, T. Philip M60	
	Welds, Karen W50	Marchant, Kevin M36	
5	THOR	A	2:28.86
	Nagel, Daniel M44	McCleneghan, Jennifer W4	
	Zelsman, Shelli W57	Alipanah, Shawn M48	
---	TYMS	A	X2:04.80
		Williamson, Matthew M49	
		Bubenickova, Lenka W34	

## #29 Mixed 200 Meter Free Relay

---	AURO	A	X2:34.37
	Nishio, Robynn W66	Napast, Albert M50	
	So, Jack M40	Leger, Tom M52	

## #31 Women 40-44 200 Meter Back

1	Juffermans, Michelle	41	BARR	3:16.08
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## #31 Women 50-54 200 Meter Back

1	Welds, Karen	50	ROCM	3:30.76
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## #31 Women 95-99 200 Meter Back

1	Gagnon, Adele	99	LAUR	2:50.44
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## #32 Men 35-39 200 Meter Back

1	Johnston, Iain	36	PMS	2:40.69
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## #32 Men 50-54 200 Meter Back

1	Town, Dave	52	OOPS	2:31.76
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## #32 Men 65-69 200 Meter Back

1	Richards, David	66	BURL	3:36.12
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## Clarington Masters No Excuses Meet - 2013-11-30

## Results

<b>(#32 Men 65-69 200 Meter Back)</b>					
---	Gentle, Cliff	67 TYMS	DQ		
<b>#33 Women 20-24 50 Meter Breast</b>					
1	Van Schepen, Amy	20 OOPS	40.94		
2	Robson, Anita	21 TRNT	41.36		
3	Kwan, Bonnie	24 THOR	43.59		
4	Dilworth, Brittany	20 THOR	56.13		
<b>#33 Women 25-29 50 Meter Breast</b>					
1	Galamiyeva, Kate	26 THOR	49.28		
<b>#33 Women 35-39 50 Meter Breast</b>					
1	Chvatal, Jana	36 NT	39.48		
2	Blight, Kathy	39 OSAC	40.69		
3	Isaac, Terra	35 BEAST	51.06		
4	Cornberg, Stacey	35 THOR	54.31		
<b>#33 Women 40-44 50 Meter Breast</b>					
1	Barry, Cathy	43 ROCM	49.86		
2	Collison, Leah	40 THOR	52.89		
<b>#33 Women 45-49 50 Meter Breast</b>					
1	Diemert, Virginia	49 OSAC	49.22		
2	Pammett, Karen	46 TRNT	56.53		
<b>#33 Women 50-54 50 Meter Breast</b>					
1	Beaton, Miriam	51 OSAC	49.05		
2	Savaria, Elyse	54 OSAC	51.11		
<b>#33 Women 60-64 50 Meter Breast</b>					
1	Pankhurst, Deborah	61 ROCM	48.13		
<b>#33 Women 75-79 50 Meter Breast</b>					
1	Konzelmann, Irene	77 ROCM	1:11.02		
<b>#34 Men 20-24 50 Meter Breast</b>					
1	Wong, Cameron	22 THOR	37.50		
2	Ho, Andrien	23 THOR	37.94		
<b>#34 Men 25-29 50 Meter Breast</b>					
1	Nunes, Michael	27 THOR	40.50		
2	Wong, Adrian	28 THOR	40.65		
<b>#34 Men 30-34 50 Meter Breast</b>					
1	Nightingale, Chris	31 OSAC	35.48		
2	St Jean, Paul	32 THOR	41.23		
<b>#34 Men 35-39 50 Meter Breast</b>					
1	Diaz, Rodolfo	37 TYMS	37.29		
2	Becze, Levente	38 TRNT	43.05		
<b>#34 Men 40-44 50 Meter Breast</b>					
1	Nagel, Daniel	44 THOR	40.06		
2	Churcher, Jed	40 EOMAC	43.03		
<b>#34 Men 45-49 50 Meter Breast</b>					
1	Williamson, Matthew	49 TYMS	33.25		
<b>#34 Men 50-54 50 Meter Breast</b>					
1	Leger, Tom	52 AURO	41.37		
<b>#34 Men 55-59 50 Meter Breast</b>					
1	Musial, Wieslaw	56 UNAT	40.38		
2	Manahan, Andy	55 PMS	42.69		
3	Van Der Linden, Wouter	58 BOGS	47.41		
<b>#34 Men 60-64 50 Meter Breast</b>					
1	Bourgeois, T. Philip	60 ROCM	46.06		
<b>#34 Men 65-69 50 Meter Breast</b>					
1	Chappell, Terry	67 CMS	51.41		
<b>#34 Men 70-74 50 Meter Breast</b>					
1	Chalmers, Jamie	70 CAPS	1:01.06		
<b>#35 Women 35-39 200 Meter Breast</b>					
1	Chvatal, Jana	36 NT	3:10.42		
<b>#35 Women 40-44 200 Meter Breast</b>					
1	Bothwell, Catharine	44 PHM	3:24.15		
2	McArthur, Anne-Louise	43 OSAC	3:49.68		
3	Chebott, Kim	41 ROCM	3:50.95		
4	Barry, Cathy	43 ROCM	4:03.73		
<b>#35 Women 55-59 200 Meter Breast</b>					
1	Blanchard, Katherine	58 TRNT	4:11.35		
<b>#35 Women 60-64 200 Meter Breast</b>					
1	Pankhurst, Deborah	61 ROCM	3:56.15		
<b>#36 Men 35-39 200 Meter Breast</b>					
1	Diaz, Rodolfo	37 TYMS	3:05.13		
<b>#36 Men 65-69 200 Meter Breast</b>					
1	Rice, Tom	67 OSAC	4:47.06		
<b>#37 Women 20-24 50 Meter Fly</b>					
1	Van Schepen, Amy	20 OOPS	33.69		
2	Kwan, Bonnie	24 THOR	35.31		
<b>#37 Women 25-29 50 Meter Fly</b>					
1	Kloosterman, Rachael	25 TRNT	33.44		
2	Comerford, Jordan	25 ROCM	43.56		
<b>#37 Women 30-34 50 Meter Fly</b>					
1	Bubenickova, Lenka	34 TYMS	46.11		
<b>#37 Women 35-39 50 Meter Fly</b>					
1	Blight, Kathy	39 OSAC	37.34		
<b>#37 Women 40-44 50 Meter Fly</b>					
1	Stephenson, Heidi	40 ROCM	36.45		
2	Chebott, Kim	41 ROCM	43.66		
3	Hallowell, Debbie	41 ROCM	53.57		
4	Collison, Leah	40 THOR	55.91		
<b>#37 Women 45-49 50 Meter Fly</b>					
1	McCleneghan, Jennifer	46 THOR	39.17		
2	Diemert, Virginia	49 OSAC	41.69		
3	Pammett, Karen	46 TRNT	54.77		
<b>#37 Women 50-54 50 Meter Fly</b>					
1	Clapham, Glenda	53 PHM	52.91		
<b>#38 Men 20-24 50 Meter Fly</b>					
1	Ho, Andrien	23 THOR	31.16		
2	Wong, Cameron	22 THOR	32.94		
<b>#38 Men 25-29 50 Meter Fly</b>					
1	Lena, Daniel	29 THOR	35.40		
<b>#38 Men 30-34 50 Meter Fly</b>					
1	Nightingale, Chris	31 OSAC	30.75		
<b>#38 Men 35-39 50 Meter Fly</b>					
1	Ramsey, Joel	37 THOR	33.00		
<b>#38 Men 40-44 50 Meter Fly</b>					
1	Churcher, Jed	40 EOMAC	37.25		
2	Campbell, Mark	40 ROCM	37.26		
<b>#38 Men 45-49 50 Meter Fly</b>					
1	Williamson, Matthew	49 TYMS	31.17		
2	Branton, Scott	46 ROCM	31.49		
3	Tselichtchev, Andrei	47 TYMS	32.83		
<b>#38 Men 50-54 50 Meter Fly</b>					
1	Napast, Albert	50 AURO	36.13		
2	Leger, Tom	52 AURO	36.83		
3	Mitchell, Andy	52 AURO	39.48		
<b>#38 Men 55-59 50 Meter Fly</b>					
1	Cudmore, Mike	56 BURL	34.40		
<b>#38 Men 65-69 50 Meter Fly</b>					
1	Gentle, Cliff	67 TYMS	40.16		
<b>#40 Men 40-44 200 Meter Fly</b>					
1	Murray, Neil	43 ROCM	2:32.66		
<b>#40 Men 50-54 200 Meter Fly</b>					
1	Dawkins, Tim	53 CMAV	3:34.19		
<b>#41 Women 25-29 200 Meter Free</b>					
1	Kloosterman, Rachael	25 TRNT	2:28.06		
<b>#41 Women 50-54 200 Meter Free</b>					
1	Clapham, Glenda	53 PHM	3:22.31		
<b>#41 Women 55-59 200 Meter Free</b>					
1	Zelsman, Shelli	57 THOR	3:30.33		
2	Jones-Skinner, Janet	59 UNAT	3:32.77		
<b>#42 Men 30-34 200 Meter Free</b>					
1	Loiselle, Serge	32 LAUR	2:11.23		
<b>#42 Men 35-39 200 Meter Free</b>					
1	Tereshchenko, Sergiy	37 THOR	2:15.37		
2	Ramsey, Joel	37 THOR	2:21.31		
3	Kenny, Michael	38 CMAV	2:49.00		
<b>#42 Men 45-49 200 Meter Free</b>					
1	Van Grenning, Len	45 THOR	2:13.46		
2	Branton, Scott	46 ROCM	2:24.04		
3	Tselichtchev, Andrei	47 TYMS	2:32.97		
<b>#42 Men 50-54 200 Meter Free</b>					
1	Dawkins, Tim	53 CMAV	2:53.20		

**Clarington Masters No Excuses Meet - 2013-11-30****Results****(#42 Men 50-54 200 Meter Free)**

2	Farahani, M. Kommy	52	OHM	3:36.20
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**#42 Men 55-59 200 Meter Free**

1	Musial, Wieslaw	56	UNAT	2:19.63
2	Manahan, Andy	55	PMS	2:35.75
3	Cudmore, Mike	56	BURL	2:38.09
4	Van Der Linden, Wouter	58	BOGS	3:08.39

**#42 Men 65-69 200 Meter Free**

1	Richards, David	66	BURL	3:07.44
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**#42 Men 70-74 200 Meter Free**

1	Chalmers, Jamie	70	CAPS	3:45.66
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