



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...It's VMST"

Published by the Virginia Masters Swim Team

October 15, 1995/Volume XIII/Number 7

NEWS BRIEFS

* New VMST Members...

Please welcome the following new VMST members:

Ry Beville (Chesterfield)

Jason Quattropani
(Richmond)

William Riddell
(Hampton)

George Sushkoff (Colonial Heights).

We're glad you've joined our team!!!

* There's a new place to swim in Virginia. If you are in Lexington, swim at Washington & Lee University, MWF evenings from 7:15 to 8:15. Call Kiki Jacobs at (540)463-8481 for further information. The complete list of places to swim in Virginia will be printed again in the November LMSC newsletter.

* STATE RECORDS

The most recent list of Virginia state record times is included in this newsletter. Times are provided for long course and short course meters and yards.

NOTES FROM THE PRESIDENT

by Beth Waters

Don't forget - the annual VMST fall meet and team meeting will be held on Saturday November 4, 1995, in Norfolk, Virginia. The entry form for the meet was included in the September newsletter. The deadline for entries is October 28th. I look forward to see you all in Norfolk!

TOP 10 EXCUSES FOR MISSING A MORNING PRACTICE

by Manny Klammer

Coasting through liquid luxury each morning, I wonder what could have happened to the regulars who usually gasp for air with me. On any given day, someone is missing. A day or two pass by, and they return, giving no reason for their absence. Curious, I started asking. Listed in reverse order are the top ten excuses for missing a morning practice.

10. "The pillow monster wouldn't let me go." (Can be used frequently.)
9. "I swam on my own." (No one ever really believes this one.)
8. "I stayed up too late the previous night watching swimming videos." (Often used by male swimmers to impress a new female swimmer.)
7. "I thought I heard thunder." (Works well, if there was actually a storm in the area.)
6. "My dog ate my suit." (Swimmer should be prepared to answer the question: Were you wearing it at the time?)
5. "My spouse had a better offer."
4. (Female swimmer's excuse.) "The mall opened early."
3. (Male swimmer's excuse.) "I was wearing my swim suit, while driving to the pool, and I hit a bump and spilled my coffee in my lap and it shrank." (No one ever asks what "it" is.)
2. "I'm tapering for the next meet."
1. "My spouse handcuffed me to the bed."

Manny Klammer swims for VMST and regularly misses morning practice.

Upcoming Events for Virginia Swimmers

- ◆ September 15 - December 15
1995 POSTAL PENTATHLON
Wayde Mulhern, (612) 783-1282
- ◆ October 1, 1995
4TH ANNUAL MAKE-A-WISH TRIATHLON
Glen Allen, VA
(804) 747-5400
- ◆ October 7
**NORFOLK RECREATION DEPARTMENT -
UNSANCTIONED MEET**
Northside Pool, Norfolk, VA
- ◆ October 14 & 15
MASTERS FALL BALL WEEKEND
Richmond, VA
Linda McCowan (804) 379-2537
- ◆ November 4
VMST 16TH ANNUAL FALL SWIM MEET
Norfolk Academy, Norfolk, VA
Betsy Durrant (804)422-6811
- ◆ December 2
ROANOKE MEET
Tentative meet/date. Meet director: Howard Butz
- ◆ April 13-27, 1996
INTERNATIONAL SENIOR GAMES
Bermuda
- ◆ April 18-21, 1996
YMCA MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL
- ◆ May 9-12, 1996
USMS NATIONAL CHAMPIONSHIPS
De Anza, CA
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

- ◆ November 10-12: **JACK NELSON SWIM
CAMPS - TRIATHLON AND MASTERS SWIM
CAMP**, Ft. Lauderdale, FL
Nick Baker (305) 423-9724
- ◆ **BILLABONG AQUATICS, INC.**
1995-1996 CAMPS IN CORAL SPRINGS
December 27-30, 1995 and February 1-4, 1996
Judy Bonning (305) 345-5370
- ◆ **BILLABONG AQUATICS, INC.**
TROPICAL VACATION STROKE CLINIC
February 22-25, 1996 Cozumel; March 7-10, 1996
Grand Cayman. Judy Bonning (305) 755-9858
- ◆ **TOTAL IMMERSION ADULT SWIM CAMPS**
Weekend Mini-Camps:
March 11-12, 1996: Washington, D.C.
March 18-19, 1996: Atlanta, GA
Swimming Vacations:
January 7-14, 1996: San Jose, Costa Rica
February 4-11, 1996: Winter Park/Granby, CO
Contact Terry Laughlin (914) 294-3510

VMST Officers

President: Beth Waters, 10604 Pursuit Court, Chesterfield, VA 23832 (804) 744-8225

Vice President: Nancy Miller, 3741 Reed's Landing Circle, Midlothian, VA 23113 (804) 272-2513

Treasurer/Membership: Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23451 (804) 486-3383

Secretary: Sharon Popson, 1328 Goose Landing, Virginia Beach, VA 23451 (804) 425-6056.

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

LMSC for Virginia -- Short Course Swimming Records -- Yards

updated 9/1/95

WOMEN

19-24

Kara Hopkins	25.49	50 free	21.45
K Hopkins	55.41	100 free	49.89
C Campbell	2:04.59	200 free	1:49.20
C Campbell	5:25.35	500 free	5:12.50
Cassie Callender	10:58.89	1000 fr.	10:51.53
Cassie Campbell	18:31.41	1650 fr.	19:51.87
Heather Moore	29.00	50 back	26.80
Heather Moore	1:01.67	100 back	56.35
Heather Moore	2:19.11	200 back	2:02.33
Moore/Hoskins	34.01	50 breast	27.01
Genny Hoskins	1:13.90	100 brst	58.69
Kristin Krebs	2:38.25	200 brst	2:19.98
Heather Moore	28.17	50 fly	24.71
Heather Moore	1:00.84	100 fly	52.36
Cassie Campbell	2:14.89	200 fly	2:06.21
Heather Moore	1:02.86	100 IM	52.85
Heather Moore	2:15.97	200 IM	1:57.89
Cassie Campbell	4:48.87	400 IM	4:21.68

MEN

Neill Williams			
Neill Williams			
Neill Williams			
Neill Williams			
Tom Fitzgibbons			
Jim Liguori			
Neill Williams			
James Wolfe			
James Wolfe			
Neill Williams			
Neill Williams			
Neill Williams			
Neill Williams			
Neill Williams			
James Wolfe			
Neill Williams			
Neill Williams			
James Wolfe			

Judy Decker	30.82	50 free	25.06
Lucille Griffin	1:07.90	100 free	54.29
Nancy Miller	2:22.48	200 free	2:00.77
Nancy Miller	6:25.52	500 free	6:01.62
Nancy Miller	13:04.34	1000 fr.	13:23.03
Judy Decker	23:35.52	1650 fr.	20:16.51
Lucille Griffin	35.00	50 back	31.63
Lucille Griffin	1:15.99	100 back	1:09.15
Lucille Griffin	2:49.37	200 back	2:33.55
Nancy Miller	36.52	50 breast	31.96
Nancy Miller	1:22.97	100 brst	1:09.90
Betsy Durrant	3:06.56	200 brst	2:33.72
Judy Decker	33.80	50 fly	27.22
Judy Decker	1:19.20	100 fly	1:05.05
Lucille Griffin	3:05.59	200 fly	2:33.61
Judy Decker	1:17.06	100 IM	1:05.34
Judy Decker	2:50.93	200 IM	2:21.84
Judy Decker	6:18.53	400 IM	5:10.75

45-49

Ken Novell			
George Brown			
George Brown			
Alec Thomson			
Alec Thomson			
John Shrum			
Mike Duignan			
Mike Duignan			
Mike Duignan			
Warner Brundage			
George Brown			
Warner Brundage			
Francis Fox			
John McGill			
Warner Brundage			
Alec Thomson			
Alec Thomson			
Warner Brundage			

25-29

Beth Gardner	25.29	50 free	21.66
Beth Gardner	53.75	100 free	47.8
Deborah Cain	2:00.31	200 free	1:44.58
Deborah Cain	5:22.19	500 free	4:54.23
Deborah Cain	11:05.34	1000 fr.	10:14.97
Deborah Cain	18:24.07	1650 fr.	18:17.52
Beth Gardner	28.73	50 back	25.36
Beth Gardner	1:02.56	100 back	53.60
Robin Hampton	2:19.59	200 back	1:53.60
Lisa Tubergen	32.04	50 breast	26.87
Lisa Tubergen	1:10.45	100 brst	57.49
Kathy Waggoner	2:34.19	200 brst	2:09.35
Lisa Tubergen	28.46	50 fly	23.67
Alice Phillips	1:00.80	100 fly	52.42
Diane Cayce	2:14.85	200 fly	1:59.86
Deborah Cain	1:02.98	100 IM	52.26
Alice Phillips	2:16.11	200 IM	1:56.99
Deborah Cain	4:50.86	400 IM	4:19.16

Neill Williams			
Scott Robinson			
Scott Robinson			
Scott Robinson			
Scott Robinson			
James Wolfe			
Chris Stevenson			
Chris Stevenson			
Chris Stevenson			
Neill Williams			
Neill Williams			
Neill Williams			
Neill Williams			
Chris Stevenson			
Chris Stevenson			
Neill Williams			
Neill Williams			
Neill Williams			

WOMEN

50-54

Lucille Griffin	30.30	50 free	25.29
Lucille Griffin	1:06.52	100 free	56.94
Betsy Durrant	2:36.03	200 free	2:09.30
Betsy Durrant	6:54.00	500 free	6:04.38
Betsy Durrant	14:05.30	1000 fr.	12:56.41
Charlene Burke	25:55.00	1650 fr.	24:18.44
Lucille Griffin	36.73	50 back	32.92
Lucille Griffin	1:20.06	100 back	1:12.31
Lucille Griffin	2:52.23	200 back	2:43.60
Betsy Durrant	39.36	50 breast	33.04
Betsy Durrant	1:25.91	100 brst	1:11.95
Betsy Durrant	3:12.20	200 brst	2:38.36
Lucille Griffin	34.85	50 fly	27.61
Lucille Griffin	1:19.78	100 fly	1:05.41
Lucille Griffin	3:10.59	200 fly	3:24.41
Judy Decker	1:21.87	100 IM	1:07.30
Judy Decker	2:58.53	200 IM	2:28.09
Judy Decker	6:22.02	400 IM	5:17.38

MEN

Ken Novell			
Ken Novell			
Ken Novell			
Ken Novell			
Chuck Wilmore			
Forrest Sullivan			
Ken Novell			
Ken Novell			
Carl Russ			
Warner Brundage			
Warner Brundage			
Warner Brundage			
Ken Novell			
Randy Wise			
Bob Hansen			
Warner Brundage			
Warner Brundage			
Warner Brundage			

30-34

Clai Bolek	25.69	50 free	22.14
Clai Bolek	55.52	100 free	49.37
Clai Bolek	2:04.37	200 free	1:44.90
Clai Bolek	5:29.65	500 free	4:43.29
Clai Bolek	11:25.98	1000 fr.	10:30.44
Clai Bolek	19:08.55	1650 fr.	17:31.33
Jill Walsh	32.14	50 back	24.18
ty Belknap	1:10.40	100 back	52.65
y Kiley	2:36.06	200 back	1:54.10
Beta Bennett	31.21	50 breast	28.06
Lisa Tubergen	1:08.96	100 brst	1:02.83
Lisa Tubergen	2:34.50	200 brst	2:22.76
Beta Bennett	27.92	50 fly	24.68
Diane Cayce	1:00.43	100 fly	51.59
Maria Velikonja	2:17.12	200 fly	2:01.99
Lisa Tubergen	1:03.55	100 IM	55.96
Lisa Bennett	2:19.61	200 IM	2:07.40
Lisa Bennett	5:00.12	400 IM	4:50.33

Chris Flood			
Chris Flood			
Chris Stevenson			
Chris Stevenson			
John Lowe			
John Lowe			
Chris Stevenson			
Chris Stevenson			
Chris Stevenson			
David Malsbury			
Ian Wrightson			
Michael Kontos			
Louis Tudor			
Chris Stevenson			
Erik Kielin			
David Malsbury			
Chris Flood			
Jim Brinkman			

Johnnie Detrick	30.21	50 free	28.41
Johnnie Detrick	1:08.61	100 free	1:06.66
Lucille Griffin	2:40.13	200 free	2:29.80
Johnnie Detrick	7:53.27	500 free	7:01.90
Johnnie Detrick	15:44.94	1000 fr.	14:47.36
Johnnie Detrick	27:45.87	1650 fr.	23:14.86
Johnnie Detrick	44.39	50 back	34.13
Lucille Griffin	1:24.11	100 back	1:15.72
Lucille Griffin	3:02.37	200 back	2:48.07
Johnnie Detrick	39.45	50 breast	36.55
Johnnie Detrick	1:26.80	100 brst	1:26.02
Johnnie Detrick	3:14.00	200 brst	3:13.60
Ann Berquist	41.83	50 fly	30.49
Lucille Griffin	1:24.64	100 fly	1:14.74
Lucille Griffin	3:12.78	200 fly	3:27.37
Johnnie Detrick	1:21.55	100 IM	1:12.40
Johnnie Detrick	3:10.09	200 IM	2:49.55
Johnnie Detrick	6:59.59	400 IM	6:21.18

55-59

Francis Hall			
Raymond Sneed			
Forrest Sullivan			
Forrest Sullivan			
Carl Russ			
Forrest Sullivan			
Forrest Sullivan			
Forrest Sullivan			
John McGill			
Chuck Wilmore			
Chuck Wilmore			
Forrest Sullivan			
Forrest Sullivan			
Carl Russ			
John McGill			
Forrest Sullivan			
Carl Russ			

WOMEN

35-39

Maria Velikonja	27.24	50 free	22.11
Maria Velikonja	56.98	100 free	48.78
Maria Velikonja	2:02.43	200 free	1:56.05
Maria Velikonja	5:34.05	500 free	5:11.49
Shirley Loftus	12:23.27	1000 fr.	11:11.14
Shirley Loftus	19:58.46	1650 fr.	18:36.72
Heather Stevenson	31.69	50 back	27.56
Heather Stevenson	1:07.48	100 back	1:01.11
Jean Benson	2:40.35	200 back	2:13.14
Lisa Bennett	31.45	50 breast	28.95
Lisa Bennett	1:10.37	100 brst	1:02.83
Lisa Bennett	2:35.00	200 brst	2:18.92
Maria Velikonja	27.76	50 fly	24.45
Maria Velikonja	1:00.92	100 fly	59.24
Maria Velikonja	2:16.56	200 fly	2:31.63
Lisa Bennett	1:03.70	100 IM	59.25
Lisa Bennett	2:22.09	200 IM	2:05.95
Lisa Bennett	5:14.28	400 IM	4:31.65

MEN

Joe Kernan			
Carter Grant			
Lang Meem			
Perry Lange			
James McFarland			
James McFarland			
Perry Lange			
Lang Meem			
Lang Meem			
Michael Slowey			
Michael Slowey			
Michael Slowey			
Carter Grant			
William Moore			
Lang Meem			
Lang Meem			
Lang Meem			

Marilyn Grender	41.14	50 free	28.37
Marilyn Grender	1:38.89	100 free	1:03.18
Marilyn Grender	3:33.79	200 free	2:33.74
Babs Carter	8:58.98	500 free	7:19.59
Babs Carter	18:45.74	1000 fr.	14:58.31
Babs Carter	30:50.25	1650 fr.	24:33.01
Jane Pharis	53.09	50 back	33.88
Marilyn Grender	1:53.41	100 back	1:14.27
Babs Carter	3:59.65	200 back	2:47.55
Marilyn Grender	52.64	50 breast	38.46
Marilyn Grender	1:50.80	100 brst	1:27.20
Marilyn Grender	3:53.99	200 brst	3:15.55
Babs Carter	1:01.74	50 fly	31.01
Babs Carter	2:00.69	100 fly	1:15.52
Babs Carter	4:25.70	200 fly	4:28.28
Marilyn Grender	1:51.02	100 IM	1:15.53
Babs Carter	4:02.37	200 IM	2:48.59
Babs Carter	8:15.46	400 IM	6:35.17

60-64

William Irwin			
William Irwin			
William Irwin			
Forrest Sullivan			
Carl Russ			
Forrest Sullivan			
Forrest Sullivan			
Forrest Sullivan			
Forrest Sullivan			
Jim Patten			
Jim Patten			
William Irwin			
Francis Hall			
William Irwin			
William Irwin			
William Irwin			
William Irwin			
William Irwin			

40-44

Pattie Chappell	29.70	50 free	23.19
Terry Gault	1:03.36	100 free	52.09
Terry Gault	2:19.04	200 free	1:53.88
Terry Gault	5:57.32	500 free	5:39.98
Shirley Loftus	12:12.49	1000 fr.	11:33.45
Shirley Loftus	20:08.37	1650 fr.	19:13.34
Lucille Griffin	35.05	50 back	27.08
Lucille Griffin	1:15.59	100 back	58.18
Lucille Griffin	2:44.48	200 back	2:08.68
ancy Maller	35.98	50 breast	30.46
ancy Maller	1:21.38	100 brst	1:07.59
ancy Maller	2:57.48	200 brst	2:30.77
Terry Gault	30.35	50 fly	26.64
Terry Gault	1:08.12	100 fly	1:03.54
Terry Gault	2:33.85	200 fly	3:27.63
Tricia Freer	1:14.70	100 IM	59.25
Beverly Jensen	2:48.04	200 IM	2:07.31
Terry Gault	5:36.02	400 IM	5:22.32

David Hefner	
Lang Meem	
Lang Meem	
Bill Kloppe	
Bill Kloppe	
John Shrum	
David Hefner	
Rick Stringer	
Lang Meem	
Sean Webb	
Sean Webb	
Sean Webb	
Ken Novell	
Francis Fox	
Bob Mosbrook	
Lang Meem	
Lang Meem	
Warner Brundage	

LMSC for Virginia -- Short Course Swim Records -- Yards

200 Freestyle Relay -- Male

19+	1:31.87	Sean Webb, James Wolfle, Jim Miller, Neill Williams
25+	1:26.20	Neill Williams, James Wolfle, Chris Flood, Chris Stevenson
35+	1:32.24	Lang Meem, Michael Slowey, David Hefner, Carter Grant
45+	1:53.00	James Impara, William Irwin, Forrest Sullivan, Warner Brundage
55+	2:12.42	Fred Smith, Francis Hall, Forrest Sullivan, Carl Russ
65+		
75+		

200 Freestyle Relay -- Women

19+	1:41.68	Beth Gardner, Clai Bolek, Heather Coulson-Moore, Alice Phillips
25+	1:42.63	Barbara Bishop, Clai Bolek, Robin Hampton, Alice Phillips
35+	1:49.40	Linda Fournier, Terry Gault, Heather Stevenson, Lisa Bennett
45+	2:14.94	Betsy Durrant, Nancy Miller, Joyce Mullins, Linda McCowan
55+		
65+		
75+		

200 Freestyle Relay -- Mixed

19+	1:33.02	Beth Gardner, Neill Williams, James Wolfle, Alice Phillips
25+	1:37.55	Alice Phillips, Clai Bolek, Al Walsh, Chris Stevenson
35+	1:38.41	David Hefner, Heather Stevenson, Lisa Bennett, Carter Grant
45+	1:53.00	George Brown, Judy Martin, Kenneth Novell, Nancy Miller
55+		
65+		
75+		

200 Medley Relay -- Men

19+	1:38.69	Chris Stevenson, Scott Dunaway, James Wolfle, Neill Williams
25+	1:39.34	Chris Stevenson, Neill Williams, Jerry Smith, David Malsbury
35+	1:42.52	David Hefner, Michael Slowey, Carter Grant, Lang Meem
45+	1:58.44	Warner Brundage, George Brown, Randolph Wise, Kenneth Novell
55+	2:22.42	Forrest Sullivan, Chuck Wilmore, William Irwin, Carl Russ
65+		
75+		

200 Medley Relay -- Women

19+	1:53.43	Beth Gardner, Kathy Waggoner, Heather Coulson-Moore, Alice Phillips
25+	1:56.60	Robin Hampton, Alice Phillips, Molly Dean, Clai Bolek
35+	2:04.67	Linda Fournier, Lisa Bennett, Terry Gault, Heather Stevenson
45+	2:22.94	Judy Martin, Johnnie Detrick, Nancy Miller, Lucille Griffin
55+		
65+	4:28.20	Victoria Harris, Marie Kelleher, Elizabeth Wolenberg, Helen Newbold
75+		

200 Medley Relay -- Mixed

19+	1:44.11	Beth Gardner, Neill Williams, James Wolfle, Alice Phillips
25+	1:45.77	Robin Hampton, Neill Williams, James Wolfle, Alice Phillips
35+	1:50.55	Lang Meem, Michael Slowey, Kelley Cooper, Heather Stevenson
45+	2:14.01	Judy Martin, Warner Brundage, George Brown, Joyce Mullins
55+	2:19.74	Lucille Griffin, Johnnie Detrick, Forrest Sullivan, Carl Russ
65+		
75+		

70-74

Marie Kelleher	43.43	50 free	39.20	Harry Howell
Marie Kelleher	1:44.52	100 free	1:20.42	Calvin Barnes
Marie Kelleher	3:50.21	200 free	2:52.23	Calvin Barnes
Marie Kelleher	10:05.58	500 free	8:40.89	Charles Breeding
Marie Kelleher	21:23.14	1000 fr.	16:22.94	Calvin Barnes
Marie Kelleher	35:23.04	1650 fr.	38:57.40	Bill Ossa
Marie Kelleher	57.42	50 back	40.15	Calvin Barnes
Marie Kelleher	2:11.64	100 back	1:27.11	Calvin Barnes
Marie Kelleher	4:42.22	200 back	3:11.95	Calvin Barnes
Marie Kelleher	55.53	50 breast	46.80	Bill Ossa
Marie Kelleher	2:30.78	100 brst	1:34.61	Bill Ossa
Roberta Sugden	6:00.99	200 brst	3:59.54	Bill Ossa
Eliz. Wolenberg	1:04.36	50 fly	46.84	Harry Howell
Eliz. Wolenberg	2:28.03	100 fly		
Victoria Harris	7:46.09	200 fly		
Marie Kelleher	2:02.82	100 IM	1:31.35	Calvin Barnes
Roberta Sugden	5:40.89	200 IM	3:23.91	Calvin Barnes
Victoria Harris	11:11.01	400 IM	7:23.16	Calvin Barnes

75-79

Marie Kelleher	45.48	50 free	35.34	Patrick Frank
Marie Kelleher	1:48.04	100 free	1:16.69	Patrick Frank
Marie Kelleher	4:00.71	200 free	2:58.53	Patrick Frank
Marie Kelleher	10:37.89	500 free		
Marie Kelleher	22:44.22	1000 fr.		
Marie Kelleher	36:26.72	1650 fr.		
Marie Kelleher	1:00.36	50 back	47.34	Harry Howell
Marie Kelleher	2:15.61	100 back	2:03.73	Bill Ossa
Marie Kelleher	4:46.72	200 back	4:39.77	Bill Ossa
Marie Kelleher	1:06.95	50 breast	50.52	Bill Ossa
Roberta Sugden	3:02.24	100 brst	1:57.31	Bill Ossa
		200 brst	4:19.70	Bill Ossa
Marie Kelleher	1:09.01	50 fly	51.96	Harry Howell
Victoria Harris	4:08.61	100 fly		
		200 fly		
Marie Kelleher	2:14.42	100 IM		
Marie Kelleher	4:54.13	200 IM	3:58.74	Harry Howell
		400 IM		

80-84

Marie Kelleher	49.02	50 free	39.91	Patrick Frank
Marie Kelleher	1:58.27	100 free	1:29.79	Patrick Frank
Marie Kelleher	4:08.92	200 free	3:17.79	Patrick Frank
		500 free	9:06.23	Patrick Frank
Marie Kelleher	22:33.79	1000 fr.	33:01.13	Harry Hotine
		1650 fr.		
Effie Gillespie	1:47.69	50 back	53.24	Patrick Frank
Marie Kelleher	2:23.51	100 back	2:00.73	Patrick Frank
Marie Kelleher	5:03.37	200 back		
Marie Kelleher	1:10.74	50 breast		
Marie Kelleher	2:40.73	100 brst		
		200 brst		
Marie Kelleher	1:17.89	50 fly		
Marie Kelleher	2:42.38	100 fly		
		200 fly		
Marie Kelleher	2:19.02	100 IM		
Marie Kelleher	5:01.29	200 IM		
Marie Kelleher	11:13.51	400 IM		

LMSC for Virginia -- Short Course Swimming Records -- Meters

updated 9/1/95

WOMEN

19-24	25-29
Diana Hatler 29.13 50 free	26.08 Neill Williams
Diana Hatler 1:04.41 100 free	Monte Lewis 1:01.05
Diana Hatler 2:21.12 200 free	Monte Lewis 2:14.65
	William Taylor 6:47.49
	Monte Lewis 19:21.53
Deborah Sloan 1:19.98 50 back	Mark Downey 32.35
	William Taylor 1:53.08
Deborah Sloan 38.90 100 back	
Deborah Sloan 1:23.77 200 back	Neill Williams 33.36
	Neill Williams 28.98
Deborah Sloan 1:19.86 100 IM	Neill Williams 1:05.41
	Neill Williams 2:25.03

WOMEN

25-29	30-34
Clai Bolek 29.39 50 free	23.64 Neill Williams
Bridget Burket 1:03.73 100 free	Robert Etkins 55.65
Bridget Burket 2:16.95 200 free	John Lowe 2:12.43
Val VanHorn 5:08.74 400 free	Jim McFarland 4:49.37
	John Lowe 9:55.98
Debra Moore 20:31.87 1500 fr.	Ted Hirsch 20:36.64
	Robert Etkins 29.68
Bridget Burket 1:12.19 100 back	Robert Etkins 1:03.31
Val VanHorn 2:46.96 200 back	Bill Lees 2:43.69
Lisa Tubergen 36.95 50 breast	Neill Williams 30.52
Lisa Tubergen 1:21.25 100 brst	Neill Williams 1:05.27
	Neill Williams 2:27.28
	Neill Williams 25.61
Lisa Tubergen 32.56 50 fly	Neill Williams 58.03
Val Van Horn 1:12.57 100 fly	Mike Monaghan 2:30.57
Clai Bolek 2:45.92 200 fly	Robert Etkins 1:01.25
Lisa Tubergen 1:14.45 100 IM	Neill Williams 2:12.91
Lisa Tubergen 2:42.37 200 IM	John Leino 5:22.05

WOMEN

30-34	35-39
Kim Wise 29.29 50 free	25.13 David Malsbury
Robin Hiddemen 1:09.91 100 free	James McFarland 58.18
Lisa Tubergen 2:23.77 200 free	Erik Kielin 2:04.86
Lisa Tubergen 5:03.02 400 free	Erik Kielin 4:24.13
Jeanne Crouse 11:17.23 800 free	Erik Kielin 9:16.42
Tori Neff 21:26.84 1500 fr.	Erik Kielin 17:30.21
Virginia Sugden 47.20 50 back	David Malsbury 30.06
	Jeff Rhodes 1:16.70
	Jeff Rhodes 2:36.55
Lisa Bennett 2:58.08 200 back	David Malsbury 32.34
Lisa Bennett 35.75 50 breast	James Brinkman 1:24.13
Lisa Bennett 1:18.13 100 brst	James Brinkman 3:03.17
Lisa Bennett 2:53.48 200 brst	David Malsbury 28.41
Lisa Bennett 32.98 50 fly	James Brinkman 1:08.07
Lisa Bennett 1:10.59 100 fly	James Brinkman 2:37.70
Jeanne Crouse 2:52.70 200 fly	James Brinkman 1:12.85
Lisa Tubergen 1:11.95 100 IM	Jeff Rhodes 2:33.79
Lisa Bennett 2:37.98 200 IM	Jeff Rhodes 5:29.23
Lisa Bennett 5:38.11 400 IM	

WOMEN

35-39	40-44
Shirley Loftus 32.99 50 free	28.17 Steven Feldman
Shirley Loftus 1:12.12 100 free	Jim Miller 1:05.97
Nancy Miller 2:43.09 200 free	Raleigh Conway 2:51.46
Maria Velikonja 4:46.93 400 free	Raleigh Conway 5:47.63
Terry Gault 10:54.64 800 free	Bill Kloppe 9:58.38
Shirley Loftus 20:14.69 1500 fr.	Bill Kloppe 19:20.91
Lisa Bennett 36.73 50 back	Jim Miller 36.80
	Jim Miller 1:22.09
	Jim Miller 3:03.04
Lisa Bennett 36.57 50 breast	Patrick Ryan 34.74
Lisa Bennett 1:22.27 100 brst	Patrick Ryan 1:16.66
Lisa Bennett 3:00.66 200 brst	Patrick Ryan 2:47.58
Maria Velikonja 31.16 50 fly	Steven Feldman 31.80
Maria Velikonja 1:07.28 100 fly	
Maria Velikonja 2:31.50 200 fly	
Lisa Bennett 1:14.67 100 IM	Steven Feldman 1:14.12
Nancy Miller 3:21.51 200 IM	
Terry Gault 6:18.48 400 IM	

WOMEN

40-44	45-49
Judy Renaldi 33.47 50 free	27.86 Francis Fox
Judy Renaldi 1:13.80 100 free	Bo King 1:05.50
Nancy Miller 2:39.95 200 free	Jim Miller 2:31.24
Nancy Miller 5:29.46 400 free	Carl Armstrong 5:33.06
Terry Gault 11:10.42 800 free	Ron Magee 12:26.92
Claire Brown 26:44.95 1500 fr.	Allan Howell 23:33.50
Sally Bruce 45.09 50 back	Rick Stringer 31.34
Georgiana Baker 1:41.13 100 back	Rick Stringer 1:13.66
Judy Renaldi 3:20.42 200 back	Mike Duignan 3:01.52
Judy Decker 40.58 50 breast	Robert Pollard 36.75
Nancy Miller 1:32.76 100 brst	Robert Pollard 1:21.50
Nancy Miller 3:22.22 200 brst	
Judy Decker 40.27 50 fly	Francis Fox 31.01
Judy Decker 1:33.90 100 fly	Nelson Workman 1:15.53
Judy Decker 3:25.72 200 fly	Michael Dolan 2:57.07
Judy Decker 1:27.31 100 IM	Rick Stringer 1:07.90
Judy Decker 3:11.99 200 IM	Rick Stringer 2:33.43
Nancy Miller 6:36.80 400 IM	Robert Pollard 6:12.38

MEN

45-49	50-54
Lucille Griffin 34.76 50 free	28.59 Francis Fox
Lucille Griffin 1:16.86 100 free	Alec Thomson III 1:06.67
Judy Decker 2:57.29 200 free	Ken Novell 2:28.51
Judy Decker 6:10.48 400 free	
Judy Decker 12:27.53 800 free	Warner Brundage 11:00.59
Charlene Burke 25:25.61 1500 fr.	Mike Stott 24:22.44
Lucille Griffin 39.70 50 back	Francis Fox 36.65
Lucille Griffin 1:26.09 100 back	
Betsy Durrant 3:22.03 200 back	Ken Novell 3:04.88
Judy Decker 42.58 50 breast	Warner Brundage 37.73
Judy Decker 1:36.75 100 brst	Warner Brundage 1:20.11
Betsy Durrant 3:26.49 200 brst	Warner Brundage 3:03.71
Judy Decker 41.13 50 fly	Randy Wise 32.49
Judy Decker 1:31.71 100 fly	Warner Brundage 1:15.91
Lucille Griffin 3:33.21 200 fly	
Judy Decker 1:28.10 100 IM	Francis Fox 1:14.23
Judy Decker 3:14.31 200 IM	Alec Thomson III 2:47.29
	Warner Brundage 5:51.05

MEN

50-54	55-59
Lucille Griffin 32.78 50 free	28.34 Ken Novell
Lucille Griffin 1:13.69 100 free	Ken Novell 1:04.57
Lucille Griffin 3:01.25 200 free	
Johnnie Detrick 6:43.74 400 free	Jim Pickelman 21:23.26
Johnnie Detrick 26:49.44 1500 fr.	Jim Pickelman 58.69
Leslie Faggert 49.79 50 back	Carl Russ 1:25.97
Lucille Griffin 1:26.44 100 back	Carl Russ 3:07.04
Lucille Griffin 3:17.67 200 back	
Judy Decker 45.58 50 breast	
Johnnie Detrick 1:40.88 100 brst	
Lucille Griffin 3:40.30 200 brst	
Lucille Griffin 39.12 50 fly	Ken Novell 31.21
Lucille Griffin 1:27.53 100 fly	Ken Novell 1:15.91
Lucille Griffin 3:29.84 200 fly	
Johnnie Detrick 1:36.07 100 IM	Randolph Wise 1:20.72
	Carl Russ 7:05.30

MEN

55-59	60-64
Johnnie Detrick 34.79 50 free	33.93 Forrest Sullivan
Johnnie Detrick 1:23.48 100 free	Carl Russ 1:18.44
Johnnie Detrick 6:55.88 400 free	Carl Russ 13:08.41
Johnnie Detrick 14:18.68 800 free	
	Forrest Sullivan 41.42
	Carl Russ 1:29.49
	Carl Russ 3:07.20
Johnnie Detrick 46.10 50 breast	Forrest Sullivan 43.77
Johnnie Detrick 1:39.84 100 brst	
Johnnie Detrick 3:38.86 200 brst	Chuck Wilmore 3:30.13
	Forrest Sullivan 37.07
	Forrest Sullivan 1:32.61
Johnnie Detrick 1:34.05 100 IM	Forrest Sullivan 1:25.95
	Forrest Sullivan 3:17.28

MEN

60-64	65-69
Margaret Dorman 57.19 50 free	31.08 William Irwin
Margaret Dorman 2:03.69 100 free	J. Carr Dorman 1:46.61
Margaret Dorman 4:38.63 200 free	Calvin Barnes 3:01.95
Margaret Dorman 9:30.15 400 free	Calvin Barnes 6:26.87
	David Chapman 34:07.56
	Forrest Sullivan 39.63
	Forrest Sullivan 1:28.59
	William Irwin 3:13.57
	Forrest Sullivan 36.56
	Forrest Sullivan 1:35.93
	William Irwin 1:23.74
	Calvin Barnes 3:12.61
	Calvin Barnes 7:47.42

MEN

65-69	70-74
Victoria Evans 1:03.07 50 free	33.03 William Irwin
Victoria Evans 2:25.80 100 free	William Irwin 1:14.89
Babs Carter 4:21.93 200 free	William Irwin 2:54.51
Victoria Evans 10:54.50 400 free	
	Calvin Barnes 13:36.64
Babs Carter 1:07.10 50 back	
Babs Carter 4:41.68 100 back	Calvin Barnes 1:38.75
Babs Carter 2:26.64 200 back	Calvin Barnes 3:34.13
Babs Carter 2:15.78 50 breast	
Victoria Evans 3:19.12 100 fly	
	William Irwin 1:32.33
	Calvin Barnes 3:45.01

WOMEN

45-49	50-54
Lucille Griffin 34.76 50 free	28.59 Francis Fox
Lucille Griffin 1:16.86 100 free	Alec Thomson III 1:06.67
Judy Decker 2:57.29 200 free	Ken Novell 2:28.51
Judy Decker 6:10.48 400 free	
Judy Decker 12:27.53 800 free	Warner Brundage 11:00.59
Charlene Burke 25:25.61 1500 fr.	Mike Stott 24:22.44
Lucille Griffin 39.70 50 back	Francis Fox 36.65
Lucille Griffin 1:26.09 100 back	
Betsy Durrant 3:22.03 200 back	Ken Novell 3:04.88
Judy Decker 42.58 50 breast	Warner Brundage 37.73
Judy Decker 1:36.75 100 brst	Warner Brundage 1:20.11
Betsy Durrant 3:26.49 200 brst	Warner Brundage 3:03.71
Judy Decker 41.13 50 fly	Randy Wise 32.49
Judy Decker 1:31.71 100 fly	Warner Brundage 1:15.91
Lucille Griffin 3:33.21 200 fly	
Judy Decker 1:28.10 100 IM	Francis Fox 1:14.23
Judy Decker 3:14.31 200 IM	Alec Thomson III 2:47.29
	Warner Brundage 5:51.05

WOMEN

50-54	55-59
Lucille Griffin 32.78 50 free	28.34 Ken Novell
Lucille Griffin 1:13.69 100 free	Ken Novell 1:04.57
Lucille Griffin 3:01.25 200 free	
Johnnie Detrick 6:43.74 400 free	Jim Pickelman 21:23.26
Johnnie Detrick 26:49.44 1500 fr.	Jim Pickelman 58.69
Leslie Faggert 49.79 50 back	Carl Russ 1:25.97
Lucille Griffin 1:26.44 100 back	Carl Russ 3:07.04
Lucille Griffin 3:17.67 200 back	
Judy Decker 45.58 50 breast	
Johnnie Detrick 1:40.88 100 brst	
Lucille Griffin 3:40.30 200 brst	
Lucille Griffin 39.12 50 fly	Ken Novell 31.21
Lucille Griffin 1:27.53 100 fly	Ken Novell 1:15.91
Lucille Griffin 3:29.84 200 fly	
Johnnie Detrick 1:36.07 100 IM	Randolph Wise 1:20.72
	Carl Russ 7:05.30

WOMEN

55-59	60-64
Johnnie Detrick 34.79 50 free	33.93 Forrest Sullivan
Johnnie Detrick 1:23.48 100 free	Carl Russ 1:18.44
Johnnie Detrick 6:55.88 400 free	Carl Russ 13:08.41
Johnnie Detrick 14:18.68 800 free	
	Forrest Sullivan 41.42
	Carl Russ 1:29.49
	Carl Russ 3:07.20
Johnnie Detrick 46.10 50 breast	Forrest Sullivan 43.77
Johnnie Detrick 1:39.84 100 brst	
Johnnie Detrick 3:38.86 200 brst	Chuck Wilmore 3:30.13
	Forrest Sullivan 37.07
	Forrest Sullivan 1:32.61
Johnnie Detrick 1:34.05 100 IM	Forrest Sullivan 1:25.95
	Forrest Sullivan 3:17.28

WOMEN

60-64	65-69
Margaret Dorman 57.19 50 free	31.08 William Irwin
Margaret Dorman 2:03.69 100 free	J. Carr Dorman 1:46.61
Margaret Dorman 4:38.63 200 free	Calvin Barnes 3:01.95
Margaret Dorman 9:30.15 400 free	Calvin Barnes 6:26.87
	David Chapman 34:07.56
	Forrest Sullivan 39.63
	Forrest Sullivan 1:28.59
	William Irwin 3:13.57
	Forrest Sullivan 36.56
	Forrest Sullivan 1:35.93
	William Irwin 1:23.74
	Calvin Barnes 3:12.61
	Calvin Barnes 7:47.42

WOMEN

65-69	70-74
Victoria Evans 1:03.07 50 free	33.03 William Irwin
Victoria Evans 2:25.80 100 free	William Irwin 1:14.89
Babs Carter 4:21.93 200 free	William Irwin 2:54.51
Victoria Evans 10:54.50 400 free	
	Calvin Barnes 13:36.64
Babs Carter 1:07.10 50 back	
Babs Carter 4:41.68 100 back	Calvin Barnes 1:38.75
Babs Carter 2:26.64 200 back	Calvin Barnes 3:34.13
Babs Carter 2:15.78 50 breast	
Victoria Evans 3:19.12 100 fly	
	William Irwin 1:32.33
	Calvin Barnes 3:45.01

LMSC for Virginia -- Short Course Swim Records -- Meters

200 Freestyle Relay -- Male

76+ 1:46.99 Jim McFarland, Ian Wrightson, Monte Lewis, Neill Williams
100+
120+ 1:53.54 Scott Rose, Mark Downey, Jim Brinkman, John Lowe
160+ 1:58.39 Robert Pollard, Rick Stringer, Michael Dolan, Jim Miller
200+
240+ 2:33.30 Carr Dorman, Carl Russ, Forrest Sullivan, Calvin Barnes
280+

200 Freestyle Relay -- Women

76+
100+ 2:23.61 Beth Waters, Elaine Koppa, Clai Bolek, Mary Beth Hannifer
120+ 2:07.39 Karen Tallmadge, Jill Walsh, Val VanHorn, Lisa Bennett
160+ 2:29.67 Nayda Pophal, Patti Chappell, Nancy Miller, Kris Kloppe
200+
240+
280+ 4:07.70 Victoria Harris, Roberta Sugden, Elizabeth Wolenberg, Marie Kelleher

200 Freestyle Relay -- Mixed

76+
100+
120+
160+
200+
240+
280+

200 Medley Relay -- Men

76+
100+
120+
160+
200+
240+
280+

200 Medley Relay -- Women

76+
100+
120+ 2:24.44 Val VanHorn, Lisa Bennett, Clai Bolek, Jeanne Crouse
160+ 2:44.62 Charlene Burke, Pattie Chappell, Nancy Miller, Kris Kloppe
200+
240+
280+ 4:45.86 Victoria Harris, Babs Carter, Roberta Sugden, Marie Kelleher

200 Medley Relay -- Mixed

76+
100+
120+
160+
200+
240+
280+

WOMEN 70-74
Eliz. Wolenberg 59.12 50 free
Victoria Harris 5:32.99 100 free
400 free
800 free
1500 fr.
50 back
100 back
Victoria Harris 6:10.20 200 back
Roberta Sugden 1:20.18 50 breast
Roberta Sugden 3:00.28 100 brst
200 brst
Roberta Sugden 1:18.25 50 fly
Victoria Harris 4:20.18 100 fly
200 fly
Roberta Sugden 2:47.99 100 IM
Roberta Sugden 6:33.05 200 IM
400 IM

WOMEN 75-79
Marie Kelleher 52.21 50 free
Marie Kelleher 2:04.74 100 free
Marie Kelleher 4:34.70 200 free
Marie Kelleher 9:32.24 400 free
Marie Kelleher 19:36.09 800 free
1500 fr.
Marie Kelleher 1:10.75 50 back
100 back
Marie Kelleher 5:19.66 200 back
Roberta Sugden 1:26.90 50 breast
Roberta Sugden 3:22.95 100 brst
200 brst
50 fly
100 fly
200 fly
Marie Kelleher 2:31.43 100 IM
Marie Kelleher 5:40.25 200 IM
400 IM

WOMEN 80-84
June Gillespie 1:56.48 50 free
June Gillespie 4:08.91 100 free
200 free
June Gillespie 17:50.37 400 free
800 free
1500 fr.
June Gillespie 2:00.04 50 back
100 back
June Gillespie 9:20.61 200 back
50 breast
100 brst
200 brst
50 fly
100 fly
200 fly
100 IM
200 IM
400 IM

MEN
40.15 Patrick Frank
1:31.32 Patrick Frank
3:30.60 Patrick Frank

57.74 Patrick Frank

MEN

LMSC for Virginia -- Long Course Swim Records -- Meters

200 Freestyle Relay -- Male

76+		
100+		
120+	1:55.68	Michael Weber, Michael Cook, Michael Slowey, William Martin
160+	2:06.97	Sean Webb, Gennard Lanzara, Glenn Grunewald, Jeff Reilly
200+	2:00.48	Edwin McCowan, Jim Miller, Mike Duignan, William Irwin
240+		
280+		

200 Freestyle Relay -- Women

76+		
100+		
120+	2:12.50	Beth Waters, Patricia Chapell, Karen Tallmadge, Marie Velikonja
160+	2:19.84	Johnnie Detrick, Nancy Miller, Betsy Durrant, Lisa Bennett
200+	2:24.84	Judy Decker, Betsy Durrant, Lucille Griffin, Nancy Miller
240+	2:49.90	Marie Velikonja, Judy Decker, Betsy Durrant, Johnnie Detrick
280+		

200 Freestyle Relay -- Mixed

76+		
100+	2:17.61	Elaine Koppana, Mary Beth Hanifer, Scott Rose, Sean Webb
120+	1:57.70	Michael Cook, Michael Slowey, Diane Cayce, Lisa Bennett
160+	2:01.24	Lisa Bennett, Jim Miller, David Malsbury, Johnnie Detrick
200+	2:15.97	Lucille Griffin, Forrest Sullivan, Johnnie Detrick, Francis Hall
240+	2:34.83	Marie Kelleher, William Irwin, Johnnie Detrick, Jim Miller
280+		

200 Medley Relay -- Men

76+		
100+		
120+	2:07.73	Don Farmer, Edwin McCowan, George Frazier, John Lowe
160+	2:13.42	James Wolfle, Robert Hatcher, William Irwin, Jim Miller
200+	2:27.20	Forrest Sullivan, Edwin McCowan, William Irwin, Mike Duignan
240+	2:56.55	Calvin Barnes, Forrest Sullivan, Francis Hall
280+		Burt Franklin

200 Medley Relay -- Women

76+		
100+	2:17.23	Debbie Sloan, Lisa Bennett, Val Van Horn, Clai Bolek
120+	2:18.50	Paula Jones, Lisa Bennett, Marie Velikonja, Terry Gault
160+	2:59.33	Georgianna Baker, Linda McCowan, Judy Decker, Johnnie Detrick
200+	2:35.67	Judy Decker, Betsy Durrant, Lisa Bennett, Johnnie Detrick
240+		
280+		

200 Medley Relay -- Mixed

76+		
100+	2:11.65	James Wolfle, Kathy Waggoner, Maria Velikonja, Kent Gay
120+	2:10.76	James Wolfle, Patricia Chappell, Maria Velikonja, Jim Miller
160+	2:16.73	Mike Duignan, Michael Slowey, Diane Cayce, Lisa Bennett
200+	2:34.24	Jim Miller, Judy Decker, William Irwin, Johnnie Detrick
240+	2:42.23	Betsy Durrant, Johnnie Detrick, Forrest Sullivan, William Irwin
280+	3:43.39	Marie Kelleher, Norman Rainer, Forrest Sullivan, Elizabeth Wolenberg

WOMEN	70-74	MEN
Marie Kelleher	49.59 50 free	37.76 Lewis Bosher
Marie Kelleher	1:57.31 100 free	
Marie Kelleher	4:23.59 200 free	3:25.42 Calvin Barnes
Marie Kelleher	9:15.16 400 free	
Marie Kelleher	18:47.37 800 free	
Marie Kelleher	36:07.18 1500 fr.	
Marie Kelleher	1:08.06 50 back	42.22 Calvin Barnes
Marie Kelleher	2:36.17 100 back	1:44.99 Calvin Barnes
Marie Kelleher	200 back	3:50.53 Calvin Barnes
Marie Kelleher	1:15.21 50 breast	53.01 Bill Ossa
Roberta Sugden	3:09.14 100 brst	2:08.65 Bill Ossa
	200 brst	4:38.94 Bill Ossa
Eliz. Wolenberg	1:14.49 50 fly	
Roberta Sugden	3:32.37 100 fly	
	200 fly	
Roberta Sugden	6:33.43 200 IM	3:58.37 Calvin Barnes
	400 IM	

WOMEN	75-79	MEN
Marie Kelleher	59.41 50 free	39.34 Patrick Frank
Marie Kelleher	2:14.70 100 free	1:28.06 Patrick Frank
Marie Kelleher	4:53.83 200 free	3:22.27 Patrick Frank
	400 free	
Marie Kelleher	39:27.90 800 free	
Marie Kelleher	1:15.02 50 back	1:03.34 Bill Ossa
Valeria Harris	3:05.33 100 back	2:17.47 Bill Ossa
	200 back	5:00.57 Bill Ossa
Roberta Sugden	1:32.64 50 breast	1:00.14 Bill Ossa
Roberta Sugden	3:34.12 100 brst	2:24.43 Bill Ossa
	200 brst	5:17.21 Bill Ossa
Roberta Sugden	1:21.69 50 fly	
	100 fly	
Roberta Sugden	7:03.51 200 IM	
	400 IM	

WOMEN	80-84	MEN
Marie Kelleher	55.15 50 free	1:21.40 Harry Hotine
Marie Kelleher	2:11.60 100 free	2:54.09 Harry Hotine
Marie Kelleher	4:52.06 200 free	6:06.64 Harry Hotine
June Gillespie	20:28.40 400 free	18:45.86 Artie Levine
	800 free	27:28.09 Harry Hotine
	1500 fr.	
June Gillespie	2:20.58 50 back	
June Gillespie	4:07.40 100 back	
Marie Kelleher	5:58.48 200 back	
	50 breast	
	100 brst	
	200 brst	
Marie Kelleher	1:18.28 50 fly	
Marie Kelleher	3:11.53 100 fly	
	200 fly	
Marie Kelleher	6:14.81 200 IM	
	400 IM	

LMSC for Virginia -- Long Course Swimming Records -- Meters

updated: 9/1/95

WOMEN			MEN			WOMEN			MEN		
19-24						45-49					
Paula Jones	29.84	50 free	26.08	James Wolfle		Lucille Griffin	34.52	50 free	28.1	John McGill	
Paula Jones	1:03.50	100 free	57.93	Kirk Johnson		Johnnie Detrick	1:22.32	100 free	1:04.49	John McGill	
Paula Jones	2:24.16	200 free	2:11.12	George Frazier		Judy Decker	2:54.58	200 free	2:29.73	Alec Thomson	
Paula Jones	5:11.54	400 free	4:50.18	Kirk Johnson		Judy Decker	6:25.70	400 free	5:26.56	Alec Thomson	
Norrie Smith	13:32.60	800 free	11:30.37	Lee Golusinski		Judy Decker	13:50.06	800 free	11:53.73	Edwin McCowan	
Tory Neff	22:13.36	1500 fr.	20:23.46	Dan McDonough		Beverly Franklin	24:13.35	1500 fr.	22:45.63	Warner Brundage	
Robin Hampton	36.19	50 back	34.99	Joel Light		Lucille Griffin	39.29	50 back	36.84	Mike Duignan	
Robin Hampton	1:18.65	100 back	1:06.10	James Wolfle		Lucille Griffin	1:27.83	100 back	1:15.44	John McGill	
Robin Hampton	2:45.35	200 back	3:05.27	Lee Golusinski		Lucille Griffin	3:11.85	200 back	2:58.83	John McGill	
Deborah Sloan	39.43	50 breast	36.65	Mike Kontos		Judy Decker	43.14	50 breast	37.02	Hank Mierzwa	
E. Warnick	1:23.36	100 brst	1:20.35	Mike Kontos		Judy Decker	1:37.87	100 brst	1:22.13	Hank Mierzwa	
Allison Widman	3:41.44	200 brst		James Wolfle	27.97	Judy Decker	3:32.68	200 brst	3:08.53	Alec Thomson	
E. Warnick	31.88	50 fly		James Wolfle		Beverly Franklin	38.94	50 fly	29.32	John McGill	
E. Warnick	1:12.60	100 fly	1:01.48	James Wolfle		Lucille Griffin	1:26.92	100 fly	1:09.96	John McGill	
E. Warnick	2:42.69	200 fly	2:24.39	James Wolfle		Lucille Griffin	3:28.61	200 fly	3:47.69	John McGill	
Paula Jones	2:42.49	200 IM	2:29.54	Kirk Johnson		Judy Decker	3:17.76	200 IM	2:41.28	John McGill	
Paula Jones	5:53.23	400 IM	5:28.16	James Wolfle		Lucille Griffin	7:24.83	400 IM	6:09.33	Alec Thomson	
25-29						50-54					
Lisa Tubergen	29.44	50 free	25.05	Bruce Marchionda		Lucille Griffin	33.21	50 free	31.22	Ralph Laughlin	
Deborah Cain	1:04.90	100 free	57.03	Bruce Marchionda		Lucille Griffin	1:17.32	100 free	1:04.52	Henry Southall	
Deborah Cain	2:18.82	200 free	2:09.03	Robert Etkins		Betsy Durrant	3:00.30	200 free	2:51.13	Forrest Sullivan	
Deborah Cain	4:51.04	400 free	4:04.66	Tony Lovette		Betsy Durrant	6:21.51	400 free	5:15.09	Henry Southall	
Deborah Cain	10:28.74	800 free	10:08.59	Bill Lees		Betsy Durrant	12:48.59	800 free	13:54.35	Charles Erwin	
Deborah Cain	19:01.73	1500 fr.	19:58.56	John Leino		Johnnie Detrick	27:01.87	1500 fr.	24:17.12	P.W. James	
Beth Gardner	34.09	50 back	29.84	Robert Etkins		Lucille Griffin	42.36	50 back	38.84	Forrest Sullivan	
Val Van Horn	1:15.54	100 back	1:07.01	James Wolfle		Lucille Griffin	1:31.74	100 back	1:28.35	Forrest Sullivan	
Deborah Cain	2:40.31	200 back	2:29.35	James Wolfle		Lucille Griffin	3:17.60	200 back	3:19.15	Forrest Sullivan	
Lisa Tubergen	35.86	50 breast	34.12	Robert Etkins		Betsy Durrant	44.30	50 breast	43.65	Chuck Wilmore	
Lisa Tubergen	1:19.95	100 brst	1:14.69	Rob Blanton		Betsy Durrant	1:40.09	100 brst	1:37.40	Chuck Wilmore	
Lisa Tubergen	2:56.70	200 brst	2:48.61	Rob Blanton		Betsy Durrant	3:35.36	200 brst	3:35.87	Chuck Wilmore	
Alice Phillips	31.71	50 fly	27.82	Bruce Marchionda		Lucille Griffin	40.55	50 fly	34.58	Ralph Laughlin	
Lisa Tubergen	1:11.39	100 fly	1:03.02	James Wolfle		Lucille Griffin	1:32.19	100 fly	1:46.60	Bob Hansen	
Diane Cayce	2:36.67	200 fly	2:26.20	James Wolfle		Lucille Griffin	3:41.15	200 fly	4:03.20	Bob Hansen	
Deborah Cain	2:37.35	200 IM	2:22.54	James Wolfle		Judy Decker	3:20.38	200 IM	3:22.89	Carl Russ	
Deborah Cain	5:35.66	400 IM	5:13.77	Mark Woodard		Judy Decker	7:11.08	400 IM	7:28.23	Carl Russ	
30-34						55-59					
Lisa Bennett	29.58	50 free	25.44	Bruce Marchionda		Johnnie Detrick	34.89	50 free	32.26	Francis Hall	
Lisa Bennett	1:05.97	100 free	57.05	Bruce Marchionda		Johnnie Detrick	1:21.95	100 free	1:16.63	Bob Hutton	
Lisa Tubergen	2:27.76	200 free	2:08.63	John Lowe		Johnnie Detrick	3:18.63	200 free	2:55.53	Bob Hutton	
Lisa Tubergen	5:12.39	400 free	4:38.40	John Lowe		Helen Shires	9:33.53	400 free	6:24.28	Bob Hutton	
Lisa Bennett	10:24.00	800 free	9:36.21	John Lowe		Johnnie Detrick	15:17.63	800 free	14:42.50	Robert Cummings	
Lisa Tubergen	20:14.03	1500 fr.	18:16.22	Perry Lange		Johnnie Detrick	52.69	50 back	25:45.25	Forrest Sullivan	
Jill Walsh	37.20	50 back	31.15	David Malsbury		Lucille Griffin	1:33.54	100 back	39.00	Forrest Sullivan	
Karen Tallmadge	1:32.29	100 back	1:07.35	Perry Lange		Lucille Griffin	3:29.28	200 back	1:30.14	Forrest Sullivan	
Beth Balknap	2:57.96	200 back	2:34.78	Don Farmer		Johnnie Detrick	45.36	50 breast	3:16.42	Forrest Sullivan	
Lisa Bennett	35.90	50 breast	32.03	David Malsbury		Johnnie Detrick	1:43.77	100 brst	43.33	Chuck Wilmore	
Lisa Bennett	1:19.55	100 brst	1:12.32	Ken Neubauer		Johnnie Detrick	3:47.53	200 brst	1:42.70	Chuck Wilmore	
Lisa Bennett	2:58.89	200 brst	2:43.94	Ken Neubauer		Johnnie Detrick	1:19.47	50 fly	3:43.36	Chuck Wilmore	
Lisa Bennett	31.33	50 fly	27.92	Ken Neubauer		Helen Shires	1:35.61	100 fly	35.18	Forrest Sullivan	
Maria Velikonja	1:09.61	100 fly	1:04.82	David Malsbury		Lucille Griffin	3:48.22	200 fly	1:27.69	Forrest Sullivan	
Maria Velikonja	2:42.04	200 fly	2:35.48	James Brinkman		Lucille Griffin	3:46.13	200 IM	4:05.49	Jim Patten	
Lisa Bennett	2:39.72	200 IM	2:26.30	Ken Neubauer		Johnnie Detrick	7:35.62	400 IM	3:11.48	Forrest Sullivan	
Maria Velikonja	6:08.15	400 IM	5:36.10	James Brinkman		Lucille Griffin			7:28.85	Carl Russ	
35-39						60-64					
Velikonja/Bennett	30.10	50 free	26.62	John Sultan		Jane Pharis	52.26	50 free	32.15	William Irwin	
Maria Velikonja	1:05.40	100 free	59.44	John Sultan		Marilyn Grender	1:56.35	100 free	1:17.06	Francis Hall	
Maria Velikonja	2:22.90	200 free	2:19.93	James McFarland		Babs Carter	4:05.15	200 free	3:02.66	Francis Hall	
Lisa Bennett	5:06.40	400 free	5:02.29	John Sultan		Babs Carter	8:10.25	400 free	6:33.51	Calvin Barnes	
Diane Cayce	11:48.74	800 free	10:08.59	Bill Kloppe		Babs Carter	16:40.35	800 free	13:45.72	Forrest Sullivan	
Lisa Bennett	20:06.65	1500 fr.	20:05.46	John Sultan		Babs Carter	31:24.84	1500 fr.	26:28.95	Calvin Barnes	
Lisa Bennett	37.87	50 back	33.05	Tom Platt		Jane Pharis	59.98	50 back	39.22	Forrest Sullivan	
Lisa Bennett	1:31.34	100 back	1:11.56	John Sultan		Babs Carter	2:17.82	100 back	1:29.67	Forrest Sullivan	
Jean Benson	3:08.85	200 back	2:37.96	John Sultan		Babs Carter	4:43.70	200 back	3:20.95	Forrest Sullivan	
Lisa Bennett	36.67	50 breast	32.47	Michael Slowey		Marilyn Grender	59.88	50 breast	42.00	William Irwin	
Lisa Bennett	1:22.46	100 brst	1:12.30	Michael Slowey		Marilyn Grender	2:10.52	100 brst	1:51.64	Norman Rainer	
Lisa Bennett	3:03.72	200 brst	2:43.09	Michael Slowey		Babs Carter	4:47.30	200 brst	3:52.64	Calvin Barnes	
Maria Velikonja	30.43	50 fly	30.19	Tom Platt		Babs Carter	1:07.10	50 fly	35.37	Francis Hall	
Maria Velikonja	1:08.56	100 fly	1:31.64	Jim Miller		Babs Carter	2:20.62	100 fly	1:31.55	William Irwin	
Maria Velikonja	2:37.83	200 fly	4:40.21	Morgan Griffith		Babs Carter	4:47.35	200 fly	3:23.33	William Irwin	
Lisa Bennett	2:45.69	200 IM	2:31.80	John Sultan		Babs Carter	4:26.41	200 IM	3:32.81	Francis Hall	
Lisa Bennett	6:14.38	400 IM	5:33.14	John Sultan		Babs Carter	9:09.47	400 IM	8:13.09	Calvin Barnes	
40-44						65-69					
Beverly Jensen	32.47	50 free	27.81	Sean Webb		Terry Screech	56.86	50 free	31.69	William Irwin	
Shirley Loftus	1:12.29	100 free	1:02.43	John Shrum		Terry Screech	2:07.96	100 free	1:14.30	William Irwin	
Terry Gault	2:37.30	200 free	2:32.51	Carl Armstrong				200 free	2:50.20	William Irwin	
Shirley Loftus	5:20.40	400 free	4:52.78	John Shrum				400 free	6:13.87	William Irwin	
Terry Gault	11:18.88	800 free	11:41.14	Mike Dolan		Roberta Sugden	24:03.86	800 free	13:10.86	William Irwin	
Terry Gault	20:56.04	1500 fr.	20:55.49	Neil Watts				1500 fr.	27:54.57	Calvin Barnes	
Terry Gault	39.80	50 back	35.10	Hank Holswade		Babs Carter	1:08.29	50 back	43.45	Calvin Barnes	
Lucille Griffin	1:28.01	100 back	1:21.75	Mike Duignan				100 back	1:37.71	Calvin Barnes	
Lucille Griffin	3:10.48	200 back	2:56.49	Jim Miller				200 back	3:33.61	Calvin Barnes	
Judy Decker	41.38	50 breast	36.08	Sean Webb		Babs Carter	1:10.20	50 breast	42.94	William Irwin	
Nancy Miller	1:34.56	100 brst	1:23.15	Sean Webb		Babs Carter	2:27.34	100 brst	1:42.41	William Irwin	
Nancy Miller	3:27.39	200 brst	3:05.29	Sean Webb				200 brst	4:16.89	B.J. Hansen	
Beverly Jensen	34.12	50 fly	31.20	Ken Novell		Babs Carter	1:09.26	50 fly	37.13	William Irwin	
Terry Gault	1:17.43	100 fly	1:16.28	Mike Dolan				100 fly	1:34.94	William Irwin	
Terry Gault	2:52.48	200 fly	3:25.83	Ken Novell				200 fly			
Terry Gault	3:07.30	200 IM	2:33.87	Hank Mierzwa		Babs Carter	4:54.29	200 IM	3:25.75	William Irwin	
Beverly Jensen	6:57.96	400 IM	7:19.05	Gary Boyd				400 IM	8:28.72	Calvin Barnes	

VIRGINIA MASTERS AT LONG COURSE NATIONALS

By Jim Miller

Five Virginia Masters swimmers (Susan Bleistein, Jim Miller, Nancy Miller, Rhea Wilkins, Chuck Wilmore) crossed the United States in August to participate in the Long Course National Championships in Portland, OR. Our team swam well. A high point of the meet was the Mixed Free Relay, in which the Virginia Masters team placed 10th. On the final leg, Rhea Wilkins hit the water at the same time as a team from San Diego Imperial. Rhea pulled it out, finishing ahead by 0.02 seconds.

It was certainly nice to get away from the humidity of Virginia. The weather and clear skies of Oregon were beautiful. Portland will also be the site of the World Masters Games to be held August 9-22, 1998. These Games will feature 25 sports, and the exact dates for swimming are yet to be determined. Consider participating in the Games, since I think all of you would enjoy competing at such a lovely venue. ♦



Pablo Morales shows his support for VMST – Portland, OR

STATE RECORDS AND TOP TEN TIMES

by James Wolfle

Welcome to another season of Virginia Masters Swimming! As the Top 10 and State Record keeper for Virginia, I need copies of meet results to keep my records up to date. This fall I would like to begin something new. Each year the national masters organization publishes a Top 10 list of all the swimmers in the country. I would like to attempt to do the same thing with Virginia registered masters swimmers. If you host a meet in Virginia, or if you attend a meet outside of Virginia, please send me a copy of the results. I will be more than happy to send the results back to you.

I have moved this year. To send me results, requests for copies of the state records, or any for other questions you might have, I can be reached at: 509 E. Rock Street, Harrisonburg, VA 22801 (540)574-2919, or by e-mail at: wolfle@aol.com. Good luck to everyone this year in their training and competitions. I will see you around the pool! ♦

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OCTOBER VMST BIRTHDAYS

Bob Aitcheson	Charles Town, WV	10/16/46	49	Jack MacMillan	Dale City	10/4/64	31
Mary Aton	Montclair	10/2/30	65*	Cathleen Malone	Lancaster, CA	10/19/65	30*
Barbara Bishop	Portsmouth	10/1/62	33	Kevin Pfister	Charlottesville	10/25/53	42
Mag Bowen	Norfolk	10/4/58	37	Sharon Popson	Virginia Beach	10/8/59	36
Mark Braiman	Charlottesville	10/27/56	39	Betty Reynolds	Vinton	10/15/54	41
Harry DeLong	Manassas	10/2/43	52	Jim Reynolds	Vinton	10/7/52	43
Bernard Donnelly	Richmond	10/17/55	40*	Colleen Rossmeissl	Warrenton	10/22/52	43
Scott Dunaway	Dublin	10/31/75	20	Patrick Ryan	Richmond	10/24/58	37
John Ferrell	Richmond	10/7/53	42	George Schell	Virginia Beach	10/10/36	59
George Fisher	Richmond	10/28/26	69	Elizabeth Smith	Norfolk	10/11/60	35*
George Frazer	Richmond	10/13/67	28	Robin Smith	Chattanooga, TN	10/24/66	29
Terry Sue Gault	Midlothian	10/13/50	45*	Chris Stevenson	Richmond	10/4/64	31
Robert Hatcher	Roanoke	10/12/62	33	Heather Stevenson	Richmond	10/15/59	36
Anthony Hite	Norfolk	10/6/42	53	Vera Suit	Forest	10/1/32	63
Michael Kontos	Glen Allen	10/15/60	35*	Val Van Horn Pate	Richmond	10/5/62	33

**indicates that the swimmer is "aging up"*