

# VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

July 15, 1997

## **Jack King Ocean Swim**

*by Betsy Durrant*

The challenge of open water swimming is that conditions are never predictable. This year's Jack King One Mile Swim was certainly unpredictable and definitely a challenge!

In May, we always worry about water temperature, but June 1 "always" brings warm temperatures and by race day the ocean temperature is in the low 70's. A week before the race this year, I lost faith and really started to worry about water temperature. When I consulted a veteran beach lifeguard, he reassured me that it would be okay and that the temperature near the beach was usually considerably warmer than that posted in the newspaper.

On the Thursday before the race, I took a thermometer to the beach to take the temperature of the ocean. To my surprise, the reading I got was 68 degrees. I began to have faith again. On Friday, Forrest Sullivan and I decided to try swimming at the race site, 24th street. Armed with my thermometer again, we tested the water. It really felt cold when we started our swim, but seemed much better after just 1 block. We decided that the race should go on.

While we swam I felt a little queasy, even though I had taken medication for motion sickness. I wasn't too concerned about rough conditions at that time because I am very susceptible to motion sickness. However, when the wind increased on Sunday and shifted from the north east, we definitely had rough conditions to consider. We had planned to swim north, but with the wind from the northeast, the surf was choppy. Forrest and I considered reversing the course, but after testing the currents and asking a few veteran open water swimmers to test the water, we decided to stick with our northerly swim.

We also conferred with the life guard service and reviewed our safety procedures. Because the course

is parallel to the shore and because swimmers can (and usually do) stay fairly close to shore, we decided that the race should proceed.

I had checked in, but decided not to swim. I have a great deal of respect for those swimmers who started the race but had the good sense to drop out, and for the 117 swimmers who completed the race. It was a tough swim this year.

Forrest refers to this year's race as the Murphy's Law race - everything that could go wrong, did. However, with the help of teammates, friends, participants, the law firm (VBMM), and the life guard service, we managed to "pull it off."

Numerous teammates and friends were there to help make the event run smoothly. Forrest and Mike Duignan set out the buoys. Steve Durrant and Bob Taylor set up the finish chute; Linda McCowan, Craig Campesi, Kristen and Cathy Eitel helped at check-in and at the finish; Judy Martin was in charge of the results at the finish line; Bob Taylor and Betty Belknap used their trucks to take bags from the start to the finish area. Ron Cirilli and Amos Peterson were there to help as needed, directing swimmers and checking up on the last few finishers. Special thanks to Karen Mickunas who walked the course keeping track of swimmers who dropped out and to Steve Durrant for starting and timing.

Two jobs that we did not anticipate, were heroically done by Forrest and Matt Bickley. When the rope holding the finish buoy broke, Forrest stood in the rough surf holding the buoy in place (for about an hour). When a swimmer swam beyond the finish buoy and did not hear the whistles and the air horn, Matt (#8 overall finisher) swam out to intercept the swimmer.

I really appreciate all the help, cooperation, and patience we got from everyone - participants and volunteers. I hope all participants have their copy

*See JK on page 3.*

## ***Meet Schedule***

### **July 26-27, 1997**

Charlotte, NC. Contact: Rick Fenton (704) 846-5335 or (704) 846-5835 (fax).

### **August 2, 1997**

DCM Long Course. Entries are due July 25. Deck entries are accepted. Entry was in June VMST newsletter. Contact: Teresa Martin (703) 660-6379 or Robert Srour (301) 983-1064.

### **August 14-18, 1997**

USMS Long Course Nationals, Orlando, FL.  
Entries were due by July 10.

### **September 6-7, 1997**

Hendersonville County YMCA, 810 Sixth Avenue,  
Hendersonville, NC 28739

### **November 1 or November 8 (tentative)**

Short Course meet in Norfolk/Virginia Beach area.

## ***CAMPS AND CLINICS***

### **Total Immersion Adult Swim Camps**

Contact Terry Laughlin, (914) 294-3510  
For calendar of camps (800) 609-SWIM  
<http://www.totalimmersion.pair.com>  
[totalswimm@aol.com](mailto:totalswimm@aol.com)

### **Premier Stroke Clinic Series**

Contact Clay Britt (301) 231-9740

*Newsletter Editor: Betsy Durrant*  
*211 66th Street*  
*Virginia Beach, VA 23451*  
*757-422-6811 (Phone or Fax)*  
*DurrantB@aol.com*

## ***USMS Mentor Coach Program***

***September 20-21, 1997***

- Kerry O'Brien, a Masters swimmer and coach the Walnut Creek (CA) Masters, will direct the clinic.
- A four hour clinic for coaches: 8-10 am on Saturday and Sunday.
- A six hour clinic for swimmers: 10 am - 1 pm on Saturday and Sunday.
- Topics to be covered: stroke development, stroke drills, practice formats, and training for competition.
- \$20 per person.
- For more information contact:  
Terry Sue Gault 804-379-9099  
3202 St Stephens Way  
Midlothian, VA 23223

## ***LMSC for Virginia Fall Festival*** ***September 20-21, 1997***

- \*\* Clinic for coaches and swimmers - see details above.
- \*\* Catered picnic dinner at the Millers' home on the James River. Activities planned on the water as well as volleyball, badminton, and dancing. \$15 per person.

### **VMST OFFICERS**

**President:** Beth Waters, 804-744-8225  
10604 Pursuit Court, Chesterfield, VA 23832  
**Vice President:** Nancy Miller, 804-285-2758 (wrk)  
#4 Bellona Arsenal, Midlothian, VA 23113  
**Secretary:** Sharon Popson, 757-425-6056  
536 Lakewood Circle, Virginia Beach, VA 23451  
**Treasurer:** Mike Duignan, 757-486-3383  
3313 Glen Eden Quay, Virginia Beach, VA 23452

*JK continued from page 1.*

of the results and their tee shirt. Working with a new contact at the law firm, we had some communication problems concerning tee shirts and refreshments. We'll have that aspect corrected for next year, but there's never a guarantee about the weather or the waves.

See you next year - on Father's Day!

*See below for chart of winning times since 1984.  
Complete results are on pages 10 and 11.*

## ***Fort Eustis Fireball Invitational***

Coach Mary Rebarchak hosted another Masters meet at the excellent facility at Fort Eustis on June 28. Participation was below expectations, but comments from those who competed were so positive, that others should be encouraged to attend future meets at this site.

Some of the positives: wide lanes, good water temperature, competent and friendly officials, prompt posting of results, electronic scoreboard for instant times, poolside social after the meet. What more could we ask for?

*Results are on pages 8 and 9.*

### ***RESULTS OF THE JACK KING OCEAN SWIM, 1984-1997      \* COURSE RECORD***

YEAR	FASTEST MALE	TIME	FASTEST FEMALE	TIME
1984	Kirk Johnson, VAM	No time	Tory Neff, VAM	No time
1985	Perry Lange, VAM	26:25	Bonnie Mosbrook, VAM	37:29
1986	Perry Lange, VMST	18:43	Mary Dowlen, CM	21:22
1987	Perry Lange, VMST	19:38	Pam Locke	21:32
1988	Gary Antonick, VMST	17:50	Mary Dowlen, CM	21:09
1989	William Fitzhugh, UN-VA	21:54	Val Van Horn, VMST	24:49
1990	Bill Kloppe, VMST	20:42	Debra Moore, VMST	21:16
1991	Perry Lange/Bill Kloppe	17:38	Karen Farnsworth, EMP	18:25
1992	Perry Lange, VMST	22:36	Val Van Horn Pate, VMST	23:47
1993	Scott Robinson, VMST	17:33	Katy Arris, UN-VA	17:31 *
1994	Parker Neff, UN-VA	27:23	Denise Ware, DCM	27:25
1995	Jerry Smith, VMST	17:36	Denise Landers, DCM	18:46
1996	Robbie Allen, RMST	18:33	Katrina Poplawski, DCM	19:24
1997	Robbie Allen, RMST	26:41	Valerie Nellen, VMST	29:37

### ***Check Out These Web Sites***

- (1) Official USMS site: <http://www.usms.org>
- (2) Top Ten and Stories/Pictures of All Americans:  
<http://www.swimgold.org/tt> or  
[http://www.swimgold.org/tt/aa/stories\\_.htm](http://www.swimgold.org/tt/aa/stories_.htm)

- (3) LMSC for VA:  
[http://www.serve.com/LMSC\\_for\\_VA/index.html](http://www.serve.com/LMSC_for_VA/index.html)
- (4) Northern VA workout group:  
<http://www.pwcweb.com/adultswimming>

## A Note From the President

from Beth Waters

Congratulations to the following VMST members who participated in the Reston 2-Mile Lake Swim on May 25:

Stacy Dymond (30-34)	11th	59:49
Shirley Loftus (45-49)	1st	48:57
Mark Meeker (30-34)	10th	57:58
Jim McFarland (35-39)	6th	47:56
Patrick Ryan (35-39)	12th	50:36
Gray Edwards (40-44)	9th	54:10
Hudnall Davis (40-44)	18th	61:54
John Shrum (45-49)	1st	48:12
John Post (45-49)	5th	54:23
Bob Aitcheson (50-54)	7th	65:12
Kenneth Novell (50-54)	wetsuit	49:37
Chuck Wilmore (60-64)	3rd	64:05
Calvin Barnes (70-72)	1st	65:55

This event was a USMS Long Distance Championship event. VMST had three national champions!

These were all great swims! Hope all of you are going to try the other two events ( Jack King and Chris Greene Lake) in the Virginia Championship series.

*Editor's note: The following VMST swimmers have completed two of three events in the series: Shirley Loftus, Mark Meeker, Jim McFarland, Pat Ryan, Hudnall Davis, Gray Edwards, Bob Aitcheson, Chuck Wilmore, and Calvin Barnes.*

### Relays for Orlando

*If you are going to LC Nationals in Orlando, have you sent in your relay forms to Jim Miller. In addition to the usual 200 meter relays, there are 800 meter freestyle relays on Thursday and 400 meter relays on Monday. Jim needs to know who is willing and able to participate!*

## July Birthdays

\*denotes "aging up"

Kitten Braaten	Richmond	7/26/55	42
Patricia Chappell	Midlothian	7/29/54	43
Suzanne Chvala	Midlothian	7/17/45	52
Raleigh Conway	Fredricksburg	7/07/52	45 *
Olivia Cummings	Salem	7/05/58	39
Elizabeth Debiase	Charlotte, NC	7/21/67	30 *
Linda Fournier	Richmond	7/22/58	39
Mark Gill	Richmond	7/13/68	29
J Grigsby-Martin	Stafford	7/29/31	66
David Hefner	Midlothian	7/20/54	43
Allan Howell	Richmond	7/06/45	52
Gennard Lanzara	Roanoke	7/28/58	39
Judy Martin	Virginia Beach	7/05/42	55 *
Lang Meem	Richmond	7/09/54	43
Valerie Nellen	Richmond	7/14/70	27
Nancy Packard	Midlothian	7/24/53	44
Alice Phillips	Midlothian	7/30/65	32
Michael Ryan	Richmond	7/20/70	27
Mary Sines	Virginia Beach	7/27/70	27
Gretchen Smith	Virginia Beach	7/27/59	38
George Sushkoff	Colonial Heights	7.07/65	32
Richard Worrall	Midlothian	7/19/44	53

## In and Out of the Water

News about VMST Swimmers

**Bill Burcin and Laura Bennett** were married at Virginia Beach the day before the ocean swim. As a meet director, former registrar, and now editor, I get some unusual calls from swimmers, but a call from Bill about wedding plans was one of a kind!

**Terry Sue Gault** has worked hard on the Fall Festival. Be sure to contact her if you have questions or comments.

**Jim and Nancy Miller, Terry Sue Gault, and Kitten Braaten** participated in the Pan Pac Meet in Maui. I hope we have a report on the meet for the next newsletter.

**Charlie Cockrell** was running the HY-Tek program at the Fort Eustis meet. He helps **Mary Rebarchak** at USS meets as well as USMS meets. Charlie is one of several VMST members who is also a USS official.

**Robert Hatcher** ran a two day meet in Roanoke in connection with the Commonwealth games. I hope to have results for the next newsletter.



## **PANTS ON FIRE**

*Flotable Notables by Alice Phillips*

It happens in medical offices every day, in locker rooms, and in private bathrooms around the world. Some people prefer to do it alone, but others like a witness to keep them honest. It is an experience that virtually no one looks forward to—in fact, the only fun time to do it is when you like a big, old loser. Weighing yourself...yuk, do I have to?

I hereby give you permission to step up onto the scale, register your own special pull against gravity, acknowledge the reading and then shout, at the top of your lungs, "Liar, Liar, pants on fire!"

A hot new book came off the press last year called *Big Fat Lies: The Truth About Weight and Your Health*. Guess what that truth is? Weight tells you next to nothing about your health! Even though our society is obsessed with this notion that you can virtually never be too rich or too thin, our continuing emphasis on weight as a measure of well being is poorly substantiated and significantly misplaced. The author, UVA exercise physiologist Glenn Gaesser, has devised a simple, more meaningful measure of health called *metabolic fitness* and a very basic, do-able plan to achieve it called the *Twenty/Twenty Program*.

Gaesser's book is scaring the pants off of many people in the dieting industry, pharmaceutical industry, medical and fitness fields. It makes a strong case against the underlying belief that butters their professional bread. Gaesser demonstrates that "fat" people can be quite healthy and no more likely than thin people to get diseases like heart attacks, cancer and diabetes. he goes on to explain that thinness is not an indicator nor guarantee of good health. Smarty pants out there will want to read the fine print for more details, but here is the short version of some his more significant revelations:

**Obesity and Blood Pressure** - it is very difficult to find any studies that can clearly correlate BP and weight. Even the famous Framingham Heart Study, which shows that gaining weight increases BP, reveals that losing weight also increases BP. The

Framingham study in fact showed *greater mortality* among weight losers than gainers. Gaesser speculates that if you take a thin and a heavy person with the same hypertensive BP reading, the thin person will actually have more damage done to the arteries because of a greater vascular resistance.

**Artherosclerosis and Obesity** - thousands of autopsies and angiography studies show that overweight people, even those between 300 and 500 pounds, do not have more clogged arteries than thinner people.

**Diabetes and Obesity** - many people who have Type II Diabetes (generally adult onset, not genetic, and non insulin-dependent) are in fact heavy so it has long been assumed that weight is a casual factor. Gaesser shows that increased weight is simply a symptom of poor behavioral habits and that changing the eating and exercise behavior is what fixes the problem, not losing weight. Most research participants who lose weight and improve their diabetes management are still considered "obese" at the end of the study.

Which bring us to the **measurement issue**. The ways we measure obesity are poorly founded at best and useless at worst. The *height weight* charts we have for so long honored and let ruin many a day are in truth based on only one man's analysis. Metropolitan Life Insurance employee Louis Dublin studied Met's actuarial data and recognized that people in their twenties have lower weights and less mortality than people in old age groups. he thus drew the conclusion that because weight often increases with age and death rates increase with age (duh!!), then increased weight must increase death. Beyond this obviously over simplified approach is the fact that actuarial analysis is greatly flawed since the database used in non-representative (many people do not have life insurance), some people's deaths will be counted more than once if they own more than one policy, and weight is reported only once so we cannot really draw conclusions about the effect of weight change across the course of a lifetime. The poor foundation for height weight

*See Pants on page 6.*

**Pants** continued from page 5.

tables makes the 20-30% over ideal weight measure of obesity useless.

Gaesser's work is so counter to the beliefs that we have long held that it does sort of give you that ants in the pants feeling. If you think about it though, you'll be able to think of people you know who might look good in short shorts but are quite unhealthy because they eat junk all day, eat too little to function properly, or don't exercise. And you can probably think of people who don't look too good in hot pants, but are actually very healthy. They eat well and exercise-in fact they may exercise a lot but they just aren't thin types of people.

Gaesser is here to say that's okay-good health comes in many shapes and sizes. What's important is the behavior that contributes to good health. he believes that behavior is comprised of twenty minutes of activity daily (or a least 140 minutes per week divided up as preferred) and a 20% fat diet (he points out that two thirds of the of the world's countries have less heart disease than the US and a 20% to 25% fat diet). he goes on to advocate that you should measure the consequences of this healthy behavior not on a scale but with a glucose blood test that evaluates insulin function and what he terms *metabolic fitness*.

So not matter what size pants you wear, consider measuring good health and well-being with a healthier metabolism that comes from a basic regimen of activity and a moderate, lowfat diet. And while you're at it, toss out the old bathroom scale with an invigorating round of "Liar, Liar, Pants on Fire."

*Alice Phillips is a worksite health educator and an experienced Master swimmer. Let Alice or Betsy Durrant know if there is a specific health topic you would like her to write on.*

## **Definition of Swimming**

*by Manny Klammer*

**S** is for all the different strokes I swim.

**W** is for the many races I wish I'd win.

**I** is for those intervals that take my breath away.

**M** is for the mile, I diligently swim each day.

**M** is for my mother, in whom I floated for three quarters of a year.

**I** is for individual medleys I swim following more than one peer.

**N** is for all the non-free laps which nearly cause me to stall.

**G** is for the goggles that help me see the wall.

## **Stroke Drills**

*by Betsy Durrant*

The more I read about swimming and coaching, and the more I talk to experienced swimmers and coaches, the more convinced I am that stroke drills are vitally important to skilled swimmers. There is no quick fix or magic words to improve strokes. Change has to come over time as the new technique becomes a habit. Ask yourself, if your stroke technique is perfect, why aren't you the fastest?

I'd like to begin a discussion of using drills in practice. I'll ask various swimmers of all levels about the use of drills in their workouts and include the replies in the newsletter.

I'll start with a discussion I have had (via e-mail) with Ann Svanson. Ann is former member of DC Masters, now living in upstate New York and swimming in the Adirondack district. She teaches swimming at Skidmore College and has worked with Terry Laughlin at his Total Immersion Swim Camps.

I often compare swimming to learning to type. You have to start out practicing letter combinations to learn the proper movements and it takes a lot of concentration to get the patterns established. But with practice you eventually get better and don't have to think about it; your fingers make the proper movements and eventually you get faster and faster at it.

I'll include more on drills in future newsletter. Start thinking about your favorites - I'll be asking you.

# ***The Backstroke Start***

*by Clay Britt*

*Editor's note: I first saw this article in the Empire State Masters newsletter (January, 1996). I saved it because I found it helpful. This article and others can be found at the USMS web site.*

One of the misfortunes of many Masters swim programs is that there is not enough emphasis on starts. I can think of three good excuses why I do not work on them as often as I would like with my group: 1) the number of people in the group is too large, 2) no starting blocks at the facility, 3) the desire of many swimmers to just do the yardage. I hope to encourage you to work on your backstroke start by divulging my very best secrets that helped me win a few races I probably should not have won.

First of all, I want to tell you what a backstroke start isn't. It is not a relaxing flop or plunge after the gun goes off. It is a precisely timed explosion out of the blocks with every intention of getting as far ahead of the competition as possible. Imagine how you will feel when you come up from the start and see your old nemesis down at your hips. This is the main reason I spent more time in high school working on my starts and turns than doing laps. (I made up for it in college, though.) It's also easier to keep a lead once you have it!

So, now that you have decided to take my advice and start working on your start, what next? There are three keys to the backstroke start.

1) Feet Placement. In yards, this one is easy. Place your toes in the gutter about 6-8 inches apart and curl your toes comfortably over to the edge. Only your toes should be out of the water. The meters start is somewhat more difficult since you cannot place your toes in the gutter. They must be placed on a flat and sometimes slippery wall. Depending on where they are most comfortable, they should be anywhere from 2-8 inches under the surface of the water. The secret to not slipping is in the pull-up and take-off.

2) The Pull-Up. Most swimmers I see grab the starting block and pull themselves up as high as they can, resulting in their butts touching their heels. This will often cause slippage. The proper technique is to pull your head to the block, tucking it forward as far as you can, and pushing your butt out so that your legs form a 90 degree angle at the knees. This position takes most of your weight off your feet and spreads it out over your entire body.

3) The Take-Off. When the gun goes off, first push with the hands away from the block, throw your head back, then drive with your legs. By the time you are driving your legs, the weight is no longer forcing your feet down but is pushing you away from the wall.

If you do this properly, you will hit the water much faster than usual. Therefore, you now need to bring your arms around much faster than before. The fastest route is over the top of the body, not around the side. You should also try to go through the same spot in the water with your entire body; hands first, head second, body last. This is achieved by arching your back after you come off the wall.

Upon entry into the water, you must be as streamlined as possible. This is achieved by putting your hands together and squeezing your head between your biceps. You should go at least a foot below the surface at the start and begin a strong kick that should carry you for at least one second. Your first pull is executed while you are still under water and the second pull should help you surface and begin racing.

Oh, and after surfacing, don't forget to look back and notice how far ahead you are. Good luck!

Clay Britt is a former three time NCAA 100 Backstroke champion and American record holder for the University of Texas-Austin. Currently, he is working as a financial consultant and helps coach a Masters team in Bethesda, Maryland.



VIRGINIA MASTERS FIREBALL INVITATIONAL  
SATURDAY JUNE 28, 1997

Meet Results for Session 1 - VMST FIREBALL INVITATIONAL - 50 Meter

— Ages 25 Through 29 —				Mixed Senior 100 Back				Mixed Senior 400 Free				
PL	Name	Age Team	Finals	:	1 JUDY MARTIN	54 VMST	1:35.69	:	1 DAVID W WITTE	32 UNAT	5:50.52	
				:	46.32	1:35.69		:	36.06	1:15.99	2:42.39 5:50.52	
Mixed Senior 50 Free				:	Mixed Senior 200 Back				Mixed Senior 1500 Free			
1	MARGO GILLMAN	25 UNAT	33.49	:	1 JUDY MARTIN	54 VMST	3:25.56	:	1 DAVID W WITTE	32 UNAT	23:34.61	
2	ATOSSA SHAFI	26 UNAT	48.54	:	47.19	1:39.58	3:25.56	:	38.04	1:21.07	2:50.55 5:55.49	
Mixed Senior 100 Free				:	Mixed Senior 50 Breast				12:16.24			
1	MARGO GILLMAN	25 UNAT	1:13.71	:	1 JUDY MARTIN	54 VMST	47.22	:				
	35.51	1:13.71		:	— Ages 55 Through 59 —				— Ages 35 Through 39 —			
2	ATOSSA SHAFI	26 UNAT	1:53.78	:	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
	53.30	1:56.05		:								
Mixed Senior 200 Free				:	Mixed Senior 50 Back				Mixed Senior 200 Free			
1	MARGO GILLMAN	25 UNAT	2:42.21	:	1 BETSY DURRANT	55 VMST	43.24	:	1 TONY W SMITH	37 VMST	2:35.93	
	36.37	1:16.77	2:42.21	:	Mixed Senior 100 Back					34.52	1:13.44	2:35.93
2	BARBARA CHARLES	27 VMST	2:52.14	:	1 BETSY DURRANT	55 VMST	1:32.74	:	Mixed Senior 1500 Free			
	38.42	1:21.37	2:52.14	:	45.58	1:32.74		:	1 JIM MCFARLAND	39 VMST	19:08.34	
Mixed Senior 400 Free				:	Mixed Senior 200 Back					34.66	1:12.34	2:29.21 5:03.44
1	BARBARA CHARLES	27 VMST	6:06.39	:	1 BETSY DURRANT	55 VMST	3:17.67	:		10:11.46		
	42.59	1:28.05	3:01.83 6:06.39	:	47.41	1:36.60	3:17.67	:	Mixed Senior 50 Breast			
Mixed Senior 50 Breast				:	Mixed Senior 50 Breast				1	TONY W SMITH	37 VMST	39.61
1	SUZANNE COCKRELL	25 VMST	43.87	:	1 BETSY DURRANT	55 VMST	46.89	:	Mixed Senior 50 Fly			
Mixed Senior 100 Breast				:	Mixed Senior 100 Breast				1	TONY W SMITH	37 VMST	32.08
1	SUZANNE COCKRELL	25 VMST	1:49.88	:	1 BETSY DURRANT	55 VMST	1:48.41	:	Mixed Senior 100 Fly			
	43.24	1:49.88		:	49.56	2:14.17		:	1 TONY W SMITH	37 VMST	1:14.83	
Mixed Senior 200 Breast				:						33.98	1:14.93	
1	ATOSSA SHAFI	26 UNAT	4:09.72	:	— Ages 19 Through 24 —				— Ages 40 Through 44 —			
	59.44	2:03.32	4:14.60	:	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed Senior 50 Fly				:								
1	BARBARA CHARLES	27 VMST	42.73	:	Mixed Senior 50 Back				Mixed Senior 1500 Free			
Mixed Senior 100 IM				:	1 HAROLD COLLINS	23 ODMS	33.13	:	1 GENE SORRELL	44 VMST	30:46.97	
1	SUZANNE COCKRELL	25 VMST	1:32.61	:	Mixed Senior 100 Back					53.75	1:50.57	3:52.55 8:01.95
	44.91	1:36.87		:	1 HAROLD COLLINS	23 ODMS	1:11.95	:		16:17.10		
2	ATOSSA SHAFI	26 UNAT	1:52.86	:	34.38	1:11.95		:	Mixed Senior 50 Breast			
	54.83	1:52.86		:					1	GENE SORRELL	44 VMST	50.72
— Ages 35 Through 39 —				:	— Ages 25 Through 29 —				Mixed Senior 100 Breast			
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	1	GENE SORRELL	44 VMST	1:35.17
Mixed Senior 50 Free				:						54.91	1:52.77	
1	GRETCHEN B SMITH	37 VMST	33.87	:	Mixed Senior 400 Free				— Ages 45 Through 49 —			
Mixed Senior 100 Free				:	1	CHARLES COCKRELL	28 VMST	5:03.37	PL	Name	Age Team	Finals
1	GRETCHEN B SMITH	37 VMST	1:16.37	:	34.81	1:12.32	2:29.05 5:03.37	:				
	35.42	1:16.37		:	Mixed Senior 100 Breast				Mixed Senior 50 Free			
Mixed Senior 50 Fly				:	1	CHARLES COCKRELL	28 VMST	1:16.54	1	S. FILATOV	48 VMST	29.41
1	GRETCHEN B SMITH	37 VMST	42.69	:	35.93	1:16.54		:	Mixed Senior 100 Free			
— Ages 50 Through 54 —				:	— Ages 30 Through 34 —				1	DAVID OAKES	46 UNAT	1:05.04
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals		30.60	1:05.04	
Mixed Senior 50 Back				:	Mixed Senior 100 Free				Mixed Senior 200 Free			
1	JUDY MARTIN	54 VMST	43.17	:	1	DAVID W WITTE	32 UNAT	1:09.82	1	DON EDGEELL	45 VMST	2:26.79
				:	32.46	1:09.82		:		33.42	1:10.23	2:26.79
				:					2	DAVID OAKES	46 UNAT	2:27.77
				:						34.06	1:10.43	2:27.77



VIRGINIA MASTERS FIREBALL INVITATIONAL  
SATURDAY JUNE 28, 1997

Meet Results for Session 1 - VMST FIREBALL INVITATIONAL - 50 Meters

Mixed Senior 400 Free				Mixed Senior 200 Back			
1 DON EDELL	45 VMST	5:26.27	:	1 F. SULLIVAN	67 VMST	3:28.09	:
36.37	1:16.51	2:39.34	5:26.27	:	47.72	1:40.16	3:28.09
Mixed Senior 50 Fly				Mixed Senior 50 Breast			
1 S. FILATOV	48 VMST	31.57	:	1 NORMAN B RAINER	69 VMST	51.79	:
Mixed Senior 100 Fly				- DONALD SEDBERRY 65 VMST			
1 S. FILATOV	48 VMST	1:10.42	:	Mixed Senior 100 Breast			
32.60	1:10.42	:	:	1 NORMAN B RAINER	69 VMST	1:57.07	:
=====				53.41 1:57.07			
--- Ages 50 Through 54 ---				Mixed Senior 200 Breast			
PL Name	Age Team	Finals	:	1 NORMAN B RAINER	69 VMST	4:23.59	:
Mixed Senior 50 Free				54.90 2:02.58 4:26.24			
1 ERIC R MILLER	50 VMST	31.25	:	Mixed Senior 50 Fly			
Mixed Senior 100 Free				1 F. SULLIVAN	67 VMST	46.40	:
1 ERIC R MILLER	50 VMST	1:10.82	:	=====			
32.90	1:10.82	:	:	--- Ages 70 Through 74 ---			
Mixed Senior 50 Back				PL Name	Age Team	Finals	:
1 ERIC R MILLER	50 VMST	37.77	:	Mixed Senior 1500 Free			
Mixed Senior 50 Fly				1 CALVIN BARNES	73 VMST	27:46.12	:
1 ERIC R MILLER	50 VMST	36.72	:	47.38	1:38.21	3:23.35	7:06.51
=====				14:35.56			
--- Ages 55 Through 59 ---				Mixed Senior 50 Back			
PL Name	Age Team	Finals	:	1 CALVIN BARNES	73 VMST	46.31	:
Mixed Senior 50 Free				Mixed Senior 100 IM			
1 ROBERT F. TAYLOR	58 VMST	38.56	:	1 CALVIN BARNES	73 VMST	1:50.29	:
Mixed Senior 50 Back				51.71 1:50.29			
1 ROBERT F. TAYLOR	58 VMST	50.30	:	=====			
Mixed Senior 50 Breast				--- Ages 240 Through 279 ---			
1 ROBERT F. TAYLOR	58 VMST	50.94	:	PL Name	Team	Finals	:
=====				Mixed Senior 200 R-Medley			
--- Ages 60 Through 64 ---				1 VMST B M-240	VMST	3:06.38	:
PL Name	Age Team	Finals	:	F. SULLIVAN-67	NORMAN B RAINER-69		:
Mixed Senior 50 Free				DONALD SEDBERRY-65	CALVIN BARNES-73		:
1 LANDIS D LEE	62 UNAT	36.30	:	45.92			
=====				=====			
--- Ages 65 Through 69 ---				--- Ages 160 Through 199 ---			
PL Name	Age Team	Finals	:	PL Name	Team	Finals	:
Mixed Senior 50 Free				Mixed Senior 200 R-Medley			
1 NORMAN B RAINER	69 VMST	38.82	:	1 VMST A X-160	VMST	2:17.75	:
2 DONALD SEDBERRY	65 VMST	44.32	:	BETSY DURSAANT-55W	TONY W SMITH-37M		:
Mixed Senior 400 Free				S. FILATOV-48M	E. SMITH-37W		:
1 F. SULLIVAN	67 VMST	7:11.34	:	43.81			
46.59	1:40.42	3:32.85	7:11.34	=====			
Mixed Senior 50 Back				Mixed Senior 200 R-Medley			
1 F. SULLIVAN	67 VMST	41.46	:	1 VMST A X-160	VMST	2:17.75	:
2 DONALD SEDBERRY	65 VMST	1:24.09	:	BETSY DURSAANT-55W	TONY W SMITH-37M		:
Mixed Senior 100 Back				S. FILATOV-48M	E. SMITH-37W		:
1 F. SULLIVAN	67 VMST	1:33.76	:	43.81			
45.31	1:33.76	:	:	=====			

**Editor's Note:** I noticed on these results that for a few races the splits do not agree with the final time. I have asked Mary Rebarchak to check to see if the final time for those individuals is correct. Any corrections will be sent to our Top Ten Chairman.

# JACK KING ONE-MILE OCEAN SWIM - JUNE 15, 1997

RESULTS OF THE JACK KING 1-MILE OCEAN SWIM  
24TH STREET TO 38TH STREET, VIRGINIA BEACH, VA  
SANCTION #127-0009

RACE DIRECTORS: FORREST SULLIVAN, 481-1998  
BETSY DURRANT, 422-6811



## MEN 19-24

1 PETERS,JEFFREY TRIM	23	39:13
2 DAVIS,ALAN VMST	24	41:25

## MEN 25-29

1 MCDONOUGH,GEORGE EMP	26	39:54
2 COCHRAN,BRYAN UNVA	26	42:22
3 MILLER,CHRISTOPHER 1776	27	48:20
4 GILL,MARK VMST	28	51:17
5 DUDA,BRIAN UNVA	28	52:04
6 CLOE,KEVIN UNVA	29	60:42
7 GALLAGHER,MICHAEL FXCM	29	71:18

## MEN 30-34

1 ALLEN,ROBBIE RMST	31	26:41
2 SUSKOFF,GEORGE VMST	31	29:51
3 LEDERMAN,DAVID UNVA	31	33:15
4 WATSON,ROBERT EMP	30	35:35
5 MUTH,DAVID VMST	33	35:48
6 JOHNSON,ANDREW UNVA	32	37:31
7 DAVIS,MATTHEW UNVA	30	37:34
8 MEDARA,THOMAS PMAC	32	38:40
9 ROSE,SCOTT VMST	32	39:19
10 WITTE,DAVID NVA	31	43:27
11 ARMSTRONG,MICHAEL VMST	34	44:23
12 MICHAEL,WYTHE UNVA	30	48:35
13 MEEKER,MARK VMST	32	50:24
14 CANTRELL,SEAN VMST	31	52:56
15 TAYLOR,BILL VMST	33	61:20
16 HOYOS,VICTOR UNPV	30	1:41:47

## MEN 35-39

1 BICKLEY,MATTHEW VMST	35	33:57
2 MCFARLAND,JIM VMST	39	34:33
3 MALSURY,DAVID VMST	36	36:23
4 MILLER,WILLIAM UNNJ	37	37:39
5 RYAN,PATRICK VMST	38	38:56
6 ADAMS,WILLIAM VMST	35	39:16
7 DENES,THOMAS ANCM	39	39:20
8 BROWN,DAVID ODMS	35	39:59
9 SARADAKIS,DEAN UNVA	35	41:47
11 BAILEY,STEVE VMST	38	52:42
10 SMITH,DONALD UNVA	39	6:16
12 GILLIS,LAUHLIN UNVA	37	72:40

## MEN 40-44

1 LANGE,PERRY VMST	41	36:31
2 MICKUNAS,VICTOR VMST	41	40:17
3 MACKENZIE,JAMES FXCM	43	42:32
4 ARASE,MARTIN FXCM	43	43:18
5 DAVIS,HUDNALL VMST	42	44:04
6 EDWARDS,GRAY VMST	43	44:51

7 ENGLERIGHT,JIM UNVA	42	48:46
8 BRENNER,SANDY UNVA	43	39:20
9 SORRELL,GENE VMST	44	58:05

## MEN 45-49

1 FISHER,BRCE DCM	48	31:45
2 MILLER,JIM VMST	46	47:07
3 CARSON,B.R. UNVA	47	47:08
4 WEBB,SEAN VMST	45	47:27
5 EDGELL,DON VMST	45	48:19
6 KIN,JOHN VMST	47	49:04
7 CAMPBELL,JAMES UNPV	48	52:00
8 D'HAEM,ROBERT UNVA	45	57:56
9 DILEO,PAT UNVA	45	91:37

## MEN 50-54

1 DUIGNAN,MIKE VMST	50	40:35
2 DELONG,HARRY VMST	53	51:30
3 HECHTKOPF,MIKE VMST	50	54:07
4 AITCHESON,BOB VMST	50	57:11
5 JOSEPH,RALPH UNVA	50	68:04
6 DILEO,LEN UNVA	54	91:35

## MEN 55-59

1 WISE,RANDOLPH VMST	55	40:
2 SEBBEN,JAMES WAKE	56	67:
3 MOYLAN,ED VMST	55	1:53:21

## MEN 60-64

1 HUNGERFORD,BARNEY 1776	64	41:02
2 WILMORE,CHUCK VMST	62	59:14

## MEN 65-69

1 WARE,HUDNALL VMST	65	58:00
2 BROGAN,DOUG O*H*	65	61:47

## MEN 70-74

1 BARNES,CALVIN VMST	73	57:20
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## WOMEN 19-24

1 CHESHIRE,MORGEN UNVA	22	37:00
2 LUNCEFORD,ANGELA UNVA	22	39:35
3 CONNOLLY,KAREN VMST	24	41:39
4 FREDERICK,BRIDGET TERR	23	44:21

## WOMEN 25-29

1 NELLEN,VALERIE VMST	26	29:37
2 GRIFFITH-JOHNSON,JENNIFER UNPV27	27	35:47
3 BEYER,KIRAN UNPV	26	40:54
4 KOLB,TRACEY UNVA	25	41:
5 DANIELS,ROSEY VMST	28	41:08
6 COX,CHRISTINE FXCM	28	45:16
7 REGISTER,SPENCER NCMS	28	49:57
8 WRIGHT,REBECCA VMST	25	56:57
9 BEADLE,MADELINE UNVA	29	74:38

# WOMEN 30-34

1	HERRINGTON, JAMIE GOLD	31	31:40
2	MACGREGOR, ELLEN FXCM	30	32:25
3	BEADLE, ALLISON PNA	32	36:35
4	HARRIS, JANET EMP	31	36:45
5	VAN HORN PATE, VAL VMST	34	36:58
6	HEIRIGS, LISA VMST	30	40:36
7	HAMES, CORDELIA UNVA	33	44:16
8	IRONSIDE, SHELLY VMST	33	47:11
9	POOLE, MICHELLE TERR	32	47:14
10	MORRIN, DEBORAH TERR	34	50:48
11	EDGAR, KIM UNPV	32	51:21
12	FERRIS, ANNE VMST	33	57:53
13	FISH, DEBORAH VMST	32	67:27

# WOMEN 35-39

1	LEE, MARY VMST	38	39:44
2	BOWEN, MAG GCMT	38	39:58
3	PETERSON, MARY ANN VMST	37	40:56
4	HUNYADY, NANCY VMST	38	41:29
5	POWIS, PATRICIA VMST	36	42:50
6	CRESCIOLI, ANDREA WAKE	35	47:16
7	POPSON, SHARON VMST	37	48:21
8	PETER, LAURA UNVA	37	50:56
9	GERDES, MARIE UNVA	37	57:32
10	DOWDY, SHERRY VMST	35	58:11
11	FIGGATT, CHARLOT UNDV	39	59:18
12	BURNHAM, HEIDI UNVA	37	68:08

# WOMEN 40-44

1	BENSON, JEAN VMST	40	40:50
2	WILKINSON-MEGAN, SUSAN UNPV	43	41:23
3	PHIPPS, POLLY ANCM	43	52:07
4	KELLY, SUSAN VMST	42	68:24

# WOMEN 45-49

1	MILLER, NANCY VMST	47	40:10
2	LOFTUS, SHIRLEY VMST	45	41:38
3	DELONG, DEE VMST	47	64:56

# WOMEN 50-54

1	KOSS, MAUREEN O*H*	53	72:50
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# WOMEN 55-59

1	MEAD, MARY NCMS	55	64:21
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# WOMEN 60-64

1	BROGAN, MARIANNE O*H*	62	62:35
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# FIRST 10 MEN

PLACE	NAME	AGE	TIME
1	ALLEN, ROBBIE RMST	31	26:41
2	SUSKOFF, GEORGE VMST	31	29:51
3	FISHER, BRCE DCM	48	31:45
4	LEDERMAN, DAVID UNVA	31	33:15
5	BICKLEY, MATTHEW VMST	35	33:57
6	MCFARLAND, JIM VMST	39	34:33
7	WATSON, ROBERT EMP	30	35:35
8	MUTH, DAVID VMST	33	35:48
9	MALSBURY, DAVID VMST	36	36:23
10	LANGE, PERRY VMST	41	36:31

# FIRST 10 WOMEN

PLACE	NAME	AGE	TIME
1	NELLEN, VALERIE VMST	26	29:37
2	HERRINGTON, JAMIE GOLD	31	31:40
3	MACGREGOR, ELLEN FXCM	30	32:25
4	GRIFFITH-JOHNSON, JENNIFER UNPV	27	35:47
5	BEADLE, ALLISON PNA	32	36:35
6	HARRIS, JANET EMP	31	36:45
7	VAN HORN PATE, VAL VMST	34	36:58
8	CHESHIRE, MORGAN UNVA	22	37:00
9	LUNCEFORD, ANGELA UNVA	22	39:35
10	LEE, MARY VMST	38	39:44





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*\* indicates coached workouts*

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**Harrisonburg:** James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.  
**Lynchburg:** \*YMCA (804) 847-5597  
**Newport News:** \*Riverside Health and Fitness Center (757) 877-8223; \*Sentara Fitness Center (757) 827-0420.  
**Norfolk:** \*YMCA (757) 622-9622; \*ODU (757) 683-6135  
**Northern Virginia:** \*Chinn Aquatic Center, Harry DeLong, (703) 368-0309.  
**Portsmouth:** YMCA (757) 399-5511.  
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\*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622  
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Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.  
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