

# **North Mackay Sinkers**

## **2026 Short Course Swim Meet**

### **Program**

***Mackay North State High School***

***Valley St – North Mackay***

***Sanctioned Swim Meet #Q11/26***

**11am warm up for 12pm start**  
**Saturday 28<sup>th</sup> February 2026**



**Please note: This Meet is classed as a Time Trial as guests are invited. Records and World Aquatics Top Ten performances will not be recognised**



## Program of Events

Limit of 6 Individual events

Event	Distance	Stroke
<b>POOL EVENTS – 12:00PM</b>		
1.	400m (Only one 200m event)	Individual Medley
2.	400m	Butterfly
3.	400m	Backstroke
4.	400m	Breaststroke
5.	400m	Freestyle
6.	25m	Breaststroke
7.	25m	Freestyle
8.	25m Skins (Cannot nominate. On the day only)	Freestyle
9.	50m	Breaststroke
10.	50m	Butterfly
11.	100m	Freestyle
12.	25m	Backstroke
13.	25m	Butterfly
14.	100m	Breaststroke
15.	100m	Butterfly
16.	100m	Backstroke
17.	50m	Freestyle
18.	50m	Backstroke
19.	100m	Individual medley
<b>Relays held - Time permitting</b>	<b>These do not add to team tallies</b>	<b>On the day nomination only</b>
	4 x 25m	Male Freestyle
	4 x 25m	Female freestyle
	4 x 100m (Mixed 2 + 2)	John Quinn Trophy *





**Welcome and Introduction.**

Welcome to the annual Sinkers masters swim meet of 2026. The North Mackay Sinkers Masters Swimming club prides itself on being focused on fun, fitness, and friendship. We hope you enjoy our program of competitive, but relaxed swimming. Presentations will be held on site immediately after the swim. An after-swim venue has been selected and we hope you are able to join us after the event.

(Mt. Pleasant Tavern from 6, outside dining area, sports bar side)

**Your officials and volunteers.**

Officials and volunteers	
<b>Referee</b>	JB (John Barrett)
<b>Starter</b>	Dan Stampa
<b>Meet Recorder</b>	Kerri (PSC "Dolphins")
<b>Recorder Assistant</b>	TBA
<b>Chief Time keeper</b>	Teresa Hackney
<b>Time keepers</b>	On the day
<b>Marshall</b>	Megan Taylor
<b>Check Starter</b>	Rachel Mundy
<b>Announcer</b>	Alison Friswell
<b>Life guard/First aid</b>	Dan Stampa

**Team Summary**

Team	Athletes	Entries
<b>North Mackay Sinkers Masters</b>	35	186
<b>Barbarians</b>	3	16
<b>Gladstone Gropers</b>	1	6
<b>Swim Fast Masters</b>	1	6
<b>Masters Swimming Qld - Guests</b>	7	33
	47	247

**Meet awards and presentation.**

Novelty prizes will be awarded to age group winners, runner up and third in keeping with the “Fun in Feb” theme. This will take place on site as soon as final results are known. This year we have opted for no catering, please ensure you bring snacks and water to fuel your efforts in the races. (water available on site)

After the conclusion of the meet, competitors and supporters are welcome to join us from 6 pm (or maybe slightly earlier for the keen) at the Mt. Pleasant Tavern for a meal and beverage of choice. It’s a themed event with “**RED**” as a guide and for the “Love of Swimming” being February and of course the month for Valentines.

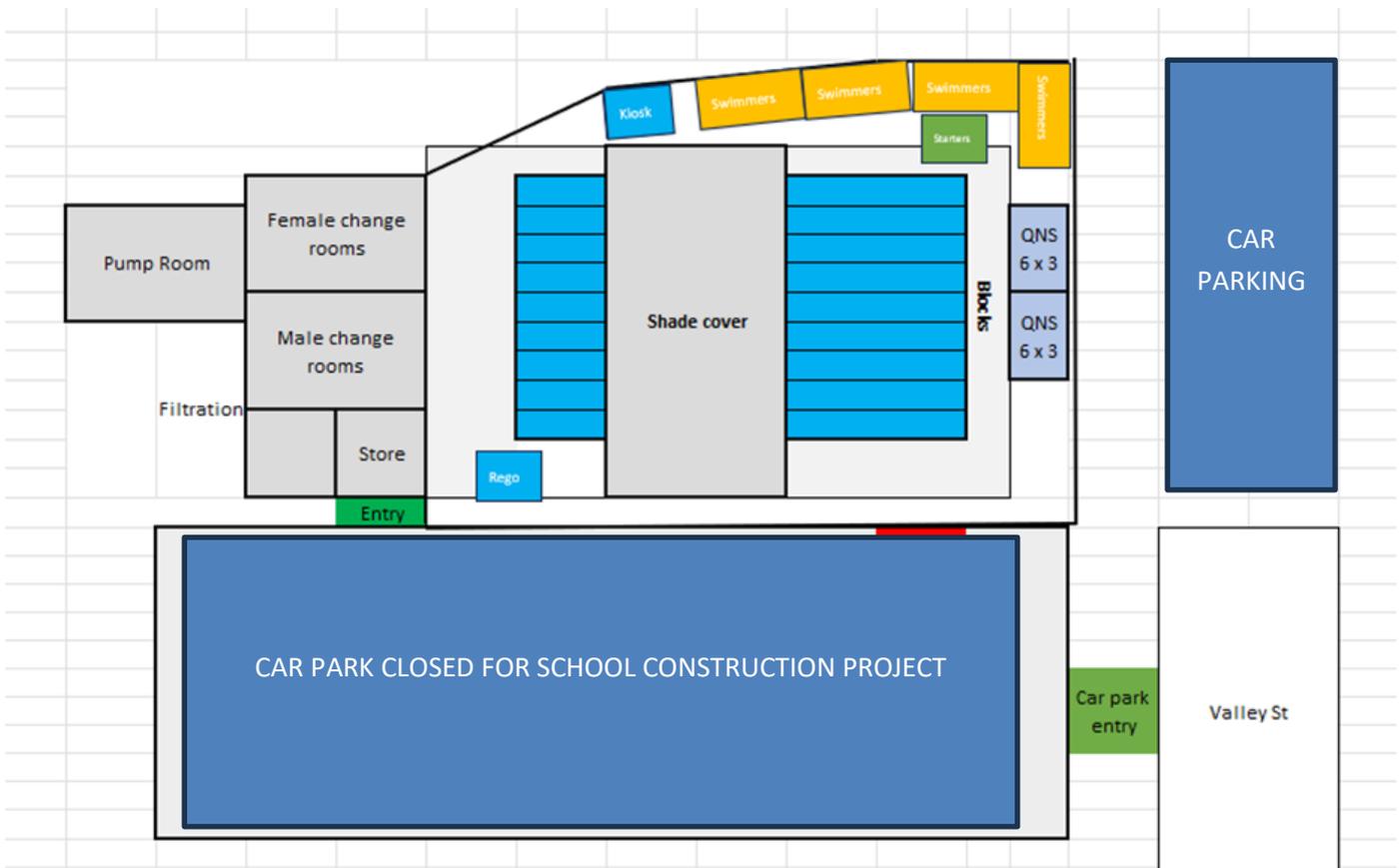




**Raffles and other things!**

This year we will have a complimentary entry prize for participants, and a multi-prize draw. We will have a donation box for our February fundraiser “Starlight Super Swim” (Supports children in hospital) and hope you are able to contribute to this worthwhile cause. Our March Fundraiser is “Laps for Life” supporting youth Mental Health and we will gladly accept donations for this as well!

**The Venue: North Mackay State High School Pool – Valley st, North Mackay**



Meet Program

**Event 1 Mixed 400 SC Meter IM Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals Starts at 12:00 PM</b>				
2	Melissa Lysaught	W51	North Mackay	NT
3	Megan Taylor	W44	North Mackay	6:28.25
4	Pierre Craven	M59	North Mackay	6:33.19

**Event 3 Mixed 400 SC Meter Backstroke Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals Starts at 12:08 PM</b>				
1	Sally McGlashan	W62	North Mackay	NT
2	Desley Williams	W82	North Mackay	14:30.00
3	Nigel Dalton	M62	North Mackay	6:05.93
4	Dee McMurtrie	W52	North Mackay	6:32.34
5	Sue Willett	W69	North Mackay	NT

**Event 4 Mixed 400 SC Meter Breaststroke Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals Starts at 12:23 PM</b>				
2	Sue de Meer	W71	North Mackay	11:59.01
3	Susan Dalton	W64	North Mackay	7:56.96
4	Lesley Thorpe	W69	North Mackay	8:50.34

**Event 5 Mixed 400 SC Meter Freestyle Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals Starts at 12:36 PM</b>				
1	Alison Friswell	W61	North Mackay	7:02.82
2	Rachel Mundy	W38	North Mackay	6:30.00
3	Susanne Milenkevich	W46	Swim Fast Master	6:10.60
4	Daniel Stampa	M66	North Mackay	6:12.92
5	Stephen Duffie	M59	Barbarians	6:59.04
<b>Heat 2 of 3 Finals Starts at 12:44 PM</b>				
2	Suzanne McBride	W75	North Mackay	7:33.25
3	Christine Webb	W59	North Mackay	7:03.56
4	Jaime Patten	W41	North Mackay	7:06.70
<b>Heat 3 of 3 Finals Starts at 12:52 PM</b>				
2	Mark Walz	M66	North Mackay	NT
3	Arthur Douglas	M65	North Mackay	8:00.00
4	Helen Burgess	W59	North Mackay	9:05.84

**Event 6 Mixed 25 SC Meter Breaststroke Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals Starts at 01:20 PM</b>				
1	Lesley Thorpe	W69	North Mackay	24.59
2	Dee McMurtrie	W52	North Mackay	20.13
3	Megan Taylor	W44	North Mackay	19.46
4	Susan Dalton	W64	North Mackay	20.10
5	Steven Burchill	M68	North Mackay	22.15
<b>Heat 2 of 4 Finals Starts at 01:22 PM</b>				
1	Sue de Meer	W71	North Mackay	32.71
2	Colette Wasson	W63	Barbarians	27.45
3	Suzanne McBride	W75	North Mackay	25.42
4	Christine Webb	W59	North Mackay	26.03
5	Annemarie Mill	W69	North Mackay	30.00

**Heat 3 of 4 Finals Starts at 01:23 PM**

2	Priscilla Cahill	W52	North Mackay	NT
3	Colin McPherson	M63	MSQ	NT
4	Tina Hamilton	W59	MSQ	NT
5	Rowena Clancy	W51	Barbarians	NT

**Heat 4 of 4 Finals Starts at 01:24 PM**

2	Rachael Hoogstraten	W37	North Mackay	NT
3	Jennifer Furini	W51	North Mackay	NT
4	Amanda Trend	W41	MSQ	NT

**Event 7 Mixed 25 SC Meter Freestyle Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 7 Finals Starts at 01:25 PM</b>				
1	Jane Eggins	W65	North Mackay	16.31
2	Susanne Milenkevich	W46	Swim Fast Master	15.86
3	Daniel Stampa	M66	North Mackay	15.25
4	Rachel Mundy	W38	North Mackay	15.72
5	Steven Burchill	M68	North Mackay	16.24
<b>Heat 2 of 7 Finals Starts at 01:26 PM</b>				
1	Arthur Douglas	M65	North Mackay	18.00
2	Paul Arvidson	M53	North Mackay	16.67
3	Susan Dalton	W64	North Mackay	16.33
4	Melissa Lysaught	W51	North Mackay	16.35
5	Rik de Meer	M69	North Mackay	17.50
<b>Heat 3 of 7 Finals Starts at 01:27 PM</b>				
1	Colette Wasson	W63	Barbarians	23.82
2	Pepper Carroll	W32	North Mackay	21.20
3	Suzanne McBride	W75	North Mackay	19.43
4	Jaime Patten	W41	North Mackay	19.80
5	Debra Cody	W68	North Mackay	22.56
<b>Heat 4 of 7 Finals Starts at 01:29 PM</b>				
1	Sue Willett	W69	North Mackay	NT
2	Sue de Meer	W71	North Mackay	34.14
3	Lauren Smith	W22	North Mackay	25.00
4	Sharon Hill	W61	Gladstone	30.00
5	Desley Williams	W82	North Mackay	35.00
<b>Heat 5 of 7 Finals Starts at 01:30 PM</b>				
1	Stephen Duffie	M59	Barbarians	NT
2	Colin McPherson	M63	MSQ	NT
3	Mark Walz	M66	North Mackay	NT
4	Sue McPherson	W63	MSQ	NT
5	Sally McGlashan	W62	North Mackay	NT
<b>Heat 6 of 7 Finals Starts at 01:31 PM</b>				
1	Monique Shortis	W44	MSQ	NT
2	Rowena Clancy	W51	Barbarians	NT
3	Stephanie Allen	W55	North Mackay	NT
4	Priscilla Cahill	W52	North Mackay	NT
5	Jennifer Furini	W51	North Mackay	NT
<b>Heat 7 of 7 Finals Starts at 01:32 PM</b>				
2	Keltie Davies	W31	MSQ	NT
3	Amanda Trend	W41	MSQ	NT
4	Rachael Hoogstraten	W37	North Mackay	NT

Meet Program

**Event 9 Mixed 50 SC Meter Backstroke Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals Starts at 02:03 PM</b>				
1	Megan Taylor	W44	North Mackay	43.43
2	Dee McMurtrie	W52	North Mackay	41.43
3	Nigel Dalton	M62	North Mackay	36.11
4	Michael Sawtell	M55	North Mackay	40.00
5	Rachel Mundy	W38	North Mackay	42.01
<b>Heat 2 of 2 Finals Starts at 02:05 PM</b>				
1	Sally McGlashan	W62	North Mackay	NT
2	Sue Willett	W69	North Mackay	1:07.03
3	Stephen Duffie	M59	Barbarians	48.12
4	Pepper Carroll	W32	North Mackay	54.00
5	Desley Williams	W82	North Mackay	1:30.00

**Event 10 Mixed 50 SC Meter Butterfly Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals Starts at 02:07 PM</b>				
1	Melissa Lysaught	W51	North Mackay	39.42
2	Megan Taylor	W44	North Mackay	36.16
3	Cameron Turnbull	M31	North Mackay	32.00
4	Pierre Craven	M59	North Mackay	36.04
5	Ashley East	W44	North Mackay	36.72
<b>Heat 2 of 4 Finals Starts at 02:09 PM</b>				
1	Lesley Thorpe	W69	North Mackay	53.95
2	Daniel Stampa	M66	North Mackay	44.95
3	Michael Sawtell	M55	North Mackay	40.00
4	Nigel Dalton	M62	North Mackay	43.33
5	Alison Friswell	W61	North Mackay	50.28
<b>Heat 3 of 4 Finals Starts at 02:11 PM</b>				
2	Sue McPherson	W63	MSQ	NT
3	Jaime Patten	W41	North Mackay	55.20
4	Sharon Hill	W61	Gladstone	1:00.11
<b>Heat 4 of 4 Finals Starts at 02:12 PM</b>				
2	Olivia Smyth	W20	MSQ	NT
3	Tina Hamilton	W59	MSQ	NT
4	Paul Arvidson	M53	North Mackay	NT

**Event 11 Mixed 100 SC Meter Freestyle Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 6 Finals Starts at 02:14 PM</b>				
1	Melissa Lysaught	W51	North Mackay	1:15.72
2	Ashley East	W44	North Mackay	1:12.78
3	Pierre Craven	M59	North Mackay	1:08.58
4	Michael Sawtell	M55	North Mackay	1:10.00
5	Cameron Turnbull	M31	North Mackay	1:15.00
<b>Heat 2 of 6 Finals Starts at 02:16 PM</b>				
1	Arthur Douglas	M65	North Mackay	1:29.39
2	Paul Arvidson	M53	North Mackay	1:21.49
3	Jane Eggins	W65	North Mackay	1:15.90
4	Rachel Mundy	W38	North Mackay	1:19.43
5	Stephen Duffie	M59	Barbarians	1:21.70

**Heat 3 of 6 Finals Starts at 02:18 PM**

1	Debra Cody	W68	North Mackay	1:58.94
2	Rik de Meer	M69	North Mackay	1:35.70
3	Alison Friswell	W61	North Mackay	1:29.70
4	Jaime Patten	W41	North Mackay	1:33.40
5	Suzanne McBride	W75	North Mackay	1:35.83

**Heat 4 of 6 Finals Starts at 02:21 PM**

1	Tina Hamilton	W59	MSQ	NT
2	Mark Walz	M66	North Mackay	NT
3	Helen Burgess	W59	North Mackay	1:58.98
4	Colette Wasson	W63	Barbarians	2:00.48
5	Sally McGlashan	W62	North Mackay	NT

**Heat 5 of 6 Finals Starts at 02:24 PM**

2	Jennifer Furini	W51	North Mackay	NT
3	Stephanie Allen	W55	North Mackay	NT
4	Rowena Clancy	W51	Barbarians	NT
5	Monique Shortis	W44	MSQ	NT

**Heat 6 of 6 Finals Starts at 02:26 PM**

2	Olivia Smyth	W20	MSQ	NT
3	Amanda Trend	W41	MSQ	NT
4	Keltie Davies	W31	MSQ	NT

**Event 12 Mixed 25 SC Meter Backstroke Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals Starts at 02:28 PM</b>				
1	Jane Eggins	W65	North Mackay	22.24
2	Pepper Carroll	W32	North Mackay	21.04
3	Nigel Dalton	M62	North Mackay	17.10
4	Steven Burchill	M68	North Mackay	20.49
5	Susan Dalton	W64	North Mackay	21.35
<b>Heat 2 of 4 Finals Starts at 02:29 PM</b>				
1	Helen Burgess	W59	North Mackay	43.22
2	Annemarie Mill	W69	North Mackay	30.00
3	Sue Willett	W69	North Mackay	27.10
4	Sharon Hill	W61	Gladstone	30.00
5	Desley Williams	W82	North Mackay	40.00
<b>Heat 3 of 4 Finals Starts at 02:31 PM</b>				
2	Paul Arvidson	M53	North Mackay	NT
3	Sue McPherson	W63	MSQ	NT
4	Stephen Duffie	M59	Barbarians	NT
<b>Heat 4 of 4 Finals Starts at 02:33 PM</b>				
2	Rachael Hoogstraten	W37	North Mackay	NT
3	Priscilla Cahill	W52	North Mackay	NT
4	Rowena Clancy	W51	Barbarians	NT

**Event 13 Mixed 25 SC Meter Butterfly Time Trial**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals Starts at 02:34 PM</b>				
1	Daniel Stampa	M66	North Mackay	18.51
2	Susanne Milenkevich	W46	Swim Fast Master	18.03
3	Megan Taylor	W44	North Mackay	16.36
4	Steven Burchill	M68	North Mackay	17.85
5	Jane Eggins	W65	North Mackay	18.25

Meet Program

**Heat 2 Finals (#13 Mixed 25 SC Meter Butterfly Time Trial)**

1	Sharon Hill	W61	Gladstone	45.00
2	Helen Burgess	W59	North Mackay	31.87
3	Rachel Mundy	W38	North Mackay	19.08
4	Christine Webb	W59	North Mackay	21.46
5	Lauren Smith	W22	North Mackay	40.00

**Heat 3 of 3 Finals Starts at 02:37 PM**

2	Priscilla Cahill	W52	North Mackay	NT
3	Sue McPherson	W63	MSQ	NT
4	Colin McPherson	M63	MSQ	NT

**Event 14 Mixed 100 SC Meter Breaststroke Time Trial**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals Starts at 02:38 PM**

1	Lesley Thorpe	W69	North Mackay	1:56.89
2	Susan Dalton	W64	North Mackay	1:45.45
3	Dee McMurtrie	W52	North Mackay	1:35.98
4	Susanne Milenkevich	W46	Swim Fast Master	1:39.34
5	Alison Friswell	W61	North Mackay	1:54.20

**Heat 2 of 3 Finals Starts at 02:40 PM**

1	Priscilla Cahill	W52	North Mackay	NT
2	Colin McPherson	M63	MSQ	NT
3	Sue de Meer	W71	North Mackay	2:49.03
4	Helen Burgess	W59	North Mackay	2:51.75
5	Christine Webb	W59	North Mackay	NT

**Heat 3 of 3 Finals Starts at 02:44 PM**

2	Rachael Hoogstraten	W37	North Mackay	NT
3	Jennifer Furini	W51	North Mackay	NT
4	Ashley East	W44	North Mackay	NT
5	Olivia Smyth	W20	MSQ	NT

**Event 15 Mixed 100 SC Meter Butterfly Time Trial**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals Starts at 02:46 PM**

2	Sharon Hill	W61	Gladstone	2:35.89
3	Pierre Craven	M59	North Mackay	1:26.45
4	Cameron Turnbull	M31	North Mackay	1:30.00
5	Melissa Lysaught	W51	North Mackay	NT

**Event 16 Mixed 100 SC Meter Backstroke Time Trial**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals Starts at 02:50 PM**

2	Cameron Turnbull	M31	North Mackay	1:35.00
3	Nigel Dalton	M62	North Mackay	1:19.22
4	Dee McMurtrie	W52	North Mackay	1:27.97
5	Alison Friswell	W61	North Mackay	1:46.90

**Heat 2 of 2 Finals Starts at 02:52 PM**

2	Tina Hamilton	W59	MSQ	NT
3	Jaime Patten	W41	North Mackay	1:59.40
4	Sue Willett	W69	North Mackay	NT

**Event 17 Mixed 50 SC Meter Freestyle Time Trial**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals Starts at 02:55 PM**

1	Daniel Stampa	M66	North Mackay	33.89
2	Stephen Duffie	M59	Barbarians	38.99
3	Pierre Craven	M59	North Mackay	30.80
4	Michael Sawtell	M55	North Mackay	33.00
5	Ashley East	W44	North Mackay	34.32

**Heat 2 of 7 Finals Starts at 02:57 PM**

1	Steven Burchill	M68	North Mackay	36.95
2	Melissa Lysaught	W51	North Mackay	35.06
3	Jane Eggins	W65	North Mackay	34.59
4	Susanne Milenkevich	W46	Swim Fast Master	35.65
5	Paul Arvidson	M53	North Mackay	37.06

**Heat 3 of 7 Finals Starts at 02:58 PM**

1	Rik de Meer	M69	North Mackay	43.60
2	Pepper Carroll	W32	North Mackay	42.47
3	Lesley Thorpe	W69	North Mackay	41.19
4	Arthur Douglas	M65	North Mackay	41.33
5	Christine Webb	W59	North Mackay	42.58

**Heat 4 of 7 Finals Starts at 03:00 PM**

1	Lauren Smith	W22	North Mackay	55.00
2	Debra Cody	W68	North Mackay	50.25
3	Suzanne McBride	W75	North Mackay	43.73
4	Sue Willett	W69	North Mackay	47.45
5	Colette Wasson	W63	Barbarians	52.77

**Heat 5 of 7 Finals Starts at 03:01 PM**

1	Sue McPherson	W63	MSQ	NT
2	Mark Walz	M66	North Mackay	NT
3	Helen Burgess	W59	North Mackay	56.44
4	Desley Williams	W82	North Mackay	1:25.00
5	Colin McPherson	M63	MSQ	NT

**Heat 6 of 7 Finals Starts at 03:04 PM**

1	Amanda Trend	W41	MSQ	NT
2	Rowena Clancy	W51	Barbarians	NT
3	Stephanie Allen	W55	North Mackay	NT
4	Jennifer Furini	W51	North Mackay	NT
5	Monique Shortis	W44	MSQ	NT

**Heat 7 of 7 Finals Starts at 03:05 PM**

2	Olivia Smyth	W20	MSQ	NT
3	Rachael Hoogstraten	W37	North Mackay	NT
4	Keltie Davies	W31	MSQ	NT

**Event 18 Mixed 50 SC Meter Breaststroke Time Trial**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals Starts at 03:07 PM**

1	Suzanne McBride	W75	North Mackay	57.98
2	Nigel Dalton	M62	North Mackay	44.59
3	Megan Taylor	W44	North Mackay	41.49
4	Ashley East	W44	North Mackay	43.60
5	Susan Dalton	W64	North Mackay	45.50

Meet Program

**Heat 2 Finals (#18 Mixed 50 SC Meter Breaststroke Time**

1	Sally McGlashan	W62	North Mackay	NT
2	Sue de Meer	W71	North Mackay	1:14.48
3	Pepper Carroll	W32	North Mackay	59.37
4	Colette Wasson	W63	Barbarians	1:01.67
5	Colin McPherson	M63	MSQ	NT

**Heat 3 of 3 Finals Starts at 03:10 PM**

2	Rachael Hoogstraten	W37	North Mackay	NT
3	Priscilla Cahill	W52	North Mackay	NT
4	Jennifer Furini	W51	North Mackay	NT
5	Olivia Smyth	W20	MSQ	NT

**Event 19 Mixed 100 SC Meter IM Time Trial**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 5 Finals Starts at 03:12 PM**

1	Dee McMurtrie	W52	North Mackay	1:33.24
2	Daniel Stampa	M66	North Mackay	1:31.36
3	Pierre Craven	M59	North Mackay	1:23.21
4	Ashley East	W44	North Mackay	1:28.21
5	Jane Eggins	W65	North Mackay	1:32.12

**Heat 2 of 5 Finals Starts at 03:14 PM**

1	Alison Friswell	W61	North Mackay	1:45.27
2	Rachel Mundy	W38	North Mackay	1:35.44
3	Susanne Milenkevich	W46	Swim Fast Master	1:33.96
4	Cameron Turnbull	M31	North Mackay	1:35.00
5	Steven Burchill	M68	North Mackay	1:38.52

**Heat 3 of 5 Finals Starts at 03:17 PM**

1	Lauren Smith	W22	North Mackay	2:15.00
2	Pepper Carroll	W32	North Mackay	1:50.00
3	Lesley Thorpe	W69	North Mackay	1:48.57
4	Christine Webb	W59	North Mackay	1:49.31
5	Jaime Patten	W41	North Mackay	1:54.80

**Heat 4 of 5 Finals Starts at 03:20 PM**

2	Sally McGlashan	W62	North Mackay	NT
3	Sharon Hill	W61	Gladstone	3:00.00
4	Sue McPherson	W63	MSQ	NT

**Heat 5 of 5 Finals Starts at 03:23 PM**

2	Olivia Smyth	W20	MSQ	NT
3	Tina Hamilton	W59	MSQ	NT
4	Stephanie Allen	W55	North Mackay	NT