



Indoor Rowing

Wed 5 November

500m Events

Women's Lightweight	500m	30-34 Years	Age
<ul style="list-style-type: none"> Jenny Shapcott 	Gold	2:07:8	30
Women's Open	500m	30-34 Years	Age
<ul style="list-style-type: none"> Andrea Deighton 	Gold	1:56:7	32
Men's Open	500m	30-34 Years	Age
<ul style="list-style-type: none"> Paul Van Zijl 	Gold	1:29:8	34
Men's Lightweight	500m	35-39 Years	Age
<ul style="list-style-type: none"> Jase Lydom Stephen Hennessy 	Gold Silver	1:31:2 1:39:1	35 39
Men's Open	500m	35-39 Years	Age
<ul style="list-style-type: none"> Craig Raymond Gerben Keijzers 	Gold Silver	1:23:3 1:32:1	38 35
Women's Lightweight	500m	40-49 Years	Age
<ul style="list-style-type: none"> Karen Smith 	Gold	1:48:6	45

Women's Open	500m	40-49 Years	Age
• Deborah Potter	Gold	1:42:6	46
• Michelle Schafer	Silver	1:47:5	49
• Katie Ackermann	Bronze	1:49:3	45
• Catherine Shoosmith	4 th	1:51.0	47
• Christina Hill	5 th	2:07.2	42
• Anne Turnbull	6 th	2:11.8	43

Men's Lightweight	500m	40-49 Years	Age
• Rick Kranen	Gold	1:26:6	45
• Mark Harrison	Silver	1:38:3	47
• Simon Knechtli	Bronze	2:06:1	40

Men's Open	500m	40-49 Years	Age
• James Price	Gold	1:23:9	40
• Evan Ackermann	Silver	1:26:9	47
• Graham Coyle	Bronze	1:31:3	49
• David Chambers	4 th	1:32.4	48
• David Maguire	5 th	1:33.7	45
• Steven Mihalic	6 th	1:34.6	48

Women's Lightweight	500m	50-59 Years	Age
• Marisa Zavattaro	Gold	1:56:1	52
• Linda Robinson	Silver	1:59:9	51
• Margaret Guylenburg	Bronze	2:13:6	59

Women's Open	500m	50-59 Years	Age
• Robin Kosick	Gold	1:51:9	52
• Susan Barber	Silver	2:07:4	55
• Jane Malcolm	Bronze	2:41:1	57

Men's Lightweight	500m	50-59 Years	Age
• Stephen Mifsud	Gold	1:46:0	50

Men's Open	500m	50-59 Years	Age
• Lindsay Hay	Gold	1:28:3	57
• Garth Hewer	Silver	1:34:5	51
• Ray Clitheroe	Silver	1:34:5	53
• Kim Malcolm	4 th	1:39.0	55
• John Robinson	5 th	1:41.3	55
• Grant Chapman	6 th	1:45.9	58
• Kim Harvey	7 th	1:50.3	54

Women's Lightweight	500m	60-69 Years	Age
• Adrienne Holdsworth	Gold	2:12:7	64
• Roseen Wode	Silver	3:30:9	64

Women's Open	500m	60-69 Years	Age
• Shirley Godkin	Gold	1:49:9	62
• Wendy Coghill	Silver	2:10:5	62
• Merriel Milverton	Bronze	2:23:4	68

Men's Lightweight	500m	60-69 Years	Age
• Greg Reddan	Gold	1:39:2	62
• Douglas Wode	Silver	1:57:3	65

Men's Open	500m	60-69 Years	Age
• Warwick Selvey	Gold	1:38:5	68
• Philip Dingsdale	Silver	1:44:0	65
• Brian Weiss	Bronze	1:44:7	66
• Ken Smith	4 th	1:45.8	64
• Robert Garrett	5 th	1:54.6	69

Women's Lightweight	500m	70+ Years	Age
• Anne Cresswell	Gold	1:53:7	70
• Sheila Abraham	Silver	4:16:5	74

Women's Open	500m	70+ Years	Age
• Pam Mews	Gold	2:18:3	73
• Elva Neil	Silver	2:18:6	71

Men's Lightweight	500m	70+ Years	Age
<ul style="list-style-type: none"> Graham Sayer 	Gold	1:47:8	75
Men's Open	500m	70+ Years	Age
<ul style="list-style-type: none"> Dirk Stobbe William McCullen Peter Neil 	Gold Silver Bronze	1:45:5 1:49:0 1:54:6	72 75 74

1000m Events

Women's Light Weight	1000m	30-34 Years	Age
• Jenny Shapcott	Gold	4:29.9	30
Women's Open	1000m	30-34 Years	Age
• Andrea Deighton	Gold	4:15.5	32
Men's Open	1000m	30-34 Years	Age
• Paul Van Zijl	Gold	3:26:3	34
Men's Lightweight	1000m	35-39 Years	Age
• Jase Lydom	Gold	3:23:4	35
• Stephen Hennessy	Silver	3:35:5	39
• Archer Talbot	Bronze	3:37:4	35
Men's Open	1000m	35-39 Years	Age
• Craig Raymond	Gold	3:11:8	38
• Gerben Keijzers	Silver	3:20:8	35
• Jarod Hutchinson	Bronze	4:06:2	39
Women's Lightweight	1000m	40-49 Years	Age
• Karen Smith	Gold	3:52:2	45
Women's Open	1000m	40-49 Years	Age
• Michelle Schafer	Gold	3:55:3	49
• Deborah Potter	Silver	3:56:3	46
• Catherine Shoesmith	Bronze	4:14:0	47
• Christina Hill	4 th	4:36.9	42
Men's Light Weight	1000m	40-49 Years	Age
• Rick Kranen	Gold	3:10.2	45
• Mark Harrison	Silver	3:34.3	47
• Simon Knechtli	Bronze	4:25.3	40

Men's Open	1000m	40-49 Years	Age
• Graham Coyle	Gold	3:23.3	49
• David Chambers	Silver	3:23.6	48
• Steven Mihalic	Bronze	3:29.0	48

Women's Lightweight	1000m	50-59 Years	Age
• Marisa Zavattaro	Gold	4:03:9	52
• Linda Robinson	Silver	4:15:2	51
• Margaret Cuylenburg	Bronze	4:43:7	59

Women's Open	1000m	50-59 Years	Age
• Robin Kosick	Gold	4:03:3	52

Men's Open	1000m	50-59 Years	Age
• Lindsay Hay	Gold	3:21.1	57
• Kim Malcolm	Silver	3:32.1	55
• Ray Clitheroe	Bronze	3:32.2	53
• Garth Hewer	4 th	3:33.5	51
• John Robinson	5 th	3:41.15	55
• Grant Chapman	6 th	4:15.9	58

Men's Light Weight	1000m	50-59 Years	Age
• Stephen Mifsud	Gold	3:57.7	50

Women's Light Weight	1000m	60-69 Years	Age
• Adrienne Holdsworth	Gold	4:45.4	64
• Roseen Wode	Silver	7:39.0	64

Women's Open	1000m	60-69 Years	Age
• Shirley Godkin	Gold	3:57.8	62
• Merriel Milverton	Silver	4:35.5	68
• Wendy Goghill	Bronze	4:41.9	62

Men's Light Weight	1000m	60-69 Years	Age
• Greg Reddan	Gold	3:31.4	62
• Douglas Wode	Silver	4:23.1	65

Men's Open	1000m	60-69 Years	Age
• Bruce Adams	Gold	3:32.6	65
• Warwick Selvey	Silver	3:39.1	68
• Ken Smith	Bronze	3:53.0	64
• Brian Weiss	4 th	4:00.2	66
Women's Light Weight	1000m	70+ Years	Age
• Sheila Abrahams	Gold	8:45.7	74
Women's Open	1000m	70+ Years	Age
• Pam Mews	Gold	4:52.4	73
• Elva Neil	Silver	4:52.9	71
Men's Open	1000m	70+ Years	Age
• Dirk Stobbe	Gold	3:47.0	72
• Peter Neil	Silver	3:58.2	74
• William McMullen	Bronze	4:02.5	75
Men's Light Weight	1000m	70+ Years	Age
• Graham Sayer	Gold	4:03.1	75

2000m Events

Women's Light Weight	2000m	30-34 Years	Age
• Jenny Shapcott	Gold	9:17:7	30
Women's Open	2000m	30-34 Years	Age
• Andrea Deighton	Gold	8:53.3	32
Men's Lightweight	2000m	35-39 Years	Age
• Jase Lydom	Gold	7:08:0	35
• Stephen Hennessy	Silver	7:54:2	39
Men's Open	2000m	35-39 Years	Age
• Craig Raymond	Gold	6:56:5	38
• Gerben Keijzers	Silver	6:59:4	35
Women's Lightweight	2000m	40-49 Years	Age
• Karen Smith	Gold	8:07:7	45
Women's Open	2000m	40-49 Years	Age
• Katie Ackermann	Gold	8:08:5	45
• Michelle Schafer	Silver	8:19:8	49
• Deborah Potter	Bronze	8:39:0	46
• Catherine Shoosmith	4 th	9:121.5	47
• Christina Hill	5 th	10:01.6	42
Men's Lightweight	2000m	40-49 Years	Age
• Rick Kranen	Gold	6:43:6	45
• Mark Harrison	Silver	7:20:9	47
• Simon Knechtli	Bronze	9:48:3	40
Men's Open	2000m	40-49 Years	Age
• Evan Ackermann	Gold	7:01:0	47
• David Chambers	Silver	7:14:1	48
• Keith Harrison	Bronze	7:36:4	47

Women's Lightweight	2000m	50-59 Years	Age
• Marisa Zavattaro	Gold	8:26:4	52
• Margaret Guylenburg	Silver	9:41:7	59
Women's Open	2000m	50-59 Years	Age
• Robin Kosick	Gold	8:33:1	52
• Linda Robinson	Silver	9:08:5	51
Men's Lightweight	2000m	50-59 Years	Age
• Ian Gibson	Gold	7:33:1	52
• Stephen Mifsud	Silver	7:52:7	50
Men's Open	2000m	50-59 Years	Age
• Lindsay Hay	Gold	7:14:3	57
• Kim Malcolm	Silver	7:15:4	55
• Ray Clitheroe	Bronze	7:26:0	53
• Garth Hewer	4 th	7:35.9	51
• John Robinson	5 th	7:45.4	55
Women's Lightweight	2000m	60-69 Years	Age
• Roseen Wode	Gold	16:05.0	64
Women's Open	2000m	60-69 Years	Age
• Shirley Godkin	Gold	8:01:1	62
• Merriel Milverton	Silver	9:26:1	68
• Wendy Coghill	Bronze	9:39:9	62
Men's Lightweight	2000m	60-69 Years	Age
• Greg Reddan	Gold	7:14:9	62
• Douglas Wode	Silver	9:06:0	65
Men's Open	2000m	60-69 Years	Age
• Bruce Adam	Gold	7:33:2	65
• Ken Smith	Silver	8:18:8	64
• Brian Weiss	Bronze	8:20:3	66

Women's Lightweight	2000m	70+ Years	Age
• Anne Crosswell	Gold	8:20:0	70
• Sheila Abrahams	Silver	18:38:2	74
Women's Open	2000m	70+ Years	Age
• Elva Neil	Gold	10:15:4	71
• Pam Mews	Silver	10:47:6	73
Men's Lightweight	2000m	70+ Years	Age
• Graham Sayer	Gold	8:54.0	75
Men's Open	2000m	70+ Years	Age
• Dirk Stobbe	Gold	7:54:6	72
• Peter Neil	Silver	8:03:7	74

Teams

Women's Team

2000m

- **Sisters doing it 4 themselves** Gold 7:52:0
 - Catherine Shoesmith
 - Karen Ackerman
 - Shirley Godkin
 - Deborah Potter

- **Newbies plus one** Silver 8:21:0
 - Karen Smith
 - Robin Kosick
 - Linda Robinson
 - Michelle Schafer

Men's Team

2000m

- **Love it** Gold 6:28:0
 - James Stewart
 - Rick Karen
 - Evan Ackermann
 - Greg Reddan

- **Mixed bag** Silver 6:43:0
 - Jase Lydom
 - Stephen Hennessy
 - Steven Mihalic
 - Gerben Keijzers

- **Grey Flies** Bronze 7:05:0
 - Lindsay Hay
 - Dirk Stobbe
 - Ray Clitheroe
 - Ian Gibson