

**Good Life Games (Swimming) - 3/18/2023**

**Recognition# 143-R002**

**Results - Saturday**

**Women 45-49 50 LC Meter Freestyle**  
**Goodlife: 34.34 % 3/18/2023 Megyn Taback**  
**NATL: 27.09 \$ 8/5/2017 THOMAS\BRAUN**  
 1 Taback, Megyn 49 Coral Springs 34.34%

**Women 45-49 100 LC Meter Freestyle**  
**Goodlife: 1:18.96 % 3/18/2023 Megyn Taback**  
**NATL: 57.40 \$ 8/8/2015 MELANIE THOMAS**  
 1 Taback, Megyn 49 Coral Springs 1:18.96%  
 36.86 1:18.96

**Women 45-49 400 LC Meter Freestyle**  
**Goodlife: 6:05.66 % 3/18/2023 Megyn Taback**  
**NATL: 4:31.95 \$ 8/7/2021 HEIDI GEORGE**  
 1 Taback, Megyn 49 Coral Springs 6:05.66%  
 40.43 1:26.71 2:13.28 3:00.77  
 3:47.38 4:34.44 5:20.81 6:05.66

**Women 45-49 50 LC Meter Breaststroke**  
**Goodlife: 43.45 % 3/18/2023 Megyn Taback**  
**NATL: 33.66 \$ 7/17/2010 S VON DER LIPPE**  
 1 Taback, Megyn 49 Coral Springs 43.45%

**Women 45-49 50 LC Meter Butterfly**  
**Goodlife: 39.77 % 3/18/2023 Megyn Taback**  
**NATL: 28.40 \$ 8/5/2017 ERIKA BRAUN**  
 1 Taback, Megyn 49 Coral Springs 39.77%

**Women 45-49 100 LC Meter Butterfly**  
**NATL: 1:04.96 \$ 8/6/2014 WENKE SEIDER**  
 --- Taback, Megyn 49 Coral Springs NS

**Women 50-54 50 LC Meter Freestyle**  
**Goodlife: 31.18 % 3/18/2023 Paula Texel**  
**NATL: 27.38 \$ 8/6/2022 ERIKA BRAUN**  
 1 Texel, Paula 53 Clearwater 31.18%  
 2 Rosenkranz, Mary 50 Lakeland 34.04  
 3 Gratsou-Zodl, Violetta 53 Sarasosta 40.06  
 --- Stewart, Ann 53 Lakeland NS

**Women 50-54 100 LC Meter Freestyle**  
**Goodlife: 1:09.63 % 3/18/2023 Paula Texel**  
**NATL: 1:00.53 \$ 8/20/2022 ERIKA BRAUN**  
 1 Texel, Paula 53 Clearwater 1:09.63%  
 33.12 1:09.63  
 2 Rosenkranz, Mary 50 Lakeland 1:13.64  
 34.78 1:13.64  
 3 Gratsou-Zodl, Violetta 53 Sarasosta 1:29.88  
 43.82 1:29.88

**Women 50-54 200 LC Meter Freestyle**  
**Goodlife: 2:32.97 % 3/5/2022 Ann Stewart**  
**NATL: 2:13.18 \$ 8/8/2013 JILL HERNANDEZ**  
 1 Hayden, Alison 52 St. Petersburg 2:33.02  
 34.27 1:12.75 1:52.47 2:33.02  
 2 Gratsou-Zodl, Violetta 53 Sarasosta 3:18.56  
 47.95 1:39.24 2:29.51 3:18.56  
 --- Texel, Paula 53 Clearwater NS

**Women 50-54 400 LC Meter Freestyle**  
**Goodlife: 5:10.78 % 7/31/2021 Alison Hayden**  
**NATL: 4:40.66 \$ 8/11/2013 JILL HERNANDEZ**  
 1 Texel, Paula 53 Clearwater 5:20.55  
 35.99 1:16.59 1:56.86 2:38.89  
 3:18.68 4:00.51 4:40.53 5:20.55  
 2 Gratsou-Zodl, Violetta 53 Sarasosta 6:59.92  
 49.69 1:45.06 2:37.72 3:32.77  
 4:24.65 5:18.48 6:09.55 6:59.92  
 --- Hayden, Alison 52 St. Petersburg NS

**Women 50-54 50 LC Meter Backstroke**  
**Goodlife: 35.07 % 3/18/2023 Paula Texel**  
**NATL: 32.30 \$ 8/6/2022 ERIKA BRAUN**  
 1 Texel, Paula 53 Clearwater 35.07%  
 2 Stewart, Ann 53 Lakeland 35.17  
 3 Rosenkranz, Mary 50 Lakeland 39.62

**Women 50-54 100 LC Meter Backstroke**  
**Goodlife: 1:15.62 % 3/5/2022 Ann Stewart**  
**NATL: 1:09.28 \$ 8/8/2014 ELLEN REYNOLDS**  
 1 Texel, Paula 53 Clearwater 1:16.67  
 37.04 1:16.67  
 2 Stewart, Ann 53 Lakeland 1:17.18  
 36.99 1:17.18  
 3 Rosenkranz, Mary 50 Lakeland 1:28.41

**Women 50-54 200 LC Meter Backstroke**  
**Goodlife: 2:46.71 % 3/5/2022 Paula Texel**  
**NATL: 2:26.64 \$ 8/4/2014 ELLEN REYNOLDS**  
 1 Stewart, Ann 53 Lakeland 2:49.08  
 38.25 1:21.24 2:04.74 2:49.08  
 2 Rosenkranz, Mary 50 Lakeland 3:08.68  
 43.85 1:32.37 2:20.81 3:08.68

**Women 50-54 100 LC Meter Breaststroke**  
**Goodlife: 1:30.48 % 2005 Deb Walker**  
**NATL: 1:22.09 \$ 8/5/2022 SARA DUNN**  
 1 Gratsou-Zodl, Violetta 53 Sarasosta 2:01.24  
 56.19 2:01.24

**Women 50-54 50 LC Meter Butterfly**  
**Goodlife: 33.86 % 2/29/2020 Karen Westerman**  
**NATL: 29.47 \$ 8/4/2022 ERIKA BRAUN**  
 1 Rosenkranz, Mary 50 Lakeland 39.94

**Women 50-54 100 LC Meter Butterfly**  
**Goodlife: 1:17.89 % 2/29/2020 Karen Westerman**  
**NATL: 1:07.80 \$ 8/13/2011 JILL HERNANDEZ**  
 1 Hayden, Alison 52 St. Petersburg 1:19.04  
 35.58 1:19.04

**Women 50-54 200 LC Meter Butterfly**  
**Goodlife: 2:53.37 % 7/31/2021 Allison Hayden**  
**NATL: 2:31.55 \$ 8/18/2001 LAURA VAL**  
 --- Hayden, Alison 52 St. Petersburg NS

## Good Life Games (Swimming) - 3/18/2023

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Results - Saturday

**Women 50-54 200 LC Meter IM**

Goodlife: 2:55.26 % 3/18/2023 Alison Hayden

NATL: 2:31.02 \$ 8/7/2016 ELLEN REYNOLDS

1	Hayden, Alison	52	St. Petersburg	2:55.26%
	36.37	1:25.05	2:16.85	2:55.26

**Women 55-59 50 LC Meter Freestyle**

Goodlife: 31.42 % 3/18/2023 Delyth Cunnah

NATL: 28.46 \$ 8/8/2019 HOLLY GREEN BLAIR

1	Cunnah, Delyth	55	Dundee	31.42%
2	Clark, Dawn	59	St Petersburg, FL	37.31
3	Wickes, Mary	58	Clearwater Beach	38.40
4	Bogue, Sherri	59	Clearwater	53.86
---	Sosa, Valentina	55	Miami	NS

**Women 55-59 100 LC Meter Freestyle**

Goodlife: 1:11.45 % 3/18/2023 Karen Westerman

NATL: 1:02.02 \$ 8/13/2007 VAL\VAL

1	Westerman, Karen	56	Land o Lakes	1:11.45%
	33.30	1:11.45		
2	Clark, Dawn	59	St Petersburg, FL	1:23.41
3	Wickes, Mary	58	Clearwater Beach	1:27.20
	40.69	1:27.20		
4	Bogue, Sherri	59	Clearwater	2:01.53
	56.08	2:01.53		

**Women 55-59 200 LC Meter Freestyle**

Goodlife: 2:35.41 % 3/18/2023 Karen Westerman

NATL: 2:16.28 \$ 8/11/2019 VAL\REYNOLDS

1	Westerman, Karen	56	Land o Lakes	2:35.41%
	35.45	1:14.67	1:54.67	2:35.41
2	Clark, Dawn	59	St Petersburg, FL	2:55.21
	41.35	1:27.08	2:11.70	2:55.21
3	Wickes, Mary	58	Clearwater Beach	3:14.94
	42.42	1:30.88	2:21.53	3:14.94
4	Januszewski, Cindy	57	Inverness	3:33.96
	48.54	1:43.72	2:39.77	3:33.96
5	Bogue, Sherri	59	Clearwater	4:18.52
	56.74	2:02.51	3:09.22	4:18.52

**Women 55-59 400 LC Meter Freestyle**

Goodlife: 5:32.61 % 3/5/2022 Karen Westerman

NATL: 4:46.49 \$ 8/10/2019 ELLEN REYNOLDS

1	Clark, Dawn	59	St Petersburg, FL	6:12.68
	43.49	1:30.64	2:18.01	3:06.22
	3:53.24	4:41.10	5:28.03	6:12.68
2	Bogue, Sherri	59	Clearwater	9:08.52
	57.05	2:03.53	3:12.67	4:23.04
	5:34.55	6:47.74	7:58.33	9:08.52

**Women 55-59 50 LC Meter Backstroke**

Goodlife: 36.38 % 3/18/2023 Karen Westerman

NATL: 31.99 \$ 8/2/2018 HOLLY GREEN BLAIR

1	Westerman, Karen	56	Land o Lakes	36.38%
2	Cunnah, Delyth	55	Dundee	40.35
3	Clark, Dawn	59	St Petersburg, FL	46.16
---	Sosa, Valentina	55	Miami	NS

**Women 55-59 100 LC Meter Backstroke**

Goodlife: 1:20.68 % 3/18/2023 Karen Westerman

NATL: 1:09.69 \$ 8/11/2019 HOLLY GREEN BLAIR

1	Westerman, Karen	56	Land o Lakes	1:20.68%
	39.03	1:20.68		
2	Kupan, Cheryl	58	St Petersburg	1:34.55
	46.06	1:34.55		
---	Sosa, Valentina	55	Miami	NS

**Women 55-59 200 LC Meter Backstroke**

Goodlife: 2:52.77 % 3/5/2022 Karen Westerman

NATL: 2:31.79 \$ 5/19/2019 ELLEN REYNOLDS

1	Kupan, Cheryl	58	St Petersburg	3:24.86
	49.53	1:42.87	2:34.12	3:24.86
---	Sosa, Valentina	55	Miami	NS

**Women 55-59 50 LC Meter Breaststroke**

Goodlife: 41.16 % 3/18/2023 Delyth Cunnah

NATL: 37.13 \$ 7/16/2017 CAROLINE KRATTLI

1	Cunnah, Delyth	55	Dundee	41.16%
2	Kupan, Cheryl	58	St Petersburg	51.71
3	Clark, Dawn	59	St Petersburg, FL	52.63
4	Senica, Mary	58	Clearwater Beach	54.53
---	Liska, Catharine	59	Winter Haven, FL	NS

**Women 55-59 100 LC Meter Breaststroke**

Goodlife: 1:37.53 % 2007 Deb Walker

NATL: 1:21.21 \$ 7/15/2017 CAROLINE KRATTLI

1	Cunnah, Delyth	55	Dundee	1:38.95
	46.11	1:38.95		
2	Senica, Mary	58	Clearwater Beach	2:03.88
	56.57	2:03.88		
---	Liska, Catharine	59	Winter Haven, FL	NS

**Women 55-59 200 LC Meter Breaststroke**

Goodlife: 3:46.45 % 3/14/2015 Cynthia Lasher

NATL: 2:59.27 \$ 5/19/2019 ELLEN REYNOLDS

1	Kupan, Cheryl	58	St Petersburg	4:11.57
	56.34	2:03.37	3:06.32	4:11.57
---	Liska, Catharine	59	Winter Haven, FL	NS

**Women 55-59 50 LC Meter Butterfly**

Goodlife: 34.33 % 3/5/2022 Karen Westerman

NATL: 30.52 \$ 7/10/2016 LESLIE LIVINGSTON

1	Cunnah, Delyth	55	Dundee	36.24
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**Women 55-59 100 LC Meter Butterfly**

Goodlife: 1:19.38 % 3/5/2022 Karen Westerman

NATL: 1:09.47 \$ 8/9/2009 LAURA VAL

1	Januszewski, Cindy	57	Inverness	2:10.52
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**Women 55-59 200 LC Meter Butterfly**

Goodlife: 3:18.56 % 2/29/2020 Jane Esahak-Gage

NATL: 2:41.51 \$ 7/8/2007 LAURA VAL

1	Januszewski, Cindy	57	Inverness	4:33.34
	1:01.21	2:13.35	3:25.60	4:33.34
---	Kupan, Cheryl	58	St Petersburg	NS

## Good Life Games (Swimming) - 3/18/2023

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Results - Saturday

**Women 55-59 200 LC Meter IM**

Goodlife: 3:03.48 % 2/29/2020 Jane Esahak-Gage

NATL: 2:31.51 \$ 7/6/2019 ELLEN REYNOLDS

1	Januszewski, Cindy	57	Inverness	4:02.01
	54.25	1:57.73	3:11.28	4:02.01

**Women 55-59 400 LC Meter IM**

Goodlife: 6:21.47 % 2/29/2020 Jane Esahak-Gage

NATL: 5:21.35 \$ 5/17/2019 ELLEN REYNOLDS

1	Kupan, Cheryl	58	St Petersburg	7:09.40
	48.67		4:34.97	
		5:42.10	6:25.00	7:09.40
2	Januszewski, Cindy	57	Inverness	8:26.90
	55.37	2:04.03	3:08.54	4:10.27
	5:22.83	6:37.92	7:32.84	8:26.90

**Women 60-64 50 LC Meter Freestyle**

Goodlife: 32.38 % 2/29/2020 Susan Tokayer

NATL: 29.21 \$ 8/4/2018 PENNY NOYES

1	Wood, Cindi	63	Groveland, FL	45.40
2	Varner, Stacey	62	Dunedin	50.13

**Women 60-64 100 LC Meter Freestyle**

Goodlife: 1:17.09 % 3/10/2018 Nancy Kryka

NATL: 1:03.83 \$ 8/5/2011 LAURA VAL

1	Wood, Cindi	63	Groveland, FL	1:46.37
	49.49	1:46.37		
2	Varner, Stacey	62	Dunedin	2:00.60
	54.79	2:00.60		

**Women 60-64 200 LC Meter Freestyle**

Goodlife: 2:51.79 % 3/9/2013 Karlene Denby

NATL: 2:21.48 \$ 6/12/2012 LAURA VAL

1	Wilkins, Pamela	64	New Port Richey	3:55.70
	54.69	1:55.82	2:55.92	3:55.70
2	Varner, Stacey	62	Dunedin	4:23.51
	1:01.61	2:07.34	3:14.98	4:23.51

**Women 60-64 400 LC Meter Freestyle**

Goodlife: 5:22.96 % 3/5/2022 Kelly Parker Palace

NATL: 4:59.82 \$ 8/12/2012 LAURA VAL

1	Wilkins, Pamela	64	New Port Richey	8:19.43
	58.47	2:04.09	4:11.40	
	5:13.47	6:17.70	7:18.77	8:19.43

**Women 60-64 50 LC Meter Backstroke**

Goodlife: 40.60 % 3/8/2014 Annie Guins

NATL: 33.82 \$ 5/12/2022 KARLYN PIPES

1	Compton, Ivette A	63	Clearwater	57.07
2	Wood, Cindi	63	Groveland, FL	1:07.46

**Women 60-64 100 LC Meter Backstroke**

Goodlife: 1:33.12 % 3/9/2013 Karlene Denby

NATL: 1:14.28 \$ 8/13/2022 KARLYN PIPES

1	Compton, Ivette A	63	Clearwater	2:07.09
	59.47	2:07.09		

**Women 60-64 50 LC Meter Breaststroke**

Goodlife: 41.67 % 3/9/2013 Deb Walker

NATL: 39.02 \$ 8/19/2016 BETH ESTEL

1	Compton, Ivette A	63	Clearwater	59.13
---	Swanson, Sharon	64	Lake Wales, FL	NS

**Women 60-64 100 LC Meter Breaststroke**

Goodlife: 1:35.82 % 3/9/2013 Deb Walker

NATL: 1:27.24 \$ 8/18/2016 BETH ESTEL

---	Swanson, Sharon	64	Lake Wales, FL	NS
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**Women 60-64 200 LC Meter Breaststroke**

Goodlife: 3:38.86 % 3/14/2015 Nikki Holbrook

NATL: 3:08.07 \$ 6/29/2014 LO KNAPP

---	Swanson, Sharon	64	Lake Wales, FL	NS
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**Women 60-64 50 LC Meter Butterfly**

Goodlife: 35.01 % 2/29/2020 Susan Tokayer

NATL: 31.11 \$ 8/11/2019 TRACI GRANGER

1	Compton, Ivette A	63	Clearwater	56.92
2	Wood, Cindi	63	Groveland, FL	1:08.44

**Women 60-64 100 LC Meter Butterfly**

Goodlife: 1:24.24 % 3/5/2022 Jane Esahak-Gage

NATL: 1:12.06 \$ 8/4/2011 LAURA VAL

1	Compton, Ivette A	63	Clearwater	2:13.56
	1:02.66	2:13.56		

**Women 60-64 200 LC Meter IM**

Goodlife: 2:59.21 % 3/5/2022 Jane Esahak-Gage

NATL: 2:47.99 \$ 7/14/2013 LAURA VAL

1	Compton, Ivette A	63	Clearwater	4:26.58
	58.44	2:08.67	3:28.25	4:26.58

**Women 65-69 50 LC Meter Freestyle**

Goodlife: 33.56 % 3/5/2022 Tracil Grilli

NATL: 29.10 \$ 8/3/2019 PENNY NOYES

1	Messer, Nita	65	Hernando	56.11
2	Costantino, Anne	68	Safety Harbor	58.57
3	Moucha, Sue	65	Valrico	1:21.72
---	Bouroncle, Pamela	65	Davie	NS
---	Kiernan, Nancy	69	St Petersburg	NS
---	Sedacca, Eileen	69	Clermont	NS

**Women 65-69 100 LC Meter Freestyle**

Goodlife: 1:13.50 % 3/5/2022 Tracil Grilli

NATL: 1:04.89 \$ 7/30/2018 LAURA VAL

1	Messer, Nita	65	Hernando	2:08.25
	1:02.47	2:08.25		
2	Costantino, Anne	68	Safety Harbor	2:13.22
	1:01.90	2:13.22		
3	Moucha, Sue	65	Valrico	3:04.23
	1:22.32	3:04.23		
---	Kunzle, Nancy	65	Sarasota	NS
---	Kiernan, Nancy	69	St Petersburg	NS
---	Sedacca, Eileen	69	Clermont	NS
---	Bouroncle, Pamela	65	Davie	NS

**Good Life Games (Swimming) - 3/18/2023**

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**Results - Saturday**

**Women 65-69 200 LC Meter Freestyle**

**Goodlife: 2:41.60 % 3/5/2022 Tracil Grilli**

**NATL: 2:25.29 \$ 8/18/2016 LAURA VAL**

1	Steinmann, Sharon	65	St Petersburg, FL	3:10.87
				43.72 1:32.20 2:21.15 3:10.87
2	Grossman, Gail	68	The Villages	4:19.70
				59.73 2:08.55 3:14.11 4:19.70
3	Moucha, Sue	65	Valrico	6:03.37
				1:22.32 2:57.65 4:28.31 6:03.37
---	Kiernan, Nancy	69	St Petersburg	NS
---	Nylen, Ruth Ann	67	Land O Lakes	NS

**Women 65-69 400 LC Meter Freestyle**

**Goodlife: 5:38.09 % 3/5/2022 Tracil Grilli**

**NATL: 5:12.80 \$ 8/10/2019 LAURA VAL**

1	Steinmann, Sharon	65	St Petersburg, FL	6:35.83
				44.58 1:33.45 2:22.88 3:13.25
				4:03.60 4:54.66 5:44.95 6:35.83
---	Kiernan, Nancy	69	St Petersburg	NS
---	Grossman, Gail	68	The Villages	NS

**Women 65-69 50 LC Meter Backstroke**

**Goodlife: 39.12 % 3/9/2019 Davenia Navaroli**

**NATL: 33.59 \$ 8/2/2018 LAURA VAL**

1	Messer, Nita	65	Hernando	1:12.20
2	Grossman, Gail	68	The Villages	1:12.64
3	Costantino, Anne	68	Safety Harbor	1:14.36
4	Moucha, Sue	65	Valrico	1:20.99

**Women 65-69 100 LC Meter Backstroke**

**Goodlife: 1:43.22 % 2/29/2020 Ann Guins**

**NATL: 1:14.49 \$ 7/31/2018 LAURA VAL**

1	Steinmann, Sharon	65	St Petersburg, FL	1:45.41
				50.91 1:45.41
2	Grossman, Gail	68	The Villages	2:35.68
				1:14.65 2:35.68
---	Kunzle, Nancy	65	Sarasota	NS
---	Kiernan, Nancy	69	St Petersburg	NS
---	Bouroncle, Pamela	65	Davie	NS

**Women 65-69 200 LC Meter Backstroke**

**Goodlife: 3:39.72 % 3/18/2023 Sharon Steinmann**

**NATL: 2:47.70 \$ 8/8/2019 LAURA VAL**

1	Steinmann, Sharon	65	St Petersburg, FL	3:39.72%
				51.13 1:47.34 2:42.68 3:39.72
2	Grossman, Gail	68	The Villages	5:15.31
				1:17.50 2:38.00 3:56.25 5:15.31
---	Nylen, Ruth Ann	67	Land O Lakes	NS

**Women 65-69 50 LC Meter Breaststroke**

**Goodlife: 46.00 % 3/14/2015 Julianna Holbrook**

**NATL: 41.87 \$ 10/10/2021 BETH ESTEL**

1	Messer, Nita	65	Hernando	1:03.99
2	Costantino, Anne	68	Safety Harbor	1:17.94
---	Sedacca, Eileen	69	Clermont	NS

**Women 65-69 100 LC Meter Breaststroke**

**Goodlife: 1:50.16 % 3/14/2015 June Carson**

**NATL: 1:32.24 \$ 8/10/2019 LO KNAPP**

---	Kunzle, Nancy	65	Sarasota	NS
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**Women 65-69 200 LC Meter Butterfly**

**Goodlife: 3:50.04 % 3/18/2023 Nancy Kryka**

**NATL: 2:57.26 \$ 7/20/2019 PENNY NOYES**

1	Kryka, Nancy	68	Sarasota	3:50.04%
				49.59 1:50.62 2:50.84 3:50.04

**Women 65-69 400 LC Meter IM**

**Goodlife: 7:22.25 % 3/18/2023 Nancy Kryka**

**NATL: 6:14.58 \$ 7/19/2019 PENNY NOYES**

1	Kryka, Nancy	68	Sarasota	7:22.25%
				48.33 1:46.37 2:47.56 3:46.25
				5:47.92 6:34.54 7:22.25

**Women 70-74 50 LC Meter Freestyle**

**Goodlife: 35.80 % 3/10/2018 June Carson**

**NATL: 30.73 \$ 10/9/2021 LAURA VAL**

1	Jacobson, Geraldine	73	St Petersburg	48.55
---	Navaroli, Davenia	71	Seminole	NS

**Women 70-74 100 LC Meter Freestyle**

**Goodlife: 1:32.27 % 1996 Florence Carr**

**NATL: 1:06.90 \$ 10/9/2021 LAURA VAL**

1	Jacobson, Geraldine	73	St Petersburg	1:52.53
				54.73 1:52.53
2	Navaroli, Davenia	71	Seminole	2:41.92
				1:13.57 2:41.92

**Women 70-74 200 LC Meter Freestyle**

**Goodlife: 3:07.14 % 3/10/2015 June Carson**

**NATL: 2:29.72 \$ 8/14/2022 LAURA VAL**

1	Navaroli, Davenia	71	Seminole	6:13.14
				1:23.68 3:01.79 6:13.14
---	Walker, Deb	72	Sarasota	NS

**Women 70-74 400 LC Meter Freestyle**

**Goodlife: 6:12.62 % 2/29/2020 Diann Uustal**

**NATL: 5:21.19 \$ 8/13/2022 LAURA VAL**

1	Navaroli, Davenia	71	Seminole	12:47.63
				1:19.55 2:53.64 4:28.52 6:09.87
				7:50.52 9:29.49 11:08.07 12:47.63

**Women 70-74 50 LC Meter Backstroke**

**Goodlife: 41.68 % 2/29/2020 Diann Uustal**

**NATL: 34.65 \$ 10/10/2021 LAURA VAL**

---	Walker, Deb	72	Sarasota	NS
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**Women 70-74 100 LC Meter Backstroke**

**Goodlife: 1:29.49 % 2/29/2020 Diann Uustal**

**NATL: 1:17.26 \$ 7/31/2022 LAURA VAL**

1	Dennis, Martha	71	Kissimmee, FL	2:02.20
				59.04 2:02.20
---	Navaroli, Davenia	71	Seminole	NS

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Results - Saturday

**Women 70-74 200 LC Meter Backstroke**

Goodlife: 3:26.94 % 3/5/2022 Linda Fulton

NATL: 2:49.43 \$ 10/8/2021 LAURA VAL

1	Dennis, Martha	71	Kissimmee, FL	4:22.43
				1:01.90 2:12.38 3:18.95 4:22.43
---	Walker, Deb	72	Sarasota	NS

**Women 70-74 50 LC Meter Breaststroke**

Goodlife: 51.49 % 2002 Sylvia Eisele

NATL: 43.19 \$ 8/3/2018 DANA BROWN

1	Jacobson, Geraldine	73	St Petersburg	1:03.50
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**Women 70-74 200 LC Meter Butterfly**

Goodlife: 5:28.51 % 3/18/2023 Martha Dennis

NATL: 3:37.41 \$ 7/24/2016 MARGOT PETTIJOHN

1	Dennis, Martha	71	Kissimmee, FL	5:28.51%
				2:41.33 4:06.07 5:28.51

**Women 70-74 200 LC Meter IM**

Goodlife: 4:02.03 % 3/10/2012 Patricia Bond

NATL: 3:00.96 \$ 8/1/2021 LAURA VAL

1	Dennis, Martha	71	Kissimmee, FL	4:41.66
				1:10.32 3:48.35 4:41.66
2	Navaroli, Davenia	71	Seminole	7:56.97
				1:55.04 4:01.15 6:23.97 7:56.97

**Women 70-74 400 LC Meter IM**

Goodlife: 9:46.79 % 3/18/2023 Martha Dennis

NATL: 6:57.34 \$ 8/7/2022 SLOFTUS-CHARLEY

1	Dennis, Martha	71	Kissimmee, FL	9:46.79%
				2:36.10 3:45.62 4:56.31
				6:25.52 7:56.37 8:51.46 9:46.79

**Women 75-79 50 LC Meter Freestyle**

Goodlife: 38.94 % 3/18/2023 June Carson

NATL: 34.11 \$ 10/8/2021 DIANN UUSTAL

1	Carson, June	75	Sarasota	38.94%
2	Owen, Mary Catherine A	76	Beverly Hills	1:07.95
3	Assini, Claudia	75	Palm Harbor	1:18.24

**Women 75-79 100 LC Meter Freestyle**

Goodlife: 1:31.47 % 3/18/2023 June Carson

NATL: 1:17.38 \$ 10/9/2021 DIANN UUSTAL

1	Carson, June	75	Sarasota	1:31.47%
				43.63 1:31.47
2	Owen, Mary Catherine A	76	Beverly Hills	2:31.58
				1:10.69 2:31.58
3	Assini, Claudia	75	Palm Harbor	2:55.17
				1:20.52 2:55.17

**Women 75-79 200 LC Meter Freestyle**

Goodlife: 3:24.08 % 3/18/2023 June Carson

NATL: 2:56.07 \$ 8/6/2022 DIANN UUSTAL

1	Carson, June	75	Sarasota	3:24.08%
				45.35 1:40.50 2:32.68 3:24.08

**Women 75-79 400 LC Meter Freestyle**

Goodlife: 7:22.05 % 3/18/2023 June Carson

NATL: 6:27.04 \$ 8/21/2021 DIANN UUSTAL

1	Carson, June	75	Sarasota	7:22.05%
				46.93 1:42.82 2:39.39 3:38.12
				4:34.71 5:32.12 6:28.30 7:22.05

**Women 75-79 50 LC Meter Backstroke**

Goodlife: 52.91 % 3/8/2014 Patricia Bond

NATL: 40.08 \$ 10/9/2021 DIANN UUSTAL

1	Owen, Mary Catherine A	76	Beverly Hills	1:09.71
2	Assini, Claudia	75	Palm Harbor	1:19.72

**Women 75-79 100 LC Meter Backstroke**

Goodlife: 1:45.64 % 7/31/2021 Chris Gilligan

NATL: 1:28.67 \$ 10/10/2021 DIANN UUSTAL

1	Assini, Claudia	75	Palm Harbor	2:56.94
				1:24.51 2:56.94

**Women 75-79 200 LC Meter Backstroke**

Goodlife: 3:55.42 % 3/8/2014 Patricia Bond

NATL: 3:17.63 \$ 8/5/2022 DIANN UUSTAL

1	Assini, Claudia	75	Palm Harbor	5:55.30
				1:20.56 2:52.93 4:21.46 5:55.30

**Women 75-79 50 LC Meter Breaststroke**

Goodlife: 48.69 % 2005 Sylvia Eisele

NATL: 47.10 \$ 7/19/2014 JOANN LEILICH

1	Carson, June	75	Sarasota	53.93
2	Owen, Mary Catherine A	76	Beverly Hills	1:23.82
3	Assini, Claudia	75	Palm Harbor	1:50.54

**Women 75-79 100 LC Meter Breaststroke**

Goodlife: 2:00.41 % 2006 Sylvia Eisele

NATL: 1:42.18 \$ 8/15/2014 JOANN LEILICH

---	Carson, June	75	Sarasota	NS
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**Women 80-84 50 LC Meter Freestyle**

Goodlife: 47.07 % 3/11/2017 Patricia Tullman

NATL: 38.64 \$ 3/7/2009 GAIL ROPER

1	Hackett, Jeanne	80	The Villages	47.80
2	St. Germain, Patricia	81	Clearwater, FL	51.85

**Women 80-84 100 LC Meter Freestyle**

Goodlife: 1:37.85 % 2007 Jean Troy

NATL: 1:27.55 \$ 3/7/2009 GAIL ROPER

1	Hackett, Jeanne	80	The Villages	1:53.29
				53.08 1:53.29
2	St. Germain, Patricia	81	Clearwater, FL	2:02.09
				53.18 2:02.09

**Women 80-84 50 LC Meter Backstroke**

Goodlife: 48.04 % 3/13/2010 Betty Lorenzi

NATL: 46.39 \$ 3/29/2002 BUNNY CEDERLUND

1	Gilligan, Chris	80	Sarasota	49.36
2	St. Germain, Patricia	81	Clearwater, FL	1:03.60

## Good Life Games (Swimming) - 3/18/2023

Recognition# 143-R002

Results - Saturday

**Women 80-84 100 LC Meter Backstroke**

Goodlife: 1:49.52 % 3/21/2009 Betty Lorenzi

NATL: 1:47.29 \$ 8/7/2009 BETTY LORENZI

1	Gilligan, Chris	80	Sarasota	1:53.37
	54.81	1:53.37		
2	St. Germain, Patricia	81	Clearwater, FL	2:21.65
	1:04.86	2:21.65		

**Women 80-84 200 LC Meter Backstroke**

Goodlife: 3:53.12 % 3/13/2010 Betty Lorenzi

NATL: 3:51.50 \$ 6/12/2022 JOY WARD

1	Gilligan, Chris	80	Sarasota	4:11.87
	59.58	4:11.87		

**Women 80-84 50 LC Meter Breaststroke**

Goodlife: 56.91 % 3/21/2009 Sylvia Eisele

NATL: 51.37 \$ 8/11/2018 ANNE WILLIAMS

1	Hackett, Jeanne	80	The Villages	57.01
2	St. Germain, Patricia	81	Clearwater, FL	1:13.78
---	Gilligan, Chris	80	Sarasota	NS

**Women 80-84 100 LC Meter Breaststroke**

Goodlife: 2:06.25 % 3/21/2009 Sylvia Eisele

NATL: 1:49.04 \$ 7/20/2019 JOANN LEILICH

1	Hackett, Jeanne	80	The Villages	2:15.30
	1:01.66	2:15.30		
2	St. Germain, Patricia	81	Clearwater, FL	2:55.89
	1:16.43	2:55.89		

**Women 85-89 50 LC Meter Freestyle**

Goodlife: 46.87 % 3/10/2012 Jean Troy

NATL: 44.97 \$ 7/15/2012 JEAN TROY

1	Tullman, Patricia	86	Tampa	50.93
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**Women 85-89 100 LC Meter Freestyle**

Goodlife: 1:44.50 % 3/10/2012 Jean Troy

NATL: 1:43.68 \$ 6/9/2012 JEAN TROY

1	Tullman, Patricia	86	Tampa	1:58.36
	56.94	1:58.36		

**Women 85-89 200 LC Meter Freestyle**

Goodlife: 3:50.25 % 3/10/2012 Jean Troy

NATL: 3:49.67 \$ 7/14/2012 JEAN TROY

1	Tullman, Patricia	86	Tampa	4:27.59
	59.26	2:06.80	3:17.67	4:27.59
2	Henderson, Martha	87	Cocoa	5:16.60
	2:37.39	5:16.60		

**Women 85-89 400 LC Meter Freestyle**

Goodlife: 8:31.34 % 3/10/2012 Betty Lorenzi

NATL: 8:06.04 \$ 7/15/2012 JEAN TROY

1	Henderson, Martha	87	Cocoa	10:51.31
	1:12.47	2:34.46	5:21.62	
	10:51.31			

**Women 85-89 100 LC Meter Backstroke**

Goodlife: 1:53.28 % 3/10/2012 Betty Lorenzi

NATL: 1:53.28 \$ 3/10/2012 BETTY LORENZI

1	Tullman, Patricia	86	Tampa	2:26.51
	1:12.79	2:26.51		

**Women 85-89 200 LC Meter Backstroke**

Goodlife: 4:01.09 % 3/9/2013 Betty Lorenzi

NATL: 4:01.09 \$ 3/9/2013 BETTY LORENZI

1	Tullman, Patricia	86	Tampa	5:04.70
	1:13.19	2:35.07	3:52.05	5:04.70
2	Henderson, Martha	87	Cocoa	5:56.80
	1:23.43	2:57.71	4:25.80	5:56.80

**Women 85-89 50 LC Meter Butterfly**

Goodlife: 1:15.37 % 2007 June Reynolds

NATL: 1:01.22 \$ 7/10/2022 JANE OBERG

1	Tullman, Patricia	86	Tampa	1:16.35
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**Women 85-89 200 LC Meter IM**

Goodlife: 5:33.79 % 3/12/2016 Jean Troy

NATL: 5:00.53 \$ 8/6/2016 ANN HIRSCH

1	Henderson, Martha	87	Cocoa	7:08.35
	1:52.40	3:34.36	7:08.35	

**Women 90-94 50 LC Meter Freestyle**

Goodlife: 55.52 % 3/11/2017 Jean Troy

NATL: 52.09 \$ 6/11/2017 JEAN TROY

1	Campbell, Joan	93	Palm Harbor	1:10.99
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**Women 90-94 200 LC Meter Freestyle**

Goodlife: 5:20.72 % 2/29/2020 Joan Campbell

NATL: 4:18.85 \$ 6/11/2017 JEAN TROY

1	Campbell, Joan	93	Palm Harbor	5:47.33
	2:51.88	4:21.90	5:47.33	

**Women 90-94 400 LC Meter Freestyle**

Goodlife: 11:29.55 % 2/29/2020 Joan Campbell

NATL: 9:04.93 \$ 8/3/2008 RITA SIMONTON

1	Campbell, Joan	93	Palm Harbor	13:22.09
	1:26.60	5:00.61		
	8:30.37	10:13.30	11:46.79	13:22.09

**Women 90-94 50 LC Meter Backstroke**

Goodlife: 1:37.14 % 3/18/2023 Joan Campbell

NATL: 56.89 \$ 8/4/2017 BETTY LORENZI

1	Campbell, Joan	93	Palm Harbor	1:37.14%
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**Women 90-94 100 LC Meter Backstroke**

Goodlife: 3:05.85 % 2/29/2020 Joan Campbell

NATL: 2:07.31 \$ 8/6/2017 BETTY LORENZI

1	Campbell, Joan	93	Palm Harbor	3:07.05
	1:29.90	3:07.05		

**Women 90-94 200 LC Meter Backstroke**

Goodlife: 6:53.11 % 3/5/2022 Joan Campbell

NATL: 4:38.73 \$ 8/5/2017 BETTY LORENZI

1	Campbell, Joan	93	Palm Harbor	6:57.42
	1:40.43	3:28.73	5:15.65	6:57.42

**Men 55-59 50 LC Meter Freestyle**

Goodlife: 28.10 % 3/18/2023 Dewey Haviland

NATL: 25.01 \$ 6/7/2009 JACK GROSELLE

1	Haviland, Dewey	57	The Villages	28.10%
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## Good Life Games (Swimming) - 3/18/2023

Recognition# 143-R002

Results - Saturday

**Men 55-59 100 LC Meter Freestyle**

Goodlife: 1:01.78 % 3/18/2023 Dewey Haviland

NATL: 56.07 \$ 7/10/2015 STEVE WOOD

1	Haviland, Dewey	57	The Villages	1:01.78%
	29.76		1:01.78	

**Men 55-59 200 LC Meter Freestyle**

Goodlife: 2:21.74 % 3/18/2023 Dewey Haviland

NATL: 2:04.01 \$ 7/26/2009 MICHAEL MANN

1	Haviland, Dewey	57	The Villages	2:21.74%
	32.16		1:08.26	
			1:45.35	
			2:21.74	

**Men 55-59 400 LC Meter Freestyle**

Goodlife: 5:09.32 % 3/18/2023 Dewey Haviland

NATL: 4:22.49 \$ 7/25/2009 MICHAEL MANN

1	Haviland, Dewey	57	The Villages	5:09.32%
	35.10		1:14.13	
			1:53.10	
			2:33.89	
	3:13.30		3:53.44	
			4:32.46	
			5:09.32	

**Men 60-64 100 LC Meter Freestyle**

Goodlife: 1:07.76 % 3/12/2016 Kern Davis

NATL: 57.79 \$ 6/14/2014 JACK GROSELLE

1	Reilly, Jeff	62	Egg Harbor Townshi	1:14.13
	35.43		1:14.13	

**Men 60-64 200 LC Meter Freestyle**

Goodlife: 2:26.80 % 3/8/2014 Kern Davis

NATL: 2:07.68 \$ 8/6/2017 DAN STEPHENSON

1	Reilly, Jeff	62	Egg Harbor Townshi	2:43.62
	38.05		1:19.90	
			2:01.87	
			2:43.62	

**Men 60-64 400 LC Meter Freestyle**

Goodlife: 5:06.95 % 3/10/2018 Kern Davis

NATL: 4:36.85 \$ 8/4/2017 DAN STEPHENSON

1	Matysek, Jim	64	Sarasota	5:33.05
	37.96		1:20.02	
			2:01.50	
			2:44.64	
	3:25.48		4:07.77	
			4:49.98	
			5:33.05	
---	Reilly, Jeff	62	Egg Harbor Townshi	NS

**Men 60-64 200 LC Meter Backstroke**

Goodlife: 2:59.01 % 3/9/2019 John Nixon

NATL: 2:26.12 \$ 8/8/2019 JAMIE FOWLER

1	Treiman, Gerald	63	Salt Lake City	3:05.34
	43.37		1:29.89	
			2:16.59	
			3:05.34	

**Men 60-64 50 LC Meter Breaststroke**

Goodlife: 37.69 % 2/29/2020 Michael Smith

NATL: 31.95 \$ 8/7/2022 DAVID GUTHRIE

1	Matysek, Jim	64	Sarasota	38.13
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**Men 60-64 100 LC Meter Breaststroke**

Goodlife: 1:23.95 % 3/9/2019 Jim Matysek

NATL: 1:11.64 \$ 8/5/2022 DAVID GUTHRIE

1	Matysek, Jim	64	Sarasota	1:24.80
	39.08		1:24.80	

**Men 60-64 200 LC Meter Breaststroke**

Goodlife: 3:02.51 % 3/9/2019 James Matysek

NATL: 2:39.49 \$ 8/6/2022 DAVID GUTHRIE

1	Matysek, Jim	64	Sarasota	3:06.36
	43.00		1:31.37	
			2:19.07	
			3:06.36	

**Men 60-64 50 LC Meter Butterfly**

Goodlife: 28.75 % 3/14/2015 Kevin McCormack

NATL: 27.85 \$ 8/6/2017 TRIP HEDRICK

1	Reilly, Jeff	62	Egg Harbor Townshi	36.03
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**Men 60-64 200 LC Meter IM**

Goodlife: 2:46.77 % 3/12/2016 Kern Davis

NATL: 2:21.99 \$ 8/17/2014 RICK COLELLA

1	Reilly, Jeff	62	Egg Harbor Townshi	3:18.86
	38.97		1:41.21	
			2:35.64	
			3:18.86	

**Men 65-69 50 LC Meter Freestyle**

Goodlife: 28.48 % 3/5/2022 Jack Groselle

NATL: 26.21 \$ 7/6/2018 DOUG MARTIN

1	Smith, Michael	66	Ruskin	29.24
2	Finley, Mark	65	The Villages	30.67

**Men 65-69 100 LC Meter Freestyle**

Goodlife: 1:03.21 % 3/5/2022 Jack Groselle

NATL: 59.49 \$ 8/9/2019 JACK GROSELLE

1	Finley, Mark	65	The Villages	1:12.21
	33.68		1:12.21	

**Men 65-69 200 LC Meter Freestyle**

Goodlife: 2:33.25 % 2/29/2020 Kern Davis

NATL: 2:09.39 \$ 8/6/2017 RICK COLELLA

1	Bernardino, Paul	68	Tarpon Springs	2:36.23
	36.47		1:56.29	
			2:36.23	
2	Gill, Jim	67	Gastonia	2:55.49
	41.56		1:26.20	
			2:10.72	
			2:55.49	

**Men 65-69 400 LC Meter Freestyle**

Goodlife: 5:26.61 % 3/18/2023 Paul Bernardino

NATL: 4:37.70 \$ 8/4/2017 RICK COLELLA

1	Bernardino, Paul	68	Tarpon Springs	5:26.61%
	36.95		1:17.89	
			1:59.13	
			2:41.75	
	3:23.56		4:06.01	
			4:47.07	
			5:26.61	
2	Gill, Jim	67	Gastonia	6:02.17
	41.98		1:28.61	
			2:14.70	
			3:01.37	
	3:46.10		4:32.71	
			5:17.35	
			6:02.17	

**Men 65-69 50 LC Meter Backstroke**

Goodlife: 36.69 % 1992 Paul Hutinger

NATL: 30.95 \$ 7/12/2012 HUGH WILDER

1	Nixon, John	68	St. Petersburg, FL	38.15
2	Securo, Joseph	67	Sarasota	42.08
3	Finley, Mark	65	The Villages	42.34

**Men 65-69 100 LC Meter Backstroke**

Goodlife: 1:20.88 % 2/29/2020 John Nixon

NATL: 1:09.79 \$ 7/8/2012 HUGH WILDER

1	Nixon, John	68	St. Petersburg, FL	1:22.81
	40.03		1:22.81	
2	Securo, Joseph	67	Sarasota	1:30.58
	44.75		1:30.58	
3	Gill, Jim	67	Gastonia	1:36.50
	47.38		1:36.50	

## Good Life Games (Swimming) - 3/18/2023

Recognition# 143-R002

Results - Saturday

**Men 65-69 200 LC Meter Backstroke**

Goodlife: 3:02.02 % 2/29/2020 John Nixon

NATL: 2:32.79 \$ 8/5/2022 DAN STEPHENSON

1	Nixon, John	68	St. Petersburg, FL	3:04.15
				42.79 1:30.37 2:17.98 3:04.15
2	Securo, Joseph	67	Sarasota	3:17.87
				48.24 1:40.11 2:29.72 3:17.87

**Men 65-69 50 LC Meter Breaststroke**

Goodlife: 38.61 % 3/18/2023 Michael Smith

NATL: 33.30 \$ 8/19/2016 RICK COLELLA

1	Smith, Michael	66	Ruskin	38.61%
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**Men 65-69 100 LC Meter Breaststroke**

Goodlife: 1:32.27 % 3/8/2014 Nathan Leech

NATL: 1:14.77 \$ 8/5/2017 RICK COLELLA

---	Smith, Michael	66	Ruskin	NS
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**Men 65-69 50 LC Meter Butterfly**

Goodlife: 31.87 % 3/5/2022 Jack Groselle

NATL: 28.38 \$ 8/8/2021 TRIP HEDRICK

1	Smith, Michael	66	Ruskin	33.32
2	Charrette, Dale	66	The Villages	33.68

**Men 65-69 100 LC Meter Butterfly**

Goodlife: 1:21.05 % 2/29/2020 Kern Davis

NATL: 1:05.83 \$ 8/6/2017 RICK COLELLA

1	Charrette, Dale	66	The Villages	1:31.42
				38.66 1:31.42

**Men 70-74 50 LC Meter Freestyle**

Goodlife: 29.78 % 3/9/2013 Keete Klopwig

NATL: 27.12 \$ 1/20/2023 DOUG MARTIN

1	Winslow, Timothy	73	Leesburg	35.12
---	Patterson, Cliff	71	Safety Harbor	NS

**Men 70-74 100 LC Meter Freestyle**

Goodlife: 1:07.93 % 3/9/2013 Keete Klopwig

NATL: 1:03.32 \$ 8/8/2015 DAVID QUIGGIN

1	Armstrong, Ron	71	The Villages	1:08.73
				33.29 1:08.73

**Men 70-74 400 LC Meter Freestyle**

Goodlife: 5:37.21 % 3/18/2023 Ron Armstrong

NATL: 5:03.56 \$ 8/4/2018 DAN KIRKLAND

1	Armstrong, Ron	71	The Villages	5:37.21%
				37.75 1:20.01 2:02.87 2:47.06
				3:29.35 4:12.54 4:55.04 5:37.21

**Men 70-74 50 LC Meter Backstroke**

Goodlife: 34.93 % 3/5/2022 Lawrence Day

NATL: 33.51 \$ 1/20/2023 BRUCE WILLIAMS

1	Long, Bob	74	Cape Coral	57.55
---	Patterson, Cliff	71	Safety Harbor	NS
---	Winslow, Timothy	73	Leesburg	NS
---	Day, Lawrence	72	Grand Blanc	NS

**Men 70-74 100 LC Meter Backstroke**

Goodlife: 1:16.67 % 3/5/2022 Lawrence Day

NATL: 1:13.49 \$ 8/6/2017 HUGH WILDER

1	Patterson, Cliff	71	Safety Harbor	1:34.42
				45.00 1:34.42

**Men 70-74 50 LC Meter Breaststroke**

Goodlife: 42.34 % 3/13/2010 Donald Puchalski

NATL: 36.21 \$ 10/10/2021 ROBERT WRIGHT

1	Long, Bob	74	Cape Coral	48.45
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**Men 70-74 100 LC Meter Breaststroke**

Goodlife: 1:40.20 % 3/14/2015 Martin Schenk

NATL: 1:21.98 \$ 6/15/2019 PEDER DAHLBERG

1	Long, Bob	74	Cape Coral	1:59.90
				52.76 1:59.90

**Men 70-74 200 LC Meter Breaststroke**

Goodlife: 3:31.33 % 3/9/2019 Nathan Leech

NATL: 3:06.10 \$ 8/11/2019 ALLEN STARK

1	Long, Bob	74	Cape Coral	4:35.19
				59.26 2:10.36 3:22.13 4:35.19

**Men 70-74 50 LC Meter Butterfly**

Goodlife: 32.47 % 3/9/2013 Keete Klopwig

NATL: 29.98 \$ 10/10/2021 LAWRENCE DAY

1	Winslow, Timothy	73	Leesburg	36.71
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**Men 70-74 200 LC Meter Butterfly**

NATL: 2:47.17 \$ 10/9/2021 LAWRENCE DAY

---	Day, Lawrence	72	Grand Blanc	NS
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**Men 70-74 200 LC Meter IM**

Goodlife: 2:55.30 % 3/18/2023 Ron Armstrong

NATL: 2:42.94 \$ 10/10/2021 LAWRENCE DAY

1	Armstrong, Ron	71	The Villages	2:55.30%
				36.45 1:25.39 2:17.53 2:55.30

**Men 75-79 50 LC Meter Freestyle**

Goodlife: 31.42 % 3/9/2013 John Smith

NATL: 29.19 \$ 8/25/2019 DAVID QUIGGIN

1	Simons, Randy	75	The Villages	34.77
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**Men 75-79 100 LC Meter Freestyle**

Goodlife: 1:20.36 % 3/18/2023 Randy Simons

NATL: 1:06.55 \$ 8/9/2019 RICHARD BURNS

1	Simons, Randy	75	The Villages	1:20.36%
				39.64 1:20.36

**Men 75-79 200 LC Meter Freestyle**

Goodlife: 3:15.07 % 3/18/2023 Randy Simons

NATL: 2:25.66 \$ 6/6/2009 DAVID RADCLIFF

1	Simons, Randy	75	The Villages	3:15.07%
				43.75 2:22.76 3:15.07

**Men 75-79 50 LC Meter Backstroke**

Goodlife: 37.70 % 3/9/2013 John Smith

NATL: 34.45 \$ 8/2/2018 RICHARD BURNS

1	Simons, Randy	75	The Villages	44.20
---	Hickey, Kenneth	78	Kissimmee	NS



## Good Life Games (Swimming) - 3/18/2023

Recognition# 143-R002

Results - Saturday

**Men 75-79 100 LC Meter Backstroke**

Goodlife: 1:30.07 % 2000 Paul Hutinger

NATL: 1:17.17 \$ 7/31/2018 RICHARD BURNS

--- Hickey, Kenneth 78 Kissimmee NS

**Men 75-79 200 LC Meter Backstroke**

Goodlife: 3:32.17 % 2001 Paul Hutinger

NATL: 2:50.25 \$ 7/30/2018 RICHARD BURNS

--- Hickey, Kenneth 78 Kissimmee NS

**Men 75-79 50 LC Meter Breaststroke**

Goodlife: 46.66 % 2000 Paul Hutinger

NATL: 38.89 \$ 6/5/2016 MIKE FRESHLEY

1 Sjoberg, Darryl 78 Nokomis 54.40

**Men 75-79 100 LC Meter Breaststroke**

Goodlife: 1:47.14 % 2/29/2020 Mike Freshley

NATL: 1:27.74 \$ 8/18/2016 MIKE FRESHLEY

1 Sjoberg, Darryl 78 Nokomis 2:09.32  
59.94 2:09.32**Men 75-79 200 LC Meter Breaststroke**

Goodlife: 3:57.54 % 2/29/2020 Mike Freshley

NATL: 3:13.93 \$ 8/21/2016 MIKE FRESHLEY

1 Sjoberg, Darryl 78 Nokomis 4:49.53  
1:05.49 2:20.77 3:34.75 4:49.53

--- Hickey, Kenneth 78 Kissimmee NS

**Men 75-79 50 LC Meter Butterfly**

Goodlife: 35.57 % 3/9/2013 John Smith

NATL: 31.75 \$ 8/21/2021 JOEL BURNS

--- Simons, Randy 75 The Villages NS

--- Hickey, Kenneth 78 Kissimmee NS

**Men 75-79 200 LC Meter IM**

Goodlife: 3:32.72 % 2002 Paul Hutinger

NATL: 2:57.66 \$ 8/10/2019 RICHARD BURNS

--- Hickey, Kenneth 78 Kissimmee NS

**Men 80-84 50 LC Meter Freestyle**

Goodlife: 34.22 % 3/10/2018 Tom Verth

NATL: 32.18 \$ 7/1/2017 JEFF FARRELL

1 Oakes, David 83 Sarasota 41.06

2 Laux, Michael 82 Osprey 41.69

3 Schenk, Martin 81 The Villages 43.40

4 Russell, Jon 81 New Port Richey 51.94

--- Freshley, Mike 82 Orlando NS

--- George, Ronnie 83 Naples NS

**Men 80-84 100 LC Meter Freestyle**

Goodlife: 1:19.50 % 3/9/2013 Burwell Jones

NATL: 1:11.82 \$ 8/23/2014 DAVID RADCLIFF

1 Freshley, Mike 82 Orlando 1:29.34  
40.73 1:29.342 Schenk, Martin 81 The Villages 1:47.58  
49.36 1:47.58

--- Oakes, David 83 Sarasota NS

--- Ferinden, James 81 Tampa NS

**Men 80-84 200 LC Meter Freestyle**

Goodlife: 3:58.34 % 3/18/2023 Martin Schenk

NATL: 2:40.22 \$ 8/24/2014 DAVID RADCLIFF

1 Schenk, Martin 81 The Villages 3:58.34%  
50.84 1:52.66 2:54.40 3:58.34

2 Laux, Michael 82 Osprey 4:04.49

59.24 2:02.33 3:05.87 4:04.49

3 Russell, Jon 81 New Port Richey 5:06.68

1:06.47 2:27.36 3:52.81 5:06.68

--- Ferinden, James 81 Tampa NS

**Men 80-84 400 LC Meter Freestyle**

Goodlife: 6:09.06 % 3/9/2013 Burwell Jones

NATL: 5:45.21 \$ 8/23/2015 DAVID RADCLIFF

1 Russell, Jon 81 New Port Richey 10:52.79

1:04.42 2:26.06 3:52.79 5:27.93

6:45.90 8:06.94 9:38.55 10:52.79

--- Ferinden, James 81 Tampa NS

**Men 80-84 50 LC Meter Backstroke**

Goodlife: 40.00 % 3/9/2013 Burwell Jones

NATL: 39.18 \$ 8/8/2015 YOSHI OYAKAWA

1 Oakes, David 83 Sarasota 50.91

2 Russell, Jon 81 New Port Richey 1:04.41

--- Ferinden, James 81 Tampa NS

--- George, Ronnie 83 Naples NS

**Men 80-84 100 LC Meter Backstroke**

Goodlife: 1:36.79 % 2004 Paul Hutinger

NATL: 1:29.06 \$ 8/6/2017 DAVID COSTILL

1 Oakes, David 83 Sarasota 2:04.39

1:00.17 2:04.39

2 Russell, Jon 81 New Port Richey 2:33.63

1:13.77 2:33.63

--- Ferinden, James 81 Tampa NS

**Men 80-84 200 LC Meter Backstroke**

Goodlife: 4:05.58 % 2005 Paul Huntinger

NATL: 3:15.04 \$ 8/5/2017 DAVID COSTILL

1 Russell, Jon 81 New Port Richey 5:30.02

1:14.49 2:42.82 4:09.71 5:30.02

--- Oakes, David 83 Sarasota NS

--- Ferinden, James 81 Tampa NS

--- Laux, Michael 82 Osprey NS

**Men 80-84 50 LC Meter Breaststroke**

Goodlife: 46.31 % 3/5/2022 Mike Freshley

NATL: 42.84 \$ 6/6/2021 MIKE FRESHLEY

1 Freshley, Mike 82 Orlando 46.57

2 Schenk, Martin 81 The Villages 56.51

3 Laux, Michael 82 Osprey 1:03.27

**Men 80-84 100 LC Meter Breaststroke**

Goodlife: 1:46.65 % 3/5/2022 Mike Freshley

NATL: 1:38.19 \$ 8/21/2021 MIKE FRESHLEY

1 Freshley, Mike 82 Orlando 1:49.44

50.22 1:49.44

2 Laux, Michael 82 Osprey 2:09.29

1:02.40 2:09.29

## Good Life Games (Swimming) - 3/18/2023

Recognition# 143-R002

Results - Saturday

**Men 80-84 200 LC Meter Breaststroke**

Goodlife: 3:49.43 % 3/5/2022 Mike Freshley

NATL: 3:34.08 \$ 10/9/2021 MIKE FRESHLEY

1	Freshley, Mike	82	Orlando	4:00.57
	53.39	1:56.69	2:57.41	4:00.57

**Men 80-84 50 LC Meter Butterfly**

Goodlife: 45.53 % 3/9/2013 Burwell Jones

NATL: 38.75 \$ 6/8/2013 CLARKE MITCHELL

1	Laux, Michael	82	Osprey	51.56
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**Men 80-84 200 LC Meter IM**

Goodlife: 3:47.20 % 3/18/2023 Mike Freshley

NATL: 3:24.82 \$ 6/17/2017 DAVID COSTILL

1	Freshley, Mike	82	Orlando	3:47.20%
	52.85	1:56.31	3:47.20	

**Men 90-94 50 LC Meter Freestyle**

Goodlife: 53.28 % 3/10/2018 John Cornell

NATL: 39.19 \$ 6/23/2003 WOODY BOWERSOCK

1	Beach, Robert	93	St Petersburg	1:06.38
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**Men 90-94 100 LC Meter Freestyle**

Goodlife: 2:13.93 % 3/10/2018 John Cornell

NATL: 1:41.87 \$ 5/31/2014 WILLARD LAMB

1	Beach, Robert	93	St Petersburg	2:30.86
	1:10.58	2:30.86		

**Men 90-94 200 LC Meter Freestyle**

Goodlife: 5:17.54 % 3/18/2023 Robert Beach

NATL: 3:41.77 \$ 8/8/2013 WILLARD LAMB

1	Beach, Robert	93	St Petersburg	5:17.54%
	1:09.50	3:53.81	5:17.54	

**Men 90-94 50 LC Meter Backstroke**

Goodlife: 1:10.22 % 3/10/2018 John Cornell

NATL: 51.94 \$ 8/15/2014 ALAN WEEDEN

1	Beach, Robert	93	St Petersburg	1:15.16
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**Men 90-94 100 LC Meter Backstroke**

Goodlife: 2:43.22 % 3/10/2018 John Cornell

NATL: 1:59.92 \$ 5/31/2014 WILLARD LAMB

1	Beach, Robert	93	St Petersburg	2:46.75
	1:18.91	2:46.75		

**Men 90-94 200 LC Meter Backstroke**

Goodlife: 5:59.31 % 3/18/2023 Robert Beach

NATL: 4:20.06 \$ 5/31/2014 WILLARD LAMB

1	Beach, Robert	93	St Petersburg	5:59.31%
	1:23.22	3:00.80	4:27.53	5:59.31

**Mixed 280-319 200 LC Meter Freestyle Relay**

Goodlife: 2:46.93 % 3/18/2023 Sarasota Sharks Masters

J Carson, V Gratsou-Zodl, D Oakes, M Laux

NATL: 2:03.33 \$ 10/9/2021 TAMALPAIS AQUATIC MAS

L VAL, A BERNARD, C DAVIS, R BURNS

1	SHARK-FL	A		2:46.93%
	1) Carson, June W75	2) Gratsou-Zodl, Violetta W53		
	3) Oakes, David M83	4) Laux, Michael M82		
	39.70	1:22.23	2:46.93	