

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

**Recognition# 143-R002**

**Results - Saturday**

**Event 1 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

**Event 1 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

**Event 1 Women 70-74 400 LC Meter IM**  
**Goodlife: 9:46.79 % 3/18/2023 Martha Dennis**  
**NATL: 6:57.34 \$ 8/7/2022 S LOFTUS-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

**Event 2 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%
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**Event 2 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

**Event 2 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

**Event 2 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

**Event 2 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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**Event 2 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
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2 Owen, Mary Catherine A	76 Beverly Hills	1:23.82
3 Assini, Claudia	75 Palm Harbor	1:50.54

**Event 2 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

**Event 2 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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**Event 2 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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**Event 2 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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**Event 2 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
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**Event 2 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

**Event 3 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 Sarasota	3:18.56
	47.95	1:39.24 2:29.51 3:18.56
--- Texel, Paula	53 Clearwater	NS

**Event 3 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

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

Recognition# 143-R002

Results - Saturday

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 3 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

**Event 4 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%
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**Event 4 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
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**Event 4 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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**Event 4 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

**Event 4 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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**Event 4 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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Results - Saturday

**Event 4 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

**Event 4 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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**Event 4 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

**Event 4 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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**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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

**Event 5 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
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**Event 5 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

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

Recognition# 143-R002

Results - Saturday

**(Event 5 Men 80-84 100 LC Meter Backstroke)**

2	Russell, Jon	81	New Port Richey	2:33.63
	1:13.77	2:33.63		
---	Ferinden, James	81	Tampa	NS

**Event 5 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		

**Event 6 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

**Event 6 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

**Event 6 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

**Event 6 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

**Event 6 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	

**Event 6 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

**Event 6 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

**Event 6 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
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**Event 6 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	

**Event 7 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%
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**Event 7 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

**Event 7 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

**Event 7 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

**Event 7 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

**Event 7 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

**Event 7 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

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

Recognition# 143-R002

Results - Saturday

**Event 7 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

**Event 7 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

**Event 7 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

**Event 7 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%

**Event 7 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

**Event 7 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

**Event 7 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

**Event 7 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

**Event 7 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

**Event 8 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

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**(Event 8 Men 80-84 100 LC Meter Breaststroke)**

2 Laux, Michael 82 Osprey 2:09.29  
1:02.40 2:09.29

**Event 9 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

**Event 9 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

**Event 9 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

**Event 9 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

**Event 9 Men 70-74 200 LC Meter Butterfly**

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

--- Day, Lawrence 72 Grand Blanc NS

**Event 10 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

**Event 10 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

**Event 10 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

--- Nylén, Ruth Ann 67 Land O Lakes NS

**Event 10 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

**Event 10 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

**Event 10 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

**Event 10 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

**Event 10 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

**Event 10 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

**Event 10 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

**Event 10 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

**Event 10 Men 80-84 200 LC Meter Backstroke**

Goodlife: 4:05.58 % 2005 Paul Hutinger  
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

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**Event 10 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

**Event 11 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		

**Event 11 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	Sarasota	1:29.88
	43.82	1:29.88		

**Event 11 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		

**Event 11 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		

**Event 11 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

**Event 11 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		

**Event 11 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		

**Event 11 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		

**Event 11 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		

**Event 11 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		

**Event 11 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		

**Event 11 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		

**Event 11 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		

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**Event 11 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

**Event 11 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 1:29.34
2	Schenk, Martin	81	The Villages	1:47.58
				49.36 1:47.58
---	Oakes, David	83	Sarasota	NS
---	Ferinden, James	81	Tampa	NS

**Event 11 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

**Event 12 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

**Event 12 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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**Event 12 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

**Event 12 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

**Event 12 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

**Event 12 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

**Event 13 Women 45-49 100 LC Meter Butterfly**

NATL: 1:04.96 \$ 8/6/2014 WENKE SEIDER

---	Taback, Megyn	49	Coral Springs	NS
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**Event 13 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

**Event 13 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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**Event 13 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

**Event 13 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

**Event 14 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

**Event 14 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

**Event 14 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

**Event 14 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

**Event 14 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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**Event 14 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

**Event 14 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

**Event 14 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%

**Event 14 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

**Event 14 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

**Event 14 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

**Event 14 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

**Event 14 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

**Event 15 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 W5:  
 3) Oakes, David M83 4) Laux, Michael M82  
 39.70 1:22.23 2:46.93

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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

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

Recognition# 143-R002

Results - Saturday

**Event 17 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			

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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

**Event 17 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