

JUNIOR PAN PACIFIC CHAMPIONSHIPS

GUAM

JANUARY 8-12, 2009

TELSTRA DOLPHINS

TEAM PROFILES



MEN

CHRISTOPHER ASHWOOD

DOB: November 29, 1991

AGE: 17

BORN: Sydney, NSW

LIVES: Sydney, NSW

HGT: 191cm

WGT: 76kg

Club/Institute: SOPAC, NSW/NSWIS

Trains (pool): SOPAC, NSW

Coach: Tony Shaw

Personal Best Times:

200m freestyle: 1:55.26

400m freestyle: 4:00.35

800m freestyle: 8:12.42

1500m freestyle: 15:25.89

Education: St Patrick's College Strathfield, Year 12

DANIEL CROOK

DOB: February 28, 1990

AGE: 18

BORN: Melbourne, Australia

LIVES: Melbourne, Australia

HGT: 185cm

WGT: 82kg

Club/Institute: Melbourne Vicentre VIC

Trains (pool): MSAC

Coach: Ian Pope

Personal Best Times:

100m breaststroke: 1:04.01

100m backstroke: 58.73

200m IM: 2:10.14

Education: Narara Valley High School (Graduated 2007)

TOMMASO D'ORSOGNA

DOB: December 29, 1990

AGE: 18

BORN: Perth, WA

LIVES: Canberra, ACT

HGT: 189cm

WGT: 82kg

Club/Institute: West Coast, WA/AIS

Trains (pool): AIS

Coach: John Fowlie

Personal Best Times:

100m freestyle: 49.75

200m freestyle: 1:49.34

200m IM: 2:07.37

Education: Australian National University, Medical Science

THOMAS FRASER-HOLMES

DOB: October 9, 1991

AGE: 17

BORN: Newcastle, NSW

LIVES: Canberra, ACT

HGT: 191cm

WGT: 78kg

Club/Institute: Hunter, NSW/AIS

Trains (pool): AIS

Coach: Vince Raleigh

Personal Best Times:

200m freestyle: 1:51.73

400m freestyle: 3:56.05

200m IM: 2:07.39

400m IM: 4:23.82

Education: Lake Ginninderra College, Year 12

JARED GOLDTHORPE

DOB: April 4, 1990

AGE: 18

BORN: Kogarah Sydney, Australia

LIVES: Maroubra

HGT: 191cm

WGT: 81.36kg

Club/Institute: Bayside/NSWIS

Trains (pool): Des Renford Aquatic Centre

Coach: Jon Shaw

Personal Best Times:

100m backstroke: 56.33

200m backstroke: 2:01.28

100m freestyle: 51.71

200m freestyle: 1:51.74

Education: Australian College of Physical Education (Bachelor of Education)

JAYDEN HADLER

DOB: September 23, 1993

AGE: 15

BORN: Joondalup, WA

LIVES: Redcliffe, QLD

HGT: 184cm

WGT: 84kg

Club/Institute: Commercial, QLD

Trains (pool): Sleeman Aquatic Centre, QLD

Coach: Brant Best

Personal time Times:

100m freestyle: 52.11

100m butterfly: 53.61

200 butterfly: 1:58.67

200m IM: 2:03.76

Education: Southern Cross Catholic College, Scarborough (Year 11)

ALEX KELSHAW

DOB: May 29, 1991

AGE: 17

BORN: Penrith, NSW

LIVES: Penrith, NSW

HGT: 186cm

WGT:85kg

Club/Institute: Blacktown City, NSW

Trains (pool): Blacktown Aquatic Centre

Coach: Chris Myers

Personal Best Times:

100m freestyle: 53.10

50m backstroke: 28.15

100m backstroke: 58.38

200m backstroke: 2:04.10

Education: Erskine Park High School (2008 Year 12 graduate). Apprentice Fitter and Machinist

JARROD KILLEY

DOB: February 6, 1991

AGE: 17

BORN: Newcastle

LIVES: Newcastle

HGT: 183cm

WGT: 65kg

Club/Institute: Hunter, NSW

Trains (pool): Arnold's Swim Centre

Coach: Shane Arnold

Personal Best Times:

100m freestyle: 53.43

400m freestyle:4:05.28

800m freestyle: 8.31.43

1500free:16:05.60

Education: St Francis Xavier College

RHYS MAINSTONE

DOB: February 27, 1990

AGE: 18

BORN: Stirling W.A

LIVES: Perth, WA

HGT: 180cm

WGT: 74kg

Club/Institute: City of Perth, WAIS

Trains (pool): Challenge Stadium, Perth

Coach: Matt Magee

Personal Best Times:

50m freestyle: 24.30

100m freestyle: 54.60

400m freestyle: 4:02.04

1500m freestyle: 15.53.54

10 km: 1.56.23

Education: Newman College (2007 Graduate)

HAYDEN MCEVOY

DOB: September 27, 1991

AGE: 17

BORN: Gold Coast, QLD

LIVES: Gold Coast, QLD

HGT: 183cm

WGT: 77 kg

Club/Institute: Southport Olympic, QLD

Trains (pool): Southport Olympic, QLD

Coach: Glenn Baker

Personal Best Times:

50 freestyle: 23.30

100 freestyle: 50.32

200 freestyle: 1.53.01

50m butterfly: 25.62

100m butterfly: 56.48

Education: Emmanuel College Graduate (2008)

NED MCKENDRY

DOB: July 4, 1992

AGE: 16

BORN: Brisbane, QLD

LIVES: Brisbane, QLD

HGT: 185cm

WGT: 76kg

Club/Institute: St Peters Western, QLD

Trains (pool): St Peters Western, QLD

Coach: Michael Bohl

Personal Best Times:

100m freestyle: 51.48

200m freestyle: 1:51.16

400m freestyle: 3:57.69

800m freestyle: 8:42.84

100m butterfly: 55.32

200m butterfly: 2:03.52

Education: Brisbane Grammar School, Year 12

JEREMY MEYER

DOB: April 30, 1991

AGE: 17

BORN: Sydney, NSW

LIVES: Sale, VIC

HGT: 186cm

WGT: 83kg

Club/Institute: Traralgon, VIC/VIS

Trains (pool): Churchill Leisure Centre, Victoria

Coach: Brian Ford

Personal Best Times:

100m breaststroke: 1:03.89

200m breaststroke: 2:18.81

200m IM: 2:10.35

Education: Gippsland Grammar, VIC (Year 12)

RYAN NAPOLEON

DOB: May 26, 1990
AGE: 18
BORN: Sydney, NSW
LIVES: Brisbane, QLD
HGT: 187cm
WGT: 84kg
Club/Institute: St Peters Western/QAS
Trains (pool): St Peters Western
Coach: Michael Bohl
Personal Best Times:
100m Freestyle: 50.66
200m Freestyle: 1:48.94
400m Freestyle: 3:52.86
Education: St Peters Western Lutheran College 2007

GEORGE O'BRIEN

DOB: December 13, 1991
AGE: 17
BORN: Brisbane, QLD
LIVES: Brookfield, QLD
HGT: 183cm
WGT: 77kg
Club/Institute: Brisbane Jets, QLD
Trains (pool): Langlands Park Pool (Joe King Memorial)
Coach: Dean Pugh
Personal Best Times:
200m freestyle: 1:55.61
400m freestyle: 4:00.88
800m freestyle: 8:20.07
1500m freestyle: 15:57.64
Education: Gregory Terrace (Year 12)

DECLAN POTTS

DOB: March 13, 1992
AGE: 16
BORN: Plymouth, England
LIVES: Adelaide, SA
HGT: 188cm
WGT: 87.5kg
Club/Institute: Norwood, SA/SASI
Trains (pool): Adelaide Aquatic Centre
Coach: Peter Bishop
Personal Best Times:
100m freestyle: 53.73
200m freestyle: 1:51.48
400 freestyle: 3:58.18
800m freestyle: 8:19.23
200 IM: 2:13.88
400m IM: 4:23.08 (Aust. 16 years rec)
200m butterfly: 1:59.92
200m backstroke: 2:04.14
Education: Pembroke School, SA (Year 12)

DANIEL SMITH

DOB: May 25, 1991

AGE: 17

BORN: Baulkham Hills, NSW

LIVES: Gold Coast, QLD

HGT: 190cm

WGT: 82kg

Club/Institute: Pro-Ma Miami, QLD/QAS

Trains (pool): Miami (Pizzey Park), QLD

Coach: Denis Cotterell

Personal Best Times:

50m freestyle: 24.10

100m freestyle: 49.65

200m freestyle: 1:49.27

400m freestyle: 3:54.15

Education: 3rd year apprentice Marine Mechanic

LACHLAN STAPLES

DOB: May 19, 1990

AGE: 18

BORN: Gosford, NSW

LIVES: Kincumber, NSW

HGT: 183cm

WGT: 80kg

Club/Institute: KingSwim, NSW/NSWIS

Trains (pool): Berkeley Vale Aquatic Centre, NSW

Coach: Zane King

Personal Best Times:

50m freestyle: 24.87

100m freestyle: 51.98

100m butterfly: 53.63

200m butterfly: 1:58.67

Education: Kincumber High (Graduated 2007); (Lifeguard/Learn-to-surf instructor - Gosford City Council).

WOMEN

JESSICA ASH

DOB: November 5, 1990

AGE: 18

BORN: Adelaide, SA

LIVES: Adelaide, SA

HGT: 164cm

WGT: 54kg

Club/Institute: Norwood SA/SASI

Trains (pool): Adelaide Aquatic Centre, SA

Coach: Peter Bishop

Personal Best Times:

100m butterfly: 1:00.42

200m butterfly: 2:13.38

50m freestyle: 26.76

100m freestyle: 57.47

200m freestyle: 2:04.19

Education: Marden Senior College (Year 12)

BELINDA BENNETT

DOB: June 30, 1992

AGE: 16

BORN: Mount Waverley, VIC

LIVES: Glen Iris, VIC

HGT: 168.5cm

WGT: 60kg

Club/Institute: Nunawading, VIC

Trains (pool): Nunawading Aqualink, VIC

Coach: Nick Veliades

Personal Best Times:

50m freestyle: 27.09

100m freestyle: 58.12

200m freestyle: 2:05.03

400m freestyle: 4:21.58

800m freestyle: 8:53.24

1500m freestyle:

Education: Wesley College, Glen Waverley

DANIELLE DEFRANCESCO

DOB: May 26, 1992

AGE: 16

BORN: Whittington, Victoria

LIVES: Gold Coast, QLD

HGT: 172cm

WGT: 58kg

Club/Institute: Pro-Ma Miami

Trains (pool): Miami (Pizzey Park)

Coach: Denis Cotterell

Personal Best Times:

400m freestyle: 4.25.83

800m freestyle: 8:58.50

1500 freestyle: 17.35.00

Education: Miami State High School, QLD

BRITTANY ELMSLIE

DOB: June 19, 1994

AGE: 14

BORN: Nambour, QLD

LIVES: Noosa, QLD

HGT: 178cm

WGT: 65kg

Club/Institute: Noosa Swim Club, QLD

Trains (pool): Noosa Aquatic Centre, QLD

Coach: Brian Stehr

Personal Best Times:

50m freestyle: 25.89

100m freestyle: 55.85

200m freestyle: 2:04.80

Education: Good Shepherd Lutheran College, Noosa

BLAIR EVANS

DOB: April 3, 1991

AGE: 17

BORN: Perth, WA

LIVES: Perth, WA

HGT:

WGT:

Club/Institute: City of Perth, WA

Trains (pool): Beatty Park/Challenge Stadium

Coach: Matt Magee

Personal Best Times:

200m freestyle: 2:03.48

400m freestyle: 4:16.64

800m freestyle: 8:44.72

200m IM: 2:18.04

400m IM: 4:47.86

Education: Sacred Heart College Sorrento (2008)

ELLEN FULLERTON

DOB: November 12, 1992

AGE: 16

BORN: Sunshine Coast, QLD

LIVES: Gold Coast, QLD

HGT: 168.5cm

WGT: 58kg

Club/Institute: Pro-Ma Miami, QLD

Trains (pool): Miami (Pizzey Park)

Coach: Denis Cotterell

Personal Best Times:

100m freestyle: 56.59

200m freestyle: 1:59.32

400m freestyle: 4.14.09

200m IM: 2.14.73

400m IM: 4.41.17 (Aust. 16 years rec)

Education: All Saints Anglican School.

AMY LEVINGS

DOB: January 8, 1992

AGE: 17

BORN: Bundaberg, QLD

LIVES: Gold Coast, QLD

HGT: 165cm

WGT: 55kg

Club/Institute: Pro-Ma Miami Swimming Club, QLD

Trains (pool): Miami (Pizzey Park)

Coach: Denis Cotterell

Personal Best Times:

100 free: 57.85

200 free: 2.03.20

400 free: 4.19.33

100 fly: 1.01.67

200 fly: 2.14.68

200 IM: 2.18.43.

400 IM: 4.49.18

Education: Marymount College, Gold Coast

GRACE LOH

DOB: August 1, 1991

AGE: 17

BORN: Melbourne, Australia

LIVES: Melbourne, Australia

HGT:

WGT: 62kg

Club/Institute: Melbourne Vicentre & VIS

Trains (pool): MSAC

Coach: Ian Pope

Personal Best Times:

100m backstroke: 1.01.36

200m backstroke: 2:18.45

Education: Haileybury College, Year 12

SAMANTHA MARSHALL

DOB: August 12, 1992
AGE: 16
BORN: Sydney, NSW
LIVES: Sydney, NSW
HGT: 174cm
WGT: 64kg
Club/Institute: Cook and Phillip, Sydney/NSWIS
Trains (pool): Cook and Phillip, Sydney
Coach: Steve Garner
Personal Best Times:
50m breaststroke: 32.01
100m breaststroke: 1:08.42
200m breaststroke: 2:28.49
100m butterfly: 1.05.34
Education: SCEGGS Darlinghurst (Year 11)

JENNI O'NEIL

DOB: December 13, 1991
AGE: 17
BORN: Whyalla, SA
LIVES: Adelaide, SA
HGT: 168cm
WGT: 57kg
Club/Institute: Norwood, SA
Trains (pool): Adelaide Aquatic Centre, SA
Coach: Peter Bishop
Personal Best Times:
100m freestyle: 59.89
50m backstroke: 30.60
100m backstroke: 1:04.45
200m backstroke: 2:16.78
200m IM: 2:24.68
Education: Tyndale Christian School, Year 12

TIFFANY PAPAEMANOUIL

DOB: March 24, 1991
AGE: 17
BORN: Adelaide, Australia
LIVES: Adelaide, Australia
HGT: 170cm
WGT: 60kg
Club/Institute: Norwood Swimming Club/SASI
Trains (pool): Adelaide Aquatic Centre
Coach: Peter Bishop
Personal Best Times:
100m freestyle: 57.29
200m freestyle: 2:02.40
200m IM: 2:17.68
400m IM: 4:55.43
200m backstroke: 2:20.83
Education: Graduated from Walford Anglican School For Girls (2008)

AMY SMITH

DOB: February 13, 1990

AGE: 18

BORN: Brisbane, QLD

LIVES: Brisbane, QLD

HGT: 168cm

WGT: 65kg

Club/Institute: St Peters Western/QAS

Trains (pool): St Peters Western

Coach: Michael Bohl

Personal Best Times:

50m butterfly: 27.36

100m butterfly: 59.78

200m butterfly: 2:09.63

Education: University of Queensland, Bachelor of Science (Second Year)

BRIDGETTE-ROSE TAYLOR

DOB: January 14, 1990

AGE: 18

BORN: Brisbane, QLD

LIVES: Brisbane, QLD

HGT: 172cm

WGT: 60kg

Club/Institute: Brothers, QLD

Trains (pool): Nudgee College, QLD

Coach: Matt Brown

Personal Best Times:

100m backstroke: 1:01.84

200m backstroke: 2:15.43

Education: University of Queensland (Pharmacy, 2009)

TESSA WALLACE

DOB: September 9, 1993

AGE: 15

BORN: Buderim, QLD

LIVES: Caloundra, QLD

HGT: 171cm

WGT: 54kg

Club/Institute: Pelican Waters Caloundra, QLD

Trains (pool): Caloundra Aquatic Lifestyle Centre, QLD

Coach: John Wallace (father)

Personal Best Times:

100m breaststroke: 1:09.41

200m breaststroke: 2:29.03

Education: Matthew Flinders Anglican College, Buderim

ELLESE ZALEWSKI

DOB: November 21, 1991

AGE: 17

BORN: Melbourne, VIC

LIVES: Melbourne, VIC

HGT: 180cm

WGT: 70kg

Club/Institute: Nunawading VIC/VIS

Trains (pool): Nunawading Aqualink

Coach: Rohan Taylor

Personal Best Times:

50m freestyle: 25.61

100m freestyle: 55.78

200m freestyle: 2:00.51

100m butterfly: 59.82

Education: St Catherine's School, Toorak

Head Coach: Alan Thompson

Open Water Head Coach: Greg Towle

Coaches: Peter Bishop (Norwood, SA), Denis Cotterell (Pro-Ma Miami, QLD), Stephen Garner (Cook & Philip, NSW), Zane King (KingSwim, NSW), Matt Magee, (City of Perth, WA), Jon Shaw (Bayside Swim, NSW), Nick Veliades (Nunawading, VIC).

Support Staff: Raelene Ryan (Manager), Nic Baker (Assistant Manager), Jim Bonstock (Physiotherapist), Jessica Coronos (Sports Science), Ian Hanson (Media Manager).