

# National Age 2009



13-18 April 2009

## National Report

The MLC Marlins finished 20th at the National Age Championships winning 4 gold, and two silver medals with numerous top ten positions. Marlins swimmers broke a National Age Record and a State record.



**Te Haumi Maxwell and Caitlin Sinclair** both won two individual gold. Te Haumi in the 50m and 100m Freestyle and Caitlin in the 100m and 200m Backstroke events. Te Haumi broke his own National 50m Freestyle whilst representing NSW in the State Relay. Swimming the first leg Te Haumi blitzed the field and swam an outstanding time of 23.46 seconds. His performances won him a place on the National Age “All Star” team.

Te Haumi won two individual silver medals in the 100m Butterfly and the 100m Backstroke and represented the MLC Marlins and the State in four relays, winning silver in both of the State relays and a 4th in the 4x50m Free relay (Peter Totidis, Edward Marks, Bilal Dannaoui, Te Haumi Maxwell) and 6th in the Medley 4x50m relay (Te Haumi Maxwell, Alexander O’Hare, Edward Marks, Peter Totidis).

Caitlin Sinclair also achieved top ten finishes in the 100m Butterfly and 200m Individual Medley. Caitlin swam 3 relays for the MLC Marlins finishing 8th in the 4x100m Free relay (Ha-Yeon Lee, Melanie Tan, Caitlin Sinclair and Suay Toprak) and 5th in the 4x100m Medley Relay Team (Caitlin Sinclair, Melanie Tan, Ha-Yeon Lee, Suay Toprak).



Suay Toprak also swam well finishing with 5 individual top ten finishes:

5th, 800m Freestyle (personal best), 5th, 400m Freestyle (personal best), 5th, 400m Individual Medley (personal best), 6th, 200m Freestyle (personal best), 6th 200m Individual Medley (personal best).

## Day by Day Highlights



**Day one:** Suay Toprak swam a nine second personal best to finish 5<sup>th</sup> in the 800m freestyle. Te Haumi Maxwell swam a 1.5 second personal best to win silver in the 100m Butterfly.

**The 16 and under girls medley relay team finished second breaking the State relay record (Caitlin Sinclair (Back), Melanie Tan (Breaststroke), Ha-Yeon Lee (Butterfly), Suay Toprak (Freestyle).** Peter Totidis swam the 200m free and Michael Ajaka competing in his last national age championships swam the 17/18 years 100m Breaststroke.

**Day Two:** Mel Tan swam personal best swim in the 50m Freestyle and 100m Breaststroke. Twelve year on Edward Marks swimming in the 13 and under age group swam a personal best time in the 100m butterfly to finish 11<sup>th</sup>, missing the final by 0.01. The 14 and under relay teams did well the 4x50m free girls relay team did well to improve their times (Sarah Tuckerman, Cynthia Liang, Elizabeth Tiems and Annie Tapscott). The boys freestyle team won bronze in a time of 1:43.93. Team members Peter Totidis, Edward Marks, Bilal Dananoui and TeHaumi Maxwell, all swimmers swam their fastest ever 50m. Suay Toprak swam the 100m Free and the 200m Butterfly.



**Day Three:** Caitlin Sinclair and Melanie Tan swam in the 16 years 100m Backstroke. Caitlin Sinclair won with Mel 6<sup>th</sup> (personal best time). Next Suay Toprak in the 15 years 400m Freestyle finished 5<sup>th</sup> followed by Te Haumi Maxwell's win in the 14 years 100m Freestyle. The 14 & under male medley relay team (TeHaumi Maxwell, Alexander O'Hare, Edward Marks and Peter Totidis) finished 6<sup>th</sup> improving their entry time. The Female Medley relay team (Sarah Tuckerman, Emily Klepac, Elizabeth Tiems and Cynthia Liang) improved their time to finish

31<sup>st</sup>. The female 16 and under Freestyle relay team finished 8<sup>th</sup> in the 4x100m Free relay (Ha-Yeon Lee, Melanie Tan, Caitlin Sinclair and Suay Toprak). Melanie Tan Swam a personal best in the 50m Freestyle in the heats.

**Day Four:** Te Haumi Maxwell won gold in the 50m Freestyle (14 years). Suay Toprak finished 5<sup>th</sup> in the 15 years 400m Individual Medley. Edward Marks swam a personal best to improve his ranking and finish 13<sup>th</sup> in the 100m Freestyle.

**Day Five:** Te Haumi Maxwell breaks the National 50m Freestyle record and wins silver in representing NSW in the 14 & under State Freestyle Relay. Te Haumi Maxwell wins a silver in the 100m Backstroke. Suay Toprak finished 6<sup>th</sup> in the 200m Freestyle (personal best). Caitlin Sinclair finishes 9<sup>th</sup> in the 100m butterfly and 200m Individual Medley. Cynthia Liang and Edward Marks swim personal bests in the 50m Freestyle.

**Day Six:** Caitlin Sinclair wins the 200m Backstroke. Suay Toprak finishes 6<sup>th</sup> in the 200m Individual Medley (personal best). Te Haumi Maxwell wins silver in representing NSW in the 14 & under State Medley Relay swimming freestyle.