

3 400m Freestyle Women Final

Official

NZR

Open New Zealand Long Course Record

3:59.44 2024-02-02
Doha, Qatar

Erika Fairweather
 Neptune Swim Club

18yr
NZR

18 Years New Zealand Long Course Record

4:03.84 2022-03-08

Erika Fairweather
 Neptune Swim Club

17yr

17 Years New Zealand Long Course

~~4:02.28~~ 2021-04-08

Erika Fairweather

Show more

☰ Qualified 1 ☰ Heats 🏊 Summary

1 Final 13 years

Official

heat Started at: 04:53 PM (+ 4 min)

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	Stella Harper	13	Wanaka Swim...	+0.79		9	4:54.02 Entry: 4:56.89
	50m: 33.00 100m: 1:09.63 (36.63)		150m: 1:47.28 (37.65)				
	200m: 2:25.13 (37.85) 250m: 3:03.24 (38.11)		300m: 3:41.13 (37.89)				
	350m: 4:18.68 (37.55) 400m: 4:54.02 (35.34)						
1	Sophie Peters	13	Hamilton Aquat...	+0.75		7	4:52.94 Entry: 4:55.97
	50m: 32.08 100m: 1:08.44 (36.36)		150m: 1:45.63 (37.19)				
	200m: 2:22.97 (37.34) 250m: 3:01.12 (38.15)		300m: 3:38.59 (37.47)				
	350m: 4:17.26 (38.67) 400m: 4:52.94 (35.68)						
2	Maeve McDonnell	13	Howick Pakura...	+0.58		5	4:50.98 Entry: 4:54.05
	50m: 33.40 100m: 1:09.21 (35.81)		150m: 1:45.98 (36.77)				
	200m: 2:22.98 (37.00) 250m: 3:00.51 (37.53)		300m: 3:37.56 (37.05)				
	350m: 4:15.06 (37.50) 400m: 4:50.98 (35.92)						
3	Lusia Laa Ah Scha (V)	13	Dumbea New ...	+0.94		6	4:51.72 Entry: 4:52.84
	50m: 33.56 100m: 1:09.54 (35.98)		150m: 1:45.89 (36.35)				
	200m: 2:22.99 (37.10) 250m: 3:00.30 (37.31)		300m: 3:37.79 (37.49)				
	350m: 4:15.40 (37.61) 400m: 4:51.72 (36.32)						
4	Indy Leeds	13	North Canterb...	+0.75		1	4:42.17 Entry: 4:45.66
	50m: 31.68 100m: 1:06.63 (34.95)		150m: 1:42.61 (35.98)				
	200m: 2:18.88 (36.27) 250m: 2:55.19 (36.31)		300m: 3:31.35 (36.16)				
	350m: 4:07.15 (35.80) 400m: 4:42.17 (35.02)						
5	Millie Skidmore	13	Trojans Swim ...	+0.66		3	4:48.40 Entry: 4:52.61
	50m: 31.78 100m: 1:07.43 (35.65)		150m: 1:43.51 (36.08)				
	200m: 2:20.49 (36.98) 250m: 2:57.08 (36.59)		300m: 3:34.41 (37.33)				
	350m: 4:12.10 (37.69) 400m: 4:48.40 (36.30)						
6	Olivia Vivian	13	Wharenui Swi...	+0.70		4	4:49.26 Entry: 4:53.11
	50m: 31.81 100m: 1:08.02 (36.21)		150m: 1:44.35 (36.33)				
	200m: 2:21.85 (37.50) 250m: 2:59.41 (37.56)		300m: 3:37.82 (38.41)				
	350m: 4:14.34 (36.52) 400m: 4:49.26 (34.92)						
7	Tandia Fisher	13	Wharenui Swi...	+0.62		2	4:44.59 Entry: 4:54.77
	50m: 31.57 100m: 1:07.91 (36.34)		150m: 1:43.92 (36.01)				
	200m: 2:21.16 (37.24) 250m: 2:57.27 (36.11)		300m: 3:34.06 (36.79)				
	350m: 4:09.58 (35.52) 400m: 4:44.59 (35.01)						
8	Helena Yule	13	Phoenix Aquatics	+0.70		8	4:53.97 Entry: 4:56.10
	50m: 33.04 100m: 1:09.44 (36.40)		150m: 1:46.39 (36.95)				

200m: 2:23.75 (37.36) 250m: 3:01.72 (37.97) 300m: 3:39.44 (37.72)
350m: 4:17.25 (37.81) 400m: 4:53.97 (36.72)

9	Brooke Humphries	13	North Shore S... +0.67	10	4:55.31 Entry: 4:58.00
	50m: 33.96	100m: 1:10.86 (36.90)	150m: 1:48.40 (37.54)		
	200m: 2:26.25 (37.85)	250m: 3:04.08 (37.83)	300m: 3:41.88 (37.80)		
	350m: 4:19.18 (37.30)	400m: 4:55.31 (36.13)			

2 Final 14 years

heat Started at: 05:01 PM (+ 5 min)

Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	Sophia Maltai-Spence	14	Liz van Welie A... +0.68	8	5:01.12 Entry: 5:13.29		
	50m: 33.04	100m: 1:10.62 (37.58)	150m: 1:49.30 (38.68)				
	200m: 2:27.98 (38.68)	250m: 3:06.32 (38.34)	300m: 3:45.91 (39.59)				
	350m: 4:23.73 (37.82)	400m: 5:01.12 (37.39)					

1	Pippa Jory	14	Jasi Swim Club +0.76	7	4:59.44 Entry: 5:03.26
	50m: 34.44	100m: 1:12.39 (37.95)	150m: 1:50.23 (37.84)		
	200m: 2:28.78 (38.55)	250m: 3:06.87 (38.09)	300m: 3:45.60 (38.73)		
	350m: 4:22.94 (37.34)	400m: 4:59.44 (36.50)			

2	Laura Menzies	14	Selwyn Swim ... +0.78	6	4:54.75 Entry: 4:52.94
	50m: 32.13	100m: 1:08.29 (36.16)	150m: 1:46.72 (38.43)		
	200m: 2:24.94 (38.22)	250m: 3:02.87 (37.93)	300m: 3:40.46 (37.59)		
	350m: 4:18.25 (37.79)	400m: 4:54.75 (36.50)			

3	Bella McEntyre	14	Taieri Swimmin... +0.70	3	4:43.09 Entry: 4:49.63
	50m: 31.08	100m: 1:05.72 (34.64)	150m: 1:41.48 (35.76)		
	200m: 2:17.48 (36.00)	250m: 2:54.31 (36.83)	300m: 3:31.28 (36.97)		
	350m: 4:08.19 (36.91)	400m: 4:43.09 (34.90)			

4	Kiri Yamagami	14	Club 37 +0.77	1	4:39.23 Entry: 4:46.61
	50m: 31.08	100m: 1:06.42 (35.34)	150m: 1:41.20 (34.78)		
	200m: 2:16.51 (35.31)	250m: 2:51.73 (35.22)	300m: 3:28.12 (36.39)		
	350m: 4:04.29 (36.17)	400m: 4:39.23 (34.94)			

5	Paige Conley	14	Whanganui Sw... +0.72	2	4:40.13 Entry: 4:47.15
	50m: 31.52	100m: 1:06.79 (35.27)	150m: 1:42.34 (35.55)		
	200m: 2:17.72 (35.38)	250m: 2:54.02 (36.30)	300m: 3:30.23 (36.21)		
	350m: 4:05.97 (35.74)	400m: 4:40.13 (34.16)			

6	Luisa Palmer	14	Wanaka Swim... +0.67	4	4:47.68 Entry: 4:52.57
	50m: 32.71	100m: 1:08.44 (35.73)	150m: 1:44.59 (36.15)		
	200m: 2:21.44 (36.85)	250m: 2:57.99 (36.55)	300m: 3:35.07 (37.08)		
	350m: 4:11.61 (36.54)	400m: 4:47.68 (36.07)			

7	Tessa Scott	14	St Paul's Swim... +0.58	5	4:51.03 Entry: 4:55.70
	50m: 32.20	100m: 1:08.06 (35.86)	150m: 1:44.53 (36.47)		
	200m: 2:21.82 (37.29)	250m: 2:59.09 (37.27)	300m: 3:37.08 (37.99)		
	350m: 4:14.07 (36.99)	400m: 4:51.03 (36.96)			

8	Keyla Kaddour (V)	14	Dumbea New ... +0.78	9	5:02.95 Entry: 5:06.05
	50m: 32.81	100m: 1:09.48 (36.67)	150m: 1:47.46 (37.98)		
	200m: 2:26.67 (39.21)	250m: 3:06.02 (39.35)	300m: 3:45.55 (39.53)		
	350m: 4:24.55 (39.00)	400m: 5:02.95 (38.40)			

3 Final 15 years

heat Started at: 05:08 PM (+ 5 min)

Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	Meila Gwiazdzinski	15	Stratford Flyer... +0.71	10	4:48.85		

50m: 30.71 100m: 1:05.27 (34.56) 150m: 1:41.49 (36.22)
 200m: 2:18.70 (37.21) 250m: 2:55.77 (37.07) 300m: 3:33.85 (38.08)
 350m: 4:11.51 (37.66) 400m: 4:48.85 (37.34)

1 **Heidi Winter** 15 **Alexandra Swi...** +0.71 **7** **4:47.03**
 Entry: 4:48.25

50m: 30.24 100m: 1:05.59 (35.35) 150m: 1:41.80 (36.21)
 200m: 2:18.87 (37.07) 250m: 2:56.09 (37.22) 300m: 3:33.81 (37.72)
 350m: 4:10.94 (37.13) 400m: 4:47.03 (36.09)

2 **Marianne Denamiel (V)** 15 **New Caledonia** +0.79 **5** **4:42.64**
 Entry: 4:43.16

50m: 32.00 100m: 1:06.81 (34.81) 150m: 1:42.06 (35.25)
 200m: 2:18.21 (36.15) 250m: 2:54.49 (36.28) 300m: 3:31.36 (36.87)
 350m: 4:07.56 (36.20) 400m: 4:42.64 (35.08)

3 **Charlotte Aburn** 15 **Neptune Swim ...** +0.71 **2** **4:32.52**
 Entry: 4:40.88

50m: 30.63 100m: 1:04.18 (33.55) 150m: 1:38.69 (34.51)
 200m: 2:13.68 (34.99) 250m: 2:49.03 (35.35) 300m: 3:25.18 (36.15)
 350m: 3:59.53 (34.35) 400m: 4:32.52 (32.99)

4 **Ava Wilson** 15 **Coast Swimmi...** +0.72 **1** **4:32.39**
 Entry: 4:38.92

50m: 30.23 100m: 1:03.75 (33.52) 150m: 1:37.67 (33.92)
 200m: 2:12.36 (34.69) 250m: 2:47.67 (35.31) 300m: 3:23.42 (35.75)
 350m: 3:58.94 (35.52) 400m: 4:32.39 (33.45)

5 **Ariella Riley** 15 **Hamilton Aquat...** +0.75 **4** **4:40.96**
 Entry: 4:39.09

50m: 30.16 100m: 1:04.37 (34.21) 150m: 1:39.68 (35.31)
 200m: 2:15.44 (35.76) 250m: 2:52.02 (36.58) 300m: 3:28.23 (36.21)
 350m: 4:05.46 (37.23) 400m: 4:40.96 (35.50)

6 **Alex McIntosh** 15 **United Swimmi...** +0.70 **3** **4:34.34**
 Entry: 4:42.13

50m: 30.54 100m: 1:04.56 (34.02) 150m: 1:40.24 (35.68)
 200m: 2:15.92 (35.68) 250m: 2:51.83 (35.91) 300m: 3:27.53 (35.70)
 350m: 4:01.41 (33.88) 400m: 4:34.34 (32.93)

7 **Indy Riley** 15 **Hamilton Aquat...** +0.58 **8** **4:47.55**
 Entry: 4:47.83

50m: 32.09 100m: 1:07.86 (35.77) 150m: 1:44.73 (36.87)
 200m: 2:22.32 (37.59) 250m: 2:59.27 (36.95) 300m: 3:36.69 (37.42)
 350m: 4:12.89 (36.20) 400m: 4:47.55 (34.66)

8 **Sophie Martin** 15 **SwimZone Rac...** +0.74 **6** **4:47.00**
 Entry: 4:49.38

50m: 32.63 100m: 1:08.34 (35.71) 150m: 1:45.09 (36.75)
 200m: 2:21.84 (36.75) 250m: 2:59.12 (37.28) 300m: 3:36.30 (37.18)
 350m: 4:13.16 (36.86) 400m: 4:47.00 (33.84)

9 **Tegen Stewart** 15 **Nelson South ...** +0.73 **9** **4:47.69**
 Entry: 4:52.33

50m: 32.43 100m: 1:08.19 (35.76) 150m: 1:44.61 (36.42)
 200m: 2:21.47 (36.86) 250m: 2:58.31 (36.84) 300m: 3:35.63 (37.32)
 350m: 4:12.45 (36.82) 400m: 4:47.69 (35.24)

4 **Final 16 years** Official
 heat Started at: 05:15 PM (+ 6 min)

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
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0 **Jessica Cochran** 16 **Pukekohe Swi...** +0.69 **8** **4:43.69**
 Entry: 4:48.69

50m: 31.81 100m: 1:06.37 (34.56) 150m: 1:41.67 (35.30)
 200m: 2:18.17 (36.50) 250m: 2:54.37 (36.20) 300m: 3:31.54 (37.17)
 350m: 4:07.80 (36.26) 400m: 4:43.69 (35.89)


1 **Holli Macdonald** 16 **Enterprise Swi...** +0.75 **5** **4:39.31**
 Entry: 4:44.27

50m: 31.41 100m: 1:06.26 (34.85) 150m: 1:41.77 (35.51)
 200m: 2:17.91 (36.14) 250m: 2:53.70 (35.79) 300m: 3:29.89 (36.19)
 350m: 4:05.61 (35.72) 400m: 4:39.31 (33.70)

2	Alexis Buissonne	16	North Shore S... +0.71	6	4:40.68 Entry: 4:40.94
	50m: 30.60 100m: 1:04.40 (33.80) 150m: 1:39.19 (34.79)				
	200m: 2:15.12 (35.93) 250m: 2:51.31 (36.19) 300m: 3:28.08 (36.77)				
	350m: 4:05.00 (36.92) 400m: 4:40.68 (35.68)				
3	Charlotte Parmenter	16	Jasi Swim Club +0.72	3	4:34.75 Entry: 4:37.80
	50m: 29.82 100m: 1:03.91 (34.09) 150m: 1:38.70 (34.79)				
	200m: 2:14.42 (35.72) 250m: 2:50.26 (35.84) 300m: 3:26.63 (36.37)				
	350m: 4:01.91 (35.28) 400m: 4:34.75 (32.84)				
4	Olivia Emmett	16	Club 37 +0.77	1	4:22.35 Entry: 4:29.75
	50m: 29.12 100m: 1:00.96 (31.84) 150m: 1:34.12 (33.16)				
	200m: 2:07.74 (33.62) 250m: 2:41.37 (33.63) 300m: 3:15.15 (33.78)				
	350m: 3:48.99 (33.84) 400m: 4:22.35 (33.36)				
5	Nina De Coster	16	St Paul's Swim... +0.69	2	4:26.87 Entry: 4:32.77
	50m: 30.45 100m: 1:03.83 (33.38) 150m: 1:37.33 (33.50)				
	200m: 2:11.55 (34.22) 250m: 2:45.32 (33.77) 300m: 3:19.64 (34.32)				
	350m: 3:53.97 (34.33) 400m: 4:26.87 (32.90)				
6	Kezia Buissonne	16	North Shore S... +0.72	4	4:36.36 Entry: 4:38.92
	50m: 30.19 100m: 1:03.77 (33.58) 150m: 1:38.70 (34.93)				
	200m: 2:14.11 (35.41) 250m: 2:50.20 (36.09) 300m: 3:26.18 (35.98)				
	350m: 4:02.13 (35.95) 400m: 4:36.36 (34.23)				
7	Olivia Bates	16	Howick Pakura... +0.72	6	4:39.54 Entry: 4:44.19
	50m: 32.00 100m: 1:07.52 (35.52) 150m: 1:43.04 (35.52)				
	200m: 2:18.80 (35.76) 250m: 2:54.71 (35.91) 300m: 3:30.58 (35.87)				
	350m: 4:05.88 (35.30) 400m: 4:39.54 (33.66)				
8	Scout Carter	16	Ice Breaker Aq... +0.69	10	4:45.31 Entry: 4:48.17
	50m: 32.60 100m: 1:08.24 (35.64) 150m: 1:44.48 (36.24)				
	200m: 2:20.66 (36.18) 250m: 2:56.96 (36.30) 300m: 3:33.37 (36.41)				
	350m: 4:10.04 (36.67) 400m: 4:45.31 (35.27)				
9	Anabel Scott	16	Swim Timaru +0.85	9	4:43.97 Entry: 4:49.05
	50m: 32.42 100m: 1:08.30 (35.88) 150m: 1:43.80 (35.50)				
	200m: 2:20.08 (36.28) 250m: 2:55.89 (35.81) 300m: 3:32.21 (36.32)				
	350m: 4:08.43 (36.22) 400m: 4:43.97 (35.54)				

5 heat		Final 17-18 years		Started at: 05:22 PM (+ 6 min)		Official	
Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	Catherine Sonerson	17	Pirates Swim T... +0.74	9	4:55.20 Entry: 4:50.15		
	50m: 32.32 100m: 1:08.93 (36.61) 150m: 1:45.99 (37.06)						
	200m: 2:23.08 (37.09) 250m: 3:00.39 (37.31) 300m: 3:38.96 (38.57)						
	350m: 4:17.17 (38.21) 400m: 4:55.20 (38.03)						
1	Michaela Botha	18	Howick Pakura... +0.74	7	4:37.27 Entry: 4:42.90		
	50m: 31.00 100m: 1:05.60 (34.60) 150m: 1:40.41 (34.81)						
	200m: 2:16.05 (35.64) 250m: 2:51.72 (35.67) 300m: 3:27.55 (35.83)						
	350m: 4:03.15 (35.60) 400m: 4:37.27 (34.12)						
2	Olivia Sweetman	18	Howick Pakura... +0.88	5	4:29.36 Entry: 4:35.59		
	50m: 30.51 100m: 1:03.39 (32.88) 150m: 1:37.39 (34.00)						
	200m: 2:11.95 (34.56) 250m: 2:46.52 (34.57) 300m: 3:21.89 (35.37)						
	350m: 3:56.32 (34.43) 400m: 4:29.36 (33.04)						
3	Talitha McEwan	18	Mt Maunganui ... +0.69	4	4:24.86 Entry: 4:30.59		
	50m: 29.80 100m: 1:02.04 (32.24) 150m: 1:34.78 (32.74)						

200m: 2:08.35 (33.57) 250m: 2:42.00 (33.65) 300m: 3:16.51 (34.51)
350m: 3:51.35 (34.84) 400m: 4:24.86 (33.51)


4  Brooke Bennett

17  North Canterb... +0.82

1 **4:19.16**
Entry: 4:21.70


50m: 29.78 100m: 1:02.29 (32.51) 150m: 1:35.15 (32.86)
200m: 2:08.38 (33.23) 250m: 2:40.99 (32.61) 300m: 3:13.97 (32.98)
350m: 3:47.24 (33.27) 400m: 4:19.16 (31.92)

5  Hanna Abdou

17  Wharenui Swi... +0.81

2 **4:21.85**
Entry: 4:29.52

50m: 30.45 100m: 1:03.80 (33.35) 150m: 1:36.83 (33.03)
200m: 2:09.92 (33.09) 250m: 2:42.81 (32.89) 300m: 3:16.35 (33.54)
350m: 3:49.34 (32.99) 400m: 4:21.85 (32.51)

6  Milana Tapper

18  St Peter's Swi... +0.73

3 **4:24.79**
Entry: 4:32.75


50m: 30.22 100m: 1:03.53 (33.31) 150m: 1:36.82 (33.29)
200m: 2:10.40 (33.58) 250m: 2:44.40 (34.00) 300m: 3:18.83 (34.43)
350m: 3:52.48 (33.65) 400m: 4:24.79 (32.31)

7  Sophie Hay

17  Hamilton Aquat... +0.53

6 **4:29.71**
Entry: 4:36.27

50m: 31.06 100m: 1:04.41 (33.35) 150m: 1:38.30 (33.89)
200m: 2:12.76 (34.46) 250m: 2:46.79 (34.03) 300m: 3:21.50 (34.71)
350m: 3:56.11 (34.61) 400m: 4:29.71 (33.60)

8  Grace Henderson

17  Aquagym Swi... +0.72

8 **4:48.47**
Entry: 4:44.03

50m: 31.54 100m: 1:06.21 (34.67) 150m: 1:42.21 (36.00)
200m: 2:19.50 (37.29) 250m: 2:56.71 (37.21) 300m: 3:34.31 (37.60)
350m: 4:11.33 (37.02) 400m: 4:48.47 (37.14)