



Release 8, 11 March 2023

McDowell, Thompson, O'Mara and Bucknell smash the 4 x 200 mixed Freestyle relay world record.

It was getting cold at the Melbourne Sports and Aquatic Centre's outdoor pool on Friday evening, 3 March 2023, when Lachlan McDowell led off a strong Powerpoints Masters Swimming Club team to a new, World Aquatics¹, 800m, mixed freestyle World Record.

The members of the powerful team fielded by the Powerpoints club team were, in order off the blocks, Lachlan McDowell, Mark Thompson, Gillian O'Mara and Jennie Bucknell. The team had in the weeks leading up to the meet, planned an assault on the 4 x 200m mixed freestyle relay World Record which stood at 9:15.06, having been set by a team from the USA Conejo Valley Masters Swimming Club on 12 August 2018.

To break the record, an average 100m time needed to be just under 1:09.39 per 100m was needed. That split was well and truly attained with each member averaging 2.5 seconds faster and speeding through each 100 in an average time of 1:06.88

The Powerpoints team destroyed the record and the new provisional one now stands at 8:55.03 – a massive 20.03 seconds faster than the previous one. Here are the splits for that provisional world record - some great pacing there.

Table 1 – Provisional World Record splits²

Athlete	1st 50	2nd 50	3rd 50	4th 50	200	Cumulative
Lachlan McDowell	27.90	30.82	32.95	34.81	2:06.48	2:06.48
Mark Thompson	28.20	31.71	32.57	31.25	2:03.73	2:03.73
Gillian O'Mara	32.73	36.57	37.36	36.73	2:23.39	2:23.39
Jennie Bucknell	31.76	35.73	37.33	36.61	2:21.43	2:21.43

It would have been interesting to have some "red-line" tracking on this successful attack on that world record. Unfortunately, there is no vision available to **mywaterworld.life** so we have imagineered one.

Splits data available on **Meetmobile** has been used to put together a "red-line" version, in table form, on how the record shattering event unfolded. As **mywaterworld.life** does not have access to the full record splits, the data for a "red-line" has been imagineered based on the ratio of the Powerpoints teams actual 200m splits and then applied to the Conejo relay team's splits.

¹ World Aquatics is the new name of the international aquatics federation formerly referred to as FINA.

² Meet Mobile data, an Active.com app – the data is generally also available on the Masters Swimming Australia Records and Results portal.

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The 200m times³ of the US members, in order of swimming, were Becky Cleavenger in 2:25.94, Jill Gellatly in 2:20.23, Kelly Karren in 2:14.92 with Doug Koehler swimming the final leg in 2:13.97 The set up of the Conejo team was the male members swimming the first two legs with the women the final two. The Powerpoints team did the opposite. As a result, at the halfway mark ,the Powerpoints team was nearly 60m ahead on the imagineered “red-line”.

The Powerpoints team was below the world record pace by 19.46 seconds at the 200, 35.96 at 400, 27.49 at the 600 and finally 20.03 seconds at the 800m mark. **At Jennie Bucknell’s pace on the last 50m, the former world record holding team would have finished just over 27m behind.** A fantastic effort and achievement by the Powerpoints team.

Table 2 – The Red-Line splits imagineered

Name	Distance	50m Split	Time	Old WR Time imagineered	Ahead of WR ⁴
Lachlan McDowel	50	27.90	0:27.90	00:32.19	04.29
	100	30.82	0:58.72	01:07.75	09.03
	150	32.95	1:31.67	01:45.77	14.10
	200	34.81	2:06.48	02:25.94	19.46
Mark Thompson	250	28.20	2:34.68	02:57.90	23.22
	300	31.71	3:06.39	03:33.84	27.45
	350	32.57	3:38.96	04:10.75	31.79
	400	31.25	4:10.21	04:46.17	35.96
Gillian O'Mara	450	32.73	4:42.94	05:16.97	34.03
	500	36.57	5:19.51	05:51.38	31.87
	550	37.36	5:56.87	06:26.53	29.66
	600	36.73	6:33.60	07:01.09	27.49
Jennie Bucknell	650	31.76	7:05.36	07:31.17	25.81
	700	35.73	7:41.09	08:05.02	23.93
	750	37.33	8:18.42	08:40.38	21.96
	800	36.61	8:55.03	09:15.06	20.03

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³ The times used have been sourced from the USA Masters Swimming results data base (a publicly accessible database).

⁴ The red-line imagineered.