

Telstra Dolphins



I	lance	
	NICKNAME	Whitey
	D.O.B	17/10/1981
	BORN	Redcliffe, QLD
	LIVES	Canberra, AC
	PHYSICAL	165cm. 58kg
	CLUB/INSTITUTE	Chandler/AIS
	TRAINS (POOL)	AIS
	СОАСН	Shannon Rolla
	MAIN EVENT	100m Breastst

Tarnee WHITE

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	PERSONAL BEST TIMES - LONG COURSE
	50m Breaststroke – 30.45 – 2009 Telstra Australian Championships
5	100m Breaststroke – 1:06.04 – 2008 Telstra Australian Champs
Т	200m Breaststroke – 2:31.65 – 2001 Telstra Australian Champs
ason	
troke	

OUT OF THE POOL

FAMILY MEMI		Dad - Lionel, Mum - Maralyn, brother Nathan, husband Ben Southwell				
STUDIES/OCO	UPATION	ΓΙΟΝ		BA Education (primary)		
OTHER SPOR	TS PLAYED/P	AYED/PLAY		Just swimming		
ULTIMATE RE	LAXATION	ATION		Sitting on the beach		
SPECIALITY I	N THE KITCHE	E KITCHEN		Potato bake, roast dinner		
ONE THING Y	OU CAN'T LIV	AN'T LIVE WITHOUT		My family		
WHAT DO YO DO AWAY FR	U LIKE TO OM SWIMMING			Be with family and friends, go to the beach and shop		
FAVOURIT	E					
SPORTING TE	Australia	Australian Swim Tean				
TV SHOW	Sex and	Sex and the City				
BANDS/MUSI	C Xavier F	Xavier Rudd, Wolfmother, Missy Higgins,				
FOOD	Breakfa	Breakfast, ice cream			Vanilla milkshake	
SWIM MEET	Mare No	Mare Nostrum				
HOBBIES	Bike rid	Bike riding, going to the beach, movies				
	EN THE BIGGI N YOUR LIFE A	JR LIFE AND WHY? DESCRIBE EE WORDS OU START		My mum, she has always supported me		
	YOU DESCRI			Fun, adventurous, caring		
WHAT AGE D SWIMMING AI	ID YOU START			3, to follow my brother		
AUSTRAL	IAN TEAM REPR	RESENTAT	TIVE HO	NOURS A	ND RESULTS	
MEET	LOCATION	YEAR	RESU			
Olympic	Sydney,	2000	2 nd 4	2 nd 4x100m medley (heat		
Games	Australia	0000		swim); 7 th 100m breast		
	Beijing, China	2008	1 4)	1 st 4x100m medley (heat swim); 6 th 100m breast		
World	Fukuoka,	2001	Q th 50	9 th 50m, 100m breast		
Champs	Japan	2001	3 0	9 Som, room breast		
World	Melbourne,	2007	1 st 42	1 st 4x100m medley (heat		
Champs	Australia		swim	swim); 4 th 50m breast; 6 th		
			100n	100m breast		
	Rome, Italy	2009		8 th 50m breast, 11 th 100m		
			brea		the	
Comm	Manchester,	2002		3 rd 50m breast; 4 th 100m		
Games	England	0000		breast		
	Melbourne, Australia	2006		3 rd 50m breast; 4 th 100m breast		
Pan Pacific	Sydney,	1999		7 th 100m breast; 13 th 200m		
Champs	Australia	1999	brea		31, 13 20011	
5	Yokohama.	2002		00m brea	st	
			th			

7th 100m breast

medley relay

5th 100m breast, 3rd 4x100m

2007

2009

Sydney,

Australia Canberra,

Australia

IN THE POOL

CAREER HIGHLIGHTS

Won gold as heat swimmer in 4x100m medley at 2008 Olympic Games 2000 and 2008 Olympic finalist in 100m breast Won silver as heat swimmer in 4x100m medley at 2000 Olympic Games Won gold as a heat swimmer in 4x100m medley, fourth in 50m breast and sixth in 100m breast at 2007 FINA World Championships Dual Commonwealth Games bronze medallist from two appearances Represented Australia at two FINA World Championships and two Pan Pacific Championships

2009 – Finished $\textbf{8}^{\text{th}}$ in the final of the 50m breaststroke at the 2009 World Championships Won silver in the 100m breaststroke at the Australian Champs

Finished 5th in the 100m breaststroke at the Duel in the Pool

2008 - Won gold as heat swimmer in 4x100m medley, sixth in 100m breast at Olympic Games in Beijing

Won 50m breast and second in 100m breast at the Telstra Australian Championships/Olympic Trials in Sydney

Won 50m and 100m breast at Monaco leg of Mare Nostrum series Second in 50m and third in 100m breast at Barcelona leg of Mare Nostrum series

2007 - Second in the 100m breast and third in the 50m breast at the Telstra Australian Championships in Brisbane Won gold as a heat swimmer in the 4x100m medley, fourth in the 50m breast and sixth in the 100m breast at the FINA World Championships in Melbourne

Seventh in the 100m breast at the Duel in the Pool in Sydney Won bronze in 50m and 100m breast at the FINA World Cup in Sydney

2006 - Won bronze in 50m breast and fourth in 100m breast at Commonwealth Games in Melbourne Grabbed bronze in 50m and 100m breast at Telstra Commonwealth Games Trials in Melbourne Picked up silver (Barcelona) and bronze (Monaco) in 100m breast at Mare Nostrum series

2005 - Third in both 50m and 100m breast at Telstra Trials Second in 50m and third in 100m at Queensland Championships

2004 - Fourth in 50m and fifth in 100m breast at Telstra Olympic Team Selection Trials in Sydney Finalist in 50m and 100m breast at Telstra Australian Short Course Championships in Brisbane Finalist in 50m and 100m breast at Telstra FINA World Cup 2003 - Claimed bronze in 100m and fourth in 50m breast at the Telstra

Australian Championships in Sydney Finalist in 100m breast at Telstra FINA World Cup in Melbourne



Pool

Duel in the