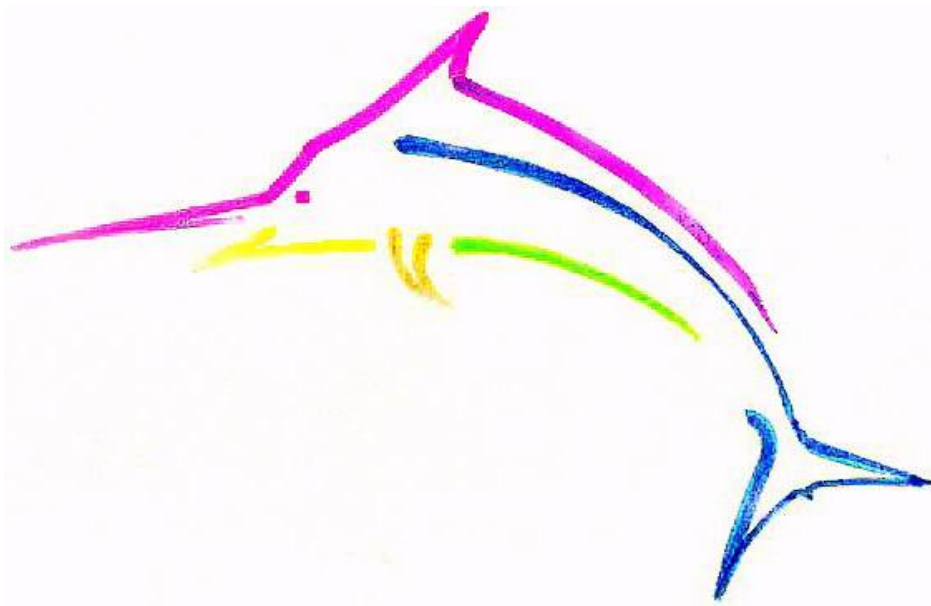


MARION MARLINS MASTERS

SWIMMING RECORDS

24<sup>th</sup> March 2019



HISTORY OF  
FEMALE LONG COURSE  
RECORD HOLDERS

*Heather Carbone*  
CLUB RECORDER

20 - 24	50m Freestyle				
1	Meredith JARVIS	SMR	37.65	27/02/83	Sturt
2	Ann DE CHAMPLAIN	SMR	35.03	16/04/88	Adelaide
3	Georgina FALSTER	SMR	30.07	23/03/13	SAALC Division 1
25 - 29	50m Freestyle				
1	Heidi TUCKER	SMR	32.35	15/10/89	Adelaide
2	Georgina FALSTER	SMR	30.61	03/05/15	SAALC State Cup
30 - 34	50m Freestyle				
1	Anne KRISCHOCK	SMR	34.75	18/04/86	Adelaide
2	Anne KRISCHOCK	SMR	33.94	16/07/86	Tokyo
3	Karen SEEBOHM	SMR	33.09	22/03/94	Adelaide
4	Paula HILL	SMR	28.27	29/03/05	Hobart
5	Sally HUNTER	SMR	27.63	31/07/16	SAALC Marion
35 - 39	50m Freestyle				
1	Marcia RAGLESS	SMR	33.70	15/10/89	Adelaide
2	Meredith RYAN	SMR	31.35	29/03/09	Adelaide
3	Meredith RYAN	SMR	30.53	03/05/09	Chandler
40 - 44	50m Freestyle				
1	Wendy POTTER	SMR	38.20	27/02/83	Sturt
2	Carolyn FLEMING	SMR	34.80	02/03/85	Marion
3	Carolyn FLEMING	SMR	31.80	--/07/86	Tokyo
4	Meredith RYAN	SMR	31.78	18/05/14	SAALC Marion
45 - 49	50m Freestyle				
1	Diane ROSS	SMR	37.96	27/02/83	Sturt
2	Maryanne HEFFERNAN	SMR	34.67	07/10/05	Adelaide
3	Silvia ROCCO	SMR	32.92	03/05/15	SAALC State Cup
50 - 54	50m Freestyle				
1	Josie ROBERTS	SMR	43.30	27/02/83	Sturt
2	Diane ROSS	SMR	37.98	01/11/86	Adelaide
3	Kate CLARKE	SMR	37.19	25/03/01	Adelaide
4	Maryanne HEFFERNAN	SMR	35.38	03/03/07	Murray Bridge
5	Robyn FALSTER	SMR	34.77	23/06/13	SAALC Marion
55 - 59	50m Freestyle				
1	Monica OSBORNE	SMR	1m16.33	27/02/83	Sturt
2	Helen AGOSTINI	SMR	58.30	02/03/85	Marion
3	Josie ROBERTS	SMR	43.87	16/04/88	Adelaide
4	Josie ROBERTS	SMR	45.16	10/03/90	Tea Tree Gully
5	Diane ROSS	SMR	40.95	20/01/91	Unley
6	Robyn BROWN	SMR	39.47	10/04/11	Unley
7	Robyn BROWN	SMR	36.55	07/10/11	SAALC Marion
8	Maryanne HEFFERNAN	SMR	35.19	03/05/15	SAALC State Cup
9	Robyn FALSTER	SMR	35.17	27.05.18	IC-1 SAALC
10	Robyn FALSTER	SMR	35.10	19-23/03/19	Nationals SAALC
60 - 64	50m Freestyle				
1	Helena MALGORZEWICZ	SMR	1m05.37	02/03/85	Marion
2	Helen AGOSTINI	SMR	51.52	18/04/86	Adelaide
3	Helen AGOSTINI	SMR	47.11	01/11/86	Adelaide
4	Helen AGOSTINI	SMR	45.50	24/10/87	Adelaide
5	Diane ROSS	SMR	45.43	16/03/97	Marion
6	Judy VOWELS	SMR	44.61	15/04/12	SAALC Marion
7	Robyn BROWN	SMR	37.99	11/08/13	SAALC Marion

	8	Maryanne HEFFERNAN	SMR	35.49	06/03/16	Strathalbyn
	9	Maryanne HEFFERNAN	SMR	34.44	22/05/16	SAALC Marion
	10	Maryanne HEFFERNAN	SMR	34.06	5-13/11/16	Pan-Pacs QLD
65 - 69		50m Freestyle				
	1	Monica OSBORNE	SMR	1m15.30	24/10/87	Adelaide
	2	Helen AGOSTINI	SMR	49.63	08/09/90	Adelaide
	3	Diane ROSS	SMR	44.21	26/03/00	Adelaide
	4	Diane ROSS	SMR	43.72	01/04/04	Adelaide
	5	Kay CASTLE	SMR	41.95	22/10/06	Alice Springs
70 - 74		50m Freestyle				
	1	Helen AGOSTINI	SMR	52.13	18/04/99	Adelaide
	2	Diane ROSS	SMR	47.43	01/04/07	Unley
	3	Barbara PEARCE	SMR	45.05	09/05/07	Darwin
75 - 79		50m Freestyle				
	1	Helen AGOSTINI	SMR	52.21	26/03/00	Adelaide
	2	Diane ROSS	SMR	48.83	29/08/10	Adelaide
	3	Barbara PEARCE	SMR	46.02	15/04/12	SAALC Marion
80 - 84		50m Freestyle				
	1	Diane ROSS	SMR	51.42	03/05/15	SAALC State Cup
	2	Diane ROSS	SMR	48.70	3-10/10/15	SAALC AMG
85 - 89		50m Freestyle				
		NO RECORD				
90 - 94		50m Freestyle				
		NO RECORD				
95 - 99		50m Freestyle				
		NO RECORD				
100 - 104		50m Freestyle				
		NO RECORD				
105 - 109		50m Freestyle				
		NO RECORD				
20 - 24		100m Freestyle				
	1	Vanessa DORN	SMR	1m18.34	15/09/91	Adelaide
	2	Patricia KELLY	SMR	1m15.61	13/09/92	Adelaide
	3	Georgina FALSTER	SMR	1m05.61	23/03/13	SAALC Div1
	4	Georgina FALSTER	SMR	1m17.43	11/08/13	SAALC Marion
25 - 29		100m Freestyle				
	1	Marianne HEFFERNAN	SMR	1m13.24	14/04/84	Melbourne
	2	Heidi TUCKER	SMR	1m08.63	01/11/86	Adelaide
	3	Georgina FALSTER	SMR	1m05.62	03/05/15	SAALC State Cup
30 - 34		100m Freestyle				
	1	Anne KRISCHOCK	SMR	1m19.40	19/04/86	Adelaide
	2	Karen SEEBOHM	SMR	1m17.89	22/03/94	Adelaide
	3	Karen SEEBOHM	SMR	1m14.99	10/91/94	Adelaide
	4	Elizabeth ASTON	SMR	1m14.13	21/11/94	Adelaide
	5	Paula HILL	SMR	1m02.82	29/03/05	Hobart
	6	Sally HUNTER	SMR	1m01.42	19-23/03/19	nationals SAALC

35 - 39	100m Freestyle				
	1 Libby TAYLOR	SMR	1m42.64	16/11/85	Adelaide
	2 Penny MARTIN	SMR	1m40.64	19/04/86	Adelaide
	3 Marcia RAGLESS	SMR	1m19.94	01/11/86	Adelaide
	4 Marcia RAGLESS	SMR	1m17.13	17/04/88	Adelaide
	5 Marcia RAGLESS	SMR	1m12.78	11/10/88	Chandler
	6 Marcia RAGLESS	SMR	1m11.92	16/10/89	Adelaide
	7 Meredith RYAN	SMR	1m08.36	29/03/09	Adelaide
	8 Meredith RYAN	SMR	1m05.88	03/05/09	Chandler
40 - 44	100m Freestyle				
	1 Carolyn FLEMING	SMR	1m10.11	--/07/86	Tokyo Japan
45 - 49	100m Freestyle				
	1 Diane ROSS	SMR	1m29.55	16/11/85	Adelaide
	2 Minna HOTSTONE	SMR	1m29.43	11/09/94	Adelaide
	3 Robyn BROWN	SMR	1m20.41	02/10/99	Adelaide
	4 Maryanne HEFFERNAN	SMR	1m18.68	07/10/05	Adelaide
	5 Silvia ROCCO	SMR	1m13.68	03/05/15	SAALC State Cup
50 - 54	100m Freestyle				
	1 Josie ROBERTS	SMR	1m45.94	16/11/85	Adelaide
	2 Josie ROBERTS	SMR	1m41.76	01/11/87	Adelaide
	3 Diane ROSS	SMR	1m34.21	09/09/90	Adelaide
	4 Minna HOTSTONE	SMR	1m32.02	21/11/94	Adelaide
	5 Kate CLARKE	SMR	1m26.21	26/03/00	Adelaide
	6 Kate CLARKE	SMR	1m25.47	25/03/01	Adelaide
	7 Robyn BROWN	SMR	1m23.22	31/03/04	Adelaide
	8 Maryanne HEFFERNAN	SMR	1m18.68	05/10/07	Adelaide
	9 Robyn Falster	SMR	1m18.32	07/04/13	Adelaide
55 - 59	100m Freestyle				
	1 Alison JARVIS	SMR	1m56.03	16/11/85	Adelaide
	2 Diane ROSS	SMR	1m32.69	15/09/91	Adelaide
	3 Robyn BROWN	SMR	1m25.32	29/03/09	Adelaide
	4 Maryanne HEFFERNAN	SMR	1m16.71	07/10/11	SAALC Marion
60 - 64	100m Freestyle				
	1 Helen AGOSTINI	SMR	1m57.97	16/11/85	Adelaide
	2 Helen AGOSTINI	SMR	1m53.77	01/11/86	Adelaide
	3 Diane ROSS	SMR	1m33.18	28/10/95	Adelaide
	4 Robyn BROWN	SMR	1m25.32	11/08/13	SAALC Marion
	5 Maryanne HEFFERNAN	SMR	1m17.89	31/01/16	Gawler
	6 Maryanne HEFFERNAN	SMR	1m14.08	03/04/16	Adelaide
65 - 69	100m Freestyle				
	1 Monica OSBORNE	SMR	2m33.59	01/11/87	Adelaide
	2 Monica OSBORNE	SMR	2m27.17	17/04/88	Adelaide
	3 Helen AGOSTINI	SMR	1m50.78	22/04/94	Adelaide
	4 Helen AGOSTINI	SMR	1m50.36	11/09/94	Adelaide
	5 Diane ROSS	SMR	1m45.66	30/03/03	Adelaide AC
	6 Diane ROSS	SMR	1m39.92	01/04/04	Adelaide
	7 Kay CASTLE	SMR	1m37.13	24/10/06	Alice Springs
70 - 74	100m Freestyle				
	1 Helen AGOSTINI	SMR	2m01.15	18/04/99	Adelaide
	2 Diane ROSS	SMR	1m45.83	01/05/05	Adelaide
	3 Diane ROSS	SMR	1m45.38	02/03/08	Unley

75 - 79	100m Freestyle				
	1 Helen AGOSTINI	SMR	2m04.04	26/03/00	Adelaide
	2 Diane ROSS	SMR	1m52.23	29/08/10	Adelaide
	3 Diane ROSS	SMR	1m46.01	30/04/11	Perth
80 - 84	100m Freestyle				
	1 Diane ROSS	SMR	1m55.62	03/05/15	SAALC State Cup
	2 Diane ROSS	SMR	1m53.88	3-10/10/15	SAALC AMG
85 - 89	100m Freestyle				
	NO RECORD				
90 - 94	100m Freestyle				
	NO RECORD				
95 - 99	100m Freestyle				
	NO RECORD				
100 - 104	100m Freestyle				
	NO RECORD				
105 - 109	100m Freestyle				
	NO RECORD				
20 - 24	200m Freestyle				
	1 Vanessa DORN	SMR	3m20.91	01/03/92	Unley
	2 Georgina FALSTER	SMR	2m20.22	11/08/13	SAALC Marion
25 - 29	200m Freestyle				
	1 Maryanne HEFFERNAN	SMR	2m47.20	10/12/83	Salisbury
	2 Heidi TUCKER	SMR	2m33.64	01/11/86	Adelaide
	3 Georgina FALSTER	SMR	2m23.74	03/05/15	SAALC State Cup
30 - 34	200m Freestyle				
	1 Anne KRISCHOCK	SMR	2m51.57	06/07/86	Tokyo
	2 Karen SEEBOHM	SMR	2m47.06	25/03/94	Adelaide
	3 Paula HILL	SMR	2m17.05	29/03/05	Hobart
35 - 39	200m Freestyle				
	1 Marcia RAGLESS	SMR	2m53.90	24/10/87	Adelaide
	2 Marcia RAGLESS	SMR	2m36.98	15/10/89	Adelaide
	3 Meredith RYAN	SMR	2m25.11	10/10/09	Sydney
40 - 44	200m Freestyle				
	1 Carolyn FLEMING	SMR	2m42.91	--/07/86	Tokyo Japan
	2 Carolyn FLEMING	SMR	2m42.60	01/11/86	Adelaide
	3 Marcia RAGLESS	SMR	2m39.14	15/09/91	Adelaide
	4 Marcia RAGLESS	SMR	2m38.70	07/12/91	Marion
	5 Marcia RAGLESS	SMR	2m37.24	11/03/92	Melbourne
45 - 49	200m Freestyle				
	1 Ann DAVIES	SMR	4m43.55	24/10/87	Adelaide
	2 Carmel EAMES	SMR	3m45.29	05/02/89	Salisbury
	3 Minna HOTSTONE	SMR	3m36.35	29/05/93	Elizabeth
	4 Minna HOTSTONE	SMR	3m21.93	25/03/94	Adelaide
	5 Robyn BROWN	SMR	2m56.77	26/03/00	Adelaide

50 - 54	200m Freestyle				
1	Ann DAVIES	SMR	4m47.31	05/02/89	Salisbury
2	Ann DAVIES	SMR	4m43.18	15/10/89	Adelaide
3	Marguerite WARDLE	SMR	4m02.52	15/09/91	Adelaide
4	Kate CLARKE	SMR	3m13.50	26/03/00	Adelaide
5	Robyn BROWN	SMR	2m59.07	03/04/04	Adelaide
6	Robyn FALSTER	SMR	2m50.66	11/08/13	SAALC Marion
7	Robyn FALSTER	SMR	2m48.41	23/06/13	SAALC Marion
55 - 59	200m Freestyle				
1	Alison JARVIS	SMR	4m18.31	01/11/86	Adelaide
2	Diane ROSS	SMR	3m30.26	01/03/92	Unley
3	Diane ROSS	SMR	3m20.86	13/09/92	Adelaide
4	Kate CLARKE	SMR	3m06.19	03/04/04	Adelaide
5	Maryanne HEFFERNAN	SMR	2m46.07	07/10/11	SAALC Marion
6	Maryanne HEFFERNAN	SMR	2m44.65	03/05/15	SAALC State Cup
60 - 64	200m Freestyle				
1	Monica OSBORNE	SMR	5m12.32	02/03/85	Marion
2	Helen AGOSTINI	SMR	3m57.56	24/10/87	Adelaide
3	Diane ROSS	SMR	3m25.56	29/10/95	Adelaide
4	Robyn BROWN	SMR	3m08.35	11/08/13	SAALC Marion
5	Maryanne HEFFERNAN	SMR	2m43.84	31/01/16	Gawler
6	Maryanne HEFFERNAN	SMR	2m37.96	22/05/16	SAALC Marion
65 - 69	200m Freestyle				
1	Monica OSBORNE	SMR	5m29.78	24/10/87	Adelaide
2	Alison JARVIS	SMR	4m30.72	24/04/93	Perth
3	Helen AGOSTINI	SMR	4m01.08	11/09/94	Adelaide
4	Diane ROSS	SMR	3m41.78	26/03/00	Adelaide
5	Diane ROSS	SMR	3m40.31	25/03/01	Adelaide
6	Diane ROSS	SMR	3m38.69	03/04/04	Adelaide
7	Terry CARTER	SMR	3m36.70	3-10/10/15	SAALC AMG
8	Terry CARTER	SMR	3m33.22	09/04/16	NSW
9	Terry CARTER	SMR	3m30.87	8-11/03/17	Nationals QLD
70 - 74	200m Freestyle				
1	Monica OSBORNE	SMR	5m24.03	25/03/94	Adelaide
2	Helen AGOSTINI	SMR	4m36.47	18/04/99	Adelaide
3	Diane ROSS	SMR	3m53.01	01/05/05	Adelaide
4	Diane ROSS	SMR	3m45.25	06/10/07	Adelaide
75 - 79	200m Freestyle				
1	Helen AGOSTINI	SMR	4m35.68	26/03/00	Adelaide
2	Diane ROSS	SMR	4m18.49	29/08/10	Adelaide
3	Diane ROSS	SMR	4m03.12	30/04/11	Perth
80 - 84	200m Freestyle				
1	Diane ROSS	SMR	4m20.15	14/06/15	SAALC Marion
2	Diane ROSS	SMR	4m13.92	3-10/10/15	SAALC AMG
85 - 89	200m Freestyle				
	NO RECORD				
90 - 94	200m Freestyle				
	NO RECORD				
95 - 99	200m Freestyle				
	NO RECORD				

100 - 104 200m Freestyle  
NO RECORD

105 - 109 200m Freestyle  
NO RECORD

20 - 24 400m Freestyle

1 Meredith JARVIS	SMR	6m26.26	27/02/83	Sturt
2 Anne DE CHAMPLAIN	SMR	5m42.59	17/04/88	Adelaide
3 Georgina FALSTER	SMR	5m05.92	23/06/13	SAALC Marion

25 - 29 400m Freestyle

1 Maryanne HEFFERNAN	SMR	6m29.00	27/02/83	Sturt
2 Maryanne HEFFERNAN	SMR	5m43.31	13/04/84	Melbourne
3 Natalie FARNWORTH	SMR	5m34.89	01/05/05	Adelaide
4 Georgina FALSTER	SMR	5m01.02	03/05/15	SAALC State Cup

30 - 34 400m Freestyle

1 Anne KRISCHOCK	SMR	6m16.86	16/07/86	Tokyo
2 Anne KRISCHOCK	SMR	6m13.00	04/04/87	Beatty Park
3 Elizabeth ASTON	SMR	5m46.96	24/03/94	Adelaide
4 Briny MCARTHUR	SMR	5m04.77	19-23/03/19	Nationals SAALC

35 - 39 400m Freestyle

1 Margaret DALEY	SMR	8m00.42	27/02/83	Sturt
2 Marcia RAGLESS	SMR	6m13.61	16/04/86	Adelaide
3 Ann DECHAMPLAIN	SMR	5m42.59	17/04/88	Adelaide
4 Marcia RAGLESS	SMR	5m36.02	10/10/88	Chandler
5 Meredith RYAN	SMR	5m23.41	30/11/08	Marion

40 - 44 400m Freestyle

1 Wendy POTTER	SMR	7m23.66	27/02/83	Sturt
2 Carolyn FLEMING	SMR	5m40.25	16/04/86	Adelaide
3 Marcia RAGLESS	SMR	5m27.22	08/09/90	Adelaide

45 - 49 400m Freestyle

1 Diane ROSS	SMR	7m06.24	27/02/83	Sturt
2 Robyn BROWN	SMR	6m14.44	02/10/99	Adelaide

50 - 54 400m Freestyle

1 Josie ROBERTS	SMR	8m39.01	27/02/83	Sturt
2 Josie ROBERTS	SMR	6m39.60	17/04/88	Adelaide
3 Diane ROSS	SMR	6m38.07	16/04/86	Adelaide
4 Robyn BROWN	SMR	6m15.41	02/04/04	Adelaide
5 Maryanne HEFFERNAN	SMR	5m55.68	03/03/07	Murray Bridge
6 Maryanne HEFFERNAN	SMR	5m46.87	05/04/08	Pt. Pirie

55 - 59 400m Freestyle

1 Helena MALGORZEWICZ	SMR	13m01.29	27/02/83	Sturt
2 Diane ROSS	SMR	7m04.63	14/09/91	Adelaide
3 Diane ROSS	SMR	6m56.17	12/09/92	Adelaide
4 Diane ROSS	SMR	6m55.63	24/03/94	Adelaide
5 Robyn BROWN	SMR	6m33.67	29/03/09	Adelaide
6 Maryanne HEFFERNAN	SMR	5m42.82	07/10/11	SAALC Marion
7 Maryanne HEFFERNAN	SMR	5m39.17	23/06/13	SAALC Marion

60 - 64 400m Freestyle

	1	Monica OSBORNE	SMR	12m53.32	27/02/83	Sturt
	2	Helen AGOSTINI	SMR	9m35.64	16/04/86	Adelaide
	3	Helen AGOSTINI	SMR	8m54.00	31/01/87	Sturt
	4	Helen AGOSTINI	SMR	8m39.24	17/04/88	Adelaide
	5	Diane ROSS	SMR	7m14.35	29/10/95	Adelaide
	6	Robyn BROWN	SMR	6m37.28	3-10/10/15	SAALC AMG
	7	Deborah WAREING	SMR	6m06.40	31/01/16	Gawler
	8	Maryanne HEFFERNAN	SMR	5m32.63	03/04/16	Adelaide
	9	Deborah WAREING	SMR	5m31.29	19-23/03/19	Nationals SAALC
65 - 69		400m Freestyle				
	1	Monica OSBORNE	SMR	10m29.85	17/04/88	Adelaide
	2	Helen AGOSTINI	SMR	8m40.13	08/09/90	Adelaide
	3	Helen AGOSTINI	SMR	8m38.71	11/09/94	Adelaide
	4	Diane ROSS	SMR	7m42.74	26/03/00	Adelaide
	5	Terry CARTER	SMR	7m33.69	5-13/11/16	Pan-Pacs QLD
	6	Terry CARTER	SMR	7m14.70	8-11/03/17	Nationals QLD
	7	Robyn BROWN	SMR	6m37.91	27/05/18	IC-1 SAALC
70 - 74		400m Freestyle				
	1	Monica OSBORNE	SMR	11m53.41	15/11/92	Burnside
	2	Helen AGOSTINI	SMR	9m42.33	18/04/99	Adelaide
	3	Diane ROSS	SMR	8m05.54	01/05/05	Adelaide
75 - 79		400m Freestyle				
	1	Helen AGOSTINI	SMR	9m36.99	26/03/00	Adelaide
	2	Diane ROSS	SMR	8m45.03	29/08/10	Adelaide
	3	Diane ROSS	SMR	8m40.93	30/04/11	Perth
80 - 84		400m Freestyle				
	1	Diane ROSS	SMR	9m09.77	03/05/15	SAALC State Cup
	2	Diane ROSS	SMR	8m55.67	3-10/10/15	SAALC AMG
85 - 89		400m Freestyle				
		NO RECORD				
90 - 94		400m Freestyle				
		NO RECORD				
95 - 99		400m Freestyle				
		NO RECORD				
100 - 104		400m Freestyle				
		NO RECORD				
105 - 109		400m Freestyle				
		NO RECORD				
20 - 24		800m Freestyle				
	1	Vanessa DORN	SMR	13m48.39	15/11/92	Burnside
	2	Vanessa DORN	SMR	13m08.38	25/03/94	Adelaide
	3	Georgina FALSTER	SMR	11m40.29	11/11/12	Marion OD
25 - 29		800m Freestyle				
	1	Georgina FALSTER	SMR	10m33.22	1/11/14	SAALC State Cup
30 - 34		800m Freestyle				
	1	Barbara SANDERSON	SMR	17m05.49	06/02/93	Burnside



	2 Paula HILL	SMR	10m17.62	29/03/05	Hobart
35 - 39	800m Freestyle				
	1 Marcia RAGLESS	SMR	12m54.56	31/01/87	Sturt
	2 Marcia RAGLESS	SMR	11m40.15	15/10/88	Chandler
40 - 44	800m Freestyle				
	1 Carolyn FLEMING	SMR	14m17.11	04/01/85	Marion
	2 Carolyn FLEMING	SMR	12m08.29	--/07/86	Tokyo Japan
	3 Carolyn FLEMING	SMR	11m51.51	--/--/86	?
	4 Marcia RAGLESS	SMR	11m23.14	11/03/92	Melbourne
	5 Marcia RAGLESS	SMR	11m21.68	25/03/94	Adelaide
45 - 49	800m Freestyle				
	1 Minna HOTSTONE	SMR	15m36.34	15/11/92	Burnside
	2 Robyn BROWN	SMR	12m39.35	01/10/99	Adelaide
50 - 54	800m Freestyle				
	1 Diane ROSS	SMR	14m34.64	31/01/87	Sturt
	2 Robyn BROWN	SMR	12m59.08	01/04/04	Adelaide
	3 Robyn FALSTER	SMR	12m37.54	11/11/12	Marion OD
	4 Robyn FALSTER	SMR	12m25.72	01/11/14	SAALC State Cup
55 - 59	800m Freestyle				
	1 Alison JARVIS	SMR	19m05.00	31/01/87	Sturt
	2 Josie ROBERTS	SMR	16m41.69	15/10/88	Chandler
	3 Diane ROSS	SMR	15m09.15	15/11/92	Burnside
	4 Diane ROSS	SMR	14m49.93	06/02/93	Burnside
	5 Diane ROSS	SMR	14m20.93	25/03/94	Adelaide
	6 Maryanne HEFFERNAN	SMR	12m05.50	05/10/07	Adelaide
	7 Maryanne HEFFERNAN	SMR	11m29.48	07/10/11	SAALC Marion
60 - 64	800m Freestyle				
	1 Helen AGOSTINI	SMR	18m05.38	31/01/87	Sturt
	2 Helen AGOSTINI	SMR	17m16.15	15/10/88	Chandler
	3 Diane ROSS	SMR	15m27.85	20/05/95	Elizabeth
	4 Robyn BROWN	SMR	13m36.28	3-10/10/1	SAALC AMG
	5 Deborah WAREING	SMR	12m19.46	21-24/04/16	Melbourne
	6 Maryanne HEFFERNAN	SMR	11m30.99	18/03/17	SAALC Last Blast
65 - 69	800m Freestyle				
	1 Helen AGOSTINI	SMR	17m56.07	15/11/92	Burnside
	2 Helen AGOSTINI	SMR	17m49.26	25/03/94	Adelaide
	3 Diane ROSS	SMR	15m45.35	01/04/04	Adelaide
	4 Terry CARTER	SMR	15m06.99	3-10/10/15	SAALC AMG
	5 Terry CARTER	SMR	14m53.35	8-11/03/17	Nationals QLD
70 - 74	800m Freestyle				
	1 Monica OSBORNE	SMR	24m05.53	15/11/92	Burnside
	2 Monica OSBORNE	SMR	22m44.64	25/03/94	Adelaide
	3 Monica OSBORNE	SMR	21m47.61	13/08/94	Elizabeth
	4 Diane ROSS	SMR	16m46.16	05/10/07	Adelaide
75 - 79	800m Freestyle				
	1 Diane ROSS	SMR	19m00.48	07/11/10	Unley
	2 Diane ROSS	SMR	17m26.01	30/04/11	Perth
80 - 84	800m Freestyle				
	1 Diane ROSS	SMR	18m29.97	3-10/10/15	SAALC AMG

85 - 89	800m Freestyle					
	NO RECORD					
90 - 94	800m Freestyle					
	NO RECORD					
95 - 99	800m Freestyle					
	NO RECORD					
100 - 104	800m Freestyle					
	NO RECORD					
105 - 109	800m Freestyle					
	NO RECORD					
20 - 24	1500m Freestyle					
	1 Vanessa DORN	SMR	25m35.74	15/01/92	Burnside	
25 - 29	1500m Freestyle					
	NO RECORD					
30 - 34	1500m Freestyle					
	NO RECORD					
35 - 39	1500m Freestyle					
	1 Meredith RYAN	SMR	21m28.57	30/11/08	Marion	
40 - 44	1500m Freestyle					
	1 Carolyn FLEMING	SMR	26m55.00	04/01/85	Marion	
	2 Carolyn FLEMING	SMR	23m04.38	23/03/86	Marion	
	3 Marcia RAGLESS	SMR	22m23.94	15/11/92	Burnside	
45 - 49	1500m Freestyle					
	1 Helen WALSH	SMR	26m54.01	29/03/05	Hobart	
	2 Helen WALSH	SMR	26m11.79	30/11/08	Marion	
50 - 54	1500m Freestyle					
	1 Diane ROSS	SMR	27m47.53	31/01/87	Sturt	
55 - 59	1500m Freestyle					
	1 Diane ROSS	SMR	28m35.21	15/11/92	Burnside	
	2 Robyn BROWN	SMR	25m29.04	30/11/08	Marion	
60 - 64	1500m Freestyle					
	1 Helen AGOSTINI	SMR	34m01.45	31/01/87	Sturt	
	2 Diane ROSS	SMR	29m03.94	25/11/95	Burnside	
	3 Deborah WAREING	SMR	22m17.80	28/10/18	L-C Distance SAALC	
65 - 69	1500m Freestyle					
	1 Helen AGOSTINI	SMR	33m40.63	15/11/92	Burnside	
70 - 74	1500m Freestyle					
	1 Monica OSBORNE	SMR	46m15.07	15/11/92	Burnside	
	2 Diane ROSS	SMR	33m56.16	26/11/06	Unley	
	3 Diane ROSS	SMR	33m29.60	30/11/08	Marion	
75 - 79	1500m Freestyle					

	1 Diane ROSS	SMR	35m45.36	07/11/10	Unley
	2 Diane ROSS	SMR	35m14.21	11/11/12	Marion OD
80 - 84	1500m Freestyle				
	NO RECORD				
85 - 89	1500m Freestyle				
	NO RECORD				
90 - 94	1500m Freestyle				
	NO RECORD				
95 - 99	1500m Freestyle				
	NO RECORD				
100 - 104	1500m Freestyle				
	NO RECORD				
105 - 109	1500m Freestyle				
	NO RECORD				
20 - 24	50m Backstroke				
	NO RECORD				
25 - 29	50m Backstroke				
	1 Maryanne HEFFERNAN	SMR	43.57	15/04/84	Melbourne
	2 Natalie FARNWORTH	SMR	37.66	12/03/06	Adelaide
30 - 34	50m Backstroke				
	1 Anne KRISCHOCK	SMR	41.79	19/04/86	Adelaide
	2 Elizabeth ASTON	SMR	36.99	22/03/94	Adelaide
	3 Paula HILL	SMR	34.96	29/03/05	Hobart
35 - 39	50m Backstroke				
	1 Marcia RAGLESS	SMR	44.72	10/05/90	Tea Tree Gully
	2 Gay HALES	SMR	41.50	14/09/91	Adelaide
	3 Gay HALES	SMR	41.32	12/09/92	Adelaide
	4 Gay HALES	SMR	40.59	22/03/94	Adelaide
40 - 44	50m Backstroke				
	1 Wendy POTTER	SMR	48.11	01/11/86	Adelaide
	2 Marcia RAGLESS	SMR	46.81	13/08/94	Elizabeth
	3 Francis BOBRIDGE	SMR	41.39	16/03/97	Marion
	4 Meryl CHURCHILL	SMR	41.30	31/03/04	Adelaide
	5 Meryl CHURCHILL	SMR	40.87	29/03/05	Hobart
	6 Meryl CHURCHILL	SMR	39.26	07/10/05	Adelaide
	7 Meryl CHURCHILL	SMR	39.19	16/04/06	Canberra
	8 Meredith RYAN	SMR	38.48	18/05/14	SAALC Marion
	9 Meredith RYAN	SMR	38.06	15/06/14	SAALC Marion
45 - 49	50m Backstroke				
	1 Marguerite WARDLE	SMR	53.08	16/11/85	Adelaide
	2 Marguerite WARDLE	SMR	49.29	01/11/86	Adelaide
	3 Heather CARBONE	SMR	45.46	07/10/05	Adelaide
	4 Meryl CHURCHILL	SMR	41.36	23/03/08	Melbourne
	5 Meryl CHURCHILL	SMR	38.72	03/05/06	Chandler
50 - 54	50m Backstroke				

	1 Diane ROSS	SMR	45.35	19/04/86	Adelaide
	2 Meryl CHURCHILL	SMR	39.66	17/04/13	Sydney
55 - 59	50m Backstroke				
	1 Alison JARVIS	SMR	1m07.46	16/11/85	Adelaide
	2 Josie ROBERTS	SMR	58.34	17/04/88	Adelaide
	3 Josie ROBERTS	SMR	57.29	10/03/90	Tea Tree Gully
	4 Diane ROSS	SMR	51.79	20/01/91	Unley
	5 Marguerite WARDLE	SMR	48.96	22/03/94	Adelaide
	6 Marguerite WARDLE	SMR	48.62	13/08/94	Elizabeth
	7 Heather CARBONE	SMR	48.00	18/05/14	SAALC Marion
	8 Robyn FALSTER	SMR	43.15	03/05/15	SAALC State Cup
	9 Robyn FALSTER	SMR	42.76	3-10/10/15	SAALC AMG
	10 Robyn FALSTER	SMR	42.64	27/05/18	IC-1 SAALC
60 - 64	50m Backstroke				
	1 Helen AGOSTINI	SMR	1m13.59	16/11/85	Adelaide
	2 Helena MALGORZEWICZ	SMR	1m11.46	01/11/86	Adelaide
	3 Helen AGOSTINI	SMR	1m04.72	01/11/87	Adelaide
	4 Marguerite WARDLE	SMR	52.87	18/04/99	Adelaide
	5 Marguerite WARDLE	SMR	52.43	26/03/00	Adelaide
	6 Deborah WAREING	SMR	43.77	31/01/16	Gawler
	7 Deborah WAREING	SMR	42.74	03/04/16	Adelaide
	8 Deborah WAREING	SMR	42.46	21-24/04/16	Melbourne
	9 Maryanne HEFFERNAN	SMR	42.14	22/05/16	SAALC Marion
	10 Deborah WAREING	SMR	41.35	31/07/16	SAALC Marion
65 - 69	50m Backstroke				
	1 Helena MALGORZEWICZ	SMR	1m09.28	16/10/89	Adelaide
	2 Helena MALGORZEWICZ	SMR	1m07.53	10/03/90	Tea Tree Gully
	3 Helen AGOSTINI	SMR	1m05.84	14/09/91	Adelaide
	4 Helen AGOSTINI	SMR	1m02.02	20/11/93	Adelaide
	5 Margaret WHITE	SMR	1m01.41	18/04/99	Adelaide
	6 Barbara PEARCE	SMR	51.92	29/03/05	Hobart
	7 Terry CARTER	SMR	51.45	18-21/04/18	Perth
70 - 74	50m Backstroke				
	1 Helena MALGORZEWICZ	SMR	1m15.62	13/08/94	Elizabeth
	2 Barbara PEARCE	SMR	55.78	03/03/07	Murray Bridge
	3 Barbara PEARCE	SMR	55.14	09/05/07	Darwin
	4 Barbara PEARCE	SMR	53.66	05/10/07	Adelaide
75 - 79	50m Backstroke				
	1 Barbara PEARCE	SMR	51.40	14/04/12	SAALC Marion
80 - 84	50m Backstroke				
	1 Diane ROSS	SMR	1m01.09	22/05/16	SAALC Marion
	2 Barbara PEARCE	SMR	1m00.31	8-11/03/17	Nationals QLD
	3 Barbara PEARCE	SMR	59.12	09/04/17	SAALC State Cup
85 - 89	50m Backstroke				
	NO RECORD				
90 - 94	50m Backstroke				
	NO RECORD				
95 - 99	50m Backstroke				
	NO RECORD				

100 - 104	50m Backstroke					
						NO RECORD
105 - 109	50m Backstroke					
						NO RECORD
20 - 24	100m Backstroke					
	1 C. HEFFERNAN	SMR	1m31.27	17/04/86		Adelaide
25 - 29	100m Backstroke					
	1 Heidi TUCKER	SMR	1m24.22	01/11/86		Adelaide
	2 Heidi TUCKER	SMR	1m22.14	01/11/87		Adelaide
	3 Heidi TUCKER	SMR	1m21.01	17/04/88		Adelaide
30 - 34	100m Backstroke					
	1 Margaret BUNGEY	SMR	2m30.92	17/04/86		Adelaide
	2 Jenny HAYMAN	SMR	1m40.74	01/11/86		Adelaide
	3 Anne KRISCHOCK	SMR	1m36.43	04/04/87		Beatty Park
	4 Meredith TAYLOR	SMR	1m32.89	01/03/92		Unley
	5 Elizabeth ASTON	SMR	1m22.64	25/03/93		Adelaide
	6 Elizabeth ASTON	SMR	1m22.33	21/11/93		Adelaide
	7 Paula HILL	SMR	1m17.57	29/03/05		Hobart
35 - 39	100m Backstroke					
	1 C. JANSEN	SMR	1m47.84	17/04/86		Adelaide
	2 Marcia RAGLESS	SMR	1m39.55	01/11/87		Adelaide
	3 Gay HALES	SMR	1m39.25	29/05/93		Elizabeth
	4 Vanessa DORN	SMR	1m38.48	01/05/05		Adelaide
40 - 44	100m Backstroke					
	1 Carolyn FLEMING	SMR	1m35.79	16/03/95		Canberra
	2 Marcia RAGLESS	SMR	1m33.71	21/11/93		Adelaide
	3 Francis BOBRIDGE	SMR	1m32.36	16/03/97		Marion
	4 Meryl CHURCHILL	SMR	1m31.16	02/04/04		Adelaide
	5 Meryl CHURCHILL	SMR	1m27.02	07/10/05		Adelaide
45 - 49	100m Backstroke					
	1 Marguerite WARDLE	SMR	1m51.50	01/11/86		Adelaide
	2 Heather CARBONE	SMR	1m37.70	07/10/05		Adelaide
	3 Meryl CHURCHILL	SMR	1m30.50	23/03/08		Melbourne
	4 Meryl CHURCHILL	SMR	1m28.90	23/04/08		Perth
	5 Meryl CHURCHILL	SMR	1m25.91	03/05/06		Chandler
50 - 54	100m Backstroke					
	1 Diane ROSS	SMR	1m45.20	17/04/86		Adelaide
	2 Heather CARBONE	SMR	1m39.33	29/03/09		Adelaide
	3 Heather CARBONE	SMR	1m37.98	10/10/09		Sydney
	4 Meryl CHURCHILL	SMR	1m27.51	17/04/13		Sydney
55 - 59	100m Backstroke					
	1 Josie ROBERTS	SMR	2m13.61	17/04/88		Adelaide
	2 Diane ROSS	SMR	1m57.25	01/03/92		Unley
	3 Diane ROSS	SMR	1m54.98	13/09/92		Adelaide
	4 Marguerite WARDLE	SMR	1m54.39	29/10/95		Adelaide
	5 Marguerite WARDLE	SMR	1m54.38	08/04/96		Canberra
	6 Heather CARBONE	SMR	1m39.14	13/04/14		SAALC State Cup
	7 Robyn FALSTER	SMR	1m33.23	3-10/10/15		SAALC AMG

60 - 64	100m Backstroke				
	1 Helena MALGORZEWICZ	SMR	2m34.21	01/11/86	Adelaide
	2 Alison JARVIS	SMR	2m20.23	17/04/88	Adelaide
	3 Marguerite WARDLE	SMR	2m00.58	18/04/99	Adelaide
	4 Deborah WAREING	SMR	1m35.20	06/03/16	Strathalbyn
	5 Deborah WAREING	SMR	1m33.62	22/05/16	Marion SAALC
	6 Deborah WAREING	SMR	1m31.40	19-23/03/19	Nationals SAALC
65 - 69	100m Backstroke				
	1 Helena MALGORZEWICZ	SMR	2m29.58	17/10/89	Adelaide
	2 Helen AGOSTINI	SMR	2m22.85	09/09/90	Adelaide
	3 Marguerite WARDLE	SMR	2m01.98	02/04/04	Adelaide
	4 Barbara PEARCE	SMR	1m56.28	29/03/05	Hobart
	5 Terry CARTER	SMR	1m52.65	09/04/16	NSW
	6 Terry CARTER	SMR	1m51.87	27/05/18	IC-1 SAALC
70 - 74	100m Backstroke				
	1 Barbara PEARCE	SMR	2m04.93	03/03/07	Murray Bridge
	2 Barbara PEARCE	SMR	2m02.49	09/05/07	Darwin
	3 Barbara PEARCE	SMR	2m01.88	03/05/09	Chandler
75 - 79	100m Backstroke				
	1 Barbara PEARCE	SMR	2m06.73	01/04/12	Marion
	2 Barbara PEARCE	SMR	2m06.35	16/04/12	SAALC Marion
	3 Barbara PEARCE	SMR	2m05.69	24/02/13	Strathalbyn
	4 Barbara PEARCE	SMR	2m04.09	17/04/13	Sydney
80 - 84	100m Backstroke				
	1 Diane ROSS	SMR	2m19.68	14/06/15	SAALC Marion
	2 Diane ROSS	SMR	2m15.54	3-10/10/15	SAALC AMG
	3 Barbara PEARCE	SMR	2m09.11	09/04/17	SAALC State Cup
85 - 89	100m Backstroke				
	NO RECORD				
90 - 94	100m Backstroke				
	NO RECORD				
95 - 99	100m Backstroke				
	NO RECORD				
100 - 104	100m Backstroke				
	NO RECORD				
105 - 109	100m Backstroke				
	NO RECORD				
20 - 24	200m Backstroke				
	1 C. HEFFERNAN	SMR	3m17.41	17/04/86	Adelaide
	2 Vanessa DORN	SMR	3m15.59	13/09/92	Adelaide
	3 Vanessa DORN	SMR	3m07.69	13/03/93	Adelaide
25 - 29	200m Backstroke				
	1 Natalie FARNWORTH	SMR	3m02.04	01/05/05	Adelaide
30 - 34	200m Backstroke				
	1 Anne KRISCHOCK	SMR	3m27.80	04/04/87	Beatty Park
	2 Elizabeth ASTON	SMR	2m58.20	13/03/93	Adelaide

	3	Briny MCARTHUR	SMR	2m46.02	19-23/03/19	Nationals SAALC
35 - 39		200m Backstroke				
	1	Marcia RAGLESS	SMR	3m40.36	17/04/86	Adelaide
	2	Marcia RAGLESS	SMR	3m27.93	17/04/88	Adelaide
	3	Gay HALES	SMR	3m22.49	21/11/93	Adelaide
40 - 44		200m Backstroke				
	1	Marguerite WARDLE	SMR	4m00.73	01/11/86	Adelaide
	2	Marcia RAGLESS	SMR	3m17.17	13/03/93	Adelaide
	3	Meryl CHURCHILL	SMR	3m14.59	01/04/04	Adelaide
	4	Meryl CHURCHILL	SMR	3m10.88	07/10/05	Adelaide
	5	Meryl CHURCHILL	SMR	3m09.54	16/04/06	Canberra
45 - 49		200m Backstroke				
	1	Diane ROSS	SMR	4m01.86	02/03/85	Marion
	2	Heather CARBONE	SMR	3m26.85	07/10/05	Adelaide
	3	Meryl CHURCHILL	SMR	3m13.45	23/03/08	Melbourne
	4	Meryl CHURCHILL	SMR	3m10.58	03/05/06	Chandler
50 - 54		200m Backstroke				
	1	Josie ROBERTS	SMR	4m17.96	17/04/86	Adelaide
	2	Marguerite WARDLE	SMR	4m05.38	09/09/90	Adelaide
	3	Marguerite WARDLE	SMR	4m02.36	13/03/93	Adelaide
	4	Heather CARBONE	SMR	3m28.60	10/10/09	Sydney
	5	Meryl CHURCHILL	SMR	3m10.40	17/04/13	Sydney
55 - 59		200m Backstroke				
	1	Alison JARVIS	SMR	5m21.62	02/03/85	Marion
	2	Diane ROSS	SMR	4m08.79	15/09/91	Adelaide
	3	Marguerite WARDLE	SMR	4m03.67	25/03/93	Adelaide
	4	Heather CARBONE	SMR	3m32.41	23/06/13	SAALC Marion
	5	Robyn FALSTER	SMR	3m20.05	02/08/15	SAALC Marion
	6	Robyn FALSTER	SMR	3m18.62	3-10/10/15	SAALC AMG
60 - 64		200m Backstroke				
	1	Alison JARVIS	SMR	4m52.29	17/04/88	Adelaide
	2	Marguerite WARDLE	SMR	4m21.34	18/04/99	Adelaide
	3	Deborah WAREING	SMR	3m20.55	21-24/04/16	Melbourne
	4	Deborah WAREING	SMR	3m16.70	19-23/03/19	Nationals SAALC
65 - 69		200m Backstroke				
	1	Marguerite WARDLE	SMR	4m37.08	01/04/04	Adelaide
	2	Barbara PEARCE	SMR	4m20.83	29/03/05	Hobart
	3	Barbara PEARCE	SMR	4m17.04	01/05/05	Adelaide
	4	Barbara PEARCE	SMR	4m16.90	16/04/06	Canberra
	5	Terry CARTER	SMR	4m07.75	03/05/15	State Cup SAALC
	6	Terry CARTER	SMR	4m06.14	14/06/15	Marion SAALC
	7	Terry CARTER	SMR	4m05.51	02/08/15	Marion SAALC
	8	Terry CARTER	SMR	3m58.39	09/04/16	NSW
70 - 74		200m Backstroke				
	1	Barbara PEARCE	SMR	4m26.90	03/03/07	Murray Bridge
	2	Barbara PEARCE	SMR	4m26.37	09/05/07	Darwin
	3	Barbara PEARCE	SMR	4m26.34	07/10/07	Adelaide
	4	Barbara PEARCE	SMR	4m22.65	23/03/08	Melbourne
	5	Barbara PEARCE	SMR	4m18.22	19/04/08	Perth
75 - 79		200m Backstroke				

	1 Barbara PEARCE	SMR	5m08.65	07/04/13	Adelaide
	2 Barbara PEARCE	SMR	4m33.79	17/04/13	Sydney
80 - 84	200m Backstroke				
	1 Diane ROSS	SMR	4m57.62	14/06/15	Marion SAALC
	2 Diane ROSS	SMR	4m52.55	3-10/10/15	AMG SAALC
	3 Diane ROSS	SMR	4m50.28	22/05/16	SAALC Marion
85 - 89	200m Backstroke				
	NO RECORD				
90 - 94	200m Backstroke				
	NO RECORD				
95 - 99	200m Backstroke				
	NO RECORD				
100 - 104	200m Backstroke				
	NO RECORD				
105 - 109	200m Backstroke				
	NO RECORD				
20 - 24	400m Backstroke				
	NO RECORD				
25 - 29	400m Backstroke				
	NO RECORD				
30 - 34	400m Backstroke				
	NO RECORD				
35 - 39	400m Backstroke				
	NO RECORD				
40 - 44	400m Backstroke				
	NO RECORD				
45 - 49	400m Backstroke				
	NO RECORD				
50 - 54	400m Backstroke				
	1 Marguerite WARDLE	SMR	9m11.02	15/11/92	Burnside
	2 Marguerite WARDLE	SMR	9m01.50	06/02/93	Burnside
55 - 59	400m Backstroke				
	1 Diane ROSS	SMR	8m48.55	06/02/93	Burnside
	2 Marguerite WARDLE	SMR	8m48.24	25/11/95	Burnside
	3 Robyn BROWN	SMR	8m14.13	30/11/08	Marion
	4 Heather CARBONE	SMR	7m17.34	07/04/13	Adelaide
60 - 64	400m Backstroke				
	1 Deborah WAREING	SMR	6m55.79	28/10/18	L-C Distance SAALC
65 - 69	400m Backstroke				
	1 Barbara PEARCE	SMR	9m23.65	26/11/06	Unley
	2 Terry CARTER	SMR	8m20.41	03/05/15	SAALC State Cup



70 - 74	400m Backstroke				
	1 Diane ROSS	SMR	10m33.34	26/11/06	Unley
	2 Barbara PEARCE	SMR	9m41.42	02/03/08	Unley
	3 Barbara PEARCE	SMR	9m40.74	29/03/09	Adelaide
75 - 79	400m Backstroke				
	1 Barbara PEARCE	SMR	10m43.01	01/04/12	Marion
	2 Barbara PEARCE	SMR	10m28.37	13/04/14	SAALC State Cup
	3 Barbara PEARCE	SMR	10m05.11	06/11/14	Pan Pacs QLD
80 - 84	400m Backstroke				
	1 Barbara PEARCE	SMR	10m23.94	09/04/17	SAALC State Cup
	2 Barbara PEARCE	SMR	10m09.75	09/04/17	SAALC State Cup
85 - 89	400m Backstroke				
	NO RECORD				
90 - 94	400m Backstroke				
	NO RECORD				
95 - 99	400m Backstroke				
	NO RECORD				
100 - 104	400m Backstroke				
	NO RECORD				
105 - 109	400m Backstroke				
	NO RECORD				
20 - 24	800m Backstroke				
	NO RECORD				
25 - 29	800m Backstroke				
	NO RECORD				
30 - 34	800m Backstroke				
	NO RECORD				
35 - 39	800m Backstroke				
	NO RECORD				
40 - 44	800m Backstroke				
	1 Anke SCHWEDAT	SMR	14m45.60	28/10/18	L-C Distance SAALC
45 - 49	800m Backstroke				
	NO RECORD				
50 - 54	800m Backstroke				
	1 Marguerite WARDLE	SMR	18m13.46	15/11/92	Burnside
	2 Marguerite WARDLE	SMR	18m08.85	06/02/93	Burnside
55 - 59	800m Backstroke				
	1 Marguerite WARDLE	SMR	17m42.47	25/11/95	Burnside
60 - 64	800m Backstroke				
	NO RECORD				
65 - 69	800m Backstroke				

NO RECORD

70 - 74	800m Backstroke				
1 Barbara PEARCE		SMR	21m17.25	30/11/08	Marion
75 - 79	800m Backstroke				
1 Barbara PEARCE		SMR	24m19.64	01/11/14	SAALC State Cup
80 - 84	800m Backstroke				
1 Barbara PEARCE		SMR	25m34.61	28/10/18	L-C Distance SAALC
85 - 89	800m Backstroke				
NO RECORD					
90 - 94	800m Backstroke				
NO RECORD					
95 - 99	800m Backstroke				
NO RECORD					
100 - 104	800m Backstroke				
NO RECORD					
105 - 109	800m Backstroke				
NO RECORD					
20 - 24	1500m Backstroke				
NO RECORD					
25 - 29	1500m Backstroke				
NO RECORD					
30 - 34	1500m Backstroke				
NO RECORD					
35 - 39	1500m Backstroke				
NO RECORD					
40 - 44	1500m Backstroke				
NO RECORD					
45 - 49	1500m Backstroke				
NO RECORD					
50 - 54	1500m Backstroke				
NO RECORD					
55 - 59	1500m Backstroke				
NO RECORD					
60 - 64	1500m Backstroke				
NO RECORD					
65 - 69	1500m Backstroke				
NO RECORD					
70 - 74	1500m Backstroke				
NO RECORD					

75 - 79 1500m Backstroke  
NO RECORD

80 - 84 1500m Backstroke  
NO RECORD

85 - 89 1500m Backstroke  
NO RECORD

90 - 94 1500m Backstroke  
NO RECORD

95 - 99 1500m Backstroke  
NO RECORD

100 - 104 1500m Backstroke  
NO RECORD

105 - 109 1500m Backstroke  
NO RECORD

20 - 24 50m Breaststroke  
1 Meredith JARVIS SMR 40.35 15/04/84 Melbourne

25 - 29 50m Breaststroke  
1 Maryanne HEFFERNAN SMR 48.64 10/12/83 Salisbury  
2 Maryanne HEFFERNAN SMR 44.52 15/04/84 Melbourne  
3 Maryanne HEFFERNAN SMR 44.28 02/03/85 Marion  
4 Meredith JARVIS SMR 42.23 17/04/88 Adelaide  
5 Meredith JARVIS SMR 41.61 09/09/90 Adelaide

30 - 34 50m Breaststroke  
1 Marcia RAGLESS SMR 52.34 02/03/85 Marion  
2 Shirley CHAMBERLAIN SMR 50.55 17/10/89 Adelaide  
3 Meredith JARVIS SMR 40.85 15/09/91 Adelaide  
4 Paula HILL SMR 35.69 29/03/05 Hobart  
5 Sally HUNTER SMR 33.99 31/07/16 Marion SAALC  
6 Sally HUNTER SMR 33.75 19-23/03/19 Nationals SAALC

35 - 39 50m Breaststroke  
1 Penny MARTIN SMR 53.78 02/03/85 Marion  
2 Penny MARTIN SMR 49.76 17/04/86 Adelaide  
3 Gay HALES SMR 46.35 15/09/91 Adelaide  
4 Heather CARBONE SMR 46.07 25/03/93 Adelaide  
5 Meredith TAYLOR SMR 43.13 20/09/98 Adelaide  
6 Meredith RYAN SMR 42.57 29/03/09 Adelaide  
7 Meredith RYAN SMR 40.92 03/05/09 Chandler

40 - 44 50m Breaststroke  
1 Carolyn FLEMING SMR 54.07 02/03/85 Marion  
2 Wendy POTTER SMR 52.04 01/11/86 Adelaide  
3 Elke TREVILYAN SMR 44.06 29/05/93 Elizabeth  
4 Elke TREVILYAN SMR 43.63 15/01/94 Adelaide  
5 Meredith RYAN SMR 42.27 18/05/14 SAALC Marion  
6 Meredith RYAN SMR 42.24 15/06/14 SAALC Marion

45 - 49 50m Breaststroke

	1	Diane ROSS	SMR	53.00	02/03/85	Marion
	2	Denise WATTS	SMR	50.33	26/03/00	Adelaide
	3	Maryanne HEFFERNAN	SMR	47.07	07/10/05	Adelaide
	4	Meryl CHURCHILL	SMR	44.77	03/05/09	Chandler
50 - 54		50m Breaststroke				
	1	Josie ROBERTS	SMR	1m07.76	02/03/85	Marion
	2	Marguerite WARDLE	SMR	1m00.27	01/03/92	Unley
	3	Mary JAMES	SMR	54.69	18/04/99	Adelaide
	4	Maryanne HEFFERNAN	SMR	46.41	03/03/07	Murray Bridge
	5	Maryanne HEFFERNAN	SMR	45.60	06/10/07	Adelaide
	6	Maryanne HEFFERNAN	SMR	44.12	29/03/09	Adelaide
55 - 59		50m Breaststroke				
	1	Alison JARVIS	SMR	1m13.45	02/03/85	Marion
	2	Marguerite WARDLE	SMR	59.66	20/05/95	Elizabeth
	3	Marguerite WARDLE	SMR	59.65	09/03/96	Payneham
	4	Judy VOWLES	SMR	59.55	02/03/08	Unley
	5	Maryanne HEFFERNAN	SMR	45.36	07/10/11	SAALC Marion
	6	Maryanne HEFFERNAN	SMR	44.67	23/06/13	SAALC Marion
60 - 64		50m Breaststroke				
	1	Helena MALGORZEWICZ	SMR	1m11.94	02/03/85	Marion
	2	Helen AGOSTINI	SMR	1m08.91	16/11/85	Adelaide
	3	Helen AGOSTINI	SMR	1m08.69	16/10/88	Chandler
	4	Alison JARVIS	SMR	1m07.11	17/10/89	Adelaide
	5	Marguerite WARDLE	SMR	1m03.75	25/03/01	Adelaide
	6	Judy VOWLES	SMR	58.01	10/04/11	Unley
	7	Judy VOWLES	SMR	56.76	07/10/11	SAALC Marion
	8	Maryanne HEFFERNAN	SMR	44.80	06/03/16	Strathalbyn
	9	Deborah WAREING	SMR	44.55	21-24/04/16	Melbourne
	10	Maryanne HEFFERNAN	SMR	44.30	5-13/11/16	Pan-Pacs QLD
	11	Maryanne HEFFERNAN	SMR	43.86	09/04/17	SAALC State Cup
	12	Maryanne HEFFERNAN	SMR	43.84	17/09/17	SAALC All In Meet
65 - 69		50m Breaststroke				
	1	Monica OSBORNE	SMR	1m44.95	16/10/88	Chandler
	2	Helena MALGORZEWICZ	SMR	1m10.05	17/10/89	Adelaide
	3	Helen AGOSTINI	SMR	1m07.55	09/09/90	Adelaide
	4	Marguerite WARDLE	SMR	1m02.08	03/04/04	Adelaide
	5	Judy VOWELS	SMR	59.59	13/04/14	SAALC State Cup
	6	Judy VOWELS	SMR	59.14	18/05/14	SAALC Marion
	7	Terry CARTER	SMR	52.96	14/06/15	SAALC Marion
	8	Terry CARTER	SMR	52.94	21-24/04/16	Melbourne
70 - 74		50m Breaststroke				
	1	Helena MALGORZEWICZ	SMR	1m14.07	18/08/94	Elizabeth
	2	Diane ROSS	SMR	1m09.08	12/03/06	Adelaide
	3	Jan MYKYTA	SMR	1m07.30	10/04/11	Unley
	4	Judy VOWELS	SMR	1m01.70	03/02/19	Gawler
	5	Judy VOWELS	SMR	57.68	19-23/03/19	Nationals SAALC
75 - 79		50m Breaststroke				
	1	Jan MYKYTA	SMR	1m19.26	06/03/16	Strathalbyn
80 - 84		50m Breaststroke				
	1	Barbara PEARCE	SMR	1m30.97	18-21/04/18	Perth
85 - 89		50m Breaststroke				

NO RECORD

90 - 94 50m Breaststroke  
NO RECORD

95 - 99 50m Breaststroke  
NO RECORD

100 - 104 50m Breaststroke  
NO RECORD

105 - 109 50m Breaststroke  
NO RECORD

20 - 24 100m Breaststroke

1 Meredith JARVIS	SMR	1m31.98	15/04/84	Melbourne
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25 - 29 100m Breaststroke

1 Maryanne HEFFERNAN	SMR	1m38.11	15/04/84	Melbourne
2 Maryanne HEFFERNAN	SMR	1m37.31	17/04/86	Adelaide
3 Meredith JARVIS	SMR	1m35.48	01/11/87	Adelaide
4 Meredith JARVIS	SMR	1m32.06	17/04/88	Adelaide
5 Meredith JARVIS	SMR	1m31.49	09/09/90	Adelaide

30 - 34 100m Breaststroke

1 Margaret BUNGEY	SMR	2m33.51	17/04/86	Adelaide
2 Margaret BUNGEY	SMR	2m19.03	01/11/86	Adelaide
3 Anne KRISCHOCK	SMR	2m07.41	17/04/88	Adelaide
4 Maryanne HEFFERNAN	SMR	1m40.45	05/02/89	Salisbury
5 Meredith JARVIS	SMR	1m31.35	15/09/91	Adelaide
6 Paula HILL	SMR	1m21.73	29/03/05	Hobart

35 - 39 100m Breaststroke

1 Penny MARTIN	SMR	1m52.88	17/04/86	Adelaide
2 Heather CARBONE	SMR	1m38.98	25/03/93	Adelaide
3 Heather CARBONE	SMR	1m38.79	08/04/96	Canberra
4 Meredith TAYLOR	SMR	1m35.53	20/09/98	Adelaide
5 Meredith RYAN	SMR	1m35.46	29/03/09	Adelaide

40 - 44 100m Breaststroke

1 Penny MARTIN	SMR	1m56.37	01/11/86	Adelaide
2 Valerie DOBIE	SMR	1m55.95	05/02/89	Salisbury
3 Valerie DOBIE	SMR	1m53.02	17/10/89	Adelaide
4 Heather CARBONE	SMR	1m41.18	20/09/98	Adelaide
5 Heather CARBONE	SMR	1m40.87	18/04/99	Adelaide
6 Heather CARBONE	SMR	1m39.22	01/10/99	Adelaide

45 - 49 100m Breaststroke

1 Marguerite WARDLE	SMR	2m25.32	05/02/89	Salisbury
2 Robyn QUINN	SMR	2m16.59	16/03/97	Marion
3 Denise WATTS	SMR	1m49.13	26/03/00	Adelaide
4 Maryanne HEFFERNAN	SMR	1m43.70	07/10/05	Adelaide
5 Meryl CHURCHILL	SMR	1m41.95	14/04/12	SAALC Marion

50 - 54 100m Breaststroke

1 Marguerite WARDLE	SMR	2m19.66	10/03/90	Tea Tree Gully
2 Marguerite WARDLE	SMR	2m14.20	15/09/91	Adelaide
3 Jane SUTTON	SMR	2m10.67	29/03/05	Hobart

	4	Robyn BROWN	SMR	1m50.51	07/10/05	Adelaide
	5	Maryanne HEFFERNAN	SMR	1m40.28	07/10/07	Adelaide
55 - 59		100m Breaststroke				
	1	Marguerite WARDLE	SMR	2m19.03	16/03/97	Marion
	2	Judy VOWLES	SMR	2m08.82	02/03/08	Unley
	3	Robyn BROWN	SMR	1m57.17	10/04/11	Unley
	4	Maryanne HEFFERNAN	SMR	1m37.28	07/10/11	SAALC Marion
60 - 64		100m Breaststroke				
	1	Helena MALGORZEWICZ	SMR	2m30.24	17/04/86	Adelaide
	2	Helena MALGORZEWICZ	SMR	2m23.90	16/10/88	Chandler
	3	Judy VOWLES	SMR	2m12.65	07/10/11	SAALC Marion
	4	Deborah WAREING	SMR	1m43.57	31/01/16	Gawler
	5	Deborah WAREING	SMR	1m43.41	06/03/16	Strathalbyn
	6	Maryanne HEFFERNAN	SMR	1m37.92	03/04/16	Adelaide
	7	Maryanne HEFFERNAN	SMR	1m35.89	17/09/17	All In Meet SAALC
	8	Maryanne HEFFERNAN	SMR	1m35.29	08/04/18	LCSC SAALC
65 - 69		100m Breaststroke				
	1	Helena MALGORZEWICZ	SMR	2m31.84	17/10/89	Adelaide
	2	Helena MALGORZEWICZ	SMR	2m31.16	10/03/90	Tea Tree Gully
	3	Jan WILSON	SMR	2m24.86	16/04/06	Canberra
	4	Judy VOWELS	SMR	2m17.64	13/04/14	SAALC State Cup
	5	Terry CARTER	SMR	2m04.93	3-10/10/15	AMG SAALC
70 - 74		100m Breaststroke				
	1	Diane ROSS	SMR	2m34.55	02/03/08	Unley
	2	Judy VOWELS	SMR	2m21.52	19-23/03/19	Nationals SAALC
75 - 79		100m Breaststroke				
	1	Jan MYKYTA	SMR	3m27.95	06/03/16	Strathalbyn
	2	Jan MYKYTA	SMR	3m15.41	22/05/16	Marion SAALC
80 - 84		100m Breaststroke				
		NO RECORD				
85 - 89		100m Breaststroke				
		NO RECORD				
90 - 94		100m Breaststroke				
		NO RECORD				
95 - 99		100m Breaststroke				
		NO RECORD				
100 - 104		100m Breaststroke				
		NO RECORD				
105 - 109		100m Breaststroke				
		NO RECORD				
20 - 24		200m Breaststroke				
	1	Meredith JARVIS	SMR	3m21.27	15/04/84	Melbourne
	2	Amy STRETTON	SMR	3m14.98	01/04/07	Unley
25 - 29		200m Breaststroke				
	1	Shirley CHAMBERLAIN	SMR	4m03.75	16/11/85	Adelaide

	2	Shirley CHAMBERLAIN	SMR	4m01.90	19/04/86	Adelaide
	3	Shirley CHAMBERLAIN	SMR	3m55.68	01/11/86	Adelaide
	4	Meredith JARVIS	SMR	3m35.54	01/11/87	Adelaide
	5	Meredith JARVIS	SMR	3m17.94	17/04/88	Adelaide
	6	Meredith JARVIS	SMR	3m14.56	09/09/90	Adelaide
30 - 34		200m Breaststroke				
	1	Meredith JARVIS	SMR	3m14.87	15/09/91	Adelaide
35 - 39		200m Breaststroke				
	1	Penny MARTIN	SMR	4m09.79	02/03/85	Marion
	2	Penny MARTIN	SMR	4m03.97	19/04/86	Adelaide
	3	Heather CARBONE	SMR	3m29.59	25/03/93	Adelaide
	4	Meredith TAYLOR	SMR	3m25.41	20/09/98	Adelaide
40 - 44		200m Breaststroke				
	1	Penny MARTIN	SMR	4m10.81	04/04/87	Beatty Park
	2	Elke TREVILYAN	SMR	3m39.49	13/03/93	Adelaide
	3	Heather CARBONE	SMR	3m36.06	20/09/98	Adelaide
	4	Heather CARBONE	SMR	3m35.37	18/04/99	Adelaide
	5	Heather CARBONE	SMR	3m31.50	02/10/99	Adelaide
45 - 49		200m Breaststroke				
	1	Linda MASSOLA	SMR	5m31.11	11/09/94	Adelaide
	2	Robyn QUINN	SMR	3m53.16	09/03/96	Payneham
	3	Meryl CHURCHILL	SMR	3m40.13	23/03/08	Melbourne
	4	Meryl CHURCHILL	SMR	3m34.05	16/04/12	SAALC Marion
50 - 54		200m Breaststroke				
	1	Marguerite WARDLE	SMR	4m32.22	13/03/93	Adelaide
	2	Robyn BROWN	SMR	3m45.12	02/04/04	Adelaide
	3	Maryanne HEFFERNAN	SMR	3m37.06	02/03/08	Unley
55 - 59		200m Breaststroke				
	1	Lynda BRETT	SMR	5m28.32	02/04/04	Adelaide
	2	Lynda BRETT	SMR	5m04.13	29/03/05	Hobart
	3	Lynda BRETT	SMR	5m01.21	01/05/05	Adelaide
	4	Maryanne HEFFERNAN	SMR	3m32.12	07/10/11	SAALC Marion
	5	Maryanne HEFFERNAN	SMR	3m29.75	07/04/13	Adelaide
	6	Maryanne HEFFERNAN	SMR	3m25.23	15/06/14	SAALC Marion
60 - 64		200m Breaststroke				
	1	Helena MALGORZEWICZ	SMR	5m34.81	02/03/85	Marion
	2	Helena MALGORZEWICZ	SMR	5m09.69	19/04/86	Adelaide
	3	Helena MALGORZEWICZ	SMR	5m08.90	16/10/88	Chandler
	4	Judy VOWLES	SMR	4m45.84	07/10/11	SAALC Marion
	4	Judy VOWLES	SMR	4m44.06	16/04/12	SAALC Marion
	5	Deborah WAREING	SMR	3m29.29	21-24/04/16	Melbourne
	6	Maryanne HEFFERNAN	SMR	3m27.62	17/09/17	SAALC All In Meet
	7	Maryanne HEFFERNAN	SMR	3m24.44	08/04/18	SAALC LCSC
65 - 69		200m Breaststroke				
	1	Helena MALGORZEWICZ	SMR	5m30.36	09/09/90	Adelaide
	2	Helena MALGORZEWICZ	SMR	5m20.85	15/09/91	Adelaide
	3	Helena MALGORZEWICZ	SMR	5m13.58	13/09/92	Adelaide
	4	Helena MALGORZEWICZ	SMR	5m08.82	13/03/93	Adelaide
	5	Judy VOWELS	SMR	5m02.53	18/05/14	SAALC Marion
	6	Judy VOWELS	SMR	4m59.74	3-10/10/15	SAALC AMG
	7	Terry CARTER	SMR	4m32.60	31/01/16	Gawler

70 - 74	200m Breaststroke					
	1 Helena MALGORZEWICZ	SMR	5m33.97	25/03/93	Adelaide	
	2 Helena MALGORZEWICZ	SMR	5m27.29	21/11/94	Adelaide	
	3 Diane ROSS	SMR	5m17.04	02/03/08	Unley	
	4 Judy VOWELS	SMR	5m14.84	19-23/03/19	Nationals SAALC	
75 - 79	200m Breaststroke					
	1 Jan MYKYTA	SMR	7m59.22	06/03/16	Strathalbyn	
	2 Jan MYKYTA	SMR	7m37.76	22/05/16	SAALC Marion	
	3 Jan MYKYTA	SMR	7m29.62	31/07/16	SAALC Marion	
80 - 84	200m Breaststroke					
	1 Barbara PEARCE	SMR	7m43.44	18/03/18	Strathalbyn	
85 - 89	200m Breaststroke					
	NO RECORD					
90 - 94	200m Breaststroke					
	NO RECORD					
95 - 99	200m Breaststroke					
	NO RECORD					
100 - 104	200m Breaststroke					
	NO RECORD					
105 - 109	200m Breaststroke					
	NO RECORD					
20 - 24	400m Breaststroke					
	NO RECORD					
25 - 29	400m Breaststroke					
	1 Meredith JARVIS	SMR	7m49.79	31/01/87	Sturt	
30 - 34	400m Breaststroke					
	1 Meredith TAYLOR	SMR	7m05.70	15/11/92	Burnside	
35 - 39	400m Breaststroke					
	NO RECORD					
40 - 44	400m Breaststroke					
	1 Robyn QUINN	SMR	9m37.17	06/02/93	Burnside	
45 - 49	400m Breaststroke					
	1 Linda MASSOLA	SMR	12m27.47	06/02/93	Burnside	
	2 Meryl CHURCHILL	SMR	7m42.94	13/11/10	Miami	
50 - 54	400m Breaststroke					
	1 Maryanne HEFFERNAN	SMR	7m20.05	29/03/09	Adelaide	
55 - 59	400m Breaststroke					
	1 Robyn BROWN	SMR	8m14.13	30/11/08	Marion	
	2 Maryanne HEFFERNAN	SMR	7m35.81	11/11/12	Marion OD	
60 - 64	400m Breaststroke					
	1 Judy VOWLES	SMR	10m03.94	10/04/11	Unley	



	2	Maryanne HEFFERNAN	SMR	7m21.07	31/01/16	Gawler
65 - 69		400m Breaststroke				
	1	Jan WILSON	SMR	11m31.98	26/11/06	Unley
70 - 74		400m Breaststroke				
	1	Diane ROSS	SMR	11m17.91	02/03/08	Unley
75 - 79		400m Breaststroke				
		NO RECORD				
80 - 84		400m Breaststroke				
		NO RECORD				
85 - 89		400m Breaststroke				
		NO RECORD				
90 - 94		400m Breaststroke				
		NO RECORD				
95 - 99		400m Breaststroke				
		NO RECORD				
100 - 104		400m Breaststroke				
		NO RECORD				
105 - 109		400m Breaststroke				
		NO RECORD				
20 - 24		800m Breaststroke				
		NO RECORD				
25 - 29		800m Breaststroke				
	1	Meredith JARVIS	SMR	15m44.34	31/01/87	Sturt
30 - 34		800m Breaststroke				
	1	Meredith TAYLOR	SMR	14m27.02	15/11/92	Burnside
35 - 39		800m Breaststroke				
		NO RECORD				
40 - 44		800m Breaststroke				
		NO RECORD				
45 - 49		800m Breaststroke				
		NO RECORD				
50 - 54		800m Breaststroke				
	1	Maryanne HEFFERNAN	SMR	15m44.96	07/11/10	Unley
55 - 59		800m Breaststroke				
	1	Maryanne HEFFERNAN	SMR	15m27.54	11/11/12	Marion OD
60 - 64		800m Breaststroke				
	1	Maryanne HEFFERNAN	SMR	15m50.06	28/10/18	L-C Distance SAALC
65 - 69		800m Breaststroke				
	1	Jan WILSON	SMR	24m52.89	26/11/06	Unley

	2	Judy VOWLES	SMR	22m16.47	01/11/14	SAALC State Cup
70 - 74		800m Breaststroke				
		NO RECORD				
75 - 79		800m Breaststroke				
		NO RECORD				
80 - 84		800m Breaststroke				
		NO RECORD				
85 - 89		800m Breaststroke				
		NO RECORD				
90 - 94		800m Breaststroke				
		NO RECORD				
95 - 99		800m Breaststroke				
		NO RECORD				
100 - 104		800m Breaststroke				
		NO RECORD				
105 - 109		800m Breaststroke				
		NO RECORD				
20 - 24		1500m Breaststroke				
		NO RECORD				
25 - 29		1500m Breaststroke				
		NO RECORD				
30 - 34		1500m Breaststroke				
		NO RECORD				
35 - 39		1500m Breaststroke				
		NO RECORD				
40 - 44		1500m Breaststroke				
		NO RECORD				
45 - 49		1500m Breaststroke				
		NO RECORD				
50 - 54		1500m Breaststroke				
	1	Maryanne HEFFERNAN	SMR	29m25.46	07/11/10	Unley
55 - 59		1500m Breaststroke				
	1	Maryanne HEFFERNAN	SMR	29m09.06	11/11/12	Marion OD
60 - 64		1500m Breaststroke				
		NO RECORD				
65 - 69		1500m Breaststroke				
	1	Maryanne HEFFERNAN	SMR	29m54.68	28/10/18	L-C Distance SAALC
70 - 74		1500m Breaststroke				
		NO RECORD				

75 - 79 1500m Breaststroke  
NO RECORD

80 - 84 1500m Breaststroke  
NO RECORD

85 - 89 1500m Breaststroke  
NO RECORD

90 - 94 1500m Breaststroke  
NO RECORD

95 - 99 1500m Breaststroke  
NO RECORD

100 - 104 1500m Breaststroke  
NO RECORD

105 - 109 1500m Breaststroke  
NO RECORD

20 - 24	50m Butterfly				
	1 Meredith JARVIS	SMR	35.22	15/04/84	Melbourne
	2 Amy STRETTON	SMR	34.73	09/05/07	Darwin
	3 Georgina FALSTER	SMR	33.46	23/03/13	SAALC Div1
25 - 29	50m Butterfly				
	1 Maryanne HEFFERNAN	SMR	36.79	15/04/84	Melbourne
	2 Maryanne HEFFERNAN	SMR	35.85	17/04/86	Adelaide
	3 Heidi TUCKER	SMR	34.80	01/11/87	Adelaide
30 - 34	50m Butterfly				
	1 Anne KRISCHOCK	SMR	37.76	17/04/86	Adelaide
	2 Anne KRISCHOCK	SMR	37.56	16/07/86	Tokyo
	3 Maryanne HEFFERNAN	SMR	36.31	05/02/89	Salisbury
	4 Paula HILL	SMR	30.44	29/03/05	Hobart
	5 Sally HUNTER	SMR	28.89	31/07/16	SAALC Marion
35 - 39	50m Butterfly				
	1 Marcia RAGLESS	SMR	44.55	17/04/86	Adelaide
	2 Marcia RAGLESS	SMR	43.63	01/11/86	Adelaide
	3 Marcia RAGLESS	SMR	42.85	05/02/89	Salisbury
	4 Marcia RAGLESS	SMR	40.46	17/10/89	Adelaide
	5 Gay HALES	SMR	40.00	15/09/91	Adelaide
	6 Gay HALES	SMR	39.66	13/09/92	Adelaide
	7 Meredith TAYLOR	SMR	38.28	20/09/98	Adelaide
40 - 44	50m Butterfly				
	1 Wendy POTTER	SMR	51.94	01/11/86	Adelaide
	2 Carolyn FLEMING	SMR	41.02	01/11/87	Adelaide
	3 Marcia RAGLESS	SMR	40.73	13/09/92	Adelaide
	4 Marcia RAGLESS	SMR	40.25	15/01/94	Adelaide
	5 Meredith TAYLOR	SMR	38.64	02/04/04	Adelaide
	6 Meredith RYAN	SMR	37.81	14/06/15	SAALC Marion
45 - 49	50m Butterfly				
	1 Carmel EAMES	SMR	1m00.63	05/02/89	Salisbury

	2 Carmel EAMES	SMR	58.60	09/09/90	Adelaide
	3 Denise WATTS	SMR	50.23	26/03/00	Adelaide
	4 Maryanne HEFFERNAN	SMR	37.63	07/10/05	Adelaide
50 - 54	50m Butterfly				
	1 Diane ROSS	SMR	44.63	17/04/86	Adelaide
	2 Maryanne HEFFERNAN	SMR	37.82	03/03/07	Murray Bridge
	3 Maryanne HEFFERNAN	SMR	37.77	07/10/07	Adelaide
	4 Maryanne HEFFERNAN	SMR	37.51	29/03/09	Adelaide
55 - 59	50m Butterfly				
	1 Josie ROBERTS	SMR	1m07.30	17/04/88	Adelaide
	2 Diane ROSS	SMR	52.50	13/09/92	Adelaide
	3 Diane ROSS	SMR	52.38	13/03/93	Adelaide
	4 Diane ROSS	SMR	51.81	15/01/94	Adelaide
	5 Maryanne HEFFERNAN	SMR	36.09	07/10/11	SAALC Marion
60 - 64	50m Butterfly				
	1 Helen AGOSTINI	SMR	1m13.87	01/11/86	Adelaide
	2 Helen AGOSTINI	SMR	1m09.65	17/04/88	Adelaide
	3 Diane ROSS	SMR	55.20	20/05/95	Elizabeth
	4 Diane ROSS	SMR	52.90	29/10/95	Adelaide
	5 Maryanne HEFFERNAN	SMR	37.02	03/04/16	Adelaide
	6 Maryanne HEFFERNAN	SMR	36.80	5-13/11/16	Pan-Pacs QLD
65 - 69	50m Butterfly				
	1 Helena MALGORZEWICZ	SMR	1m18.06	09/09/90	Adelaide
	2 Helena MALGORZEWICZ	SMR	1m13.54	15/09/91	Adelaide
	3 Diane ROSS	SMR	58.52	26/03/00	Adelaide
	4 Diane ROSS	SMR	57.51	02/04/04	Adelaide
70 - 74	50m Butterfly				
	1 Diane ROSS	SMR	1m02.09	12/03/06	Adelaide
	2 Barbara PEARCE	SMR	1m00.94	09/05/07	Darwin
	3 Diane ROSS	SMR	57.11	07/10/07	Adelaide
75 - 79	50m Butterfly				
	1 Diane ROSS	SMR	1m03.37	30/04/11	Perth
	2 Barbara PEARCE	SMR	1m03.03	16/04/12	SAALC Marion
80 - 84	50m Butterfly				
	1 Barbara PEARCE	SMR	1m19.12	8-11/03/17	Nationals QLD
85 - 89	50m Butterfly				
	NO RECORD				
90 - 94	50m Butterfly				
	NO RECORD				
95 - 99	50m Butterfly				
	NO RECORD				
100 - 104	50m Butterfly				
	NO RECORD				
105 - 109	50m Butterfly				
	NO RECORD				

20 - 24	100m Butterfly				
	1 Meredith JARVIS	SMR	1m18.83	15/04/84	Melbourne
	2 Amy STRETTON	SMR	1m18.33	09/05/07	Darwin
	3 Georgina FALSTER	SMR	1m17.45	01/12/12	Unley
	4 Georgina FALSTER	SMR	1m14.19	11/08/13	SAALC Marion
25 - 29	100m Butterfly				
	1 Maryanne HEFFERNAN	SMR	1m22.46	17/04/86	Adelaide
	2 Heidi TUCKER	SMR	1m17.09	01/11/86	Adelaide
	3 Heidi TUCKER	SMR	1m16.70	01/11/87	Adelaide
30 - 34	100m Butterfly				
	1 Anne KRISCHOCK	SMR	1m29.40	04/04/87	Beatty Park
	2 Meredith JAVIS	SMR	1m21.56	15/09/91	Adelaide
	3 Meredith JARVIS	SMR	1m21.23	13/09/92	Adelaide
	4 Paula HILL	SMR	1m14.36	29/03/05	Hobart
35 - 39	100m Butterfly				
	1 Penny MARTIN	SMR	2m12.34	16/11/85	Adelaide
	2 Marcia RAGLESS	SMR	1m39.54	17/04/86	Adelaide
	3 Marcia RAGLESS	SMR	1m34.53	16/10/88	Chandler
	4 Marcia RAGLESS	SMR	1m33.14	17/10/89	Adelaide
40 - 44	100m Butterfly				
	1 Penny MARTIN	SMR	2m09.38	01/11/86	Adelaide
	2 Penny MARTIN	SMR	1m54.20	04/04/87	Beatty Park
	3 Marcia RAGLESS	SMR	1m31.62	09/09/90	Adelaide
	4 Meredith TAYLOR	SMR	1m29.40	03/04/04	Adelaide
45 - 49	100m Butterfly				
	1 Anne BUCHANAN	SMR	3m30.00	11/09/94	Adelaide
	2 Meryl CHURCHILL	SMR	1m39.75	23/03/08	Melbourne
	3 Meryl CHURCHILL	SMR	1m35.96	30/04/11	Perth
50 - 54	100m Butterfly				
	1 Diane ROSS	SMR	1m45.10	17/04/86	Adelaide
55 - 59	100m Butterfly				
	1 Diane ROSS	SMR	1m58.36	01/03/92	Unley
	2 Diane ROSS	SMR	1m56.51	25/03/93	Adelaide
	3 Maryanne HEFFERNAN	SMR	1m31.25	01/12/12	Unley
60 - 64	100m Butterfly				
	NO RECORD				
65 - 69	100m Butterfly				
	1 Barbara PEARCE	SMR	2m30.59	29/03/05	Hobart
70 - 74	100m Butterfly				
	1 Barbara PEARCE	SMR	2m33.90	03/03/07	Murray Bridge
75 - 79	100m Butterfly				
	1 Barbara PEARCE	SMR	2m45.30	15/04/12	SAALC Marion
80 - 84	100m Butterfly				
	NO RECORD				
85 - 89	100m Butterfly				
	NO RECORD				

90 - 94 100m Butterfly  
NO RECORD

95 - 99 100m Butterfly  
NO RECORD

100 - 104 100m Butterfly  
NO RECORD

105 - 109 100m Butterfly  
NO RECORD

20 - 24 200m Butterfly  
1 Meredith JARVIS SMR 3m06.78 15/04/84 Melbourne

25 - 29 200m Butterfly  
1 Meredith JARVIS SMR 3m04.46 17/04/88 Adelaide

30 - 34 200m Butterfly  
1 Marcia RAGLESS SMR 4m00.08 02/03/85 Marion  
2 Anne KRISCHOCK SMR 3m38.52 19/04/86 Adelaide  
3 Anne KRISCHOCK SMR 3m34.79 04/04/87 Beatty Park  
4 Meredith JARVIS SMR 3m06.57 20/01/91 Unley  
5 Meredith JARVIS SMR 3m04.98 15/09/91 Adelaide

35 - 39 200m Butterfly  
1 Marcia RAGLESS SMR 3m50.31 19/04/86 Adelaide  
2 Marcia RAGLESS SMR 3m42.32 01/11/86 Adelaide  
3 Marcia RAGLESS SMR 3m33.63 16/10/88 Chandler

40 - 44 200m Butterfly  
1 Penny MARTIN SMR 4m32.99 04/04/87 Beatty Park  
2 Marcia RAGLESS SMR 3m28.99 09/09/90 Adelaide  
3 Meryl CHURCHILL SMR 3m27.75 05/10/07 Adelaide

45 - 49 200m Butterfly  
1 Anne BUCHANAN SMR 7m07.93 20/01/91 Unley  
2 Maria NICHOLLS SMR 4m38.24 01/04/04 Adelaide  
3 Meryl CHURCHILL SMR 3m39.24 23/03/08 Melbourne  
4 Meryl CHURCHILL SMR 3m27.78 23/04/08 Perth

50 - 54 200m Butterfly  
1 Josie ROBERTS SMR 6m07.84 16/11/85 Adelaide  
2 Diane ROSS SMR 3m55.00 19/04/86 Adelaide  
3 Meryl CHURCHILL SMR 3m32.13 17/04/13 Sydney

55 - 59 200m Butterfly  
NO RECORD

60 - 64 200m Butterfly  
1 Diane ROSS SMR 4m21.48 08/04/96 Canberra

65 - 69 200m Butterfly  
1 Barbara PEARCE SMR 6m11.16 29/03/05 Hobart  
2 Barbara PEARCE SMR 6m06.03 01/05/05 Adelaide

70 - 74 200m Butterfly

	1 Barbara PEARCE	SMR	6m56.65	09/05/07	Darwin
75 - 79	200m Butterfly NO RECORD				
80 - 84	200m Butterfly NO RECORD				
85 - 89	200m Butterfly NO RECORD				
90 - 94	200m Butterfly NO RECORD				
95 - 99	200m Butterfly NO RECORD				
100 - 104	200m Butterfly NO RECORD				
105 - 109	200m Butterfly NO RECORD				
20 - 24	400m Butterfly NO RECORD				
25 - 29	400m Butterfly NO RECORD				
30 - 34	400m Butterfly NO RECORD				
35 - 39	400m Butterfly NO RECORD				
40 - 44	400m Butterfly NO RECORD				
45 - 49	400m Butterfly 1 Meryl CHURCHILL	SMR	7m42.04	13/11/10	Miami
50 - 54	400m Butterfly NO RECORD				
55 - 59	400m Butterfly NO RECORD				
60 - 64	400m Butterfly NO RECORD				
65 - 69	400m Butterfly NO RECORD				
70 - 74	400m Butterfly NO RECORD				
75 - 79	400m Butterfly NO RECORD				

80 - 8      400m Butterfly  
NO RECORD

85 - 89      400m Butterfly  
NO RECORD

90 - 94      400m Butterfly  
NO RECORD

95 - 99      400m Butterfly  
NO RECORD

100 - 104    400m Butterfly  
NO RECORD

105 - 109    400m Butterfly  
NO RECORD

20 - 24      800m Butterfly  
NO RECORD

25 - 29      800m Butterfly  
NO RECORD

30 - 34      800m Butterfly  
NO RECORD

35 - 39      800m Butterfly  
NO RECORD

40 - 44      800m Butterfly  
NO RECORD

45 - 49      800m Butterfly  
NO RECORD

50 - 54      800m Butterfly  
NO RECORD

55 - 59      800m Butterfly  
NO RECORD

60 - 64      800m Butterfly  
NO RECORD

65 - 69      800m Butterfly  
NO RECORD

70 - 74      800m Butterfly  
NO RECORD

75 - 79      800m Butterfly  
NO RECORD

80 - 84      800m Butterfly  
NO RECORD



85 - 89 800m Butterfly  
NO RECORD

90 - 94 800m Butterfly  
NO RECORD

95 - 99 800m Butterfly  
NO RECORD

100 - 104 800m Butterfly  
NO RECORD

105 - 109 800m Butterfly  
NO RECORD

20 - 24 200m Ind. Medley

1 Meredith JARVIS	SMR	3m02.67	15/04/84	Melbourne
2 Amy STRETTON	SMR	2m53.21	01/04/07	Unley
3 Amy STRETTON	SMR	2m50.87	09/05/07	Darwin

25 - 29 200m Ind. Medley

1 Maryanne HEFFERNAN	SMR	3m04.40	15/04/84	Melbourne
2 Heidi TUCKER	SMR	2m56.74	17/04/88	Adelaide

30 - 34 200m Ind. Medley

1 Jenny HAYMAN	SMR	3m44.10	02/03/85	Marion
2 Anne KRISCHOCK	SMR	3m12.43	16/07/86	Tokyo
3 Maryanne HEFFERNAN	SMR	3m10.56	05/02/89	Salisbury
4 Paula HILL	SMR	2m42.03	29/03/05	Hobart

35 - 39 200m Ind. Medley

1 Marcia RAGLESS	SMR	3m29.36	17/04/86	Adelaide
2 Gay HALES	SMR	3m14.60	13/09/92	Adelaide
3 Gay HALES	SMR	3m09.03	25/03/93	Adelaide

40 - 44 200m Ind. Medley

1 Anne BUCHANAN	SMR	5m53.13	17/04/86	Adelaide
2 Penny MARTIN	SMR	3m57.50	01/11/86	Adelaide
3 Penny MARTIN	SMR	3m56.53	04/04/87	Beatty Park
4 Valerie DOBIE	SMR	3m56.38	17/10/89	Adelaide
5 Marcia RAGLESS	SMR	3m16.77	15/09/91	Adelaide
6 Meryl CHURCHILL	SMR	3m12.24	16/04/06	Canberra
7 Meredith RYAN	SMR	2m58.15	14/06/15	SAALC Marion

45 - 49 200m Ind. Medley

1 Diane ROSS	SMR	3m50.18	20/11/83	Unley
2 Robyn BROWN	SMR	3m28.41	26/03/00	Adelaide
3 Meryl CHURCHILL	SMR	3m21.77	23/03/08	Melbourne
4 Meryl CHURCHILL	SMR	3m17.25	30/04/11	Perth
5 Meryl CHURCHILL	SMR	3m16.51	17/04/12	SAALC Marion

50 - 54 200m Ind. Medley

1 Josie ROBERTS	SMR	4m33.94	02/03/85	Marion
2 Diane ROSS	SMR	3m39.50	17/04/86	Adelaide
3 Robyn BROWN	SMR	3m33.85	03/04/04	Adelaide
4 Maryanne HEFFERNAN	SMR	3m12.74	29/03/09	Adelaide

55 - 59 200m Ind. Medley

	1	Josie ROBERTS	SMR	4m31.66	10/03/90	Tea Tree Gully
	2	Diane ROSS	SMR	3m56.93	20/01/91	Unley
	3	Diane ROSS	SMR	3m56.23	25/03/93	Adelaide
	4	Maryanne HEFFERNAN	SMR	3m10.75	07/10/11	SAALC Marion
60 - 64		200m Ind. Medley				
	1	Helen AGOSTINI	SMR	5m11.07	17/10/89	Adelaide
	2	Diane ROSS	SMR	4m18.50	20/05/95	Elizabeth
	3	Deborah WAREING	SMR	3m24.97	06/03/16	Strathalbyn
	4	Maryanne HEFFERNAN	SMR	3m08.17	06/03/16	Strathalbyn
65 - 69		200m Ind. Medley				
	1	Helena MALGORZEWICZ	SMR	5m22.53	17/10/89	Adelaide
	2	Helen AGOSTINI	SMR	5m09.00	09/09/90	Adelaide
	3	Helen AGOSTINI	SMR	5m06.84	15/09/91	Adelaide
	4	Diane ROSS	SMR	4m30.61	03/04/04	Adelaide
	5	Terry CARTER	SMR	4m13.01	06/03/16	Strathalbyn
70 - 74		200m Ind. Medley				
	1	Helena MALGORZEWICZ	SMR	5m56.58	25/03/93	Adelaide
	2	Barbara PEARCE	SMR	4m39.57	03/03/07	Murray Bridge
	3	Diane ROSS	SMR	4m30.93	06/10/07	Adelaide
75 - 79		200m Ind. Medley				
	1	Diane ROSS	SMR	4m47.69	29/08/10	Adelaide
80 - 84		200m Ind. Medley				
	1	Barbara PEARCE	SMR	4m32.66	8-11/03/17	Nationals QLD
85 - 89		200m Ind. Medley				
		NO RECORD				
90 - 94		200m Ind. Medley				
		NO RECORD				
95 - 99		200m Ind. Medley				
		NO RECORD				
100 - 104		200m Ind. Medley				
		NO RECORD				
105 - 109		200m Ind. Medley				
		NO RECORD				
20 - 24		400m Ind. Medley				
	1	Vanessa DORN	SMR	6m47.26	13/09/92	Adelaide
	2	Vanessa DORN	SMR	6m44.49	06/05/93	Darwin
	3	Amy STRETTON	SMR	6m07.06	09/05/07	Darwin
25 - 29		400m Ind. Medley				
	1	Vanessa DORN	SMR	6m51.09	21/11/94	Adelaide
30 - 34		400m Ind. Medley				
	1	Anne KRISCHOCK	SMR	7m30.00	16/10/88	Brisbane
	2	Meredith JARVIS	SMR	6m30.65	15/09/91	Adelaide
	3	Meredith JARVIS	SMR	6m30.33	13/09/92	Adelaide
35 - 39		400m Ind. Medley				

NO RECORD

40 - 44	400m Ind. Medley				
	1 Marcia RAGLESS	SMR	7m01.55	15/09/91	Adelaide
	2 Marcia RAGLESS	SMR	6m56.92	11/03/92	Melbourne
	3 Marcia RAGLESS	SMR	6m56.77	25/03/93	Adelaide
45 - 49	400m Ind. Medley				
	1 Diane ROSS	SMR	8m03.30	20/11/83	Unley
	2 Robyn BROWN	SMR	7m19.81	30/09/99	Adelaide
	3 Meryl CHURCHILL	SMR	6m57.05	23/03/08	Melbourne
	4 Meryl CHURCHILL	SMR	6m48.02	14/04/12	SAALC Marion
50 - 54	400m Ind. Medley				
	1 Anne BUCHANAN	SMR	13m11.66	29/10/95	Adelaide
	2 Robyn BROWN	SMR	7m30.63	31/03/04	Adelaide
	3 Meryl CHURCHILL	SMR	6m52.52	17/04/13	Sydney
55 - 59	400m Ind. Medley				
	1 Diane ROSS	SMR	8m27.42	15/09/91	Adelaide
	2 Maryanne HEFFERNAN	SMR	7m05.77	01/12/12	Unley
60 - 64	400m Ind. Medley				
	1 Diane ROSS	SMR	8m48.02	08/04/96	Canberra
	2 Deborah WAREING	SMR	7m22.18	21-24/04/16	Melbourne
	3 Deborah WAREING	SMR	7m17.72	18-21/04/18	Perth
	4 Deborah WAREING	SMR	7m01.64	27/05/18	IC-1 SAALC
	5 Deborah WAREING	SMR	6m41.59	19-23/03/19	Nationals SAALC
65 - 69	400m Ind. Medley				
	1 Barbara PEARCE	SMR	10m26.12	29/03/05	Hobart
	2 Barbara PEARCE	SMR	10m23.50	16/04/06	Canberra
70 - 74	400m Ind. Medley				
	1 Barbara PEARCE	SMR	10m47.14	09/05/07	Darwin
	2 Barbara PEARCE	SMR	10m35.83	05/10/07	Adelaide
75 - 79	400m Ind. Medley				
	1 Barbara PEARCE	SMR	11m12.48	14/04/12	SAALC Marion
80 - 84	400m Ind. Medley				
	NO RECORD				
85 - 89	400m Ind. Medley				
	NO RECORD				
90 - 9	400m Ind. Medley				
	NO RECORD				
95 - 99	400m Ind. Medley				
	NO RECORD				
100 - 104	400m Ind. Medley				
	NO RECORD				
105 - 109	400m Ind. Medley				
	NO RECORD				
20 - 24	800m Ind. Medley				

1 Vanessa DORN SMR 14m27.16 15/11/92 Burnside  
2 Georgina FALSTER SMR 12m41.79 01/11/14 SAALC State Cup

25 - 29 800m Ind. Medley  
NO RECORD

30 - 34 800m Ind. Medley  
NO RECORD

35 - 39 800m Ind. Medley  
NO RECORD

40 - 44 800m Ind. Medley  
NO RECORD

45 - 49 800m Ind. Medley  
1 Meryl CHURCHILL SMR 14m40.12 30/11/08 Marion

50 - 54 800m Ind. Medley  
NO RECORD

55 - 59 800m Ind. Medley  
NO RECORD

60 - 64 800m Ind. Medley  
NO RECORD

65 - 69 800m Ind. Medley  
NO RECORD

70 - 74 800m Ind. Medley  
NO RECORD

75 - 79 800m Ind. Medley  
NO RECORD

80 - 84 800m Ind. Medley  
NO RECORD

85 - 89 800m Ind. Medley  
NO RECORD

90 - 94 800m Ind. Medley  
NO RECORD

95 - 99 800m Ind. Medley  
NO RECORD

100 - 104 800m Ind. Medley  
NO RECORD

105 - 109 800m Ind. Medley  
NO RECORD