MARION MARLINS MASTERS

SWIMMING RECORDS

 21st November 2020



HISTORY OF

FEMALE SHORT COURSE

RECORD HOLDERS

***Heather Carbone***

CLUB RECORDER

20 – 24 25m Freestyle

NO RECORD

25 – 29 25m Freestyle

1 Amity JAMES SMR 15.86 01/06/08 Adelaide

2 Georgina FALSTER SMR 14.60 30/08/15 State Cup SAALC

3 Briny MCARTHUR SMR 14.45 23/09/18 State cup SAALC

30 – 34 25m Freestyle

1 Jennie STURM SMR 16.05 01/06/08 Adelaide

2 Jessica FROST SMR 15.70 26/08/18 IC4 SAALC

3 Sally HUNTER SMR 12.66 23/09/18 state cup SAALC

35 – 39 25m Freestyle

1 Jennie STURM SMR 15.47 05/08/12 Marion SAALC

2 Meredith RYAN SMR 15.29 05/08/12 Marion SAALC

40 – 44 25m Freestyle

1 Marie DINGWALL SMR 16.53 27/08/06 Adelaide

2 Meryl CHURCHILL SMR 15.78 19/08/07 Adelaide

45 – 49 25m Freestyle

1 Helen WALSH SMR 18.33 01/06/08 Adelaide

2 Alison HRIBAR SMR 18.10 24/05/15 Marion SAALC

3 Silvia ROCCA SMR 15.07 05/07/15 Marion SAALC

4 Silvia ROCCA SMR 14.74 26/06/16 Marion SAALC

50 – 54 25m Freestyle

1 Jane SUTTON SMR 20.65 18/08/05 Mildura

2 Robyn BROWN SMR 15.13 23/08/07 Mildura

55 – 59 25m Freestyle

1 Kath GRILLY SMR 24.27 18/08/05 Mildura

2 Wendy SPRY SMR 17.89 03/06/07 Adelaide

3 Robyn BROWN SMR 16.77 07/09/08 Adelaide

4 Maryanne HEFFERNAN SMR 16.24 03/06/12 Marion SAALC

5 Robyn BROWN SMR 15.88 05/08/12 Marion SAALC

6 Robyn FALSTER SMR 15.65 23/02/19 Twilight Bash SAALC

60 – 64 25m Freestyle

1 Andrea KURAUSKAS SMR 19.11 30/07/06 Adelaide

2 Robyn BROWN SMR 15.95 06/07/14 Marion SAALC

3 Maryanne HEFFERNAN SMR 15.59 30/07/17 IC3 SAALC

65 – 69 25m Freestyle

1 Kay CASTLE SMR 19.37 03/06/07 Adelaide

2 Robyn BROWN SMR 17.19 23/09/18 State cup SAALC

70 – 74 25m Freestyle

1 Barbara PEARCE SMR 19.89 09/09/07 Adelaide

75 – 79 25m Freestyle

1 Diane ROSS SMR 22.57 01/08/10 Adelaide

2 Diane ROSS SMR 22.47 05/08/12 Marion SAALC

3 Barbara PEARCE SMR 20.86 07/07/13 Marion SAALC

80 – 84 25m Freestyle

1 Diane ROSS SMR 23.68 30/08/15 State Cup SAALC

2 Diane ROSS SMR 23.23 26/06/16 Marion SAALC

3 Diane ROSS SMR 22.84 22/10/17 State Cup SAALC

85 – 89 25m Freestyle

1 Diane Ross SMR 27.65 13/09/20 State Cup SAALC

20 – 24 50m Freestyle

1 Meredith JARVIS SMR 37.99 21/02/82 Hartley

2 Heidi TUCKER SMR 33.40 20/06/82 Parks

3 Heidi TUCKER SMR 31.91 04/03/84 Hartley

4 Leonie STEPHENS SMR 31.55 04/06/89 Adelaide

5 Georgina FALSTER SMR 29.67 26/05/13 Marion SAALC

6 Georgina FALSTER SMR 29.35 07/07/13 Marion SAALC

25 – 29 50m Freestyle

1 Jenny HAYMAN SMR 44.45 20/06/82 Parks

2 Carmel LANYON SMR 36.07 15/01/84 Hartley

3 Marianne HEFFERNAN SMR 33.90 04/03/84 Hartley

4 Marianne HEFFERNAN SMR 32.59 18/08/85 Parks

5 Paula HILL SMR 27.51 22/08/04 Adelaide

6 Paula HILL SMR 27.14 12/09/04 Adelaide

30 – 34 50m Freestyle

1 Jean CROWTHER SMR 39.79 --/--/80 ?

2 Jean CROWTHER SMR 39.20 12/04/81 Parks

3 Marcia RAGLESS SMR 36.13 18/08/85 Parks

4 Maryanne HEFFERNAN SMR 34.20 31/01/88 Hartley

5 Serena PIPKORN SMR 34.14 25/03/04 Adelaide

6 Jemma BOWKER SMR 33.09 10/09/17 IC4 SAALC

7 Sally HUNTER SMR 27.08 23/09/18 State cup SAALC

35 – 39 50m Freestyle

1 Wendy POTTER SMR 37.50 --/--/80 ?

2 Marcia RAGLESS SMR 36.13 18/08/85 Parks

3 Marcia RAGLESS SMR 36.09 09/02/86 Hartley

 4 Marcia RAGLESS SMR 35.25 14/06/87 Adelaide

5 Marcia RAGLESS SMR 34.86 17/07/88 Adelaide

6 Marcia RAGLESS SMR 33.44 18/09/88 Adelaide

7 Marcia RAGLESS SMR 33.27 04/06/89 Adelaide

8 Meredith RYAN SMR 31.73 01/06/08 Adelaide

9 Meredith RYAN SMR 30.76 29/06/08 Adelaide

10 Meredith RYAN SMR 30.59 07/09/08 Adelaide

11 Meredith RYAN SMR 30.20 14/06/09 Adelaide

40 – 44 50m Freestyle

1 Diane ROSS SMR 38.60 --/--/80 ?

2 Carolyn FLEMING SMR 37.91 04/03/84 Hartley

3 Carolyn FLEMING SMR 34.91 24/06/84 Largs

4 Carolyn FLEMING SMR 34.22 12/08/84 Parks

5 Carolyn FLEMING SMR 33.66 18/08/85 Parks

6 Carolyn FLEMING SMR 32.84 22/06/86 Parks

7 Meredith RYAN SMR 31.37 06/07/14 Marion SAALC

8 Meredith RYAN SMR 31.11 31/08/14 Marion SAALC

9 Meredith RYAN SMR 31.06 24/05/15 Marion SAALC

45 – 49 50m Freestyle

1 Josie ROBERTS SMR 40.10 --/--/80 ?

2 Diane ROSS SMR 37.35 22/03/81 ?

3 Robyn BROWN SMR 37.17 05/04/98 Adelaide

4 Robyn BROWN SMR 35.62 06/06/99 Adelaide

5 Robyn BROWN SMR 35.52 07/05/00 Adelaide

6 Silvia ROCCA SMR 32.81 24/05/15 Marion SAALC

7 Silvia ROCCA SMR 32.34 05/07/15 Marion SAALC

50 – 54 50m Freestyle

1 Josie ROBERTS SMR 43.31 06/08/83 Parks

2 Diane ROSS SMR 39.05 09/02/86 Hartley

3 Diane ROSS SMR 38.35 22/06/86 Parks

4 Kate CLARKE SMR 37.15 07/05/00 Adelaide

5 Kate CLARKE SMR 36.81 28/05/00 Adelaide

6 Kate CLARKE SMR 36.37 30/07/00 Adelaide

7 Maryanne HEFFERNAN SMR 34.97 23/04/06 Adelaide

8 Maryanne HEFFERNAN SMR 34.94 11/06/06 Adelaide

9 Robyn FALSTER SMR 34.89 05/08/12 Marion SAALC

10 Robyn FALSTER SMR 34.32 26/05/13 Marion SAALC

55 – 59 50m Freestyle

1 Monica OSBORNE SMR 1m32.47 12/04/81 Parks

2 Monica OSBORNE SMR 1m26.15 15/08/81 Norwood

3 Helena MALGORZEWICZ SMR 1m16.21 21/02/82 Hartley

4 Alison JARVIS SMR 1m01.73 06/08/83 Parks

5 Alison JARVIS SMR 59.81 15/01/84 Hartley

6 Alison JARVIS SMR 56.15 04/03/84 Hartley

7 Alison JARVIS SMR 55.59 24/06/84 Largs

8 Alison JARVIS SMR 53.27 12/08/84 Parks

9 Alison JARVIS SMR 52.47 18/08/85 Parks

10 Alison JARVIS SMR 49.88 16/09/85 ?

11 Josie ROBERTS SMR 48.47 17/07/88 Adelaide

12 Josie ROBERTS SMR 41.46 27/05/90 Adelaide

13 Josie ROBERTS SMR 41.18 22/07/90 Adelaide

14 Diane ROSS SMR 40.97 31/05/92 Noarlunga

15 Robyn BROWN SMR 37.92 01/06/08 Adelaide

16 Robyn BROWN SMR 37.81 07/09/08 Adelaide

17 Robyn BROWN SMR 37.04 19/06/11 Marion SAALC

18 Maryanne HEFFERNAN SMR 34.80 14/08/11 St. Peters College

19 Maryanne HEFFERNAN SMR 33.98 03/06/12 Marion SAALC

60 – 64 50m Freestyle

1 Monica OSBORNE SMR 1m10.50 06/08/83 Parks

2 Monica OSBORNE SMR 1m08.67 15/01/84 Hartley

3 Monica OSBORNE SMR 1m06.64 24/06/84 Largs

4 Monica OSBORNE SMR 1m04.01 12/08/84 Parks

5 Helena MALGORZEWICZ SMR 1m03.42 18/08/85 Parks

6 Helen AGOSTINI SMR 51.28 16/09/85 ?

7 Helen AGOSTINI SMR 49.32 22/06/86 Parks

8 Helen AGOSTINI SMR 47.57 14/06/87 Adelaide

9 Helen AGOSTINI SMR 46.35 18/09/88 Adelaide

10 Diane ROSS SMR 43.62 01/04/95 Noarlunga

11 Diane ROSS SMR 43.31 27/07/97 Adelaide

12 Kay CASTLE SMR 42.38 05/06/05 Adelaide

13 Andrea KURAUSKAS SMR 41.90 30/07/06 Adelaide

14 Robyn BROWN SMR 37.20 26/05/13 Marion SAALC

15 Maryanne HEFFERNAN SMR 32.96 05/06/16 Div2 SAALC

65 – 69 50m Freestyle

1 Monica OSBORNE SMR 1m11.11 31/01/88 Hartley

2 Monica OSBORNE SMR 1m10.39 17/07/88 Adelaide

3 Helena MALGORZEWICZ SMR 1m02.33 22/07/90 Adelaide

4 Helen AGOSTINI SMR 47.09 31/05/92 Noarlunga

5 Diane ROSS SMR 45.43 28/05/00 Adelaide

6 Diane ROSS SMR 44.98 18/07/04 Adelaide

7 Kay CASTLE SMR 44.05 30/07/06 Adelaide

8 Kay CASTLE SMR 43.97 27/08/06 Adelaide

9 Terry CARTER SMR 42.81 08-11/4/15 Tasmania

10 Robyn BROWN SMR 38.26 24/06/18 IC-2 SAALC

70 – 74 50m Freestyle

1 Helen AGOSTINI SMR 48.58 18/05/96 Noarlunga

2 Diane ROSS SMR 45.70 05/06/05 Adelaide

75 – 79 50m Freestyle

1 Helen AGOSTINI SMR 52.53 07/05/00 Adelaide

2 Helen AGOSTINI SMR 50.83 30/07/00 Adelaide

3 Diane ROSS SMR 49.72 06/06/10 Adelaide

4 Diane ROSS SMR 48.42 26/09/10 Adelaide

80 – 84 50m Freestyle

1 Diane ROSS SMR 58.16 05/07/15 Marion SAALC

2 Diane ROSS SMR 52.36 30/08/15 State Cup SAALC

3 Diane ROSS SMR 51.77 10/09/17 IC4SAALC

85 – 89 50m Freestyle

1 Diane Ross SMR 1m02.68 23/08/20 Racing again in SA SSALC

2 Diane Ross SMR 1m01.97 13/09/20 Sate Cup SAALC

3 Diane Ross SMR 55.52 13/09/20 Sate Cup SAALC

20 – 24 100m Freestyle

1 Heidi TUCKER SMR 1m10.14 17/10/82 Seacombe

2 Heidi TUCKER SMR 1m09.44 11/08/84 Parks

3 Georgina FALSTER SMR 1m03.11 15/06/13 Div1 SAALC

4 Georgina FALSTER SMR 1m02.76 27/07/13 Open States SAALC

25 – 29 100m Freestyle

1 Jennifer HAYMAN SMR 1m37.52 17/10/82 Seacombe

2 Carmel LANYON SMR 1m20.08 06/08/83 Parks

3 Maryanne HEFFERNAN SMR 1m12.12 14/10/84 Parks

4 Heidi TUCKER SMR 1m06.94 09/08/87 Adelaide

5 Paula HILL SMR 1m01.05 27/06/04 Adelaide

6 Paula HILL SMR 1m00.42 18/07/04 Adelaide

30 – 34 100m Freestyle

1 Marcia RAGLESS SMR 1m24.39 14/10/84 Parks

2 Marcia RAGLESS SMR 1m19.45 23/06/85 Parks

3 Anne KRISCHOCK SMR 1m19.08 24/08/86 Adelaide

4 Lynda LEHMANN SMR 1m05.56 06/08/89 Adelaide

5 Serena PIPKORN SMR 1m05.45 25/03/04 Adelaide

35 – 39 100m Freestyle

1 Jean CROWTHER SMR 1m33.61 --/--/81 ?

2 Penny MARTIN SMR 1m36.27 06/08/83 Parks

3 Libby TAYLOR SMR 1m28.40 14/10/84 Parks

4 Marcia RAGLESS SMR 1m18.64 24/08/86 Parks

5 Marcia RAGLESS SMR 1m18.24 09/08/87 Adelaide

6 Marcia RAGLESS SMR 1m11.83 18/09/88 Adelaide

7 Marcia RAGLESS SMR 1m10.14 27/05/90 Adelaide

8 Meredith RYAN SMR 1m08.95 01/06/08 Adelaide

9 Meredith RYAN SMR 1m07.28 29/06/08 Adelaide

10 Meredith RYAN SMR 1m06.89 03/08/08 Adelaide

11 Meredith RYAN SMR 1m06.46 07/09/08 Adelaide

40 – 44 100m Freestyle

1 Wendy POTTER SMR 1m26.98 06/08/83 Parks

2 Carolyn FLEMING SMR 1m14.07 23/06/85 Parks

3 Carolyn FLEMING SMR 1m11.67 24/08/86 Adelaide

4 Marcia RAGLESS SMR 1m10.48 03/06/90 Adelaide

5 Marcia RAGLESS SMR 1m10.07 14/07/90 Adelaide

45 – 49 100m Freestyle

1 Josie ROBERTS SMR 1m43.01 15/08/81 Norwood

2 Diane ROSS SMR 1m27.87 17/10/82 Seacombe

3 Diane ROSS SMR 1m27.87 14/10/84 Parks

4 Robyn BROWN SMR 1m21.43 09/05/98 Adelaide

5 Robyn BROWN SMR 1m18.50 06/06/99 Adelaide

6 Silvia ROCCA SMR 1m12.09 05/07/15 Marion SAALC

50 – 54 100m Freestyle

1 Josie ROBERTS SMR 1m36.66 23/06/83 Adelaide

2 Diane ROSS SMR 1m25.15 24/08/86 Adelaide

3 Kate CLARKE SMR 1m23.98 28/05/00 Adelaide

4 Kate CLARKE SMR 1m23.88 18/06/00 Adelaide

5 Robyn BROWN SMR 1m22.78 15/06/03 Adelaide

6 Robyn BROWN SMR 1m21.40 03/08/03 Adelaide

7 Robyn BROWN SMR 1m20.83 12/09/04 Adelaide

8 Maryanne HEFFERNAN SMR 1m17.22 23/04/06 Adelaide

9 Maryanne HEFFERNAN SMR 1m15.23 30/07/06 Adelaide

10 Maryanne HEFFERNAN SMR 1m14.43 26/08/07 Mildura

55 – 59 100m Freestyle

1 Monica OSBORNE SMR 3m10.01 15/08/81 Norwood

2 Helena MALGORZEWICZ SMR 2m48.02 17/10/82 Seacombe

3 Helena MALGORZEWICZ SMR 2m36.42 06/08/83 Parks

4 Alison JARVIS SMR 2m06.69 11/08/84 Parks

5 Alison JARVIS SMR 2m01.30 23/06/85 Parks

6 Alison JARVIS SMR 2m00.06 24/08/86 Adelaide

7 Alison JARVIS SMR 1m54.01 09/08/87 Adelaide

8 Diane ROSS SMR 1m32.65 02/06/91 Adelaide

9 Diane ROSS SMR 1m31.57 13/03/93 Adelaide

10 Robyn BROWN SMR 1m23.24 01/06/08 Adelaide

11 Robyn BROWN SMR 1m21.56 29/06/08 Adelaide

12 Robyn BROWN SMR 1m20.53 07/09/08 Adelaide

13 Maryanne HEFFERNAN SMR 1m14.65 19/06/11 Marion SAALC

60 – 64 100m Freestyle

1 Monica OSBORNE SMR 2m35.92 06/08/83 Parks

2 Monica OSBORNE SMR 2m14.85 11/08/84 Parks

3 Helen AGOSTINI SMR 1m59.52 24/08/86 Adelaide

4 Helen AGOSTINI SMR 1m46.09 09/08/87 Adelaide

5 Helen AGOSTINI SMR 1m44.56 18/09/88 Adelaide

6 Diane ROSS SMR 1m33.50 25/06/95 Adelaide

7 Robyn Brown SMR 1m23.47 26/05/13 Marion SAALC

8 Robyn Brown SMR 1m22.61 24/05/15 Marion SAALC

9 Maryanne HEFFERNAN SMR 1m15.11 05/06/16 Div2 SAALC

10 Maryanne HEFFERNAN SMR 1m12.92 26/06/16 Marion SAALC

11 Maryanne HEFFERNAN SMR 1m12.02 28/05/17 Marion SAALC

65 – 69 100m Freestyle

1 Helen AGOSTINI SMR 1m51.51 27/05/90 Adelaide

2 Diane ROSS SMR 1m40.86 18/06/00 Adelaide

3 Kay CASTLE SMR 1m38.45 30/07/06 Adelaide

4 Terry CARTER SMR 1m38.21 26/06/16 Marion SAALC

5 Robyn BROWN SMR 1m26.68 24/06/18 IC-2 SAALC

6 Robyn BROWN SMR 1m26.34 23/09/18 State cup SAALC

70 – 74 100m Freestyle

1 Monica OSBORNE SMR 2m30.48 13/03/93 Adelaide

2 Helen AGOSTINI SMR 1m56.16 25/06/95 Adelaide

3 Helen AGOSTINI SMR 1m54.87 23/06/96 Adelaide

4 Helen AGOSTINI SMR 1m54.18 25/05/97 Adelaide

5 Helen AGOSTINI SMR 1m53.37 27/07/97 Adelaide

6 Diane ROSS SMR 1m44.51 26/06/05 Adelaide

75 – 79 100m Freestyle

1 Helen AGOSTINI SMR 2m02.52 28/05/00 Adelaide

2 Helen AGOSTINI SMR 2m01.06 06/05/01 Adelaide

3 Diane ROSS SMR 1m47.61 02/05/10 Adelaide

80 – 84 100m Freestyle

1 Diane ROSS SMR 2m08.45 24/05/15 Marion SAALC

2 Diane ROSS SMR 2m03.57 26/06/16 Marion SAALC

3 Diane ROSS SMR 1m57.95 21/08/16 Marion SAALC

4 Diane ROSS SMR 1m57.54 10/09/17 IC4 SAALC

85 – 89 100m Freestyle

1 Diane Ross SMR 2m13.61 23/08/20 Racing again in SA

2 Diane Ross SMR 2m09.89 13/09/20 State Cup SAALC

 3 Diane Ross SMR 2m01.83 13/09/20 State Cup SAALC

20 – 24 200m Freestyle

1 C. ROBERTS SMR 3m27.00 21/02/82 Hartley

2 Heidi TUCKER SMR 2m39.38 14/08/82 Parks

3 Georgina FALSTER SMR 2m20.36 11/05/13 Div2 SAALC

4 Georgina FALSTER SMR 2m20.20 26/05/13 Marion SAALC

25 – 29 200m Freestyle

1 Cheryl TILLEY SMR 2m57.22 31/01/88 Hartley

2 Vanessa DORN SMR 2m43.52 08/09/96 Noarlunga

3 Paula HILL SMR 2m17.28 27/06/04 Adelaide

30 – 34 200m Freestyle

1 Anne KRISCHOCK SMR 3m24.76 31/01/88 Hartley

2 Loraine JONES SMR 3m21.81 08/05/94 Noarlunga

3 Judy ISAAC SMR 3m09.86 27/07/97 Adelaide

4 Sylvia MATTHES SMR 3m08.65 06/09/97 Adelaide

5 Serena PIPKORN SMR 2m49.01 27/06/04 Adelaide

6 Natalie FARNWORTH SMR 2m41.69 29/06/08 Adelaide

35 – 39 200m Freestyle

1 Jean CROWTHER SMR 3m27.60 21/02/82 Hartley

2 Marcia RAGLESS SMR 2m56.30 09/02/86 Hartley

3 Marcia RAGLESS SMR 2m46.80 31/01/88 Hartley

4 Marcia RAGLESS SMR 2m37.30 --/--/89 ?

5 Meredith RYAN SMR 2m27.97 17/05/09 Adelaide

40 – 44 200m Freestyle

1 Carmel LANYON SMR 2m58.81 15/01/84 Hartley

2 Carolyn FLEMING SMR 2m42.23 09/02/86 Hartley

3 Marcia RAGLESS SMR 2m33.26 24/06/90 Adelaide

4 Marcia RAGLESS SMR 2m33.25 22/07/90 Adelaide

45 – 49 200m Freestyle

1 Josie ROBERTS SMR 3m37.34 12/04/81 Parks

2 Diane ROSS SMR 3m19.08 21/02/82 Hartley

3 Diane ROSS SMR 3m13.06 14/08/82 Parks

4 Robyn BROWN SMR 2m52.03 05/04/98 Adelaide

5 Robyn BROWN SMR 2m51.66 11/07/99 Adelaide

50 – 54 200m Freestyle

1 Diane ROSS SMR 3m11.47 31/01/88 Hartley

2 Robyn BROWN SMR 2m58.46 25/05/03 Adelaide

3 Robyn BROWN SMR 2m54.82 03/08/03 Adelaide

4 Robyn BROWN SMR 2m54.67 31/08/03 Adelaide

5 Maryanne HEFFERNAN SMR 2m43.36 22/04/07 Adelaide

55 – 59 200m Freestyle

1 Monica OSBORNE SMR 7m06.78 12/04/81 Parks

2 Monica OSBORNE SMR 6m05.77 21/02/82 Hartley

3 Monica OSBORNE SMR 5m46.95 14/08/82 Parks

4 Alison JARVIS SMR 4m13.25 09/02/86 Hartley

5 Alison JARVIS SMR 4m10.42 22/02/87 Hartley

6 Diane ROSS SMR 3m29.46 08/05/94 Noarlunga

7 Robyn BROWN SMR 2m57.93 29/06/08 Adelaide

8 Robyn BROWN SMR 2m54.73 07/09/08 Adelaide

9 Maryanne HEFFERNAN SMR 2m38.37 22/05/11 St. Peters College

10 Maryanne HEFFERNAN SMR 2m37.30 15/07/12 St. Peters College

60 – 64 200m Freestyle

1 Helen AGOSTINI SMR 4m20.42 31/01/88 Hartley

2 Alison JARVIS SMR 4m12.11 22/07/90 Adelaide

3 Alison JARVIS SMR 4m09.25 28/07/91 Adelaide

4 Diane ROSS SMR 3m36.69 01/04/95 Noarlunga

5 Diane ROSS SMR 3m27.49 13/04/96 Noarlunga

6 Robyn Brown SMR 2m57.94 26/05/13 Marion SAALC

7 Maryanne HEFFERNAN SMR 2m37.96 05/06/16 Div2 SAALC

8 Maryanne HEFFERNAN SMR 2m34.49 10/09/17 IC4 SAALC

65 – 69 200m Freestyle

1 Monica OSBORNE SMR 5m11.57 31/01/88 Hartley

2 Helen AGOSTINI SMR 4m10.24 22/07/90 Adelaide

3 Helen AGOSTINI SMR 3m57.74 28/07/91 Adelaide

4 Diane ROSS SMR 3m53.33 03/08/03 Adelaide

5 Diane ROSS SMR 3m43.89 27/06/04 Adelaide

6 Terry CARTER SMR 3m31.09 24/05/15 Marion SAALC

7 Terry CARTER SMR 3m28.41 15-16/08/15 Mildura

8 Terry CARTER SMR 3m25.64 25/03/17 Clare

70 – 74 200m Freestyle

1 Monica OSBORNE SMR 5m13.00 08/05/94 Noarlunga

2 Helen AGOSTINI SMR 4m19.47 18/05/96 Adelaide

3 Helen AGOSTINI SMR 4m11.90 22/06/97 Adelaide

4 Diane ROSS SMR 3m46.29 05/06/05 Adelaide

75 – 79 200m Freestyle

1 Helen AGOSTINI SMR 4m27.76 07/05/00 Adelaide

2 Helen AGOSTINI SMR 4m26.91 30/07/00 Adelaide

3 Diane ROSS SMR 3m58.41 02/05/10 Adelaide

80 – 84 200m Freestyle

1 Diane ROSS SMR 4m23.16 24/05/15 Marion SAALC

2 Diane ROSS SMR 4m19.46 26/06/16 Marion SAALC

3 Diane ROSS SMR 4m17.44 10/09/17 IC4 SAALC

85 – 89 200m Freestyle

1 Diane Ross SMR 4m31.02 23/02/20 Racing again in SA SAALC

2 Diane Ross SMR 4m30.35 13/09/20 State Cup SAALC

20 – 24 400m Freestyle

1 Heidi TUCKER SMR 5m27.20 04/03/84 Hartley

2 Georgina FALSTER SMR 4m55.38 02/06/13 Marion SAALC

25 – 29 400m Freestyle

1 Maryanne HEFFERNAN SMR 5m32.90 04/03/84 Hartley

2 Maryanne HEFFERNAN SMR 5m27.57 12/08/84 Parks

3 Briny MCARTHUR SMR 5m20.89 12/11/17 SC L-Distance SAALC

30 – 34 400m Freestyle

1 Marcia RAGLESS SMR 7m16.62 04/03/84 Hartley

2 Loraine JONES SMR 6m46.60 18/06/94 Thebarton

3 Serena PIPKORN SMR 6m46.56 25/03/04 Adelaide

4 Sally HUNTER SMR 5m03.14 09/10/18 Woodside

35 – 39 400m Freestyle

1 Penny MARTIN SMR 7m35.82 06/08/83 Parks

2 Penny MARTIN SMR 7m22.82 04/03/84 Hartley

3 Marcia RAGLESS SMR 5m55.40 09/11/86 Adelaide

4 Marcia RAGLESS SMR 5m29.07 --/--/89 ?

40 – 44 400m Freestyle

1 Carolyn FLEMING SMR 5m43.83 09/11/86 Adelaide

2 Marcia RAGLESS SMR 5m20.42 15/07/90 Adelaide

45 – 49 400m Freestyle

1 Diane ROSS SMR 7m03.86 12/04/81 Parks

2 Diane ROSS SMR 6m45.88 12/08/84 Parks

3 Helen WALSH SMR 6m36.31 18/08/05 Mildura

4 Meryl Churchill SMR 6m14.72 09/09/12 Marion SAALC

50 – 54 400m Freestyle

1 Josie ROBERTS SMR 7m44.50 06/08/83 Parks

2 Robyn BROWN SMR 6m16.50 24/08/07 Mildura

3 Maryanne HEFFERNAN SMR 5m32.57 20/08/09 Mildura

55 – 59 400m Freestyle

1 Alison JARVIS SMR 10m54.64 04/03/84 Hartley

2 Marguerite WARDLE SMR 8m16.37 26/10/97 Adelaide AC

3 Andrea KURAUSKAS SMR 8m13.77 12/10/03 Adelaide AC

4 Robyn BROWN SMR 6m24.70 20/08/09 Mildura

5 Robyn BROWN SMR 6m15.64 13/09/09 Adelaide

6 Robyn BROWN SMR 6m12.48 11/09/11 Marion SAALC

7 Robyn BROWN SMR 6m11.73 03/06/12 Marion SAALC

8 Maryanne HEFFERNAN SMR 5m26.79 09/09/12 Marion SAALC

60 – 64 400m Freestyle

1 Monica OSBORNE SMR 11m17.90 06/08/83 Parks

2 Monica OSBORNE SMR 9m41.72 12/08/84 Parks

3 Diane ROSS SMR 7m45.57 06/08/95 Thebarton

4 Robyn BROWN SMR 6m28.08 05/07/15 Marion SAALC

5 Maryanne HEFFERNAN SMR 5m28.25 05/06/16 Div2 SAALC

6 Maryanne HEFFERNAN SMR 5m27.73 26/06/16 Marion SAALC

65 – 69 400m Freestyle

1 Alison JARVIS SMR 9m25.30 18/06/94 Thebarton

2 Diane ROSS SMR 8m04.32 08/09/02 Adelaide

3 Diane ROSS SMR 7m50.08 12/10/03 Adelaide AC

4 Terry CARTER SMR 7m13.66 08-11/04/15 Tasmania

5 Robyn BROWN SMR 6m39.53 23/09/18 State cup SAALC

70 – 74 400m Freestyle

1 Diane ROSS SMR 8m24.94 17/11/05 Adelaide

75 – 79 400m Freestyle

1 Helen AGOSTINI SMR 9m16.91 30/07/00 Adelaide

2 Diane ROSS SMR 8m38.47 06/06/10 Adelaide

80 – 84 400m Freestyle

1 Diane ROSS SMR 8m52.36 05/07/15 Marion SAALC

2 Diane ROSS SMR 8m46.65 26/06/16 Marion SAALC

85 – 89 400m Freestyle

1 Diane Ross SMR 9m18.35 13/09/20 State

20 – 24 800m Freestyle

NO RECORD

25 – 29 800m Freestyle

1 Serena PIPKORN SMR 12m20.85 12/10/03 Adelaide AC

2 Briny MCARTHUR SMR 12m13.95 02/08/18 SC L-Distance SAALC

30 – 34 800m Freestyle

NO RECORD

35 – 39 800m Freestyle

NO RECORD

40 – 44 800m Freestyle

1 Carolyn FLEMING SMR 12m07.00 12/03/89 Hartley

45 – 49 800m Freestyle

1 Annelies O'FLAHERTY SMR 14m52.40 12/10/03 Adelaide AC

50 – 54 800m Freestyle

 NO RECORD

55 – 59 800m Freestyle

1 Marguerite WARDLE SMR 16m47.48 26/10/97 Adelaide AC

2 Maryanne HEFFERNAN SMR 11m20.42 29/06/13 Div2 SAALC

60 – 64 800m Freestyle

1 Alison JARVIS SMR 18m32.92 --/--/89 ?

2 Maryanne HEFFERNAN SMR 11m10.10 05/06/16 Div2 SAALC

65 – 69 800m Freestyle

1 Terry CARTER SMR 14m56.76 08-11/4/15 Tasmania

70 – 74 800m Freestyle

1 Diane ROSS SMR 16m44.21 25/11/07 Adelaide

75 – 79 800m Freestyle

1 Diane ROSS SMR 18m14.50 27/10/13 Marion SAALC

80 – 84 800m Freestyle

1 Diane ROSS SMR 18m31.88 12/11/17 SC L-Distance SAALC

85 – 89 800m Freestyle

NO RECORD

20 – 24 1500m Freestyle

1 Amy STRETTON SMR 20m01.25 25/11/07 Adelaide

25 – 29 1500m Freestyle

NO RECORD

30 – 34 1500m Freestyle

1 Briny MCARTHUR SMR 19m22.45 17/11/19 SC L-Distance SAALC

35 – 39 1500m Freestyle

NO RECORD

40 – 44 1500m Freestyle

1 Carolyn FLEMING SMR 23m33.29 11/08/85 Seacombe

45 – 49 1500m Freestyle

1 Carolyn FLEMING SMR 22m54.61 12/03/89 Hartley

50 – 54 1500m Freestyle

1 Cheryl CHAMBERS SMR 25m28.67 01/11/15 SC L-Distance SAALC

55 – 59 1500m Freestyle

1 Marguerite WARDLE SMR 31m41.18 26/10/97 Adelaide AC

2 Deborah WAREING SMR 22m48.94 01/11/15 SC L-Distance SAALC

60 – 64 1500m Freestyle

1 Alison JARVIS SMR 35m14.92 --/--/89 ?

2 Robyn BROWN SMR 24m39.50 27/10/13 Marion SAALC

3 Maryanne HEFFERNAN SMR 21m05.56 05/06.16 Div2 SAALC

65 – 69 1500m Freestyle

1 Diane ROSS SMR 31m25.76 12/10/03 Adelaide AC

2 Terry CARTER SMR 27m49.38 12/11/17 SC L-Distance SAALC

70 – 74 1500m Freestyle

1 Diane ROSS SMR 32m07.73 17/11/05 Adelaide

75 – 79 1500m Freestyle

1 Helen AGOSTINI SMR 38m36.18 12/10/03 Adelaide AC

80 – 84 1500m Freestyle

1 Diane ROSS SMR 35m11.15 01/11/15 SC L-Distance SAALC 2 Diane ROSS SMR 34m56.97 12/11/17 SC L-Distance SAALC

85 – 89 1500m Freestyle

NO RECORD

20 – 24 25m Backstroke

NO RECORD

25 – 29 25m Backstroke

1 Amity JAMES SMR 20.91 07/09/08 Adelaide

2 Josine PARSONS SMR 16.12 02/05/10 Adelaide

30 – 34 25m Backstroke

1 Gemma SHARP SMR 18.05 29/11/15 Woodside

35 – 39 25m Backstroke

NO RECORD

40 – 44 25m Backstroke

1 Marie DINGWALL SMR 19.69 27/08/06 Adelaide

2 Meryl CHURCHILL SMR 18.77 08/07/07 Adelaide

45 – 49 25m Backstroke

1 Marie DINGWALL SMR 20.81 17/03/09 Adelaide

2 Meryl CHURCHILL SMR 18.35 20/08/09 Mildura

3 Silvia ROCCA SMR 17.99 30/08/15 State Cup SAALC

50 – 54 25m Backstroke

1 Jane SUTTON SMR 27.68 18/08/05 Mildura

2 Debra HACKETT SMR 24.64 07/09/08 Adelaide

3 Robyn FALSTER SMR 20.30 06/05/12 St. Peters C

4 Robyn FALSTER SMR 19.87 15/09/13 Marion SAALC

5 Robyn FALSTER SMR 19.57 31/08/14 Marion SAALC

55 – 59 25m Backstroke

1 Jane SUTTON SMR 29.09 08/07/07 Adelaide

2 Jane SUTTON SMR 28.78 24/08/07 Mildura

3 Wendy SPRY SMR 21.86 07/09/08 Adelaide

4 Wendy SPRY SMR 21.52 20/08/09 Mildura

5 Maryanne HEFFERNAN SMR 17.04 09/09/12 Marion SAALC

60 – 64 25m Backstroke

1 Ruth HENTY SMR 35.56 24/08/07 Mildura

2 Andrea KURAUSKAS SMR 24.65 29/06/08 Adelaide

3 Andrea KURAUSKAS SMR 23.98 02/05/10 Adelaide

4 Deborah WAREING SMR 18.61 21/08/16 Marion SAALC

65 – 69 25m Backstroke

1 Jan WILSON SMR 34.36 24/08/07 Mildura

2 Jan WILSON SMR 33.40 09/09/07 Adelaide

3 Judy VOWLES SMR 27.48 06/07/14 Marion SAALC

4 Judy VOWELS SMR 26.41 31/08/14 Marion SAALC

70 – 74 25m Backstroke

1 Barbara PEARCE SMR 24.19 08/07/07 Adelaide

75 – 79 25m Backstroke

1 Diane ROSS SMR 27.54 26/09/10 Adelaide

2 Barbara PEARCE SMR 25.38 06/05/12 St. Peters C

80 – 84 25m Backstroke

1 Diane ROSS SMR 27.36 30/08/15 State Cup SAALC

85 – 89 25m Backstroke

NO RECORD

20 – 24 50m Backstroke

1 Heidi TUCKER SMR 37.53 17/10/82 Seacombe

2 Georgina FALSTER SMR 36.03 11/05/13 Div2 SAALC

3 Georgina FALSTER SMR 34.67 15/06/13 Div1 SAALC

25 – 29 50m Backstroke

1 P. PINNELL SMR 45.13 17/10/82 Parks

2 Maryanne HEFFERNAN SMR 42.57 04/03/84 Hartley

3 Carol LEWIS SMR 40.03 12/08/84 Parks

4 Cheryl TILLEY SMR 39.37 14/06/87 Adelaide

5 Vanessa DORN SMR 35.35 25/06/95 Adelaide

6 Josine PARSONS SMR 34.88 02/05/10 Adelaide

7 Josine PARSONS SMR 34.36 06/06/10 Adelaide

8 Josine PARSONS SMR 34.02 04/07/10 Adelaide

 30 – 34 50m Backstroke

1 Jean CROWTHER SMR 51.70 --/--/80 ?

2 Marcia RAGLESS SMR 48.75 04/03/84 Hartley

3 Marcia RAGLESS SMR 47.34 11/08/84 Parks

4 Anne KRISCHOCK SMR 41.45 24/08/86 Adelaide

5 Penny WOODHOUSE SMR 38.50 25/06/95 Adelaide

6 Natalie FARNWORTH SMR 37.09 29/06/08 Adelaide

35 – 39 50m Backstroke

1 Wendy POTTER SMR 47.96 --/--/80 ?

2 Margaret DALY SMR 45.94 14/08/82 Parks

3 Marcia RAGLESS SMR 44.95 14/06/87 Adelaide

4 Gay HALES SMR 42.85 08/08/93 Noarlunga

5 Hazel ROBERTSON SMR 38.73 17/05/09 Adelaide

6 Hazel ROBERTSON SMR 37.93 14/06/09 Adelaide

40 – 44 50m Backstroke

1 Diane ROSS SMR 47.83 --/--/80 ?

2 Carolyn FLEMING SMR 44.23 04/03/84 Hartley

3 Carolyn FLEMING SMR 42.30 11/08/84 Parks

4 Debbie CARROLL SMR 39.15 25/06/95 Adelaide

5 Meredith RYAN SMR 37.89 31/08/14 Marion SAALC

45 – 49 50m Backstroke

1 Josie ROBERTS SMR 53.03 --/--/80 ?

2 Diane ROSS SMR 45.46 15/08/81 Norwood

3 Diane ROSS SMR 44.24 17/10/82 Seacombe

4 Meryl CHURCHILL SMR 41.15 20/08/09 Mildura

5 Meryl CHURCHILL SMR 40.84 10/04/10 Launceston

6 Silvia ROCCA SMR 38.41 24/05/15 Marion SAALC

50 – 54 50m Backstroke

1 Josie ROBERTS SMR 54.12 06/08/83 Parks

2 Josie ROBERTS SMR 53.46 04/03/84 Hartley

3 Diane ROSS SMR 47.93 24/08/86 Adelaide

4 Heather CARBONE SMR 47.61 07/09/08 Adelaide

5 Heather CARBONE SMR 43.92 20/08/09 Mildura

6 Robyn FALSTER SMR 42.26 15/09/13 Marion SAALC

7 Robyn FALSTER SMR 41.50 31/08/14 Marion SAALC

55 – 59 50m Backstroke

1 Alison JARVIS SMR 1m11.29 06/08/83 Parks

2 Helen AGOSTINI SMR 1m06.88 18/08/85 Parks

3 Alison JARVIS SMR 1m04.19 14/06/87 Adelaide

4 Diane ROSS SMR 50.00 31/05/92 Noarlunga

5 Marguerite WARDLE SMR 48.79 17/07/94 Adelaide

6 Marguerite WARDLE SMR 46.63 25/06/95 Adelaide

7 Heather Carbone SMR 44.67 26/05/13 Marion SAALC

8 Robyn FALSTER SMR 42.47 24/05/15 Marion SAALC

9 Robyn FALSTER SMR 41.99 30/08/15 State Cup SAALC

 10 Robyn FALSTER SMR 41.97 26/08/18 IC4 SAALC

 11 Robyn FALSTER SMR 41.37 23/02/19 Twilight Bash SAALC

60 – 64 50m Backstroke

1 Monica OSBORNE SMR 1m44.72 04/03/84 Hartley

2 Monica OSBORNE SMR 1m41.51 11/08/84 Parks

3 Helena MALGORZEWICZ SMR 1m19.42 18/08/85 Parks

4 Helen AGOSTINI SMR 1m09.04 24/08/86 Adelaide

5 Diane ROSS SMR 55.38 27/07/97 Adelaide

6 Marguerite WARDLE SMR 52.47 07/05/00 Adelaide

7 Andrea KURAUSKAS SMR 51.77 29/06/08 Adelaide

8 Deborah WAREING SMR 42.07 22/10/17 State Cup SAALC

9 Deborah WAREING SMR 41.69 08/12/19 Woodside

65 – 69 50m Backstroke

1 Helen AGOSTINI SMR 1m07.47 31/05/92 Noarlunga

2 Margaret WHITE SMR 1m02.63 05/04/98 Adelaide

3 Diane ROSS SMR 58.38 07/05/00 Adelaide

4 Diane ROSS SMR 58.23 06/05/01 Adelaide

5 Barbara PEARCE SMR 52.54 05/06/05 Adelaide

6 Terry CARTER SMR 50.91 8-11/4/15 Tasmania

7 Terry CARTER SMR 50.69 25/03/17 Clare

70 – 74 50m Backstroke

1 Helen AGOSTINI SMR 1m16.07 26/07/98 Adelaide

2 Diane ROSS SMR 1m01.83 31/07/05 Adelaide

3 Barbara PEARCE SMR 53.24 08/07/07 Adelaide

4 Barbara PEARC SMR 53.00 19/08/07 Adelaide

75 – 79 50m Backstroke

1 Helen AGOSTINI SMR 1m12.33 07/05/00 Adelaide

2 Diane ROSS SMR 59.30 04/07/10 Adelaide

3 Barbara PEARCE SMR 55.50 06/05/12 St. Peters College

80 – 84 50m Backstroke

1 Diane ROSS SMR 1m01.95 24/05/15 Marion SAALC

85 – 89 50m Backstroke

NO RECORD

20 – 24 100m Backstroke

1 Heidi TUCKER SMR 1m25.84 20/06/82 Parks

2 Heidi TUCKER SMR 1m21.64 06/08/83 Parks

3 Heidi TUCKER SMR 1m20.12 12/08/84 Parks

4 Alicia SCHUTZ SMR 1m18.33 26/06/16 Marion SAALC

25 – 29 100m Backstroke

1 Jenny HAYMAN SMR 1m59.09 20/06/82 Parks

2 Carmel LANYON SMR 1m35.97 26/06/83 Parks

3 Carmel LANYON SMR 1m34.26 06/08/83 Parks

4 Carol LEWIS SMR 1m28.73 24/06/84 Largs Bay

5 Carol LEWIS SMR 1m25.57 12/08/84 Parks

6 Heidi TUCKER SMR 1m22.89 09/08/87 Adelaide

7 Paula HILL SMR 1m19.37 27/06/04 Adelaide

8 Josine PARSONS SMR 1m14.64 04/07/10 Adelaide

30 – 34 100m Backstroke

1 Jean CROWTHER SMR 1m53.85 20/06/81 Norwood

2 Marcia RAGLESS SMR 1m50.54 26/06/83 Parks

3 Marcia RAGLESS SMR 1m47.12 24/06/84 Largs Bay

4 Marcia RAGLESS SMR 1m40.49 23/06/85 Parks

5 Jenny HAYMAN SMR 1m35.87 09/08/87 Adelaide

6 Jennifer FORD SMR 1m30.56 22/07/90 Adelaide

7 Meredith JARVIS SMR 1m28.57 28/07/91 Adelaide

8 Gemma SHARP SMR 1m17.19 24/05/15 Marion SAALC

35 – 39 100m Backstroke

1 Margaret DALY SMR 1m49.76 20/06/82 Parks

2 Jean CROWTHER SMR 1m47.85 06/08/83 Parks

3 Marcia RAGLESS SMR 1m41.35 09/02/86 Hartley

4 Marcia RAGLESS SMR 1m35.94 09/08/87 Adelaide

5 Marcia RAGLESS SMR 1m32.43 04/06/89 Adelaide

6 Hazel ROBERTSON SMR 1m23.57 17/05/09 Adelaide

40 – 44 100m Backstroke

1 Diane ROSS SMR 1m49.70 --/--/80 ?

2 Wendy POTTER SMR 1m48.35 26/06/83 Parks

3 Carolyn FLEMING SMR 1m41.74 24/06/84 Largs Bay

4 Carolyn FLEMING SMR 1m37.38 09/08/87 Adelaide

5 Marcia RAGLESS SMR 1m32.64 22/07/90 Adelaide

6 Meryl CHURCHILL SMR 1m29.29 15/06/03 Adelaide

45 – 49 100m Backstroke

1 Josie ROBERTS SMR 2m00.00 --/--/80 ?

2 Diane ROSS SMR 1m45.16 20/06/81 Norwood

3 Diane ROSS SMR 1m42.22 15/08/81 Norwood

4 Heather CARBONE SMR 1m34.28 31/07/05 Adelaide

5 Meryl CHURCHILL SMR 1m31.07 20/08/09 Mildura

6 Meryl CHURCHILL SMR 1m30.15 10/04/10 Launceston

50 – 54 100m Backstroke

1 Josie ROBERTS SMR 2m00.60 26/06/83 Parks

2 Josie ROBERTS SMR 1m59.57 12/08/84 Parks

3 Josie ROBERTS SMR 1m58.83 23/06/85 Parks

4 Diane ROSS SMR 1m46.78 09/02/86 Hartley

5 Heather CARBONE SMR 1m40.07 07/09/08 Adelaide

6 Heather CARBONE SMR 1m37.98 17/05/09 Adelaide

7 Heather CARBONE SMR 1m35.92 14/06/09 Adelaide

8 Heather CARBONE SMR 1m35.21 02/08/09 Adelaide

9 Heather CARBONE SMR 1m33.53 20/08/09 Mildura

 10 Heather CARBONE SMR 1m32.43 13/09/09 Adelaide

 11 Robyn FALSTER SMR 1m30.23 06/07/14 Marion SAALC

 12 Robyn FALSTER SMR 1m29.34 31/08/14 Marion SAALC

55 – 59 100m Backstroke

1 Helena MALGORZEWICZ SMR 3m28.16 26/06/83 Parks

2 Alison JARVIS SMR 2m45.91 24/06/84 Largs Bay

3 Alison JARVIS SMR 2m34.55 12/08/84 Parks

4 Helen AGOSTINI SMR 2m33.44 23/06/85 Parks

5 Alison JARVIS SMR 2m12.04 09/08/87 Adelaide

6 Diane ROSS SMR 1m53.54 28/07/91 Adelaide

7 Marguerite WARDLE SMR 1m49.54 08/05/94 Noarlunga

8 Heather CARBONE SMR 1m33.76 26/05/13 Marion SAALC

9 Deborah WAREING SMR 1m30.61 24/05/15 Marion SAALC

 10 Robyn FALSTER SMR 1m29.77 05/07/15 Marion SAALC

60 – 64 100m Backstroke

1 Monica OSBORNE SMR 3m48.20 26/06/83 Parks

2 Monica OSBORNE SMR 3m43.78 24/06/84 Largs Bay

3 Helena MALGORZEWICZ SMR 3m00.92 23/06/85 Parks

4 Helen AGOSTINI SMR 2m46.31 09/02/86 Hartley

5 Helen AGOSTINI SMR 2m23.10 09/08/87 Adelaide

6 Alison JARVIS SMR 2m22.71 04/06/89 Adelaide

7 Diane ROSS SMR 1m57.50 13/04/96 Noarlunga

8 Deborah WAREING SMR 1m32.27 25/03/17 Clare

9 Deborah WAREING SMR 1m29.93 10/09/17 IC4 SAALC

 10 Deborah WAREING SMR 1m29.01 20/10/19 State Cup SAALC

65 – 69 100m Backstroke

1 Helena MALGORZEWICZ SMR 2m23.37 04/06/89 Adelaide

2 Helen AGOSTINI SMR 2m21.52 22/07/90 Adelaide

3 Diane ROSS SMR 2m04.16 28/05/00 Adelaide

4 Barbara PEARCE SMR 1m56.92 05/06/05 Adelaide

5 Barbara PEARCE SMR 1m55.41 18/08/05 Mildura

6 Terry CARTER SMR 1m52.01 08/11/15 Tasmania

7 Terry CARTER SMR 1m50.19 05/07/15 Marion SAALC

8 Terry CARTER SMR 1m49.22 25/03/17 Clare

70 – 74 100m Backstroke

1 Diane ROSS SMR 2m13.75 26/06/05 Adelaide

2 Barbara PEARCE SMR 1m56.14 22/04/07 Adelaide

75 – 79 100m Backstroke

1 Diane ROSS SMR 2m10.70 04/07/10 Adelaide

2 Barbara PEARCE SMR 2m02.18 06/05/12 St. Peters C

80 – 84 100m Backstroke

1 Diane ROSS SMR 2m20.11 05/07/15 Marion SAALC

85 – 89 100m Backstroke

1 Diane ROSS SMR 2m27.43 01/11/20 SC L-Distance SAALC

20 – 24 200m Backstroke

1 Vanessa DORN SMR 3m12.47 12/07/92 Adelaide

2 Alicia SCHUTZ SMR 2m51.84 26/06/16 Marion SAALC

25 – 29 200m Backstroke

1 Shirley CHAMBERLAIN SMR 4m47.99 18/09/88 Adelaide

2 Vanessa DORN SMR 3m08.94 13/04/96 Noarlunga

30 – 34 200m Backstroke

1 Marcia RAGLESS SMR 3m55.50 15/01/84 Hartley

2 Anne KRISCHOCK SMR 3m30.86 18/09/88 Adelaide

3 Serena PIPKORN SMR 3m30.45 25/03/04 Adelaide

4 Gemma SHARP SMR 2m20.17 29/11/15 Woodside

35 – 39 200m Backstroke

1 Debbie CARROLL SMR 4m06.79 12/07/92 Adelaide

2 Debbie CARROLL SMR 3m59.54 18/06/94 Thebarton

3 Lynne SMYTH SMR 3m51.99 06/08/95 Thebarton

4 Judy ISAAC SMR 3m48.75 11/07/99 Adelaide

40 – 44 200m Backstroke

1 Marcia RAGLESS SMR 3m18.25 02/06/91 Adelaide

2 Meryl CHURCHILL SMR 3m13.78 26/06/05 Adelaide

45 – 49 200m Backstroke

1 Marguerite WARDLE SMR 4m04.43 22/02/87 Hartley

2 Marguerite WARDLE SMR 3m53.66 18/09/88 Adelaide

3 Meryl CHURCHILL SMR 3m17.06 20/08/09 Mildura

50 – 54 200m Backstroke

1 Josie ROBERTS SMR 4m16.01 15/01/84 Hartley

2 Diane ROSS SMR 3m51.17 18/09/88 Adelaide

3 Heather CARBONE SMR 3m22.08 14/06/09 Adelaide

4 Heather CARBONE SMR 3m18.96 02/08/09 Adelaide

55 – 59 200m Backstroke

1 Alison JARVIS SMR 5m54.60 15/01/84 Hartley

2 Alison JARVIS SMR 4m58.11 18/09/88 Adelaide

3 Marguerite WARDLE SMR 4m00.40 18/06/94 Thebarton

4 Heather CARBONE SMR 3m23.88 15/09/13 Marion SAALC

5 Robyn FALSTER SMR 3m15.72 30/08/15 State Cup SAALC

60 – 64 200m Backstroke

1 Alison JARVIS SMR 5m12.10 29/12/96 Adelaide

2 Diane ROSS SMR 4m13.96 23/06/96 Adelaide

3 Deborah WAREING SMR 3m16.20 30/07/17 IC3 SAALC

4 Deborah WAREING SMR 3m15.41 23/09/18 State cup SAALC

5 Deborah WAREING SMR 3m11.95 05-07/10/19 AMG SAALC

65 – 69 200m Backstroke

1 Helen AGOSTINI SMR 5m05.50 27/05/90 Adelaide

2 Helen AGOSTINI SMR 5m03.63 12/07/92 Adelaide

3 Diane ROSS SMR 4m28.63 28/05/00 Adelaide

4 Barbara PEARCE SMR 4m11.29 26/06/05 Adelaide

5 Barbara PEARCE SMR 4m11.03 30/07/06 Adelaide

6 Terry CARTER SMR 4m03.71 05/07/15 Marion SAALC

7 Terry CARTER SMR 3m56.10 08-11/04/15 Tasmania

8 Terry CARTER SMR 3m51.05 25/03/17 Clare

70 – 74 200m Backstroke

1 Monica OSBORNE SMR 8m28.91 13/03/93 Adelaide

2 Diane ROSS SMR 4m46.10 30/07/06 Adelaide

3 Barbara PEARCE SMR 4m14.62 03/06/07 Adelaide

75 – 79 200m Backstroke

1 Diane ROSS SMR 4m40.54 01/08/10 Adelaide

2 Barbara PEARCE SMR 4m30.77 03/06/12 Marion SAALC

80 – 84 200m Backstroke

1 Diane ROSS SMR 4m47.60 30/08/15 State Cup SAALC

85 – 89 200m Backstroke

1 Diane ROSS SMR 5m03.94 01/11/20 SC L-Distance SAALC

20 – 24 400m Backstroke

NO RECORD

25 – 29 400m Backstroke

NO RECORD

30 – 34 400m Backstroke

1 Gemma SHARP SMR 5m58.06 01/11/15 SC L-Distance SAALC

35 – 39 400m Backstroke

NO RECORD

40 – 44 400m Backstroke

Anke SCHWEDAT SMR 7m03.67 02/08/18 SC L-Distance SAALC

45 – 49 400m Backstroke

NO RECORD

50 – 54 400m Backstroke

NO RECORD

55 – 59 400m Backstroke

1 Marguerite WARDLE SMR 9m22.90 26/10/97 Adelaide AC

60 – 64 400m Backstroke

NO RECORD

65 – 69 400m Backstroke

1 Barbara PEARCE SMR 9m18.61 17/11/05 Adelaide

2 Terry CARTER SMR 8m16.08 12/11/17 SC L-Distance SAALC

70 – 74 400m Backstroke

1 Diane ROSS SMR 9m13.01 25/11/07 Adelaide

75 – 79 400m Backstroke

1 Barbara PEARCE SMR 10m00.30 27/10/13 Marion SAALC

80 – 84 400m Backstroke

1 Diane ROSS SMR 9m54.94 01/11/15 SC L-Distance SAALC

85 – 89 400m Backstroke

NO RECORD

20 – 24 800m Backstroke

NO RECORD

25 – 29 800m Backstroke

1 Briny MCARTHUR SMR 11m50.25 12/11/17 SC L-Distance SAALC

30 – 34 800m Backstroke

NO RECORD

35 – 39 800m Backstroke

NO RECORD

40 – 44 800m Backstroke

NO RECORD

45 – 49 800m Backstroke

NO RECORD

50 – 54 800m Backstroke

NO RECORD

55 – 59 800m Backstroke

1 Marguerite WARDLE SMR 18m36.66 26/10/97 Adelaide AC

60 – 64 800m Backstroke

NO RECORD

65 – 69 800m Backstroke

1 Terry CARTER SMR 17m38.31 01/11/15 SC L-Distance SAALC

70 – 74 800m Backstroke

1 Judy VOWLES SMR 22m59.81 01/11/20 SC L-Distance SAALC

75 – 79 800m Backstroke

1 Barbara PEARCE SMR 22m18.24 27/10/13 Marion SAALC

80 – 84 800m Backstroke

1 Barbara PEARCE SMR 22m52.37 12/11/17 SC L-Distance SAALC

85 – 89 800m Backstroke

1 Diane ROSS SMR 19m29.38 01/11/20 SC L-Distance SAALC

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

1 Terry CARTER SMR 33m14.57 01/11/15 SC L-Distance SAALC

70 – 74 1500m Backstroke

1 Barbara PEARCE SMR 45m56.51 06/11/11 St Peters College

75 – 79 1500m Backstroke

1 Barbara PEARCE SMR 46m50.13 01/11/15 SC L-Distance SAALC

80 – 84 1500m Backstroke

Barbara PEARCE SMR 51m41.81 17/11/19 SC L-Distance SAALC

85 – 89 1500m Backstroke

NO RECORD

20 – 24 25m Breaststroke

NO RECORD

25 – 29 25m Breaststroke

NO RECORD

30 – 34 25m Breaststroke

1 Sally HUNTER SMR 15.31 23/09/18 State cup SAALC

35 – 39 25m Breaststroke

1 Claire MCCAFFREY SMR 26.91 15/09/13 Marion SAALC

40 – 44 25m Breaststroke

1 Marie DINGWALL SMR 23.67 27/08/06 Adelaide

2 Meryl CHURCHILL SMR 21.05 23/08/07 Mildura

45 – 49 25m Breaststroke

1 Meryl CHURCHILL SMR 20.90 10/04/10 Launceston

50 – 54 25m Breaststroke

1 Maryanne HEFFERNAN SMR 20.53 02/07/06 Adelaide

2 Maryanne HEFFERNAN SMR 20.39 29/06/08 Adelaide

3 Maryanne HEFFERNAN SMR 19.63 07/09/08 Adelaide

55 – 59 25m Breaststroke

1 Judy VOWLES SMR 24.95 29/06/08 Adelaide

2 Maryanne HEFFERNAN SMR 20.90 22/05/11 St. Peters College

3 Maryanne HEFFERNAN SMR 20.00 03/06/12 Marion SAALC

4 Maryanne HEFFERNAN SMR 19.35 06/07/14 Marion SAALC

5 Maryanne HEFFERNAN SMR 19.18 31/08/14 Marion SAALC

60 – 64 25m Breaststroke

1 Ruth HENTY SMR 32.71 09/09/07 Adelaide

2 Judy VOWLES SMR 26.22 04/07/10 Adelaide

3 Judy VOWLES SMR 26.01 24/07/11 St. Peters College

4 Judy VOWLES SMR 20.14 11/09/11 Marion SAALC

5 Maryanne HEFFERNAN SMR 19.67 30/07/17 IC-3 SAALC

65 – 69 25m Breaststroke

1 Jan WILSON SMR 28.19 23/08/07 Mildura

2 Joy PAGE SMR 22.05 04/07/10 Adelaide

70 – 74 25m Breaststroke

1 Jan MYKYTA SMR 30.05 22/05/11 St. Peters College

2 Jan MYKYTA SMR 29.01 24/07/11 St. Peters College

3 Jan MYKYTA SMR 27.71 11/09/11 Marion SAALC

4 Judy VOWELS SMR 26.44 05-07/10/19 AMG SAALC

75 – 79 25m Breaststroke

1 Diane ROSS SMR 33.65 26/09/10 Adelaide

2 Jan MYKYTA SMR 33.51 21/08/16 Marion SAALC

80 – 84 25m Breaststroke

NO RECORD

85 – 89 25m Breaststroke

NO RECORD

20 – 24 50m Breaststroke

1 Heidi TUCKER SMR 46.11 20/06/82 Parks

2 Heidi TUCKER SMR 44.49 14/08/82 Parks

3 Meredith JARVIS SMR 41.84 06/08/83 Parks

4 Meredith JARVIS SMR 41.10 15/01/84 Hartley

25 – 29 50m Breaststroke

1 Jenny HAYMAN SMR 53.22 20/06/82 Parks

2 Jenny HAYMAN SMR 52.27 14/08/82 Parks

3 Carmel LANYON SMR 43.47 06/08/83 Parks

4 Meredith JARVIS SMR 42.91 22/02/87 Hartley

5 Meredith JARVIS SMR 40.99 22/07/90 Adelaide

30 – 34 50m Breaststroke

1 Jean CROWTHER SMR 52.20 --/--/80 ?

2 Jean CROWTHER SMR 49.70 20/06/81 Norwood

3 Julie VENNING SMR 46.74 14/08/82 Parks

4 Lynda LEHMANN SMR 37.60 04/06/89 Adelaide

5 Sally HUNTER SMR 33.78 23/09/18 State cup SAALC

35 – 39 50m Breaststroke

1 Wendy POTTER SMR 49.28 --/--/80 ?

2 Robyn BROWN SMR 48.01 28/07/91 Adelaide

3 Heather CARBONE SMR 44.38 08/05/94 Noarlunga

4 Meredith TAYLOR SMR 41.19 26/07/98 Adelaide

5 Meredith RYAN SMR 39.97 14/06/09 Adelaide

40 – 44 50m Breaststroke

1 Diane ROSS SMR 54.00 --/--/80 ?

2 Cori DUIF SMR 52.80 20/06/81 Norwood

3 Cori DUIF SMR 50.96 15/08/81 Norwood

4 Elke TREVILYAN SMR 43.87 08/05/94 Noarlunga

5 Meredith RYAN SMR 41.02 06/07/14 Marion SAALC

45 – 49 50m Breaststroke

1 Josie ROBERTS SMR 58.80 --/--/80 ?

2 Diane ROSS SMR 52.80 20/06/81 Norwood

3 Diane ROSS SMR 52.66 15/08/81 Norwood

4 Diane ROSS SMR 51.13 20/06/82 Parks

5 Robyn BROWN SMR 49.62 09/05/98 Adelaide

6 Meryl CHURCHILL SMR 48.06 20/08/09 Mildura

7 Meredith RYAN SMR 43.88 11/08/19 IC-3 SAALC

50 - 54 50m Breaststroke

1 Josie ROBERTS SMR 1m02.10 15/01/84 Hartley

2 Diane ROSS SMR 53.11 09/02/86 Hartley

3 Kate CLARKE SMR 51.94 30/07/00 Adelaide

4 Maryanne HEFFERNAN SMR 45.67 23/04/06 Adelaide

5 Maryanne HEFFERNAN SMR 45.50 30/07/06 Adelaide

6 Maryanne HEFFERNAN SMR 45.06 19/08/07 Adelaide

7 Maryanne HEFFERNAN SMR 44.91 26/08/07 Mildura

8 Maryanne HEFFERNAN SMR 43.34 29/06/08 Adelaide

9 Maryanne HEFFERNAN SMR 43.21 07/09/08 Adelaide

55 – 59 50m Breaststroke

1 Monica OSBORNE SMR 2m01.00 15/08/81 Norwood

2 Helena MALGORZEWICZ SMR 1m29.15 20/06/82 Parks

3 Helena MALGORZEWICZ SMR 1m25.81 14/08/82 Parks

4 Helena MALGORZEWICZ SMR 1m21.71 06/08/83 Parks

5 Helena MALGORZEWICZ SMR 1m21.62 15/01/84 Hartley

6 Alison JARVIS SMR 1m13.81 09/02/86 Hartley

7 Alison JARVIS SMR 1m08.98 22/02/87 Hartley

8 Alison JARVIS SMR 1m05.81 17/07/88 Adelaide

9 Josie ROBERTS SMR 1m04.83 22/07/90 Adelaide

10 Marguerite WARDLE SMR 59.92 09/05/98 Adelaide

11 Judy VOWLES SMR 57.31 01/06/08 Adelaide

12 Judy VOWLES SMR 56.67 29/06/08 Adelaide

13 Robyn BROWN SMR 54.78 01/08/10 Adelaide

14 Maryanne HEFFERNAN SMR 45.07 14/08/11 St. Peters College

15 Maryanne HEFFERNAN SMR 43.94 11/09/11 Marion SAALC

16 Maryanne HEFFERNAN SMR 43.45 26/05/13 Marion SAALC

17 Maryanne HEFFERNAN SMR 43.05 31/08/14 Marion SAALC

60 – 64 50m Breaststroke

1 Monica OSBORNE SMR 1m45.16 06/08/83 Parks

2 Monica OSBORNE SMR 1m43.39 15/01/84 Hartley

3 Helen AGOSTINI SMR 1m10.21 09/02/86 Hartley

4 Helena MALGORZEWICZ SMR 1m08.37 22/02/87 Hartley

5 Helena MALGORZEWICZ SMR 1m06.12 17/07/88 Adelaide

6 Alison JARVIS SMR 1m04.49 04/06/89 Adelaide

7 Diane ROSS SMR 1m00.16 01/04/95 Noarlunga

8 Judy VOWLES SMR 58.25 04/07/10 Adelaide

9 Judy VOWLES SMR 56.90 14/08/11 St. Peters College

10 Terry CARTER SMR 56.71 14/12/14 Woodside

11 Deborah WAREING SMR 46.59 26/06/16 Marion SAALC

12 Maryanne HEFFERNAN SMR 42.86 06/05/17 All In Meet SAALC

65 – 69 50m Breaststroke

1 Monica OSBORNE SMR 1m42.49 17/07/88 Adelaide

2 Helen AGOSTINI SMR 1m06.37 22/07/90 Adelaide

3 Marguerite WARDLE SMR 1m04.20 05/06/05 Adelaide

4 Jan WILSON SMR 1m03.93 19/08/07 Adelaide

5 Joy PAGE SMR 48.75 04/07/10 Adelaide

70 – 74 50m Breaststroke

1 Monica OSBORNE SMR 2m00.06 08/05/94 Noarlunga

2 Helen AGOSTINI SMR 1m17.86 22/06/97 Adelaide

3 Diane ROSS SMR 1m09.24 04/05/08 Adelaide

4 Jan MYKYTA SMR 1m06.67 22/05/11 St. Peters College

5 Jan MYKYTA SMR 1m05.62 25/08/11 Mildura

6 Judy VOWELS SMR 1m01.12 05-07/10/19 AMG SAALC

7 Judy VOWLES SMR 1m00.92 08/12/19 Woodside

75 – 79 50m Breaststroke

1 Jan MYKYTA SMR 1m23.30 26/06/16 Marion SAALC

2 Jan MYKYTA SMR 1m22.42 21/08/16 Marion SAALC

80 – 84 50m Breaststroke

NO RECORD

85 – 89 50m Breaststroke

NO RECORD

20 – 24 100m Breaststroke

1 R. MARTINELLI SMR 1m44.63 14/08/82 Parks

2 Meredith JARVIS SMR 1m33.47 17/10/82 Seacombe

3 Meredith JARVIS SMR 1m32.98 06/08/83 Parks

4 Meredith JARVIS SMR 1m30.27 12/08/84 Parks

5 Amy STRETTON SMR 1m29.00 08/07/07 Adelaide

25 – 29 100m Breaststroke

1 Jenny HAYMAN SMR 1m53.86 17/10/82 Seacombe

2 Carmel LANYON SMR 1m38.10 06/08/83 Parks

3 Carol LEWIS SMR 1m34.18 12/08/84 Parks

30 – 34 100m Breaststroke

1 Jean CROWTHER SMR 1m51.05 18/10/81 ?

2 Julie VENNING SMR 1m46.86 14/08/82 Parks

3 Jenny HAYMAN SMR 1m43.82 14/06/87 Adelaide

4 Meredith JARVIS SMR 1m29.50 31/05/92 Noarlunga

35 – 39 100m Breaststroke

1 Margaret DALY SMR 1m54.07 17/10/82 Parks

2 Penny MARTIN SMR 1m49.70 22/06/86 Parks

3 Heather CARBONE SMR 1m38.76 18/06/94 Thebarton

4 Heather CARBONE SMR 1m38.54 06/08/95 Thebarton

5 Heather CARBONE SMR 1m38.53 13/04/96 Noarlunga

6 Heather CARBONE SMR 1m36.96 08/09/96 Noarlunga

7 Meredith TAYLOR SMR 1m30.31 26/07/98 Adelaide

8 Meredith RYAN SMR 1m29.13 29/06/08 Adelaide

9 Meredith RYAN SMR 1m28.91 03/08/08 Adelaide

10 Meredith RYAN SMR 1m28.35 07/09/08 Adelaide

40 – 44 100m Breaststroke

1 Cori DUIF SMR 1m52.80 15/08/81 Norwood

2 Cori DUIF SMR 1m51.97 18/10/81 ?

3 Carolyn FLEMING SMR 1m50.85 14/06/87 Adelaide

4 Heather CARBONE SMR 1m36.97 06/06/99 Adelaide

45 – 49 100m Breaststroke

1 Diane ROSS SMR 1m55.45 18/10/81 ?

2 Diane ROSS SMR 1m55.26 61/01/83 Norwood

3 Denise WATTS SMR 1m44.54 07/05/00 Adelaide

4 Meryl CHURCHILL SMR 1m41.39 10/04/10 Launceston

50 – 54 100m Breaststroke

1 Josie ROBERTS SMR 2m12.37 61/01/83 Norwood

2 Diane ROSS SMR 1m54.47 22/06/86 Parks

3 Robyn BROWN SMR 1m44.06 25/05/03 Adelaide

4 Maryanne HEFFERNAN SMR 1m38.02 02/07/06 Adelaide

5 Maryanne HEFFERNAN SMR 1m36.86 08/07/07 Adelaide

6 Maryanne HEFFERNAN SMR 1m36.53 04/05/08 Adelaide

7 Maryanne HEFFERNAN SMR 1m36.00 29/06/08 Adelaide

8 Maryanne HEFFERNAN SMR 1m35.92 03/08/08 Adelaide

9 Maryanne HEFFERNAN SMR 1m33.53 07/09/08 Adelaide

55 – 59 100m Breaststroke

1 Helena MALGORZEWICZ SMR 2m59.52 17/10/82 Seacombe

2 Helena MALGORZEWICZ SMR 2m53.83 06/08/83 Parks

3 Helena MALGORZEWICZ SMR 2m40.82 24/06/84 Largs Bay

4 Helen AGOSTINI SMR 2m30.90 18/08/85 Parks

5 Marguerite WARDLE SMR 2m08.06 09/05/98 Adelaide

6 Robyn BROWN SMR 1m50.02 29/06/08 Adelaide

7 Robyn BROWN SMR 1m49.13 20/08/09 Mildura

8 Robyn BROWN SMR 1m48.69 19/06/11 SAALC Marion

9 Maryanne HEFFERNAN SMR 1m36.72 24/07/11 St. Peters C

10 Maryanne HEFFERNAN SMR 1m35.74 07/07/13 Marion SAALC

11 Maryanne HEFFERNAN SMR 1m34.52 06/07/14 Marion SAALC

60 – 64 100m Breaststroke

1 Monica OSBORNE SMR 3m37.82 24/06/84 Largs Bay

2 Helena MALGORZEWICZ SMR 2m35.39 18/08/85 Parks

3 Helena MALGORZEWICZ SMR 2m29.65 22/06/86 Parks

4 Marguerite WARDLE SMR 2m14.13 07/05/00 Adelaide

5 Judy VOWLES SMR 2m13.14 01/08/10 Adelaide

6 Judy VOWLES SMR 2m11.63 26/09/10 Adelaide

7 Judy VOWLES SMR 2m08.18 14/08/11 St. Peters College

8 Terry CARTER SMR 2m07.78 14/12/14 Woodside

9 Deborah WAREING SMR 1m38.07 25/03/17 Clare

10 Maryanne HEFFERNAN SMR 1m33.58 06/05/17 All In Meet SAALC

11 Maryanne HEFFERNAN SMR 1m33.02 08/07/18 Winter Dev meet SAALC

65 – 69 100m Breaststroke

1 Helena MALGORZEWICZ SMR 2m27.43 31/05/92 Noarlunga

2 Jan WILSON SMR 2m23.70 23/04/06 Adelaide

3 Jan WILSON SMR 2m19.20 19/08/07 Adelaide

4 Judy VOWELS SMR 2m15.47 03/08/14 Marion SAALC

5 Terry CARTER SMR 1m59.79 30/08/15 State Cup SAALC

70 – 74 100m Breaststroke

1 Helena MALGORZEWICZ SMR 2m32.16 18/06/94 Thebarton

2 Diane ROSS SMR 2m31.69 29/06/08 Adelaide

3 Judy VOWELS SMR 2m25.03 05-07/10/19 AMG SAALC

75 – 79 100m Breaststroke

NO RECORD

80 – 84 100m Breaststroke

1 Jan MYKYTA SMR 3m21.42 26/06/16 Marion SAALC

85 – 89 100m Breaststroke

NO RECORD

20 – 24 200m Breaststroke

1 Meredith JARVIS SMR 3m47.17 21/02/82 Hartley

2 Meredith JARVIS SMR 3m20.34 15/01/84 Hartley

25 – 29 200m Breaststroke

1 Shirley CHAMBERLAIN SMR 4m01.83 09/02/86 Hartley

2 Meredith JARVIS SMR 3m22.87 22/02/87 Hartley

3 Meredith JARVIS SMR 3m16.87 04/06/89 Adelaide

4 Meredith JARVIS SMR 3m10.00 27/05/90 Adelaide

30 – 34 200m Breaststroke

1 S. LAMONT SMR 4m33.80 21/02/82 Hartley

2 Anne KRISCHOCK SMR 4m07.23 17/07/88 Adelaide

3 Lynda LEHMANN SMR 2m55.96 04/06/89 Adelaide

35 – 39 200m Breaststroke

1 Penny MARTIN SMR 4m18.99 15/01/84 Hartley

2 Penny MARTIN SMR 4m07.12 09/02/86 Hartley

3 Debbie CARROLL SMR 4m04.00 02/06/91 Adelaide

4 Robyn BROWN SMR 3m41.47 12/07/92 Adelaide

5 Heather CARBONE SMR 3m29.01 17/07/94 Adelaide

6 Heather CARBONE SMR 3m25.71 25/06/95 Adelaide

40 – 44 200m Breaststroke

1 Cori DUIF SMR 4m03.21 12/04/81 Parks

2 Valerie DOBIE SMR 4m01.55 04/06/89 Adelaide

3 Heather CARBONE SMR 3m30.84 26/07/98 Adelaide

45 – 49 200m Breaststroke

1 Robyn QUINN SMR 4m29.01 08/09/96 Noarlunga

2 Robyn QUINN SMR 4m22.95 09/05/98 Adelaide

3 Robyn BROWN SMR 3m37.07 06/05/01 Adelaide

4 Robyn BROWN SMR 3m34.91 29/07/01 Adelaide

50 – 54 200m Breaststroke

1 Robyn BROWN SMR 3m41.89 15/06/03 Adelaide

2 Robyn BROWN SMR 3m37.77 31/08/03 Adelaide

3 Maryanne HEFFERNAN SMR 3m35.29 11/06/06 Adelaide

4 Maryanne HEFFERNAN SMR 3m29.89 03/06/07 Adelaide

5 Maryanne HEFFERNAN SMR 3m26.25 01/06/08 Adelaide

6 Maryanne HEFFERNAN SMR 3m23.67 03/08/08 Adelaide

7 Maryanne HEFFERNAN SMR 3m22.51 07/09/08 Adelaide

55 – 59 200m Breaststroke

1 Helena MALGORZEWICZ SMR 6m05.12 15/01/84 Hartley

2 Lynda BRETT SMR 5m21.85 12/09/04 Adelaide

3 Lynda BRETT SMR 5m03.95 26/06/05 Adelaide

4 Robyn BROWN SMR 3m47.16 01/06/08 Adelaide

5 Maryanne HEFFERNAN SMR 3m27.00 24/07/11 St. Peters C

6 Maryanne HEFFERNAN SMR 3m24.36 05/08/12 Marion SAALC

7 Maryanne HEFFERNAN SMR 3m18.62 06/07/14 Marion SAALC

60 – 64 200m Breaststroke

1 Helena MALGORZEWICZ SMR 5m27.20 09/02/86 Hartley

2 Helena MALGORZEWICZ SMR 5m23.24 22/02/87 Hartley

3 Helena MALGORZEWICZ SMR 5m05.74 17/07/88 Adelaide

4 Marguerite WARDLE SMR 4m36.85 18/06/00 Adelaide

5 Maryanne HEFFERNAN SMR 3m20.74 06/05/17 All In Meet SAALC

6 Maryanne HEFFERNAN SMR 3m19.11 24/06/18 IC-2 SAALC

65 – 69 200m Breaststroke

1 Helena MALGORZEWICZ SMR 5m12.89 04/06/89 Adelaide

2 Helena MALGORZEWICZ SMR 5m11.58 12/07/92 Adelaide

3 Jan WILSON SMR 5m10.36 24/08/07 Mildura

4 Judy VOWELS SMR 4m59.10 31/08/14 SAALC Marion

70 – 74 200m Breaststroke

1 Helena MALGORZEWICZ SMR 5m26.09 17/07/94 Adelaide

2 Diane ROSS SMR 5m21.70 01/06/08 Adelaide

3 Judy VOWELS SMR 5m21.49 5-7/10/19 AMG SAALC

75 – 79 200m Breaststroke

NO RECORD

80 – 84 200m Breaststroke

1 Barbara PEARCE SMR 7m35.18 17/12/17 Woodside

85 – 89 200m Breaststroke

NO RECORD

20 – 24 400m Breaststroke

NO RECORD

25 – 29 400m Breaststroke

Briny MCARTHUR SMR 6m59.39 02/08/18 SC L-Distance SAALC

30 – 34 400m Breaststroke

NO RECORD

35 - 39 400m Breaststroke

NO RECORD

40 – 44 400m Breaststroke

NO RECORD

45 – 49 400m Breaststroke

1 Robyn QUINN SMR 9m17.38 20/07/96 Noarlunga

2 Robyn QUINN SMR 9m09.73 26/10/97 Adelaide AC

50 – 54 400m Breaststroke

1 Robyn BROWN SMR 7m54.61 12/10/03 Adelaide AC

55 – 59 400m Breaststroke

1 Deborah WAREING SMR 7m24.75 01/11/15 SC L-Distance SAALC

2 Maryanne HEFFERNAN SMR 6m57.68 02/08/18 SC L-Distance SAALC

60 – 64 400m Breaststroke

1 Maryanne HEFFERNAN SMR 7m03.12 12/11/17 SC L-Distance SAALC

65 – 69 400m Breaststroke

1 Wilhelmina KLOMP SMR 11m53.22 20/07/96 Noarlunga

2 Jan WILSON SMR 10m57.21 25/11/07 Adelaide

3 Terry CARTER SMR 9m17.39 01/11/15 SAALC SC L-Distance

70 – 74 400m Breaststroke

NO RECORD

75 – 79 400m Breaststroke

NO RECORD

80 - 84 400m Breaststroke

NO RECORD

85 – 89 400m Breaststroke

NO RECORD

20 – 24 800m Breaststroke

NO RECORD

25 – 29 800m Breaststroke

NO RECORD

30 – 34 800m Breaststroke

1 Nicola COWAN SMR 19m31.57 17/11/19 SC L-Distance SAALC

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 14m45.03 01/11/09 Adelaide

55 – 59 800m Breaststroke

NO RECORD

60 – 64 800m Breaststroke

1 Maryanne HEFFERNAN SMR 15m04.42 17/11/19 SC L-Distance SAALC

65 – 69 800m Breaststroke

1 Jan WILSON SMR 23m00.42 25/11/07 Adelaide

2 Judy VOWELS SMR 22m55.18 12/11/17 SC L-Distance SAALC

70 – 74 800m Breaststroke

1 Judy VOWLES SMR 23m11.22 17/11/19 SC-L-Distance SAALC

75 – 79 800m Breaststroke

NO RECORD

80 – 84 800m Breaststroke

NO RECORD

85 – 89 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 Jane SUTTON SMR 39m18.78 12/10/03 Adelaide AC

55 – 59 1500m Breaststroke

1 Maryanne HEFFERNAN SMR 28m02.75 01/11/15 SAALC SC L-Distance

60 – 64 1500m Breaststroke

1 Maryanne HEFFERNAN SMR 28m22.04 17/11/19 SC L-Distance SAALC

65 – 69 1500m Breaststroke

NO RECORD

70 – 74 1500m Breaststroke

NO RECORD

75 - 79 1500m Breaststroke

NO RECORD

80 – 84 1500m Breaststroke

NO RECORD

85 – 89 1500m Breaststroke

NO RECORD

20 – 24 25m Butterfly

NO RECORD

25 – 29 25m Butterfly

1 Josine PARSONS SMR 14.78 06/06/10 Adelaide

30 – 34 25m Butterfly

1 Jennie STURM SMR 19.06 01/06/08 Adelaide

2 Sally HUNTER SMR 13.58 20/10/19 State Cup SAALC

35 – 39 25m Butterfly

1 Jennie STURM SMR 18.36 05/08/12 SAALC Marion

2 Jennie STURM SMR 18.21 31/08/14 SAALC Marion

40 – 44 25m Butterfly

1 Marie DINGWALL SMR 18.70 27/08/06 Adelaide

45 – 49 25m Butterfly

1 Sarah LANGSFORD SMR 22.86 30/08/15 SAALC State Cup

2 Meredith RYAN SMR 17.24 11/08/19 IC-2 SAALC

3 Meredith Ryan SMR 16.66 22/02/20 Twilight Bash SAALC

50 – 54 25m Butterfly

1 Maryanne HEFFERNAN SMR 17.25 11/06/06 Adelaide

2 Maryanne HEFFERNAN SMR 17.10 03/06/07 Adelaide

3 Maryanne HEFFERNAN SMR 17.04 24/08/07 Mildura

4 Maryanne HEFFERNAN SMR 16.91 01/06/08 Adelaide

5 Maryanne HEFFERNAN SMR 16.24 07/07/13 SAALC Marion

55 – 59 25m Butterfly

1 Kath CRILLY SMR 26.59 18/08/05 Mildura

2 Kath CRILLY SMR 25.69 24/08/07 Mildura

3 Maryanne HEFFERNAN SMR 16.65 19/06/11 Marion SAALC

60 – 64 25m Butterfly

1 Judy VOWELS SMR 27.05 03/06/12 Marion SAALC

2 Maryanne HEFFERNAN SMR 16.72 26/06/16 Marion SAALC

65 – 69 25m Butterfly

1 Kay CASTLE SMR 28.48 03/06/07 Adelaide

2 Judy VOWELS SMR 27.56 03/08/14 Marion SAALC

3 Robyn BROWN SMR 21.01 24/06/18 IC-2 SAALC

70 – 74 25m Butterfly

1 Barbara PEARCE SMR 26.97 24/08/07 Mildura

2 Barbara PEARCE SMR 26.80 01/06/08 Adelaide

75 – 79 25m Butterfly

1 Diane ROSS SMR 26.05 01/08/10 Adelaide

80 – 84 25m Butterfly

1 Diane ROSS SMR 29.76 30/07/17 SAALC IC3

85 – 89 25m Butterfly

1 Diane Ross SMR 31.55 23/08/20 Racing again in SA

20 – 24 50m Butterfly

1 Heidi TUCKER SMR 35.90 20/06/82 Parks

2 May STRETTON SMR 34.63 22/04/07 Adelaide

3 Georgina FALSTER SMR 33.18 15/06/13 SAALC Div1

4 Georgina FALSTER SMR 32.94 06/07/13 SAALC Div1

25 – 29 50m Butterfly

1 Jenny HAYMAN SMR 55.99 20/06/82 Parks

2 Maryanne HEFFERNAN SMR 39.55 26/06/83 Parks

3 Maryanne HEFFERNAN SMR 36.22 12/08/84 Parks

4 Maryanne HEFFERNAN SMR 36.15 14/10/84 Parks

5 Maryanne HEFFERNAN SMR 35.17 23/06/85 Parks

6 Heidi TUCKER SMR 34.36 09/08/87 Adelaide

7 Paula HILL SMR 31.38 12/09/04 Adelaide

30 – 34 50m Butterfly

1 Jean CROWTHER SMR 50.00 --/--/80 ?

2 Marcia RAGLESS SMR 45.87 12/08/84 Parks

3 Marcia RAGLESS SMR 43.67 14/10/84 Parks

4 Anne KRISCHOCK SMR 40.03 09/08/87 Adelaide

5 Maryanne HEFFERNAN SMR 37.60 31/01/88 Hartley

6 Meredith JARVIS SMR 35.55 02/06/91 Adelaide

7 Jemma BOWKER SMR 34.21 10/09/17 IC-4 SAALC

8 Sally HUNTER SMR 30.78 09/10/18 State cup SAALC

35 – 39 50m Butterfly

1 Wendy POTTER SMR 48.76 --/--/80 ?

2 Marcia RAGLESS SMR 44.48 22/06/86 Parks

3 Marcia RAGLESS SMR 41.78 09/08/87 Adelaide

4 Marcia RAGLESS SMR 39.49 27/05/90 Adelaide

5 Meredith TAYLOR SMR 37.34 26/07/98 Adelaide

6 Meredith RYAN SMR 36.14 14/06/09 Adelaide

40 – 44 50m Butterfly

1 Wendy POTTER SMR 54.60 --/--/80 ?

2 Wendy POTTER SMR 49.84 26/06/83 Parks

3 Carolyn FLEMING SMR 48.59 14/10/84 Parks

4 Carolyn FLEMING SMR 46.90 23/06/85 Parks

5 Carolyn FLEMING SMR 45.04 22/06/86 Parks

6 Carolyn FLEMING SMR 43.20 09/08/87 Adelaide

7 Marcia RAGLESS SMR 39.18 02/06/91 Adelaide

8 Meredith RYAN SMR 35.41 31/08/14 SAALC Marion

45 – 49 50m Butterfly

1 Josie ROBERTS SMR 57.35 --/--/80 ?

2 Diane ROSS SMR 49.93 20/06/81 Norwood

3 Diane ROSS SMR 48.01 15/08/81 Norwood

4 Diane ROSS SMR 47.12 14/08/82 Parks

5 Diane ROSS SMR 46.82 26/06/83 Parks

6 Diane ROSS SMR 46.70 14/10/84 Parks

7 Robyn BROWN SMR 43.93 05/09/99 Adelaide

50 – 54 50m Butterfly

1 Josie ROBERTS SMR 1m03.24 26/06/83 Parks

2 Josie ROBERTS SMR 1m02.95 23/06/85 Parks

3 Diane ROSS SMR 45.80 22/06/86 Parks

4 Maryanne HEFFERNAN SMR 37.69 02/07/06 Adelaide

5 Maryanne HEFFERNAN SMR 37.55 08/07/07 Adelaide

55 – 59 50m Butterfly

1 Alison JARVIS SMR 1m11.55 09/08/87 Adelaide

2 Diane ROSS SMR 50.70 02/06/91 Adelaide

3 Maryanne HEFFERNAN SMR 37.42 24/07/11 St. Peters College

4 Maryanne HEFFERNAN SMR 37.24 11/09/11 Marion SAALC

60 – 64 50m Butterfly

1 Helen AGOSTINI SMR 1m11.74 22/06/86 Parks

2 Helen AGOSTINI SMR 1m06.19 09/08/87 Adelaide

3 Diane ROSS SMR 54.07 23/06/96 Adelaide

4 Maryanne HEFFERNAN SMR 37.16 05/06/16 Div2 SAALC

5 Maryanne HEFFERNAN SMR 36.25 28/05/17 Marion SAALC

65 – 69 50m Butterfly

1 Helen AGOSTINI SMR 1m12.49 02/06/91 Adelaide

2 Helena MALGORZEWICZ SMR 1m12.23 12/07/92 Adelaide

3 Diane ROSS SMR 56.03 18/06/00 Adelaide

70 – 74 50m Butterfly

1 Helen AGOSTINI SMR 1m19.35 23/06/96 Adelaide

2 Diane ROSS SMR 58.78 08/07/07 Adelaide

75 – 79 50m Butterfly

1 Diane ROSS SMR 1m02.20 02/05/10 Adelaide

2 Diane ROSS SMR 59.93 04/07/10 Adelaide

80 – 84 50m Butterfly

Barbara PEARCE SMR 1m36.04 05-07/10/19 AMG SAALC

85 – 89 50m Butterfly

NO RECORD

20 – 24 100m Butterfly

1 Heidi TUCKER SMR 1m20.13 06/08/83 Parks

2 Meredith JARVIS SMR 1m19.21 12/08/84 Parks

3 Amy STRETTON SMR 1m17.89 08/07/07 Adelaide

4 Georgina FALSTER SMR 1m14.79 11/05/13 Div2 SAALC

5 Georgina FALSTER SMR 1m14.19 26/05/13 Marion SAALC

6 Georgina FALSTER SMR 1m13.87 07/07/13 Marion SAALC

7 Georgina FALSTER SMR 1m13.52 31/08/14 Marion SAALC

25 – 29 100m Butterfly

1 Maryanne HEFFERNAN SMR 1m22.20 12/08/84 Parks

2 Meredith TAYLOR SMR 1m17.73 22/07/90 Adelaide

30 – 34 100m Butterfly

1 Jean CROWTHER SMR 1m55.50 --/--/80 ?

2 Marcia RAGLESS SMR 1m46.14 24/06/84 Largs Bay

3 Marcia RAGLESS SMR 1m43.86 12/08/84 Parks

4 Anne KRISCHOCK SMR 1m34.80 22/02/87 Hartley

5 Jennifer FORD SMR 1m25.61 22/07/90 Adelaide

6 Meredith JARVIS SMR 1m18.34 28/07/91 Adelaide

7 Serena PIPKORN SMR 1m12.23 25/03/04 Adelaide

35 – 39 100m Butterfly

1 Jean CROWTHER SMR 1m57.17 06/08/83 Parks

2 Marcia RAGLESS SMR 1m41.35 22/02/87 Hartley

3 Marcia RAGLESS SMR 1m32.70 18/09/88 Adelaide

40 – 44 100m Butterfly

1 Wendy POTTER SMR 1m59.75 06/08/83 Parks

2 Carolyn FLEMING SMR 1m52.90 22/02/87 Hartley

3 Marcia RAGLESS SMR 1m27.56 22/07/90 Adelaide

45 – 49 100m Butterfly

1 Diane ROSS SMR 1m53.04 24/06/84 Largs Bay

2 Meryl CHURCHILL SMR 1m42.23 10/04/10 Launceston

3 Marie DINGWALL SMR 1m42.11 06/06/10 Adelaide

4 Meryl Churchill SMR 1m40.74 09/09/12 Marion SAALC

50 – 54 100m Butterfly

1 Anne BUCHANAN SMR 3m10.78 25/06/95 Adelaide

2 Maryanne HEFFERNAN SMR 1m26.33 20/08/09 Mildura

55 – 59 100m Butterfly

1 Alison JARVIS SMR 2m51.24 22/02/87 Hartley

2 Josie ROBERTS SMR 2m17.49 22/07/90 Adelaide

3 Diane ROSS SMR 1m56.08 28/07/91 Adelaide

4 Maryanne HEFFERNAN SMR 1m24.88 19/06/11 Marion SAALC

60 – 64 100m Butterfly

1 Maryanne HEFFERNAN SMR 1m24.53 22/10/17 SAALC State Cup

2 Maryanne HEFFERNAN SMR 1m23.30 08/07/18 winter Dev meet SAALC

65 – 69 100m Butterfly

1 Barbara PEARCE SMR 2m29.26 18/08/05 Mildura

2 Barbara PEARCE SMR 2m25.28 30/07/06 Adelaide

70 – 74 100m Butterfly

1 Barbara PEARCE SMR 2m20.98 22/04/07 Adelaide

75 – 79 100m Butterfly

1 Barbara PEARCE SMR 2m30.50 03/06/12 Marion SAALC

80 – 84 100m Butterfly

NO RECORD

85 – 89 100m Butterfly

NO RECORD

20 – 24 200m Butterfly

1 Vanessa DORN SMR 3m29.31 31/05/92 Noarlunga

2 Vanessa DORN SMR 3m13.27 08/08/93 Noarlunga

3 Georgina FALSTER SMR 2m41.24 03/08/14 Marion SAALC

25 – 29 200m Butterfly

1 Meredith JARVIS SMR 3m12.27 04/06/89 Adelaide

30 – 34 200m Butterfly

1 Jean CROWTHER SMR 3m58.02 12/04/81 Parks

2 Lynda LEHMANN SMR 2m43.97 04/06/89 Adelaide

35 – 39 200m Butterfly

1 Jean CROWTHER SMR 4m21.29 23/05/82 Parks

2 Marcia RAGLESS SMR 3m42.67 22/02/87 Hartley

3 Marcia RAGLESS SMR 3m33.09 17/07/88 Adelaide

4 Marcia RAGLESS SMR 3m30.80 04/06/89 Adelaide

40 – 44 200m Butterfly

1 Marcia RAGLESS SMR 3m34.09 31/05/92 Noarlunga

2 Marcia RAGLESS SMR 3m33.32 08/05/94 Noarlunga

3 Meryl CHURCHILL SMR 3m29.12 24/08/07 Mildura

45 – 49 200m Butterfly

1 Meryl CHURCHILL SMR 3m44.04 20/08/09 Mildura

2 Meryl CHURCHILL SMR 3m36.26 10/04/10 Launceston

50 – 54 200m Butterfly

NO RECORD

55 – 59 200m Butterfly

NO RECORD

60 – 64 200m Butterfly

NO RECORD

65 – 69 200m Butterfly

NO RECORD

70 – 74 200m Butterfly

NO RECORD

75 – 79 200m Butterfly

NO RECORD

80 – 84 200m Butterfly

NO RECORD

85 – 89 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

NO RECORD

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 – 84 400m Butterfly

NO RECORD

85 – 89 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

20 – 24 100m Ind. Medley

1 Meredith JARVIS SMR 1m26.22 18/08/85 Parks

2 Natalie FARNWORTH SMR 1m19.56 26/06/05 Adelaide

3 Amy STRETTON SMR 1m19.01 22/04/07 Adelaide

4 Georgina FALSTER SMR 1m16.52 11/05/13 Div2 SAALC

5 Georgina FALSTER SMR 1m15.05 06/07/13 Div1 SAALC

25 – 29 100m Ind. Medley

1 Maryanne HEFFERNAN SMR 1m23.35 18/08/85 Parks

2 Meredith JARVIS SMR 1m22.46 27/05/90 Adelaide

3 Paula HILL SMR 1m11.39 22/08/04 Adelaide

30 – 34 100m Ind. Medley

1 Jean CROWTHER SMR 1m42.34 12/04/81 Parks

2 Marcia RAGLESS SMR 1m36.94 18/08/85 Parks

3 Anne KRISCHOCK SMR 1m27.01 24/08/86 Adelaide

4 Lynda LEHMANN SMR 1m14.75 30/08/89 Adelaide

35 – 39 100m Ind. Medley

1 Wendy POTTER SMR 1m38.15 --/--/80 ?

2 Marcia RAGLESS SMR 1m34.37 24/08/86 Adelaide

3 Marcia RAGLESS SMR 1m28.21 27/05/90 Adelaide

4 Gay HALES SMR 1m27.53 08/05/94 Noarlunga

5 Hazel ROBERTSON SMR 1m24.39 14/06/09 Adelaide

6 Meredith RYAN SMR 1m20.28 05/08/12 Marion SAALC

40 – 44 100m Ind. Medley

1 Carolyn FLEMING SMR 1m38.17 18/08/85 Parks

2 Carolyn FLEMING SMR 1m32.92 24/08/86 Adelaide

3 Carolyn FLEMING SMR 1m32.70 14/06/87 Adelaide

4 Marcia RAGLESS SMR 1m31.19 12/07/92 Adelaide

5 Meryl CHURCHILL SMR 1m27.36 08/07/07 Adelaide

6 Meredith RYAN SMR 1m20.85 06/07/14 Marion SAALC

7 Meredith RYAN SMR 1m20.62 03/08/14 Marion SAALC

8 Meredith RYAN SMR 1m17.84 24/05/15 Marion SAALC

45 – 49 100m Ind. Medley

1 Josie ROBERTS SMR 1m56.63 12/04/81 Parks

2 Diane ROSS SMR 1m42.04 21/02/82 Hartley

3 Robyn BROWN SMR 1m38.62 05/04/98 Adelaide

4 Robyn BROWN SMR 1m34.86 28/05/00 Adelaide

5 Meryl CHURCHILL SMR 1m31.63 10/04/10 Launceston

6 Silvia ROCCA SMR 1m27.59 30/08/15 State Cup SAALC

50 – 54 100m Ind. Medley

1 Josie ROBERTS SMR 1m59.58 18/08/85 Parks

2 Diane ROSS SMR 1m41.23 24/08/86 Adelaide

3 Robyn BROWN SMR 1m39.23 25/05/03 Adelaide

4 Maryanne HEFFERNAN SMR 1m27.39 08/07/07 Adelaide

5 Maryanne HEFFERNAN SMR 1m27.12 25/08/07 Mildura

6 Maryanne HEFFERNAN SMR 1m25.66 01/06/08 Adelaide

7 Maryanne HEFFERNAN SMR 1m24.41 20/08/09 Mildura

55 – 59 100m Ind. Medley

1 Alison JARVIS SMR 2m25.76 18/08/85 Parks

2 Alison JARVIS SMR 2m18.27 14/06/87 Adelaide

3 Josie ROBERTS SMR 2m03.15 27/05/90 Adelaide

4 Diane ROSS SMR 1m50.21 02/06/91 Adelaide

5 Maryanne HEFFERNAN SMR 1m25.90 14/08/11 St. Peters College

6 Maryanne HEFFERNAN SMR 1m24.94 11/09/11 Marion SAALC

60 – 64 100m Ind. Medley

1 Helena MALGORZEWICZ SMR 2m33.66 18/08/85 Parks

2 Helen AGOSTINI SMR 2m19.87 24/08/86 Adelaide

3 Helen AGOSTINI SMR 2m17.77 14/06/87 Adelaide

4 Helen AGOSTINI SMR 2m17.03 30/08/89 Adelaide

5 Diane ROSS SMR 1m54.22 01/04/95 Noarlunga

6 Diane ROSS SMR 1m51.22 25/06/95 Adelaide

7 Maryanne HEFFERNAN SMR 1m24.05 05/06/16 Div2 SAALC

65 – 69 100m Ind. Medley

1 Helen AGOSTINI SMR 2m20.85 27/05/90 Adelaide

2 Helen AGOSTINI SMR 2m19.18 02/06/91 Adelaide

3 Diane ROSS SMR 2m02.99 07/05/00 Adelaide

4 Barbara PEARCE SMR 2m02.71 18/08/05 Mildura

5 Terry CARTER SMR 1m53.42 15-16/08/15 Mildura

70 – 74 100m Ind. Medley

1 Helen AGOSTINI SMR 2m21.61 25/06/95 Adelaide

2 Diane ROSS SMR 2m03.51 05/06/05 Adelaide

3 Barbara PEARCE SMR 2m02.30 19/08/07 Adelaide

75 – 79 100m Ind. Medley

1 Helen AGOSTINI SMR 2m45.75 06/05/01 Adelaide

2 Diane ROSS SMR 2m17.90 06/06/10 Adelaide

3 Barbara PEARCE SMR 2m10.57 15/07/12 St. Peters College

80 – 84 100m Ind. Medley

1 Diane ROSS SMR 2m21.21 24/05/15 Marion SAALC

2 Diane ROSS SMR 2m17.13 21/08/16 Marion SAALC

85 – 89 100m Ind. Medley

1 Diane Ross SMR 2m41.95 23/08/20 Racing again in SA

20 – 24 200m Ind. Medley

1 Heidi TUCKER SMR 2m53.44 06/08/83 Parks

2 Georgina FALSTER SMR 2m45.44 02/06/13 Marion SAALC

25 – 29 200m Ind. Medley

1 Jenny HAYMAN SMR 3m44.89 06/08/83 Parks

2 Maryanne HEFFERNAN SMR 3m00.33 12/08/84 Parks

3 Paula HILL SMR 2m37.10 12/09/04 Adelaide

30 – 34 200m Ind. Medley

1 Marcia RAGLESS SMR 3m34.77 12/08/84 Parks

2 Marcia RAGLESS SMR 3m29.75 14/10/84 Parks

3 Meredith JARVIS SMR 2m57.85 31/05/92 Noarlunga

35 – 39 200m Ind. Medley

1 Jean CROWTHER SMR 3m50.58 06/08/83 Parks

2 Debbie CARROLL SMR 3m50.22 31/05/92 Noarlunga

3 Gay HALES SMR 3m09.99 08/08/93 Noarlunga

40 – 44 200m Ind. Medley

1 Penny MARTIN SMR 4m00.72 22/02/87 Hartley

2 Valerie DOBIE SMR 3m47.09 18/09/88 Adelaide

3 Marcia RAGLESS SMR 3m12.79 31/05/92 Noarlunga

45 – 49 200m Ind. Medley

1 Diane ROSS SMR 3m46.20 12/04/81 Parks

2 Diane ROSS SMR 3m43.35 12/08/84 Parks

3 Diane ROSS SMR 3m42.52 14/10/84 Parks

4 Robyn BROWN SMR 3m26.59 06/06/99 Adelaide

5 Robyn BROWN SMR 3m21.94 07/05/00 Adelaide

6 Meryl CHURCHILL SMR 3m18.21 10/04/10 Launceston

50 – 54 200m Ind. Medley

1 Josie ROBERTS SMR 4m23.63 06/08/83 Parks

2 Josie ROBERTS SMR 4m19.94 12/08/84 Parks

3 Diane ROSS SMR 3m41.84 09/02/86 Hartley

4 Robyn BROWN SMR 3m30.51 03/08/03 Adelaide

5 Maryanne HEFFERNAN SMR 3m06.55 20/08/09 Mildura

55 – 59 200m Ind. Medley

1 Diane ROSS SMR 3m57.87 31/05/92 Noarlunga

2 Maryanne HEFFERNAN SMR 3m08.63 22/05/11 St. Peters College

3 Maryanne HEFFERNAN SMR 3m05.05 26/05/13 Marion SAALC

4 Maryanne HEFFERNAN SMR 3m04.05 31/08/14 Marion SAALC

60 – 64 200m Ind. Medley

1 Helen AGOSTINI SMR 4m49.54 18/09/88 Adelaide

2 Diane ROSS SMR 4m22.78 09/05/98 Adelaide

3 Deborah WAREING SMR 3m11.51 21/08/16 Marion SAALC

4 Maryanne HEFFERNAN SMR 3m00.93 28/05/17 Marion SAALC

65 – 69 200m Ind. Medley

1 Helen AGOSTINI SMR 5m02.69 31/05/92 Noarlunga

2 Diane ROSS SMR 4m20.88 07/05/00 Adelaide

3 Diane ROSS SMR 4m15.47 18/06/00 Adelaide

70 – 74 200m Ind. Medley

1 Diane ROSS SMR 4m36.50 31/07/05 Adelaide

75 – 79 200m Ind. Medley

1 Diane ROSS SMR 4m45.09 02/05/10 Adelaide

80 – 84 200m Ind. Medley

Barbara PEARCE SMR 6m50.43 5-7/10/19 AMG SAALC

85 – 89 200m Ind. Medley

NO RECORD

20 – 24 400m Ind. Medley

NO RECORD

25 – 29 400m Ind. Medley

NO RECORD

30 – 34 400m Ind. Medley

1 Meredith TAYLOR SMR 6m15.47 06/08/95 Thebarton

35 – 39 400m Ind. Medley

1 Jean CROWTHER SMR 8m49.80 23/05/82 Parks

2 Gay HALES SMR 6m52.45 18/06/94 Thebarton

40 – 44 400m Ind. Medley

1 Meryl CHURCHILL SMR 6m50.41 25/08/07 Mildura

45 – 49 400m Ind. Medley

1 Anne BUCHANAN SMR 12m09.10 18/06/94 Thebarton

2 Meryl CHURCHILL SMR 6m57.13 10/04/10 Launceston

50 – 54 400m Ind. Medley

1 Anne BUCHANAN SMR 12m38.25 06/08/95 Thebarton

55 – 59 400m Ind. Medley

1 Robyn BROWN SMR 7m45.38 20/08/09 Mildura

60 – 64 400m Ind. Medley

1 Diane ROSS SMR 8m59.88 06/08/95 Thebarton

2 Deborah WAREING SMR 6m56.97 12/11/17 SC L-Distance SAALC

3 Deborah WAREING SMR 6m56.19 17/11/19 SC L-Distance SAALC

65 – 69 400m Ind. Medley

NO RECORD

70 – 74 400m Ind. Medley

1 Barbara PEARCE SMR 10m26.72 25/08/07 Mildura

75 – 79 400m Ind. Medley

NO RECORD

80 – 84 400m Ind. Medley

NO RECORD

85 – 89 400m Ind. Medley

NO RECORD

20 – 24 800m Ind. Medley

NO RECORD

25 – 29 800m Ind. Medley

Briny MCARTHUR SMR 12m13.95 29/07/18 SC L-Distance SAALC

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

NO RECORD

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