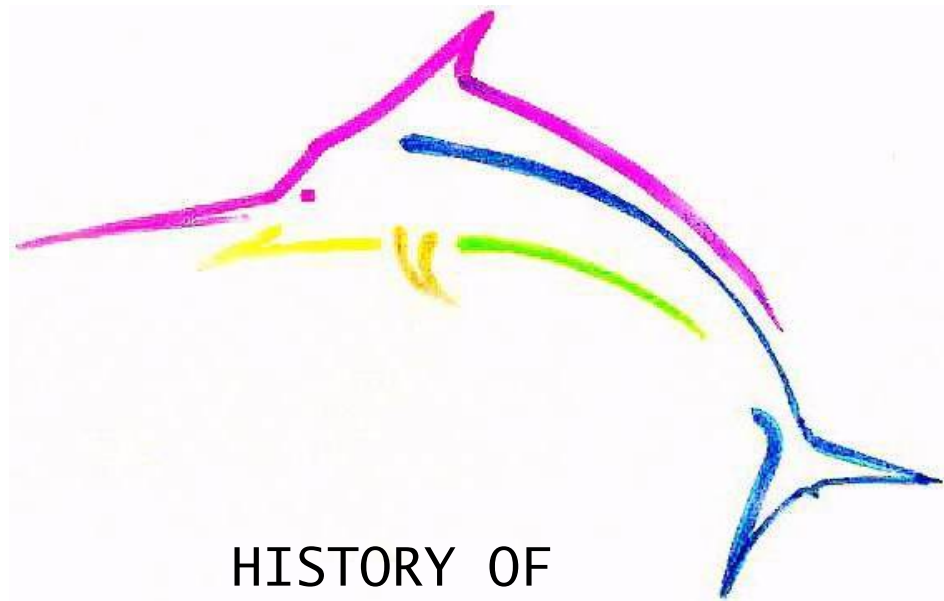


MARION MARLINS MASTERS

SWIMMING RECORDS

24th March 2019



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	SAALC Marion	
	3 Maryanne HEFFERNAN	SMR	15.59	30/07/17	SAALC IC3	
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	SAALC Marion	
	3 Barbara PEARCE	SMR	20.86	07/07/13	SAALC Marion	
80 - 84	25m Freestyle					
	1 Diane ROSS	SMR	23.68	30/08/15	SAALC State Cup	
	2 Diane ROSS	SMR	23.23	26/06/16	SAALC Marion	

	3 Diane ROSS	SMR	22.84	22/10/17	SAALC State Cup
85 - 89	25m Freestyle				
	NO RECORD				
90 - 94	25m Freestyle				
	NO RECORD				
95 - 99	25m Freestyle				
	NO RECORD				
100 - 104	25m Freestyle				
	NO RECORD				
105 - 109	25m Freestyle				
	NO RECORD				
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	SAALC Marion
	6 Georgina FALSTER	SMR	29.35	07/07/13	SAALC Marion
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	SAALC IC4
	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	SAALC Marion
	18	Maryanne HEFFERNAN	SMR	34.80	14/08/11	St. Peters C
	19	Maryanne HEFFERNAN	SMR	33.98	03/06/12	SAALC Marion
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	SAALC Marion
	15	Maryanne HEFFERNAN	SMR	32.96	05/06/16	SAALC Div2
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	8-11/4/15	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	SAALC Marion
	2	Diane ROSS	SMR	52.36	30/08/15	SAALC State Cup
	3	Diane ROSS	SMR	51.77	10/09/17	SAALC IC4
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	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	SAALC Div1
	4	Georgina FALSTER	SMR	1m02.76	27/07/13	SAALC Open States
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	SAALC Marion
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	SAALC Marion
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	SAALC Marion
	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	SAALC Marion
	2 Diane ROSS	SMR	2m03.57	26/06/16	SAALC Marion
	3 Diane ROSS	SMR	1m57.95	21/08/16	SAALC Marion
	4 Diane ROSS	SMR	1m57.54	10/09/17	SAALC IC4
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	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	SAALC Div2
4	Georgina FALSTER	SMR	2m20.20	26/05/13	SAALC Marion

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	Lorraine 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 C
	10	Maryanne HEFFERNAN	SMR	2m37.30	15/07/12	St. Peters C
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	SAALC Marion
	7	Maryanne HEFFERNAN	SMR	2m37.96	05/06/16	SAALC Div2
	8	Maryanne HEFFERNAN	SMR	2m34.49	10/09/17	SAALC IC4
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	SAALC Marion
	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	SAALC Marion
	2	Diane ROSS	SMR	4m19.46	26/06/16	SAALC Marion
	3	Diane ROSS	SMR	4m17.44	10/09/17	SAALC IC4
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	Heidi TUCKER	SMR	5m27.20	04/03/84	Hartley
	2	Georgina FALSTER	SMR	4m55.38	02/06/13	SAALC Marion

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	SAALC SC L-Distance
30 - 34	400m Freestyle				
	1 Marcia RAGLESS	SMR	7m16.62	04/03/84	Hartley
	2 Lorainne 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	SAALC Marion
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	SAALC Marion
	7 Robyn BROWN	SMR	6m11.73	03/06/12	SAALC Marion
	8 Maryanne HEFFERNAN	SMR	5m26.79	09/09/12	SAALC Marion
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	SAALC Marion
	2 Diane ROSS	SMR	8m46.65	26/06/16	SAALC Marion
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				
	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	SAALC Div2
60 - 64	800m Freestyle				
	1 Alison JARVIS	SMR	18m32.92	--/--/89	?
	2 Maryanne HEFFERNAN	SMR	11m10.10	05/06/16	SAALC Div2
65 - 69	800m Freestyle				
	1 Terry CARTER	SMR	14m56.76	8-11/4/15	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	SAALC Marion	
80 - 84	800m Freestyle					
	1 Diane ROSS	SMR	18m31.88	12/11/17	SAALC SC L-Distance	
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 Amy STRETTON	SMR	20m01.25	25/11/07	Adelaide	
25 - 29	1500m Freestyle					
	NO RECORD					
30 - 34	1500m Freestyle					
	NO RECORD					
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	SAALC SC L-Distance	
55 - 59	1500m Freestyle					
	1 Marguerite WARDLE	SMR	31m41.18	26/10/97	Adelaide AC	
	2 Deborah WAREING	SMR	22m48.94	01/11/15	SAALC SC L-Distance	
60 - 64	1500m Freestyle					
	1 Alison JARVIS	SMR	35m14.92	--/--/89	?	
	2 Robyn BROWN	SMR	24m39.50	27/10/13	SAALC Marion	
	3 Maryanne HEFFERNAN	SMR	21m05.56	05/06.16	SAALC Div2	
65 - 69	1500m Freestyle					
	1 Diane ROSS	SMR	31m25.76	12/10/03	Adelaide AC	
	2 Terry CARTER	SMR	27m49.38	12/11/17	SAALC SC L-Distance	

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	SAALC SC L-Distance
	2 Diane ROSS	SMR	34m56.97	12/11/17	SAALC SC L-Distance
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	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				
90 - 94	25m Backstroke				
	NO RECORD				
95 - 99	25m Backstroke				
	NO RECORD				
100 - 104	25m Backstroke				
	NO RECORD				
105 - 109	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
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 C
80 - 84	50m Backstroke				
1	Diane ROSS	SMR	1m01.95	24/05/15	SAALC Marion
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	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	SAALC Marion
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	SAALC Marion
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	SAALC Marion
	12	Robyn FALSTER	SMR	1m29.34	31/08/14	SAALC Marion
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	SAALC Marion
	9	Deborah WAREING	SMR	1m30.61	24/05/15	SAALC Marion
	10	Robyn FALSTER	SMR	1m29.77	05/07/15	SAALC Marion
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	SAALC IC4
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	SAALC Marion
	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	SAALC Marion
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	Vanessa DORN	SMR	3m12.47	12/07/92	Adelaide
	2	Alicia SCHUTZ	SMR	2m51.84	26/06/16	SAALC Marion
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
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	SAALC Marion
	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	SAALC Marion
80 - 84		200m Backstroke				
	1	Diane ROSS	SMR	4m47.60	30/08/15	SAALC State Cup
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
1 Gemma SHARP SMR 5m58.06 01/11/15 SAALC SC L-Distance

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 SAALC SC L-Distance

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 SAALC Marion

80 - 84 400m Backstroke
1 Diane ROSS SMR 9m54.94 01/11/15 SAALC SC L-Distance

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

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 SAALC SC L-Distance

70 - 74 800m Backstroke
NO RECORD

75 - 79 800m Backstroke
1 Barbara PEARCE SMR 22m18.24 27/10/13 SAALC Marion

80 - 84 800m Backstroke
1 Barbara PEARCE SMR 22m52.37 12/11/17 SAALC SC L-Distance

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

70 - 74 1500m Backstroke
1 Barbara PEARCE SMR 45m56.51 06/11/11 St Peters C

75 - 79 1500m Backstroke
1 Barbara PEARCE SMR 46m50.13 01/11/15 SAALC SC L-Distance

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	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 C
	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 C
	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 C
	2 Jan MYKYTA	SMR	29.01	24/07/11		St. Peters C
	3 Jan MYKYTA	SMR	27.71	11/09/11		SAALC Marion
75 - 79	25m Breaststroke					
	1 Diane ROSS	SMR	33.65	26/09/10		Adelaide
	2 Jan MYKYTA	SMR	33.51	21/08/16		SAALC Marion
80 - 84	25m Breaststroke					NO RECORD
85 - 89	25m Breaststroke					

NO RECORD

90 - 94 25m Breaststroke
NO RECORD

95 - 99 25m Breaststroke
NO RECORD

100 - 104 25m Breaststroke
NO RECORD

105 - 109 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	SAALC Marion

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

50 - 54 50m Breaststroke

1 Josie ROBERTS	SMR	1m02.10	15/01/84	Hartley
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	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 C
	15	Maryanne HEFFERNAN	SMR	43.94	11/09/11	SAALC Marion
	16	Maryanne HEFFERNAN	SMR	43.45	26/05/13	SAALC Marion
	17	Maryanne HEFFERNAN	SMR	43.05	31/08/14	SAALC Marion
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 C
	10	Terry CARTER	SMR	56.71	14/12/14	Woodside
	11	Deborah WAREING	SMR	46.59	26/06/16	SAALC Marion
	12	Maryanne HEFFERNAN	SMR	42.86	06/05/17	SAALC All In Meet
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 C
	5	Jan MYKYTA	SMR	1m05.62	25/08/11	Mildura
75 - 79		50m Breaststroke				
	1	Jan MYKYTA	SMR	1m23.30	26/06/16	SAALC Marion
	2	Jan MYKYTA	SMR	1m22.42	21/08/16	SAALC Marion

80 - 84 50m Breaststroke
NO RECORD

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	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	Carne1 LANYON	SMR	1m38.10	06/08/83	Parks
3	Caro1 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	SAALC Marion
	11	Maryanne HEFFERNAN	SMR	1m34.52	06/07/14	SAALC Marion
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 C
	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 VOWLES	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
75 - 79		100m Breaststroke				
		NO RECORD				
80 - 84		100m Breaststroke				
	1	Jan MYKYTA	SMR	3m21.42	26/06/16	SAALC Marion
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	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
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2	Lynda BRET	SMR	5m21.85	12/09/04	Adelaide
3	Lynda BRET	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	SAALC Marion
7	Maryanne HEFFERNAN	SMR	3m18.62	06/07/14	SAALC Marion
60 - 64	200m Breaststroke				
1	Hełena MALGORZEWICZ	SMR	5m27.20	09/02/86	Hartley
2	Hełena MALGORZEWICZ	SMR	5m23.24	22/02/87	Hartley
3	Hełena 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	SAALC All In Meet
6	Maryanne HEFFERNAN	SMR	3m19.11	24/06/18	IC-2 SAALC
65 - 69	200m Breaststroke				
1	Hełena MALGORZEWICZ	SMR	5m12.89	04/06/89	Adelaide
2	Hełena 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	Hełena MALGORZEWICZ	SMR	5m26.09	17/07/94	Adelaide
2	Diane ROSS	SMR	5m21.70	01/06/08	Adelaide
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				
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				
	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					
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					
	NO RECORD					
30 - 34	800m Breaststroke					
	NO RECORD					
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					
	NO RECORD					
65 - 69	800m Breaststroke					
	1 Jan WILSON	SMR	23m00.42	25/11/07	Adelaide	
	2 Judy VOWELS	SMR	22m55.18	12/11/17	SAALC SC L-Distance	
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 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					
	NO RECORD					
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					
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	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	
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	

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				
	NO RECORD				
90 - 94	25m Butterfly				
	NO RECORD				
95 - 99	25m Butterfly				
	NO RECORD				
100 - 104	25m Butterfly				
	NO RECORD				
105 - 109	25m Butterfly				
	NO RECORD				
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 C
4	Maryanne HEFFERNAN	SMR	37.24	11/09/11	SAALC Marion
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	SAALC Div2
5	Maryanne HEFFERNAN	SMR	36.25	28/05/17	SAALC Marion

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				
	NO RECORD				
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 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	SAALC Div2
	5 Georgina FALSTER	SMR	1m14.19	26/05/13	SAALC Marion
	6 Georgina FALSTER	SMR	1m13.87	07/07/13	SAALC Marion
	7 Georgina FALSTER	SMR	1m13.52	31/08/14	SAALC Marion
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	SAALC Marion
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	SAALC Marion
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	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 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	SAALC Marion

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				
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
NO RECORD

50 - 54 400m Butterfly
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55 - 59 400m Butterfly
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60 - 64 400m Butterfly
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65 - 69 400m Butterfly
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70 - 74 400m Butterfly
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75 - 79 400m Butterfly
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80 - 84 400m Butterfly
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90 - 94 400m Butterfly
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95 - 99 400m Butterfly
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100 - 104 400m Butterfly
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105 - 109 400m Butterfly
NO RECORD

20 - 24 800m Butterfly
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25 - 29 800m Butterfly
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30 - 34 800m Butterfly
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35 - 39 800m Butterfly
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40 - 44 800m Butterfly
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45 - 49 800m Butterfly
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50 - 54 800m Butterfly
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55 - 59 800m Butterfly
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60 - 64 800m Butterfly
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70 - 74 800m Butterfly
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90 - 94 800m Butterfly
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95 - 99 800m Butterfly
NO RECORD

100 - 104 800m Butterfly
NO RECORD

105 - 109 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	SAALC Div2
5	Georgina FALSTER	SMR	1m15.05	06/07/13	SAALC Div1

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	SAALC Marion
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	SAALC Marion
	7 Meredith RYAN	SMR	1m20.62	03/08/14	SAALC Marion
	8 Meredith RYAN	SMR	1m17.84	24/05/15	SAALC Marion
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	SAALC State Cup
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 C
	6 Maryanne HEFFERNAN	SMR	1m24.94	11/09/11	SAALC Marion
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	SAALC Div2
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 C
80 - 84	100m Ind. Medley				
1	Diane ROSS	SMR	2m21.21	24/05/15	SAALC Marion
2	Diane ROSS	SMR	2m17.13	21/08/16	SAALC Marion
85 - 89	100m Ind. Medley				
	NO RECORD				
90 - 94	100m Ind. Medley				
	NO RECORD				
95 - 99	100m Ind. Medley				
	NO RECORD				
100 - 104	100m Ind. Medley				
	NO RECORD				
105 - 109	100m Ind. Medley				
	NO RECORD				
20 - 24	200m Ind. Medley				
1	Heidi TUCKER	SMR	2m53.44	06/08/83	Parks
2	Georgina FALSTER	SMR	2m45.44	02/06/13	SAALC Marion
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 C
	3 Maryanne HEFFERNAN	SMR	3m05.05	26/05/13	SAALC Marion
	4 Maryanne HEFFERNAN	SMR	3m04.05	31/08/14	SAALC Marion
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	SAALC Marion
	4 Maryanne HEFFERNAN	SMR	3m00.93	28/05/17	SAALC Marion
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				
	NO RECORD				
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					
	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	SAALC SC L-Distance	
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					
90 - 94	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
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

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