

ADELAIDE MASTERS RECORDS - FEMALE LONG COURSE 2011

Freestyle	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	95-99	100 - 104	Freestyle	
50m	C MARGRISON 28.68 AAC 31-Oct-2009	C MARGRISON 27.48 SAALC 8-Oct-2011	Jasi Watson 30.29 SAALC 8-Oct-2011	Joanne Sutcliffe 29.81/Perth 16-Apr-1995	Joanne Sutcliffe 30.28 AAC 1-Apr-2004	Kathy Heenan 31.01 13-Oct-2002	Kathy Heenan 32.01 AAC 1-Apr-2004	K HEENAN 32.81 /SOPAC 16-Oct-2009	Josie Sansom 38.57 9-Jun-1905	Denise Wangell 38.95 AAC 26-Mar-2000	Mavis Boase 45.80/Canberra 15-Mar-1985	Alma Brecknock 1.00.37/AAC 28-Oct-1995	Alma Brecknock 1.01.00/AAC 30-Sep-1999	Alma Brecknock 1.14.88 AAC 1-Apr-2004	Margo Bates 1.14.72/AAC 5-Oct-2007	Margo Bates 3.17.86 SAALC 8-Oct-2011	50m	
100m	C MARGRISON 1.01.72/AAC 31.10.2009	C MARGRISON 59.87 SAALC 7-Oct-2011	Jasi Watson 1.06.07 SAALC 7/10/2011	Tricia Marshall 1.07.78/Unley 1/04/2007	S Palmer-White 1.07.78/Murray Bridge 19/01/2008	S Palmer-White 1.06.41 Broken Hill 14/01/2011	Kathy Heenan 1.11.93/AAC 1/04/2004	Leonie O'Connell 1.16.72 SAALC 7/10/2011	Bernice Cohen 1.43.76/Unley 1/04/2007	Mavis Boase 1.44.03/N.Z. 27/04/1984	Mavis Boase 1.47.09/Canberra 15/03/1985	Norma Fowler 2.13.33/Perth 16/04/1995	Alma Brecknock 2.19.17/Hobart 14/03/1998	Alma Brecknock 2.19.17/Hobart 22/10/2006	Margo Bates 3.09.64/Alice Springs 22/10/2006	Margo Bates 6.17.75/Port Pirie 11/04/2010	100m	
200m	C MARGRISON 2.18.09/AAC 20.11.2009	S Palmer-White 2.14.78/AAC 15/09/1991	Debbie Winslet 2.23.42/Perth 20/04/2008	D WINSLET 2.27.29/SOPAC 13.10.2009	S Palmer-White 2.21.33/Unley 2/03/2008	S Palmer-White 2.21.98 Broken Hill 14/01/2011	Lee O'Connell 2.34.57/Perth 20/04/2008	Leonie O'Connell 2.43.90 SAALC 8/10/2011	Denise Wangell 3.08.53/AAC 21/11/1993	Pam Fletcher 4.17.10/AAC 30/03/2003	Mavis Boase 3.52.62/Marion 2/03/1985	Kate McCarthy 4.57.45/Hobart 14/03/1998	Alma Brecknock 5.01.18/AAC 20/09/1998	Alma Brecknock 10.34.39 / SOPAC 13.10.2009	M BATES	200m		
400m	Stephanie Palmer 4.51.73/Warrigah 19-Apr-1989	S Palmer-White 4.30.54/AAC 14-Mar-1992	Debbie Winslet 5.01.02/Perth 24-Apr-2008	Tricia Marshall 5.09.83/AAC 5-Oct-2007	S Palmer-White 4.51.46/Perth 24-Apr-2008	S Palmer-White 4.56.38 Broken Hill 14-Jan-2011	Lee O'Connell 5.24.69/Perth 24-Apr-2008	Leonie O'Connell 5.41.84 SAALC 9-Oct-2011	Mel Wood 9.32.95/Unley 26-Nov-2006	Mavis Boase 7.55.88/N.Z. 24-Apr-1984	Mavis Boase 8.07.46/Canberra 13-Mar-1985	Kate McCarthy 10.02.38/Hobart					400m	
800m	A STRETTON 10:46.08/Chandler 30.04.2009	S Palmer-White 9.17.05/? 1993	Debbie Winslet 10.25.67/Perth 18/04/2008	D WINSLET 10:48.47/SOPAC 10.10.2009	S Palmer-White 9.55.67/Perth 18/04/2008	S Palmer-White 10.01.11 Broken Hill 14/01/2011	Lee O'Connell 11.08.71/Perth 18/04/2008	Leonie O'Connell 11.33.55 SAALC 7/10/2011	Pam Fletcher 18.28.17/Payneham 1/12/2002	Ruth Hartley 20.09.43/TTG 28/11/2004			Alma Brecknock 11.58.53/AAC 30/03/2003				800m	
1500m	Suzanne Lochert 27.36.51/TTG 26-Apr-2004	S Palmer-White 17.38.09/Melbourne 26-Apr-1991	S Palmer-White 20.59.08/Burnside 25-Nov-1995	Emma C Clark 24.51.75/Unley 7-Nov-2010		Joanne Sutcliffe 20.38.94 Unley 26-Nov-2006	Lee O'Connell 22.45.25/Unley 26-Nov-2006			Mavis Boase 31.50.93/N.Z. 27-Apr-1984								1500m

Backstroke	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	95-99	100 - 104	Backstroke	
50m	Danielle Hamann 35.61 SAALC 07-October-2011	C MARGRISON 32.78 SAALC 7-Oct-2011	Joanne Sutcliffe 34.56/AAC 25/03/1994	Joanne Sutcliffe 34.98/AAC 13/01/1995	Joanne Sutcliffe 35.21 AAC 24/03/2002	JK SUTCLIFFE 35.06 /SOPAC 13.10.2009	Kathy Heenan 39.64/AAC 1/04/2004	Denise Wangell 43.62/AAC 16/10/1989	Josie Sansom 51.8 1987	Denise Wangell 48.28/AAC 20/09/1998	Elizabeth Berce 1.01.84/Melbourne 8/10/1995	Elizabeth Berce 1.07.78 AAC 25/03/2001	Elisabeth Berce 1.13.60/AAC 1/05/2005	Alma Brecknock 1.13.65 1/04/2004	Margo Bates 2.10.58/Alice Springs 22/10/2006	Margo Bates 2.52.85/Port Pirie 11/04/2010	50m	
100m	Helen Whitford 1.15.19/AAC 16/04/1988	C MARGRISON 1.12.30 AAC 21-Feb-2010	Joanne Sutcliffe 1.13.96/AAC 25/03/1994	Joanne Sutcliffe 1.15.43/Perth 16/04/1995	Sharon Beaver 1.15.39/Perth 23/04/2008	Joanne Sutcliffe 1.16.33/Perth 23/04/2008	Kathy Heenan 1.25.71/AAC 1/04/2004	K HEENAN 1.29.65 /SOPAC 12.10.2009	Denise Wangell 1.36.02/AAC 20/11/1993	Denise Wangell 1.38.75/AAC 18/04/1999	Elizabeth Berce 2.17.56/AAC 28/10/1995	Elizabeth Berce 2.27.68 AAC 26/03/2000	Elisabeth Berce 2.44.49/AAC 1/05/2005	Alma Brecknock 2.36.01/AAC 1/04/2004	Margo Bates 5.14.88/AAC 5/10/2007	Margo Bates 6.36.82/Port Pirie 11/04/2010	100m	
200m	Helen Whitford 2.41.12/AAC 16/04/1988	C MARGRISON 2.35.80 SAALC 8-Oct-2011	Joanne Sutcliffe 2.39.58/AAC 25/03/1994	Joanne Sutcliffe 2.43.08/Perth 16/04/1995	Sharon Beaver 2.38.71/AAC 5/10/2007	JK SUTCLIFFE 2.46.55 /SOPAC 14.10.2009	Kathy Heenan 3.05.89 AAC 1/04/2004	K HEENAN 3.12.77 /SOPAC 14.10.2009	Denise Wangell 3.33.17/AAC 21/11/1993	Denise Wangell 3.35.37/AAC 30/09/1999	Kate McCarthy 4.58.93/AAC 25/03/1994	Elizabeth Berce 5.40.09 AAC 24/03/2001					200m	
400m		Jo Woodcock 9.18.53/Burnside 6/02/1993	Joanne Sutcliffe 6.12.39/Burnside 6/02/1993		Joanne Sutcliffe 6.08.64/Payneham 1/12/2002	Betty Reinboth 9.16.25 Burnside 8/10/2000	Betty Reinboth 8.38.53/Unley 2/03/2008		Di Simons 10.29.49 Gladstone 21/04/2000	Di Simons 11.27.36/Unley 26/11/2006							400m	
800m	Ryoya Miyazaki 12.47.85/Unley 26/11/2006			Joanne Sutcliffe 11.57.91/Eliz. 20/05/1995	Joanne Sutcliffe 12.26.37 Burnside 8/10/2000	Betty Reinboth 18.02.86/TTG 28/11/2004	Betty Reinboth 18.21.83/Unley 7/11/2010											800m
1500m					Joanne Sutcliffe 23.41.00/Payneham 1/12/2002													1500m

Breaststroke	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Breaststroke
50m	A MARGRISON 39.10/AAC 29.03.2009	C MARGRISON 40.57 AAC 21-Feb-2010	Sondra Kiltzke 41.75/AAC 7/10/2005	Joanne Sutcliffe 43.35/AAC 20/09/1998	J ASTLEY 41.14 /Chandler 03.05.2009	Angela Basedow 41.55/Perth 21/04/2008	Josie Sansom 43.89 1982	Josie Sansom 44.67/Payneham 19/12/1982	Josie Sansom 44.39 1987	Denise Wangell 55.68 AAC 26/03/2000	Mavis Boase 1.07.88/Marion 2/03/1985	Kate McCarthy 1.09.88/AAC 18/04/1999	Alma Brecknock 1.11.59/AAC 20/09/1998	Alma Brecknock 1.18.54/AAC 30/03/2003	50m
100m	A MARGRISON 1:25.95/AAC 29.03.2009	Lynda Lehman 1:20.85/Chandler 12/10/1988	Sondra Kiltzke 1:31.86/AAC 7/10/2005	Ilze Ostrovsk 1:32.58/Hobart 29/03/2005	J ASTLEY 1:29.06 /SOPAC 11.10.2009	Angela Basedow 1:29.69/Perth 19/04/2008	Josie Sansom 1:43.29/Sydney 1979	Bessy Kesic 2:22.37 AAC 26/03/2000	Josie Sansom 1:45.45 1987	Denise Wangell 2:01.13 AAC 26/03/2000	Di Simons 2:29.00/AAC 1/05/2005	Alma Brecknock 2:40.76/Sydney 28/03/1997	Alma Brecknock 2:35.63/AAC 18/04/1999	Alma Brecknock 2:45.83 AAC 1/04/2004	100m
200m	A MARGRISON 3:03.92/AAC 29.03.2009	Lynda Lehman 2:50.64 1987	Sondra Kiltzke 3:24.51/AAC 7/10/2005	Chiara Murgia 4:01.73/AAC 1/05/2005	S BEAVER 3:10.94 /Chandler 30.04.2009	Angela Basedow 3:14.28/Perth 23/04/2008	Josie Sansom 3:39.00 1980	Peggy Muncaster 4:02.00/AAC 25/03/1994	Denise Wangell 4:02.67/AAC 18/04/1999	Denise Wangell 4:12.13/AAC 8/09/1990	Norma Fowler 5:27.72/AAC 16/04/1995	Norma Fowler 5:48.29/Perth 16/04/1995	Alma Brecknock 5:32.19/Hobart 14/03/1998	Alma Brecknock 5:45.49/AAC 1/04/2004	200m
400m				Jean Gillett 7:57.30/Unley 20/11/1983		Peggy Muncaster 8:26.95/Sturt 31/01/1987	Di Simons 9:54.53/Sturt 31/01/1987	Marika Kent 9:45.99/Burnside 6/02/1993	Di Simons 10:54.21 Burnside 8/10/2000	Ruth Hartley 11:36.70/TTG 28/11/2004	Di Simons 12:14.96/Unley 26/11/2006		Alma Brecknock 12:04.33/Payneham 1/12/2002		400m
800m					Heather Jones 17:24.05/Burnside 25/11/1995	Amanda Ruler 23:53.91/Unley 26/11/2006	Di Simons 19:31.27/Sturt 31/01/1987		Norma Fowler 22:30.71/Sturt 31/01/1987	Norma Fowler 28:38.64/Burnside 15/11/1992	Mary Kemp 24:45.75/Payneham 1/12/2002		Alma Brecknock 24:45.75/Payneham 1/12/2002		800m
1500m				Heather Jones 34:13.60/Burnside 6/02/1993	Heather Jones 32:55.99/Burnside 25/11/1995	Heather Jones 36:04.00/Burnside 8/10/2000			Di Simons 44:34.90/Payneham 1/12/2002						1500m

Butterfly	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Butterfly
50m	C MARGRISON 30.06/AAC 29.03.2009	C MARGRISON 28.74 SAALC 9-Oct-2011	Jasi Watson 28.74 SAALC 8-Oct-2011	Joanne Sutcliffe 33.26/AAC 24-Feb-1995	S Palmer-White 33.33/AAC 5-Oct-2007	S Palmer-White 32.64 SAALC 9-Oct-2011	Kathy Heenan 34.91/Perth 20-Apr-2008	K HEENAN 36.35 /SOPAC 12-Oct-2009	Josie Sansom 46.44/AAC 16-Apr-1988	Denise Wangell 47.11/AAC 30-Sep-1999	Mavis Boase 1.06.75/Canberra 15-Mar-1985	Norma Fowler 1.32.90/Elizabeth 20-May-1995			50m
100m	C MARGRISON	S Palmer-White	Lara Janazewska	Tricia Marshall	S Palmer-White	S Palmer-White	Lee O'connell	Leonie O'Connell	Denise Wangell	Denise Wangell	Mavis Boase				100m

	1.07.49 /AAC 20.11.2009	1.06.04/AAC 15/03/1992	1.13.53 AAC 24/03/2002	1.14.05/Unley 1/04/2007	1.11.28/Perth 21/04/2008	1.09.70 Broken Hill 14-Jan-2011	1.21.02/Perth 21/04/2008	1.25.02 SAALC 8/10/2011	1.46.14/AAC 25/03/1994	1.49.28/AAC 18/04/1999	2.52.44/Canberra 14/03/1985			
200m	Stephanie Palmer 2.24.06/Warringah 20/04/1989	S Palmer-White 2.18.69/AAC 3/1/92	S Palmer-White 2.44.22/AAC 28/10/1995	D WINSLET 2:56.75 /SOPAC 14.10.2009	S Palmer-White 2.32.19/Perth 23/04/2008	S Palmer-White 2:32.59 /MtGambier 17.01.2009	Lee O'connell 3.01.71/Perth 23/04/2008	Leonie O'Connell 3.15.82 SAALC 7/10/2011	Denise Wangel 3.54.04/AAC 25/03/1994					
400m						S Palmer-White 5.41.65 / UNLEY 7-Nov-2010	Lee O'connell 7.23.02/Unley 26/11/2006							
800m	Melanie Webb 14.23.04 Burnside 8/10/2000					S Palmer-White 11.27.31 / UNLEY 7-Nov-2010								

200m
400m
800m

Medley	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
200m	C MARGRISON 2:39.13 /AAC 31.10.2009	S Palmer-White 2.34.36/AAC 8/09/1990	Joanne Sutcliffe 2.41.80/AAC 25/03/1994	Joanne Sutcliffe 2.42.98/Perth 16/04/1995	Sharon Beaver 2.40.68/Unley 2/03/2008	S Palmer-White 2.42.73 Broken Hill 14/01/2011	Ely Fleig 3.07.78/Alice Springs 16/10/1994	K HEENAN 3:13.10 /SOPAC 11.10.2009	Denise Wangel 3.29.45/AAC 25/03/1994	Denise Wangel 3.32.88/AAC 18/04/1999	Mavis Boase 5.05.21/Canberra 13/03/1985	Mary Kemp 7.10.12/AAC 20/09/1998	Alma Brecknock 5.43.91/AAC 30/09/1999	
400m	A STRETTON 6:03.03/Chandler 01.05.2009	S Palmer-White 5.11.02/AAC 14-Mar-1992	Debbie Winslet 5.58.01/AAC 20-Apr-2008	Tricia Marshall 5.57.23/AAC 5-Oct-2007	Sharon Beaver 5.36.00/Unley 2-Mar-2008	S Palmer-White 5.38.40 Broken Hill 14-Jan-2011	L O'CONNELL 6:38.77/SOPAC 14.10.2009		Denise Wangel 7.23.91/AAC 25-Mar-1994	Denise Wangel 7.38.71/AAC 30-Sep-1999				
800m	Melanie Webb 13.32.34 Burnside 8/10/2000	S Palmer-White 11.11.68/Burnside 15/11/1992	Julie Farrelly 14.22.85/Burnside 25/11/1995			Ely Fleig 14.15.04/Burnside 6/02/1993								

Medley
200m
400m
800m