ADELAIDE MASTERS RECORDS - FEMALE, LONG COURSE 2009

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
50m	C MARGRISON 28.68 AAC 31.10.2009	S Palmer-White 29.79/AAC 10/8/90	Joanne Sutcliffe 30.65/AAC 11/9/94	Joanne Sutcliffe 29.81/Perth 16/4/95	Joanne sutcliffe 30.28 AAC 1/4/04	Kathy Heenan 31.01 13/10/02	Kathy Heenan 32.01 AAC 1/4/04	K HEENAN 32.81 /SOPAC 16.10.2009	Josie Sansom 38.57 1987	Denise Wangel 38.95 AAC 26/3/00	Mavis Boase 45.80/Canberra 15/3/85	Alma Brecknock 1.00.37/AAC 28/10/95	Alma Brecknock 1.01.00/AAC 30/9/99	Alma Brecknock 1.14.88 AAC 1/4/04	Margo Bates 1.14.72/AAC 5/10/07
100m	C MARGRISON 1.01.72/AAC 31.10.2009	S Palmer-White 1.02.84/Alice springs 17/10/90	Lara Janazewska 1.06.82 AAC 24/3/02	Tricia Marshall 1.07.35/Unley 1/4/07	S Palmer-White 1.07.78/Murray Bridge 19/1/08	Joanne Sutcliffe 1.07.82/AIS 8/4/06	Kathy Heenan 1.11.93/AAC 1/4/04	Lynley Cooper 1.20.09/Melbourne 7/10/02	Bernice Cohen 1.43.76/Unley 1/4/07	Mavis Boase 1.44.03/N.Z. 27/4/84	Mavis Boase 1.47.09/Canberra 15/3/85	Norma Fowler 2.13.33/Perth 16/4/95	Alma Brecknock 2.19.17/Hobart 14/3/98		Margo Bates 3.09.64/Alice Springs 22/10/06
200m	C MARGRISON 2.18.09/AAC 20.11.2009	S Palmer-White 2.14.78/AAC 15/9/91	Debbie Winslet 2.23.42/Perth 20/4/08	D WINSLET 2:27.29 /SOPAC 13.10.2009	S Palmer-White 2.21.33/Unley 2/3/08	Joanne Sutcliffe 2.25.92/Perth 20/4/08	Lee O'Connell 2.34.57/Perth 20/4/08	Lynley Cooper 3.08.61/Melbourne 7/10/02	Denise Wangel 3.08.53/AAC 21/11/93	Pam Fletcher 4.17.10/AAC 30/3/03	Mavis Boase 3.52.62/Marion 2/3/85	Kate McCarthy 4.57.45/Hobart 14/3/98	Alma Brecknock 5.01.18/AAC 20/9/98		M BATES 10:34.39 / SOPAC 13.10.2009
400m	Stephanie Palmer 4.51.73/Warringah 19/4/89	S Palmer-White 4.30.54/AAC 14/3/92	Debbie Winslet 5.01.02/Perth 24/4/08	Tricia Marshall 5.09.83/AAC 5/10/07	S Palmer-White 4.51.46/Perth 24/4/08	Joanne Sutcliffe 5.01.75/Perth 24/4/08	Lee O'Connell 5.24.69/Perth 24/4/08	Denise Wangel 6.29.96/AAC 8/9/90	Mel Wood 9.32.95/Unley 26/11/06	Mavis Boase 7.55.88/N.Z. 24/4/84	Mavis Boase 8.07.46/Canberra 13/3/85	Kate McCarthy 10.02.38/Hobart			
800m	A STRETTON 10:46.08/Chandler 30.04.2009	S Palmer-White 9.17.05/? 1993	Debbie Winslet 10.25.67/Perth 18/4/08	D WINSLET 10:48.47/SOPAC 10.10.2009	S Palmer-White 9.55.67/Perth 18/4/08	S PALMER-WHITE 10:13.70 /MtGambier 17.01.2009	Lee O'Connell 11.08.71/Perth 18/4/08	PAMELA GUNN 13:46.40 / Kardinia Pk 20.02.2009	Pam Fletcher 18.28.17/Payneham 1/12/02	Ruth Hartley 20.09.43/TTG 28/11/04				Alma Brecknock 11.58.53/AAC 30/3/03	
1500m	Suzanne Lochert 27.36.51/TTG 28/11/04	S Palmer-White 17.38.09/Melbourne 26/4/91	S Palmer-White 20.59.08/Burnside 25/11/95	Lynley Cooper 24.52.38/Canada Aug-85		Joanne Sutcliffe 20.38.94 Unley 26/11/06	Lee O'Connell 22.45.25/Unley 26/11/06			Mavis Boase 31.50.93/N.Z. 27/4/84					

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
50m	Julie Ouston 1.05.13/AAC 20/9/98	Charis Gauvin 37.38/AAC 1/4/04	Joanne Sutcliffe 34.56/AAC 25/3/94	Joanne Sutcliffe 34.98/AAC 13/1/95	Joanne Sutcliffe 35.21 AAC 24/3/02	JK SUTCLIFFE 35.06 /SOPAC 13.10.2009	Kathy Heenan 39.64/AAC 1/4/04	Denise Wangel 43.62/AAC 16/10/89	Josie Sansom 51.8 1987	Denise Wangel 48.28/AAC 20/9/98	Elizabeth Berce 1.01.84/Melbourne 8/10/95	Elizabeth Berce 1.07.78 AAC 25/3/01	Elisabeth Berce 1.13.60/AAC 1/5/05	Alma Brecknock 1.13.65 1/4/04	Margo Bates 2.10.58/Alice Springs 22/10/06
100m	Helen Whitford 1.15.19/AAC 16/4/88	Louise Riglin 1.27.82 AAC 26/3/00	Joanne Sutcliffe 1.13.96/AAC 25/3/94	Joanne Sutcliffe 1.15.43/Perth 16/4/95	Sharon Beaver 1.15.39/Perth 23/4/08	Joanne Sutcliffe 1.16.33/Perth 23/4/08	Kathy Heenan 1.25.71/AAC 1/4/04	K HEENAN 1:29.65 /SOPAC 12.10.2009	Denise Wangel 1.36.02/AAC 20/11/93	Denise Wangel 1.38.75/AAC 18/4/99	Elizabeth Berce 2.17.56/AAC 28/10/95	Elizabeth Berce 2.27.68 AAC 26/3/00	Elisabeth Berce 2.44.49/AAC 1/5/05	Alma Brecknock 2.36.01/AAC 1/4/04	Margo Bates 5.14.88/AAC 5/10/07
200m	Helen Whitford 2.41.12/AAC 16/4/88	S Palmer-White 2.40.59/AAC 13/9/92	Joanne Sutcliffe 2.39.58/AAC 25/3/94	Joanne Sutcliffe 2.43.08/Perth 16/4/95	Sharon Beaver 2.38.71/AAC 5/10/07	JK SUTCLIFFE 2:46.55 /SOPAC 14.10.2009	Kathy Heenan 3.05.89 AAC 1/4/04	K HEENAN 3:12.77 /SOPAC 14.10.2009	Denise Wangel 3.33.17/AAC 21/11/93	Denise Wangel 3.35.37/AAC 30/9/99	Kate McCarthy 4.58.93/AAC 25/3/94	Elizabeth Berce 5.40.09 AAC 24/3/01			
400m		Jo Woodcock 9.18.53/Burnside 6/2/93	Joanne Sutcliffe 6.12.39/Burnside 6/2/93		Joanne Sutcliffe 6.08.64/Payneham 1/12/02	Betty Reinboth 9.16.25 Burnside 8/10/00	Betty Reinboth 8.38.53/Unley 2/3/08			Di Simons 10.29.49 Gladstone 21/4/00	Di Simons 11.27.36/Unley 26/11/06				
800m	Ryoya Mryazakt 12.47.85/Unley 26/11/06			Joanne Sutcliffe 11.57.91/Eliz. 20/5/95	Joanne Sutcliffe 12.26.37 Burnside 8/10/00	Betty Reinboth 18.02.86/TTG 28/11/04									
1500m					Joanne Sutcliffe 23.41.00/Payneham 1/12/02										

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
50m	A MARGRISON 39.10/AAC 29.03.2009	Julie Ouston 1.03.06/AAC 30/9/99	Sondra Klitzke 41.75/AAC 7/10/05	Joanne Sutcliffe 43.35/AAC 20/9/98	J ASTLEY 41.14 /Chandler 03.05.2009	Angela Basedow 41.55/Perth 21/4/08	Josie Sansom 43.89 1982	Josie Sansom 44.67/Payneham 19/12/82	Josie Sansom 44.39 1987	Denise Wangel 55.68 AAC 26/3/00	Mavis Boase 1.07.88/Marion 2/3/85	Kate McCarthy 1.09.88/AAC 18/4/99	Alma Brecknock 1.11.59/AAC 20/9/98	Alma Brecknock 1.18.54/AAC 30/3/03
100m	A MARGRISON 1:25.95/AAC 29.03.2009	Lynda Lehman 1.20.85/Chandler 12/10/88	Sondra Klitzke 1.31.86/AAC 7/10/05	Ilze Ostrovska 1.32.58/Hobart 29/3/05	J ASTLEY 1:29.06 /SOPAC 11.10.2009	Angela Basedow 1.29.69/Perth 19/4/08	Josie Sansom 1.43.29/Sydney 1979	Bessy Kesic 2.22.37 AAC 26/3/00	Josie Sansom 1.45.45 1987	Denise Wangel 2.01.13 AAC 26/3/00	Di Simons 2.29.00/AAC 1/5/05	Alma Brecknock 2.40.76/Sydney 28/3/97	Alma Brecknock 2.35.63/AAC 18/4/99	Alma Brecknock 2.45.83 AAC 1/4/04
200m	A MARGRISON 3:03.92/AAC 29.03.2009	Lynda Lehman 2.50.64 1987	Sondra Klitzke 3.24.51/AAC 7/10/05	Chiara Murgia 4.01.73/AAC 1/5/05	S BEAVER 3:10.94 /Chandler 30.04.2009	Angela Basedow 3.14.28/Perth 23/4/08	Josie Sansom 3.39.00 1980	Peggy Muncaster 4.02.00/AAC 25/3/94	Denise Wangel 4.02.67/AAC 28/10/95	Denise Wangel 4.12.13/AAC 18/4/99	Norma Fowler 5.27.72/AAC 8/9/90	Norma Fowler 5.48.29/Perth 16/4/95	Alma Brecknock 5.32.19/Hobart 14/3/98	Alma Brecknock 5.45.49/AAC 1/4/04
400m				Jean Gillett 7.57.30/Unley 20/11/83		Peggy Muncaster 8.26.95/Sturt 31/1/87	Di Simons 9.54.53/Sturt 31/1/87	Marika Kent 9.45.99/Burnside 6/2/93	Di Simons 10.54.21 Burnside 8/10/00	Ruth Hartley 11.36.70/TTG 28/11/04	Di Simons 12.14.96/Unley 26/11/06		Alma Brecknock 12.04.33/Payneham 1/12/02	
800m					Heather Jones 17.24.05/Burnside 25/11/95	Amanda Ruler 23.53.91/Unley 26/11/06	Di Simons 19.31.27/Sturt 31/1/87			Norma Fowler 22.30.71/Sturt 31/1/87	Mary Kemp 28.38.64/Burnside 15/11/92		Alma Brecknock 24.45.75/Payneham 1/12/02	
1500m				Heather Jones 34.13.60/Burnside 6/2/93	Heather Jones 32.55.99/Burnside 25/11/95	Heather Jones 36.04.00/Burnside 8/10/00				Di Simons 44.34.90/Payneham 1/12/02				

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
50m	C MARGRISON 30.06/AAC 29.03.2009	S Palmer-White 31.02/AAC 15/3/92	Lara Janazewska 32.09 AAC 24/3/02	Joanne Sutcliffe 33.26/AAC 24/2/95	S Palmer-White 33.33/AAC 5/10/07	Kathy Heenan 34.15 20/3/02	Kathy Heenan 34.91/Perth 20/4/08	K HEENAN 36.35 /SOPAC 12.10.2009	Josie Sansom 46.44/AAC 16/4/88	Denise Wangel 47.11/AAC 30/9/99	Mavis Boase 1.06.75/Canberra 15/3/85	Norma Fowler 1.32.90/Elizabeth 20/5/95		
100m	C MARGRISON 1:07.49 /AAC 20.11.2009	S Palmer-White 1.06.04/AAC 15/3/92	Lara Janazewska 1.13.53 AAC 24/3/02	Tricia Marshall 1.14.05/Unley 1/4/07	S Palmer-White 1.11.28/Perth 21/4/08	S PALMER-WHITE 1:13.53/AAC 29.03.2009	Lee O' connell 1.21.02/Perth 21/4/08	Denise Wangel 1.45.40/Unley 1/3/92	Denise Wangel 1.46.14/AAC 25/3/94	Denise Wangel 1.49.28/AAC 18/4/99	Mavis Boase 2.52.44/Canberra 14/3/85			
200m	Stephanie Palmer 2.24.06/Warringah 20/4/89	S Palmer-White 2.18.69/AAC 3/13/92	S Palmer-White 2.44.22/AAC 28/10/95	D WINSLET 2:56.75 /SOPAC 14.10.2009	S Palmer-White 2.32.19/Perth 23/4/08	S PALMER-WHITE 2:32.59 /MtGambier 17.01.2009	Lee O' connell 3.01.71/Perth 23/4/08	Denise Wangel 3.51.33/AAC 9/9/90	Denise Wangel 3.54.04/AAC 25/3/94					
400m						Diana Fabijan 8.59.71/Unley 2/3/08	Lee O' connell 7.23.02/Unley 26/11/06							
800m	Melanie Webb 14.23.04 Burnside 8/10/00					Diana Fabijan 18:58.86/Marion 30/11/08								

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 8/9/90	Joanne Sutcliffe 2.41.80/AAC 25/3/94	Joanne Sutcliffe 2.42.98/Perth 16/4/95	Sharon Beaver 2.40.68/Unley 2/3/08	Joanne Sutcliffe 2.46.94/Perth 21/4/08	Elly Fleig 3.07.78/Alice Springs 16/10/94	K HEENAN 3:13.10 /SOPAC 11.10.2009	Denise Wangel 3.29.45/AAC 25/3/94	Denise Wangel 3.32.88/AAC 18/4/99	Mavis Boase 5.05.21/Canberra 13/3/85	Mary Kemp 7.10.12/AAC 20/9/98	Alma Brecknock 5.43.91/AAC 30/9/99	
400m	A STRETTON 6:03.03/Chandler 01.05.2009	S Palmer-White 5.11.02/AAC 14/3/92	Debbie Winslet 5.58.01/AAC 20/4/08	Tricia Marshall 5.57.23/AAC 5/10/07	Sharon Beaver 5.36.00/Unley 2/3/08	S PALMER-WHITE 5:52.00 /MtGambier 17.01.2009	L O'CONNELL 6:38.77/SOPAC 14.10.2009		Denise Wangel 7.23.91/AAC 25/3/94	Denise Wangel 7.38.71/AAC 30/9/99				
800m	Melanie Webb 13.32.34 Burnside 8/10/00	S Palmer-White 11.11.68/Burnside 15/11/92	Julie Farrelly 14.22.85/Burnside 25/11/95			Elly Fleig 14.15.04/Burnside 6/2/93								