ADELAIDE MASTERS RECORDS - FEMALE, LONG COURSE 2012

Freestyle	18-24	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 26.77 Nationals 17-Apr-2012	Jasi Watson 29.75 Nationals 15-Apr-2012	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 Wangel 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 59.52 Nationals 14-Apr-2012	Jasi Watson 1.05.84 Nationals 14/04/2012	Tricia Marshall 1.07.35/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 1.15.35 Nationals 14/04/2012	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		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 2.20.84 Nationals 17/04/2012	Lee O'Connell 2.34.57/Perth 20/04/2008	Leonie O'Connell 2.40.59 Nationals 17/04/2012	Denise Wangel 3.08.53/AAC 21/11/1993	Bernice Cohen 4.11.95 SA Interclub 11/11/2012	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		M BATES 10:34.39 / SOPAC 13.10.2009		200m
400m	Stephanie Palmer 4.51.73/Warringah 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 4.55.60 Nationals 16/04/2012	Lee O'Connell 5.24.69/Perth 24-Apr-2008	Leonie O'Connell 5.35.38 Fina Int. 16/06/2012	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 11.27.37 Fina Int. 10/06/2012	Pam Fletcher 18.28.17/Payneham 1/12/2002	Bernice Cohen 17.18.59 SA Interclub 11/11/2012				Alma Brecknock 11.58.53/AAC 30/03/2003			800m
1500m	Suzanne Lochert 27.36.51/TTG 28-Nov-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	Deborah Brown 35.36.22 SA Interclub 11-Nov-2012	S Palmer-White 20.01.74 SA Interclub 11-Nov-2012	Lee O'Connell 22.45.25/Unley 26-Nov-2006	Leonie O'Connell 22.26.73 SA Interclub 11/11/2012		Mavis Boase 31.50.93/N.Z. 27-Apr-1984							1500m

Backstroke	18-24	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 7/10/2011	C MARGRISON 32.49 SA State 27-Jan-2012	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 Wangel 43.62/AAC 16/10/1989	Josie Sansom 51.8 1987	Denise Wangel 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 1.10.66 Nationals 16-Apr-2012	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 Wangel 1.36.02/AAC 20/11/1993	Denise Wangel 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 Wangel 3.33.17/AAC 21/11/1993	Denise Wangel 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	Carole Margrison 8.01.15 SA Interclub 11/11/2012			Di Simons 10.29.49 Gladstone 21/04/2000	Di Simons 11.27.36/Unley 26/11/2006						400m
800m	Ryoya Mryazakt 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	18-24	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	Victoria Cox 37.69 Nationals 17/04/2012	C MARGRISON 37.71 Nationals 17-Apr-2012	Sondra Klitzke 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 Wangel 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	Victoria Cox 1.25.59 Nationals 14/04/2012	Lynda Lehman 1.20.85 Chandler 12/10/1988	Sondra Klitzke 1.31.86/AAC 7/10/2005	Ilze Ostrovska 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 Wangel 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 Klitzke 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 Wangel 4.02.67/AAC 28/10/1995	Denise Wangel 4.12.13/AAC 18/04/1999	Norma Fowler 5.27.72/AAC 8/09/1990	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		C MARGRISON 6.50.02 SA Interclub 11/11/2012		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		C MARGRISON 13.49.64 SA Interclub 11/11/2012			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	Mary Kemp 28.38.64/Burnside 15/11/1992		Alma Brecknock 24.45.75/Payneham 1/12/2002		800m
1500m		C MARGRISON 25.50.88 SA Interclub 11/11/2012		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	18-24	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 28.19 Nationals 16-Apr-2012	Jasi Watson 31.55 Nationals 17-Apr-2012	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 Wangel 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 1:07.49 /AAC 20.11.2009	C MARGRISON 1.05.25 Nationals 17/04/2012	Jasi Watson 1.12.37 Nationals 17-Apr-2012	Tricia Marshall 1.14.05/Unley 1/04/2007	S Palmer-White 1.11.28/Perth 21/04/2008	S Palmer-White 1.09.70 Broken Hill 14-Jan-2011	Lee O' connell 1.25.02 SAALC 8/10/2011	Leonie O'Connell 1.26.77 Nationals 17/04/2012	Denise Wangel 1.46.14/AAC 25/03/1994	Denise Wangel 1.49.28/AAC 18/04/1999	Mavis Boase 2.52.44/Canberra 14/03/1985				100m
200m	Stephanie Palmer 2.24.06/Warringah 20/04/1989	S Palmer-White 2.18.69/AAC 3/13/92	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 3.15.82 SAALC 7/10/2011	Leonie O'Connell 3.09.93 Fina Int. 15/06/2012	Denise Wangel 3.54.04/AAC 25/03/1994						200m
400m		C MARGRISON 5.46.53 SA Interclub 11/11/2012				S PALMER-WHITE 5.41.09 SA Interclub 11-Nov-2012	Lee O' connell 7.23.02/Unley 26/11/2006	Leonie O'Connell 7.04.13 SA Interclub 11/11/2012							400m
800m	Melanie Webb 14.23.04 Burnside 8/10/2000					S PALMER-WHITE 11.27.31 / UNLEY 7-Nov-2010									800m

Medley	18-24	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	Medley
200m	C MARGRISON 2:39.13 /AAC 31.10.2009	C MARGRISON 2.31.49 Nationals 17/04/2012	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-Jan-2011	Elly 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		200m
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	Leonie O'Connell 6.46.32 Fina Int. 12-Jun-2012	Denise Wangel 7.23.91/AAC 25-Mar-1994	Denise Wangel 7.38.71/AAC 30-Sep-1999					400m
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			Elly Fleig 14.15.04/Burnside 6/02/1993									800m