

2026 MSSA LC State Cup - 12/04/2026**Combined Team Scores**

Place	Team	Points
1	Phoenix Masters Swimming Club	525
2	Adelaide Masters	447
3	Tea Tree Gully Kingfishers Mas	421
4	Atlantis Masters	257
5	Noarlunga Masters	240
6	Marion Masters Swimming	215
7	Adelaide University Masters Sw	200
8	Aquadome Otters	131
9	Henley Beach Masters	59
10	Mount Barker Masters SA	58
11	Western Districts Masters Swim	30
12	Cairns Mudcrabs Masters Swimmi	29
13	Great Southern Masters	18

2026 MSSA LC State Cup – SAALC 12 April 2026**Possible National Records Achieved**

Karina Deegan	Atlantis	40-44	50m Backstroke	31.41s
Joanne Sutcliffe	Phoenix Masters	65-69	50m Backstroke	36.75s

SA State Records Achieved

Karina Deegan	Atlantis	40-44	50m Backstroke	31.41s
Karina Deegan	Atlantis	40-44	50m Freestyle	28.53s
Karina Deegan	Atlantis	40-44	100m Backstroke	1m09.78s
Joanne Sutcliffe	Phoenix Masters	65-69	50m Backstroke	36.75s
Maryanne Heffernan	Marion Masters	70-74	400m Freestyle	6m07.11s
Maryanne Heffernan	Marion Masters	70-74	50m Breaststroke	47.46s
Deborah Wareing	Marion Masters	70-74	100m Breaststroke	1m46.78s
Deborah Wareing	Marion Masters	70-74	50m Butterfly	46.81s
Eithne Mayton	Tea Tree Gully	75-79	400m Freestyle	7m26.18s
Eithne Mayton	Tea Tree Gully	75-79	200m Freestyle	3m38.22s (Split)
Eithne Mayton	Tea Tree Gully	75-79	200m Freestyle	3m35.80s
Liam McHugh	Adelaide University	30-34	400m Freestyle	4m28.01s
Mark Smedley	Adelaide Masters	65-69	50m Breaststroke	37.08s
Mark Smedley	Adelaide Masters	65-69	100m Breaststroke	1m24.96s
Grant Simpson	Phoenix Masters	70-74	100m Backstroke	1m27.43s
Grant Simpson	Phoenix Masters	70-74	50m Freestyle	31.30s
Grant Simpson	Phoenix Masters	70-74	50m Backstroke	39.24s (Split)

2026 MSSA LC State Cup - 12/04/2026**Individual Rankings****30-34 Female - Individual Scores**

Place	Name	Age	Team	Points
1	Vidura, Kimberley	30	Adelaide University Masters Sw	30
1	Kilner, Kelly	33	Phoenix Masters Swimming Club	30

35-39 Female - Individual Scores

Place	Name	Age	Team	Points
1	Trebilcock, Bronwyn	35	Aquadome Otters	30

40-44 Female - Individual Scores

Place	Name	Age	Team	Points
1	Nazimi, Leila	43	Henley Beach Masters	30
1	Deegan, Karina	41	Atlantis Masters	30
3	Ward, Alison	43	Noarlunga Masters	28
4	Horn, Danielle	41	Tea Tree Gully Kingfishers Mas	26
5	Beames, Melissa	42	Atlantis Masters	25

45-49 Female - Individual Scores

Place	Name	Age	Team	Points
1	Smith, Sonia	49	Mount Barker Masters SA	29
1	Appelkamp, Riki-Lee	45	Mount Barker Masters SA	29
3	Wadsworth, Cindy	46	Atlantis Masters	20
3	Tsoutouras, Emily	46	Adelaide Masters	20

50-54 Female - Individual Scores

Place	Name	Age	Team	Points
1	McGiffert, Natalie	54	Phoenix Masters Swimming Club	30
1	Wellington, Kim	50	Phoenix Masters Swimming Club	30
3	Alvino-Felquer, Lidia	53	Adelaide Masters	29
4	Goldner, Caroline	51	Aquadome Otters	28

55-59 Female - Individual Scores

Place	Name	Age	Team	Points
1	Taylor, Julie	59	Phoenix Masters Swimming Club	30
1	Beaver, Sharon	59	Phoenix Masters Swimming Club	30
3	Maher, Joanne	56	Cairns Mudcrabs Masters Swimmi	29
4	Vas, Angela	59	Tea Tree Gully Kingfishers Mas	28

60-64 Female - Individual Scores

Place	Name	Age	Team	Points
1	Gallasch, Judith	62	Adelaide Masters	30
2	Beames, Leanne	64	Atlantis Masters	28
2	Haberfield, Helen	64	Tea Tree Gully Kingfishers Mas	28
4	Bigioli, Danila	61	Phoenix Masters Swimming Club	27
5	Palmer-White, Stephanie	62	Adelaide Masters	20
6	Muir-Cochrane, Eimear	64	Phoenix Masters Swimming Club	19

65-69 Female - Individual Scores

Place	Name	Age	Team	Points
1	O'Shea, Penelope	69	Aquadome Otters	30
1	Sutcliffe, Joanne	66	Phoenix Masters Swimming Club	30
3	Ruler, Amanda	67	Adelaide Masters	27

2026 MSSA LC State Cup - 12/04/2026**Individual Rankings****70-74 Female - Individual Scores**

Place	Name	Age	Team	Points
1	Heffernan, Maryanne	70	Marion Masters Swimming	30
2	Wareing, Deborah	70	Marion Masters Swimming	29
3	Gill, Janice	73	Tea Tree Gully Kingfishers Mas	27
3	Bell, Janet	74	Aquadome Otters	27
5	Bickers, Helen	72	Noarlunga Masters	26

75-79 Female - Individual Scores

Place	Name	Age	Team	Points
1	Mayton, Eithne	75	Tea Tree Gully Kingfishers Mas	30
2	Hill, Jeanette	78	Tea Tree Gully Kingfishers Mas	28
3	Faulkner, Gillian	76	Noarlunga Masters	27

80-84 Female - Individual Scores

Place	Name	Age	Team	Points
1	Mulqueen, Jennifer	80	Tea Tree Gully Kingfishers Mas	30

85-89 Female - Individual Scores

Place	Name	Age	Team	Points
1	Pearce, Barbara	89	Marion Masters Swimming	30

2026 MSSA LC State Cup - 12/04/2026**Individual Rankings****18-24 Male - Individual Scores**

Place	Name	Age	Team	Points
1	Nip, Hugo	22	Adelaide University Masters Sw	29
2	Chow, Alvin Keng Yin	22	Adelaide University Masters Sw	20
3	Chen, Kainan	22	Adelaide University Masters Sw	19
4	ma, Cheuk hei	19	Adelaide University Masters Sw	17

25-29 Male - Individual Scores

Place	Name	Age	Team	Points
1	Yip, James	28	Adelaide Masters	30

30-34 Male - Individual Scores

Place	Name	Age	Team	Points
1	McHugh, Liam	31	Adelaide University Masters Sw	30
2	Molinaro, Carlo	32	Atlantis Masters	29
3	Gravier, Charles	34	Adelaide Masters	27
4	Truong, Andrew	30	Adelaide University Masters Sw	20

35-39 Male - Individual Scores

Place	Name	Age	Team	Points
1	Simister, Cameron	36	Adelaide Masters	30
1	Smith, Elliott	37	Adelaide Masters	30
3	Everton, Ashley	36	Adelaide Masters	28

40-44 Male - Individual Scores

Place	Name	Age	Team	Points
1	Tishel, Idan	40	Adelaide Masters	30
2	Kim, Eoin	41	Tea Tree Gully Kingfishers Mas	28
3	Smith, Matthew	42	Phoenix Masters Swimming Club	20

45-49 Male - Individual Scores

Place	Name	Age	Team	Points
1	Coulter, Garth	47	Tea Tree Gully Kingfishers Mas	30
2	Lewis, Ace	46	Marion Masters Swimming	29
2	Brodie, Mathew	47	Phoenix Masters Swimming Club	29
4	Medefindt, Craig	48	Tea Tree Gully Kingfishers Mas	19
5	Ducrou, James	48	Great Southern Masters	18

50-54 Male - Individual Scores

Place	Name	Age	Team	Points
1	Velliaris, Christopher	51	Western Districts Masters Swim	30
2	Cranley, Matthew	51	Noarlunga Masters	29
3	Howe, Simon	52	Phoenix Masters Swimming Club	28
3	Cranley, Andrew	53	Noarlunga Masters	28
5	Lockwood, Matthew	50	Adelaide Masters	26
6	Demmler, Toby	53	Marion Masters Swimming	10

55-59 Male - Individual Scores

Place	Name	Age	Team	Points
1	Goldie, Scott	56	Adelaide Masters	30
2	Herbert, Shaun	56	Atlantis Masters	29
2	Osborne, Stephen	57	Phoenix Masters Swimming Club	29
4	Rowell, Gavin	57	Marion Masters Swimming	17
5	Plouffe, James	58	Adelaide University Masters Sw	15

2026 MSSA LC State Cup - 12/04/2026**Individual Rankings****60-64 Male - Individual Scores**

Place	Name	Age	Team	Points
1	Short, Simon	61	Phoenix Masters Swimming Club	30
2	Coombs, Mark	62	Tea Tree Gully Kingfishers Mas	29
3	Bullock, Rowan	61	Noarlunga Masters	28
4	Collins, Norm	63	Phoenix Masters Swimming Club	27
5	Taylor, Dean	61	Phoenix Masters Swimming Club	26
6	Pearce, Roger	63	Marion Masters Swimming	25
7	Lake, David	64	Tea Tree Gully Kingfishers Mas	23

65-69 Male - Individual Scores

Place	Name	Age	Team	Points
1	Smedley, Mark	66	Adelaide Masters	30
2	Sawicki, Ricky	66	Phoenix Masters Swimming Club	20

70-74 Male - Individual Scores

Place	Name	Age	Team	Points
1	Simpson, Grant	70	Phoenix Masters Swimming Club	30
2	Young, Ian	74	Marion Masters Swimming	29

75-79 Male - Individual Scores

Place	Name	Age	Team	Points
1	Faulkner, Geoffrey	77	Noarlunga Masters	30
1	Gamlen, John	79	Tea Tree Gully Kingfishers Mas	30
3	Fuller, Geoff	75	Henley Beach Masters	29
4	Koudelka, Antonin	78	Atlantis Masters	28

80-84 Male - Individual Scores

Place	Name	Age	Team	Points
1	Dixon, David	80	Noarlunga Masters	30
1	Suskin, Allan	84	Atlantis Masters	30
3	Flowers, John	80	Tea Tree Gully Kingfishers Mas	29

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 1 Female 30-34 400 LC Metre Freestyle**National: 4:27.11 N 17/04/2013 CAROLINE SAXBY****State: 4:55.09 S 14/09/1991 MARIANNE KLIESCH**

Name	Age	Team	Finals Time	Points
1 Vidura, Kimberley	30	Adelaide University Masters Sw	5:40.41	10
r:+0.78 36.67	1:19.04 (42.37)	2:03.43 (44.39)	2:47.61 (44.18)	
3:32.41 (44.80)	4:16.67 (44.26)	4:59.44 (42.77)	5:40.41 (40.97)	

Event 1 Female 40-44 400 LC Metre Freestyle**National: 4:30.12 N 17/04/2013 KIRSTEN CAMERON****State: 4:51.46 S 23/04/2008 S. PALMER-WHITE**

1 Horn, Danielle	41	Tea Tree Gully Kingfishers Mas	7:09.86	10
r:+0.78 45.75	1:38.59 (52.84)	2:33.61 (55.02)	3:29.17 (55.56)	
4:25.07 (55.90)	5:21.39 (56.32)	6:18.29 (56.90)	7:09.86 (51.57)	

Event 1 Female 45-49 400 LC Metre Freestyle**National: 4:35.00 N 3/05/2018 KIRSTEN CAMERON****State: 4:55.60 S 16/04/2012 S. PALMER-WHITE**

1 Wadsworth, Cindy	46	Atlantis Masters	5:42.42	10
38.10	1:21.01 (42.91)	2:04.79 (43.78)	2:48.85 (44.06)	
3:32.80 (43.95)	4:17.90 (45.10)	5:01.69 (43.79)	5:42.42 (40.73)	
2 Smith, Sonia	49	Mount Barker Masters SA	6:32.22	9
r:+0.81 41.34	1:29.14 (47.80)	2:19.54 (50.40)		
4:00.92 ()	4:52.22 (51.30)	5:43.84 (51.62)	6:32.22 (48.38)	

Event 1 Female 50-54 400 LC Metre Freestyle**National: 4:50.37 N 22/03/2008 JENNY WHITELEY****State: 5:02.38 S 3/10/2015 S. PALMER-WHITE**

1 Wellington, Kim	50	Phoenix Masters Swimming Club	5:47.39	10
r:+0.64 37.19	1:19.62 (42.43)	2:03.03 (43.41)	2:47.48 (44.45)	
3:31.99 (44.51)	4:17.18 (45.19)	5:02.66 (45.48)	5:47.39 (44.73)	
2 Goldner, Caroline	51	Aquadome Otters	7:42.13	9
r:+0.99 51.51	1:50.29 (58.78)	2:47.99 (57.70)	3:47.54 (59.55)	
4:45.71 (58.17)	5:45.13 (59.42)	6:43.84 (58.71)	7:42.13 (58.29)	

Event 1 Female 55-59 400 LC Metre Freestyle**National: 5:02.52 N 4/11/2016 JENNY WHITELEY****State: 5:04.08 S 5/05/2019 S. PALMER-WHITE**

1 Maher, Joanne	56	Cairns Mudcrabs Masters Swimmi	7:31.54	10
48.05	1:42.19 (54.14)	2:39.90 (57.71)	3:37.94 (58.04)	
4:35.94 (58.00)	5:34.99 (59.05)	6:33.47 (58.48)	7:31.54 (58.07)	

Event 1 Female 60-64 400 LC Metre Freestyle**National: 4:54.77 N 5/05/2024 JEANETTE BRITS****State: 5:13.42 S 31/01/2021 JOANNE SUTCLIFFE**

1 Gallasch, Judith	62	Adelaide Masters	6:12.92	10
	1:28.49 ()		3:04.78 ()	
3:53.01 (48.23)	4:40.09 (47.08)	5:28.04 (47.95)	6:12.92 (44.88)	
2 Muir-Cochrane, Eimear	64	Phoenix Masters Swimming Club	7:09.26	9
r:+0.98 48.76	1:42.08 (53.32)	2:37.63 (55.55)	3:32.81 (55.18)	
4:27.94 (55.13)	5:23.06 (55.12)	6:17.78 (54.72)	7:09.26 (51.48)	

2026 MSSA LC State Cup - 12/04/2026**Results**

3	Haberfield, Helen	64	Tea Tree Gully Kingfishers Mas	7:33.31	8
	48.68	1:43.40 (54.72)	2:41.20 (57.80)	3:39.10 (57.90)	
	4:37.78 (58.68)	5:36.09 (58.31)	6:36.38 (1:00.29)	7:33.31 (56.93)	

Event 1 Female 65-69 400 LC Metre Freestyle**National: 5:23.46 N 11/04/2025 JOANNE SUTCLIFFE****State: 5:23.46 S 11/04/2025 JOANNE SUTCLIFFE**

1	O'Shea, Penelope	69	Aquadome Otters	9:49.28	10
		2:16.11 ()		4:45.83 ()	
		7:21.09 ()	9:49.28 (2:28.19)		

Event 1 Female 70-74 400 LC Metre Freestyle**National: 5:59.00 N 17/04/2013 JEN THOMASSON****State: 6:54.47 S 10/09/2023 EITHNE MAYTON**

1	Heffernan, Maryanne	70	Marion Masters Swimming	6:07.11 S	10
	r:+0.67 40.16	1:24.97 (44.81)	2:10.82 (45.85)	2:57.49 (46.67)	
	3:44.26 (46.77)	4:32.00 (47.74)	5:20.01 (48.01)	6:07.11 (47.10)	
2	Wareing, Deborah	70	Marion Masters Swimming	6:11.10	9
	40.92	1:27.46 (46.54)	2:14.84 (47.38)	3:02.47 (47.63)	
	3:49.92 (47.45)	4:38.18 (48.26)	5:25.80 (47.62)	6:11.10 (45.30)	
3	Bell, Janet	74	Aquadome Otters	7:48.58	8
	52.99	1:52.23 (59.24)	2:51.22 (58.99)	3:51.68 (1:00.46)	
	4:52.66 (1:00.98)	5:52.99 (1:00.33)	6:52.80 (59.81)	7:48.58 (55.78)	
4	Gill, Janice	73	Tea Tree Gully Kingfishers Mas	9:08.21	7
	59.91	2:11.87 (1:11.96)	3:24.92 (1:13.05)	4:37.69 (1:12.77)	
	5:49.48 (1:11.79)	6:57.87 (1:08.39)	8:05.15 (1:07.28)	9:08.21 (1:03.06)	

Event 1 Female 75-79 400 LC Metre Freestyle**National: 6:30.01 N 12/04/2019 JEN THOMASSON****State: 7:30.49 S 22/02/2026 EITHNE MAYTON**

1	Mayton, Eithne	75	Tea Tree Gully Kingfishers Mas	7:26.18 S	10
		1:43.44 ()		3:38.22 ()	
		5:33.37 ()	7:26.18 (1:52.81)		
2	Faulkner, Gillian	76	Noarlunga Masters	9:14.82	9
	1:00.50	2:08.49 (1:07.99)	3:19.45 (1:10.96)	4:30.80 (1:11.35)	
	5:42.23 (1:11.43)	6:53.29 (1:11.06)	8:05.25 (1:11.96)	9:14.82 (1:09.57)	

Event 1 Female 80-84 400 LC Metre Freestyle**National: 7:06.33 N 6/11/2025 JEN THOMASSON****State: 8:08.36 S 23/10/2022 JOY PAGE**

1	Mulqueen, Jennifer	80	Tea Tree Gully Kingfishers Mas	9:29.20	10
	r:+0.98 1:03.80	2:14.81 (1:11.01)	3:28.62 (1:13.81)	4:43.21 (1:14.59)	
	5:56.93 (1:13.72)	7:10.53 (1:13.60)	8:23.00 (1:12.47)	9:29.20 (1:06.20)	

Event 1 Male 25-29 400 LC Metre Freestyle**National: 4:14.14 N 25/02/2020 DARIUS SCHULTZ****State: 4:33.46 S 13/03/1985 ROBERT MACKAY**

1	Yip, James	28	Adelaide Masters	4:52.80	10
	r:+0.62	1:07.74 ()		2:21.81 ()	
		3:38.86 ()	4:52.80 (1:13.94)		

2026 MSSA LC State Cup - 12/04/2026**Results****Event 1 Male 30-34 400 LC Metre Freestyle****National: 3:58.42 N 2/05/2009 DANIEL KOWALSKI****State: 4:31.99 S 27/02/1983 GREG BUSH**

1	McHugh, Liam	31	Adelaide University Masters Sw	4:28.01 S	10
	30.90	1:04.30 (33.40)	1:38.40 (34.10)	2:12.02 (33.62)	
	2:46.26 (34.24)	3:20.42 (34.16)	3:55.26 (34.84)	4:28.01 (32.75)	

Event 1 Male 35-39 400 LC Metre Freestyle**National: 4:12.48 N 12/10/2009 CHRIS FYDLER****State: 4:35.08 S 23/04/2008 HENRY GOODEN**

1	Simister, Cameron	36	Adelaide Masters	4:52.45	10
	r:+0.64 32.91	1:09.54 (36.63)	1:46.57 (37.03)	2:24.70 (38.13)	
	3:01.43 (36.73)	3:38.53 (37.10)	4:15.61 (37.08)	4:52.45 (36.84)	
2	Everton, Ashley	36	Adelaide Masters	6:57.89	9
	r:+0.95 45.62	1:37.19 (51.57)	2:31.21 (54.02)	3:25.98 (54.77)	
	4:21.41 (55.43)	5:15.30 (53.89)	6:11.03 (55.73)	6:57.89 (46.86)	

Event 1 Male 45-49 400 LC Metre Freestyle**National: 4:17.21 N 26/04/2014 MARK THOMPSON****State: 4:38.69 S 2/03/2008 MARK SMEDLEY**

1	Coulter, Garth	47	Tea Tree Gully Kingfishers Mas	5:06.38	10
	33.55	1:11.18 (37.63)	1:49.80 (38.62)	2:28.93 (39.13)	
	3:08.21 (39.28)	3:47.78 (39.57)	4:27.50 (39.72)	5:06.38 (38.88)	
2	Lewis, Ace	46	Marion Masters Swimming	5:50.51	9
		1:19.39 ()		2:55.54 ()	
		4:33.17 ()	5:50.51 (1:17.34)		

Event 1 Male 50-54 400 LC Metre Freestyle**National: 4:23.63 N 25/02/2020 MARK THOMPSON****State: 4:45.93 S 12/10/2009 GRANT L SIMPSON**

1	Velliaris, Christopher	51	Western Districts Masters Swim	5:15.05	10
	r:+0.87 33.66	1:11.88 (38.22)	1:50.89 (39.01)	2:31.70 (40.81)	
	3:12.45 (40.75)	3:53.86 (41.41)	4:35.50 (41.64)	5:15.05 (39.55)	
2	Cranley, Matthew	51	Noarlunga Masters	6:08.16	9
	42.32	1:27.57 (45.25)	2:14.59 (47.02)	3:01.62 (47.03)	
	3:48.57 (46.95)	4:35.89 (47.32)	5:22.66 (46.77)	6:08.16 (45.50)	
3	Lockwood, Matthew	50	Adelaide Masters	7:24.14	8
	48.28	1:43.58 (55.30)	2:41.07 (57.49)	3:39.78 (58.71)	
	4:35.04 (55.26)	5:34.58 (59.54)	6:31.82 (57.24)	7:24.14 (52.32)	

Event 1 Male 55-59 400 LC Metre Freestyle**National: 4:35.12 N 31/05/2025 MARK THOMPSON****State: 4:50.13 S 16/04/2012 GRANT SIMPSON**

1	Goldie, Scott	56	Adelaide Masters	5:16.33	10
	r:+0.94 35.47	1:14.66 (39.19)	1:54.53 (39.87)	2:34.85 (40.32)	
	3:15.47 (40.62)	3:56.36 (40.89)	4:37.46 (41.10)	5:16.33 (38.87)	

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 1 Male 70-74 400 LC Metre Freestyle

National: 5:19.54 N 11/04/2025 ROBERT BUTCHER

State: 5:24.81 S 2/04/2023 IAN YOUNG

1	Young, Ian	74	Marion Masters Swimming	5:42.84	10
			1:21.63 ()	2:49.86 ()	
			4:17.43 ()	5:42.84 (1:25.41)	

Event 1 Male 75-79 400 LC Metre Freestyle

National: 5:51.36 N 20/08/2017 JOHN RICHARDS

State: 6:13.53 S 25/02/2024 STEPHEN CARTHEW

1	Faulkner, Geoffrey	77	Noarlunga Masters	8:49.34	10
			52.86 1:57.90 (1:05.04)	4:14.68 ()	
			5:24.62 (1:09.94)	6:33.72 (1:09.10)	
			7:44.07 (1:10.35)	8:49.34 (1:05.27)	

---	Carthew, Stephen	79	Marion Masters Swimming	NS	
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Event 1 Male 85-89 400 LC Metre Freestyle

National: 7:02.33 N 17/04/2013 ROD BAKER

State: 8:24.66 S 19/03/2019 TUBBY RAMSAY

---	Axton, Bryan	85	Noarlunga Masters	NS	
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Event 2 Female 40-44 200 LC Metre Butterfly

National: 2:25.75 N 24/04/2021 L. D. CARVALHO

State: 2:32.19 S 22/04/2008 S. PALMER-WHITE

1	Nazimi, Leila	43	Henley Beach Masters	2:41.97	10
			1:15.82 ()	2:41.97 (1:26.15)	

Event 2 Female 45-49 200 LC Metre Butterfly

National: 2:29.50 N 22/04/2023 L. D. CARVALHO

State: 2:32.59 S 17/01/2009 S. PALMER-WHITE

1	Appelkamp, Riki-Lee	45	Mount Barker Masters SA	3:55.51	10
			51.29 1:52.88 (1:01.59)	2:54.30 (1:01.42)	
				3:55.51 (1:01.21)	

Event 2 Female 60-64 200 LC Metre Butterfly

National: 2:49.76 N 7/04/2024 S. PALMER-WHITE

State: 2:49.76 S 7/04/2024 S. PALMER-WHITE

1	Palmer-White, Stephanie	62	Adelaide Masters	3:00.21	10
			41.19 1:26.82 (45.63)	2:14.19 (47.37)	
				3:00.21 (46.02)	

Event 3 Female 40-44 100 LC Metre Breaststroke

National: 1:09.24 N 14/08/2025 SALLY HUNTER

State: 1:28.01 S 29/03/2009 SUE LYONS

1	Ward, Alison	43	Noarlunga Masters	1:37.12	10
			r:+0.61 45.40	1:37.12 (51.72)	

2	Beames, Melissa	42	Atlantis Masters	1:59.91	9
			56.22	1:59.91 (1:03.69)	

2026 MSSA LC State Cup - 12/04/2026**Results****Event 3 Female 50-54 100 LC Metre Breaststroke****National: 1:19.23 N 11/10/2009 JENNY WHITELEY****State: 1:30.14 S 9/04/2017 ILZE OSTROVSKA**

1	McGiffert, Natalie	54	Phoenix Masters Swimming Club	1:42.36	10
	47.73	1:42.36	(54.63)		

Event 3 Female 55-59 100 LC Metre Breaststroke**National: 1:23.16 N 17/04/2013 JENNY WHITELEY****State: 1:35.62 S 21/04/2016 JOANNE SUTCLIFFE**

1	Taylor, Julie	59	Phoenix Masters Swimming Club	1:40.10	10
	r:+0.63 46.99	1:40.10	(53.11)		

---	Boyd, Julie	55	Aquadome Otters	NS	
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Event 3 Female 60-64 100 LC Metre Breaststroke**National: 1:23.37 N 17/03/2018 JENNY WHITELEY****State: 1:35.29 S 8/04/2018 M. HEFFERNAN**

1	Beames, Leanne	64	Atlantis Masters	2:37.03	10
	1:08.90	2:37.03	(1:28.13)		

Event 3 Female 70-74 100 LC Metre Breaststroke**National: 1:39.11 N 25/02/2020 JANETTE JEFFREY****State: 1:47.57 S 15/03/2026 M. HEFFERNAN**

1	Wareing, Deborah	70	Marion Masters Swimming	1:46.78 S	10
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Event 3 Male 18-24 100 LC Metre Breaststroke**National: 1:08.05 N 17/08/2021 CHUN YIK TAM****State: 1:08.05 S 17/08/2021 CHUN YIK TAM**

1	Chow, Alvin Keng Yin	22	Adelaide University Masters Sw	1:13.21	10
	r:+0.65 33.96	1:13.21	(39.25)		

2	ma, Cheuk hei	19	Adelaide University Masters Sw	1:20.49	9
	r:+0.64 37.51	1:20.49	(42.98)		

Event 3 Male 35-39 100 LC Metre Breaststroke**National: 1:07.83 N 14/08/2025 BRENDAN CUTTS****State: 1:18.14 S 8/04/2018 ACE LEWIS**

1	Smith, Elliott	37	Adelaide Masters	1:26.46	10
	r:+0.82 40.47	1:26.46	(45.99)		

Event 3 Male 40-44 100 LC Metre Breaststroke**National: 1:08.17 N 11/10/2009 MATTHEW WRIGHT****State: 1:14.21 S 13/10/2002 MARK SMEDLEY**

1	Tishel, Idan	40	Adelaide Masters	1:24.22	10
	39.93	1:24.22	(44.29)		

2	Kim, Eoin	41	Tea Tree Gully Kingfishers Mas	1:30.81	9
	42.95	1:30.81	(47.86)		

2026 MSSA LC State Cup - 12/04/2026**Results****Event 3 Male 60-64 100 LC Metre Breaststroke****National: 1:15.50 N 14/04/2012 STUART ELLICOTT****State: 1:20.27 S 20/05/2021 MARK SMEDLEY**

1	Coombs, Mark	62	Tea Tree Gully Kingfishers Mas	1:46.18	10
	r:+0.87	50.56	1:46.18 (55.62)		

Event 3 Male 65-69 100 LC Metre Breaststroke**National: 1:18.11 N 14/08/2017 STUART ELLICOTT****State: 1:27.07 S 24/08/2025 MARK SMEDLEY**

1	Smedley, Mark	66	Adelaide Masters	1:24.96 S	10
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Event 3 Male 75-79 100 LC Metre Breaststroke**National: 1:29.35 N 8/12/2012 TONY GOODWIN****State: 1:46.42 S 6/04/2006 JONATHAN DAVIES**

1	Fuller, Geoff	75	Henley Beach Masters	2:16.13	10
			1:05.08	2:16.13 (1:11.05)	

Event 3 Male 80-84 100 LC Metre Breaststroke**National: 1:34.63 N 13/08/2019 TONY GOODWIN****State: 1:54.85 S 30/04/2011 JONATHON DAVIES**

1	Dixon, David	80	Noarlunga Masters	2:17.02	10
			1:02.87	2:17.02 (1:14.15)	

Event 4 Female 30-34 50 LC Metre Backstroke**National: 32.01 N 10/04/2025 KAT ASTEROVA****State: 33.90 S 5/05/2019 CHARLENE SMITH**

1	Vidura, Kimberley	30	Adelaide University Masters Sw	36.80	10
	r:+0.70				

Event 4 Female 35-39 50 LC Metre Backstroke**National: 32.78 N 28/04/2019 CAROLINE SAXBY****State: 34.52 S 10/10/2021 CHARLENE SMITH**

1	Trebilcock, Bronwyn	35	Aquadome Otters	50.06	10
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Event 4 Female 40-44 50 LC Metre Backstroke**National: 32.15 N 21/04/2008 HELEN WHITFORD****State: 32.95 S 22/02/2026 KARINA DEEGAN**

1	Deegan, Karina	41	Atlantis Masters	31.41 N	10
	r:+0.70				

Event 4 Female 55-59 50 LC Metre Backstroke**National: 33.70 N 24/04/2021 JENNIE BUCKNELL****State: 35.88 S 9/04/2017 JOANNE SUTCLIFFE**

1	Beaver, Sharon	59	Phoenix Masters Swimming Club	40.11	10
	r:+0.66				

2	Maher, Joanne	56	Cairns Mudcrabs Masters Swimmi	54.39	9
	r:+0.80				

3	Vas, Angela	59	Tea Tree Gully Kingfishers Mas	55.07	8
	r:+0.80				

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 4 Female 60-64 50 LC Metre Backstroke

National: 35.63 N 21/04/2016 LEIGH RODGERS

State: 36.62 S 10/10/2021 JOANNE SUTCLIFFE

1	Haberfield, Helen r:+0.67	64	Tea Tree Gully Kingfishers Mas	53.30	10
2	Bigioli, Danila r:+0.42	61	Phoenix Masters Swimming Club	57.46	9

Event 4 Female 65-69 50 LC Metre Backstroke

National: 36.78 N 11/04/2025 JOANNE SUTCLIFFE

State: 36.78 S 11/04/2025 JOANNE SUTCLIFFE

1	Sutcliffe, Joanne r:+0.56	66	Phoenix Masters Swimming Club	36.75 N	10
2	Ruler, Amanda r:+0.96	67	Adelaide Masters	1:12.16	9

Event 4 Female 70-74 50 LC Metre Backstroke

National: 38.61 N 11/04/2025 LEIGH RODGERS

State: 44.81 S 22/02/2026 DEBORAH WAREING

1	Gill, Janice r:+0.77	73	Tea Tree Gully Kingfishers Mas	1:04.42	10
2	Bickers, Helen r:+0.83	72	Noarlunga Masters	1:12.24	9

Event 4 Female 75-79 50 LC Metre Backstroke

National: 40.27 N 28/04/2019 CLARY MUNNS

State: 52.90 S 14/05/2017 JOY PAGE

1	Faulkner, Gillian r:+0.81	76	Noarlunga Masters	1:13.35	10
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Event 4 Female 85-89 50 LC Metre Backstroke

National: 49.04 N 6/05/2023 HELEN BIRD

State: 1:08.62 S 22/04/2023 BARBARA PEARCE

1	Pearce, Barbara r:+0.30	89	Marion Masters Swimming	1:24.29	10
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Event 4 Male 30-34 50 LC Metre Backstroke

National: 26.52 N 21/04/2016 D. BLACKBORROW

State: 30.36 S 23/04/2008 JOHN BARANOFF

1	Molinaro, Carlo r:+0.66	32	Atlantis Masters	37.18	10
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Event 4 Male 50-54 50 LC Metre Backstroke

National: 30.89 N 25/02/2018 MARTIN BANKS

State: 32.47 S 6/05/2024 MARK PREISS

1	Cranley, Andrew	53	Noarlunga Masters	47.91	10
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**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 4 Male 60-64 50 LC Metre Backstroke**National: 32.40 N 26/02/2024 JON HAWTON****State: 33.19 S 2/08/2015 PHILIPP DJANG**

1	Short, Simon r:+0.76	61 Phoenix Masters Swimming Club	37.98	10
2	Collins, Norm r:+0.68	63 Phoenix Masters Swimming Club	39.16	9
3	Taylor, Dean r:+0.72	61 Phoenix Masters Swimming Club	42.99	8
4	Lake, David	64 Tea Tree Gully Kingfishers Mas	1:20.22	7

Event 4 Male 75-79 50 LC Metre Backstroke**National: 38.46 N 14/08/2025 ROSS HOLDEN****State: 45.49 S 23/09/2023 STEPHEN CARTHEW**

1	Gamlen, John r:+0.85	79 Tea Tree Gully Kingfishers Mas	51.24	10
---	Groom, Jim	75 Talays Masters Swimming Club I	NS	

Event 4 Male 80-84 50 LC Metre Backstroke**National: 44.43 N 9/09/2023 GEORGE GREEN****State: 49.39 S 14/08/2022 ALLAN SUSKIN**

1	Suskin, Allan r:+0.79	84 Atlantis Masters	53.75	10
2	Flowers, John r:+0.83	80 Tea Tree Gully Kingfishers Mas	55.14	9

Event 5 Female 30-34 50 LC Metre Freestyle**National: 26.99 N 11/11/2018 NADINE LOOF****State: 27.06 S 31/07/2016 SALLY HUNTER**

1	Kilner, Kelly r:+0.84	33 Phoenix Masters Swimming Club	38.25	10
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Event 5 Female 40-44 50 LC Metre Freestyle**National: 26.66 N 11/08/2025 SALLY HUNTER****State: 28.84 S 24/08/2025 LEILA NAZIMI**

1	Deegan, Karina r:+0.65	41 Atlantis Masters	28.53 S	10
2	Ward, Alison r:+0.56	43 Noarlunga Masters	33.08	9
3	Horn, Danielle r:+0.92	41 Tea Tree Gully Kingfishers Mas	40.04	8

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 5 Female 45-49 50 LC Metre Freestyle

National: 27.26 N 30/04/2011 JENNIE BUCKNELL

State: 29.88 S 10/10/2021 NICOL WRIGHT

1	Tsoutouras, Emily r:+0.83	46	Adelaide Masters	33.74	10
2	Appelkamp, Riki-Lee r:+0.77	45	Mount Barker Masters SA	36.25	9

Event 5 Female 50-54 50 LC Metre Freestyle

National: 27.88 N 9/08/2023 SUSIE O'NEILL

State: 29.94 S 17/08/2021 JOSEPHINE VARNEY

1	Wellington, Kim r:+0.65	50	Phoenix Masters Swimming Club	31.99	10
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Event 5 Female 55-59 50 LC Metre Freestyle

National: 27.94 N 21/04/2023 JENNIE BUCKNELL

State: 30.84 S 4/10/2015 JUDY THOMAS

1	Vas, Angela r:+0.87	59	Tea Tree Gully Kingfishers Mas	44.33	10
---	Boyd, Julie	55	Aquadome Otters	NS	

Event 5 Female 60-64 50 LC Metre Freestyle

National: 28.90 N 17/03/2018 JENNY WHITELEY

State: 31.83 S 19/03/2019 JUDY THOMAS

1	Gallasch, Judith r:+0.95	62	Adelaide Masters	37.21	10
2	Bigioli, Danila	61	Phoenix Masters Swimming Club	48.30	9
3	Beames, Leanne	64	Atlantis Masters	1:03.34	8

Event 5 Female 70-74 50 LC Metre Freestyle

National: 32.59 N 10/04/2025 LEIGH RODGERS

State: 36.81 S 22/02/2026 M. HEFFERNAN

1	Heffernan, Maryanne r:+0.71	70	Marion Masters Swimming	37.50	10
2	Bell, Janet r:+0.99	74	Aquadome Otters	50.28	9
3	Bickers, Helen	72	Noarlunga Masters	57.57	8

Event 5 Female 75-79 50 LC Metre Freestyle

National: 33.61 N 12/04/2025 JANETTE JEFFREY

State: 40.19 S 15/10/2018 JOY PAGE

1	Hill, Jeanette	78	Tea Tree Gully Kingfishers Mas	57.57	10
---	O'Brien-Price, Patricia	77	Maryborough Masters Swimming C	NS	

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 5 Male 18-24 50 LC Metre Freestyle**National: 23.26 N 7/04/2016 EWAN BENNETT****State: 24.34 S 2/04/2023 ETHAN CROOK**

1	Nip, Hugo r:+0.63	22 Adelaide University Masters Sw	25.33	10
2	Chen, Kainan r:+0.64	22 Adelaide University Masters Sw	25.75	9
3	ma, Cheuk hei r:+0.66	19 Adelaide University Masters Sw	27.47	8

Event 5 Male 30-34 50 LC Metre Freestyle**National: 23.95 N 12/11/2022 ANDREW COWAN****State: 25.31 S 29/03/2009 LUKE A WALLACE**

1	Truong, Andrew r:+0.76	30 Adelaide University Masters Sw	29.87	10
2	Molinaro, Carlo r:+0.70	32 Atlantis Masters	30.99	9
3	Gravier, Charles r:+0.98	34 Adelaide Masters	38.60	8

Event 5 Male 35-39 50 LC Metre Freestyle**National: 23.70 N 6/11/2024 ANDREW COWAN****State: 26.05 S 3/03/1995 DAVID MARTIN**

1	Simister, Cameron r:+0.64	36 Adelaide Masters	26.86	10
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Event 5 Male 40-44 50 LC Metre Freestyle**National: 24.10 N 30/03/2023 STEPHEN BERTING****State: 25.42 S 14/05/2017 ANDREW STEPHENSON**

1	Smith, Matthew r:+0.64	42 Phoenix Masters Swimming Club	27.39	10
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Event 5 Male 45-49 50 LC Metre Freestyle**National: 24.56 N 21/02/2026 STEPHEN BERTING****State: 26.09 S 19/07/2021 ANDREW STEPHENSON**

1	Brodie, Mathew r:+0.74	47 Phoenix Masters Swimming Club	29.05	10
2	Medefindt, Craig r:+0.76	48 Tea Tree Gully Kingfishers Mas	29.45	9
3	Ducrou, James r:+0.93	48 Great Southern Masters	29.67	8

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 5 Male 50-54 50 LC Metre Freestyle**National: 24.63 N 14/08/2025 MATT KEYS****State: 26.86 S 19/03/2019 STEPHEN OSBORNE**

1	Demmler, Toby r:+0.98	53	Marion Masters Swimming	31.72	10
2	Howe, Simon r:+0.69	52	Phoenix Masters Swimming Club	38.00	9
3	Lockwood, Matthew	50	Adelaide Masters	40.60	8

Event 5 Male 55-59 50 LC Metre Freestyle**National: 25.63 N 8/09/2024 JOHN MCKAIG****State: 27.57 S 16/06/2024 STEPHEN OSBORNE**

1	Herbert, Shaun r:+0.85	56	Atlantis Masters	27.87	10
2	Osborne, Stephen r:+0.75	57	Phoenix Masters Swimming Club	28.01	9
3	Rowell, Gavin r:+0.76	57	Marion Masters Swimming	29.84	8
4	Plouffe, James r:+0.76	58	Adelaide University Masters Sw	33.46	7

Event 5 Male 60-64 50 LC Metre Freestyle**National: 26.32 N 30/03/2025 GUY FARROW****State: 27.87 S 20/04/2008 GRAHAM CROFT**

1	Short, Simon r:+0.85	61	Phoenix Masters Swimming Club	31.04	10
2	Bullock, Rowan r:+0.69	61	Noarlunga Masters	33.95	9
3	Collins, Norm r:+0.91	63	Phoenix Masters Swimming Club	35.12	8
4	Lake, David	64	Tea Tree Gully Kingfishers Mas	46.98	7
5	Pearce, Roger	63	Marion Masters Swimming	47.74	6

Event 5 Male 70-74 50 LC Metre Freestyle**National: 29.36 N 22/04/2016 ALAN BROWN****State: 31.40 S 15/03/2026 GRANT SIMPSON**

1	Simpson, Grant r:+0.76	70	Phoenix Masters Swimming Club	31.30 S	10
2	Young, Ian r:+0.88	74	Marion Masters Swimming	34.38	9

2026 MSSA LC State Cup - 12/04/2026**Results****Event 5 Male 75-79 50 LC Metre Freestyle****National:** 30.67 N 30/03/2023 ROBERT PATTERSON**State:** 33.59 S 17/08/2021 RON HARDIE

1	Gamlen, John	79	Tea Tree Gully Kingfishers Mas	40.63	10
2	Koudelka, Antonin r:+0.97	78	Atlantis Masters	51.78	9
---	Groom, Jim	75	Talays Masters Swimming Club I	NS	
---	Carthew, Stephen	79	Marion Masters Swimming	NS	

Event 5 Male 80-84 50 LC Metre Freestyle**National:** 33.29 N 30/03/2023 DAVID BOYLSON**State:** 40.23 S 16/06/2024 ALLAN SUSKIN

1	Suskin, Allan r:+0.77	84	Atlantis Masters	46.78	10
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Event 5 Male 85-89 50 LC Metre Freestyle**National:** 36.62 N 17/04/2013 ROD BAKER**State:** 46.36 S 2/06/2019 TUBBY RAMSAY

---	Axton, Bryan	85	Noarlunga Masters	NS	
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Event 6 Female 50-54 100 LC Metre Butterfly**National:** 1:10.52 N 8/03/2017 HELEN WHITFORD**State:** 1:13.22 S 31/07/2016 S. PALMER-WHITE

1	Alvino-Felquer, Lidia 43.42 1:40.18 (56.76)	53	Adelaide Masters	1:40.18	10
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Event 6 Female 60-64 100 LC Metre Butterfly**National:** 1:14.31 N 24/04/2016 LEIGH RODGERS**State:** 1:19.37 S 7/04/2024 S. PALMER-WHITE

1	Palmer-White, Stephanie 40.67 1:23.69 (43.02)	62	Adelaide Masters	1:23.69	10
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Event 6 Male 40-44 100 LC Metre Butterfly**National:** 1:00.08 N 15/10/2009 ALLAN BOWMAN**State:** 1:01.54 S 15/10/2009 STEPHEN M OSBORNE

1	Tishel, Idan 33.39 1:10.85 (37.46)	40	Adelaide Masters	1:10.85	10
2	Kim, Eoin r:+0.96 41.12 1:28.35 (47.23)	41	Tea Tree Gully Kingfishers Mas	1:28.35	9

Event 6 Male 50-54 100 LC Metre Butterfly**National:** 1:01.00 N 22/04/2023 JOHN MCKAIG**State:** 1:06.98 S 15/10/2009 GRANT L SIMPSON

1	Velliaris, Christopher 32.84 1:10.70 (37.86)	51	Western Districts Masters Swim	1:10.70	10
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**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 6 Male 65-69 100 LC Metre Butterfly**National: 1:09.66 N 22/04/2023 PAUL BLACKBEARD****State: 1:13.71 S 17/08/2021 GRANT SIMPSON**

--- Sawicki, Ricky 66 Phoenix Masters Swimming Club DQ 1:25.97
 Non-simultaneous arms
 r:+0.88 37.16 DQ 1:25.97 (48.81)

Event 7 Female 50-54 200 LC Metre Breaststroke**National: 2:55.15 N 22/04/2008 JENNY WHITELEY****State: 3:11.48 S 9/04/2017 ILZE OSTROVSKA**

1 McGiffert, Natalie 54 Phoenix Masters Swimming Club 3:39.58 10
 r:+0.71 51.09 1:47.60 (56.51) 2:44.18 (56.58) 3:39.58 (55.40)

Event 7 Female 55-59 200 LC Metre Breaststroke**National: 3:02.67 N 17/04/2013 JENNY WHITELEY****State: 3:25.23 S 15/06/2014 M. HEFFERNAN**

1 Taylor, Julie 59 Phoenix Masters Swimming Club 3:40.89 10
 r:+0.76 51.84 1:48.59 (56.75) 3:40.89 (1:52.30)

Event 7 Male 25-29 200 LC Metre Breaststroke**National: 2:20.25 N 7/10/2002 SIMON LEIGHFIELD****State: 2:36.55 S 14/10/1988 MARK SMEDLEY**

1 Yip, James 28 Adelaide Masters 2:49.21 10
 r:+0.59 38.39 1:22.04 (43.65) 2:06.25 (44.21) 2:49.21 (42.96)

Event 7 Male 45-49 200 LC Metre Breaststroke**National: 2:31.39 N 24/09/2022 CALEB LANGELAAN****State: 2:43.76 S 6/04/2006 MARK SMEDLEY**

1 Lewis, Ace 46 Marion Masters Swimming 2:59.52 10
 39.75 1:26.15 (46.40) 2:13.36 (47.21) 2:59.52 (46.16)

Event 7 Male 50-54 200 LC Metre Breaststroke**National: 2:37.97 N 13/04/2024 AARON CLELAND****State: 2:46.34 S 16/04/2012 MARK SMEDLEY**

1 Cranley, Matthew 51 Noarlunga Masters 3:39.93 10
 47.75 1:44.23 (56.48) 2:43.23 (59.00) 3:39.93 (56.70)

Event 7 Male 60-64 200 LC Metre Breaststroke**National: 2:51.46 N 9/04/2025 CRAIG MAGNUSSON****State: 3:00.97 S 20/05/2021 MARK SMEDLEY**

1 Coombs, Mark 62 Tea Tree Gully Kingfishers Mas 3:49.88 10
 51.58 1:49.69 (58.11) 2:50.59 (1:00.90) 3:49.88 (59.29)

Event 7 Male 75-79 200 LC Metre Breaststroke**National: 3:17.54 N 21/01/2012 TONY GOODWIN****State: 4:01.40 S 4/05/2007 JONATHAN DAVIES**

1 Fuller, Geoff 75 Henley Beach Masters 4:41.79 10
 1:06.17 2:18.58 (1:12.41) 3:30.70 (1:12.12) 4:41.79 (1:11.09)

2026 MSSA LC State Cup - 12/04/2026**Results****Event 7 Male 80-84 200 LC Metre Breaststroke****National: 3:28.43 N 8/03/2017 TONY GOODWIN****State: 4:22.77 S 30/04/2011 JONATHON DAVIES**

1	Dixon, David	80	Noarlunga Masters	5:10.58	10
	r:+0.99	1:05.32	2:25.56 (1:20.24)	3:51.91 (1:26.35)	5:10.58 (1:18.67)

Event 8 Female 35-39 200 LC Metre IM**National: 2:32.98 N 19/03/2019 CAROLINE SAXBY****State: 2:43.29 S 17/04/2012 SARAH GOODWIN**

1	Trebilcock, Bronwyn	35	Aquadome Otters	4:06.37	10
		55.79	1:57.14 (1:01.35)	3:11.35 (1:14.21)	4:06.37 (55.02)

Event 8 Female 40-44 200 LC Metre IM**National: 2:32.01 N 20/04/2008 HELEN WHITFORD****State: 2:40.68 S 2/03/2008 SHARON A BEAVER**

1	Nazimi, Leila	43	Henley Beach Masters	2:47.36	10
		34.64	1:20.55 (45.91)	2:10.79 (50.24)	2:47.36 (36.57)

Event 8 Female 45-49 200 LC Metre IM**National: 2:35.63 N 14/08/2025 ELIZABETH MERENDA****State: 2:45.84 S 19/04/2013 SHARON BEAVER**

1	Smith, Sonia	49	Mount Barker Masters SA	3:32.36	10
		46.00	1:41.34 (55.34)	2:45.73 (1:04.39)	3:32.36 (46.63)

Event 8 Female 65-69 200 LC Metre IM**National: 2:54.17 N 6/11/2024 JENNY WHITELEY****State: 3:01.31 S 12/04/2025 JOANNE SUTCLIFFE**

1	O'Shea, Penelope	69	Aquadome Otters	4:54.43	10
		1:10.42	2:37.72 (1:27.30)	3:50.19 (1:12.47)	4:54.43 (1:04.24)

Event 8 Male 30-34 200 LC Metre IM**National: 2:10.80 N 14/08/2025 LUKE BIBBY****State: 2:21.13 S 8/08/2023 YUTA KASUGA**

---	Truong, Andrew	30	Adelaide University Masters Sw	NS	
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Event 8 Male 40-44 200 LC Metre IM**National: 2:16.53 N 13/08/2015 MARCELLO TONELLI****State: 2:26.45 S 13/10/2002 MARK SMEDLEY**

1	Tishel, Idan	40	Adelaide Masters	2:55.90	10
		34.71	1:21.92 (47.21)	2:14.17 (52.25)	2:55.90 (41.73)

Event 8 Male 45-49 200 LC Metre IM**National: 2:17.04 N 13/06/2012 PAUL LEMMON****State: 2:23.23 S 11/10/2009 MARK SMEDLEY**

1	Brodie, Mathew	47	Phoenix Masters Swimming Club	3:16.59	10
	r:+0.82	36.77	1:27.60 (50.83)	2:30.25 (1:02.65)	3:16.59 (46.34)

2026 MSSA LC State Cup - 12/04/2026**Results****Event 8 Male 50-54 200 LC Metre IM****National: 2:23.25 N 13/04/2024 AARON CLELAND****State: 2:26.62 S 3/08/2010 MARK SMEDLEY**

1	Lockwood, Matthew	50	Adelaide Masters	3:56.44	10
	r:+0.74 53.38 2:05.88 (1:12.50) 3:05.66 (59.78)			3:56.44 (50.78)	
2	Cranley, Andrew	53	Noarlunga Masters	4:01.14	9
	r:+0.74 1:00.35 1:59.52 (59.17) 3:06.02 (1:06.50)			4:01.14 (55.12)	

Event 8 Male 55-59 200 LC Metre IM**National: 2:28.66 N 1/04/2023 PAUL LEMMON****State: 2:29.89 S 24/04/2016 MARK SMEDLEY**

1	Goldie, Scott	56	Adelaide Masters	2:58.84	10
	r:+0.90 37.26 1:24.57 (47.31) 2:21.74 (57.17)			2:58.84 (37.10)	

Event 8 Male 65-69 200 LC Metre IM**National: 2:40.29 N 22/04/2023 PAUL BLACKBEARD****State: 2:53.94 S 19/07/2021 GRANT SIMPSON**

1	Smedley, Mark	66	Adelaide Masters	2:59.91	10
	41.67 1:30.25 (48.58) 2:19.52 (49.27)			2:59.91 (40.39)	

Event 9 Female 30-34 200 LC Metre Backstroke**National: 2:27.39 N 22/04/2016 CAROLINE SAXBY****State: 2:39.58 S 25/03/1994 JOANNE SUTCLIFFE**

1	Vidura, Kimberley	30	Adelaide University Masters Sw	2:55.84	10
	r:+0.73 40.81 1:26.14 (45.33) 2:12.84 (46.70)			2:55.84 (43.00)	

Event 9 Female 55-59 200 LC Metre Backstroke**National: 2:46.24 N 27/04/2017 JOANNE SUTCLIFFE****State: 2:46.24 S 27/04/2017 JOANNE SUTCLIFFE**

1	Beaver, Sharon	59	Phoenix Masters Swimming Club	3:00.36	10
	42.91 1:29.10 (46.19) 2:15.71 (46.61)			3:00.36 (44.65)	

Event 9 Female 60-64 200 LC Metre Backstroke**National: 2:50.77 N 19/07/2021 JOANNE SUTCLIFFE****State: 2:50.77 S 19/07/2021 JOANNE SUTCLIFFE**

1	Muir-Cochrane, Eimear	64	Phoenix Masters Swimming Club	3:58.49	10
	58.12 2:00.86 (1:02.74) 3:01.83 (1:00.97)			3:58.49 (56.66)	

Event 9 Female 65-69 200 LC Metre Backstroke**National: 2:53.55 N 10/04/2025 JOANNE SUTCLIFFE****State: 2:53.55 S 10/04/2025 JOANNE SUTCLIFFE**

1	Sutcliffe, Joanne	66	Phoenix Masters Swimming Club	2:55.70	10
	r:+0.66 41.24 1:25.65 (44.41) 2:11.69 (46.04)			2:55.70 (44.01)	

2	Ruler, Amanda	67	Adelaide Masters	5:58.22	9
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Event 9 Female 85-89 200 LC Metre Backstroke**National: 3:59.79 N 22/10/2023 HELEN BIRD****State: 5:22.77 S 11/09/2022 DIANE ROSS**

1	Pearce, Barbara	89	Marion Masters Swimming	7:09.01	10
	r:+0.59 1:42.14 3:34.25 (1:52.11) 5:27.94 (1:53.69)			7:09.01 (1:41.07)	

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 9 Male 30-34 200 LC Metre Backstroke

National: 2:08.53 N 22/04/2016 D. BLACKBORROW

State: 2:25.49 S 18/04/2008 JOHN BARANOFF

1	McHugh, Liam	31	Adelaide University Masters Sw	2:30.82	10
	r:+0.69 36.62	1:14.47 (37.85)	1:53.31 (38.84)	2:30.82 (37.51)	

Event 9 Male 45-49 200 LC Metre Backstroke

National: 2:16.06 N 11/06/2012 PAUL LEMMON

State: 2:29.95 S 18/04/2008 JOHN MCVANN

1	Coulter, Garth	47	Tea Tree Gully Kingfishers Mas	2:54.25	10
	r:+0.62 41.21	1:25.28 (44.07)	2:10.55 (45.27)	2:54.25 (43.70)	

Event 9 Male 75-79 200 LC Metre Backstroke

National: 3:11.15 N 4/05/2024 STEPHEN LAMY

State: 3:45.02 S 23/09/2023 STEPHEN CARTHEW

1	Gamlen, John	79	Tea Tree Gully Kingfishers Mas	4:16.42	10
	1:03.28	2:06.86 (1:03.58)	3:13.60 (1:06.74)	4:16.42 (1:02.82)	
2	Fuller, Geoff	75	Henley Beach Masters	4:25.31	9
	1:05.54	2:12.75 (1:07.21)	3:20.88 (1:08.13)	4:25.31 (1:04.43)	

---	Groom, Jim	75	Talays Masters Swimming Club I	NS	
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Event 9 Male 80-84 200 LC Metre Backstroke

National: 3:35.43 N 9/09/2023 GEORGE GREEN

State: 4:08.49 S 15/04/2012 JONATHAN DAVIES

1	Flowers, John	80	Tea Tree Gully Kingfishers Mas	4:34.25	10
	r:+0.85 1:03.68	2:15.64 (1:11.96)	3:28.56 (1:12.92)	4:34.25 (1:05.69)	

Event 10 Female 30-34 100 LC Metre Freestyle

National: 58.69 N 15/11/2025 LINNEA MACK

State: 1:01.42 S 19/03/2019 SALLY HUNTER

1	Kilner, Kelly	33	Phoenix Masters Swimming Club	1:26.90	10
	40.30	1:26.90 (46.60)			

Event 10 Female 40-44 100 LC Metre Freestyle

National: 59.00 N 8/08/2025 SALLY HUNTER

State: 1:04.19 S 2/04/2023 LEILA NAZIMI

1	Nazimi, Leila	43	Henley Beach Masters	1:05.00	10
	r:+0.65 31.66	1:05.00 (33.34)			
2	Ward, Alison	43	Noarlunga Masters	1:16.48	9
	36.66	1:16.48 (39.82)			
3	Horn, Danielle	41	Tea Tree Gully Kingfishers Mas	1:32.43	8
	r:+0.92 43.98	1:32.43 (48.45)			
4	Beames, Melissa	42	Atlantis Masters	1:37.07	7
	44.42	1:37.07 (52.65)			

2026 MSSA LC State Cup - 12/04/2026**Results****Event 10 Female 45-49 100 LC Metre Freestyle****National: 1:00.78 N 30/04/2011 JENNIE BUCKNELL****State: 1:05.47 S 10/10/2021 NICOL WRIGHT**

1	Tsoutouras, Emily	46	Adelaide Masters	1:15.53	10
	35.50	1:15.53	(40.03)		

Event 10 Female 50-54 100 LC Metre Freestyle**National: 1:01.71 N 4/11/2016 JENNIE BUCKNELL****State: 1:07.11 S 14/07/2024 JOSEPHINE VARNEY**

1	Alvino-Felquer, Lidia	53	Adelaide Masters	1:20.69	10
	37.37	1:20.69	(43.32)		

2	Goldner, Caroline	51	Aquadome Otters	1:49.85	9
	52.73	1:49.85	(57.12)		

Event 10 Female 55-59 100 LC Metre Freestyle**National: 1:01.87 N 22/04/2023 JENNIE BUCKNELL****State: 1:08.95 S 19/03/2019 JOANNE SUTCLIFFE**

1	Vas, Angela	59	Tea Tree Gully Kingfishers Mas	1:42.36	10
	46.95	1:42.36	(55.41)		

Event 10 Female 60-64 100 LC Metre Freestyle**National: 1:04.33 N 11/11/2018 JENNY WHITELEY****State: 1:10.04 S 17/08/2021 JOANNE SUTCLIFFE**

1	Gallasch, Judith	62	Adelaide Masters	1:23.91	10
	r:+0.86 38.81	1:23.91	(45.10)		

2	Bigioli, Danila	61	Phoenix Masters Swimming Club	1:48.79	9
	52.61	1:48.79	(56.18)		

Event 10 Female 70-74 100 LC Metre Freestyle**National: 1:16.85 N 8/08/2025 PAULA GILES****State: 1:20.27 S 22/02/2026 M. HEFFERNAN**

1	Bell, Janet	74	Aquadome Otters	1:47.47	10
	51.98	1:47.47	(55.49)		

Event 10 Female 75-79 100 LC Metre Freestyle**National: 1:18.68 N 9/04/2025 JANETTE JEFFREY****State: 1:37.31 S 18/06/2017 JOY PAGE**

1	Mayton, Eithne	75	Tea Tree Gully Kingfishers Mas	1:42.70	10
	48.75	1:42.70	(53.95)		

2	Hill, Jeanette	78	Tea Tree Gully Kingfishers Mas	2:07.04	9
	58.87	2:07.04	(1:08.17)		

3	Faulkner, Gillian	76	Noarlunga Masters	2:07.49	8
	r:+0.94 57.88	2:07.49	(1:09.61)		

Event 10 Female 80-84 100 LC Metre Freestyle**National: 1:28.46 N 7/04/2024 HEATHER MORGAN****State: 1:41.73 S 11/09/2022 JOY PAGE**

1	Mulqueen, Jennifer	80	Tea Tree Gully Kingfishers Mas	1:54.34	10
	53.18	1:54.34	(1:01.16)		

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 10 Female 85-89 100 LC Metre Freestyle

National: 1:35.95 N 15/02/2020 DENISE ROBERTSON

State: 2:08.24 S 19/07/2021 DIANE ROSS

1	Pearce, Barbara	89	Marion Masters Swimming	3:05.13	10
	1:34.21	3:05.13	(1:30.92)		

Event 10 Male 18-24 100 LC Metre Freestyle

National: 50.61 N 25/03/2008 M. PATTERSON

State: 53.83 S 2/04/2023 ETHAN CROOK

1	Chow, Alvin Keng Yin	22	Adelaide University Masters Sw	56.43	10
	27.64	56.43	(28.79)		

2	Nip, Hugo	22	Adelaide University Masters Sw	57.91	9
	r:+0.51 26.72	57.91	(31.19)		

Event 10 Male 30-34 100 LC Metre Freestyle

National: 51.06 N 15/10/2009 ADAM PINE

State: 56.36 S 6/08/2023 YUTA KASUGA

1	Molinaro, Carlo	32	Atlantis Masters	1:07.18	10
	32.31	1:07.18	(34.87)		

2	Gravier, Charles	34	Adelaide Masters	1:32.87	9
	r:+0.94 40.21	1:32.87	(52.66)		

Event 10 Male 35-39 100 LC Metre Freestyle

National: 52.27 N 15/10/2009 TODD ROBINSON

State: 56.95 S 29/09/1994 DAVID MARTIN

1	Smith, Elliott	37	Adelaide Masters	1:09.72	10
	33.29	1:09.72	(36.43)		

Event 10 Male 40-44 100 LC Metre Freestyle

National: 52.55 N 17/03/2012 CHRIS FYDLER

State: 56.18 S 15/10/2009 STEPHEN M OSBORNE

1	Kim, Eoin	41	Tea Tree Gully Kingfishers Mas	1:14.81	10
	37.18	1:14.81	(37.63)		

Event 10 Male 45-49 100 LC Metre Freestyle

National: 54.08 N 12/03/2016 MARK THOMPSON

State: 58.59 S 10/10/2021 MARK PREISS

1	Medefindt, Craig	48	Tea Tree Gully Kingfishers Mas	1:09.50	10
	r:+0.75 32.52	1:09.50	(36.98)		

Event 10 Male 50-54 100 LC Metre Freestyle

National: 55.64 N 22/04/2023 MARK THOMPSON

State: 59.29 S 14/07/2024 MARK PREISS

1	Cranley, Matthew	51	Noarlunga Masters	1:11.11	10
	r:+0.85 34.12	1:11.11	(36.99)		

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 10 Male 55-59 100 LC Metre Freestyle**National: 55.76 N 7/04/2024 MARK THOMPSON****State: 1:00.71 S 5/10/2007 GRAHAM CROFT**

1	Herbert, Shaun	56	Atlantis Masters	1:01.81	10
	28.90		1:01.81 (32.91)		
2	Rowell, Gavin	57	Marion Masters Swimming	1:11.50	9
	r:+0.73 34.26		1:11.50 (37.24)		
3	Plouffe, James	58	Adelaide University Masters Sw	1:19.33	8
	r:+0.68 38.41		1:19.33 (40.92)		

Event 10 Male 60-64 100 LC Metre Freestyle**National: 58.58 N 14/08/2025 GUY FARROW****State: 1:01.02 S 18/04/2008 GRAHAM CROFT**

1	Pearce, Roger	63	Marion Masters Swimming	1:48.42	10
	50.90		1:48.42 (57.52)		
2	Lake, David	64	Tea Tree Gully Kingfishers Mas	1:53.01	9
	51.76		1:53.01 (1:01.25)		

Event 10 Male 65-69 100 LC Metre Freestyle**National: 1:02.49 N 21/04/2024 PAUL BLACKBEARD****State: 1:06.62 S 9/04/2017 IAN YOUNG**

1	Sawicki, Ricky	66	Phoenix Masters Swimming Club	1:11.09	10
	33.71		1:11.09 (37.38)		

Event 10 Male 75-79 100 LC Metre Freestyle**National: 1:09.57 N 4/05/2024 ROBERT PATTERSON****State: 1:14.37 S 30/01/2022 STEPHEN CARTHEW**

1	Faulkner, Geoffrey	77	Noarlunga Masters	1:52.17	10
	50.24		1:52.17 (1:01.93)		
2	Koudelka, Antonin	78	Atlantis Masters	1:57.97	9
	r:+0.86 55.29		1:57.97 (1:02.68)		

Event 10 Male 80-84 100 LC Metre Freestyle**National: 1:18.34 N 18/02/2023 DAVID BOYLSON****State: 1:38.04 S 27/02/2022 ALLAN SUSKIN**

1	Suskin, Allan	84	Atlantis Masters	1:45.89	10
	r:+0.89 49.88		1:45.89 (56.01)		

Event 10 Male 85-89 100 LC Metre Freestyle**National: 1:24.51 N 17/04/2013 ROD BAKER****State: 1:51.38 S 19/03/2019 TUBBY RAMSAY**

---	Axton, Bryan	85	Noarlunga Masters	NS	
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Event 11 Female 45-49 50 LC Metre Butterfly**National: 30.25 N 14/08/2019 KYLIE FLETCHER****State: 31.76 S 27/05/2018 JOSEPHINE VARNEY**

1	Appelkamp, Riki-Lee	45	Mount Barker Masters SA	42.32	10
	r:+0.84				

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 11 Female 50-54 50 LC Metre Butterfly

National: 29.08 N 7/08/2023 SUSIE O'NEILL

State: 32.13 S 17/08/2021 JOSEPHINE VARNEY

1	Wellington, Kim r:+0.71	50	Phoenix Masters Swimming Club	36.14	10
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Event 11 Female 55-59 50 LC Metre Butterfly

National: 31.84 N 3/05/2024 JENNIE BUCKNELL

State: 32.70 S 18/05/2014 JUDY THOMAS

1	Maher, Joanne r:+0.95	56	Cairns Mudcrabs Masters Swimmi	58.02	10
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Event 11 Female 70-74 50 LC Metre Butterfly

National: 34.37 N 10/04/2025 LEIGH RODGERS

State: 50.15 S 1/06/2025 JEANNETTE WILTON

1	Wareing, Deborah r:+0.89	70	Marion Masters Swimming	46.81 S	10
2	Bickers, Helen	72	Noarlunga Masters	1:04.19	9

Event 11 Male 18-24 50 LC Metre Butterfly

National: 24.09 N 22/03/2008 M. PATTERSON

State: 25.39 S 2/04/2023 ETHAN CROOK

1	Nip, Hugo r:+0.61	22	Adelaide University Masters Sw	41.53	10
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Event 11 Male 30-34 50 LC Metre Butterfly

National: 24.61 N 15/10/2009 ADAM PINE

State: 27.38 S 29/03/2009 X. (. ZHANG

1	Truong, Andrew r:+0.78	30	Adelaide University Masters Sw	32.00	10
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Event 11 Male 35-39 50 LC Metre Butterfly

National: 24.91 N 15/03/2012 ADAM PINE

State: 28.39 S 18/04/1999 TATSU EZAWA

1	Everton, Ashley	36	Adelaide Masters	48.45	10
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Event 11 Male 40-44 50 LC Metre Butterfly

National: 25.51 N 9/04/2011 JOHN BATES

State: 27.52 S 12/10/2009 STEPHEN M OSBORNE

1	Smith, Matthew r:+0.69	42	Phoenix Masters Swimming Club	30.08	10
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Event 11 Male 45-49 50 LC Metre Butterfly

National: 26.21 N 11/04/2019 TODD ROBINSON

State: 29.20 S 2/08/2015 CRAIG ADDAMS

1	Ducrou, James r:+0.92	48	Great Southern Masters	30.60	10
2	Brodie, Mathew r:+0.76	47	Phoenix Masters Swimming Club	33.61	9

2026 MSSA LC State Cup - 12/04/2026**Results****Event 11 Male 50-54 50 LC Metre Butterfly****National: 27.32 N 30/03/2023 JOHN MCKAIG****State: 29.66 S 19/03/2019 STEPHEN OSBORNE**

1	Velliaris, Christopher r:+0.82	51	Western Districts Masters Swim	31.31	10
2	Howe, Simon r:+0.79	52	Phoenix Masters Swimming Club	43.31	9

Event 11 Male 55-59 50 LC Metre Butterfly**National: 27.54 N 6/11/2024 JOHN MCKAIG****State: 29.37 S 22/05/2016 MARK SMEDLEY**

1	Osborne, Stephen r:+0.75	57	Phoenix Masters Swimming Club	30.32	10
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Event 11 Male 60-64 50 LC Metre Butterfly**National: 28.32 N 8/11/2025 ANGUS WADDELL****State: 31.23 S 17/08/2021 MARK SMEDLEY**

1	Collins, Norm r:+0.77	63	Phoenix Masters Swimming Club	36.19	10
2	Bullock, Rowan r:+0.74	61	Noarlunga Masters	38.31	9

Event 11 Male 65-69 50 LC Metre Butterfly**National: 30.61 N 18/02/2023 ROD LAURIE****State: 32.62 S 19/07/2021 GRANT SIMPSON**

1	Sawicki, Ricky r:+0.81	66	Phoenix Masters Swimming Club	33.05	10
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Event 11 Male 70-74 50 LC Metre Butterfly**National: 33.24 N 10/08/2025 ROBERT BUTCHER****State: 33.91 S 22/02/2026 GRANT SIMPSON**

1	Simpson, Grant r:+0.71	70	Phoenix Masters Swimming Club	34.25	10
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Event 12 Female 30-34 50 LC Metre Breaststroke**National: 33.75 N 19/03/2019 SALLY HUNTER****State: 33.75 S 19/03/2019 SALLY HUNTER**

1	Kilner, Kelly r:+0.95	33	Phoenix Masters Swimming Club	54.71	10
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Event 12 Female 45-49 50 LC Metre Breaststroke**National: 33.47 N 9/04/2016 LINLEY FRAME****State: 41.49 S 14/07/2024 EMILY GOLDIE**

1	Smith, Sonia r:+0.90	49	Mount Barker Masters SA	51.74	10
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2026 MSSA LC State Cup - 12/04/2026**Results****Event 12 Female 50-54 50 LC Metre Breaststroke****National: 35.42 N 15/10/2009 JENNY WHITELEY****State: 41.04 S 3/02/2019 SUE LYONS**

1	McGiffert, Natalie r:+0.78	54	Phoenix Masters Swimming Club	44.57	10
2	Alvino-Felquer, Lidia r:+0.79	53	Adelaide Masters	49.06	9

Event 12 Female 55-59 50 LC Metre Breaststroke**National: 37.04 N 17/04/2013 JENNY WHITELEY****State: 43.89 S 24/04/2016 JOANNE SUTCLIFFE**

1	Taylor, Julie r:+0.71	59	Phoenix Masters Swimming Club	45.35	10
---	Boyd, Julie	55	Aquadome Otters	NS	

Event 12 Female 60-64 50 LC Metre Breaststroke**National: 37.51 N 19/03/2019 JENNY WHITELEY****State: 43.84 S 16/09/2017 M. HEFFERNAN**

1	Beames, Leanne	64	Atlantis Masters	1:09.17	10
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Event 12 Female 65-69 50 LC Metre Breaststroke**National: 39.91 N 2/04/2023 JENNY WHITELEY****State: 44.32 S 23/10/2022 M. HEFFERNAN**

1	O'Shea, Penelope	69	Aquadome Otters	1:04.34	10
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Event 12 Female 70-74 50 LC Metre Breaststroke**National: 44.29 N 24/04/2021 JANETTE JEFFREY****State: 49.20 S 17/04/2012 JOY PAGE**

1	Heffernan, Maryanne r:+0.68	70	Marion Masters Swimming	47.46 S	10
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Event 12 Male 18-24 50 LC Metre Breaststroke**National: 30.26 N 11/11/2022 CAMERON DONOVAN****State: 30.60 S 17/08/2021 CHUN YIK TAM**

1	Chen, Kainan r:+0.63	22	Adelaide University Masters Sw	32.41	10
---	ma, Cheuk hei	19	Adelaide University Masters Sw	NS	

Event 12 Male 30-34 50 LC Metre Breaststroke**National: 29.63 N 3/08/2014 CASEY FLOUCH****State: 32.26 S 20/04/2008 ANDREW RAGLESS**

1	Gravier, Charles r:+0.92	34	Adelaide Masters	51.85	10
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Event 12 Male 35-39 50 LC Metre Breaststroke**National: 30.16 N 8/03/2017 CASEY FLOUCH****State: 33.32 S 8/04/2018 ACE LEWIS**

1	Smith, Elliott r:+0.82	37	Adelaide Masters	38.58	10
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**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 12 Male 45-49 50 LC Metre Breaststroke

National: 31.01 N 20/04/2008 STUART MOFFATT

State: 32.53 S 12/08/2025 ACE LEWIS

1	Lewis, Ace	46	Marion Masters Swimming	33.95	10
	r:+0.75				

Event 12 Male 60-64 50 LC Metre Breaststroke

National: 32.80 N 14/04/2012 STUART ELLICOTT

State: 34.86 S 31/01/2021 MARK SMEDLEY

1	Short, Simon	61	Phoenix Masters Swimming Club	42.35	10
	r:+0.78				
2	Coombs, Mark	62	Tea Tree Gully Kingfishers Mas	45.37	9
	r:+0.86				
3	Taylor, Dean	61	Phoenix Masters Swimming Club	45.72	8
	r:+0.85				

Event 12 Male 65-69 50 LC Metre Breaststroke

National: 33.69 N 20/08/2017 STUART ELLICOTT

State: 37.36 S 24/08/2025 MARK SMEDLEY

1	Smedley, Mark	66	Adelaide Masters	37.08 S	10
	r:+0.76				

Event 12 Male 75-79 50 LC Metre Breaststroke

National: 39.92 N 13/06/2012 TONY GOODWIN

State: 44.65 S 6/04/2006 JONATHAN DAVIES

1	Koudelka, Antonin	78	Atlantis Masters	1:00.38	10
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Event 12 Male 80-84 50 LC Metre Breaststroke

National: 42.92 N 20/08/2017 TONY GOODWIN

State: 48.73 S 30/04/2011 JONATHON DAVIES

1	Dixon, David	80	Noarlunga Masters	58.68	10
	r:+0.94				

Event 13 Female 40-44 100 LC Metre Backstroke

National: 1:08.32 N 22/04/2008 HELEN WHITFORD

State: 1:12.92 S 22/02/2026 KARINA DEEGAN

1	Deegan, Karina	41	Atlantis Masters	1:09.78 S	10
	r:+0.69				
2	Beames, Melissa	42	Atlantis Masters	1:49.81	9
	r:+0.74 51.71		1:49.81 (58.10)		

Event 13 Female 60-64 100 LC Metre Backstroke

National: 1:17.34 N 17/05/2015 LEIGH RODGERS

State: 1:19.20 S 19/07/2021 JOANNE SUTCLIFFE

1	Haberfield, Helen	64	Tea Tree Gully Kingfishers Mas	1:57.40	10
	r:+0.73 57.98		1:57.40 (59.42)		

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 13 Female 65-69 100 LC Metre Backstroke

National: 1:19.99 N 9/04/2025 JOANNE SUTCLIFFE

State: 1:19.99 S 9/04/2025 JOANNE SUTCLIFFE

1	Sutcliffe, Joanne	66	Phoenix Masters Swimming Club	1:21.12	10
	r:+0.61 38.72	1:21.12 (42.40)			
2	Ruler, Amanda	67	Adelaide Masters	2:47.55	9

Event 13 Female 70-74 100 LC Metre Backstroke

National: 1:23.89 N 9/04/2025 LEIGH RODGERS

State: 1:48.09 S 27/05/2018 JANETTE SIMONS

1	Gill, Janice	73	Tea Tree Gully Kingfishers Mas	2:27.73	10
	r:+0.91 1:10.94	2:27.73 (1:16.79)			

Event 13 Female 80-84 100 LC Metre Backstroke

National: 1:36.87 N 24/02/2024 CLARY MUNNS

State: 2:06.62 S 23/10/2022 JOY PAGE

1	Mulqueen, Jennifer	80	Tea Tree Gully Kingfishers Mas	2:25.65	10
	r:+0.97 1:12.67	2:25.65 (1:12.98)			

Event 13 Male 55-59 100 LC Metre Backstroke

National: 1:07.05 N 17/08/2019 JON HAWTON

State: 1:11.14 S 23/04/2016 MARK SMEDLEY

1	Goldie, Scott	56	Adelaide Masters	1:23.83	10
	r:+0.77 41.16	1:23.83 (42.67)			

Event 13 Male 60-64 100 LC Metre Backstroke

National: 1:09.98 N 26/02/2024 JON HAWTON

State: 1:15.06 S 3/05/2015 PHILIPP DJANG

1	Taylor, Dean	61	Phoenix Masters Swimming Club	1:38.80	10
	r:+0.76 47.64	1:38.80 (51.16)			

Event 13 Male 70-74 100 LC Metre Backstroke

National: 1:18.31 N 2/04/2022 GRAEME ARMSTRONG

State: 1:29.64 S 22/02/2026 GRANT SIMPSON

1	Simpson, Grant	70	Phoenix Masters Swimming Club	1:27.43 S	10
	r:+0.68 43.64	1:27.43 (43.79)			

Event 13 Male 80-84 100 LC Metre Backstroke

National: 1:36.79 N 9/09/2023 GEORGE GREEN

State: 1:51.57 S 30/04/2011 JONATHON DAVIES

1	Flowers, John	80	Tea Tree Gully Kingfishers Mas	2:12.11	10
	r:+0.81 1:02.90	2:12.11 (1:09.21)			

Event 14 Female 35-39 200 LC Metre Freestyle

National: 2:09.51 N 14/04/2012 KIRSTEN CAMERON

State: 2:19.26 S 11/09/2022 LEILA NAZIMI

1	Trebilcock, Bronwyn	35	Aquadome Otters	3:40.47	10
	2:47.29	1:48.49 ()	3:40.47 (1:51.98)		

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 14 Female 45-49 200 LC Metre Freestyle

National: 2:11.84 N 3/05/2018 KIRSTEN CAMERON

State: 2:20.84 S 17/04/2012 S. PALMER-WHITE

1 Wadsworth, Cindy 46 Atlantis Masters 2:41.31 10
r:+0.80 36.72 1:17.95 (41.23) 2:00.41 (42.46) 2:41.31 (40.90)

--- Tsoutouras, Emily 46 Adelaide Masters NS

Event 14 Female 50-54 200 LC Metre Freestyle

National: 2:16.52 N 13/10/2009 JENNY WHITELEY

State: 2:25.27 S 30/04/2011 JOANNE SUTCLIFFE

1 Goldner, Caroline 51 Aquadome Otters 3:48.91 10
53.48 1:51.79 (58.31) 2:50.58 (58.79) 3:48.91 (58.33)

Event 14 Female 55-59 200 LC Metre Freestyle

National: 2:20.95 N 22/04/2023 JENNIE BUCKNELL

State: 2:25.60 S 19/03/2019 S. PALMER-WHITE

1 Beaver, Sharon 59 Phoenix Masters Swimming Club 2:47.17 10
r:+0.90 40.04 1:22.95 (42.91) 2:05.92 (42.97) 2:47.17 (41.25)

Event 14 Female 75-79 200 LC Metre Freestyle

National: 3:01.18 N 6/12/2025 JANETTE JEFFREY

State: 3:39.71 S 22/02/2026 EITHNE MAYTON

1 Mayton, Eithne 75 Tea Tree Gully Kingfishers Mas 3:35.80 S 10
49.75 1:44.55 (54.80) 2:40.74 (56.19) 3:35.80 (55.06)

2 Hill, Jeanette 78 Tea Tree Gully Kingfishers Mas 4:38.65 9
1:01.48 2:12.91 (1:11.43) 3:26.44 (1:13.53) 4:38.65 (1:12.21)

Event 14 Male 18-24 200 LC Metre Freestyle

National: 1:57.75 N 27/11/2021 JACOB LOUGHNAN

State: 2:06.34 S 17/08/2021 ALVIN FU

--- Chow, Alvin Keng Yin 22 Adelaide University Masters Sw NS

Event 14 Male 25-29 200 LC Metre Freestyle

National: 1:57.29 N 10/10/2002 JARED CLARKE

State: 2:08.52 S 7/08/2023 LIAM MCHUGH

1 Yip, James 28 Adelaide Masters 2:12.55 10
31.32 1:05.59 (34.27) 1:39.84 (34.25) 2:12.55 (32.71)

Event 14 Male 30-34 200 LC Metre Freestyle

National: 1:53.15 N 3/05/2009 DANIEL KOWALSKI

State: 2:04.83 S 7/08/2023 YUTA KASUGA

1 McHugh, Liam 31 Adelaide University Masters Sw 2:08.36 10
29.67 1:01.86 (32.19) 1:34.73 (32.87) 2:08.36 (33.63)

2026 MSSA LC State Cup - 12/04/2026**Results****Event 14 Male 35-39 200 LC Metre Freestyle****National: 1:57.96 N 29/03/2025 NICHOLAS FFROST****State: 2:10.10 S 6/10/2007 CRAIG MARTIN**

1	Simister, Cameron	36	Adelaide Masters	2:13.38	10
	r:+0.64 30.62	1:03.08 (32.46)	1:38.05 (34.97)	2:13.38 (35.33)	
2	Everton, Ashley	36	Adelaide Masters	3:11.80	9
	r:+0.96	1:32.40 ()	3:11.80 (1:39.40)		

Event 14 Male 45-49 200 LC Metre Freestyle**National: 2:00.44 N 24/04/2016 MARK THOMPSON****State: 2:11.50 S 19/03/2019 MARK PREISS**

1	Coulter, Garth	47	Tea Tree Gully Kingfishers Mas	2:24.29	10
	r:+0.55 33.23	1:10.10 (36.87)	1:47.30 (37.20)	2:24.29 (36.99)	

Event 14 Male 50-54 200 LC Metre Freestyle**National: 2:02.71 N 19/03/2019 MARK THOMPSON****State: 2:12.36 S 3/04/2004 ROSS KEE**

1	Howe, Simon	52	Phoenix Masters Swimming Club	3:31.77	10
	r:+0.74 43.61	1:35.72 (52.11)	2:33.70 (57.98)	3:31.77 (58.07)	
2	Cranley, Andrew	53	Noarlunga Masters	3:32.90	9
	r:+0.96 47.36	1:41.51 (54.15)	2:37.88 (56.37)	3:32.90 (55.02)	

Event 14 Male 55-59 200 LC Metre Freestyle**National: 2:04.75 N 23/03/2024 MARK THOMPSON****State: 2:15.15 S 19/04/2008 ROSS KEE**

1	Osborne, Stephen	57	Phoenix Masters Swimming Club	2:15.66	10
	r:+0.64 32.00	1:06.35 (34.35)	1:41.22 (34.87)	2:15.66 (34.44)	
2	Herbert, Shaun	56	Atlantis Masters	2:22.26	9
	30.72	1:05.23 (34.51)	2:22.26 (1:17.03)		

---	Plouffe, James	58	Adelaide University Masters Sw	NS	
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Event 14 Male 60-64 200 LC Metre Freestyle**National: 2:12.83 N 19/03/2019 PAUL BLACKBEARD****State: 2:13.94 S 23/03/2008 GRAHAM CROFT**

1	Bullock, Rowan	61	Noarlunga Masters	2:57.84	10
	40.04	1:24.23 (44.19)	2:12.97 (48.74)	2:57.84 (44.87)	
2	Pearce, Roger	63	Marion Masters Swimming	4:10.21	9
	54.71	1:58.62 (1:03.91)	3:04.55 (1:05.93)	4:10.21 (1:05.66)	

Event 14 Male 70-74 200 LC Metre Freestyle**National: 2:26.02 N 10/08/2025 ROBERT BUTCHER****State: 2:32.70 S 27/04/2017 STEPHEN CARTHEW**

1	Young, Ian	74	Marion Masters Swimming	2:44.75	10
	r:+0.89 37.41	1:19.33 (41.92)	2:02.66 (43.33)	2:44.75 (42.09)	

**2026 MSSA LC State Cup - 12/04/2026
Results**

Event 14 Male 75-79 200 LC Metre Freestyle**National: 2:41.52 N 30/01/2022 STEPHEN CARTHEW****State: 2:41.52 S 30/01/2022 STEPHEN CARTHEW**

1 Faulkner, Geoffrey 77 Noarlunga Masters 4:13.38 10
52.03 1:57.53 (1:05.50) 3:08.79 (1:11.26) 4:13.38 (1:04.59)

--- Carthew, Stephen 79 Marion Masters Swimming NS

Event 15 Male 72-99 200 LC Metre Medley Relay**State: 1:54.84 S 23/10/2022 ADELAIDE UNI****ALVIN FU, CHUN YIK TAM, GUAN LIN ONG, ETHAN CROOK**

A

1 Adelaide University Masters Sw 1:58.02 20
1) Nip, Hugo M22 2) r:0.18 Chen, Kainan M22 3) r:0.40 Chow, Alvin Keng Yin M22 4) r:0.24 ma, Cheuk hei
M19 r:+0.59 31.10 1:03.23 (32.13) 1:31.89 (28.66) 1:58.02 (26.13)

Event 15 Male 120-159 200 LC Metre Medley Relay**National: 1:49.84 N 6/04/1990 POWER****B COOPER, N GYNTHYER, A BRODERSEN, A WADDELL****State: 2:06.83 S 15/10/1989 ADELAIDE MASTER****S WALKER, J SCHMALENBACH, G SIMPSON, D MARTIN**

A

1 Adelaide Masters 2:38.96 20
1) Everton, Ashley M36 2) r:0.73 Smith, Elliott M37 3) r:0.41 Yip, James M28 4) r:0.41 Gravier, Charles M34
r:+0.90 47.41 1:27.40 (39.99) 1:59.43 (32.03) 2:38.96 (39.53)

Event 15 Male 160-199 200 LC Metre Medley Relay**National: 1:52.40 N 21/04/2008 CLAREMONT****T STACHEWICZ, D STOCKWELL, A MCDONALD, J BOWDEN****State: 2:02.09 S 16/04/2012 ADELAIDE MASTER****J BARANOFF, M SMEDLEY, S CARBONCINI, K RUNDLE**

B

1 Adelaide Masters 2:13.80 20
1) Goldie, Scott M56 2) r:0.31 Smedley, Mark M66 3) Tishel, Idan M40 4) r:0.08 Simister, Cameron M36
r:+0.68 37.61 1:15.70 (38.09) 1:46.77 (31.07) 2:13.80 (27.03)

Event 15 Male 200-239 200 LC Metre Medley Relay**National: 1:59.81 N 15/10/2009 NORTH SYDNEY****I HEMMINGS, J KAIN, A F GODFREY, J WYNBERG****State: 2:07.78 S 13/10/2002 ADELAIDE MASTER****A LOOSE, B EDWARDS, M SMEDLEY, R HARDIE**

A

1 Phoenix Masters Swimming Club 2:36.86 20
1) Taylor, Dean M61 2) r:0.56 Brodie, Mathew M47 3) r:0.24 Smith, Matthew M42 4)
r:0.33 Howe, Simon M52
r:+0.75 44.33 1:26.93 (42.60) 1:57.68 (30.75) 2:36.86 (39.18)

A

2 Tea Tree Gully Kingfishers Mas 2:45.35 18
1) Gamlen, John M79 2) r:0.69 Coombs, Mark M62 3) Coulter, Garth M47 4) r:0.59 Medefindt, Craig M48
r:+0.96 54.00 1:41.66 (47.66) 2:15.09 (33.43) 2:45.35 (30.26)

2026 MSSA LC State Cup - 12/04/2026**Results****Event 15 Male 240-279 200 LC Metre Medley Relay****National: 2:08.78 N 12/04/2019 MIAMI****R TAYLOR, A CARLISLE, M FITZ-WALTER, D HURLEY****State: 2:21.84 S 5/04/2001 ADELAIDE MASTER****R HARDIE, M J. GRAY, B N EDWARDS, D LOELIGER**

B

1 Phoenix Masters Swimming Club 2:25.18 20
 1) Simpson, Grant M70 2) r:0.49 Short, Simon M61 3) Osborne, Stephen M57 4) r:0.59 Collins, Norm M63
 r:+0.66 39.24 1:21.08 (41.84) 1:53.05 (31.97) 2:25.18 (32.13)

A

2 Atlantis Masters 2:57.72 18
 1) Suskin, Allan M84 2) r:0.48 Herbert, Shaun M56 3) r:0.27 Molinaro, Carlo M32 4) r:0.62 Koudelka, Antonin M78
 r:+0.80 56.37 1:34.36 (37.99) 2:06.97 (32.61) 2:57.72 (50.75)

A

3 Marion Masters Swimming 3:02.36 16
 1) Young, Ian M74 2) r:0.87 Demmler, Toby M53 3) Rowell, Gavin M57 4) Pearce, Roger M63
 r:+0.87 50.60 1:36.62 (46.02) 2:15.52 (38.90) 3:02.36 (46.84)

A

4 Noarlunga Masters 3:24.20 14
 1) Cranley, Matthew M51 2) r:0.81 Dixon, David M80 3) Cranley, Andrew M53 4) r:0.66 Faulkner, Geoffrey M77
 r:+0.82 39.08 1:37.46 (58.38) 2:35.83 (58.37) 3:24.20 (48.37)

Event 16 Female 160-199 200 LC Metre Medley Relay**National: 2:08.19 N 21/04/2008 POWERPOINTS****H WHITFORD, A TUCIUTE, N ROYLE, J BUCKNELL****State: 2:19.88 S 21/04/2008 ADELAIDE MASTER****S BEAVER, J ASTLEY, S PALMER-WHITE, J SUTCLIFFE**

A

1 Atlantis Masters 2:54.12 20
 1) Deegan, Karina W41 2) Beames, Leanne W64 3) Wadsworth, Cindy W46 4) Beames, Melissa W42
 r:+0.71 32.61 1:40.53 (1:07.92) 2:21.78 (41.25) 2:54.12 (32.34)

Event 16 Female 200-239 200 LC Metre Medley Relay**National: 2:10.00 N 14/08/2025 TSA MASTERS****K FLETCHER, C SCOLARO, L KNUDSEN, C SAXBY****State: 2:24.68 S 16/06/2024 PHOENIX****N WRIGHT, R GUMM, K WELLINGTON, J SUTCLIFFE**

A

1 Adelaide Masters 2:47.74 20
 1) Gallasch, Judith W62 2) r:0.25 Alvino-Felquer, Lidia W53 3) Palmer-White, Stephanie W62
 4) r:0.22 Tsoutouras, Emily W46
 r:+0.89 47.61 1:36.80 (49.19) 2:14.21 (37.41) 2:47.74 (33.53)

A

2 Tea Tree Gully Kingfishers Mas 3:24.92 18
 1) Haberfield, Helen W64 2) r:0.66 Mayton, Eithne W75 3) r:0.79 Horn, Danielle W414)
 r:0.59 Vas, Angela W59
 r:+0.67 52.83 1:52.68 (59.85) 2:41.90 (49.22) 3:24.92 (43.02)

A

3 Aquadome Otters 3:48.06 16
 1) Trebilcock, Bronwyn W35 2) O'Shea, Penelope W69 3) Bell, Janet W74 4) r:0.70 Goldner, Caroline W51
 r:+0.94 49.59 1:54.32 (1:04.73) 2:57.51 (1:03.19) 3:48.06 (50.55)

B

--- Phoenix Masters Swimming Club DQ 2:59.66
 Early take-off swimmer #2
 1) Bigioli, Danila W61 2) r:-0.33 Taylor, Julie W59 3) Wellington, Kim W50 4) r:0.54 Kilner, Kelly W33
 r:+0.82 58.91 1:43.77 (44.86) 2:20.56 (36.79) DQ 2:59.66 (39.10)

2026 MSSA LC State Cup - 12/04/2026

Results

Event 16 Female 240-279 200 LC Metre Medley Relay

National: 2:25.31 N 21/04/2018 MALVERN MARLINS

A MCNEIL, J JEFFREY, L RODGERS, D BRIGGS

State: 2:42.59 S 18/05/2014 ATLANTIS

JAN SIMONS, JENNY BRADLEY, JUDY THOMAS, JOY PAGE

A

1	Phoenix Masters Swimming Club			2:50.27	20
	1) Sutcliffe, Joanne W66	2) r:0.59 McGiffert, Natalie W543)	Beaver, Sharon W59	4) r:0.12 Muir-Cochrane, Eimear	
W64	r:+0.63 39.16	2:06.84 ()	2:50.27 (43.43)		